



MENTAL HEALTH IN THE ARTS

“There is hope, even when
your brain tells you there
isn’t.” — John Green

JOHN GREEN

WHAT IS "GOOD" MENTAL HEALTH

Good mental health is characterized by a person's ability to fulfill a number of key functions and activities, including:



MENTAL HEALTH

- the ability to **learn**
- the ability to **feel**
- express and manage a range of **positive and negative emotions**
- the ability to **form and maintain good relationships** with others
- the ability to **feel, express and manage** a range of positive & negative emotions

What is Mental Illness

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.

**DID YOU PICTURE
SOMETHING LIKE THIS**



REALITY



THE IMPACT OF COVID 19

- Isolation
 - GRIEF
 - fear of the unknown

RECOGNIZING THE SIGNS

- Trouble focusing on daily activities
- Anxiety that turns into feelings of being out of control
- Strong feelings that interfere with daily activities
- Having emotions that become difficult to manage
- Feelings of hopelessness or helplessness

WHAT TO DO....

**Get into Communication
Reaching out for professional support**

SOME COMMON MENTAL HEALTH DISORDER

- Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias.
- Depression, bipolar disorder, and other mood disorders.
- Eating disorders.
- Personality disorders.
- Post-traumatic stress disorder.

Physical Health

- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night.
- Exercise every day.
- Take deep breaths and stretch often.
- Avoid risky or destructive behaviors
- Spend time outside, such as going for a walk in the park, such as going for a walk in the park, but follow social distancing guidelines.

Mental Health (1)

- Set and maintain a routine at home.
- Focus on things you can control.
- Use technology to maintain social connections with your loved ones.
- Consider a regular check-in schedule to give you something to look forward to.
- Focus your thoughts on the present and things to be grateful for today.

Mental Health

- Listen to music or read books(2)
- Consume reliable news sources that report facts, and avoid media that sensationalizes emotions.
- Limit your exposure or take a break from news and social media if you find that it makes you anxious.
- Lean on your personal beliefs and faith for support.
- Look for ways to help your community.

HOW TO FIND PROFESSIONAL SUPPORT

Google

www.PsychologyToday.com

www.nyakyabrown.com

FINAL THOUGHT

**EMBRACE YOUR RESILIENCY
PRACTICE MINDFULNESS
ACTIVATE NEW HABITS**

It's okay, not to be okay

We are going to get through this together...