



Positive steps to increase mental wellbeing

Your facilitators today:
Amy Brown & Alison Ramsay

**Session
duration**
1.5 hour



House Keeping & Session Rules



Introductions

Name, organisation
&

One thing that went well in the last 7 days



Overview

Learning outcomes:

- An understanding of definitions of mental health and wellbeing
- An understanding of positive steps everyone can take to increase wellbeing



Mind to Mind...



<https://www.nhsinform.scot/mindtomind>

<https://youtu.be/vPD1Tm5FIh8>



In your own words what is....

Mental
Health

Mental
Illness

Mental
Wellbeing



What is Mental Health?

Mental health influences how we think and feel about ourselves and others and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events: having a baby, moving house, experiencing bereavement.

(Lynn Friedli 2004, Health Psychologies)



What is Mental Wellbeing?

Your mental wellbeing is about your thoughts and feelings and how you cope with the ups and downs of everyday life.

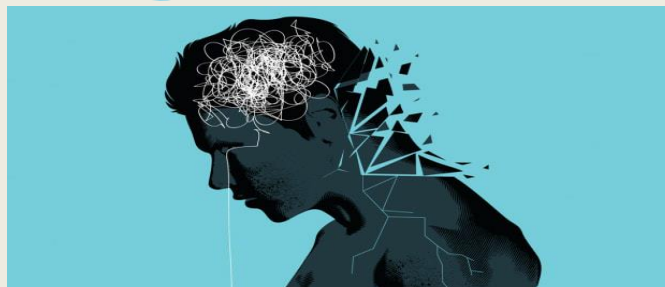




What Is Mental Illness?

‘A mental illness is a problem that affects mental health (just like a broken leg affects physical health)’.

(Well Scotland)





Understanding Stigma & Discrimination





Maximum mental wellbeing

Has a diagnosis of a serious mental health problem but copes with life well and has positive mental wellbeing

No diagnosable mental health problem and positive mental wellbeing

**Maximum
mental
health
Problems**

**Minimum
mental
health
problems**

Has a diagnosis of a serious mental health problem and poor mental wellbeing

No diagnosable mental health problem but poor mental wellbeing

Minimum mental wellbeing

Adapted from Tudor K. *Mental Health Promotion: Paradigms and Practice*. London: Routledge; 1996.



A note on recovery...

“Recovery is being able to live a meaningful and satisfying life, as defined by each person, in the presence or absence of symptoms. It is about having control over and input into your own life. Each individual’s recovery, like his or her experience of the mental health condition/ illness, is a unique and deeply personal process.”

(Scottish Recovery Network)



Art of Listening



SAMARITANS
SHUSH
-listening tips

Top tips for becoming a better listener

- S** Show you care
- H** Have patience
- U** Use open questions
- S** Say it back
- H** Have courage

A registered charity [samaritans.org/shush](https://www.samaritans.org/shush)

[What to do if you think someone is struggling | Samaritans](#)



What drives our wellbeing?

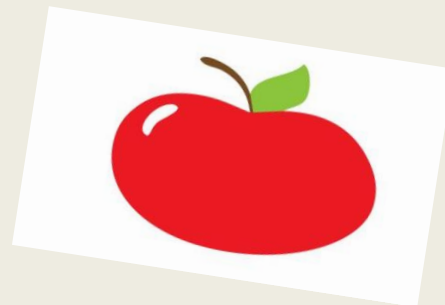
Our level of motivation

Our goal-oriented behaviour (eat because your body says ‘hungry!’)

The choices we make and what we do
(cake or apple?)

Our resilience

Our ability to bounce back and capacity to adapt in the face of challenge





10 Positive Steps to Mental Wellbeing

Adapted from the Mental Health Foundation 'How to look after your mental health' 2007

Positive Steps for Mental Wellbeing	What I currently do?	What I would like to do in the future?	What I find difficult about this & steps I will take to over come any difficulty?
Keep Active			
Take a break			
Care for others			
Keep in touch			
Eat well			
Drink sensibly			
Do something you are good at			
Accept who you are			
Talk about your feelings			
Ask for help			



The 10 positive steps...

Adapted from the Mental Health Foundation 'How to look after your mental health' campaign 2007

Fife Health & Social Care Partnership
Supporting the people of Fife together

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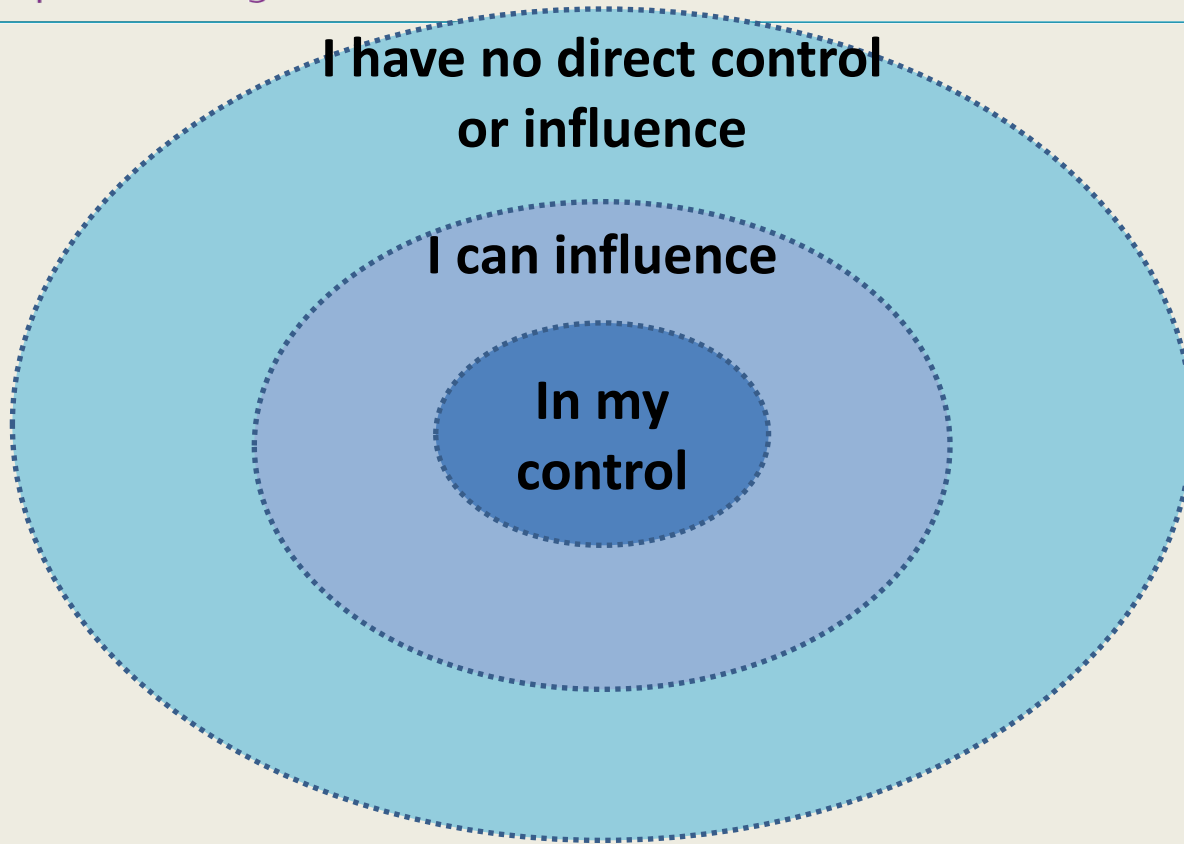


The 10 positive steps...

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Further Information

- [NHS Inform](#)
- [Health and Social care staff support website](#)
- [5 ways to wellbeing for Children and Young People](#)
- [Young people health and wellbeing information](#)
- [See Me, Scotland's Anti-Stigma Movement](#)



Further Support

- [Access Therapies](#)
- [Moodcafe](#)
- [Breathing Space](#)
- [Samaritans](#)
- [Health Promotion Service Information and Resources Centre Catalogue](#): Various leaflets, posters, resources, teaching packs.



Further awareness sessions

- [Fife Health Promotion Training Programme](#)
- [Ask, Tell animations – Look After Your Mental Health](#)
- [Public Health Scotland Virtual Learning Environment](#)
- [Dr Mike Whiteboard](#)



One thing you are taking away from this short session today

