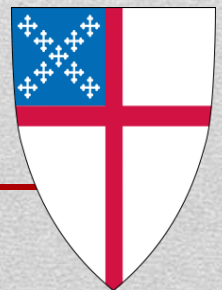


Optimizing Your Mental Health

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Our Goal...

- Health
- Bio – Psycho – Social – Spiritual Model
 - Habits, Skills, Strategies, & Techniques

Overview

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

- World Health Organization (WHO)

Raising the Standard

■
IN CRISIS

■ ■
STRUGGLING

■ ■ ■
SURVIVING

■ ■ ■ ■
THRIVING

■ ■ ■ ■ ■
EXCELLING

Very anxious
Very low mood
Absenteeism
Exhausted
Very poor sleep
Weight loss

Anxious
Depressed
Tired
Poor performance
Poor sleep
Poor appetite

Worried
Nervous
Irritable
Sad
Trouble sleeping
Distracted
Withdrawn

Positive
Calm
Performing
Sleeping well
Eating normally
Normal social activity

Cheerful
Joyful
Energetic
High performance
Flow
Fully realising potential

Spectrum

- Work at each table as a group
- Think of someone with OPTIMAL mental health
- Identify THREE habits, behaviors, skills, etc. they may exhibit
- Write them down on the 3 x 5 card
 - Word
 - Short phrase

Exercise

Biological

Spiritual

BIOPSYCHOSOCIAL SPIRITUAL MODEL

Psychological

Social

BIO-PSYCHO-SOCIAL-SPIRITUAL MODEL



BIOLOGICAL

- current health
- history of illnesses (self & family)
- genetic lineage
- lifestyle (diet, exercise & sleep)
- medication
- substance abuse



PSYCHOLOGICAL

- cognition
- perception
- attitude
- personality
- behaviour
- stressors
- existing mental health conditions
- mood
- hope levels



SOCIAL

- culture
- human interactions
- relationship quality (family, friends & colleagues)
- intimate relationship (spouse & partner)
- sociopolitical environment
- community connections



SPIRITUAL

- religious faith, practices, coping & support
- spiritual well-being, experiences, practices & needs
- centering & mindfulness practices
- connection with society
- meaning making
- sense of awe & wonder

Behold, the sower went out to sow; and as he sowed, some seeds fell beside the road, and the birds came and ate them up. Others fell on the rocky places, where they did not have much soil; and they sprang up immediately, because they had no depth of soil. But after the sun rose, they were scorched; and because they had no root, they withered away. Others fell among the thorns, and the thorns came up and choked them out. But others fell on the good soil and yielded a crop, some a hundred, some sixty, and some thirty times as much.

- Matthew 13:3-8

BIO PSYCHO SOCIAL SPIRITUAL

“I know the plans I have for you,” says the Lord. ‘They are plans for good and not for disaster, to give you a future and a hope.’” - Jeremiah 29:11

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” - Ephesians 2:10

“For God is working in you, giving you the desire and the power to do what pleases him.” - Philippians 2:13

“We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.” - Romans 8:28

Meaning & Purpose

- Consistent center (do not change)
- Established, time-tested, & proven
- Come with positive & negative consequences

“Correct” Principles



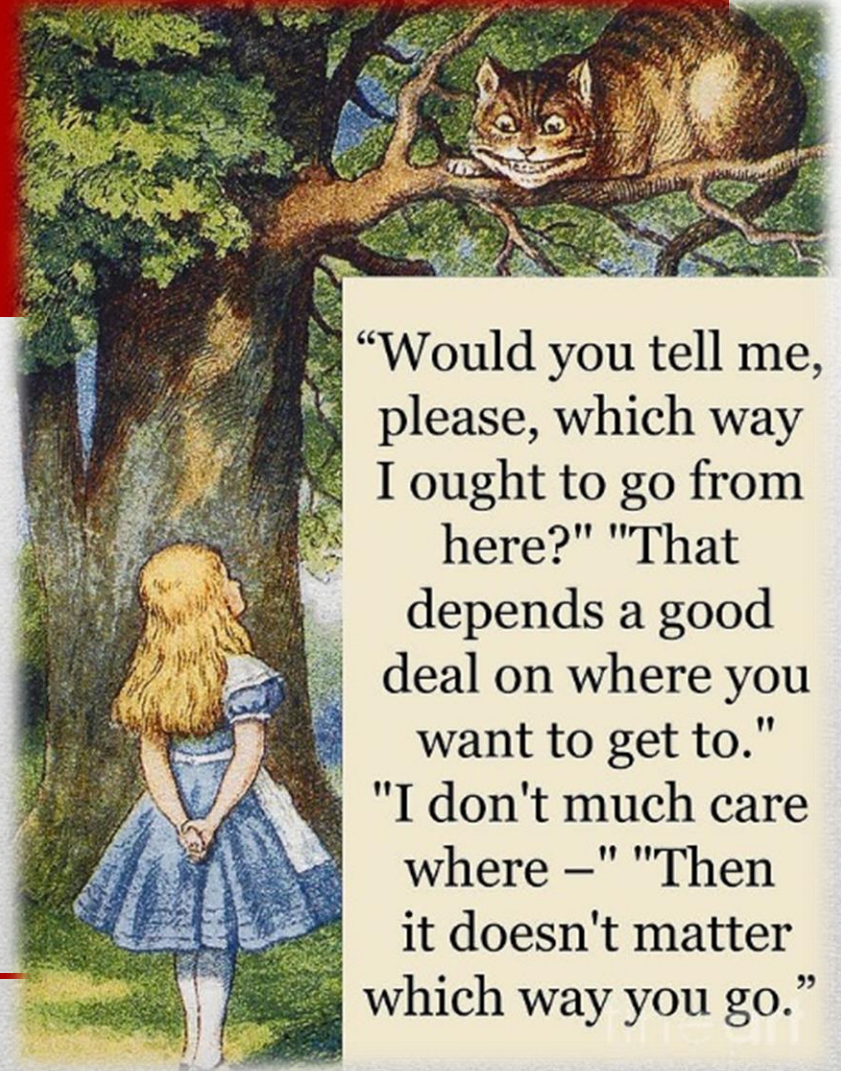
Love ↔ Hate
Honesty ↔ Dishonesty
Courage ↔ Avoidance & Cowardice
Gratitude ↔ Entitled
Kindness ↔ Anger
Generosity ↔ Greed
Vitality & Action ↔ Sloth & Laziness
Meaning/Purpose ↔ Hedonism

Proven Values & Principles

*The plans of the diligent
lead to profit as surely as
haste leads to poverty.*

- Proverbs 21:5

SET GOALS



"Would you tell me, please, which way I ought to go from here?" "That depends a good deal on where you want to get to." "I don't much care where –" "Then it doesn't matter which way you go."

1. Consumatory / Hedonic Reward System

- Easily satiated (eating, drinking)

2. Incentive Reward System

- Activated with progress towards valued goal
- Not easily satiated
- Neurotransmitter dopamine plays major role

→ Need a valued goal to activate this reward system

Reward Systems

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been bought for a price: therefore glorify God in your body.

- 1 Corinthians 6:19-20

BIO PSYCHO SOCIAL SPIRITUAL

- Cognition (memory, alertness, concentration, processing speed)
 - Protect against cognitive decline with aging
- Reduce physical decline
- Mood
- Cardiovascular & strength training

Physical Exercise



- Extend life span (live longer)
- Improves memory
- Improves creativity
- Improves weight loss
- Decreases food cravings
- Decreases risk of cancer
- Decreases risk of dementia
- Decreases susceptibility to colds/flu
- Decreases risk of heart attacks
- Decreases risk of stroke
- Decreases risk of diabetes
- Decreases risk of sports injury
- Improves mood
- Decreases risk of depression/anxiety
- Improves development of muscle mass
- Improves emotional IQ

Benefits of Sleep

- Regular sleep & wake time
- Relaxing pre-bed routine (minimize light exposure)
- Optimize sleep environment (cool, 100% dark)
- Reduce liquid intake (2 hours before bed)
- Avoid alcohol
- If Needed:
 - Melatonin (1-2 mg 2 hrs before sleep time)
- Get bright light in the morning (ideally sun light)

Sleep

- Adequate protein intake
- Omega-3 fatty acids
- Vitamin D
- Creatine monohydrate supplementation

Nutrition

For God did not give us a spirit of cowardice but rather of power and love and self-control.

- 2 Timothy 1:7

BIO PSYCHO SOCIAL SPIRITUAL

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

- Romans 12: 2

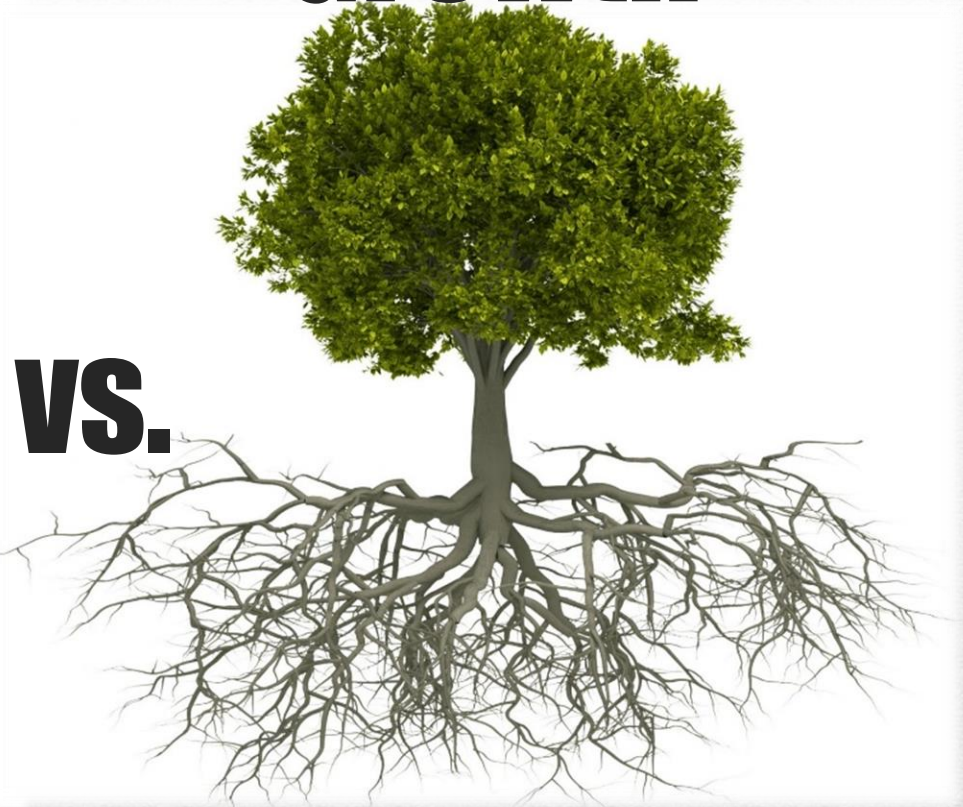
MINDSET



Fixed



Growth



vs.

Mindsets

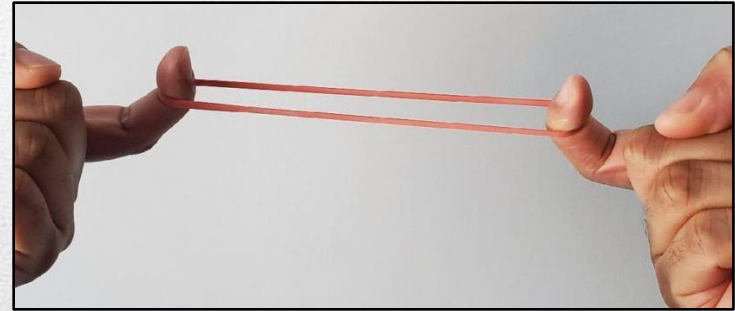
Abilities are innate or unchangeable

- You're just born with it or without it
- View experiences as either “good” or “bad”
 - Success = validation smart/good
 - Failure = validation aren't smart/good (and can't do anything about it!)
- Encourages quitting & avoidance

Fixed Mindset


Abilities are gained through dedication & hard work

- What you are born with are merely starting points for a longer learning process



- Seek out challenging experiences
- Oriented towards learning, because only accurate info will help improve
- Self-knowledge increases over time
- Not discouraged by failure- see self as “learning,” not “failing”

Growth Mindset

- 
- 1. Acknowledge & Embrace Imperfections**
 - 2. Stop Seeking Approval (Prioritize learning)**
 - 3. Reward Actions, Not Traits**
 - 4. Reflect & Be Deliberate on Improving**
 - 5. Use the Words “...not yet”**
 - 6. View Challenges as *Opportunities***

Growth Mindset

Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things. - Philippians 4:8

EFFECTIVE THINKING

Event

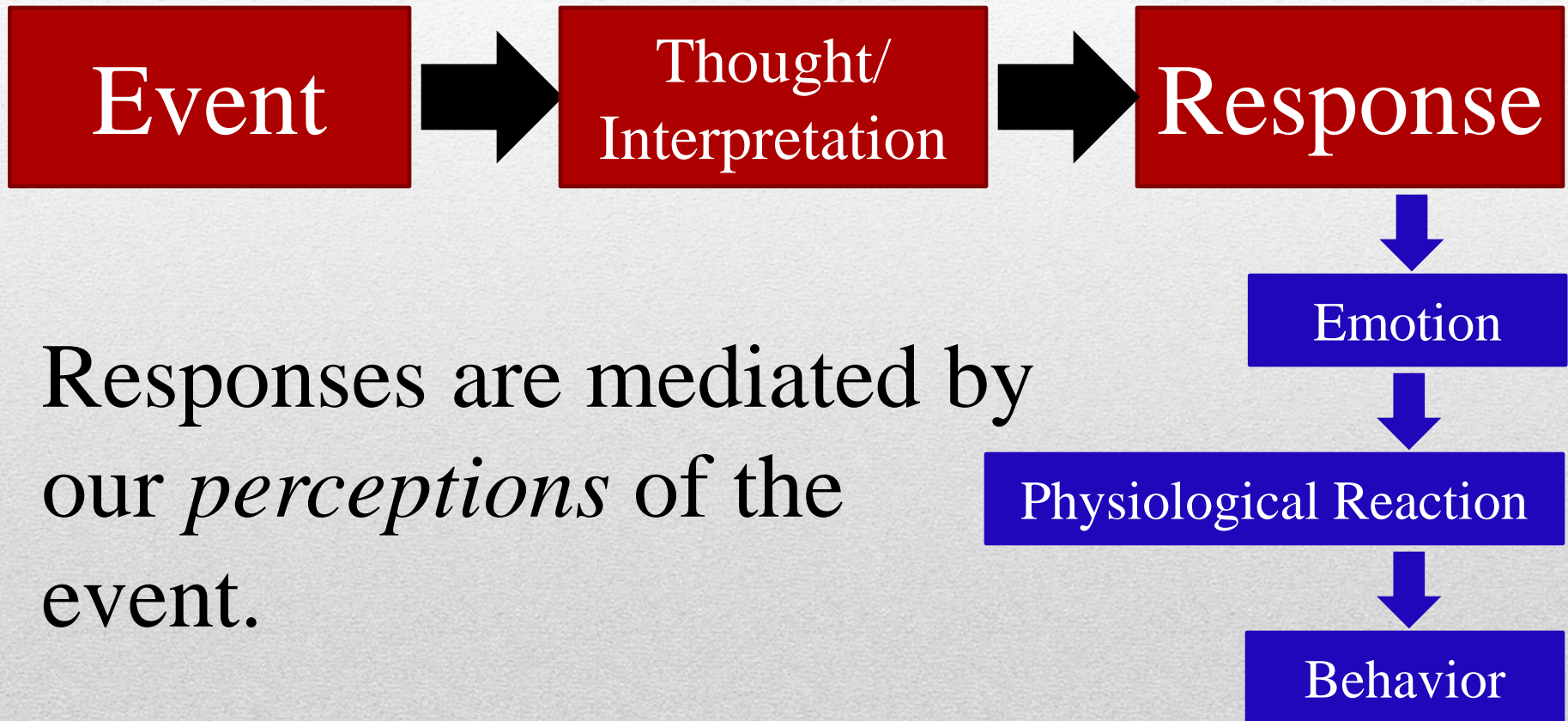


Response

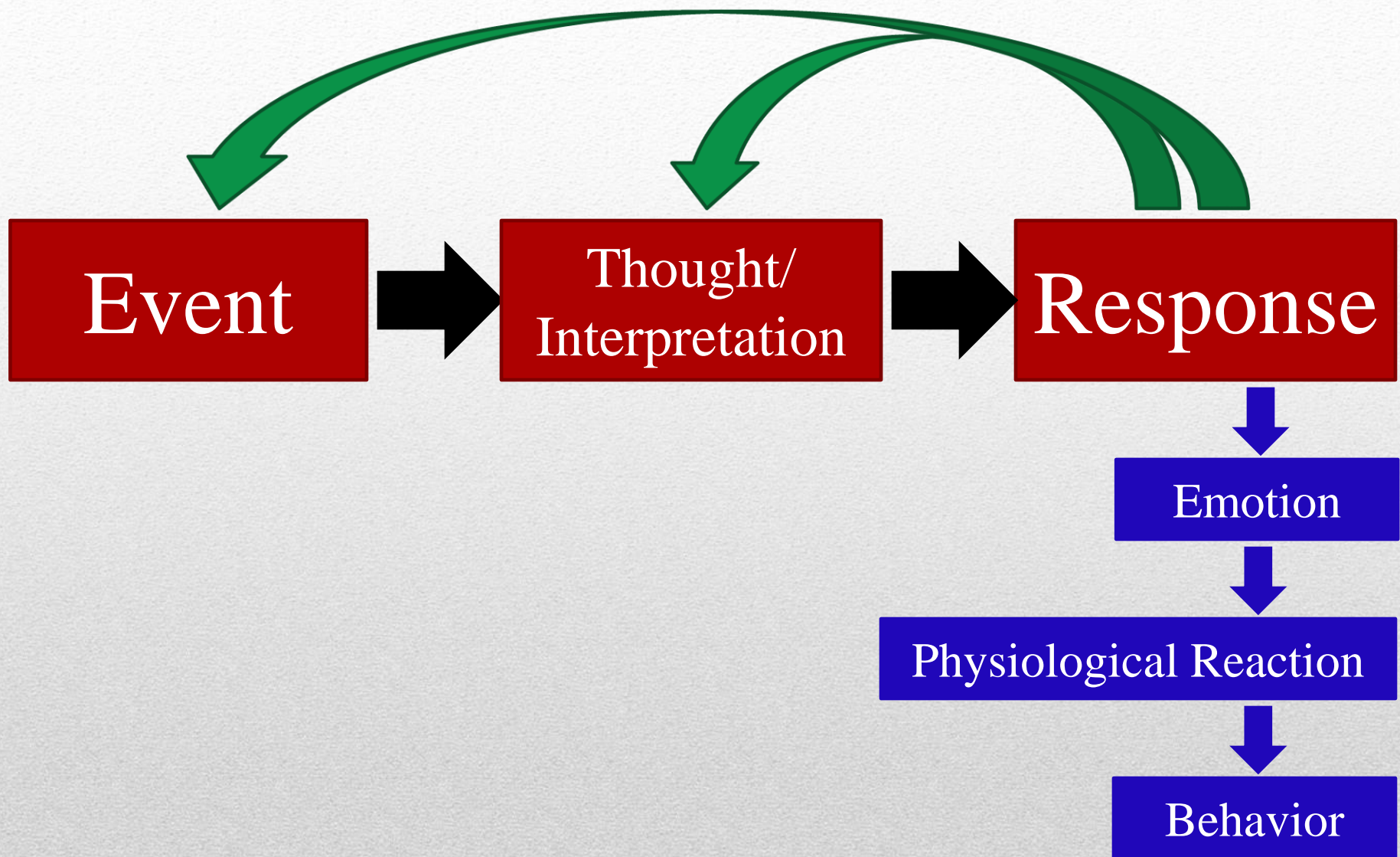
Emotion

Physiological Rxn

Behavior



Responses are mediated by our *perceptions* of the event.



- Monitor our thoughts (esp. in response to negative emotional reactions)
- Quickly identify ineffective thoughts
- Replace with factual & effective thoughts
- Put thoughts to the “test”
 - **Utility Test**: Evaluate the *impact* of believing or *not* believing the thought
 - **Validity Test**: Evaluate *evidence & facts* that confirm & disconfirm the thought.
- Respond to thoughts in a more effective manner
- We can *shape* thought patterns over time

Monitor Your Thoughts

- All-or-nothing thinking
- Overgeneralization
- Mental filter
- Jumping to conclusions
 - Mind reading
- Magnification (catastrophizing)
- Minimization
- Emotional reasoning
- “Should” & “Must” statements

Cognitive Distortions

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God for you in Christ Jesus.

- 1 Thessalonians 5: 16-18

GRATITUDE

- Personal prayer
- Family prayer
- Dinner conversation
- Family chalk board
- Journaling / reflection
- Not just in times of good, but especially in times of trial

- Recommendations:
 - Be specific
 - Focus on the big and the small
 - Handwrite them

Practices

*Consider it all joy, my brothers and sisters,
when you encounter various trials,
knowing that the testing of your faith
produces endurance.*

- James 1: 2-3

THE OBSTACLE IS THE WAY



- Growth mindset
- Effective thinking skills
 - Train ourselves that challenges provide opportunities
- Anterior Mid-Cingulate Cortex (aMCC)

Obstacle is the way

For where two or three have gathered together in My name, I am there in their midst.

- Matthew 18:20



BIO PSYCHO SOCIAL SPIRITUAL

“People who are more connected to family, to friends, and to community, are happier and physically healthier than people who are less well connected.”

Findings

1. Having social connections is good for our health and well-being.
2. Higher-quality close connections is more important for our well-being than the number of connections.
3. Good relationships are good for our bodies and brains.

Social Connections



KEY TAKE-AWAYS

- **Spiritual**
 - Meaning, Purpose, Values, & Goals
 - **Bio**
 - Exercise, Nutrition (protein, omega-3, Vit D), & Sleep
 - **Psycho**
 - Growth Mindset, Effective Thinking, & Gratitude
 - **Social**
 - Social Connections (family, friends, community)
-

Questions & Comments

