

# We All Have Mental Health

Presented by:

Allison Bare & Lisa Trimper



# Our Speakers



**Allison Bare, MSW**

Social Worker

## ABOUT ME

Allison Bare is a Social Worker trained in providing intensive therapeutic services to children, adolescents, adults, and families. She is an empathetic, person-centered, trauma informed professional, who has experience helping others with their mental healthcare needs.

She is passionate about supporting the mental health aspect of an individual for a holistic approach to their care.

Allison received her MSW from Edinboro University, as well as certifications in Music Wellness and Autism Spectrum Disorder.

# Our Speakers, Cont.



**Lisa Trimper**

Health Coach

## ABOUT ME

Lisa Trimper is a Certified Health and Wellness Coach/Educator with over 22 years of professional experience working in clinical healthcare, higher education and corporate wellness settings. Lisa is passionate about the work she does to best support the health and vitality of the community she serves.

Her goal is to instill healthy lifestyle behaviors and promote optimal wellbeing, which includes caring for the whole person mentally, physically, emotionally and socially.

Lisa holds a MS Degree in Wellness and Human Nutrition along with additional nutrition designations and certifications.



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A coaching member shared that his inability to cope with stressors at home and at work were attributing to a decline in his health status and an increase in his weight along with other interferences in his health. Through health coaching and outside mental health resources available to him he was able to find new and effective strategies to put into practice and better his way of life and wellbeing.

# Agenda

01

Define mental health

02

Identify the signs and symptoms of mental health concerns and problems

03

Determine what you can do to improve or maintain your mental health and well-being

04

Find and seek help when appropriate for you or someone else

# What is Mental Health?

- Includes our emotional, psychological, and social well-being
- Affects how we think, feel, and act
- Helps determine how we handle stress, relate to others, and make choices



**PHYSICAL**

**MENTAL**

# Factors that Contribute to Mental Health

**Biological factors**, such as genes or brain chemistry

**Life experiences**, such as trauma or abuse

**Family history** of mental health concerns or problems



# Mental Health Statistics

**1 in 5**

Adults living in the U.S. experience mental illness each year

**1 in 20**

Adults living in the U.S. experience a serious mental health illness each year



**1 in 6**

Youth living in the U.S. aged 6-17 experience a mental health disorder each year

**50%**

Of all lifetime mental illness begins by age 14, and 75% by the age of 24

Statistics Retrieved from the National Alliance on Mental Illness (NAMI)

# Early Warning Signs

- Feeling anxious or worried
- Feeling depressed or unhappy
- Emotional outbursts
- Sleep problems
- Weight or appetite changes
- Quiet or withdrawn
- Substance abuse
- Feeling guilty or worthless
- Changes in behavior or feelings



# What can YOU do?

Let's break down 10 actions together

Value Yourself

Take Care of Your Body

Positivity

Volunteer

Manage Stress

Quiet Your Mind

Set Realistic Goals

Break Up the Routine

Limit Alcohol Intake

Get Help

# 1. Value Yourself

- Kindness and respect
- Avoid self-criticism
- Make time for your hobbies and interests





## 2. Take Care of Your Body

- Eat balanced, nutritious meals
- Do not smoke or vape, avoid secondhand smoke
- Drink plenty of water
- Increase movement
- Get enough sleep



## 3. Positivity

- Surround yourself around positive and uplifting people
- Studies have shown that having a strong family or social connections brings on more positivity and happiness





## 4. Volunteer

- Volunteer your time and energy to help an organization or someone else
- Provides a good feeling about doing something tangible to help someone else in need
- Plenty of virtual experience available as well



# 5. Manage Stress

- Stress is a normal part of life
- Practice good coping skills





## 6. Quiet Your Mind

- Try meditation, mindfulness, or a spiritual routine
- Relaxation exercises can improve your state of mind and outlook on life
- Research shows that mindfulness and meditation may help you feel calm
- SparkUNPLUG



# 7. Set Realistic Goals

- Write down small steps to take towards your personal goals
- Goals need to be realistic, do not over-schedule yourself
- Sense of accomplishment and self-worth as you progress
- Try out health coaching!



## 8. Break Up the Routine

- A little change of pace can be a great change to a busy schedule
- Change up your workout routine, try out a new recipe, paint, hand some new pictures, plan a trip, etc.





## 9. Limit Alcohol Intake

- Keep alcohol use to a minimum
- Do not use alcohol to “self-medicate”





# 10. Get Help

- Seeking help is a sign of strength - not a weakness!
- Treatment has been shown to be effective
- People who get appropriate care can recover and lead full, rewarding lives



# How to Seek Help

- Get started now
- Talk to your trusted medical provider about mental health problems and/or concerns
- Ask to be connected to the right mental health services
- Learn more about your company's EAP program if applicable



# Mindfulness

*Mindfulness is an integrative, mind-body based approach that helps people to manage their thoughts and feelings and mental health.*



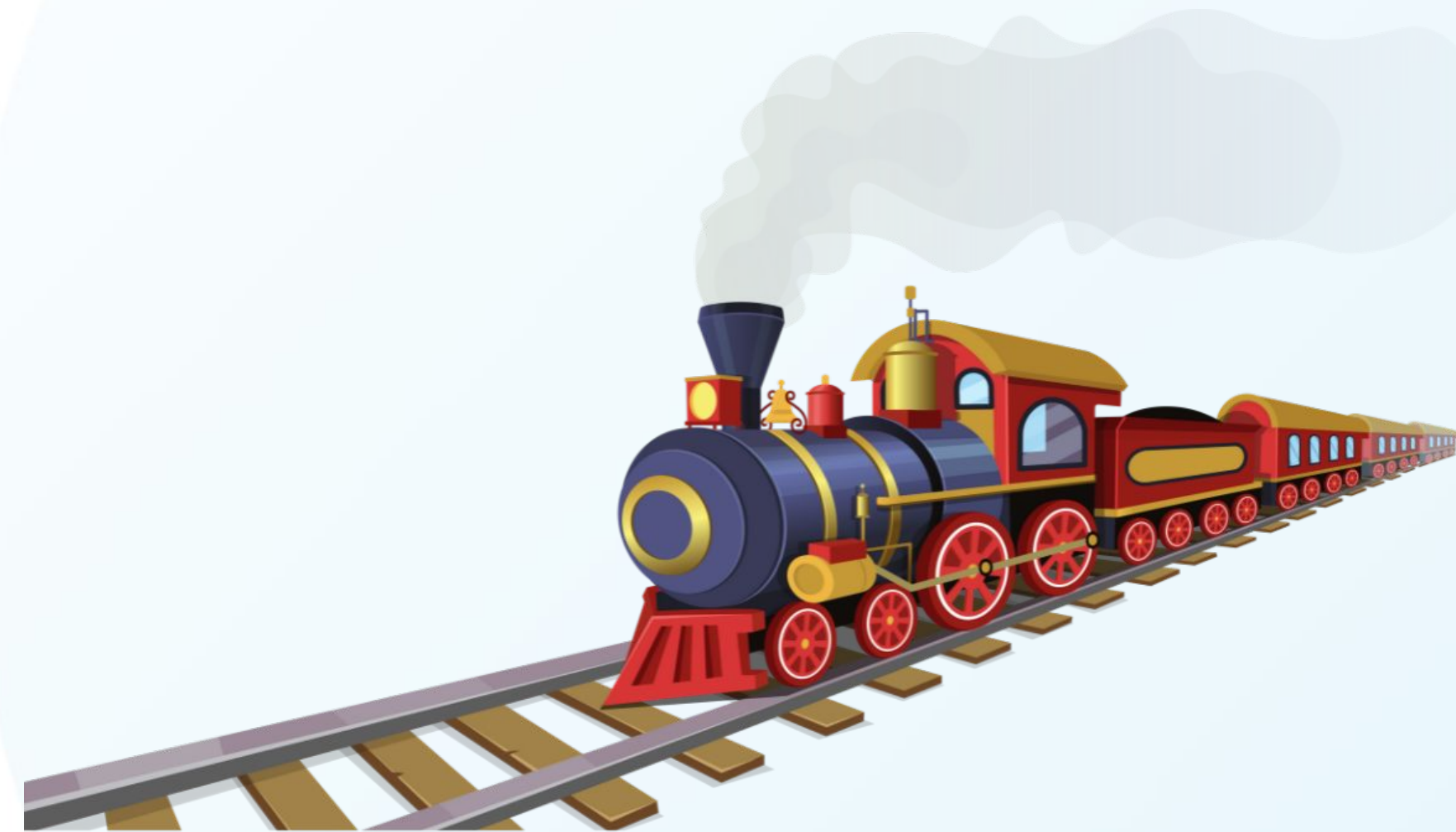
*Practicing mindfulness can give more insight into emotions, boost attention and concentration, and improve relationships.*





# Stopping Like a Train....

<b>S</b>	<b>Slow down.</b>
<b>T</b>	<b>Take a breath.</b>
<b>O</b>	<b>Observe your body, thoughts, and feelings.</b>
<b>P</b>	<b>Process your possibilities and then proceed.</b>





## What's next

- Use the Mental Health toolkit
- Talk to your trusted medical provider about mental health problems and/or concerns
- Learn more about PeopleOne Health! Allow our solution to decrease costs and create a thriving culture to help you be an employer or choice.
- Join the next live PeopleOne Health quarterly webinar event in September.

# PeopleOne Health Features

Create an account today!

## Tools & Trackers

- SparkCoach
- Fitness Game
- Food Tracker
- Interactive SparkPoints
- Goal setting feature

## SparkAmerica

- SparkAmerica City Challenge

## Community

- Build a profile, add and manage friend groups and post to teams
- Uplifting, safe news feed

## Healthy Living

- Library of articles and videos
- Healthy recipes
- Mindfulness videos
- Education courses
- Email newsletter

## Company Program

- Tailored wellness program\*
- Customized wellness challenges\*
- Tokens and prize store\*

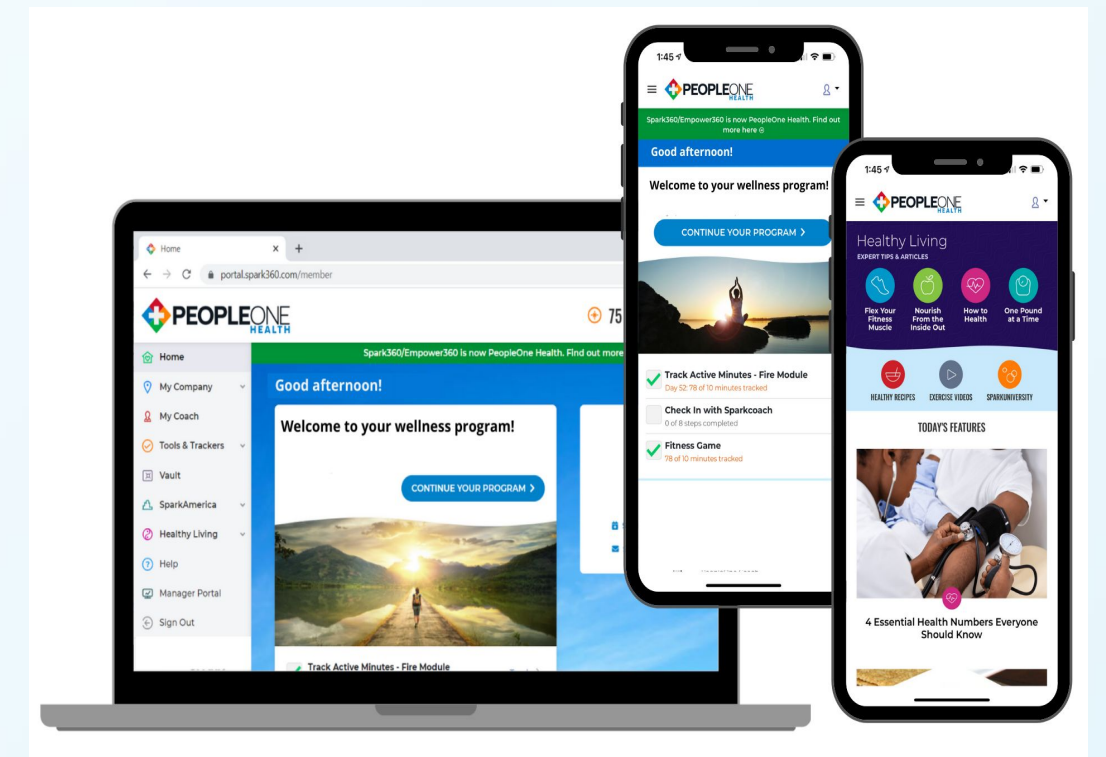
## Health Coaching

- Health coaching and care navigation\*
- High risk outreach and consulting\*
- Form processing\*

## Manager Portal

- Dashboard
- On demand reporting
- Token and prize management
- Send portal messages and announcement

Interested in learning more about our solutions?  
Email us: [Engage@PeopleOneHealth.com](mailto:Engage@PeopleOneHealth.com)



*\*Items with an asterisk indicate a specific level of service and have additional costs associated. Contact us for details.*

# SparkAmerica

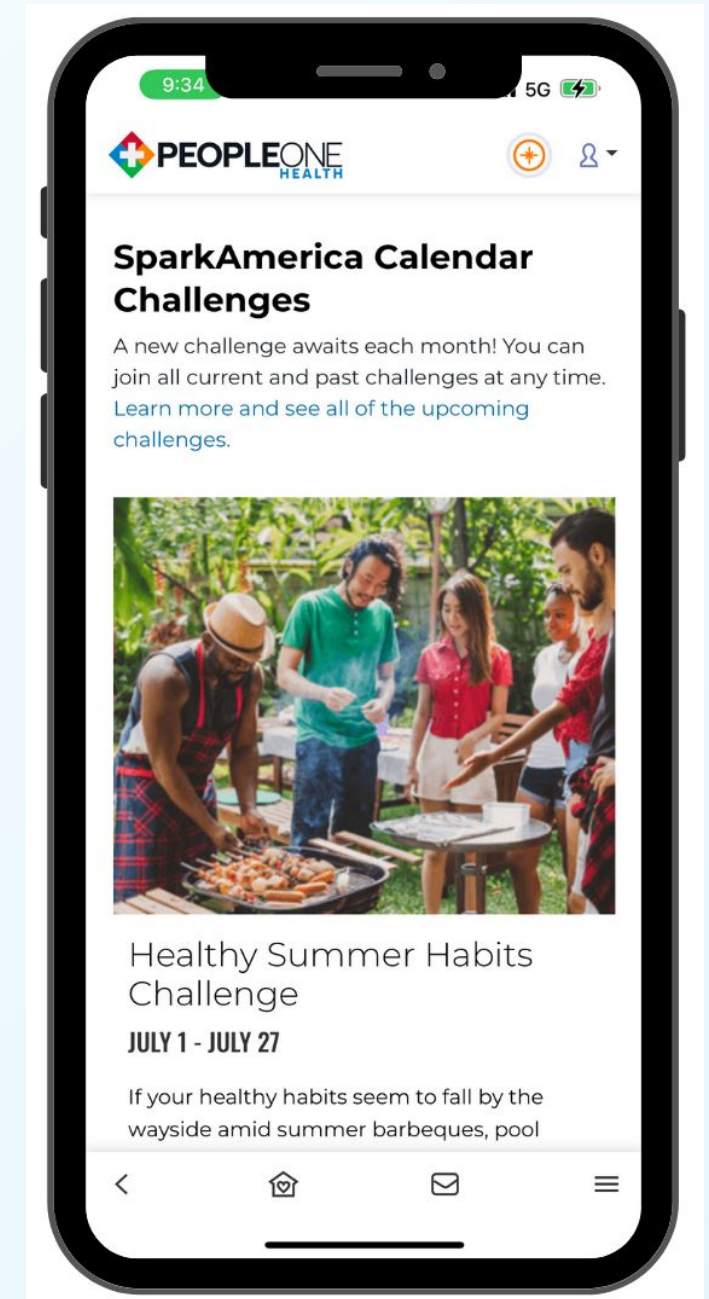
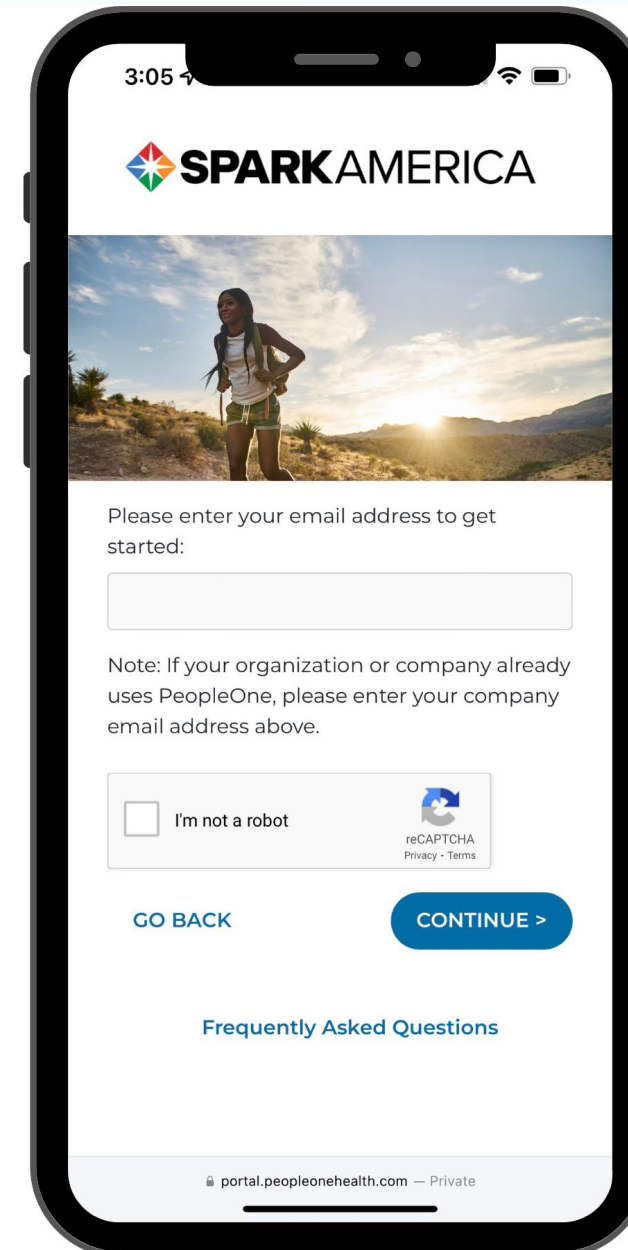
SparkAmerica is focused on building Fit & Healthy leaders all across the country. Business and civic leaders have joined with us to create community and promote healthy living.

**Join us!**

Fit City Challenge: 4-week active minutes challenge with company and individual recognition opportunities

**MARK YOUR CALENDARS!**

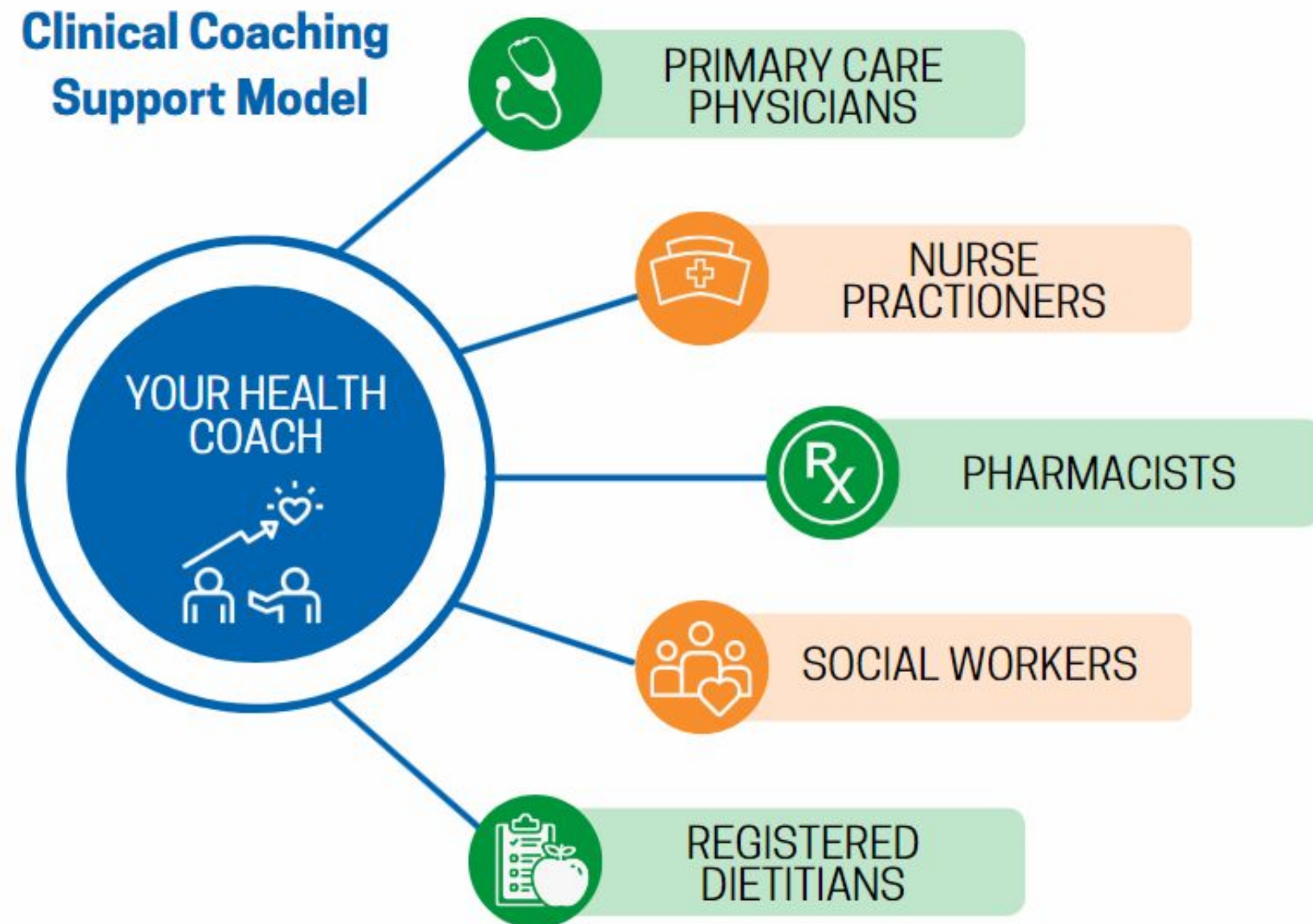
**The Next SparkAmerica Fit City Challenge: September 1 - 30, 2024**





# How Does Our Coaching Differ?

Each Health Coach is backed by not only their credentials but has readily available resources to support them.





Questions?

# Resources:

- Boyce, B. *A one-minute meditation to Focus Your Mind*. Mindful.  
<https://www.mindful.org/a-one-minute-meditation-to-focus-your-mind/>
- *Find help*. SAMHSA. (n.d.-a). <https://www.mentalhealth.gov/get-help>
- *I'm looking for mental health help for myself*. Mental Health America. (n.d.).  
<https://www.mhanational.org/im-looking-mental-health-help-myself>
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<https://www.nami.org/About-Mental-Illness/Mental-Health-by-the-Numbers/Infographics-Fact-Sheets>
- *Mental health by the numbers*. NAMI. (n.d.). <https://www.nami.org/mhstats>
- *Mental health myths and facts*. SAMHSA. (n.d.-b). <https://www.samhsa.gov/mental-health/myths-and-facts>
- *Mental health myths and facts*. SAMHSA. (n.d.-c). <https://www.samhsa.gov/mental-health/myths-and-facts>
- *Mental health myths and facts*. SAMHSA. (n.d.-d). <https://www.mentalhealth.gov/basics/mental-health-myths-facts>
- *Ten things you can do for your mental health*. University Health Services. (n.d.). <https://uhs.umich.edu/tenthings>
- *What is mental health?*. SAMHSA. (n.d.-e). <https://www.mentalhealth.gov/what-to-look-for>
- *What is mental health?*. SAMHSA. (n.d.-f). <https://www.mentalhealth.gov/basics/what-is-mental-health>

Thank You!

