

Finding Meaning in an Unbalanced World

Presented By: Mestisa C. Gass, PsyD



Learning Objectives:

- Review the Impact of Current Stressors on Mental Health
 - Discuss the Role of Meaning Making in Addressing Stress
 - Identify Embracing the Whole Self
 - Exercise: Making Meaning
 - Review of Resources
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DIAPHRAGMATIC BREATHING EXERCISE



Statistics:
In June 2020, 40%
of U.S. adults
reported struggling
with mental
health/substance
use.



Czeisler ME , Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1external icon>

During late June, 40% of U.S. adults reported struggling with mental health or substance use*

ANXIETY/DEPRESSION SYMPTOMS



TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



STARTED OR INCREASED SUBSTANCE USE



SERIOUSLY CONSIDERED SUICIDE†



*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020

†In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylifecoping

CDC.GOV

bit.ly/MMWR81320

MMWR

Remember the Basics

Diet, hydration, sleep, and
exercise habits are
associated with mental
health.



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AVOID

Plan ahead. Say No. Prioritize to do lists (A, B, C)

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ALTER

Communicate. Manage your time. Set Boundaries

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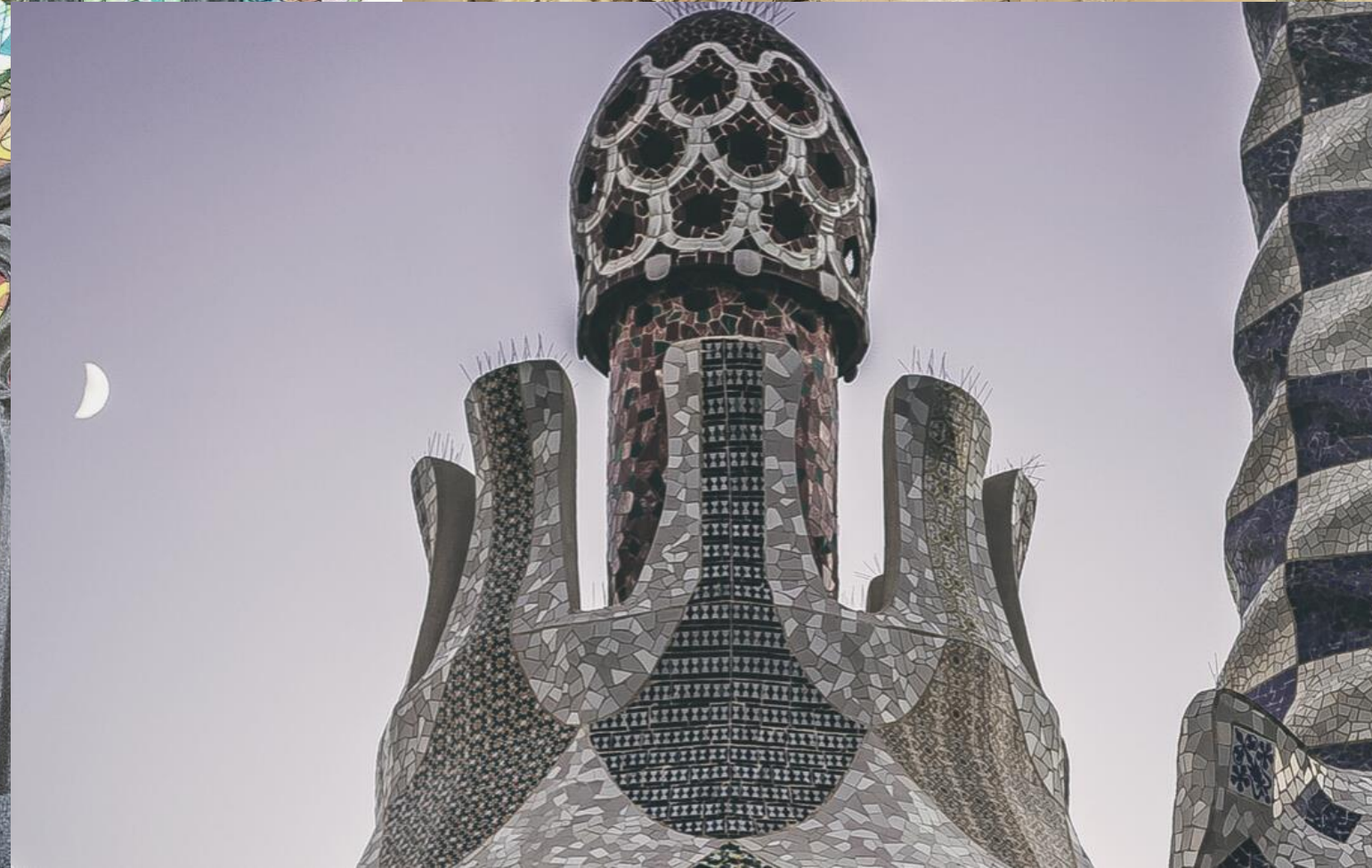
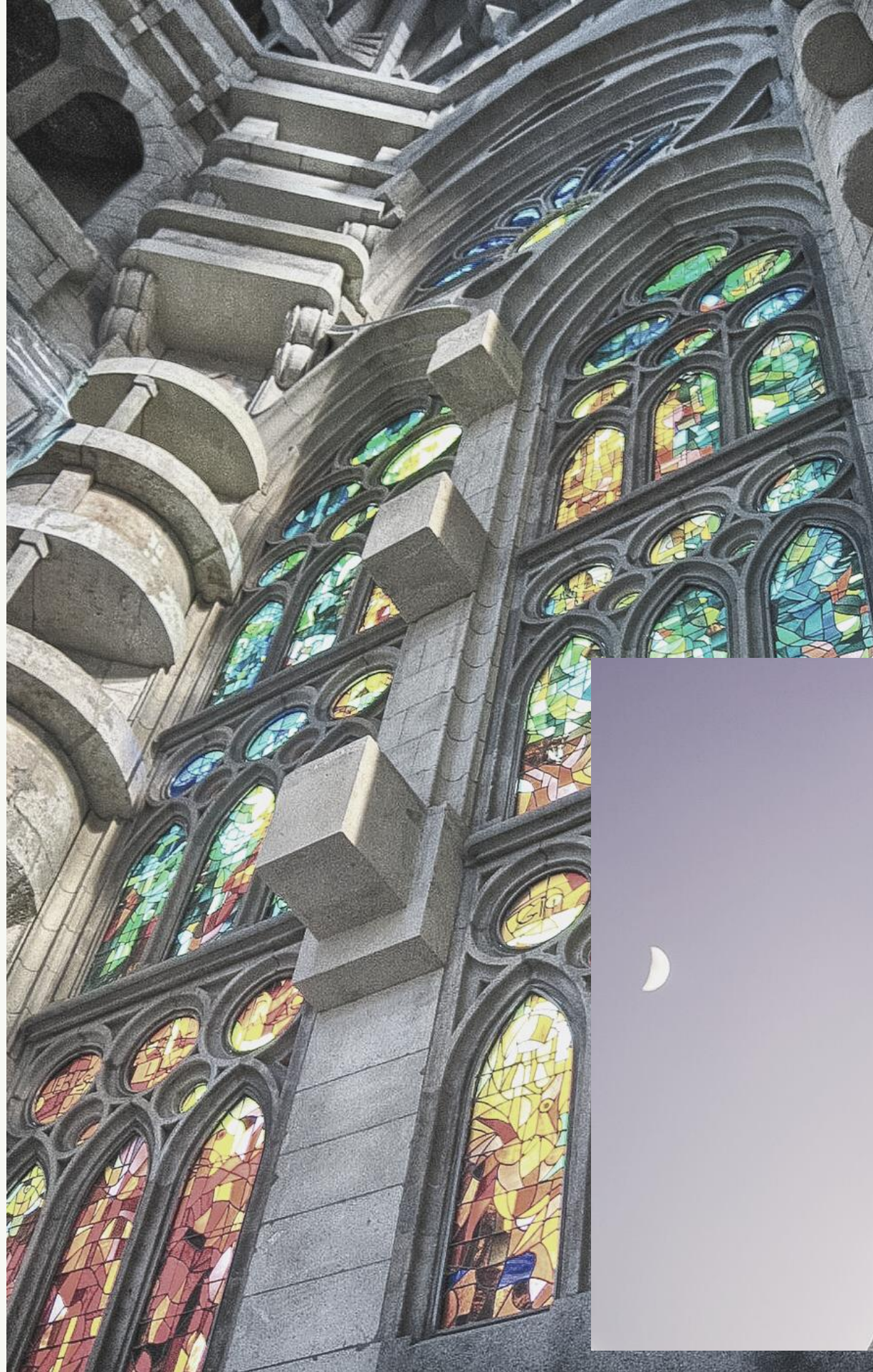
ACCEPT

Radical acceptance. Use support systems. Positive self-talk.

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ADAPT

Adjust standards. Reframe. Use a Mantra. Big picture.



Create a Mantra Exercise:

"I can get through this."
"I create my own path
and walk it with joy."

**Positive associations
between the presence
of meaning and
psychological
well-being**

Krok D. The role of meaning in life within the relations of religious coping and psychological well-being. J Religion Health. 2015;54(6):2292-308.

**Meaning systems
provide frameworks
that help reinforce
coping.**

Krok D. Meaning structures can enhance mental health conditions: The perspective of the meaning-making model. Clin Psychol Cog Sci 2017;1(1):4



SENSE OF PURPOSE

- Brings meaning to your life. Clarifies values. Helps you focus on priorities. Decreases stress. Better coping skills.



CONNECT TO WORLD

- Feel connected. More peaceful. Access support system. Health benefits.



RELINQUISH CONTROL

- You are part of a whole. Share the burdens. Share the joys.

What Helps You Make Meaning?

QUESTIONS TO DISCUSS.



The Basílica de la Sagrada Família

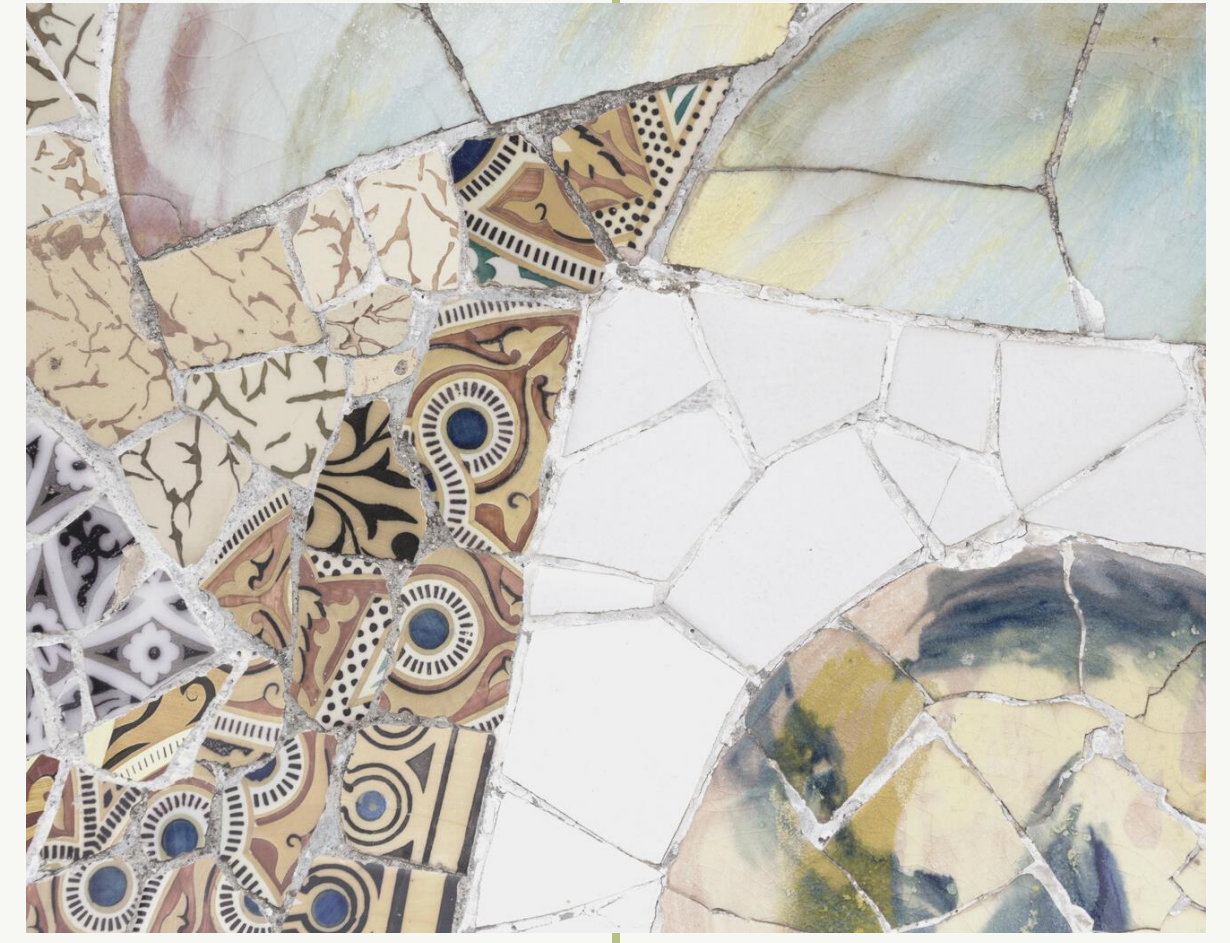
A story about the Whole.




PHYSICAL



EMOTIONAL/
SOCIAL



SPIRITUAL



“where there is light,
there must also be
shadow”

-CARL JUNG

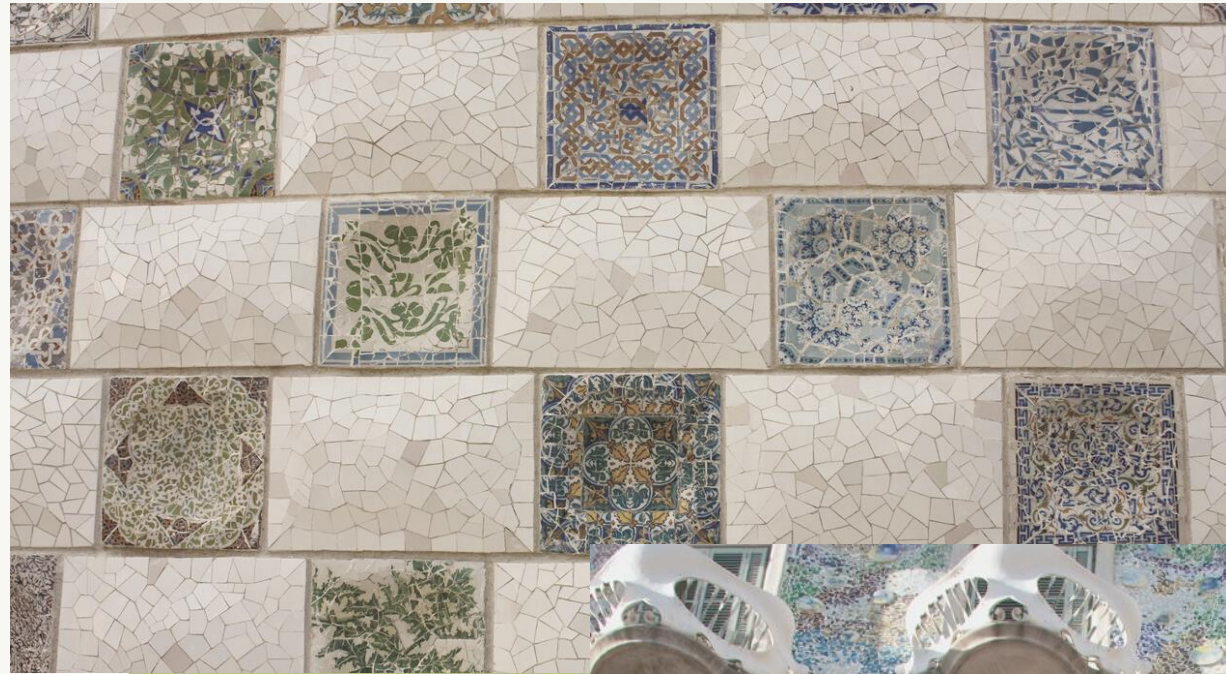


SHADOW

The parts of our self that we dislike or want to ignore

EMBRACING THE SHADOW

Looking at the parts of yourself that need to grow and have support.
Acknowledging the change you would like to see through self-love.



EMBRACE YOUR WORTH

KNOW THAT THINGS WILL
CHANGE

IT'S OKAY TO NOT BE OKAY



**Improved
Intuition**



**Empowering
Yourself**



Benefits



**Learn Your
Strengths**



**Identify and Grow Past
Your Challenges**





TIME AWARENESS ACTIVITY:

- LIST YOUR MAJOR ACTIVITIES FOR THE WEEK.
- IDENTIFY TIME SPENT ON EACH.
- CATEGORIZE ACTIVITIES- THOSE YOU DID FOR YOURSELF VS OTHERS
- CATEGORIZE EACH ITEM- DID YOU WANT TO DO IT OR FELT YOU SHOULD?



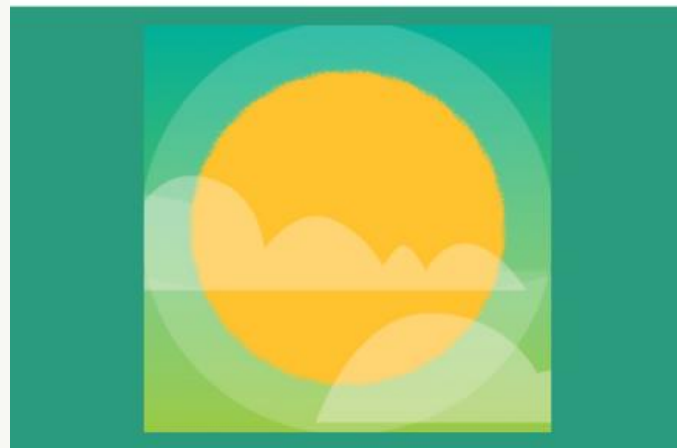
- FOR EACH WANTED ACTIVITY FILL IN THE BLANK "I WANTED TO DO THIS ACTIVITY BECAUSE..."
- FOR EACH 'SHOULD ACTIVITY , ASK YOURSELF "I DO THIS ACTIVITY BECAUSE..."
- WHAT WOULD HAPPEN IF YOU DIDN'T DO IT?
- IS THERE A BENEFIT TO YOU FOR DOING IT?

ARE YOU MAKING MINDFUL CHOICE AND PRIORITIZING IN YOUR LIFE?

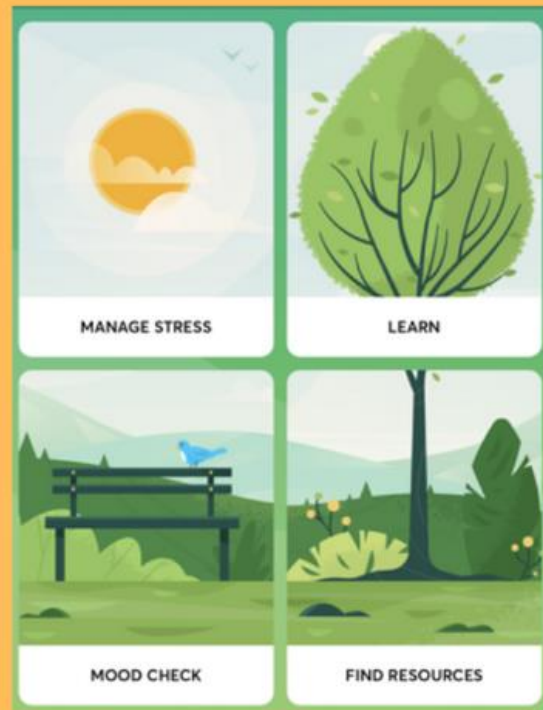
COVID CoACH



The COVID Coach app was created to support self-care and mental health during the COVID-19 pandemic.



It is available on iTunes and Google Play.



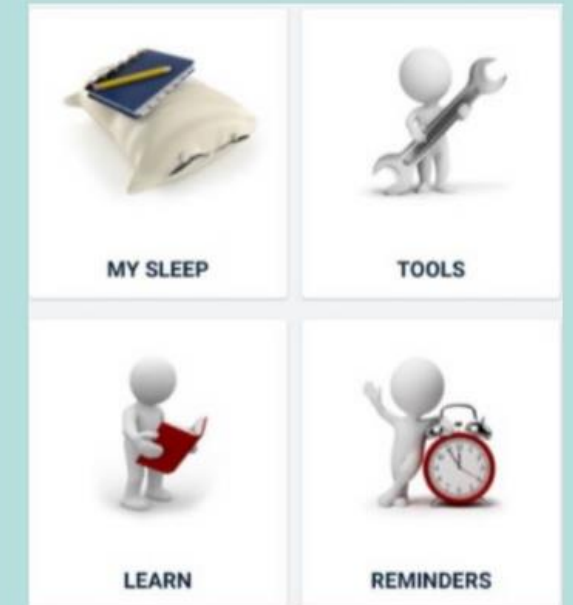
HELPFUL APPS



The CBT-i Coach app is designed to help people experiencing symptoms of insomnia, who would like to improve their sleep.



It is available on iTunes and Google Play.





FACEBOOK

@MHAHawaii



FACEBOOK GROUPS

Busy Bees

MHAH Book Club

MHAH Maui



YOUTUBE

mhaofhawaii



INSTAGRAM

General Account
@mhahawaii



INSTAGRAM

Self-Care Account
@livenaau

New!

GET CONNECTED



Explore a new way to connect with Mental Health America of Hawaii, online resources and more!



CONNECT WITH ONLINE RESOURCES



PRINTABLE INFORMATION AND ACTIVITIES

MENTALHEALTHHAWAII.ORG

Mahalo for
Coming Today.



PHONE NUMBER

(808)521-1846

(808) 242-6461

1136 UNION MALL #208,
HONOLULU, HI 96813

MENTALHEALTHHAWAII.ORG