HOLISTIC APPROACH TO MENTAL HEALTH
Recognize the maximum ways to improve and support a holistic approach for mental health.

Identify holistic strategies that children and adolescents can use to improve and maintain mental health.
Holistic medicine is interested in treating the whole system.

Holistic is characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease.
HOLISTIC APPROACH

• The use of holistic approaches to mental health care can be significantly helpful to mentally ill clients and their disease.

• Some of the symptoms of these diseases include fatigue, insomnia, anxiety, and stressors that are often complexed by the consequences of mental illness.
WHAT TRIGGERS MENTAL HEALTH CONDITIONS?

- Physical illness and psychological symptoms are often caused by imbalances in the body.
- There are several causes to mental health conditions such as irritability, depression, anxiety, poor diet that can trigger an episode.
Mental health well-being can be improved and developed using several different holistic methods.

Holistic mental health approaches ensure that support and comfort are provided to the individual, their family and community.
The emotional well-being is designed by several connected systems (medical, psychological, social, psychiatric, behavioral, lifestyle, spiritual, etc.)
Holistic practitioners evaluate the patient’s complete health picture and examine how all body systems connect before determining a plan for healing.
Other than medications include:

- Dietary changes – eating more non-processed food, more vegetables, fruits and fewer grains.
- Nutritional supplements are used to balance body chemistry.
- Lifestyle changes – such as increasing exercise by walking each day for 20-30 minutes.
Eating whole grains and vegetables with each meal - Prevent mood swings and provide healthy nutrients for the brain.
SUPPLEMENTS

- Vitamins, herbs, enzymes and oils are common supplements used to improve mental health.
- There are many common supplements used for holistic mental health and few of the psychiatrist are prescribing.
THERAPY

Talk Therapy

I keep experiencing deja vu

We discussed this yesterday
Meditation is known to actually change the way the brain works. The brain is more susceptible to positive emotions.
Positive emotions such as joy, love, and peace are understanding for individuals and are within their reach.
PHYSICAL ACTIVITY

- Physical Activity Guidelines for Americans:
  - Recommend moderate exercise three to five times a week. Thirty to sixty minutes can provide mental health benefits.
  - Changes in brain chemistry levels can take place in as few as two to four weeks of an exercise program.
Mind-body exercises such as yoga and tai chi have the potential to improve fitness and improve emotional balance at the same time.
EXERCISE CONFIDENCE

Can boost self-esteem.
Exercise keeps the body moving. Regular exercise has many psychological and emotional benefits.
Exercise is a distraction that can allow the individual to get away from the cycle of negative thoughts that feed anxiety and depression.
Group interaction can provide an opportunity to meet or socialize with others. Just exchanging a friendly smile or greeting when walking around the neighborhood can benefit the mood.
The need to exercise isn’t going away. It’s like brushing your teeth; you need to do it for the rest of your life.
THERAPY

Yoga

Massage
ART THERAPY

ALTER EGOS AT WORK
COPING

- Cope in a healthy way. Doing something positive can help manage anxiety or depression. This can be a healthy coping strategy.

- Consuming alcohol, dwelling on the negative feelings, hoping anxiety will go away on its own can lead to worsening symptoms.
COPING

...before we go any further you should know I'm bi-polar.
PROMOTING MENTAL HEALTH IN SPIRITUALITY

- Spirituality is different from religion but it is often confused with the same.

- There is no one definition for spirituality:
  - Everyone can experience it and spirituality can:
    - Help find meaning and purpose in the things valued.
    - Bring hope and healing in times of suffering and loss.
    - Encourage one to seek the best relationship with self or another person.
Little attention have been paid to positive emotions and personal strengths such as happiness, hopefulness, love and peace.
A good sense of spirituality promotes self-esteem, improves motivation, and helps people come to terms with powerful inner experiences.

Medical studies indicate that spiritual people exhibit fewer self-destructive behaviors such as drugs, alcohol use, gambling and risk-taking behavior.
Every person is different, so there is no specific formula for holistic healing.

Frequently, several treatments, such as nutritional therapy, exercise and counseling, must be used together to result in recovery.
EMOTIONAL ACCEPTANCE

- Repressing emotions leads to depression and anxiety.
- Emotions are a practical guidance system that helps an individual learn and grow.
- When acknowledging and accepting the emotions in a non-judgmental manner, they crumble and disappear.
In recent years, experts have begun to focus attention on the helpful and healthy traits of the mind, rather than its problems.

Understanding the fundamentals of positive emotions, experts hope to find ways to better treat mental illnesses and improve moods and attitudes.
UNHEALTHY THOUGHTS

• Professionals work to reduce unhealthy thoughts and destructive behaviors, why not try building happiness as well?
POSITIVE PSYCHOLOGY

- An article in the journal American Psychologist from 2010 called positive psychology the "study of ordinary strengths and virtues."

- Positive psychology is really an attempt to understand the basic nature and the activities that lead to happiness.
• Vaillant, a doctor at Harvard points out that one of the leading psychiatric textbook has over 500,000 lines of text referring to anxiety and depression, hundreds of lines on terror, shame, guilt, anger, and fear. But sadly there are only five lines on hope, one line on joy, and not a single line on compassion, forgiveness, or love.
NEW APPROACH

- Positive psychology complements rather than replaces traditional therapy, in which goals include knowing yourself better, easing emotional pain and confusion and developing better ways of coping.
REFERENCES


- **American Holistic Nurses Association** (AHNA). Founded in 1981, the AHNA “supports the concepts of holism: a state of harmony among body, mind, emotions, and spirit within an ever-changing environment."
REFERENCES
