



Canadian Mental Health Association of New Brunswick

Overview of Core Presentations

Nurturing Self-Esteem In Children

Looks at the reasons of why is self-esteem so important and answers the question where does self-esteem come from? We examine self-esteem in children and the developmental stages. Questions like does my child have a low self-esteem and where do parents fit in are examined. We look at communication skills for fostering self-esteem and your child in the world as well as self-esteem and school.



Work Life Balance

What is stress and what is life balance? We look at what Stats Canada says and examine what some of our stressors are at work and at home. We explore what is emotional wellness and what exactly work life balance is. We look at workplace warning signs and job burnout and look at how to prevent burnout and focus on building mental wellness. We look at support strategies and community resources in mental health.

Positive Attitude

Here we examine what a positive attitude is. We discover the importance and value of positive thinking. We look at self-talk. We review a reframing exercise and discuss if attitude can predict behavior and if behavior can predict attitude. We look at benefits of positive attitude and tips for positive attitude. We look at the practice of mindfulness and mental health services in our communities.

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Stress Management

Includes what is work place mental health, the stats on stress and an overview of the Mental Health Continuum. We discuss stress and what the stress response is as well as what are some of the signs that you may be experiencing stress and when stress becomes a problem. We cover work life balance and our reaction to stress as well as the value of positive thinking and steps to building mental wellness.

Overview of Mental Health

We look at our mental health and what influences it. We reflect on resilience, work life balance, positive attitude, mindfulness, self-esteem and our physical health. We review mental health and stress in our personal lives as well as managing our stress. We look at the role of mental health and building mental wellness as well as community resources for mental health.



Self-Care

So, what is self-care? What do we risk when we don't practice self-care? We look at job burnout and signs & symptoms of burnout. We learn what compassion fatigue is? We also look at what vicarious trauma is. We talk about your risk of burnout, compassion fatigue, and vicarious trauma as well as helpful strategies for avoiding burnout. We examine the benefits of self-care and learn about building a self-care plan. We practice self-care reflection, evaluating practices and emergency self-care. We ask ourselves what if I'm too busy? We also cover what self-compassion is and how we develop it?

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Mindfulness

What is mindfulness and how do we be mindful? How do we practice mindfulness and what do I do when I can't stop thinking? Next, we practice mindfulness and find out why we must practice mindfulness. We look at some evidence-based benefits. We briefly look at the science of how mindfulness changes your brain and your perception. We go over some common misconceptions and the reality of mindfulness. We practice progressive muscle relaxation and look at things to remember for your practice of mindfulness.



Mental Health in the Workplace

We look at important statistics and factors which may increase or influence the risk of developing a mental illness. We examine types of mental illnesses and the Mental Health Continuum. We cover stigma, stigma in the workplace and look at the iceberg concept. We explore life balance, workplace mental health and employment. We look at workplace performance warning signs and how can an employer help. We review good practices and accommodations as well as principles of accommodations. Topics like emotional wellness and building mental wellness, as well as support strategies, are covered. We also examine community resources for mental health and what is available in our communities.

Mental Health and Resiliency

What is mental health and what influences our mental health? We look at what is mental illness and discuss factors which increase or influence the risk of developing a mental illness as well as the Mental Health Continuum. We delve into what stress looks like, what is the stress response and when does stress become too much? We also cover what is resilience, building resilience and changing our focus. We examine the dimensions of well-being and follow up with the CMHA Community Resource Base and the CMHA Personal Resource Base. We look at Cognitive Behavioural Therapy (CBT) and how you react to stress? We also discuss some practical help including relaxation breathing, mindful grounding and building mental wellness, supporting others and finding and accessing help.

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Emotional Regulation

Reviews what are emotions. Basic emotions, emotion wheels and the Modal Model of Emotion. We look at what is emotional regulation and the different types of it and why we regulate emotions.

Coping Toolbox

Covers a variety of topics such as the Mental Health Continuum, understanding stress, Cognitive Behavioural Therapy (CBT) and self-awareness. We talk about changing focus, challenging negative thoughts and grounding techniques as well as self-care and relaxation techniques. Also included is connecting with others, exercise, removing unhelpful tools and building resiliency. We also cover managing stress during current events and other available resources.



Overview of Mental illness

We examine what influences our mental health. We look at mental illness and the factors which may increase or influence the risk of developing a mental illness. We review the Mental Health Continuum, signs and symptoms of mental illness, different types of mental illness as well as understanding mental illness. We look at stigma and the iceberg concept. We ponder the thought...is recovery likely? We delve into treatments for mental illness and Cognitive Behavioural Therapy (CBT). We look at the CMHA Community Resource Base Model and the treatment team. We review building mental wellness and support strategies as well as community resources for mental health.

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Anxiety

There are days that we feel worried and nervous. Everyday anxiety is okay as it can be a motivator for most of us. However, it can also warn us of upcoming danger. When anxiety affects our daily life, that's when it becomes more than a symptom. It will affect how we think, how we react, and how we feel. We plan our day and our life around the illness. When this happens, it's time to get help, through speaking with a mental health professional. Topics covered are: What is anxiety and what does it look like, what causes anxiety, different types of anxiety disorders, who is affected, if I have an anxiety disorder what can I do, tricks to control your anxiety, helping children cope with anxiety, dealing with anxiety during Covid-19 and how can I help a loved one with an anxiety disorder?



Depression

We examine both what is depression and what is bipolar disorder? We learn what is Seasonal Affective Disorder (SAD), Peripartum Depression (PPD) and what causes mood disorders? We learn about signs and symptoms of depression (emotional, physical and behavioural). We cover who mood disorders affect, depression and co-existing medical conditions as well as treatments and supports for mood disorders. Also covered is how you can help a loved one and what mental health services are available in your community.

Depression in Older Adults and Seniors

The presentation examines feeling good as you age and the causes of depression in older adults and seniors. We also look at signs and symptoms of depression in seniors and depression in seniors without sadness. We review medical conditions that can cause depression in seniors and prescription medications that can cause or worsen depression. We also cover is it depression or dementia and is it grief or depression? We also look at ways to help a depressed senior and depression self-help as well as look at the mental health services available in your communities.

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Addictions

We learn some important statistics and discuss what addiction is. We look at the spectrum of substance use and addiction, how to spot addiction, what are the symptoms of addiction, the risk factors of addiction, as well as, the types of addiction. We examine common substances of misuse in Canada and break them down to the top 4; alcohol addiction, cannabis addiction, tobacco addiction and prescription drug addiction. We look at how addictions begin. We learn about mental illness and addiction, stress and addiction, anxiety and addiction and depression and addiction. We also cover how to help your loved one and ask for help as well as mental health services in our communities.



Suicide Awareness

Looks at some myths or facts and reviews some statistics on suicide in Canada. We examine the question what suicide is and discuss who is at risk. We look at how to help and what the warning signs of suicide are. We consider what to do if you are having thoughts of suicide or are in a high-risk situation. We also look at mental health emergency services that are available.

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