Understanding mental health

ID TALKS

Mental health explained

WHAT IS THE ACTUAL STORY THAT EACH ONE OF US CARRIES?

"YOUR EXPERIENCES are valid!"

OUR ASSUMPTIONS SHAPE OUR REALITY

WE ARE MORE THAN WHAT WE HAVE BEEN TOLD WE ARE!

"BE YOURSELF! (?)"



MARIA AGORASTOU
(GREECE)

WELLBEING ≠ IS NOT ≠ THE ABSENCE OF DISEASE

MOVING AWAY FROM THE MEDICAL MODEL OF MENTAL HEALTH INTO A MORE INTEGRATED APPROACH

IT IS THE AWARENESS OF HOW FAR OFF WE HAVE GONE FROM OUR "TRUE SELF"



HOW CAN WE SUPPORT YOUNG PEOPLE TO FIND THEIR TRUE SELF?

"EMOTIONAL GROWTH HAPPENS WHEN THE ENVIRONMENT IS *good enough*"

WITHOUT THIS, INDIVIDUALS:

- FORM A FRAGMENTED SENSE OF SELF
- SEEK ATTACHMENT AT THE EXPENSE OF AUTHENTICITY
- ENTER A SURVIVAL MODE
  - OVECOMPENSATION
  - PEOPLE-PLEASING
  - SELF-MEDICATION
  - LACK OF BOUNDARIES

HOW ATTUNED ARE YOU WITH YOURSELF?



ATTUNEMENT IS THE REACTIVENESS WE HAVE TO ANOTHER PERSON

EMOTIONAL SELF-REGULATION IS THE ABILITY TO MODIFY OR CONTROL YOUR THOUGHTS, EMOTIONS, ACTIONS & WORDS

LOOKING BACKWARDS TO MOVE FORWARD

PEOPLE DO THEIR BEST WITH THE LEVEL OF CONSCIOUSNESS THEY HAVE



What is TRAUMA?

"AN EMOTIONAL RESPONSE TO A TERRIBLE EVENT" (APA, 2022)

NOT ONLY!

ABUSE

IDENTITY ISSUES

POVERTY

EMOTIONAL NEGLECT

...

ALSO...

DAILY STRESS IN ANY SHAPE OR FORM THAT GOES UNREGULATED

DETERMINANTS OF MENTAL HEALTH

PREDISPOSING FACTORS (WHAT WAS "DEALT" TO US)
+ PRECIPITATING FACTORS
+ PRESENT SOCIAL CONTEXT

ONE OF THE MOST PREVALENT ASPECTS OF TRAUMA IS A DIFFERENTIATED PERCEPTION ABOUT OURSELVES & OTHERS



PREFRONTAL CORTEX

HIPPOCAMPUS

AMYGDALA

A HEALTHY SENSE OF AGENCY

How do we bring ourselves back to our true self?

BE IN CONTACT WITH YOUR BODY & BE PRESENT WITH YOUR EMOTIONS & STOP NORMALIZING SURVIVAL MODE!

SALTO INCLUSION & DIVERSITY

In cooperation with: Mental Health in Youth Work project

GRAPHIC NOTES: @MYINKTHINK