

# Mental Health and the Impact of a Healthy Lifestyle

## Advancing Healthy Lifestyles Coalition

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**Advocate**

# Who is MHA?

*“The Mental Health Association in Delaware promotes improved mental well being for all individuals and families in Delaware through education, support and advocacy.”*

**Educate**

**Support**



# General Mental Health Facts



- 1 in 5 Americans experience mental illness any given year, most commonly anxiety and depression
- In Delaware, someone dies by suicide every three days
- The earlier that treatment can begin, the more effective it is
- More than 80% of people with depression can be treated successfully with medication, psychotherapy, or a combination

# What other illnesses often coexist with mental illness?



- Eating disorders
- Medical illnesses
- Substance use disorders
- smoking
- Delaware QuitLine: 1-866-409-1858  
[www.de.quitnet.com](http://www.de.quitnet.com)
- 1-800 LUNG-USA (1-800-586-4872, option 2)  
[www.lungusa.org](http://www.lungusa.org)
- Helpisherede.org

# Some strategies for good mental health...

- Get screened; Start treatment if you need to
- Limit digital media
- Focus on things you can control
- Maintain a routine
- Help others
- Make time for things you enjoy
- Set realistic goals and expect to improve gradually
- Set Boundaries
- Seek Resources and Support, both professional and personal
- Journal; practice gratitude
- Prayer; breathing; meditation
- Grounding
- Laughter
- Get enough sleep
- **Exercise; movement**
- **Eat healthy food and don't self medicate**
- **Spend time with others**

# Exercise



## 1. Benefits of exercise: ("Exercise", 2012; Mayo Clinic Staff 2022, August 3):

- ✚ Decreased risk of depression and dementia
- ✚ Increase in endorphins- the "feel good" neurotransmitter
- ✚ Decreased risk of heart disease, high blood pressure and stroke
- ✚ Decreased risk of diabetes
- ✚ Improved strength and endurance
- ✚ Decreased risk of osteoporosis
- ✚ Improved oxygen delivery throughout the body

## Exercise (continued)

What do you enjoy?

- 🏊 Swim
- 💃 Dance
- 🛼 Hang Glide
- 🏃 Run
- 🏋️ Go to a gym
- 🌿 Garden
- 🐕 Walk the dog

According to a 2017, all you need to do to metabolize stress hormones is work up a sweat!



# Nutrition and Stress Management

Foods shown to benefit our mental health include the following:

1. **Green Leafy Vegetables**
2. **Vitamin C –**
3. **Complex Carbohydrates –**
4. **Healthy Fats –**
5. **Dark Chocolate –**





## Nutrition and Stress Management (continued)

Foods that can negatively impact mental health are the following:

- 1. Caffeine**
- 2. Alcohol**
- 3. Simple Carbohydrates**

# Nutrition and Stress Management (continued)

**How do you use food to deal with your stress? What are your go-to foods?**

**What are you willing to do differently?**

## Social Connections

What does your social support look like?

Who or what do you go to when you are stressed?

Do you text your friends and loved ones?

Do you go online?

Do you go to church or synagogue or temple?



## Social Connections (continued)

Did you know that there are four types of social support (“The Value of Social Support”, n.d.)?

1. Informational Support
2. Emotional Support
3. Tangible Support
4. Companionship Support

All four types of social support are important.



# Social Connections (continued)

More importantly is the question, “How does one create a social support network?” (American Psychological Society, 2022, October 21).

- 1. To have a friend, be a friend.**
- 2. Do something that you enjoy that will put you in contact with other people.**
- 3. Volunteer**

## Social Connections (continued)



4. **Join a synagogue, church, temple or any place of worship.**
5. **Seek psychological support.**

# Community Resources

- <https://www.mhainde.org/wp-content/uploads/CRG-2023.pdf>
- Visit MHA's website and navigate to "Resources" tab
- Handout



# Suicide, or other crisis situations

- Ask, Listen, and Keep Safe
- Call 988 or text 741741
- Call Mobile Crisis for an on-site evaluation
- Take the person to a psychiatric facility or hospital for an evaluation
- Last resort: Call 911 if you need to



Questions?

**Thank You!**

For more information:

- [MHAinDE.org](http://MHAinDE.org)
- 302-654-6833