



Training Solutions, Delivered!

THE ART OF COMMON SENSE & CRITICAL THINKING: MENTAL AND PHYSICAL HEALTH

**Leader's Guide, Fact Sheet
& Quiz**

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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

5227 THE ART OF COMMON SENSE & CRITICAL THINKING: MENTAL AND PHYSICAL HEALTH FACT SHEET

LENGTH: 9 MINUTES

PROGRAM SYNOPSIS:

Peace of mind is a desirable natural condition and our mental health has a measurable impact on our physical health. The best investment we'll ever make is understanding ourselves and wishing others well. This video lists a commonsense guide to good mental health and wellness. It covers basics such as good nutrition and exercise to more complex topics such as relationships and handling conflicts. These tips enable people to benefit both on and off the job.

Topics include guides to good mental health and wellness, following a good nutrition and exercise plan, handling relationships and conflicts on and off the job.

PROGRAM OBJECTIVES:

After watching the program, the participant will be able to explain the following:

- The background of mental illness;
- The common mental illnesses that can affect you;
- Ways to help deal with, live with and treat mental illness.

INSTRUCTIONAL CONTENT:

BACKGROUND

"About a third of my cases are suffering from no clinically definable neurosis but from the senselessness and emptiness of their lives. This can be defined as the general neurosis of our time." – C.G. Jung

- When you were born, you never worried about your demands being met. Most of your time was spent just being cute.
- When you were two, you probably cried to get what you want and screamed if it was urgent.
- You were taught right or wrong and go to bed. From there came the yearnings and conditions; something out there will make you happy, something out there is making you upset.
- They say that lack of love is responsible for most of the unhappiness in the world.
- In part that's true. However, the other part that creates unhappiness is the pursuit of what we think we want and the pursuit of what we think we need.
- Forgetting that most of what we need is within, we instead yearn for things we want, compare ourselves to others and thrive on validation.
- Things we like are good, things we don't like are bad and these simplified unchallenged judgments or beliefs may limit our experiences and growth.
- To mold life into our image of how it should be, we often have to manipulate people and situations.
- In essence, much of our anxiety comes from our addictions not being satisfied by a person, an event or life. We often blame ourselves for not being worthy, blame others for not getting what we want or blame life for being unfair.
- This mindset leads to anger, resentment and suffering, not only to ourselves, but to others around us.

COMMON SENSE & MENTAL HEALTH

- Common sense says program your addictive demands into a preference. Stop putting energy into things you cannot change.
- Experience true freedom by ridding fear from your life. And common sense asks, "must we deserve love or earn love to have love?" Can we emotionally accept everything in the here and now? Can we be fulfilled in just being?
- In every moment we can choose to do something or not do something. The resulting reaction depends on our mental and physical wellness.
- As you can see, our mental wellness may not be as healthy as we thought and dare we say a person is, you know, mentally ill?

MENTAL HEALTH BY THE NUMBERS

- Ancient civilization thought the root cause of mental illness was demonic possession. At 400 BC, Hippocrates unveiled the concept of disturbed physiology as the basis for illness.
- For the first half of the 20th century, psychiatry discovered medications that helped to alleviate depression, mania and psychosis.
- Recent insights have led to the emphasis on the biochemistry of the human brain, but this is only one factor of a complex maze which includes nature and nurture, genetics, neurotransmitter related chemical imbalances, stress related factors, medical conditions, neuropathology and nutritional factors.
- Basically, a person is not crazy if they're acting differently. There is an explanation for most behavior.
- An estimated 54 million Americans suffer from some form of mental disorder in a given year and many go untreated.

- First, we must dispel the stigma attached to mental health and mental illness. We seek the expertise of a doctor or therapist to get well. We practice emotional health and self-examination skills to stay well and enjoy the present.

COMMON MENTAL HEALTH ISSUES

- There are many common mental health issues that hundreds of people deal with from day to day, including teenagers.
- Some common mental health issues that affect teenagers are:
 - Alcohol and drug abuse
 - Anorexia nervosa
 - Anxiety
 - Attention deficit hyperactivity disorder
 - Bipolar disorder
 - Bulimia nervosa
 - Conduct disorder
 - Depression
 - Learning disorders
 - Obsessive-compulsive disorder
 - Physical abuse
 - Post-traumatic stress disorder
 - Psychosis
 - Schizophrenia
 - Sexual abuse
 - Tourette's syndrome

APPROACHING MENTAL ILLNESS WITH COMMON SENSE

- While mental illnesses are very complex disorders, we can still use common sense to help navigate them and help make them more manageable.
- Eating nutritious meals and drinking plenty of water are two of the major things we can control to help manage mental illnesses.
- Laughing often releases endorphins, which trigger positive feelings.
- Other ways you can help manage mental illnesses is by stretching and exercising daily, learn from everyone you meet and everything you do and sleep well.

BELIEFS, CONFLICTS, COPING & TREATMENT

- Be aware of thoughts and feelings. Something bothers you only if you let it.
- Question authority and verify all information to learn the facts.
- Eliminate the cause of all feelings of isolation and separation.
- Realize every one of your experiences is perfect for your growth.
- Become a master of yourself and you'll make the best contribution to humankind.
- Handle the ups and downs of life with a positive perspective.
- Choose if you want to become involved in other people's predicaments. Negative behavior of others is a reflection of them.
- Consider reasons people act the way they do instead of judging their actions.
- Ask what it is you want to change outside of you instead of changing something inside of you.
- Embrace good coping skills such as compassion, exercise, friendship, hobbies, meditation, nutrition, reading and relaxation.
- Let go of negative skills: avoiding problems, defensive reactions, denials, excessive use of alcohol, drugs, sedatives and stimulants, ignoring hurt feelings.
- Know that getting help when you need it is a sign of strength.
- Seek support from trusted friends and family, self-help or support groups.
- Seek care from a primary care physician, social worker, psychologist or psychiatrist.

MANAGING MENTAL ILLNESS

- Make time for positive and social connections. Perceive everyone as a work in progress.
- Give and accept support.
- Have healthy relationships.
- Hiding separates, openness unites. Being loved is more fulfilling than being right.
- Maintain a balance of work, family, friends and obligations. Set priorities.
- Write down steps to achieve attainable goals.
- Change or vary your schedule from time to time.
- Schedule time for peace and quiet.
- Choose a positive attitude.

- Build confidence and treat yourself with kindness, patience and respect.
- Identify and deal with moods.
- Minimize self-medicating as it only aggravates the problem.
- Accept mistakes and learn from them. Learn ways to be at peace with yourself.
- Peace of mind is a natural condition available to everyone and our mental health has a measurable impact on our physical health.
- The best investment we'll ever make is understanding ourselves and wishing others well.
- Doctor Freud said that there are two components to good psychological health: the ability to love and the ability to work. Make every effort to enjoy both.

THE ART OF COMMON SENSE: MENTAL AND PHYSICAL HEALTH

ANSWERS TO THE REVIEW QUIZ

1. a

2. b

3. c

4. e

5. b

6. a

7. a

THE ART OF COMMON SENSE: MENTAL AND PHYSICAL HEALTH
REVIEW QUIZ

The following questions are provided to determine how well you understand the information presented in this program.

Name _____ Date _____

1. They say that lack of love is responsible for most of the unhappiness in the world.
 - a. True
 - b. False

2. We should put all of our time and energy into things that we cannot change.
 - a. True
 - b. False

3. An estimated _____ Americans suffer from some form of mental disorder in a given year and many go untreated.
 - a. 8.5 Billion
 - b. 10 Million
 - c. 54 Million
 - d. 86 Billion

4. Which of the following are common mental health issues that affect teenagers?
 - a. Anxiety
 - b. Depression
 - c. Learning Disorders
 - d. Tourette's Syndrome
 - e. All of the above

5. Eating junk food is good for your mental health.
 - a. True
 - b. False

6. Getting help when you need it, is a sign of strength.
 - a. True
 - b. False

7. The ability to love and to work are two components to good psychological health.
 - a. True
 - b. False