

# The Importance of Good Mental Health

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EVERY JOURNEY MATTERS

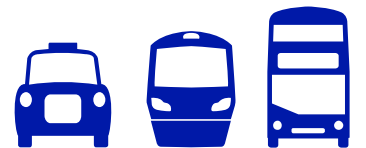
# What to Expect Today



Understanding early warning signs of stress

Understanding my stressors

Resilience plan



## Recognising Stress

“This is too much”  
 “I can’t cope”  
 “They’ll think badly of me”  
 “This won’t change”  
 “I should be able to cope”  
 “I must get this done”  
 “I haven’t got time!”



# The Stress Bucket

## Environmental Stress

Work and living environments, including new and unfamiliar situations, or conflicts

## Interpersonal Stress

Stress from relationships

## Intrapersonal Stress

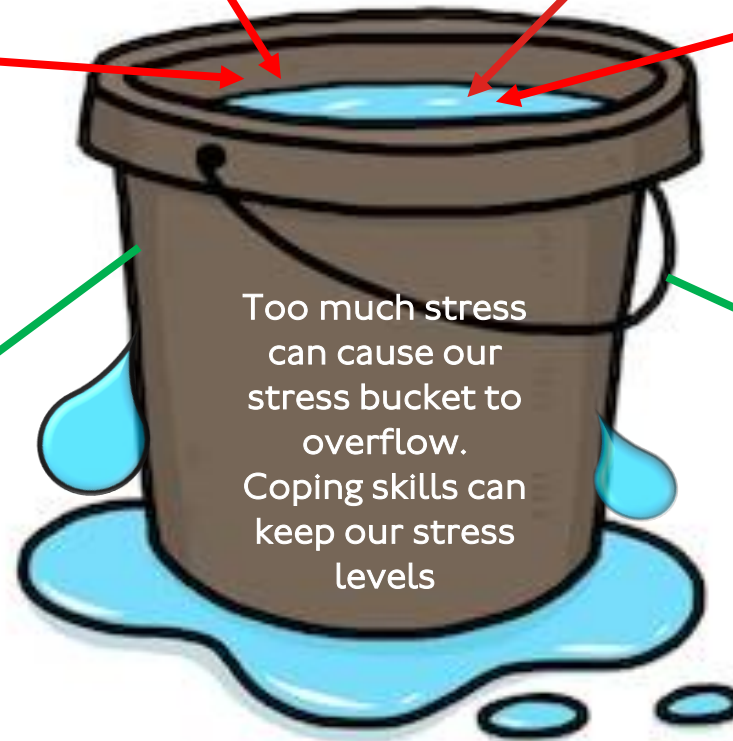
Stress from physical health, financial situation, and mental health issues (e.g. depression, anxiety)

## Recycled stress

Unhelpful coping skills providing short term relief and long term issues. Examples include avoiding the problem or using alcohol to cope

## Emotion-focused coping skills

Strategies used to decrease the negative emotions. They are useful when it is difficult to change the source of the problem.



Too much stress can cause our stress bucket to overflow. Coping skills can keep our stress levels

## Problem-focused coping skills

Strategies used to change the source of the problem. These strategies are used when you have some influence over the situation.



# What Resources do you have to help you maintain good health?

To which you belong

**Organisations**

That you enjoy, such as hobbies and sports

**Activities**

On whom you can rely

**People**

Which give you good feelings or evoke happy memories

**Objects**

Where you feel you belong or where you have roots

**Places**

That give you support

**Values & beliefs**



## Resources

- Every mind matters NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>
- Living life to the full – free online CBT self-help programme [www.lltff.com](http://www.lltff.com)
- Get Self Help – CBT self-help information and resources [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

