

# Looking after our mental health

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## The next 45 mins...

1. What is mental health?
2. Risk factors & protective factors
3. The 'stress container'
4. Focus on 6 protective factors
5. Post-pandemic mental health
6. Questions

**Mental health:**  
**What does it mean to you?**

**How we cope with life's ups and downs,  
our confidence, our self-esteem...**

**How we think and feel when  
negative things happen...**

**How we behave when  
negative things happen...**

**How stressful events affect us...**

# **Mental health:**

## **Common mental health disorders**

**Depression & mood disorders**

**Anxiety disorders**

**Eating disorders**

**Addiction & impulse disorders**

**Obsessive compulsive disorders**

**Psychotic disorders**

**Post-traumatic stress disorder**

# World Health Organization

**“A state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”**



**World Health Organization**

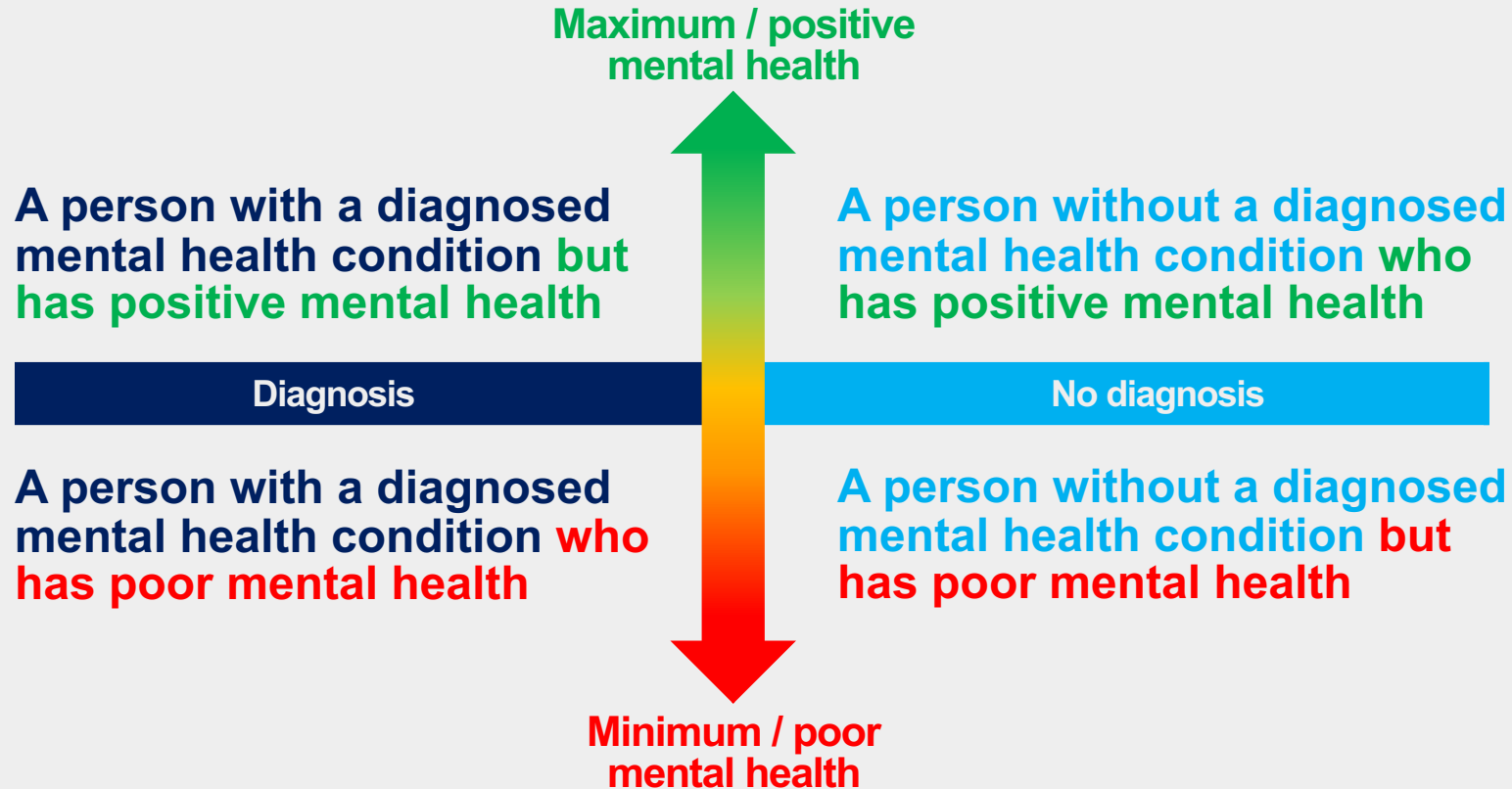
**We all have mental health**

**There is no health  
without mental health**



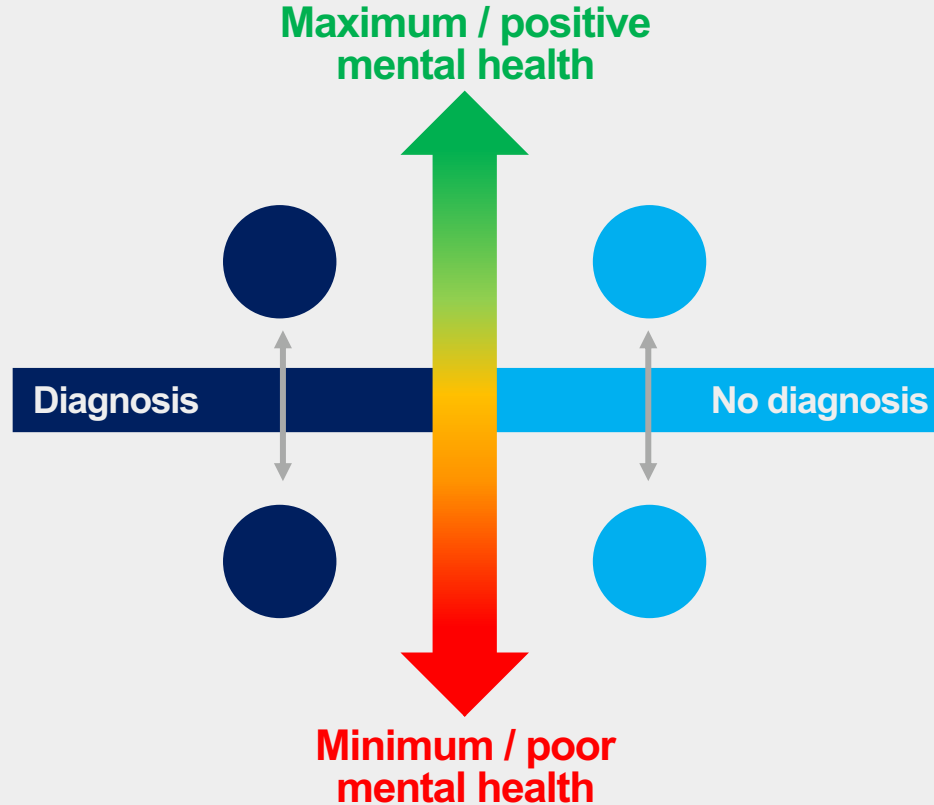
# The mental health continuum

## Positive & poor mental health



# The mental health continuum

## Positive & poor mental health



# What do you think influences our mental health?

## Risk factors



## Protective factors

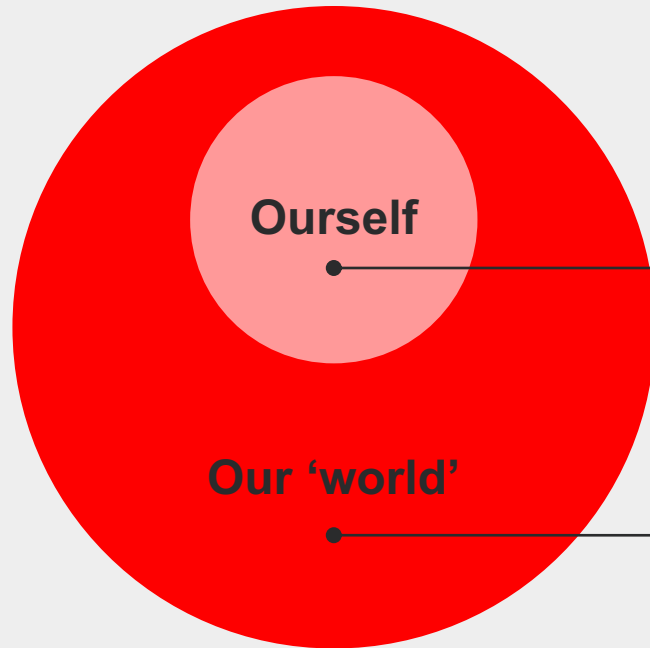


**We're individual**  
**We're unique**

**Each of us has different risk factors  
and different protective factors for  
mental health, even people who may  
seem similar.**



# Risk factors



Individual **risk** factors

**Abuse, alcohol, disability, drugs, genes, illness, lack of support, poor parenting, smoking, stress, traumatic life events**

Environmental **risk** factors

**Community violence, discrimination, inequality, poor education, poor housing, poverty, unemployment**

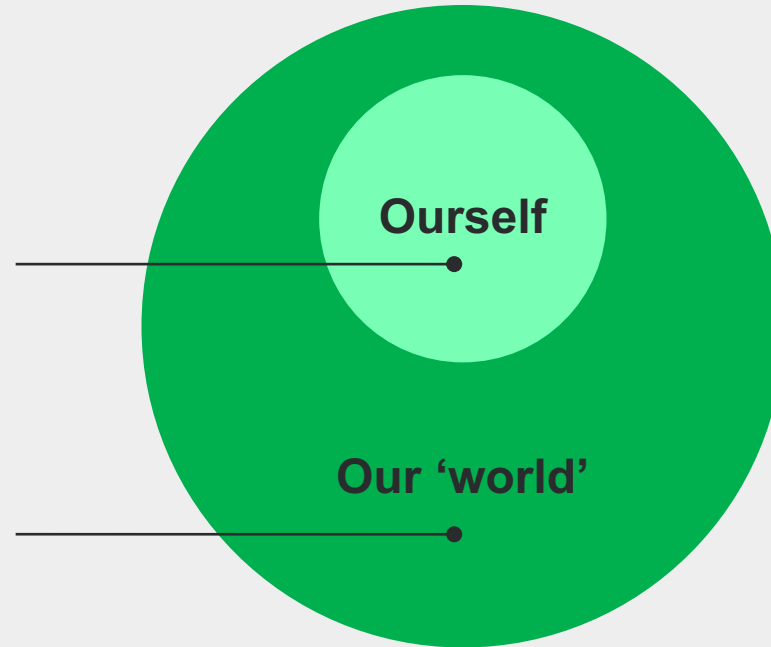
# Protective factors

Individual **protective** factors

**Coping skills, confidence, conflict resolution, good nutrition, physical activity, positive parenting, problem solving, respectful relations, rest & reflection, self-belief, sleep...**

Environmental **protective** factors

**Tolerant community, meaningful activity, social network, arts and culture, stable home / housing environment...**

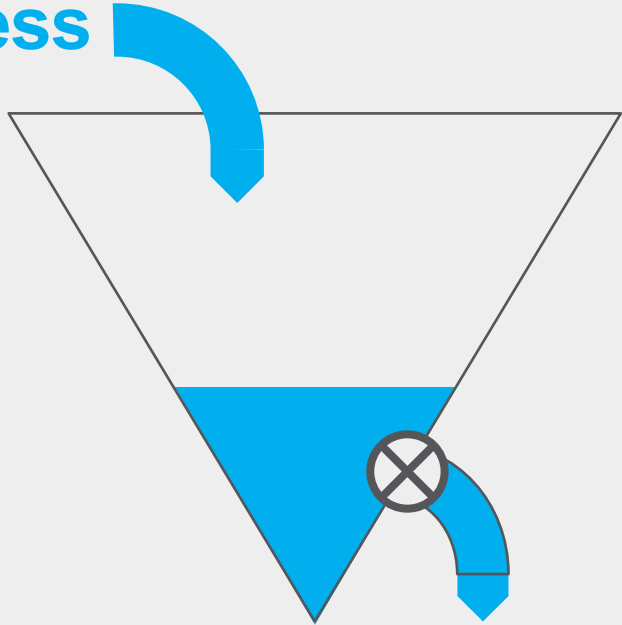


## Reducing our vulnerability

**The more protective factors  
we have, the less vulnerable  
we may be to developing poor  
mental health.**

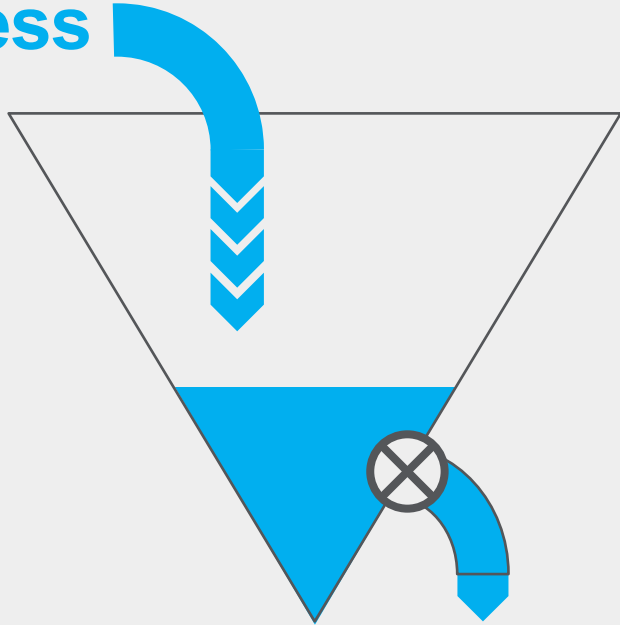
# The stress container

**Stress**



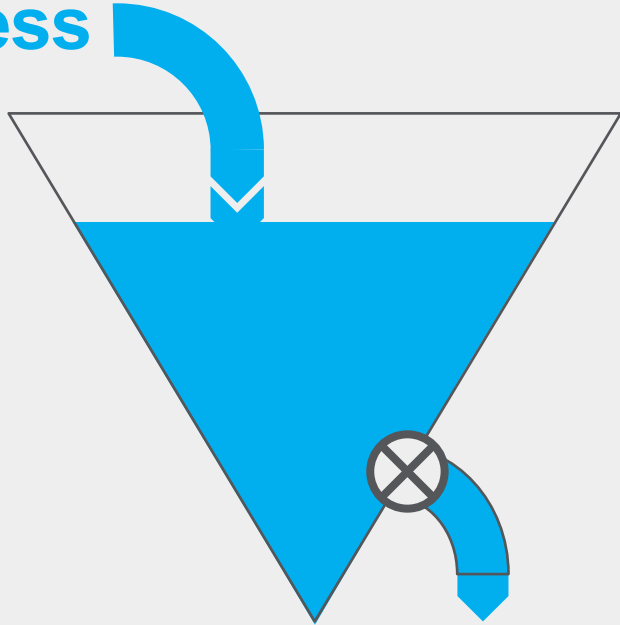
# The stress container

**Stress**



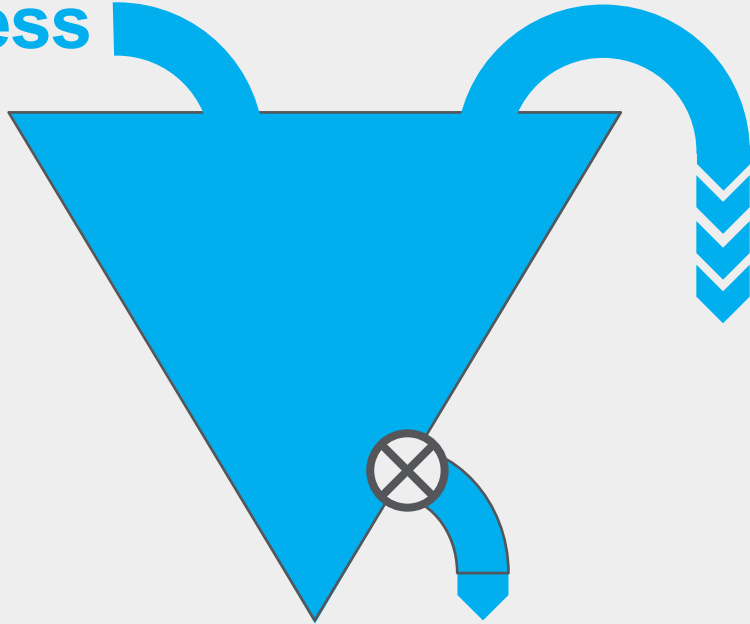
# The stress container

**Stress**



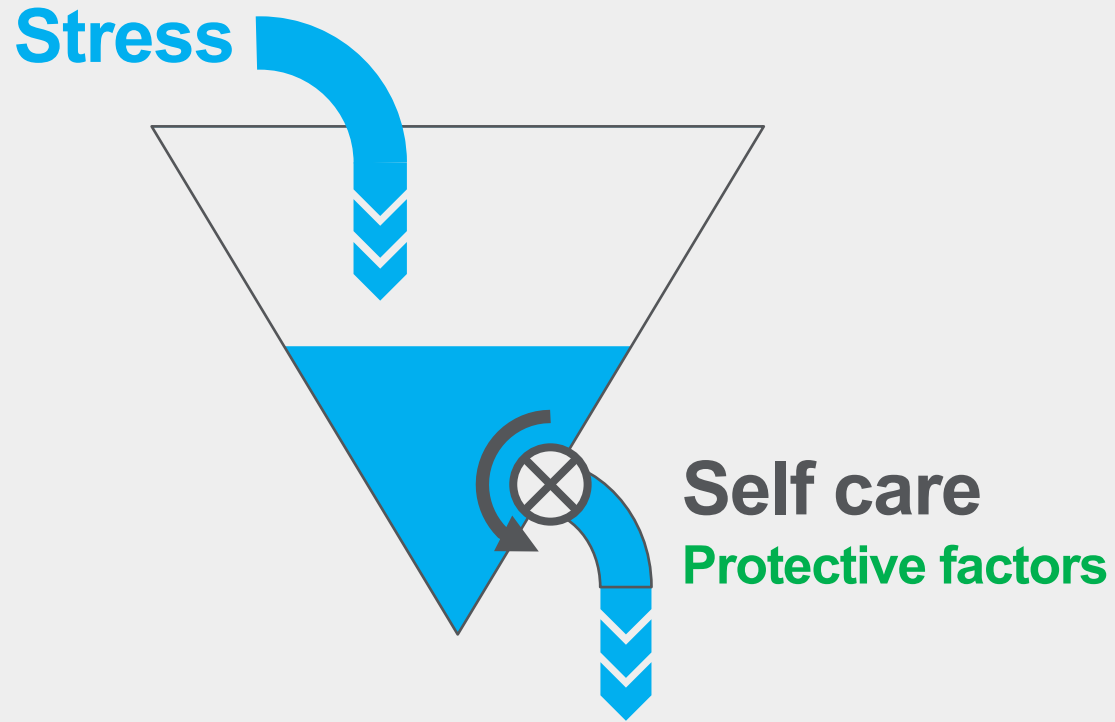
# The stress container

Stress

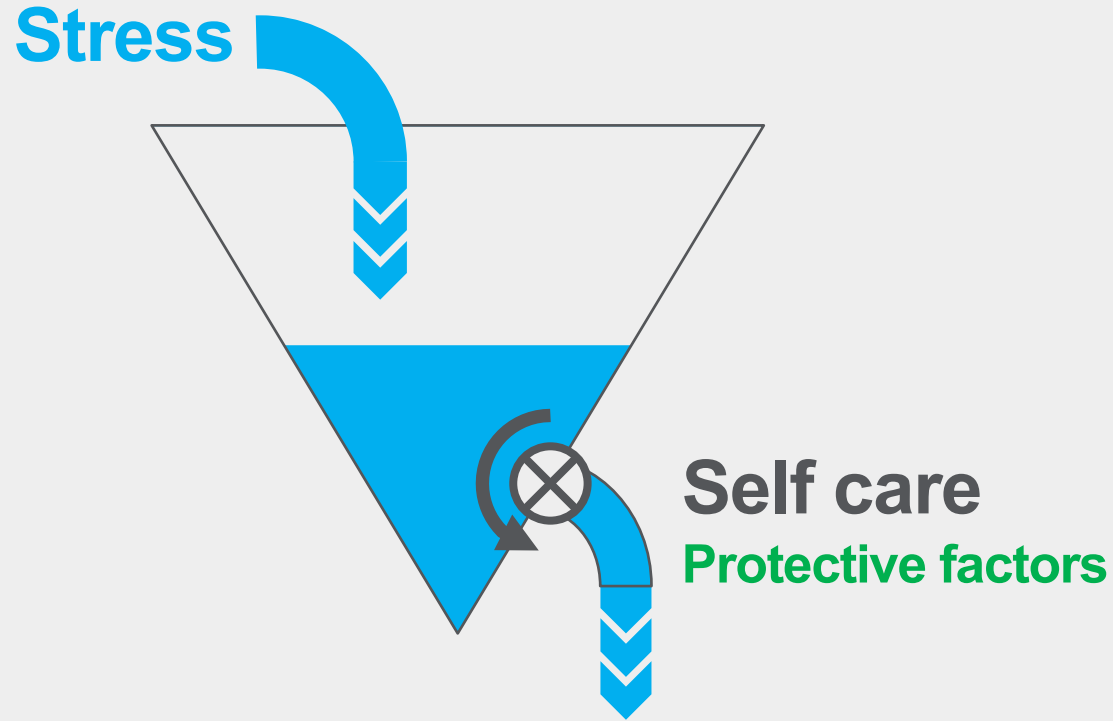


**Overwhelmed  
Stressed out  
Poor mental health**

# The stress container

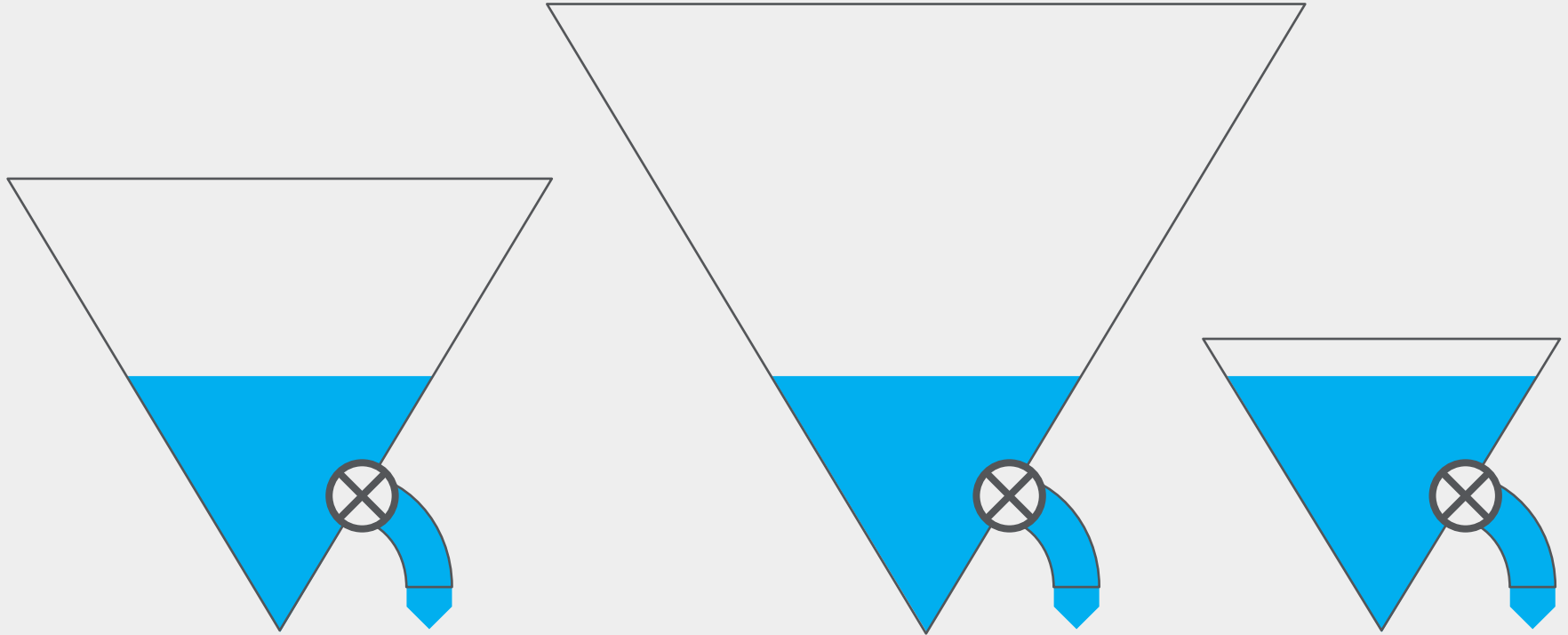


# The stress container



-  Maintain good energy levels whilst working (from home)
-  Get high quality sleep
-  Make multi-dimensional physical activity a priority
-  Focus on good weekly foods & fluids
-  Take time-out for quality recalibration
-  Tune into your body & calm your mind

**We have different-sized  
stress containers...**





## Maintain good energy levels whilst working (from home)



**Natural  
daylight**



**Distraction-free  
environment**



**Take short breaks  
periodically**



**Alternate your  
work position**



**Alternate between easy  
& demanding tasks**



**Minimise alerts  
& notifications**



## Get high quality sleep



**Cool, dark & quiet bedroom**



**Regular sleep pattern**



**Warm not 'blue' light at night**



**Mimimise coffee & alcohol**



**Avoid strenuous exercise 3-4h before bed**



**Calming pre-sleep routine**



## Make multi-dimensional physical activity a priority



Find physical activities you enjoy



Consult a coach



The early bird catches the worm



Walk short distances daily e.g. for lunch



Think endurance, strength, co-ordination



Quality sleep to support recovery



Alternate between easy & hard training days



## Focus on good weekly foods & fluids



**Achieve & maintain a healthy weight**



**5-a-day: more vegetables than fruit**



**Wholegrains, beans, fish, avocado, nuts & olive oil...**



**Adopt a regular eating pattern**



**Last meal 2-3 hours before sleep**



**Above all enjoy, but avoid extremes**



## Take time-out for quality recalibration



**Don't leave quality time  
with family & friends to chance**



**Culture, crafts, cooking  
& colouring therapy**



**Massage, steam,  
sauna & spa**



**Read real books**



**Tune into your body  
& calm your mind**



**Create me-time at  
least once a week**



**Do yoga...but  
make it slow**



**Explore  
meditation**



**Get into nature:  
try forest bathing**



**And above all,  
breathe...pranayama**

The stress container  
COVID-19 pandemic

Stress

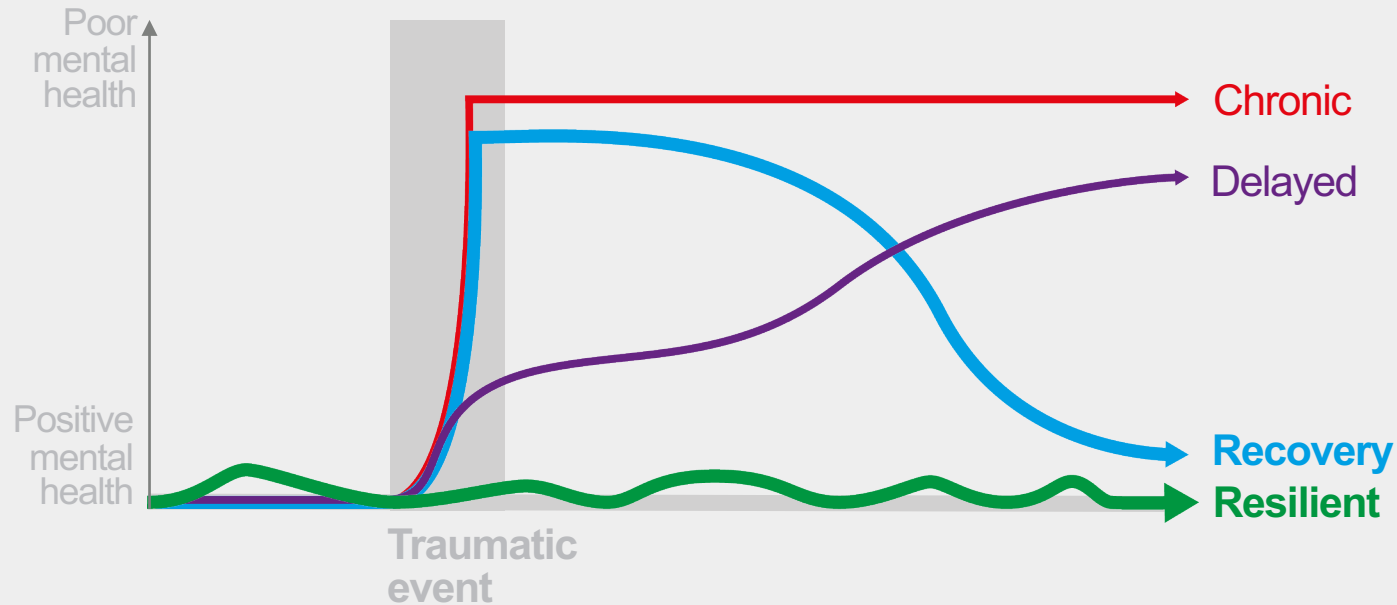


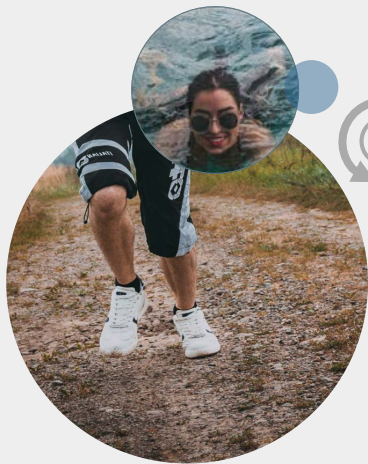
**Pandemic  
state of mind**



# Different pandemic responses

(based on responses to a traumatic event)

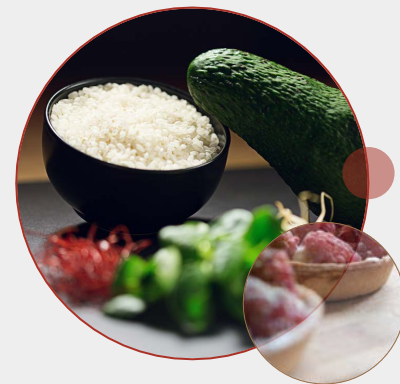




**Make multi-dimensional physical activity a priority**



**Maintain good energy levels whilst working (from home)**



**Focus on good weekly foods & fluids**



**Take time-out for quality recalibration**



**Get high quality sleep**



**Tune into your body & calm your mind**

# Self care

## Protective factors

**Thank you.**  
**Any questions?**

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