



Self-care: Road to Mental Wellness

Directorate: Counselling and Career Development
November 2023

Define tomorrow.

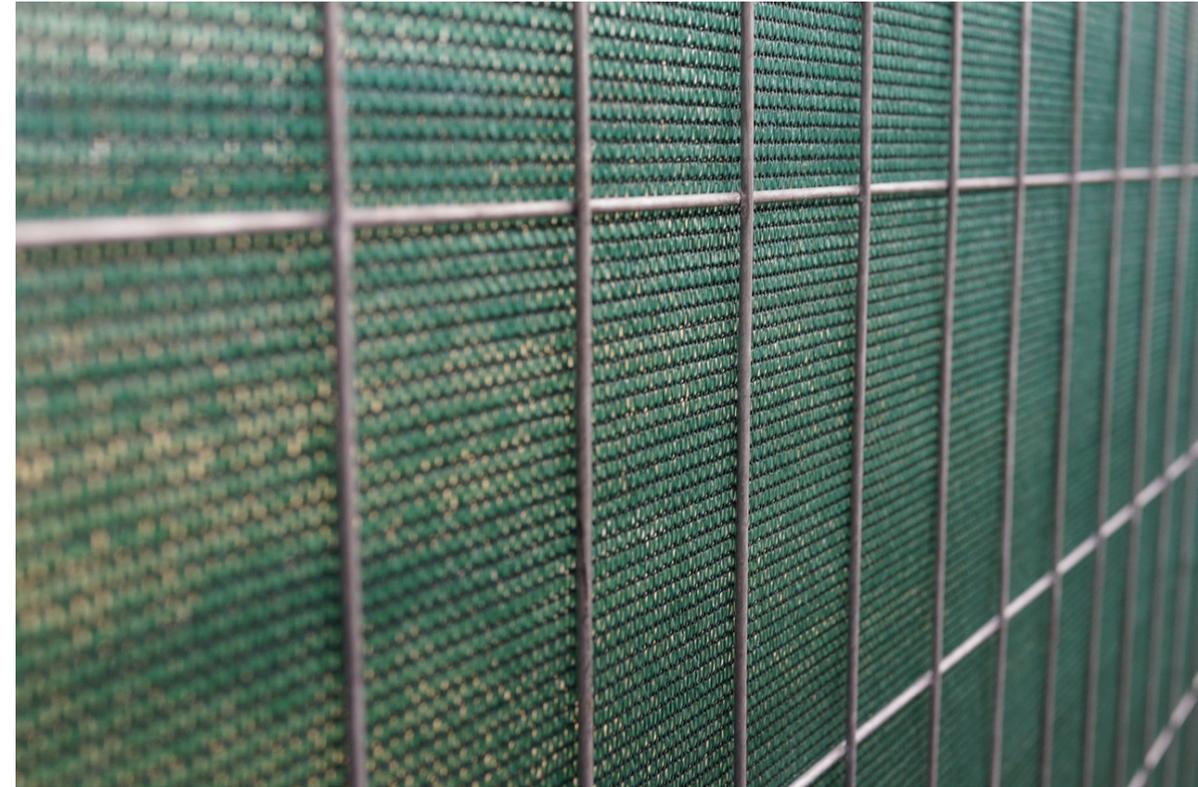
About Mental Health

- Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year.
- Only half of those affected receive treatment, often because of the stigma attached to mental health.
- Poorer performance at school and work, social isolation and increased risk of suicide.



What is mental illness?

- ❑ Physical illness of the brain that causes disturbances in thinking, behaviour, energy or emotion that make it difficult to cope with the ordinary demands of life.
- ❑ Causes of these diseases can include genetics, brain chemistry, brain structure, experiencing trauma and/or having another medical condition.
- ❑ Depression, anxiety and behavioural disorders are the most common.
- ❑ Suicide is the fourth leading cause of death among 15-29 year olds.
- ❑ State of well-being associated with psychological, social, and emotional health - determine your thoughts and actions for managing stress in life.



Understanding mental health

NOT caused by character flaws or physical characteristics of the individual, but rather because of chemical imbalances in the brain, stress and trauma.

There are no bad emotions - wide range of emotions that are part of the human experience.

Being human – and especially a teenager or young adult – comes with many ups and downs – Be aware of sudden changes.

Understand social media - social media can lead to many negative effects on your mental health.

Avoid tying self-worth to an outcome. Academic pressures and imposter syndrome are common problems.

Warning Signs

| | | | |
|--|---|---|---|
| Persistent sadness that lasts two weeks or more | Withdrawing from or avoiding social interactions | Hurting oneself or talking about hurting oneself | Talking about death or suicide |
| Outbursts or extreme irritability | Out-of-control behavior that can be harmful | Drastic changes in mood, behavior or personality | Changes in eating habits |
| Loss of weight | Difficulty sleeping | Frequent headaches or stomachaches | Difficulty concentrating |
| Changes in academic performance | Avoiding or missing school | Withdrawal from friends, family, and social activities | Struggles relating to other people or understanding others |

Self-care

WHY? Cope with the stresses of life.

Be physically healthy.

Have good relationships.

Make meaningful contributions to your community.

Work productively.

Realise your full potential.



Benefits of self-care



Self-care

HOW?

Eat well.

Get enough sleep.

Exercise regularly.

Find out more about your issue or challenge.

Learn some relaxation techniques to help deal with stress.

Keep a mood journal.

Read a book

Practice gratitude and positivity

Talk to someone you trust. ...

Look after your physical health. ...



Self-care

HOW?

Do activities that you enjoy.

Steer away from harmful substances.

Take two minutes to focus on the world around you.

Build a social support network.

Set priorities. ...

Show compassion for yourself. ...

Schedule regular times for a relaxing activity that uses mindfulness/breathing exercises, like yoga or tai chi.

Seek professional help.



Characteristics of the mentally healthy

They feel good about themselves.

They do not become overwhelmed by emotions, such as fear, anger, love, jealousy, guilt, or anxiety.

They have lasting and satisfying personal relationships.

They feel comfortable with other people.

They can laugh at themselves and with others.

They have respect for themselves and for others even if there are differences.

They accept life's disappointments.

They can meet life's demands and handle their problems when they arise.

They make their own decisions.

They shape their environment whenever possible and adjust to it when necessary.

**Help is
available**

**24-HOUR
TOLL-FREE
EMERGENCY
HELPLINES**

**South African Depression and Anxiety Group
(SADAG)
Suicide Crisis Helpline
0800 567 567**

**Department of Social Development Substance
Abuse Helpline
0800 12 13 14
SMS 32312**

**Cipla Mental Health Helpline
0800 456 789
SMS 31393**

**NPOwer SA Helpline
0800 515 515
SMS 43010**

**Healthcare Workers Care Network Helpline
0800 21 21 21
SMS 43001**

**Help is
available**

**8AM-8PM
TOLL-FREE
HELPLINES**

Dr Reddy's Mental Health Helpline
0800 21 22 23

Adcock Ingram Depression & Anxiety Helpline
0800 70 80 90

ADHD Helpline
0800 55 44 33

Pharma Dynamics Police & Trauma Helpline
0800 20 50 26

WHATSAPP NUMBERS
8AM – 5PM

Cipla Mental Health
0800 456 789
SMS 31393

**Help is
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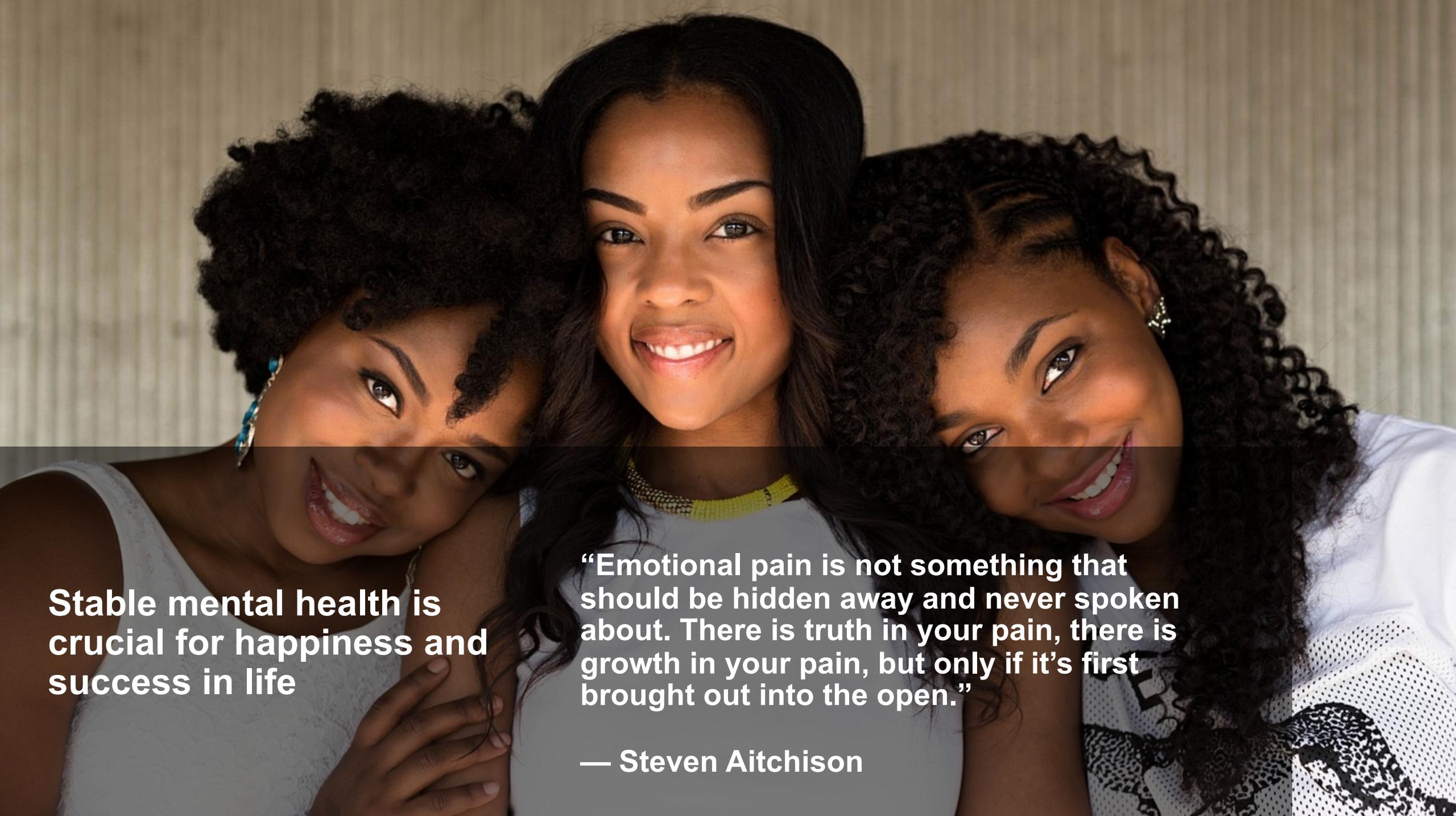
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**Directorate: Counselling and Career
Development**

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Campus Clinic

Psychotherapy Clinic



Stable mental health is crucial for happiness and success in life

“Emotional pain is not something that should be hidden away and never spoken about. There is truth in your pain, there is growth in your pain, but only if it’s first brought out into the open.”

— Steven Aitchison

Contact us

- **E-mail** to counselling@unisa.ac.za
- **Online appointments** on MSTeams: <https://bit.ly/DCCDbook>
- **Contact a counsellor at a regional office** to make an appointment for counselling in person: <https://bit.ly/contactdccd>
- **Website:** www.unisa.ac.za/counselling
- **Youtube channel:** www.youtube.com/unisacareers

