



Mind matters

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Refresh Seminar
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Mind matters

- Happiness and Highs
- Hazard Warnings
- Healthy Self Esteem



Pursuit of Happiness

- What is it? The latest Will Smith film?
- “A happy heart makes the face cheerful” Ancient Proverb
- Pleasure – feeling happy / enjoyment
- Positive emotion
- Positive activity / event



Happiness and Highs

- Joy centre – joy capacity
- Laughter – endorphins/cortisol
“A cheerful heart is good medicine”
- Exercise – endorphin release
- Sex – stress buster , intimacy
- Sunlight – serotonin, pineal gland
- Extreme sports - Adrenalin rush



True Happiness

- “Even in laughter the heart may ache”
- Happiness - the key to mental health?
- Satisfaction – thoughts about our self and our life



Hazard warnings!

- Every day 2 or more people die from suicide in Scotland
- Almost 3 out of 4 suicides are men
- If detected early suicide is preventable
- Can affect anyone, irrespective of age, gender, culture or economic circumstance.



Suicide and Stigma

- One of society's few remaining taboos
- Inconceivable act, hard to identify with
- Awkwardness, secrecy and denial
- Prevents people seeking help
- Difficult for families to be supported in their grief



Suicide Myths

- Talking about it encourages attempts
- People who talk about it never try it
- Previous failed attempts mean it won't happen for real
- If someone chooses suicide there's nothing anyone can do about it



Suicide Awareness

- Appearance changes
- Behavioural changes
- Character changes
- Don't ignore what's happening
- Encourage person to talk / seek help
- Follow up on your contact with them



Main Message

- Suicide is common
- Be aware of the signs
- Early intervention the key
- Detectable and treatable
- Help others to seek help
- Be aware of help available

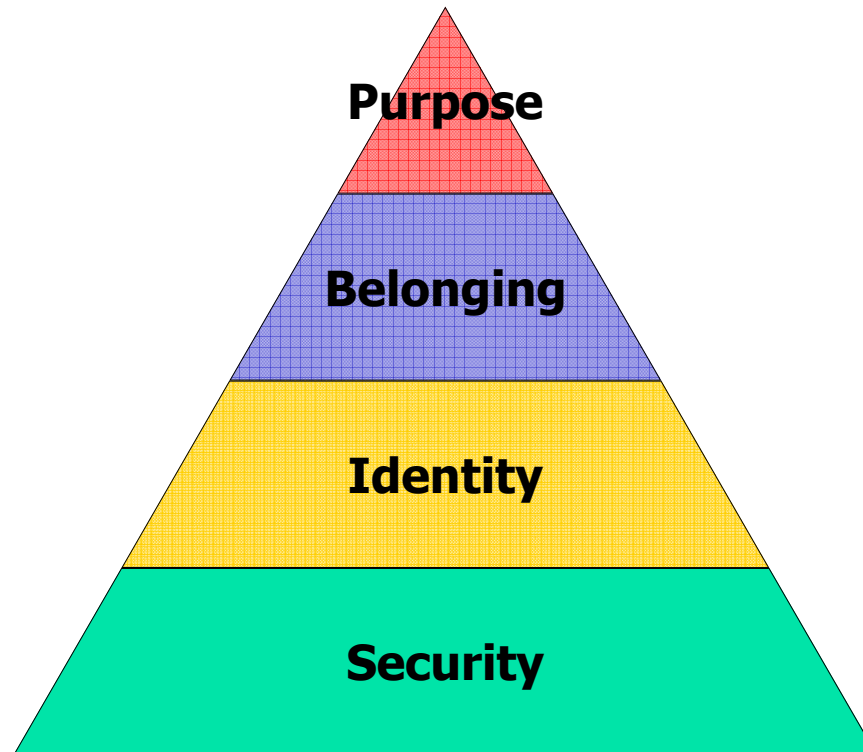


Healthy Self Esteem

- Healthy – soundness of...
- Self – one's own personality / nature
- Esteem – value / regard with respect

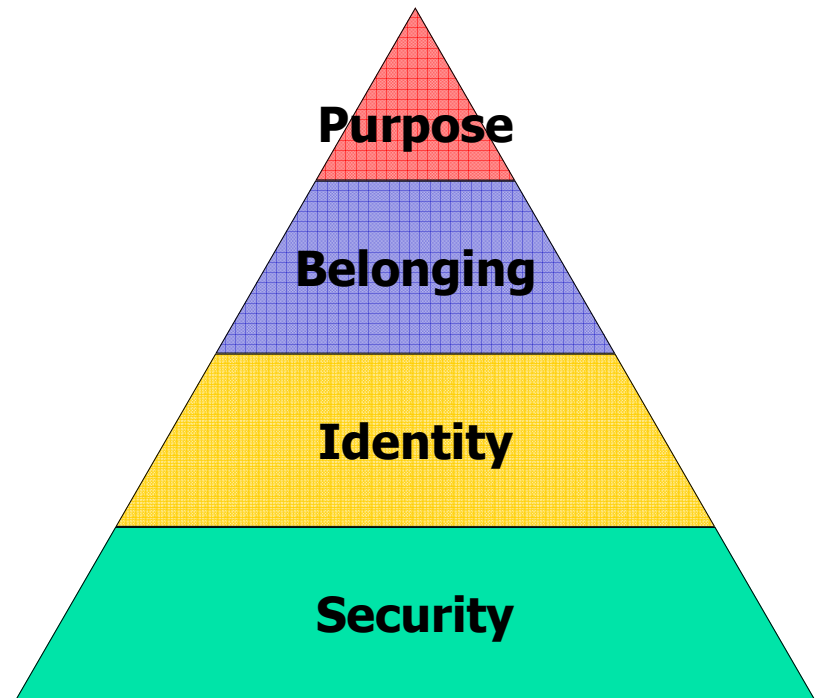


Healthy Self Esteem



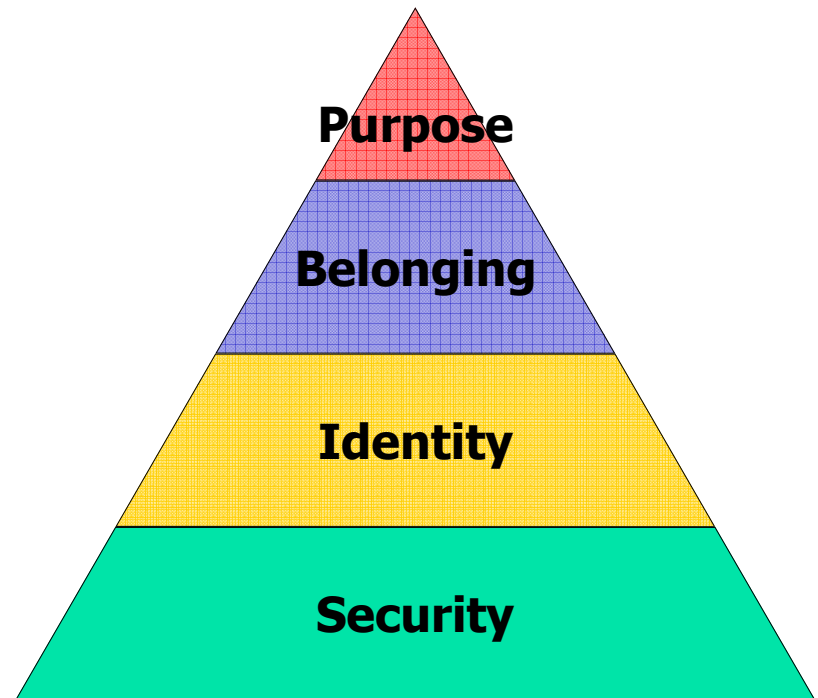
Security

- Am I safe?
- Recognise your needs
- Who can I trust ?
- Learn to trust your judgement



Identity

- Who am I?
- True identity
- Know who you are
- Learn to be!



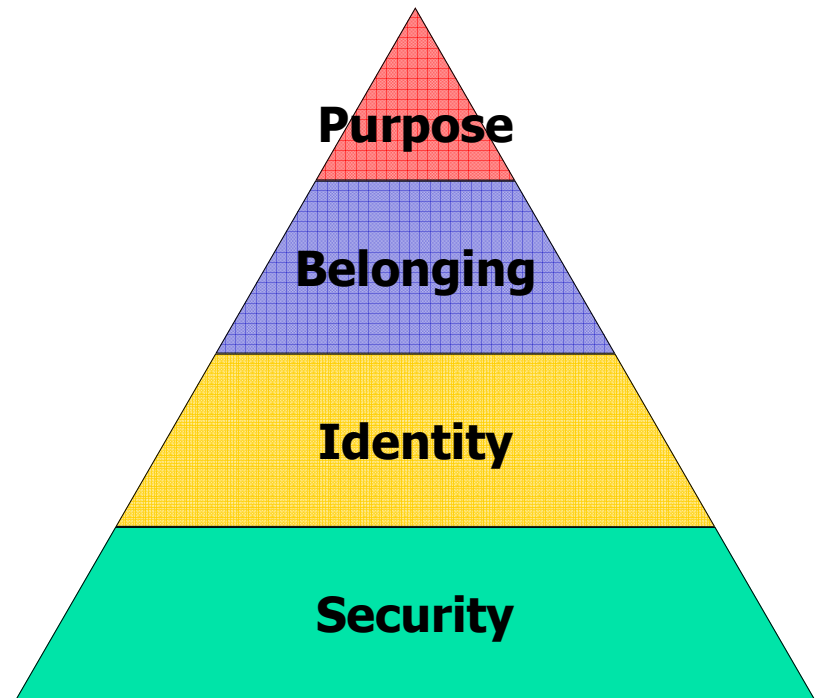


Know who you are

- Get to know yourself!
- Intellect, emotion, personality
- Unique, individual, history
- Gifts and expressions
- Hopes and dreams
- Spirituality

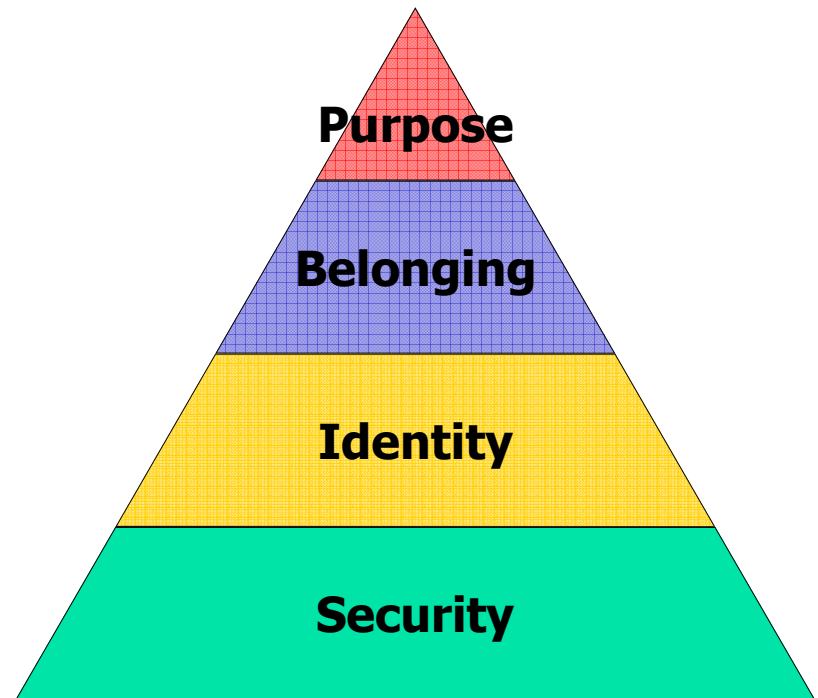
Belonging

- Where do I fit in?
- Who knows me?
- About building relationships



Purpose

- What can I do?
- How do I make a difference?
- “Don’t just be good, be good for something”
- What do I do well?
- Learning vs performing





The Pursuit of Happiness

- **Recognise your needs**
- **Acknowledge who you are**
- **Take time to be / and to enjoy**
- **Build relationships**
- **Be aware of your purpose/ keep learning**
- **Don't try to go it alone**
- **If you need help, seek help**