Stress & Mental Health 2023

Self-assessment tool: Gauge the state of your mental health to take action and prevent mental exhaustion

Medical service
Octobre 2023
CARING FOR YOUR MENTAL HEALTH
PRENDRE SOIN DE SA SANTÉ MENTALE

MENTAL HEALTH AWARENESS CAMPAIGN
CAMPAGNE DE PRÉVENTION SANTÉ MENTALE

11 October, 774/R-013 (Prévessin)
Flash disconnection / 11.30 a.m. in English
Déconnexion flash / 13h30 en français

18 October, 774/R-013 (Prévessin)
Cardiac coherence / 11.30 a.m. in English
Cohérence cardiaque / 13h30 en français

25 October, 31/3-004 (IT Amphitheatre)
Stress self-evaluation tool / 11.30 a.m. in English
Outil pour auto-évaluer son stress / 13h30 en français

Campaign organised by the CERN Medical Service
Campagne organisée par le service médical du CERN.
EXERCICE

How do you evaluate your mental health?
AGENDA

1. What is Mental Health?
2. The stress response
3. Impact of stress on your health
4. Mental health self-assessment tool
1. WHAT IS MENTAL HEALTH?

« Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity » WHO

There is no health without mental health!

Mental Health is more than the absence of psychological disorders.

Mental health does not only depend on what is going on inside our head: Internal and external factors will influence it.

Each person’s mental health will evolve throughout their life.
“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.”

OMS
General Stress Response

- Increased fuel is pumped into your blood
- Blood Pressure increases
- Breathing increases
- Mental Alertness increases
- Muscle Tone increases
- Functions not vital to immediate survival shut down:
  - Digestion
  - Growth and Recovery
2. THE STRESS RESPONSE

Ancestral ability to respond adequately to changing environments
Unavoidable
Associated with positive or negative experiences
Acute - Chronic
3. IMPACT OF STRESS ON YOUR HEALTH

<table>
<thead>
<tr>
<th>Category</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>e.g., headache, muscle and joint pain, trouble sleeping, digestion and eating issues, cardiovascular problems, hypertension...</td>
</tr>
<tr>
<td>Emotional</td>
<td>e.g., ↑ sensitivity &amp; nervousness, anxiety, sadness, ↓ self-esteem &amp; confidence, depression, exhaustion, dissatisfaction, pessimism...</td>
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<tr>
<td>Intellectual</td>
<td>e.g., ↓ concentration, forgetfulness and errors, loss of meaning, difficulty to take initiative, to make decisions and to accept new things...</td>
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<tr>
<td>Behavioural</td>
<td>e.g., conflicts, isolation, distrust, ↓ performance &amp; collaboration, workaholisme, ↑ use of tobacco, alcohol and other substances...</td>
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</tbody>
</table>
4. Mental Health Self-Assessment Tool

This tool allows us to take our psychological vital signs at a glance

The signs of distress are neither abnormal, nor a sign of weakness but a signal to listen to
<table>
<thead>
<tr>
<th>Healthy</th>
<th>Reacting</th>
<th>At risk</th>
<th>Critical</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calm and steady</td>
<td>Occasional anxiety or sadness</td>
<td>Persistent anxiety or sadness</td>
<td>Excessive anxiety, depression, or suicidal thoughts</td>
</tr>
<tr>
<td>Sense of humour</td>
<td>Irritability or pessimism</td>
<td>Angry or cynical</td>
<td>Angry outbursts or aggression</td>
</tr>
<tr>
<td>Mentally alert</td>
<td>Forgetfulness or intrusive thoughts</td>
<td>Indecision, poor concentration</td>
<td>Unable to concentrate</td>
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<tr>
<td>Sleeping well</td>
<td>Difficulty sleeping</td>
<td>Sleep disturbances, nightmares</td>
<td>Significant sleep disturbances or oversleeping</td>
</tr>
<tr>
<td>Performing consistently</td>
<td>Feeling overworked or procrastinating</td>
<td>Feeling overwhelmed, poor performance</td>
<td>Unable to complete work tasks</td>
</tr>
<tr>
<td>Confident in self and others</td>
<td>Self-doubt</td>
<td>Disturts others</td>
<td>Excessive distrust</td>
</tr>
<tr>
<td>Feeling good</td>
<td>Tension or headaches</td>
<td>Persistent physical symptoms</td>
<td>More serious physical symptoms</td>
</tr>
<tr>
<td>Good energy levels</td>
<td>Low energy</td>
<td>Fatigue</td>
<td>Exhaustion</td>
</tr>
<tr>
<td>Physically active</td>
<td>Reduced physical activity</td>
<td>Physically inactive</td>
<td>Lethargic</td>
</tr>
<tr>
<td>Socially active</td>
<td>Reduced social contacts</td>
<td>Avoiding social contacts</td>
<td>No contact with loved ones</td>
</tr>
<tr>
<td>Substance use is occasional and social</td>
<td>Substance use is regular but controlled</td>
<td>Substance use is difficult to control</td>
<td>Substance abuse or dependence</td>
</tr>
</tbody>
</table>

Source: Quebec physicians’ health program [checking-our-mental-health-vital-signs.pdf (pamq.org)]
Key messages

1. It’s vital to be aware of how you’re feeling

2. It’s important to check on yourself regularly

⇒ We’ve seen a tool to check on your mental health:

✓ This tool allows you to recognize signs of stress in your body, emotions, thoughts, relations, and behavior.
✓ You know when you need to act.
✓ We’ve seen some strategies, including looking for professional help if needed.
How can I take care of my mental health?

- Look out for the warning signs.
- Know when to take action.
- Don't be afraid to ask for help or seek support.
If you need primary care, advice or support

We are here for you!

Building 57
Monday – Friday
8.00 - 12.30 | 13.30 - 17.00

Ground floor
- Infirmary: for anyone on the CERN site

1st floor
- Psychologists: for MPE & MPA
- Occupational Health Medicine: for MPE & students
Thank you for your attention
Accueil - CESH / CSHS (stresshumain.ca)