



**Ontario Dental Association  
Annual Spring Meeting 2024**

**Mental Health 101:  
A Mini Masterclass**

**Dr. Marilisa Morea  
Clinical Psychologist**



# Dr. Morea



- Founder + Director of Monarch Therapy + Wellness Centre
- Licensed Psychologist in Ontario, Canada
- Contributor for Wondermind
- Author/ Collaborator/ Presenter
- Lead Psychologist at NYGH for 10 years
- Psychology Preceptor Award, NYGH
- The Chicago School Nimble Award
- Alum of the Year Award, Finalist
- Adjunct Teacher of the Year Award
- Service Recognition Award



# Agenda

**PART I** Mental Health Defined

**PART II** Common Diagnoses

**PART III** Therapeutic Techniques

**PART IV** Coping Skills



# **today's food for thought:**

It's a lot about PERSPECTIVE.



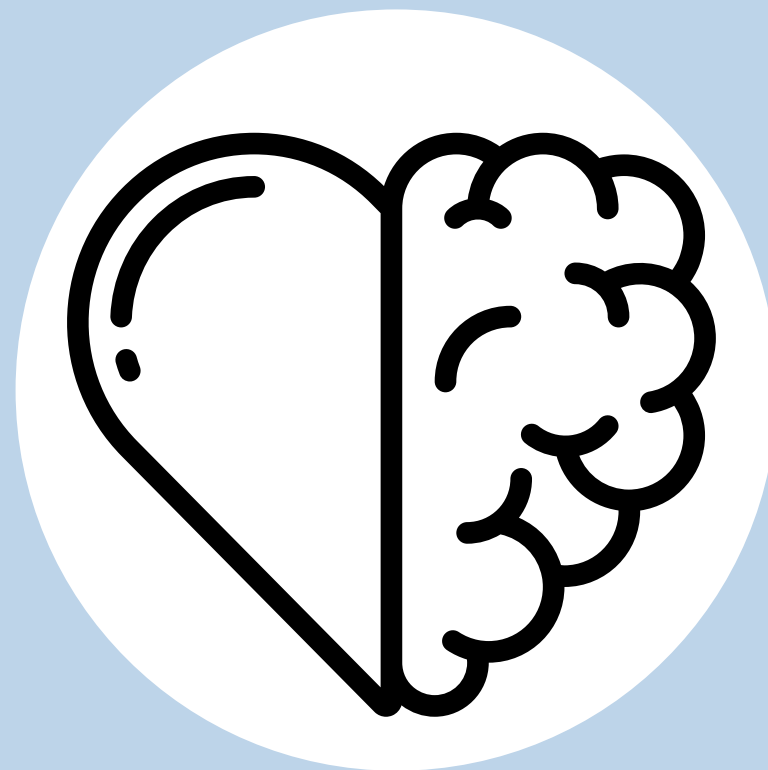
# **PART I**

## **Mental Health Defined**



# Mental Health

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well, and contribute to their community”  
(WHO, 2022).



- Influences behaviour and stress adaptation
- Affects a person's ability to handle daily challenges



# Mental Wellness

Mental wellness involves the prevention of mental illnesses by developing ways to cope with life's challenges & encourages resilience in the face of daily stressors.



- Helps with emotion regulation
- Self-directed, personal & objective
- Allows us to realize our abilities



# Mental Health Statistics

- By the age of 40, 1 in 2 Canadians will experience a mental illness in their lifetime
- Each year, 20% of Canadians will experience a mental illness
- People with a long-term physical health condition (i.e. chronic pain) are significantly more likely to experience mental health concerns, and specifically mood disorders





# Contributing Factors to MH

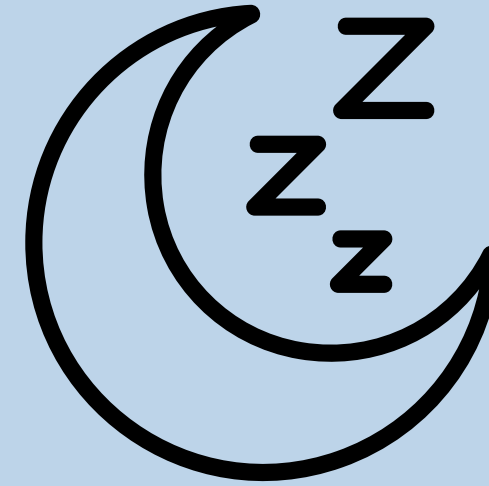
**Genetics**



**Environment**



**Sleep Habits**



**Eating Habits**



**Trauma**



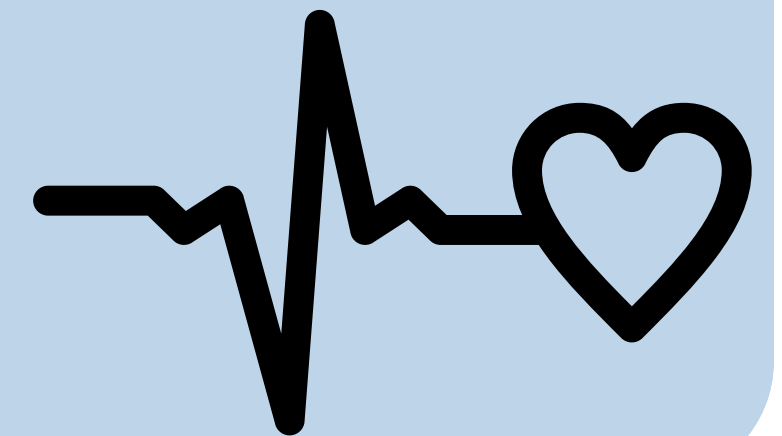
**Personality**



**Circumstances**



**Medical Conditions**





# Contributing Factors to MH

(Dentist specific)

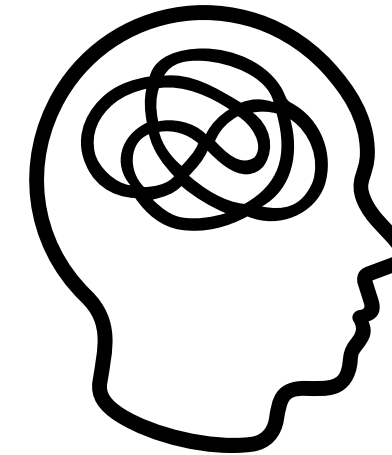
**High Stress**



**Financial Stress**



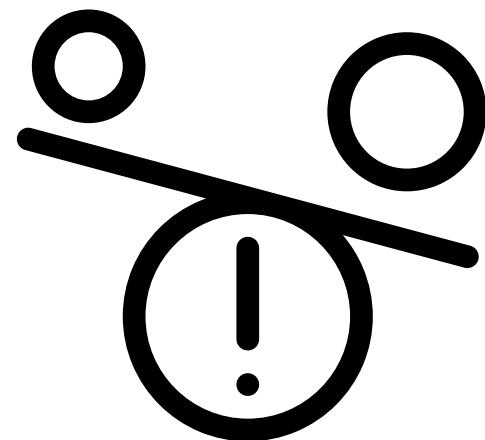
**Lack of Coping Skills**



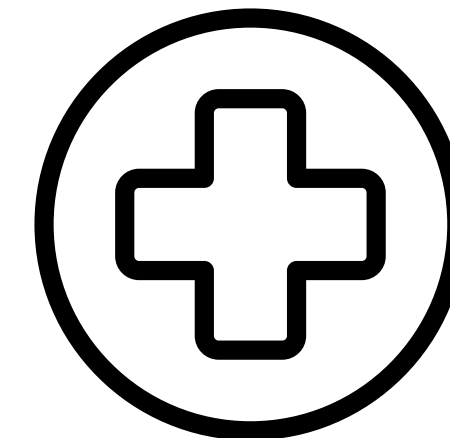
**Physical Demands**



**Work-Life Imbalance**



**Healthcare Profession**





# COVID-19 & Mental Health

- In general, the pandemic contributed to a 25% increase in anxiety and depression worldwide (WHO, 2022)
- During the lockdowns, people struggled with isolation, fear of infection, bereavement & financial concerns negatively affecting their mental health
- Despite an increase in mental health struggles, there was a significant decrease in supports available to assist the population
- A study conducted in 2022 reported that 82% of dentists have experienced a significant increase in stress following the COVID-19 pandemic



# Dentists & COVID-19

During the pandemic, dentists were forced to balance their “duty to treat” with ensuring the safety of themselves, their loved ones & their patients. Inevitably, this led to many dentists struggling with their mental health

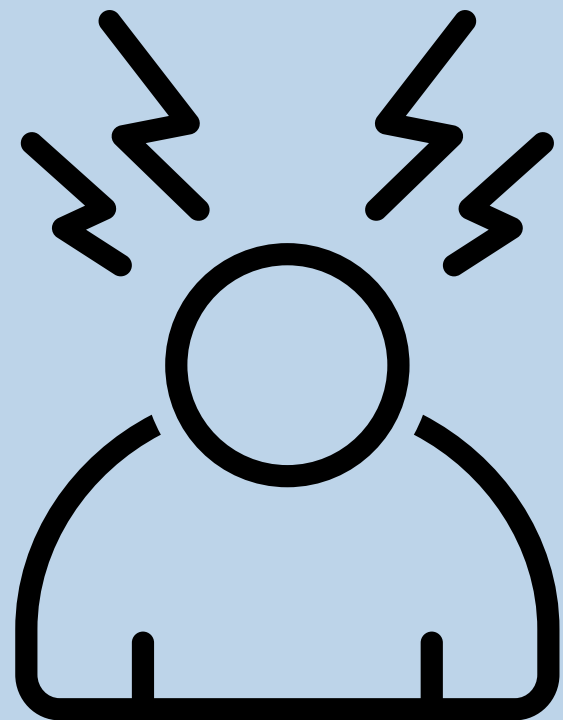


- 43% of dentists explained they could not cope with the stress of their jobs due to the pandemic
- 67% would not recommend a career in dentistry
- 78% experienced heightened levels of anxiety about falling ill due to COVID-19



# Long-Term Effects

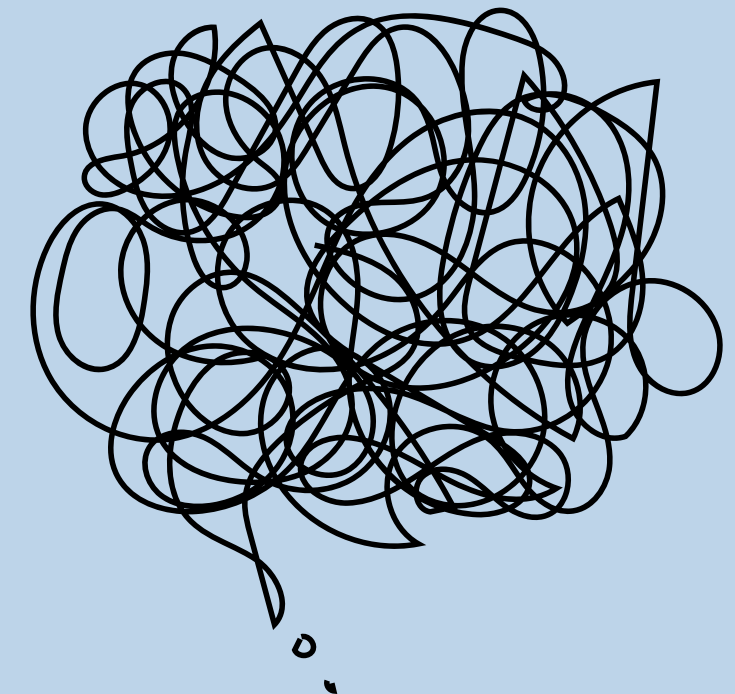
82% of Dentists have noticed a significant increase in their stress levels following the COVID-19 pandemic



This increase in stress can lead to feelings of occupational burnout



When left untreated, occupational burnout can trigger the onset of a mental illness





# **Activity I**

## **Identifying Risk Factors**





# **PART II**

## **Common Diagnoses**



# let's remember:

I am not defined by the things that  
my \_\_\_\_\_ tell me.





# **Anxiety**



# Worry, Stress & Anxiety

## Worry

- Concerns about things that are perceived as uncertain
- A natural cognitive process experienced by everyone
- Worrying is usually related to a specific or particular situation

## Stress

- Body's natural response to external pressures or demands, often triggered by specific events or situations
- Short-term response to a specific event
- Typically subsides when stressor passes

## Anxiety

- Prolonged & intense emotional state
- Can manifest in different forms of anxiety
- Longer-lasting, persisting for an extended period of time, negatively affecting a person's daily life

# Separation Anxiety

Feelings of apprehension/anxiety when a person is separated from loved ones or familiar environment

## Symptoms

- Distressed when separation is imminent
- Refusal to separate from attachment figures or familiar environment
- Headaches, stomachaches, nausea, or sweating in anticipation of separation

# Selective Mutism

A person's inability to speak in certain social settings despite being able to speak in other situations

## Symptoms

- Inability to speak in social settings due to anxiety
- Avoiding situations where a person may be required to speak
- Physical symptoms of anxiety when person is in a social setting



# Generalized Anxiety Disorder

Mental illness characterized by excessive and uncontrollable anxiety about life, across a broad number of areas, usually unsubstantiated

## Symptoms

- Difficulty controlling excessive worry & anxiety
- Interference with daily functioning
- Feelings of restlessness & agitation
- Engaging in catastrophic thinking
- Thought to be a “worry-wart”



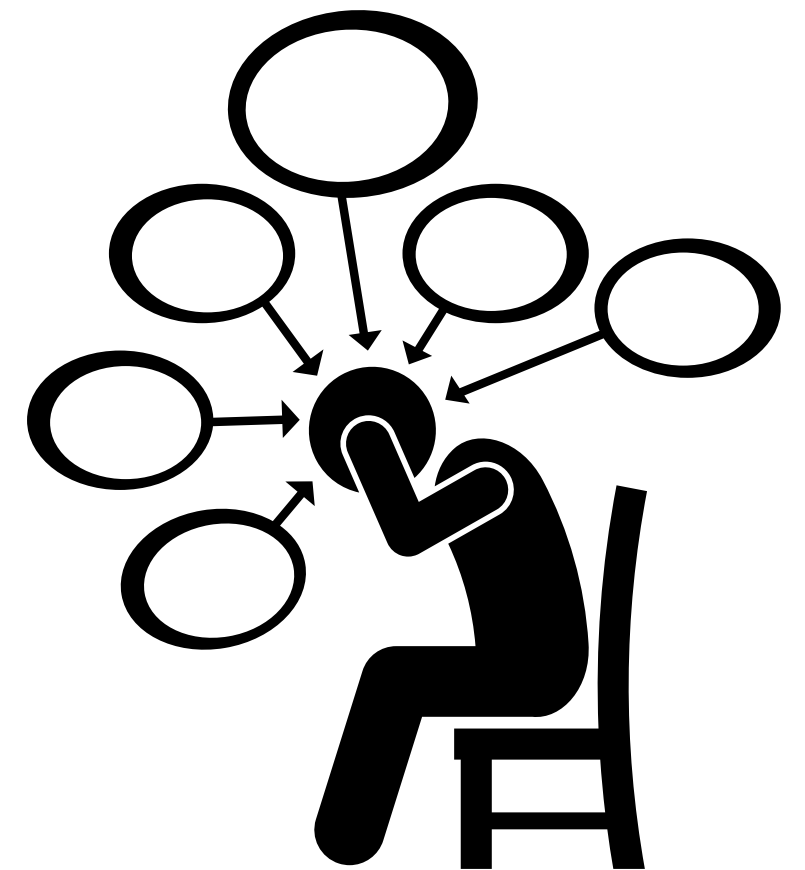


# Panic Disorder

## Symptoms

- Feeling faint
- Trouble breathing
- Shaking
- Pounding or racing heartbeat
- Nausea

Anxiety disorder characterized by frequent & unexpected panic attacks involving a sudden wave of fear even when there is no imminent threat





# Specific Phobias

Anxiety disorder characterized by an intense, irrational fear of a specific object, situation, or activity causing significant disruption in a person's life

## Examples

- Acrophobia: fear of heights
- Aerophobia: fear of flying
- Coulrophobia: fear of clowns
- Trypanophobia: fear of needles
- Dentophobia: fear of dentists
- Claustrophobia: fear of closed spaces

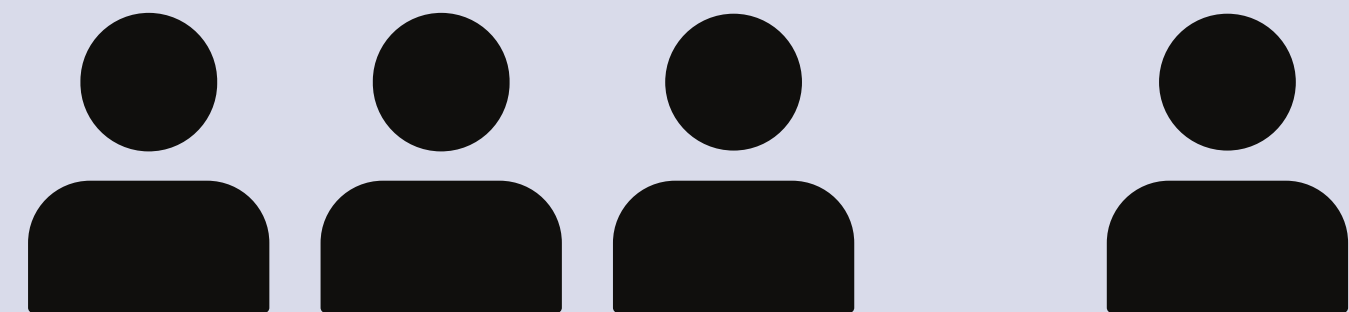




# Social Anxiety Disorder

Anxiety disorder characterized by an intense fear of social settings or interactions that involve the potential to be judged, criticized, or embarrassed

- Inability to speak in social settings due to anxiety
- Avoiding situations where a person may be required to speak
- Physical symptoms of anxiety when person is in a social setting





# OCD

## (Form of) Anxiety Disorder

Ego-dystonic disorder characterized by intrusive, unwanted thoughts & repetitive behaviours or mental acts

### Symptoms

- Avoidance of triggers
- Strict adherence to rituals
- Obsessive thoughts & behaviours

# OCPD

## Personality Disorder

Ego-syntonic disorder characterized by preoccupation with orderliness, perfectionism and control

### Symptoms

- Extreme attention to detail
- Excessive devotion to work
- Overwhelming need to be on time





# **Depression**



# Depression

Mental illness characterized by persistent feelings of sadness, hopelessness & a loss of interest in activities a person once enjoyed, impacting their daily life

## Symptoms

- Changes in sleep & appetite
- Unexplained low mood
- Social isolation, irritability
- Differentiated by current, persistent & in remission





# Types of Depression

## Mild

- Experience symptoms without drastically affecting functioning
- Feelings of low mood but less intense than other forms of depression
- Person experiences 2 symptoms of depression

## Moderate

- More intense feelings with some impact on functioning
- Some tasks become more challenging, person may begin isolating themselves
- Person experiences 3 symptoms of depression

## Severe

- Intense & persistent feelings of depression with a significant impact on functioning
- Negatively affects all aspects of a person's life
- Person experiences 4+ symptoms of depression

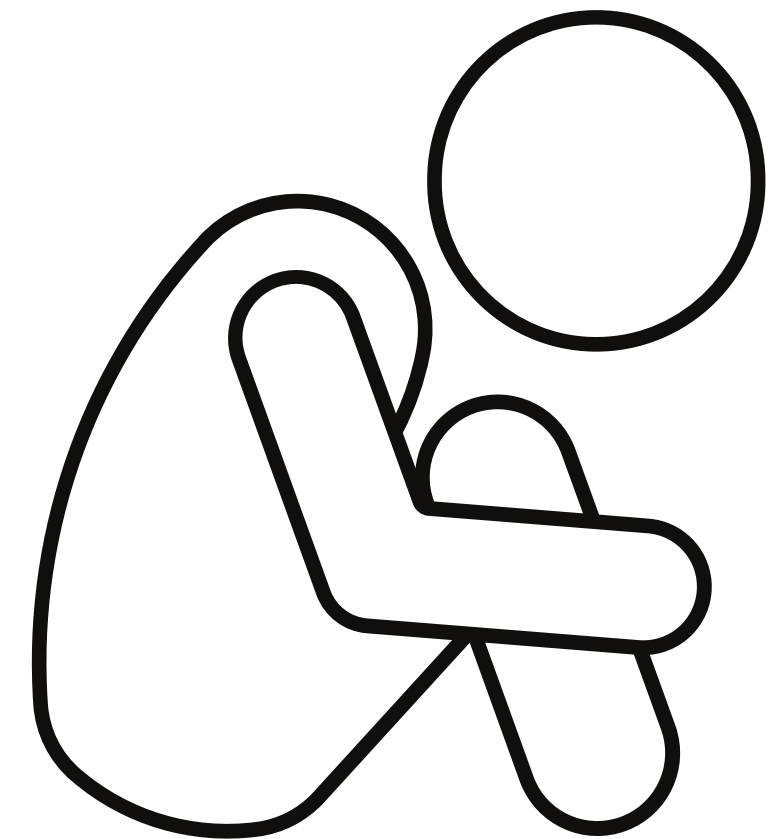


# Major Depressive Disorder

A severe form of depression characterized by persistent feelings of low mood, anhedonia and lack of energy

## Symptoms

- Feelings of guilt, low mood
- Poor concentration, motivation
- Changes in appetite or sleep
- Potential thoughts of death



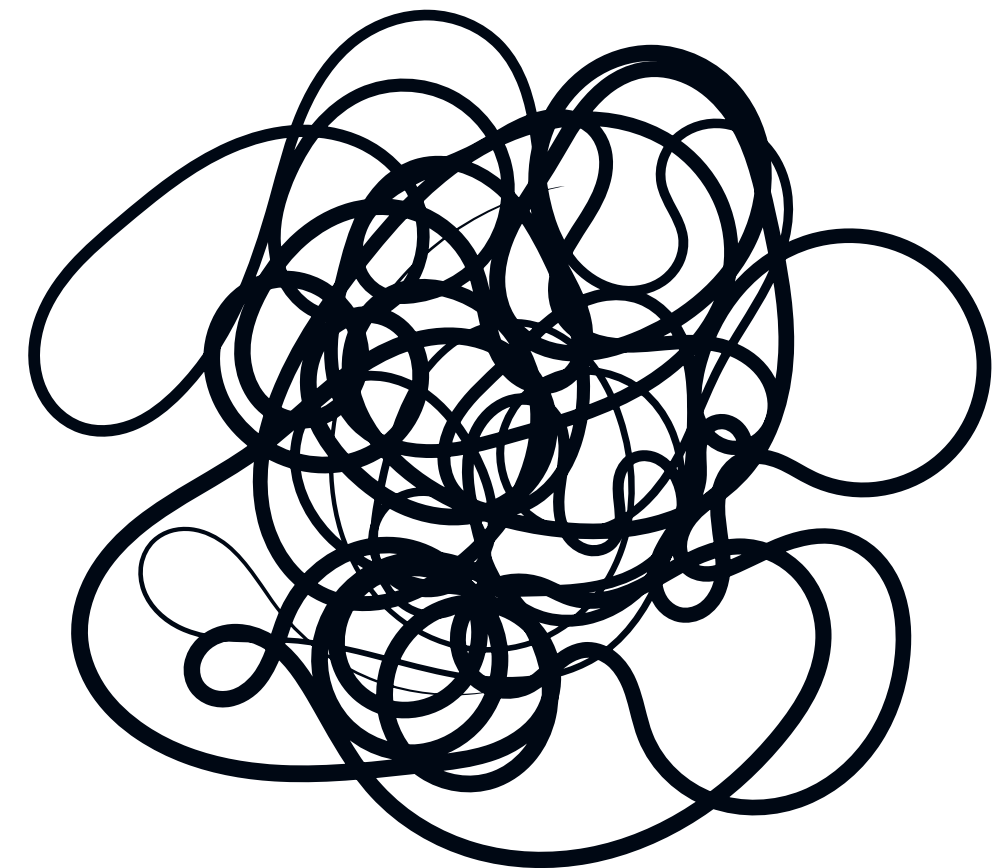


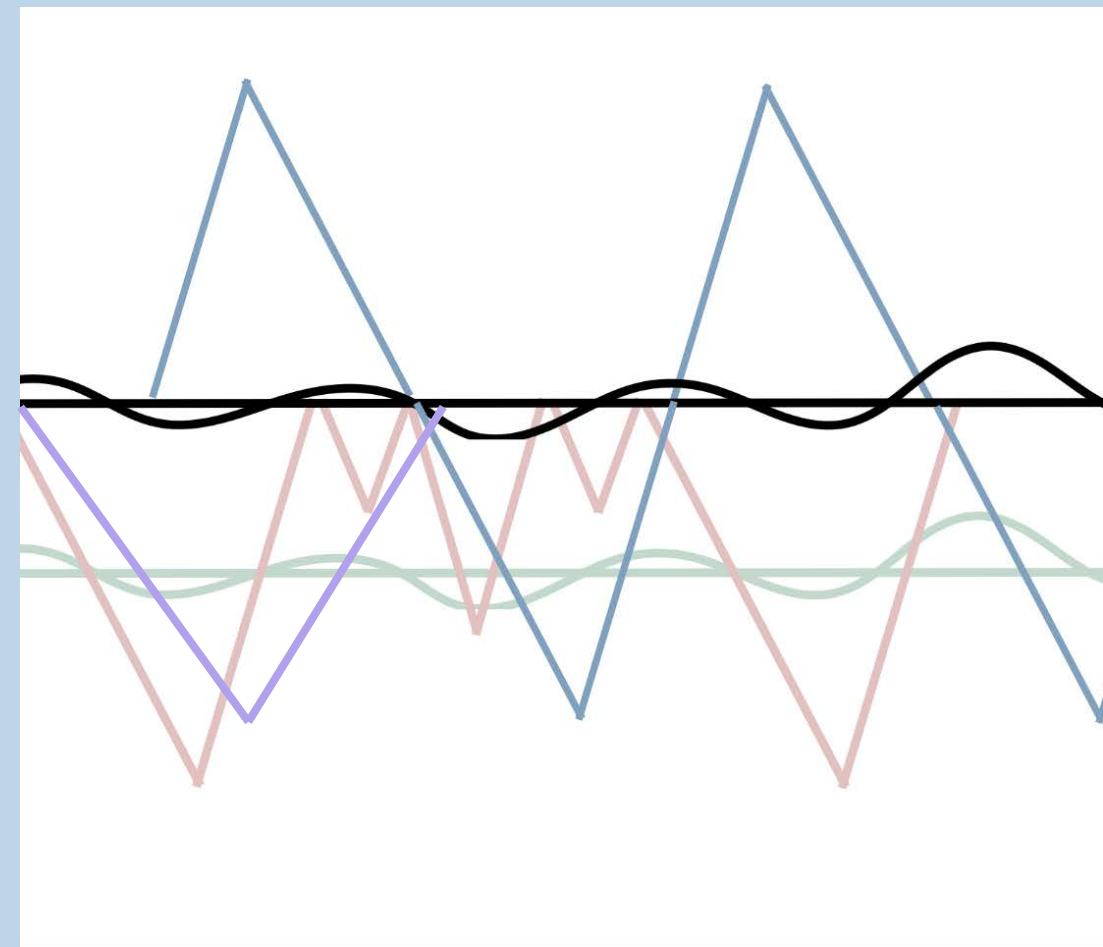
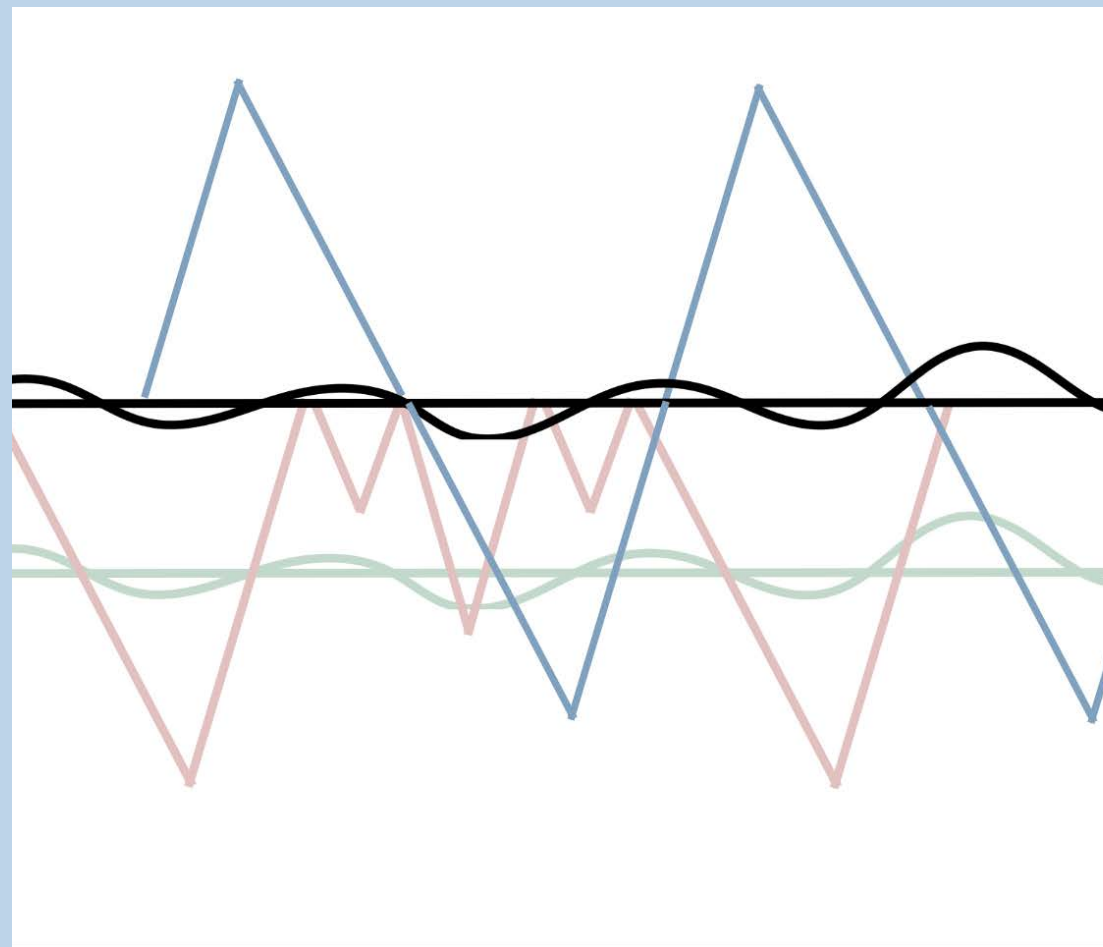
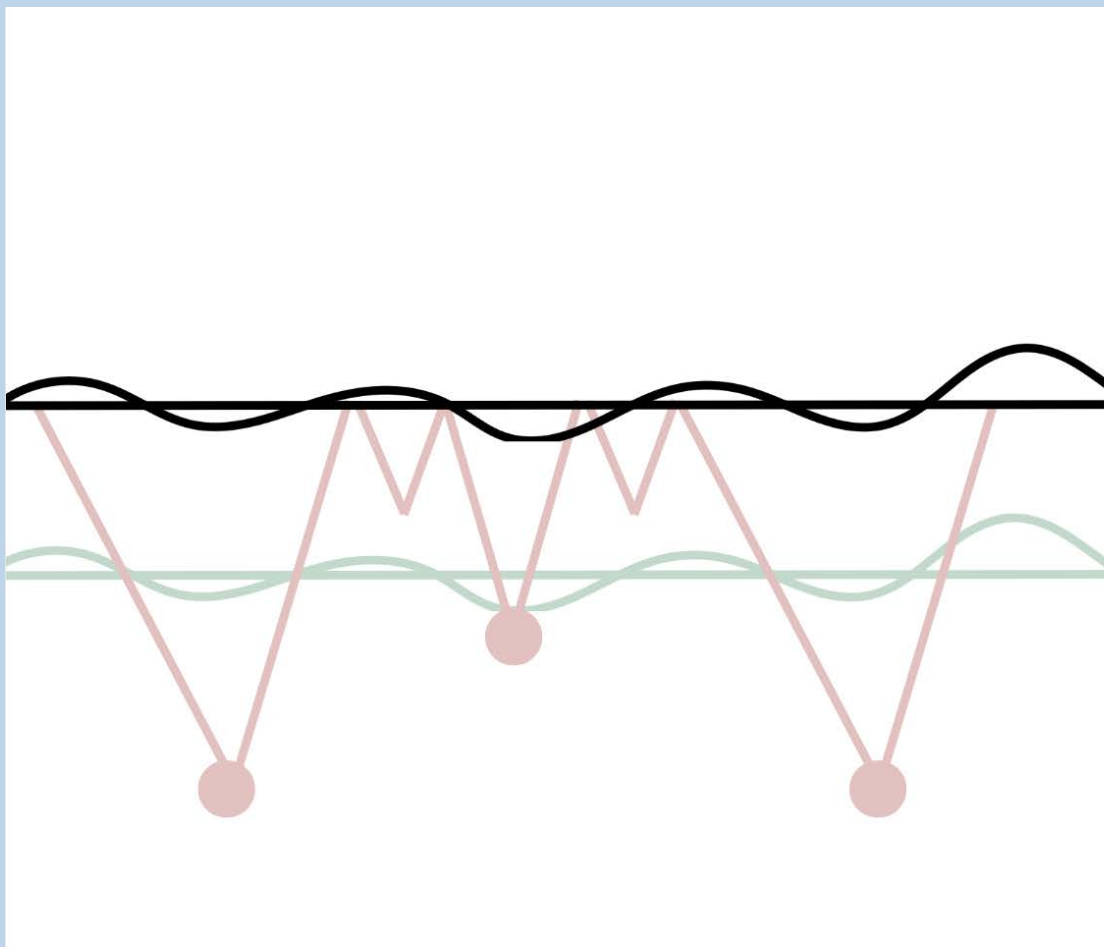
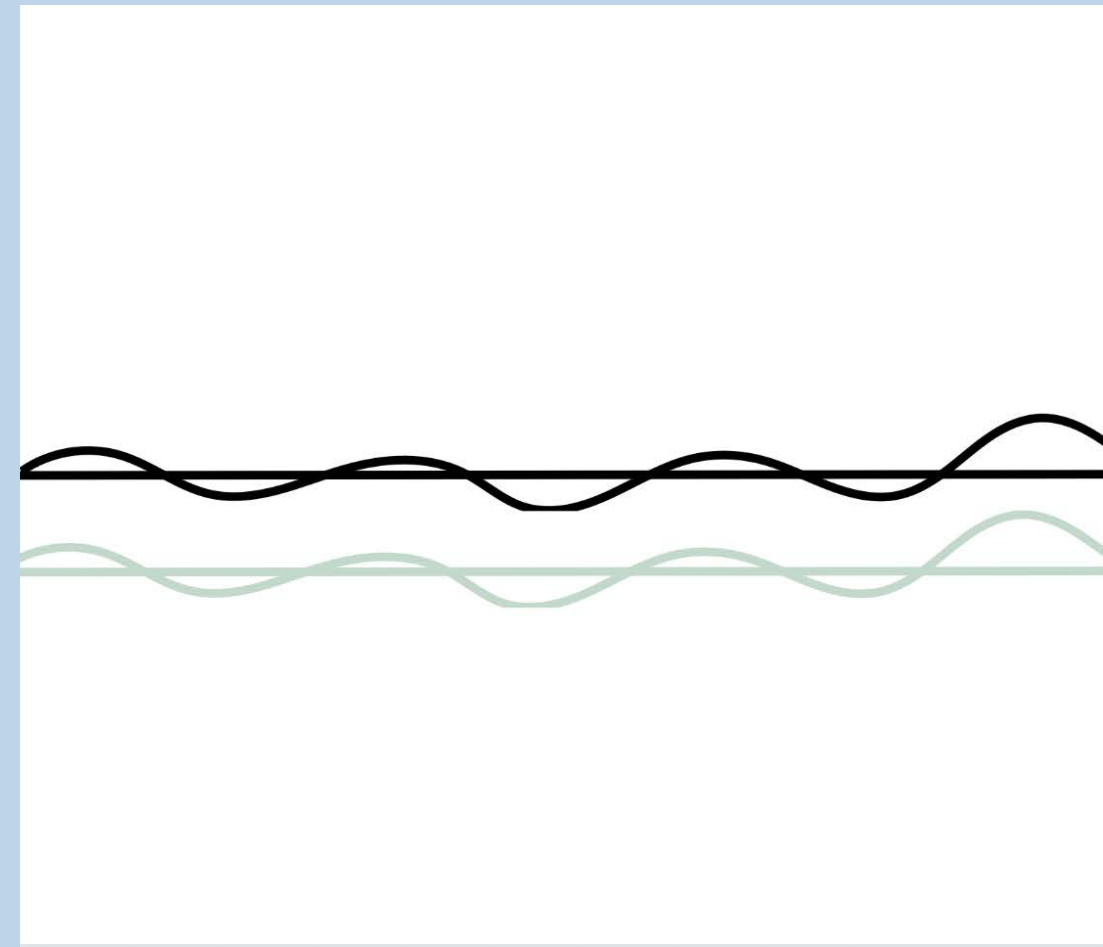
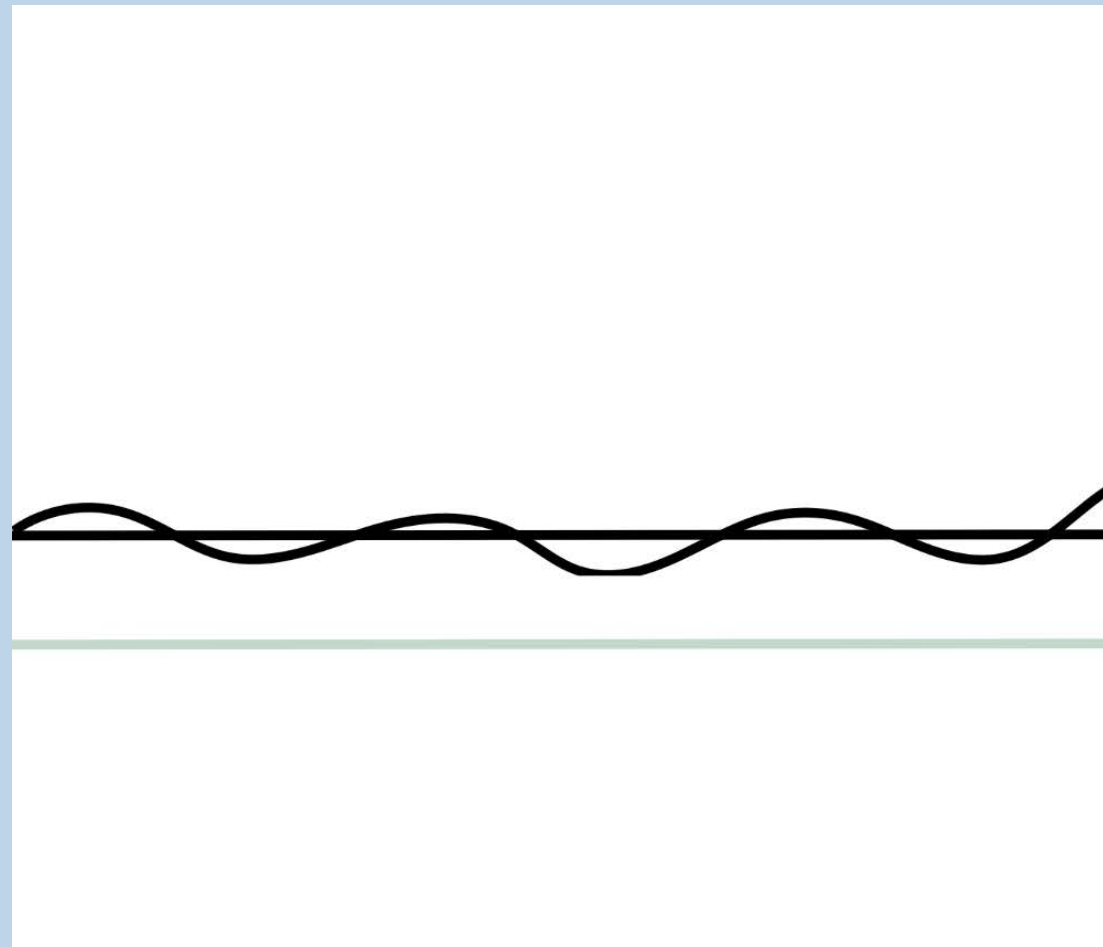
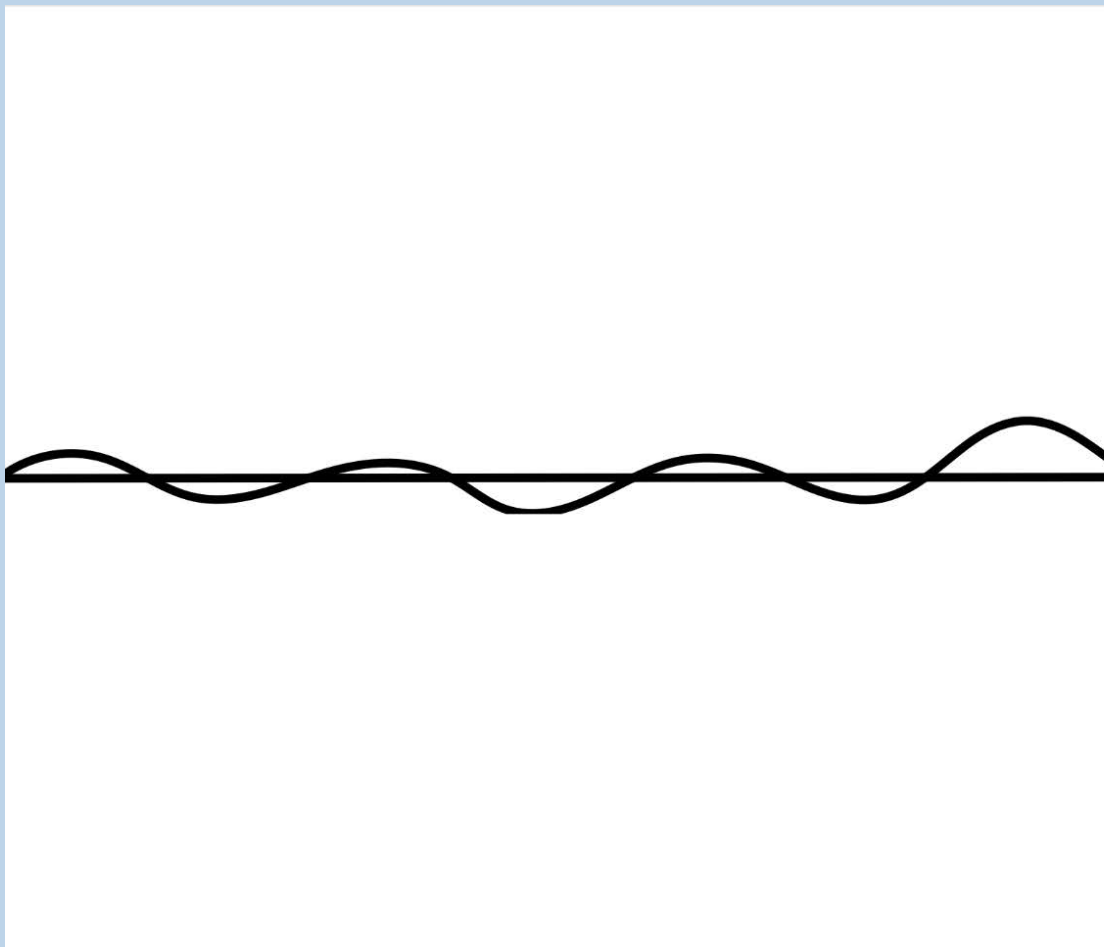
# Persistent Depressive Disorder

Dysthymia is a longer-lasting but less severe form of depression, characterized by ongoing feelings of sadness and low mood

## Symptoms

- Low self-esteem
- Lasting sad or low mood
- Low-grade symptoms of depression that are persistent for at least 6 months - 2 years







# Trauma

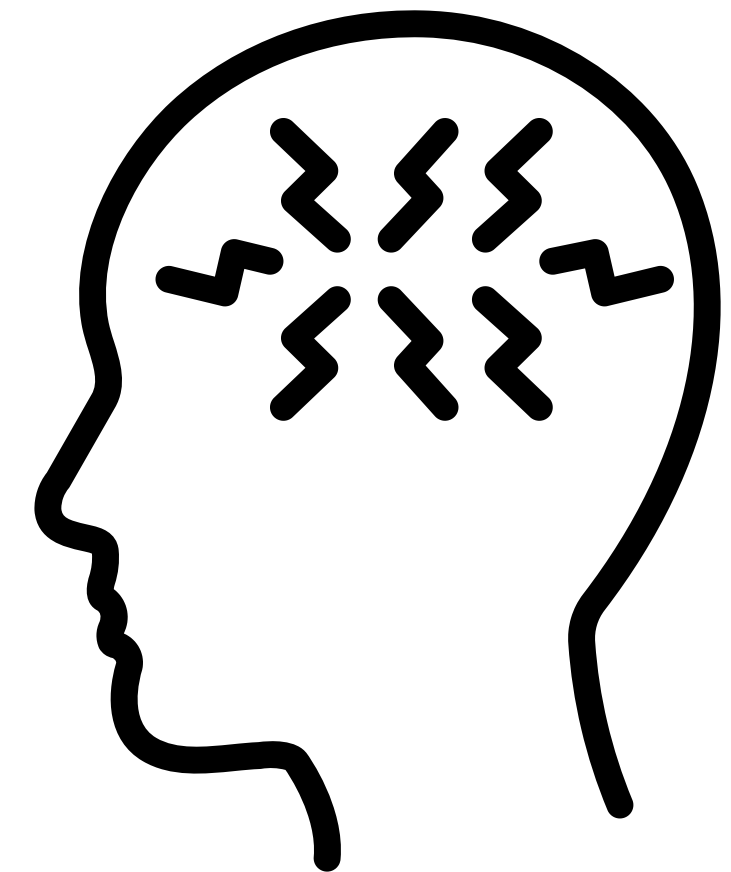


# Trauma

A psychological response to a distressing event that hinders a person's ability to cope. Trauma involves events that have a lasting effect on a person's well-being

## Symptoms:

- Flashbacks of the traumatic event
- Avoiding triggers that remind a person of the trauma
- Hypersensitive to stimuli following the trauma
- Feelings of anxiety or low mood and hypervigilance







# Acute Stress Disorder

Common response to a traumatic event characterized by symptoms that occur soon after experiencing the traumatic event

## Symptoms

- Intrusive thoughts regarding the traumatic event
- Feeling an excessive sense of guilt
- Increase in negative emotions
- Feelings of irritability & hyperarousal



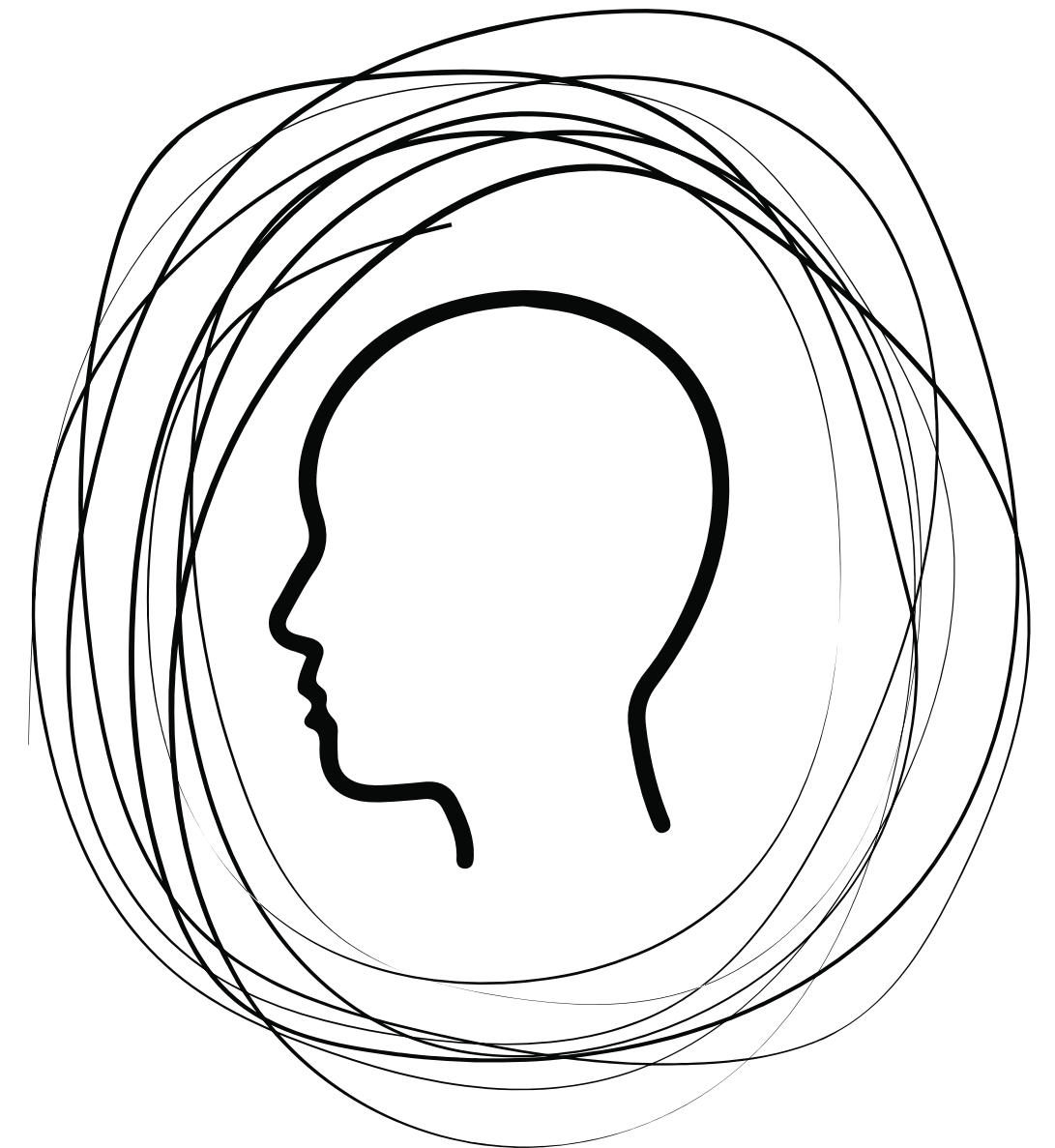


# Post-Traumatic Stress Disorder

A mental health disorder that can develop in response to a traumatic event

## Symptoms

- Increased irritability, aggression or outbursts
- Hyperaroused or easily startled
- Self-blame or guilt following the event
- Feelings of being reduced or numbed from the event



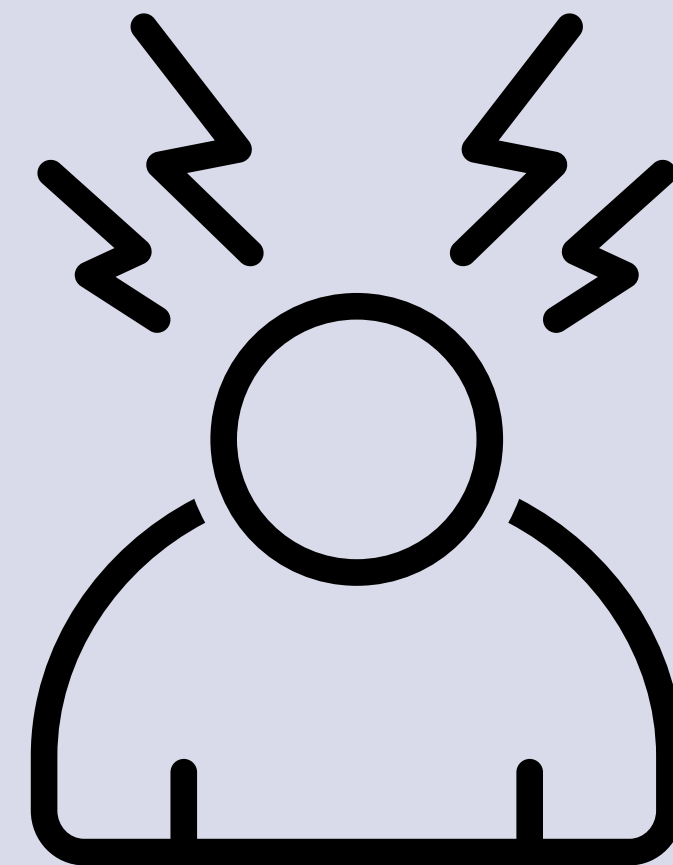


# Adjustment Disorder

A form of trauma characterized by symptoms that occur in response to a specific stressor or life event

## Symptoms

- Constant feelings of anxiety, nervousness or sadness
- Changes in appetite or sleep patterns
- Difficulty concentrating
- Avoidance of the stressor or life event



# Big 'T' Trauma

A major event that has a significant impact on a person's mental health

## Symptoms

- Serious accident
- Assault
- Near death experience
- Natural disaster
- Violent attack
- Loss of a loved one
- Divorce

# Little 't' Trauma

Less severe events that have a cumulative impact on a person's mental health

## Symptoms

- Long-term illness of self or another
- Job loss
- Chronic stress
- Loss of a pet
- Bullying
- Rejection of loved ones





# **ADHD**



# Attention-Deficit Hyperactivity Disorder

Mental health disorder characterized by **inattention** (difficulty focusing), **hyperactivity** (excessive movement) & **impulsivity** (acting without thought)

## Common Symptoms

- Inattentiveness
- Disorganization
- Inability to finish tasks
- Trouble focusing
- Agitation
- Racing thoughts
- Excessive talking
- Carelessness
- Time management issues
- Emotional dysregulation
- Indecisiveness
- Impulsiveness
- Hyperactive
- Aggression



# Types of ADHD

## Inattentive

- Having a short attention span
- Making careless mistakes at work/home
- Struggles with sticking to tasks that are time-consuming
- Unable to listen to or follow instructions

## Hyperactive

- Unable to sit still, especially in calm settings
- Constant fidgeting
- Excessive physical movement
- Constant impatience
- Impulsivity

## Combined

- Must meet criteria for both
- Losing important items
- Forgetfulness
- Making hasty decisions
- Appearing not to be listening



# **Commonly Confused Diagnoses**



# Bipolar I

Manic or depressive episodes that last for at least a week or symptoms that are so severe the person requires medical intervention/hospitalization

## Symptoms

- Feeling very up, high, elated, or extremely irritable or touchy
- Feeling very down or sad, or anxious
- Feeling jumpy or wired, more active than usual
- Feeling slowed down or restless

# Bipolar II

A pattern of depressive episodes and hypomanic episodes where episodes never reach the manic state of a person with bipolar I disorder

## Symptoms

- Decreased need for sleep
- Excessive spending
- Skipping from one idea to the next
- Hypersexuality
- Increased energy & hyperactivity
- Grandiosity

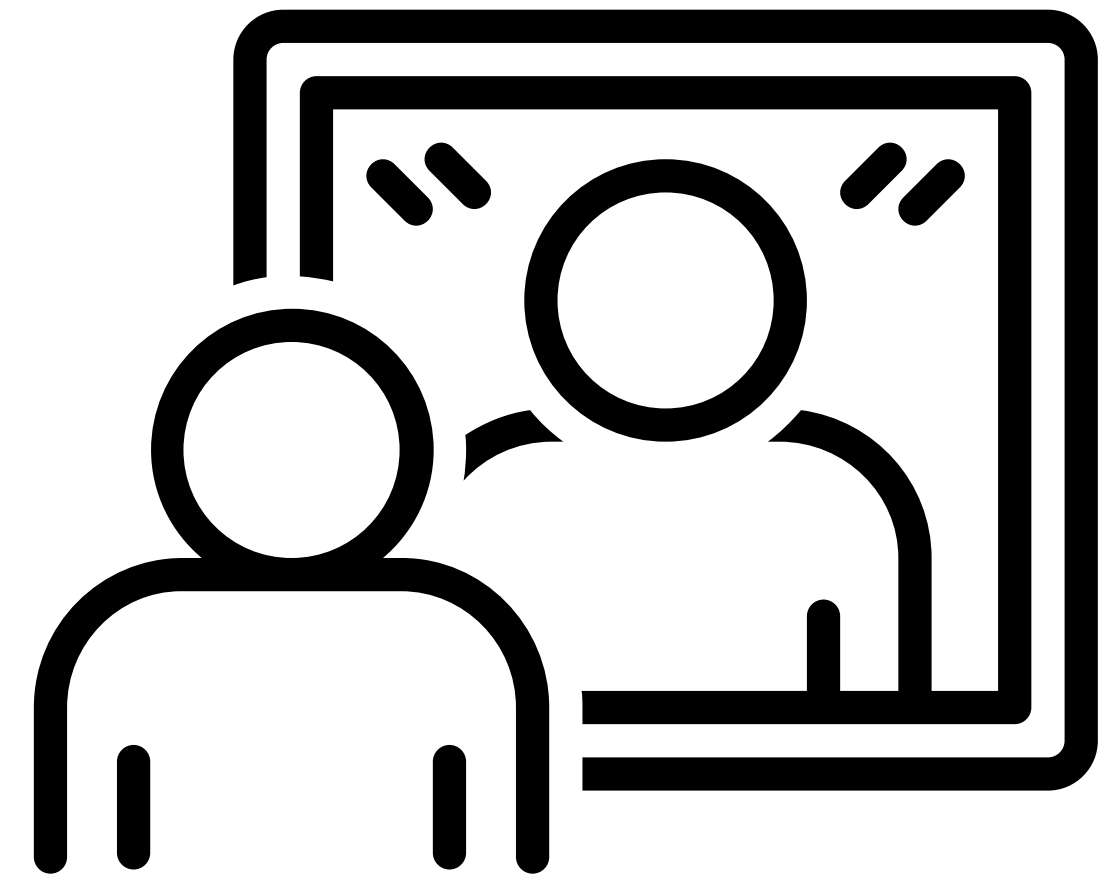


# Borderline Personality Disorder

Borderline Personality Disorder is one of the more common personality disorders, characterized by a pattern of unstable interpersonal relationships, self-image, depression & impulsivity

## Symptoms

- Excessive need to avoid abandonment
- Pattern of unstable relationships
- Unstable self-image
- Intense feelings of loneliness or emptiness



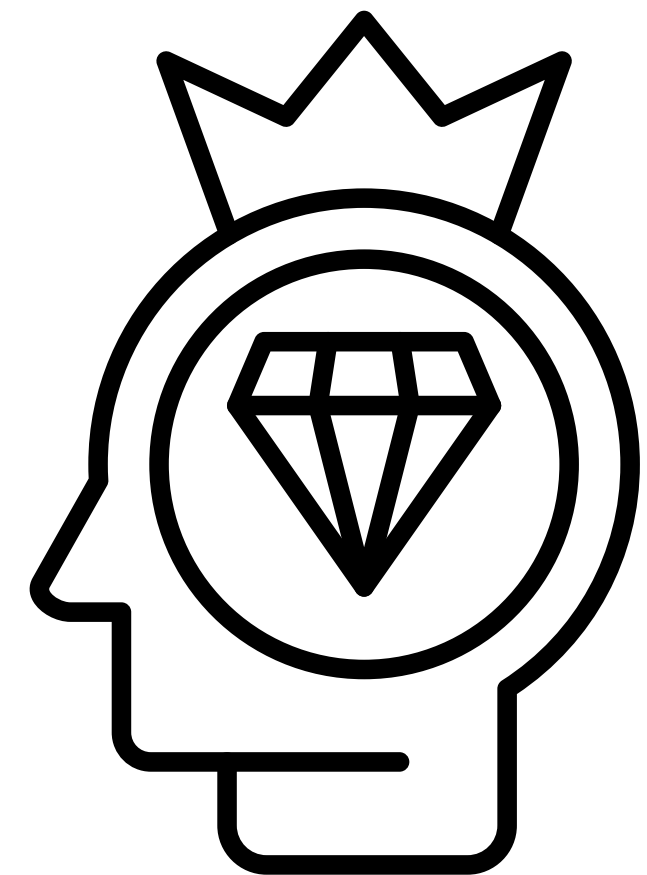


# Narcissistic Personality Disorder

A personality disorder characterized by a consistent pattern of grandiosity, need for admiration, & lack of empathy in various settings

## Symptoms:

- Often exaggerates their achievements
- Preoccupied with fantasies of success or power
- Requires excessive admiration
- Sense of entitlement; tend to be aggressive by nature

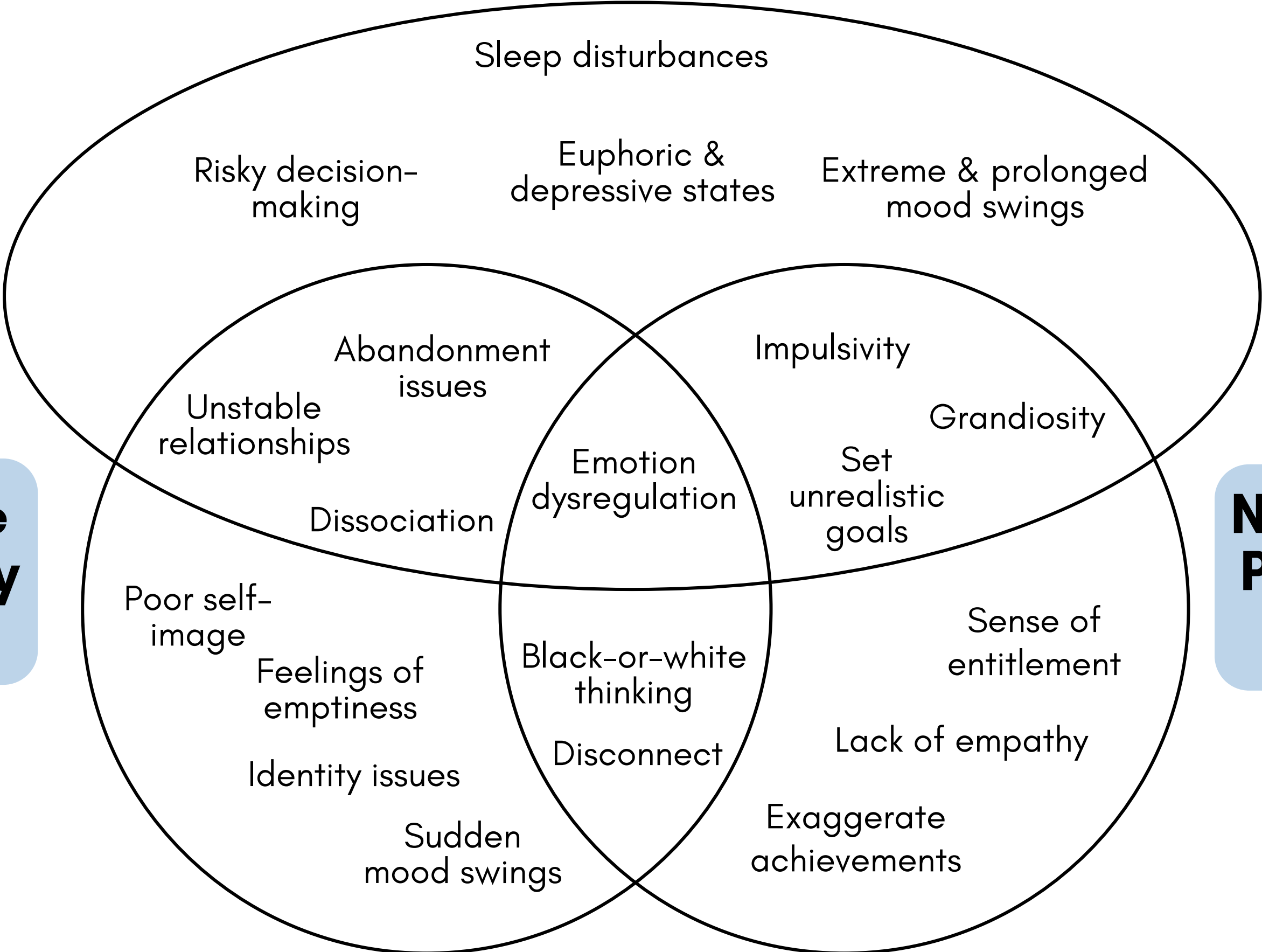




# Bipolar Disorder

## Borderline Personality Disorder

## Narcissistic Personality Disorder





# **Additional Disorders**



# Sleep Disturbances

Sleep disorders can alter activity in the brain, creating issues with making decisions, solving problems, controlling emotions & coping with change

## Symptoms

- Regular difficulty falling asleep
- Trouble remaining asleep through the night
- Snoring, gasping or choking during sleep
- Urges to move around when trying to relax





# Insomnia

A type of mental health disorder causing people to struggle with sleep, impairing their daily functioning

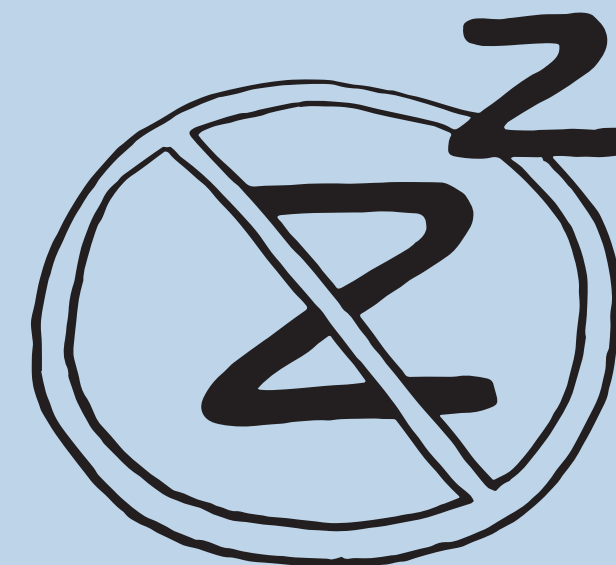
## Primary

Struggles with falling asleep that cannot be attributed to a pre-existing disorder



## Secondary

Struggles with staying asleep that may be associated with conditions such as illness, substance use, pain or medication





# Revenge Bedtime Procrastination

The tendency to avoid sleeping to catch up on leisure time that is driven by a busy schedule  
(Not a recognized Disorder)

- Inconsistent bedtime routine
- Too much caffeine late into evening
- Staying on electronics well past desired bedtime
- Difficulties rising in the morning, or feeling exhausted at wake-up





# Substance Use Disorder

High quantities of substance use with the inability to control intake, or to perform tasks without them

## Symptoms

- Growing tolerance or need for increased amounts of the substance to get an effect
- Increased desire for substance to feel able to function
- Periods of sudden increased mood swings





# Risks of Self-Diagnosis

- Often many symptoms overlap with various mental illnesses
- Common risk of misdiagnosing oneself leads to self-medicating as well
- Many online resources are unreliable, providing you with inaccurate information regarding mental illnesses
- Can exacerbate feelings of anxiety or depression
- Lead to seeking out the incorrect treatment, prolonging & potentially worsening a person's mental illness



Andrew is a 55 year-old, who has been struggling with constant worry, irritability & muscle tension. Last year, Andrew was in a car accident and has been experiencing shortness of breath and heart racing whenever he gets into a vehicle. Concerned about his mental health, Andrew hopes to receive a diagnosis so he can seek proper treatment.

<b>Presenting Issues</b>	<b>Duration</b>	<b>Severity</b>	<b>Rule-Outs</b>	<b>More Info</b>	<b>Provisional Diagnosis</b>



Andrew is a 55 year-old, who has been struggling with constant worry, irritability & muscle tension. Last year, Andrew was in a car accident and has been experiencing shortness of breath and heart racing whenever he gets into a vehicle. Concerned about his mental health, Andrew hopes to receive a diagnosis so he can seek proper treatment.

<b>Presenting Issues</b>	<b>Duration</b>	<b>Severity</b>	<b>Rule-Outs</b>	<b>More Info</b>	<b>Provisional Diagnosis</b>
<ul style="list-style-type: none"><li>• Worry, irritability, muscle tension</li><li>• Shortness of breath, elevated heart rate</li></ul>					



Andrew is a 55 year-old, who has been struggling with constant worry, irritability & muscle tension. Last year, Andrew was in a car accident and has been experiencing shortness of breath and heart racing whenever he gets into a vehicle. Concerned about his mental health, Andrew hopes to receive a diagnosis so he can seek proper treatment.

<b>Presenting Issues</b>	<b>Duration</b>	<b>Severity</b>	<b>Rule-Outs</b>	<b>More Info</b>	<b>Provisional Diagnosis</b>
<ul style="list-style-type: none"><li>• Worry, irritability, muscle tension</li><li>• Shortness of breath, elevated heart rate</li></ul>	<ul style="list-style-type: none"><li>• One year</li></ul>				



Andrew is a 55 year-old, who has been struggling with constant worry, irritability & muscle tension. Last year, Andrew was in a car accident and has been experiencing shortness of breath and heart racing whenever he gets into a vehicle. Concerned about his mental health, Andrew hopes to receive a diagnosis so he can seek proper treatment.

<b>Presenting Issues</b>	<b>Duration</b>	<b>Severity</b>	<b>Rule-Outs</b>	<b>More Info</b>	<b>Provisional Diagnosis</b>
<ul style="list-style-type: none"><li>• Worry, irritability, muscle tension</li><li>• Shortness of breath, elevated heart rate</li></ul>	<ul style="list-style-type: none"><li>• One year</li></ul>	<ul style="list-style-type: none"><li>• Mild,</li><li>• Moderate,</li><li>• Severe?</li></ul>			



Andrew is a 55 year-old, who has been struggling with constant worry, irritability & muscle tension. Last year, Andrew was in a car accident and has been experiencing shortness of breath and heart racing whenever he gets into a vehicle. Concerned about his mental health, Andrew hopes to receive a diagnosis so he can seek proper treatment.

<b>Presenting Issues</b>	<b>Duration</b>	<b>Severity</b>	<b>Rule-Outs</b>	<b>More Info</b>	<b>Provisional Diagnosis</b>
<ul style="list-style-type: none"><li>• Worry, irritability, muscle tension</li><li>• Shortness of breath, elevated heart rate</li></ul>	<ul style="list-style-type: none"><li>• One year</li></ul>	<ul style="list-style-type: none"><li>• Mild, Moderate,</li><li>• Severe?</li></ul>	<ul style="list-style-type: none"><li>• Adjustment Disorder/ PTSD</li><li>• GAD/Panic Disorder/ Phobia/ Depression</li><li>• Sleep Disorder</li></ul>	<b>More Info</b>	<b>Provisional Diagnosis</b>



Andrew is a 55 year-old, who has been struggling with constant worry, irritability & muscle tension. Last year, Andrew was in a car accident and has been experiencing shortness of breath and heart racing whenever he gets into a vehicle. Concerned about his mental health, Andrew hopes to receive a diagnosis so he can seek proper treatment.

<b>Presenting Issues</b>	<b>Duration</b>	<b>Severity</b>	<b>Rule-Outs</b>	<b>More Info</b>	<b>Provisional Diagnosis</b>
<ul style="list-style-type: none"><li>• Worry, irritability, muscle tension</li><li>• Shortness of breath, elevated heart rate</li></ul>	<ul style="list-style-type: none"><li>• One year</li></ul>	<ul style="list-style-type: none"><li>• Mild, Moderate,</li><li>• Severe?</li></ul>	<ul style="list-style-type: none"><li>• Adjustment Disorder/ PTSD</li><li>• GAD/Panic Disorder/ Phobia/ Depression</li><li>• Sleep Disorder</li></ul>	<ul style="list-style-type: none"><li>• Substance use</li><li>• Personal/ Family MH history</li><li>• Other Traumas/ Anxieties</li></ul>	





Andrew is a 55 year-old, who has been struggling with constant worry, irritability & muscle tension. Last year, Andrew was in a car accident and has been experiencing shortness of breath and heart racing whenever he gets into a vehicle. Concerned about his mental health, Andrew hopes to receive a diagnosis so he can seek proper treatment.

<b>Presenting Issues</b>	<b>Duration</b>	<b>Severity</b>	<b>Rule-Outs</b>	<b>More Info</b>	<b>Provisional Diagnosis</b>
<ul style="list-style-type: none"><li>• Worry, irritability, muscle tension</li><li>• Shortness of breath, elevated heart rate</li></ul>	<ul style="list-style-type: none"><li>• One year</li></ul>	<ul style="list-style-type: none"><li>• Mild, Moderate,</li><li>• Severe?</li></ul>	<ul style="list-style-type: none"><li>• Adjustment Disorder/ PTSD</li><li>• GAD/ Depression</li><li>• Sleep Disorder</li></ul>	<ul style="list-style-type: none"><li>• Substance use</li><li>• Personal/ Family MH history</li><li>• Other Traumas/ Anxieties</li></ul>	<ul style="list-style-type: none"><li>• Adjustment D/O with mixed mood and anxiety</li><li>• R/O: Specific Phobia</li></ul>



# **Activity**

**Name that Character's Mental Health Diagnosis!**





Monica Geller



Phil Dunphy



Randall Pearson



Eeyore



Jake Peralta



Pat Solitano



Raj Koothrappali



Frank Gallagher



Sheldon Cooper

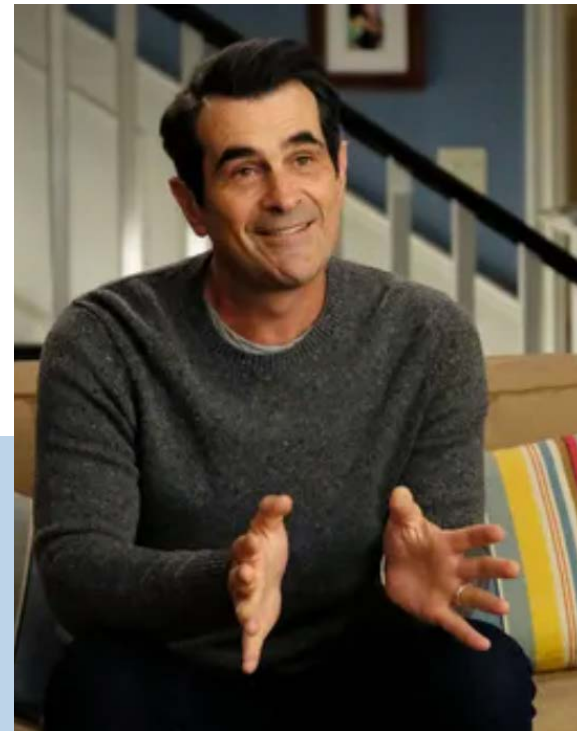
- Adjustment Disorder
- ADHD
- PTSD
- Panic Disorder

- OCPD
- Narcissistic Personality Disorder
- Borderline Personality Disorder
- Major Depressive Disorder

- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Specific Phobia
- OCD



Generalized  
Anxiety Disorder



Specific  
Phobia



Panic Disorder



Persistent  
Depressive  
Disorder



ADHD



Bipolar  
Disorder



Social Anxiety  
Disorder



Narcissistic  
Personality  
Disorder



OCPD



# **PART III**

## **Therapeutic Techniques**

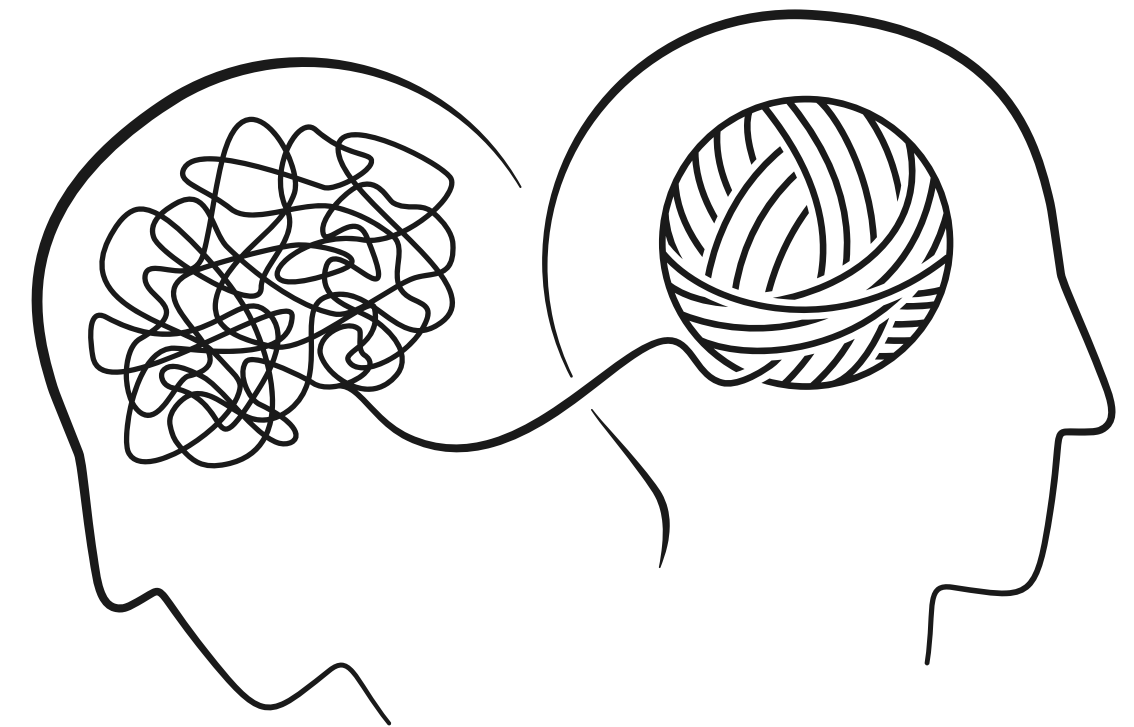


# Cognitive Behavioural Therapy

CBT is a form of therapy that can help manage problems by identifying & altering maladaptive thought patterns & behaviours. Effective in treating mental illnesses such as anxiety & depression

## Strategies

- Exposure & Response Prevention
- Journalling
- Role-playing
- Cognitive Restructuring





# Pros

- Can be equally as effective as medication for some clients
- Relatively short-term form of treatment (12-20 sessions)
- Can be provided in both group and one-on-one settings
- Skills taught in CBT can be applied to different issues in your everyday life

# Cons

- Structured treatment, may not be effective for people with more complex mental illnesses
- May experience heightened anxiety at first
- Focuses on a person's ability to change themselves, does not address systematic issues
- May not address underlying triggers (childhood trauma)



# Dialectical Behavioural Therapy

DBT is an evidence-based therapy that helps people learn & use new skills to apply to challenges in their daily lives

## Strategies

- Incorporates mindfulness into treatment
- Targets & reduces maladaptive behaviours
- Offers self-soothing skills
- Practice emotion regulation and relationship building







# Pros

- Teaches clients skills such as distress tolerance and building
- Check-ins and logs create a sense of accountability
- Provides tangible results
- Successful treatment for many mental illnesses including Borderline Personality Disorder

# Cons

- Lack of personalization to treatment (highly structured)
- Usually a group modality with some individual components
- Often requires clients to complete homework between sessions
- Can be viewed as an overly complex form of treatment



# Talk Therapy

## (ITP, Relational, Psychodynamic)

Form of treatment that helps clients identify & change difficult emotions, thoughts, and behaviours through insight building

### Strategies

- Focus on building solid foundation of trust in treatment
- Guided self-help
- Identify & practice coping skills
- Improving self-awareness and decision making



# Pros

- Provides clients with emotional support & validation
- Offers an opportunity for self-discovery
- Allows clients to practice more adaptive thought patterns & behaviours
- Explores the root cause of problems a client faces

# Cons

- Sessions do not necessarily operate on a regular basis
- Requires clients to be open to talking and sharing details of past and present
- Can take time to notice results
- Not overly structured which can be overwhelming for some clients



# **PART IV**

## **Coping Skills**



# Coping Skills

How do you cope?

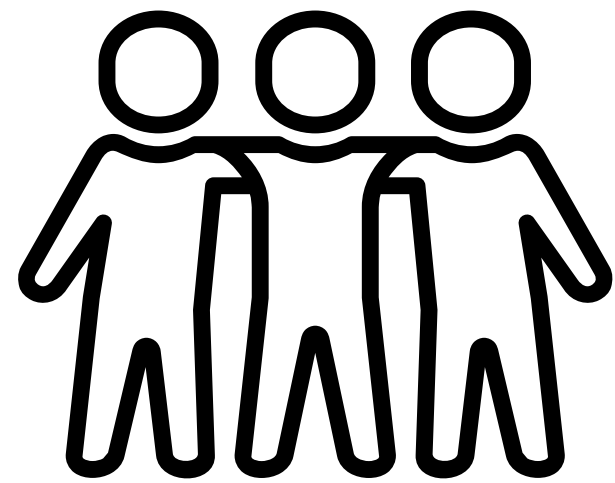




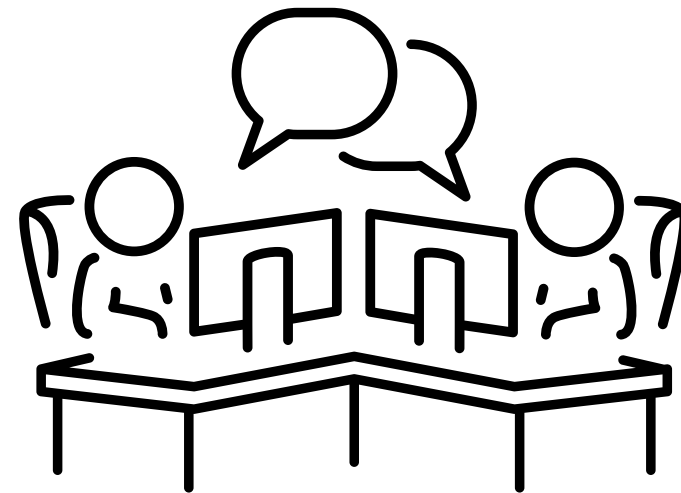
# **How To Manage**



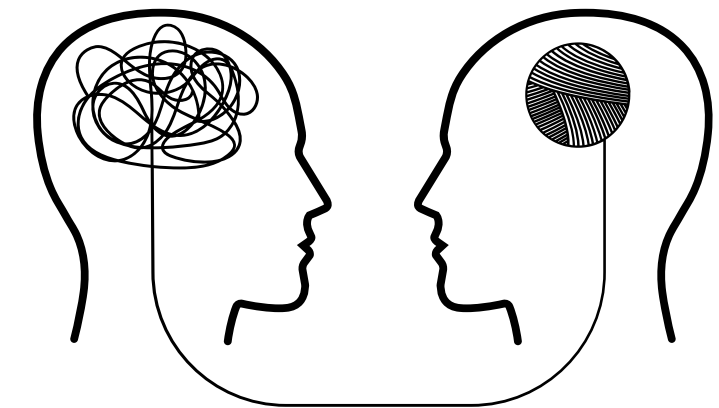
# Identify Supports Needed



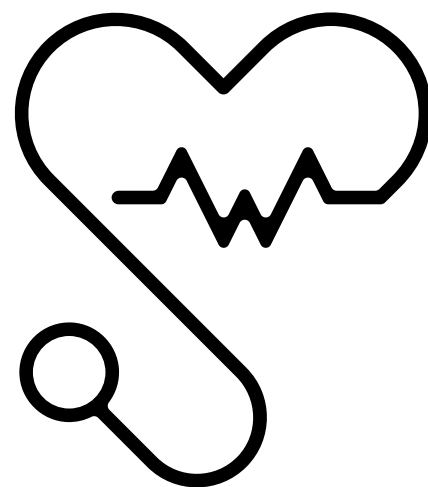
**Friends/Family**



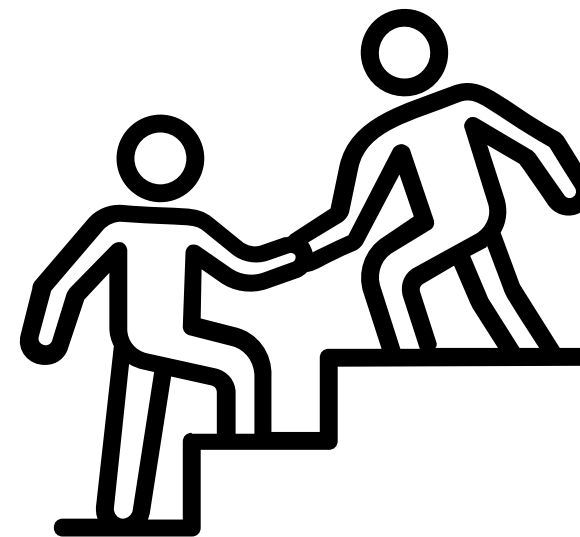
**Colleagues**



**Therapist**



**Doctor**



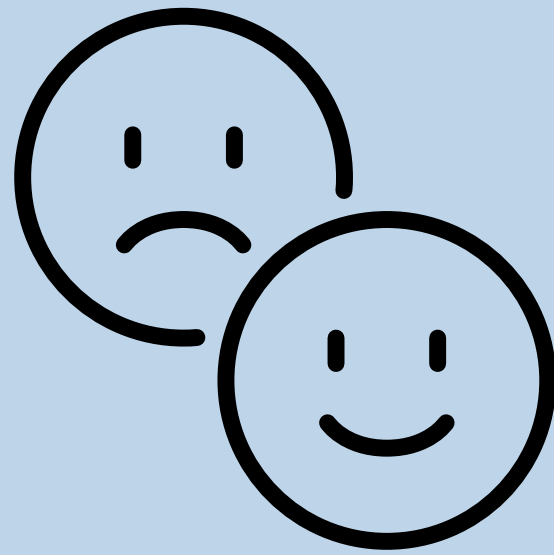
**Mentors**



**Crisis Line**



# Manage Health & Wellness

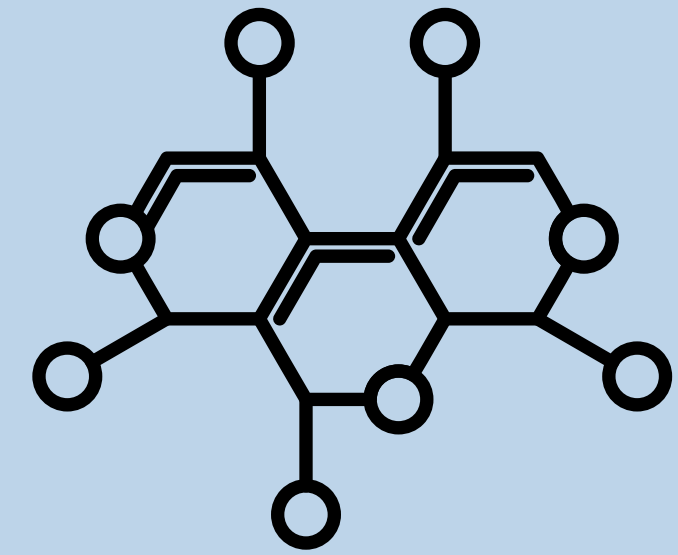


Exercise & balanced meals improves mood by releasing endorphins into the body

## Improved Mood

## Enhanced Functioning

A healthy lifestyle can improve focus, memory & productivity, reducing stress levels



Healthy habits can regulate hormonal imbalances improving stress management

## Balanced Hormones

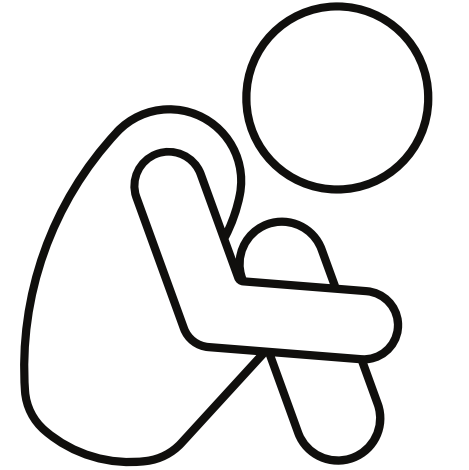




# Build Social Connections

**Reduced Loneliness**

Offers a sense of belonging & reduces feelings of loneliness



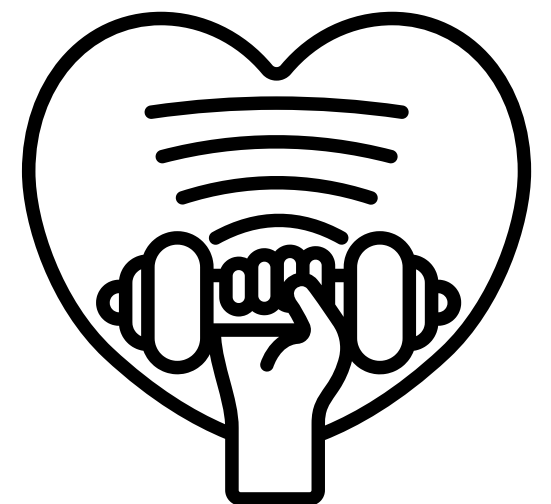
**Increased Longevity**

Improves immune function, cardiovascular health & stress



**More Resilient**

Can offer ways to help manage challenges & stressors

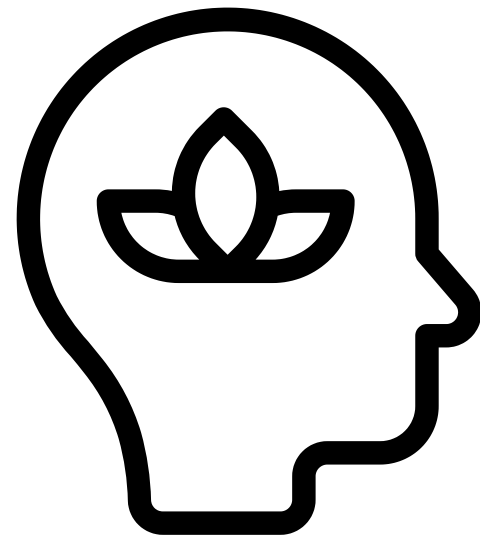




# Prioritize Self-Care

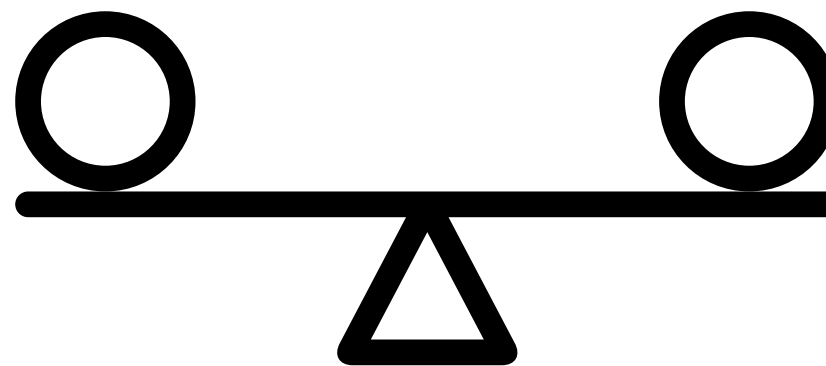
## Emotion Regulation

Self-care can improve emotion regulation by developing tools to manage emotions effectively, making us less reactive at work



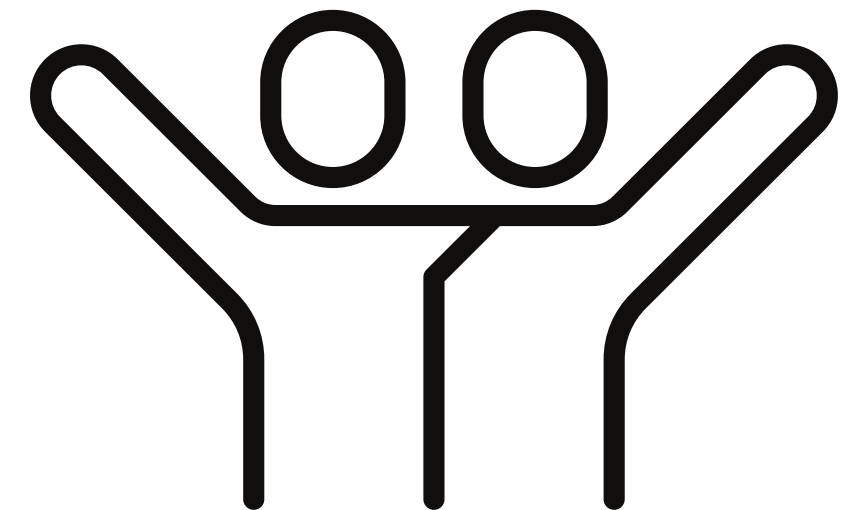
## Work-Life Balance

Establishing proper boundaries prevents occupational burnout while maintaining well-being



## Strong Relationships

Prioritizing self-care allows us to be more present and positive in our relationships





# Limit Social Media

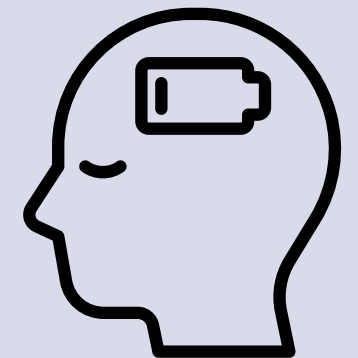
## Less Comparison

Limiting usage can reduce feelings of professional inadequacy and fear of missing out



## Reduced Burnout

Less exposure to stressful content on social media can lower the risk of burnout & exhaustion



## Improved Care

Less focus on what not doing and more on what already doing well



# Adaptive Coping

- Journaling
- Exercising
- Meditating
- Doing a puzzle
- Establishing healthy boundaries
- Reaching out for support

# Maladaptive Coping

- Ignoring feelings
- Over-working yourself
- Self-harm
- Gambling
- Over/under eating
- Taking feelings out on others



# **Adaptive Coping**

# **Maladaptive Coping**

**\*time to review!**





# Adopt Positive Affirmations

Incorporating positive affirmations into our daily lives helps to reduce feelings of stress and anxiety while boosting our self-esteem.

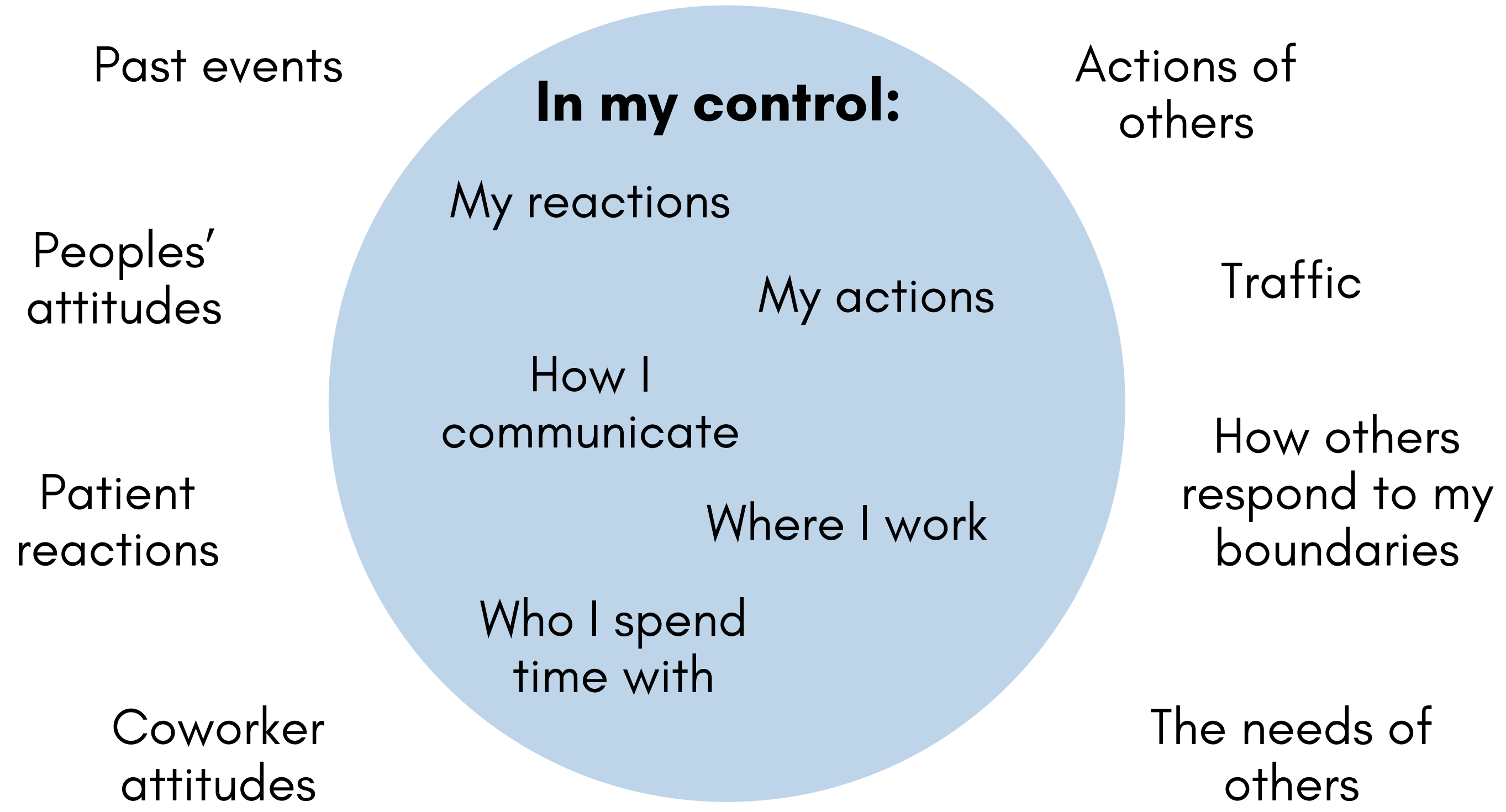
## Examples

- My body & mind deserve rest
- I will not worry about things I cannot control
- I can ask for support from loved ones when needed
- I will focus on being present in this moment



# Circle of Control

**Outside my control:**



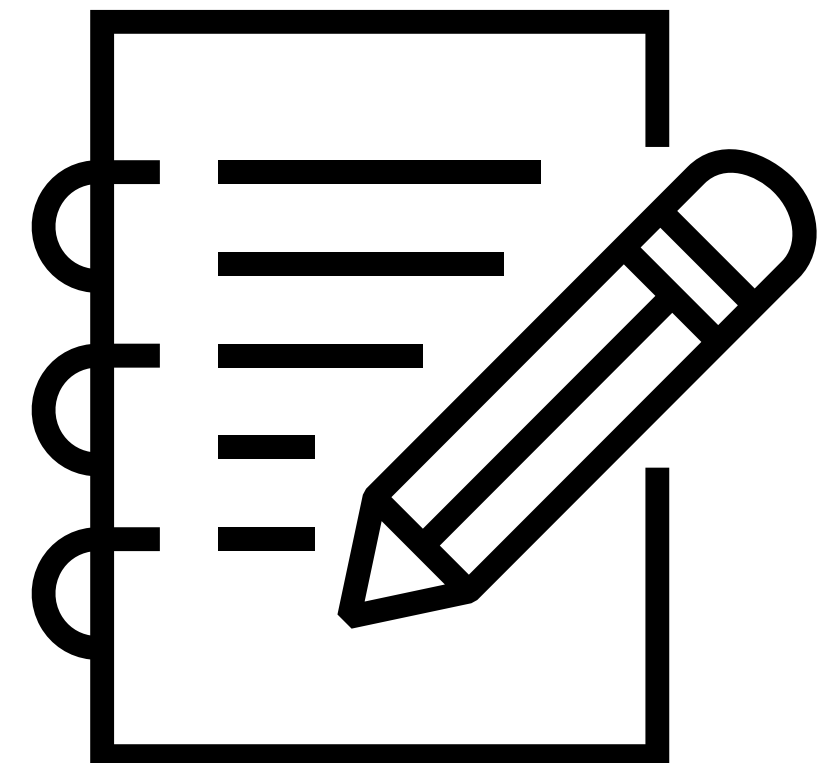


# Journal

Taking time to journal allows people to improve their emotional regulation skills by identifying their feelings and releasing them from their system

## Journal Prompts

- What is the biggest challenge you are facing right now?
- What is your favourite & least favourite parts of work?
- When was the last time you did something for yourself?
- Do you struggle with spending time alone? Why?





## Is it time for support:

- L**oss of interest
- O**verwhelming circumstances
- V**isible changes in behaviour
- E**xperiencing mood swings



## Talking to a loved one:

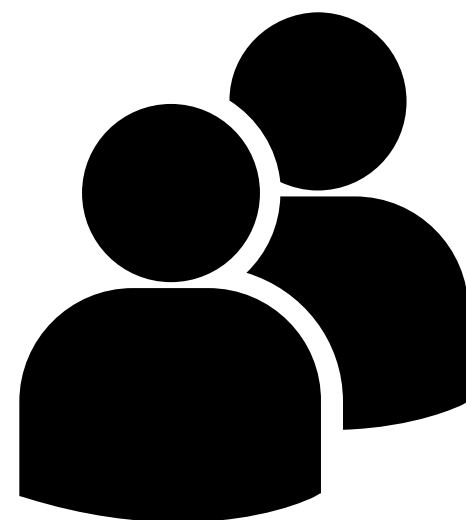


- C**hoose the right time
- A**pproach with empathy
- R**elay your concerns
- E**ncourage open communication



## Identifying a safe person:

- H**elpful friends & family
- O**nline resources
- P**rofessional support
- E**ducational resources



## How to ask for support:

- K**now your feelings
- I**dentify who you can talk to
- N**ote what you want to say
- D**on't be afraid to state your needs





# Quick 10 Summary

- 1.** Notice your symptoms
- 2.** Identify triggers
- 3.** Limit social media usage
- 4.** Set necessary boundaries
- 5.** Practice adaptive coping skills
- 6.** Identify your support system
- 7.** Remember to avoid self-diagnosing
- 8.** Reach out for professional support
- 9.** Utilize available resources
- 10.** Don't be afraid to ask for help!



# Podcasts

- Therapy Thoughts
- The Abnormal Psychologist
- Psychology Unplugged
- Mental Health by talklink
- Mental Health Demystified



# People to follow

- @mymentalhealthspace
- @healingtheanxiousmind
- @h.e.l.e.n.m.a.r.i.e
- @selfloverainbow
- @gottmaninstitute



# Apps



- Headspace
- Calm
- MindShift
- Clear Fear
- I am - Daily Affirmations

# Books

- The Mountain is You
- Unwinding Anxiety
- Maybe You Should Talk to Someone
- It Didn't Start With You
- How to Do the Work





# Let's Connect

[www.monarchtherapy.ca](http://www.monarchtherapy.ca)

## Workbook Series



Find me on Amazon!

## Etsy Shop: HopeWithDrM



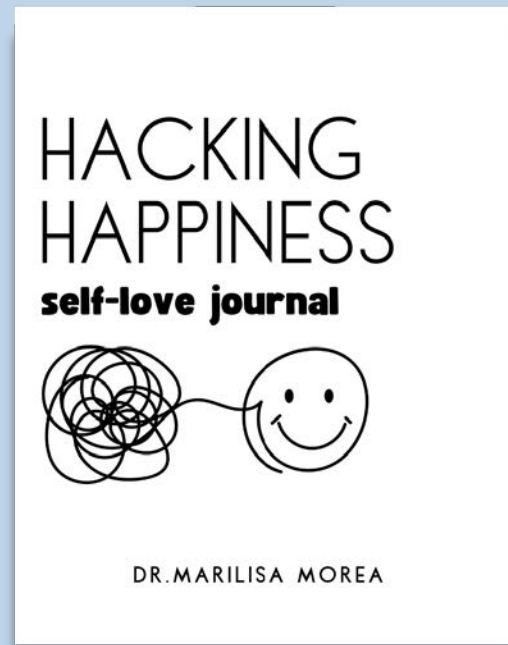
Google search: HopeWithDrM Etsy Shop



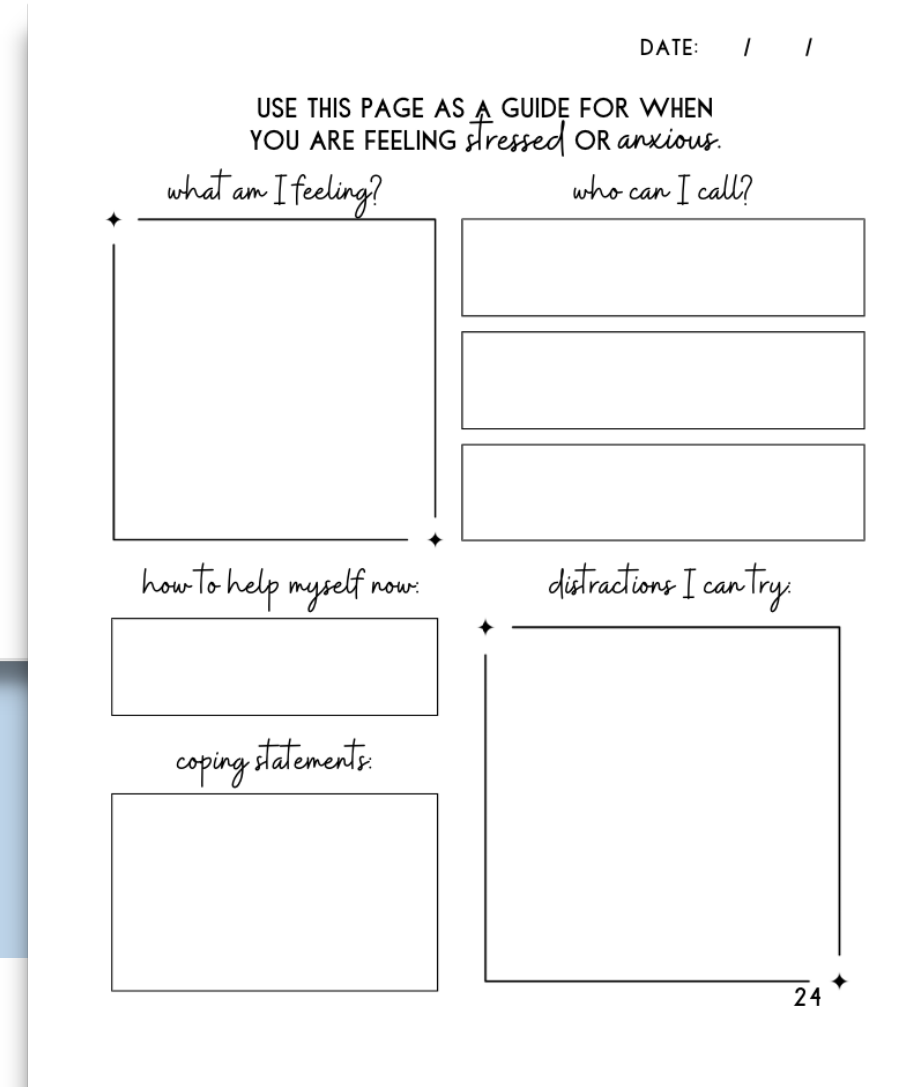
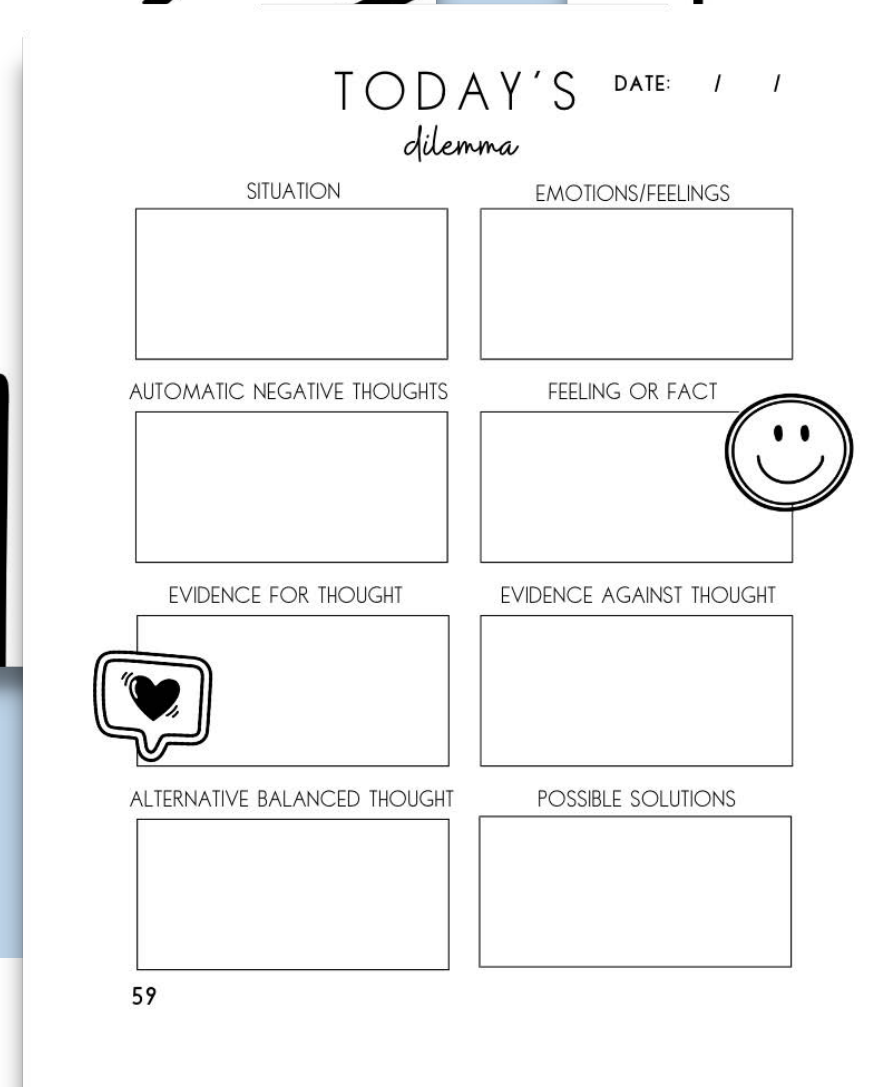
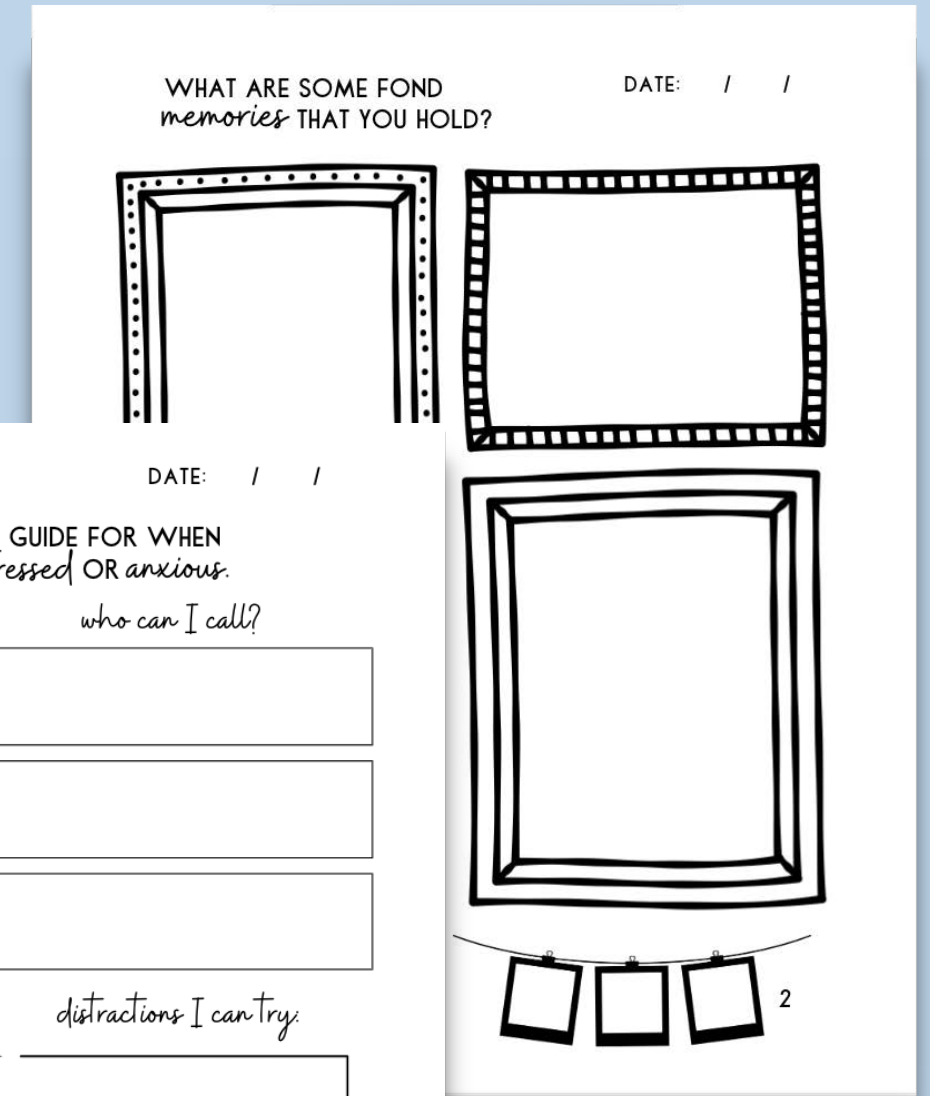
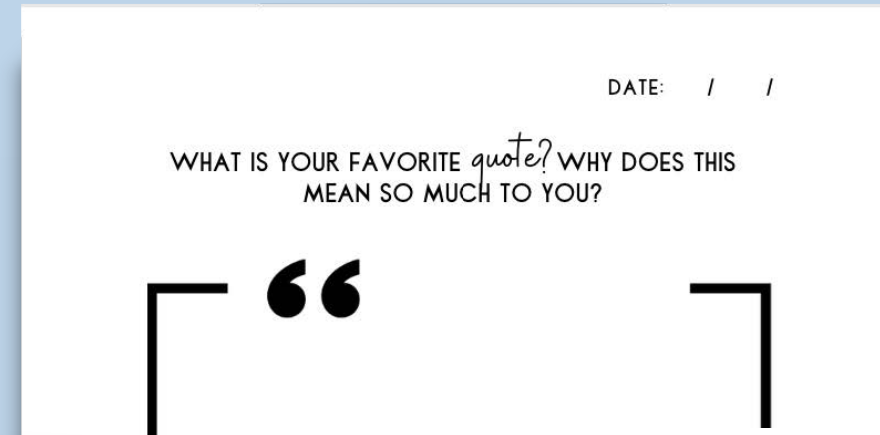
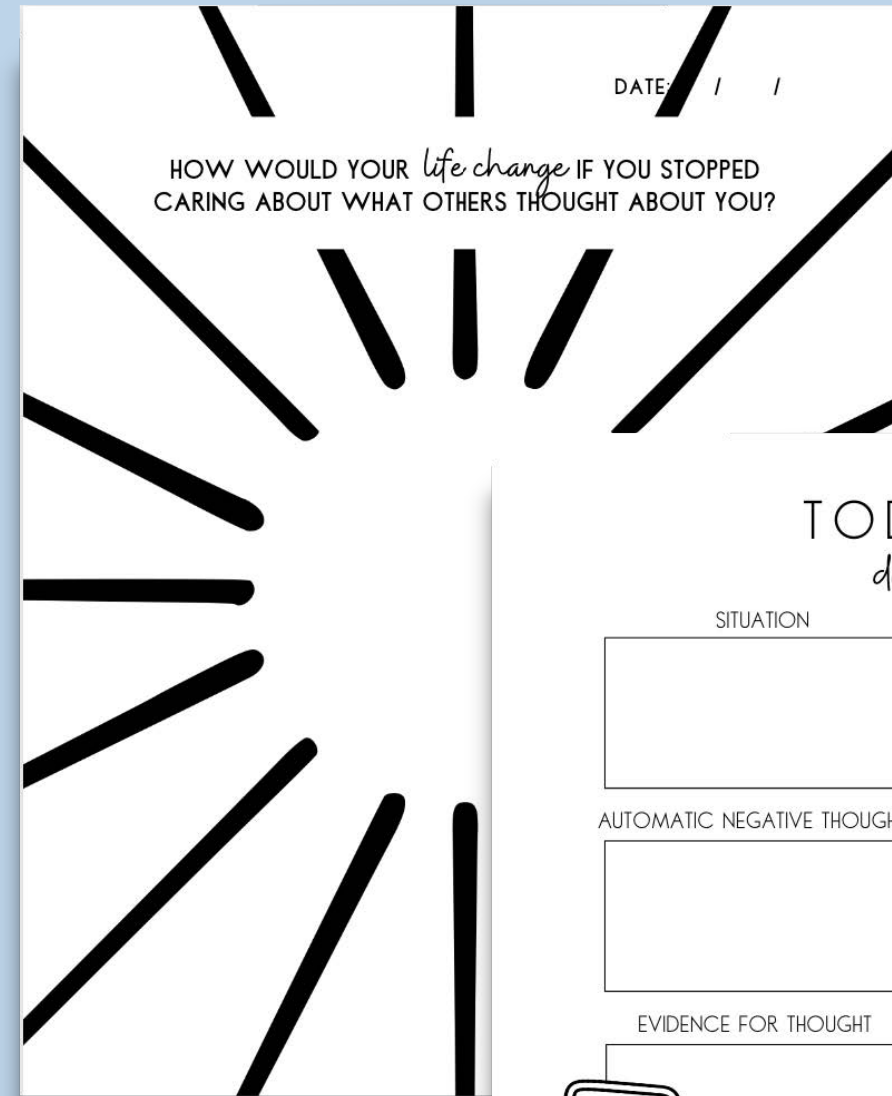
@dr.morea



# Journal Sneak Peak

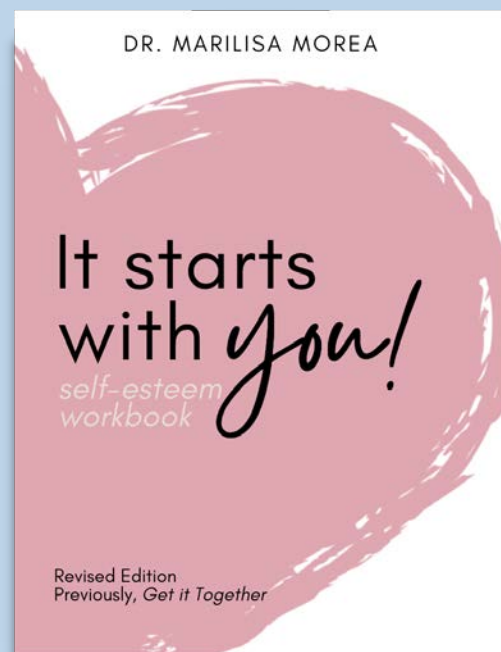


Available  
now on  
Amazon!





# Workbook Sneak Peak



Available  
now on  
Amazon!

## LOVE LANGUAGES

Love language theory explains that the ways we appreciate bids of affection are also how we wish to express them to others. So, how can we apply this to ourselves? Let's review each of the love languages and identify how this can translate to self-love.

<b>ACTS OF SERVICE</b>	Doing things for yourself to help with routine & structure. Creating more balance in your life	<ul style="list-style-type: none"> <li>• Declutter your space</li> <li>• Create a list of goals</li> <li>• Donate to charity</li> <li>• Organize your bedroom</li> </ul>
<b>RECEIVING GIFTS</b>	Feeling joy when buying gifts for yourself or treating yourself without the guilt	<ul style="list-style-type: none"> <li>• Book a new class</li> <li>• Buy something you've been putting off</li> <li>• Order takeout</li> </ul>
<b>QUALITY TIME</b>	Carving out time to enjoy or find peace	
<b>WORDS OF AFFIRMATION</b>	Saying kind & loving words to yourself, being the biggest cheerleader recognizing your strengths	
<b>PHYSICAL TOUCH</b>	Things that fuel you and make it feel strong	

141

## GRATITUDE

There is a lot of recent information about the idea of **gratitude** and its role in mental health. And to be honest, for good reason. Positive psychology teaches us that shifting to a more positive mindset can have various benefits to overall health and well-being. This suggests that if we focus on the things in life that are working out, we are more likely to recognize the positive things that should be or are coming our way as well.

One way to shift a negative mindset is to practice gratitude. Gratitude is defined as the ability to be thankful, and a readiness to show appreciation. It's acknowledging and being mindful of the things we have in our lives and appreciating them, even if they do not fulfill a total list of desired items.

## SELF-NURTURE

You noticed, perhaps, that what we explored in the questions above were related to things about your identity and life that you don't normally and naturally think about. And because of that, it may have taken a while to answer them.

When we are used to focusing on the negative aspects, shifting that focus can be challenging at first. Yet, had the questions been less positive, they may have been easier to answer. This is because, as we learned in the first section of this workbook, we have a lot of engrained and automatic thought traps. And the only way that we change them is by practicing and making a conscious effort to re-train our brains to focus on the positives, too. Our goal is not to get rid of the negative thoughts, because that will happen naturally over time as we become stronger. Our goal instead is to lower the volume on the negative thoughts so that they don't have so much power over us anymore. We do this by building our toolkit with positive thoughts, by completing exercises like the one we just completed.

Explore a few more questions below. Go ahead and give them a go.

1. Do you celebrate your successes? If so, how? If no, why not?  
-----
2. How do you respond when you receive a compliment?  
-----

Perhaps these were a bit easier to respond to. That because it's easier to respond, "I don't really celebrate my successes", and "I dismiss compliments", than it is to come up with a list of things you love about yourself. Take a look at the following list for some ways that you can celebrate your successes and accept compliments.

160

## MIND TRAPS & self-esteem

There are a variety of mind traps that impact our self-esteem. A **mind trap** can create self-doubt and insecurities. They can also breed limited and narrow thinking, which substantially impacts how we choose to live our lives. We will explore different types of mind traps: thinking traps, growth and fixed mindsets, and imposter syndrome.

### THINKING TRAPS

Cognitive Distortions or **thinking traps** are one of the biggest sources of low self-esteem. Thinking traps are ways that our brain gets caught in negative cycles, or ongoing errors in our thinking patterns. You can think of them as super automatic negative thoughts (remember those from earlier). They challenge our way of thinking in a negative way, creating a "glass half empty" perspective.

There are 10 cognitive distortions we will look at that are most commonly associated with low self-esteem.

*did you know?*

*fun fact*

Making your bed each morning will help you feel more productive, improving your confidence?

52

## SELF-DISCOVERY QUIZ

What is one thing that brings me pride?  
-----

What scares me the most right now?  
-----

What is something I find inspiring?  
-----

What is something that brings me joy?  
-----

-----  
back to others?  
-----  
do more of?  
-----  
do less of?  
-----  
best?  
-----  
getting to me?  
-----



**Thank You!**  
**Questions?**





# References

Barker, E. C., Flygare, J., Paruthi, S., & Sharkey, K. M. (2020). Living with Narcolepsy: Current Management Strategies, Future Prospects, and Overlooked Real-Life Concerns. *Nature and science of sleep*, 12, 453-466. <https://doi.org/10.2147/NSS.S162762>

Cattane, N., Rossi, R., Lanfredi, M. et al. Borderline personality disorder and childhood trauma: exploring the affected biological systems and mechanisms. *BMC Psychiatry* 17, 221 (2017). <https://doi.org/10.1186/s12888-017-1383-2>

David, D., Cristea, I., & Hofmann, S. G. (2018). Why Cognitive Behavioral Therapy Is the Current Gold Standard of Psychotherapy. *Frontiers in psychiatry*, 9, 4. <https://doi.org/10.3389/fpsy.2018.00004>

Domhardt, M., & Baumeister, H. (2018). Psychotherapy of adjustment disorders: Current state and future directions, *The World Journal of Biological Psychiatry*, 19:sup1, S21-S35, DOI: [10.1080/15622975.2018.1467041](https://doi.org/10.1080/15622975.2018.1467041)

Eaton, W. W., Bienvenu, O. J., & Miloyan, B. (2018). Specific phobias. *The lancet. Psychiatry*, 5(8), 678-686. [https://doi.org/10.1016/S2215-0366\(18\)30169-X](https://doi.org/10.1016/S2215-0366(18)30169-X)



# References

Fenn K, Byrne M. The key principles of cognitive behavioural therapy. *InnovAiT*. 2013;6(9):579-585.  
[doi:10.1177/1755738012471029](https://doi.org/10.1177/1755738012471029)

Flynn, D., Kells, M., Joyce, M. et al. Dialectical behaviour therapy for treating adults and adolescents with emotional and behavioural dysregulation: study protocol of a coordinated implementation in a publicly funded health service. *BMC Psychiatry* 18, 51 (2018). <https://doi.org/10.1186/s12888-018-1627-9>

Galderisi, S., Heinz, A., Kastrup, M., Beezhold, J., & Sartorius, N. (2015). Toward a new definition of mental health. *World psychiatry : official journal of the World Psychiatric Association (WPA)*, 14(2), 231-233.  
<https://doi.org/10.1002/wps.20231>

Kleber R. J. (2019). Trauma and Public Mental Health: A Focused Review. *Frontiers in psychiatry*, 10, 451.  
<https://doi.org/10.3389/fpsy.2019.00451>

Krystal, A. D., Prather, A. A., & Ashbrook, L. H. (2019). The assessment and management of insomnia: an update. *World psychiatry : official journal of the World Psychiatric Association (WPA)*, 18(3), 337-352.  
<https://doi.org/10.1002/wps.20674>



# References

Luo, Y., Chen, L., Li, H., Dong, Y., Zhou, X., Qiu, L., Zhang, L., Gao, Y., Zhu, C., Yu, F., & Wang, K. (2020). Do Individuals With Obsessive-Compulsive Disorder and Obsessive-Compulsive Personality Disorder Share Similar Neural Mechanisms?. *Frontiers in human neuroscience*, 14, 585086. <https://doi.org/10.3389/fnhum.2020.585086>

Mahone, E. M., & Denckla, M. B. (2017). Attention-Deficit/Hyperactivity Disorder: A Historical Neuropsychological Perspective. *Journal of the International Neuropsychological Society : JINS*, 23(9-10), 916-929. <https://doi.org/10.1017/S1355617717000807>

McCormick, U., Murray, B., & McNew, B. (2015). Diagnosis and treatment of patients with bipolar disorder: A review for advanced practice nurses. *Journal of the American Association of Nurse Practitioners*, 27(9), 530-542. <https://doi.org/10.1002/2327-6924.12275>

Merrill R. M. (2022). Mental Health Conditions According to Stress and Sleep Disorders. *International journal of environmental research and public health*, 19(13), 7957. <https://doi.org/10.3390/ijerph19137957>

Meiser-Stedman, R., McKinnon, A., Dixon, C., Boyle, A., Smith, P., & Dalgleish, T. (2017). Acute stress disorder and the transition to posttraumatic stress disorder in children and adolescents: Prevalence, course, prognosis, diagnostic suitability, and risk markers. *Depression and anxiety*, 34(4), 348-355. <https://doi.org/10.1002/da.22602>



# References

Niles, A. N., Dour, H. J., Stanton, A. L., Roy-Byrne, P. P., Stein, M. B., Sullivan, G., Sherbourne, C. D., Rose, R. D., & Craske, M. G. (2015). Anxiety and depressive symptoms and medical illness among adults with anxiety disorders. *Journal of psychosomatic research*, 78(2), 109-115. <https://doi.org/10.1016/j.jpsychores.2014.11.018>

Núñez-Jaramillo L, Herrera-Solís A, Herrera-Morales WV. ADHD: Reviewing the Causes and Evaluating Solutions. *Journal of Personalized Medicine*. 2021; 11(3):166. <https://doi.org/10.3390/jpm11030166>

O'Donnell, M. L., Agathos, J. A., Metcalf, O., Gibson, K., & Lau, W. (2019). Adjustment Disorder: Current Developments and Future Directions. *International journal of environmental research and public health*, 16(14), 2537. <https://doi.org/10.3390/ijerph16142537>

Rabner, J., Mian, N. D., Langer, D. A., Comer, J. S., & Pincus, D. (2017). The Relationship Between Worry and Dimensions of Anxiety Symptoms in Children and Adolescents. *Behavioural and cognitive psychotherapy*, 45(2), 124-138. <https://doi.org/10.1017/S1352465816000448>

Rek, S., Sheaves, B., & Freeman, D. (2017). Nightmares in the general population: identifying potential causal factors. *Social psychiatry and psychiatric epidemiology*, 52(9), 1123-1133. <https://doi.org/10.1007/s00127-017-1408-7>



# References

Scott, A. J., Webb, T. L., Martyn–St James, M., Rowse, G., & Weich, S. (2021). Improving sleep quality leads to better mental health: A meta-analysis of randomised controlled trials. *Sleep medicine reviews*, 60, 101556. <https://doi.org/10.1016/j.smr.2021.101556>

Stibbe, T., Huang, J., Paucke, M., Ulke, C., & Strauss, M. (2020). Gender differences in adult ADHD: Cognitive function assessed by the test of attentional performance. *PloS one*, 15(10), e0240810. <https://doi.org/10.1371/journal.pone.0240810>

Strain JJ. The Adjustment Disorder Diagnosis, Its Importance to Liaison Psychiatry, and its Psychobiology. *International Journal of Environmental Research and Public Health*. 2019; 16(23):4645. <https://doi.org/10.3390/ijerph16234645>

Thamby, A., & Khanna, S. The role of personality disorders in obsessive-compulsive disorder. (2019). *Indian Journal of Psychiatry* 61(1), 114–118. | DOI: [10.4103/psychiatry.IndianJPsychiatry\\_526\\_18](https://doi.org/10.4103/psychiatry.IndianJPsychiatry_526_18)

Thorpy M. J. (2012). Classification of sleep disorders. *Neurotherapeutics : the journal of the American Society for Experimental NeuroTherapeutics*, 9(4), 687–701. <https://doi.org/10.1007/s13311-012-0145-6>