

...Say **yes** ✓ to life

Dr. Aravind V K

“Mental health is essential in our day to day part of life stigma & shame to consult for psychological well being should not become a barrier.”



...Say **yes** to life

MENTAL HEALTH



Mental health is more than just the absence of mental disorders.

It affects how one **think, feel, and act** and **our daily living, relationships, and physical health.**



As per



World Health Organization

“Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.”

People can experience mental health conditions such as



Stress



depression



anxiety

Looking for simple way to reduce stress, anxiety, and depression?

Looking after the mental health and wellbeing is important for everyone. One can do many things in our day-to-day lives that can help support good mental health, including connecting to nature.

It is evident that

nature is important for the mental health.³

Remember

Mind and body are one and that psychological health is just as important as physical health.²

NATURE AND MENTAL HEALTH

The attraction toward nature is genetic and deep-rooted in development.

Let's say,



Have you ever wondered why most of the people prefer to book accommodations which have amazing view from the balcony or terrace?



Why patients recover sooner who get a natural view from their hospital bed than others?



Or why we crave for time to figure out things in nature, when we are stressed?⁴

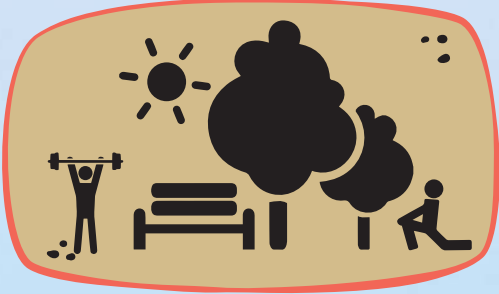


“ Just by walking in the woods or a stroll by the beach on sunny morning can arouse the innermost feelings of happiness and peace.”

Due to the FAST-PACED URBAN LIFE, we have handle many pressures that affect the mental health. That is why it is important to make the time for nature, in whatever way works for one.³

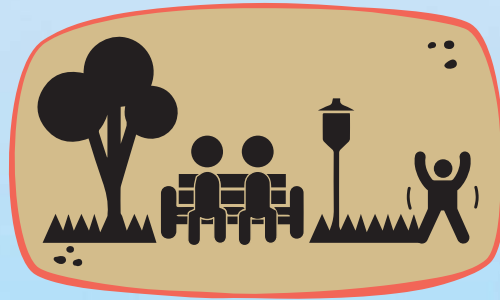
Nature and Mental Health Problems

Spending time in nature help with the mental health problems such as anxiety and depression.



For instance, ecotherapy which is a type of formal treatment including doing activities outside in nature has shown to help with mild to moderate depression.

It might be because of regular physical activity and social contact with outside nature.



Being outside in natural light can also be helpful for depression. Also, getting in contact with nature can help with other types of mental health problems.⁵

“ Nature has this calming and enchanting effect. Walking in the woods, smelling the fresh forest air, or sitting on a rock watching the ocean waves and sea birds hunting for fish.

Magical... ”



Benefits of Nature on Mental Health

Benefits of staying close to nature varied^{4,5}



Improves
attention

*Physical, mental,
and spiritual well-being
improves by staying
close to the nature.
It makes us feel
alive from inside.⁴*



Decrease risk of
psychiatric disorders



Help being
more active



Provide
peer support



Help take time out &
feel more relaxed



Upticks in
empathy &
cooperation



Help make
new connections



Improves
mood



Improve
confidence
and self-esteem



Lower stress
or anger



Improve
physical health

**“ Spending time
in nature can act
as a balm for the
busy brains.⁶ ”**



Impact of Nature on the Wellbeing

Environments can increase or reduce the stress.

What one see, hear, or experience not only changes the mood, but also how nervous, endocrine, and immune systems works.⁷



Nature Heals

Being in nature

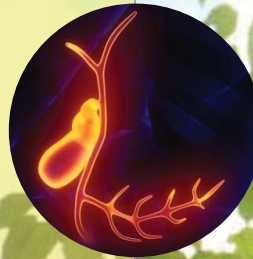


“Even a simple plant in a room can have a significant impact on stress and anxiety.”⁷

Nature Soothes

Nature also helps us cope with pain. As, we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort.

Patients who underwent gallbladder surgery and have the view of trees tolerated pain better, have fewer negative effects, and spent less time in a hospital compared to those who had a view of a wall.⁷



Nature Restores

After spending time outside, one's mood improved

Depressed,
Stressed, and
Anxious



More calm
and balanced⁷



Time in nature or scenes of nature are related to:
*Positive mood, and psychological wellbeing, meaningfulness, vitality and increases the ability to pay attention.*⁷



What nature ideas could I try?

One can perform things like:⁵

Grow or pick food

Bring nature inside

Do activities outdoors

Help the environment

Connect with animals



**-DON'T-
WORRY**

Don't worry if some ideas does not work for you –
look for things that do, or adapt one to suit.⁵



Also, one has heard about
It is better to give than receive.
As, people who are kind and compassionate are
happier and may even live longer.⁸

KINDNESS AND MENTAL HEALTH

Kindness, or doing good, is
putting other people's needs before our own.

It could be anything like,
giving up our bus seat to someone who might need it more, or
offering a cup of tea for someone at work.

Kindness can also help



Reduce stress



Improve mood, self-esteem,
happiness & emotional wellbeing.⁸



Remember

One can do so many
things to help others.
Good deeds does not
take much time nor
cost any money.⁸



“ Be kind whenever possible. It is always possible.”

—Dalai Lama

CHOOSE

Kindness

Why Kindness?

Due to its ability to

unlock our shared humanity.

It is a basis of individual and collective mental health.

Kindness

strengthens relationships,

develops community and deepens harmony.⁹

All human beings need to experience kindness and practice to be fully alive as recognizes by the wisdom from every culture across history.



Kindness is basically a risky effort. It make us look foolish or being taken advantage of, which is why we sometimes retreat.

Thus, to receive or to give kindness is an act of courage.⁹



If we take the time to be kind to other people, it can really make a difference, especially for one who are vulnerable or struggling.



Now, take few minutes, **and think about doing something kind for a friend or a stranger today.⁸**

kindness
MATTERS

Kindness and Mental Health

Kindness is doing something towards yourself and others to make a positive difference.

As known that **kindness and the mental health are deeply connected.**

It is evident that kindness is **an antidote to isolation and creates a sense of belonging.**

It helps



Reduce stress



Deepens friendships

Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem.



Kindness can even improve feelings of **confidence**



optimism.⁹



What are the Health Benefits of Kindness?



HELPING OTHERS FEELS GOOD

Acts of kindness are linked to:

- Increase feelings of wellbeing.
- Improve support networks & self-esteem
- Encourage to be more active
- Promote changes in the brain that are linked with happiness.⁸



IT CREATES A SENSE OF BELONGING AND REDUCES ISOLATION

Helping others is thought to be one of the ways that people create, maintain, and strengthen their social connections.⁸



IT HELPS KEEP THINGS IN PERSPECTIVE

The increase feelings of happiness, optimism and satisfaction increases by being aware of own acts of kindness, and things we are grateful for. Doing good help one to have a more positive attitude about the own circumstances.⁸



**IT HELPS TO MAKE THE
WORLD A HAPPIER PLACE –
ONE ACT OF KINDNESS
CAN OFTEN LEAD TO MORE!**

Acts of kindness have the potential to:

- Make the world a happier place.
- Boost feelings of confidence, being in control, happiness and optimism.
- Encourage others to repeat the good deeds they've experienced
- More positive community.⁸



**THE MORE YOU DO
FOR OTHERS,
THE MORE YOU DO
FOR YOURSELF**

Benefits of helping others can last long, for both who offer kindness, and one who benefit. This, in turn, can improve our self-esteem.⁸

I M P O S S I B L E

Believe in Yourself

Kindness Matters—What you can do

But, before you start, here are some tips to remember:⁸

DO SOMETHING YOU ENJOY

1

One can share their skills, such as offering to help with technology, sharing recipes, or sewing masks or scrubs for key workers.

KEEP OTHERS IN MIND

2

We need to also keep in mind why we're doing it—which is for their benefit, not ours.

◆
For example, if you want to donate to a foodbank, see what they need before buying things. If you want to support key workers, check that there is a need where you are.

DON'T OVERDO IT

3

It's important to make sure we don't overdo it!

◆
Leave enough for you —kindness has to start with yourself.

◆
It could start with calling a friend we haven't spoken to in a while or donating a small amount of money monthly to a charity close to our heart and within our budget.

GET INVOLVED WITH VOLUNTEERING

4

Volunteering is a great way to help others.

◆
It increases feelings of self-esteem, social connection, and wellbeing.

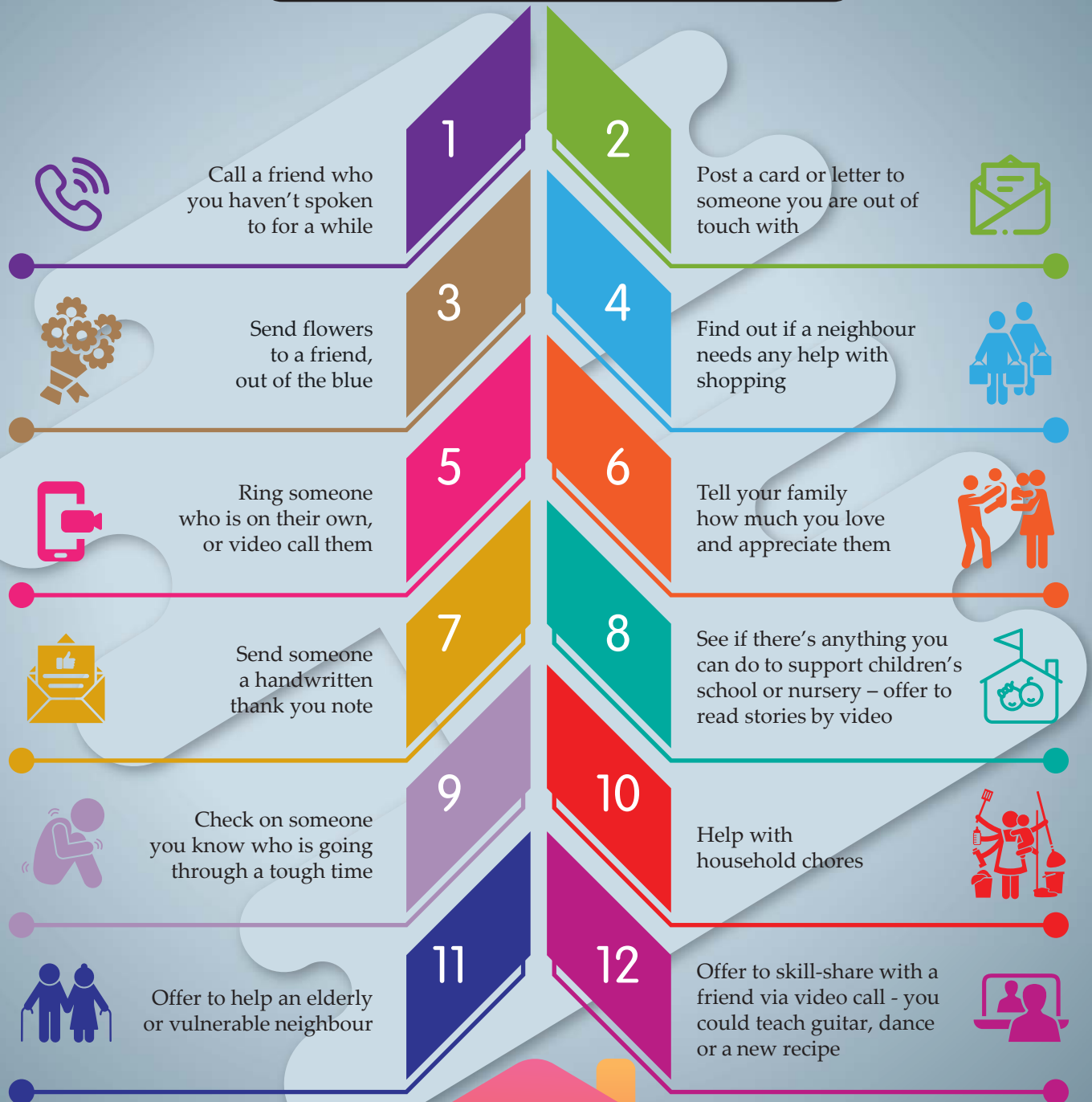
◆
If you have time, especially if you are furloughed from work, you could volunteer in your community if it's safe for you to do so.

Kindness
MATTERS

Not sure where to start?

One can do the following to help you out...

At home and in the community⁸



At work⁸

1

Remember to say
hi to colleagues
and ask how they are

2

Offer to support colleagues
who may not be familiar with
video conferencing or new
software that you have
already used

3

Have a conversation
with a colleague you
don't normally talk to

4

Get to know a new
member of staff

5

Lend your ear
—Listen to your colleague
who is having a bad day

6

Say thank you to a colleague
who has helped you

7

Praise a colleague for
something they have
done well

In Public Places⁸



WISH A PASSER
by a good morning
or afternoon



Be a considerate
CYCLIST/DRIVER



**PICK UP
SOME RUBBISH**
lying around
in the street



SMILE & SAY HELLO
to people you may
pass every day, but
never spoken before

On Social Media⁸



Take time to
reach out online
to people you
haven't seen
for a while

Acknowledge and
validate someone's story –
if they are having difficult
time you don't have to
have all the answers,
sometimes a brief 'I'm
sorry to hear this, is there
something I can do?' is
enough to make them
feel heard

Write
something
nice or
encouraging on a
post you appreciate

Think about
what you share

Follow
your chosen charity
on Facebook, Twitter
or Instagram and
join in with the
conversation

ALSO, TRY TO KEEP TRACK OF

Any volunteering
you have done

Support you have given
to friends and family

Any random acts of kindness
you have carried out

What others have
done for you.⁸

There is no such thing as a small act of kindness

It is also important to be kind to yourself as well.

Be Kind to Yourself



Whatever one can manage today is good enough.

Try and find some small things to celebrate every day. Even getting up and washing the hair can be the same achievement as getting 5k run on Instagram for someone else.⁸

One can do the following things:⁸

Prioritise some "me" time

Turn off from social media channels for a day, or week

Treat yourself to something small, such as buying or planting some flowers

Do something you enjoy, like listening to favorite song or dancing in kitchen

Spend some time in nature, which is good for the mental health

1

2

3

4

5

Be kind to Yourself. You are Amazing.

You are Good Enough.

You are worth it.

KINDNESS HEALTH FACTS

Kindness Increases¹⁰

01

THE LOVE HORMONE

Kindness produces oxytocin or “Love hormone”

Lowers blood pressure, improves overall heart health, self-esteem and optimism

02

ENERGY

- ♦ Feel stronger and more energetic after helping others
- ♦ Feel calmer and less depressed with increased feelings of self-worth

03

HAPPINESS

People who were generous financially, such as with charitable donations—were happiest overall.

04

LIFESPAN

- ♦ People who volunteer tend to experience fewer aches and pains.
- ♦ Helping others protects overall health twice as much as aspirin protects against heart disease.
- ♦ People 55 and older who volunteer have 44% lower likelihood of dying early.

05

PLEASURE

Being kind

Brain’s pleasure and reward centers light up... called as the “helper’s high.”

06

SEROTONIN

Kindness stimulates the production of serotonin—feel-good chemical heals wounds, calms you down, and makes you happy!

Kindness Decreases¹⁰



01

PAIN

Engaging in acts of kindness produces endorphins, the brain's natural painkiller!

02

STRESS

Kind people have 23% less cortisol (stress hormone) and age slower than the average population.

03

ANXIETY

Significant increase in positive moods, relationship satisfaction and decrease in social avoidance in anxious individuals who were kind.

04

DEPRESSION

Mortality is delayed, depression is reduced and well-being and good fortune are increased.

05

BLOOD PRESSURE

Kindness create emotional warmth



releases oxytocin



dilates blood vessels & reduces blood pressure, thus protects heart.

Be kind, think kind, stay kind

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