

SACHJ

South Asian Canadian Health Journal

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South Asian Canadian Health & Social Services (SACHSS)
22 Melanie Drive, Units 6 & 7, Brampton. Ontario. Canada. L6T 4K9.
647- 718 -0786
www.sachss.org

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South Asian Canadians Health & Social Services (SACHSS)

SACHSS offers culturally and linguistically appropriate services for South Asian men, women, seniors and youth, and other communities. SACHSS provides programs focused on Health Promotion, Mental Health and Addictions issues.

SACHSS serves clients with treatment and counselling services for those mandated by the legal system for issues such as driving under the influence of alcohol/drugs (DUI), violence, domestic violence, anger management etc.

SACHSS runs the PAR (Partner Assault Response) program for domestic violence and undertakes assessments and referrals to rehabilitation centres and intervention services for clients with addiction issues. We offer our services in Hindi, Punjabi, Urdu, Tamil, Gujarati, Malayalam and English.

SACHSS has highly qualified and experienced staff in the fields of Health Promotion, Mental Health and Addiction. We give early, convenient and flexible appointments including evenings and weekends and provide prompt, detailed client reports.

SACHSS serves all individuals and groups irrespective of their nationality, race, religion, ethnicity, language, colour, sexual orientation and preferences.

SACHSS strives to build a healthy and vibrant South Asian community.

Referrals from clients, physicians, family doctors, hospitals, the legal system, lawyers, agencies and organizations are now accepted

INFORMATION ON SACHSS

SACHSS REHAB & DROP IN CENTRE

We are happy and pleased to inform you that because of all the support, help and patronage from all our patrons, we opened our SACHSS Rehab and Drop in Centre at 22 Melanie Drive, Units 6 and 7, Brampton. Ontario. L6T 4K9. (Near Steeles & Melanie).

We now have our Thursdays Evenings 6- 8 pm Healthy Living Group at our new premises.

All are welcome.

SACHSS Healthy Living & Positive Lifestyle Education Group

THE SOUTH ASIAN CANADIANS HEALTH & SOCIAL SERVICES - SACHSS IS RUNNING ITS GROUP PROGRAM:

NAME: "HEALTHY LIVING & POSITIVE LIFESTYLE EDUCATION GROUP"

DATE & TIME: THURSDAY EVENINGS 6PM TO 8PM

LOCATION: OUR BRAMPTON OFFICE AT 22 Melanie Drive, Units 6 & 7, Brampton. Ontario. L6T 4K9. (Just South of Steeles and Melanie, near Steeles and Torbram).

WHO CAN ATTEND?

- i. Anyone who faces stress and who needs and is interested in Stress Management and development of a Positive Lifestyle.
- ii. Persons who need help in dealing with their everyday stress which causes anxiety, depression and other issues in them
- iii. Persons who want to improve their Lifestyle with positive physical health and mental health
- iv. Persons with mental health issues
- v. Persons with addiction issues
- vi. Anyone with anger/violence/domestic violence issues
- vii. Anyone who has a family member with mental health, addiction or anger/violence/domestic violence issues
- viii. Anyone with legal problems related to mental health, addiction or anger/violence/domestic violence issues
- ix. This group is open to men, women, seniors and youth. All are Welcome!

OUR PROGRAMS

PROGRAMS FOR HEALTH EDUCATION & HEALTH PROMOTION	WOMEN'S PROGRAMS	PROGRAMS FOR MENTAL HEALTH
PROGRAMS FOR ADDICTIONS	YOUTH PROGRAMS	PROGRAMS FOR DOMESTIC VIOLENCE
ANGER MANAGEMENT PROGRAMS	COUPLE & MARRIAGE COUNSELLING	SENIOR'S PROGRAMS
OUTREACH PROGRAMS	PROGRAMS FOR HOMELESS INDIVIDUALS	INDIVIDUAL & GROUP COUNSELLING

FOR ALL OUR SERVICES REFERRALS ARE ACCEPTED FROM ALL ORGANIZATIONS, AGENCIES, PHYSICIANS, AND THE LEGAL SYSTEM INCLUDING PROBATION & PAROLE OFFICERS AND BAIL OFFICERS AND LAWYERS.

SELF-REFERRALS ARE ACCEPTED.

FOR REFERRALS PLEASE CONTACT:

Dr. MAHER HUSSAIN
M.D.(India), M.P.H.(USA)
Chief Executive Officer & Clinical Director
South Asian Canadians Health & Social Services- SACHSS
22, Melanie Drive, Units 6 & 7, Brampton. ON. Canada. L6T 4K9.
Phone : 647-718-0786
maher2004@gmail.com
www.sachss.org
https://www.facebook.com/www.sachss.org/

NOVEMBER ISSUE: ARTICLES

EMOTIONAL STABILITY AND HAPPINESS

Dr.Maher Hussain

M.D.(India), M.P.H.(USA)

South Asian Canadians Health & Social Services- SACHSS

Introduction

Happiness can be very elusive and mysterious for some and can be taken for granted for some, either momentarily or for a brief period of time or in a persistent way.

There are a lot of factors involved in making a person happy or unhappy.

Some people may not have much materially, but still can be very happy people. Some may be materially wealthy or very wealthy and may have everything, but still may often feel lack of happiness and happiness may be very elusive for them. Researchers have found that in order to be happy, one needs enough money to cover basic needs such as food, shelter, and clothing and to lead a comfortable life. Once a person has enough money to lead a comfortable life, getting more money isn't going to make much of a difference in how happy one is.

Everyday life situations, life challenges and everyday life stresses all can lead to mental and physical stress and can lead to feelings of unhappiness and discomfort. Usually they are transient and not persistent and people come out of these emotions. They can be persistent in more severe and prolonged situations.

Sometimes, other than the factors mentioned above, there can be other reasons for people to feel unhappy, uneasy or uncomfortable without any significant reasons. They may have everything and may not have any major pressing issues, still they may feel empty, blank, unhappy, uneasy or uncomfortable. These may be because of some mental health issues, which can happen without any apparent reasons – such as depression or anxiety or other issues.

Emotional Stability has been found to be one of the important factors in experiencing happiness. People who are more emotionally stable, experience more happiness. People who are not emotionally stable, become easily emotionally upset, become easily worried or sad or irritable or angry and experience less happiness.

We will discuss about emotional stability and happiness in this article

Factors associated with Emotional Stability and Happiness

Positive Emotions: Positive emotions predict increases in both resilience and life satisfaction.

Coping Resources: Happy people become more satisfied not simply because they feel better, but because they develop resources for living well.

Extraversion is more associated with happiness, though introverts can be happy too. Extraverts are more outgoing, have more friends and have more socialization.

Getting older leads to more emotional stability and happiness, studies have found.

Mental health issues, such as depression or anxiety or other issues. which can be related to stress or can happen without any apparent reasons due to neurohormonal imbalances or changes in the brain due to genetic or other reasons.

Temperament and personality: Some naturally have a pleasant and happy temperament and personality while some others don't.

Everyday life situations, life challenges and everyday life stresses all can lead to mental and physical stress and can lead to feelings of unhappiness and discomfort.

Poverty and financial instability: Poverty and financial instability can lead to stress and unhappiness. To be happy, one needs enough money to cover basic needs such as food, shelter, and clothing and to lead a comfortable life. Once a person has enough money to lead a comfortable life, getting more money isn't going to make much of a difference in how happy one is, researchers have found.

Substance abuse, work, relationships, health and other issues can lead to emotional instability and unhappiness.

Working on and Developing Emotional Stability and Happiness

i) Train your brain to be more positive

Just as dwelling on negative things fuels unhappiness (and plays a big role in depression and anxiety), choosing to notice, appreciate, and anticipate goodness is a powerful happiness booster.

- 1. Express gratitude:** Teaching yourself to become more grateful can make a huge difference in your overall happiness. The research shows that gratitude helps you experience more positive emotions, decrease depression, feel better about yourself, improve your relationships, and strengthen your immune system. There are a number of simple exercises you can practice to increase and cultivate an attitude of gratitude.
- 2. Give sincere thanks to others.**
- 3. Keep a gratitude journal**
- 4. Count your blessings.** Make it a habit to regularly reflect on the things you have to be thankful for. Bring to mind all the good people, experiences, and things in your life, both now and in the past. Focus on the blessings both big and small, from the people who love you, to the roof over your head and the food on your table. You will soon see it's a pretty long list
- 5. Write a letter of gratitude.** Think of someone who did something that changed your life for the better who you never properly thanked. Write a thoughtful letter of gratitude expressing what the person did, how it affected you, and what it still means to you
- 6. Find the positive in a negative event from your past.**

ii) Nurture and enjoy your relationships

Relationships are one of the biggest sources of happiness in our lives. Studies that look at happy people bear this out. The happier the person, the more likely that he or she has a large, supportive circle of family and friends, a fulfilling marriage, and a thriving social life.

1. Make a conscious effort to stay connected.
2. Invest in quality time with the people you care about.
3. Offer sincere compliments.
4. Seek out happy people. Research shows that happiness is contagious. You can literally catch a good mood (you can also catch a bad mood, but thankfully, sadness is less contagious than happiness). So, make an effort to seek out and spend time with happy people. Before you know it, you'll be feeling the happiness, too.
5. Take delight in the good fortune of others. If you'd like closer relationships, pay attention when the other person is excited. Ask questions, relive the experience with the other person, and express your excitement for him or her. Remember, happiness is contagious, so as you share the experience, their joy will become yours.

iii). Live in the moment and savor life's pleasures

Think about a time when you were depressed or anxious. Chances are, you were either dwelling on something negative from the past or worrying about something in the future. In contrast, when you focus on the present moment, you are much more likely to feel centered, happy, and at peace. You're also much more likely to notice the good things that are happening, rather than letting them pass by unappreciated or unobserved. So how do you start to live more in the moment and savor the good things life has to offer?

Meditate: Mindfulness meditation is a powerful technique for learning to live in and enjoy the moment. It makes you more fully engaged in the here-and-now and more aware and appreciative of good things.

Here are a few mindfulness exercises that can help you get started:

Body scan – Body scanning cultivates mindfulness by focusing your attention on various parts of your body. Like progressive muscle relaxation, you start with your feet and work your way up. However, instead of tensing and relaxing your muscles, you simply focus on the way each part of your body feels without labeling the sensations as either “good” or “bad”.

Walking meditation – You don't have to be seated or still to meditate. In walking meditation, mindfulness involves being focused on the physicality of each step — the sensation of your feet touching the ground, the rhythm of your breath while moving, and the feeling of the wind against your face.

Mindful eating – If you reach for food when you're under stress or gulp your meals down in a rush, try eating mindfully. Sit down at the table and focus your full attention on the meal (no TV, newspapers, or eating on the run). Eat slowly, taking the time to fully enjoy and concentrate on each bite.

Notice and savor small pleasures. If you adopt a mindfulness meditation practice, you will automatically begin to notice and savor life's pleasures more. But there are other things you can do to increase your awareness and enjoyment.

Adopt enjoyable daily rituals. Build moments of enjoyment into your day with pleasurable rituals. These can be very simple things like lingering over a cup of coffee in the morning, taking a short stroll in the sunshine during your lunch hour, or playing with your dog when you get home. It doesn't matter what you do, as long as you enjoy and appreciate it.

Minimize multi-tasking. Savoring requires your full attention, which is impossible when you're trying to do multiple things.

Stop to smell the roses. You'll appreciate good things more if you stop whatever you're doing for a moment to appreciate and luxuriate in them. It will enhance your pleasure, even if you can only spare a few seconds. And if you can share the moment with others, that's even better. Shared pleasure is powerful.

Replay happy memories. Remembering and reminiscing about happy memories and experiences from your past leads to more positive emotions in the present.

iv).Focus on helping others and living with meaning

There is something truly fulfilling in helping others and feeling like your actions are making a difference for the better in the world. That's why people who assist those in need and give back to others and their communities tend to be happier. In addition, they also tend to have higher self-esteem and general psychological well-being.

Here are some ways to live a more altruistic, meaningful life:

Volunteer.

Practice kindness.

Play to your strengths. The happiest people know what their unique strengths are and build their lives around activities that allow them to use those strengths for the greater good. There are many different kinds of strengths, including kindness, curiosity, honesty, creativity, love of learning, perseverance, loyalty, optimism, and humor.

Go for the flow. Research shows that flow, a state of complete immersion and engagement in an activity, is closely associated with happiness.

v) Take better care of your health

Exercise and sleep are particularly important when it comes to happiness.

Make exercise a regular habit. Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed. Find something that suits your lifestyle and preferences. It could be going to gym, taking a dance class, shooting hoops, walking in nature, joining a community sports league, playing tennis, running with your dog, swimming laps at the pool, hiking, biking, or doing yoga in the park.

Set aside time and spend time on regular basis every day on **regular relaxation exercises and relaxation activities.**

Get the sleep you need

vi). Get Help

If one has **mental health issues** such as depression or anxiety or any other issues, it is very important to get necessary help including counselling, therapy and if needed medications. For people with such issues, such help will make a big difference in dealing with their issues and making their life healthy and happy.

For other issues including Substance abuse, work, relationships, other health and financial and other issues, getting appropriate professional help can help a lot in having emotional instability and happiness.

Family members and family friends and other friends can also be of great help in getting necessary help.

vii). Be happy and contented with what we have

It is very essential to learn to be happy and contented with what we have and enjoy the things we have and there are many good things in the life which everyone can enjoy and cherish such as love and affection towards our loved ones and spending time with them and be happy to be just alive and be with them. Hope and try for the best, but be prepared for the worst and be happy and contented with what we have and enjoy the things we have.



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ENTOMOPHOBIA OR FEAR OF INSECTS



Ms.Nyna Petrov

South Asian Canadians Health & Social Services- SACHSS

Entomophobia is the unreasonable fear of insects. All insects are a source of fear: ants, cockroaches, spiders, flies, crickets, mosquitoes ... This can even include slugs, earthworms and molluscs.

HOW TO BETTER UNDERSTAND ENTOMOPHOBIA?

Do you fear ants, cockroaches, slugs, crickets? So you may have entomophobia. Not to be confused with the fear of insect bites which is acarophobia and the fear of butterflies which is lepidophobia. Sometimes linked to a bad memory of childhood (sting, "attack" of flies, swallowed ants ...), this phobia can also be associated with the fear of the stain (by associating the insect with the dirt). Panicked at the idea of being invaded by insects (fear that they will intrude through the orifices of the body), the entomophobic may see his or her social life impacted because of a fear of leaving his home. In the presence of a small beast, he or she may feel unwell, sweaty or dizzy. This fear generally happens more in persons who adopt obsessive attitudes around the cleanliness of their body and their environment. To remedy this, psycho-neurobiological therapies (EMDR, RITMO), Ericksonian hypnosis or even an anxiolytic type of medication are effective.

Behaviors associated with entomophobia

Entomophobia is a generic phobia. That is to say a phobia whose object is identifiable and theoretically simple to avoid. This fear is common in children but it is also found in adults, men and women. Mosquito, spider, ant ... the fear of being in the presence of a small insect will cause sweating, dizziness, anxiety, even discomfort. We can distinguish from entomophobia, the fear of insect bites which is Acarophobia and the fear of butterflies which is Lepidophobia.

Possible sources of entomophobia

We can find episodes of childhood where the entomophobic swallowed an ant or then found himself bitten by an insect or having the impression of being "attacked" by flies. The impression of dirt is quickly associated with the insect, but also a strong feeling of threat often linked to the possible bite. This is often found when there have been large mosquito bites. It should be noted that many people associate insects with dirt, especially flies, so entomophobia is associated with fear of staining.

Physical, mental and behavioral consequences

Entomophobics have the impression that insects are everywhere and that they can come and interfere at any time on their bodies or in the openings. This can lead to significant difficulties in social life with the impossibility of leaving home and developing harmonious contact with other people. In fact, they develop obsessive attitudes around cleanliness, whether in their bodies or their environment.

Possible treatments for entomophobia

Treatment

The best treatment is a form of psychotherapy called exposure therapy. Sometimes your doctor may also recommend other therapies or medication. The goal of treatment is to improve quality of life so that you're no longer limited by your phobias. As you learn how to better manage and relate to your reactions, thoughts and feelings, you'll find that your anxiety and fear are reduced and no longer in control of your life.

Psychotherapy

Talking with a mental health professional can help you manage your phobia. Exposure therapy and cognitive behavioral therapy are the most effective treatments.

- **Exposure therapy** focuses on changing your response to the object or situation that you fear. Gradual, repeated exposure to the source of your specific phobia and the related thoughts, feelings and sensations may help you learn to manage your anxiety. For example, if you're afraid of insects, your therapy may progress from simply thinking about insects, to looking at pictures of insects, to seeing and going near an insect. Gradual, repeated exposure with psychotherapy and if needed, medications as well will help.
- **Cognitive behavioral therapy (CBT)** involves exposure combined with other techniques to learn ways to view and cope with the feared object or situation

differently. You learn alternative beliefs about your fears and bodily sensations and the impact they've had on your life. CBT emphasizes learning to develop a sense of mastery and confidence with your thoughts and feelings rather than feeling overwhelmed by them.

Medications

Generally psychotherapy using exposure therapy is successful in treating specific phobias. However, sometimes medications can help reduce the anxiety and panic symptoms you experience from thinking about or being exposed to the object or situation you fear.

Medications may be used during initial treatment or for short-term use in specific, infrequently encountered situations or until the symptoms are well controlled and the person is able to manage well.

NATIVE INDIGENOUS TECHNIQUES FOR WELLNESS

Ramitha Narayanan
Humber College, Lakeshore Campus

Indigenous Definition of Wellness

The Indigenous perspective of wellness is a whole and healthy person that has a balance of spirit, emotion, mind and body. The belief of an individual to his/her connection to language, land, beings of creation, and ancestry supported by a caring family and environment is key to wellness. The Natives believe that all of life is connected in a circle and that they work towards a balance that promotes kindness and respect for all.

The Indigenous native population of Canada uses something called a medicine wheel, which represents the alignment and continuous interaction between the four major aspects of life. The medicine wheel is divided into four sections, and each section represents a state of well-being,

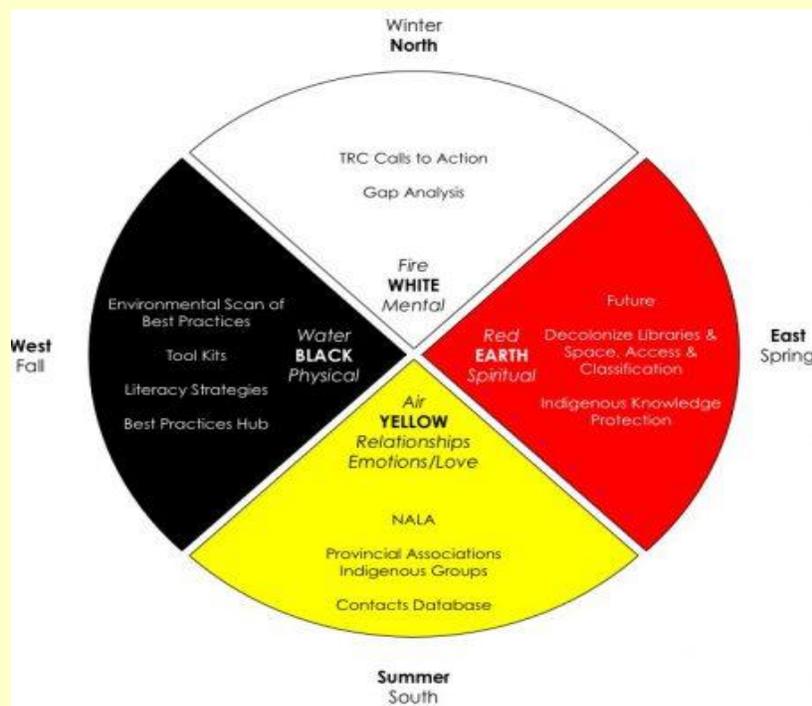
and different attributes of the world. The medicine wheel shows life as being a continuous loop, and removing one of these aspects will result in an imbalance or loss of Harmony.

Spiritual: The spirit is the center of our being and wants us to live life to the fullest. Learning about one's own identity and exploring the purpose of life gives us hope for the future.

Emotional: We experience a variety of emotions including love, sadness, and happiness. Our relationships with other living beings plays a key role in feeling well.

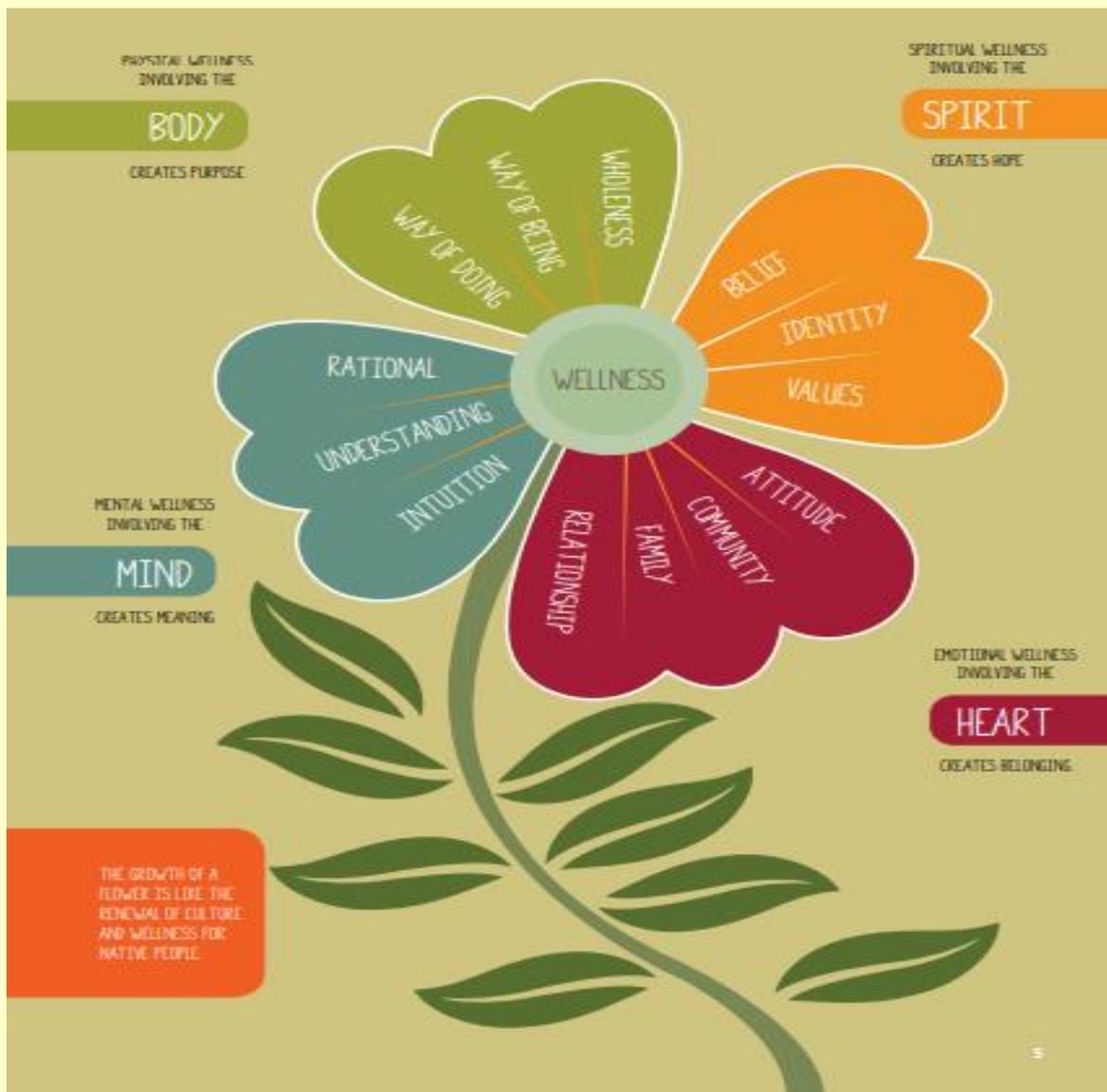
Mental: We use our mind to think and learn. Our mind listens to our spirit because our spirit nurtures our understanding about the meaning of life.

Physical: We use our bodies to move and live our life. It is essentially the house of our spirit, to carry out the purpose of our life.



Wellbeing as a Flower

The centre of a flower is usually where the seeds develop. It represents wellbeing and predicts the potential to spring a new flower and allows the cycle continue. A healthy flower has a strong center, which determines the strength of each of us as individuals and a community as a whole. The petals of the flower usually surround its centre and often help to fertilize the flower. The following cultural activities target each aspect of wellbeing and improve our overall health.



There are four kinds of cultural activities:

- Spiritual activities: Involves the spirit and gives a sense of hope.
- Emotional activities: Involves the heart and gives a sense of belonging.
- Mental activities: Involves the mind and brings meaning to our lives.
- Physical activities: Involves our body and give us a sense of purpose in life.

Spirit: Sense of Hope

Our spirit is at the very centre of our being that fires our life and hope. It is the first aspect which acts as a base on which we grow our physical, mental and emotional wellbeing. It indicates the east direction, which is where we begin, symbolizing the direction of sunrise. A spiritual connection is not only one with humans, it is the connection between you and the Earth, the universe, God, nature, and yourself. Belief, identity and value based activities increase our spiritual wellness. Practicing meditation, being open to other energies of the world, nature based activities, and praying to a greater energy (i.e. god) are examples of activities we can all indulge in.

Heart: Sense of Belonging

Emotional Wellness is the ability to understand oneself in relation to our language, land, god, ancestors with the help of family and environment. Our relationships with other people, animals, and the land gives all of us a sense of belonging and support our emotional wellness. Some of the activities one can do include engaging in positive acceptance, setting goals, writing down our thoughts and feelings, and staying connected to family and friends

Mind: Sense of Meaning

We utilize our minds to understand our thoughts and feelings. We find meaning in our lives when we connect with the knowledge translated to us from our ancestors. This allows us to make connections between current situations and past situations. Learning from elders and ancestors' way of life guides the way we think. We find meaning in our lives by linking what we are feeling with a traditional way of seeing the world. One of the famous activities done by the Natives is Storytelling which is meant to pass teachings from ancestors to next generation.

Body: Sense of Purpose

Our daily physical activities- work, education, and cleaning bring purpose to our lives. By increasing our overall physical wellness, we can increase our sense of purpose. Caring for our bodies, offering to help other people, and offering thankfulness are positive ways of doing that can increase our physical wellness. Eating a balanced meal combined with adequate exercise can lead to physical fitness.

Activity Section

Spiritual: Gratefulness

Rationale: In order to lessen the complaints and shortcomings of life, it is important to appreciate the little things we possess.

Keep a dedicated journal to make a gratitude list.

- Reflect on the things you value in life?
- Start your day off by writing down three things that you are grateful for that you otherwise take for granted.
- This triggers your mind to constantly look for positive things that you are grateful for helping to boost your mood.

Emotional: Share your Story

Rationale: Sharing activity that is done to develop awareness of emotions.

- Reflect on how you express the emotions you feel in everyday life.
- Regulate your emotions by sharing your strong emotion with someone you trust.

As you narrate the story of feeling a strong emotion, think about the following questions

- What happened?
- How did you react?
- Do you regret the way you responded?
- What would you change? (if anything)

Physical: Nature Walk

Rationale: This helps to connect your body with land.

- Pick a time of the day, and head out for a walk out in a park.
- Notice things around you as you walk, it helps to clear your head from all the existing issues and show you a path of light

Mental: Meaning of Life.

Rationale: As you experience ups and downs in life, you must take the opportunity you get to stop and just think and reflect on. Answering questions like:

- What are your learnings in life from your ancestors?
- Reflect and appreciate the things you have in life.
- What are you willing to give back?
- What are your values in life?

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DIABETES AS A RISK FACTOR FOR MAJOR DEPRESSIVE DISORDER

Shilpa Tandon

South Asian Canadians Health & Social Services- SACHSS

In 2015, Diabetes Canada reported that the prevalence of type 1 and type 2 diabetes mellitus (DM1; DM2) in Canada was 9.3% (1). This number is expected to rise by 44% by 2025 where it is estimated that 12.1% of the population will have diabetes (1). Major depressive disorder (MDD), or simply known as depression is also a chronic condition that is increasing over time in the Canadian population. The relationship between diabetes and depression is bi- directional where both diseases tend to coexist (2). Diabetes leads to the development of depression and depression leads to diabetes symptoms, creating a vicious cycle.

Several studies show that patients with depression have an increased risk for developing diabetes (2). Depression may increase the risk of developing DM2 by 60% (3,4).

The use of antidepressants have been shown to increase Hb A1C levels which is a risk factor for developing diabetes (5). Noradrenergic antidepressants may lead to impaired insulin sensitivity in diabetic and nondiabetic patients which can also lead to diabetes (6). In addition, depression can lead to poor lifestyle decisions, such as unhealthy eating, less exercise, weight gain and smoking which are all risk factors for diabetes. Depression also impacts one's ability to communicate, think and function clearly. This can impact one's ability to manage their diabetes and increase the severity of diabetic symptoms (7).

On the other hand, studies have shown that patients with diabetes have an increased risk for developing MDD and diabetes increases the risk for severe psychiatric outcomes such as suicide and hospitalization (2,8). Patients with DM1 usually get diagnosed in early childhood and require a very complicated and strenuous management of their disease. This includes adjusting insulin doses, frequently monitoring their diet, physical activity and glycemic levels (9). The onset of depression followed by a DM1 diagnoses is very close, indicating that DM1 could increase one's vulnerability for depression (9). DM2 is diagnosed usually in mid- adulthood, and results in lifestyle interventions, and medications such as insulin injections (9). The prevalence of depression is three times higher in patients with DM1 and two times higher in patients with DM2 (10). The increased strain of living with this medical condition, difficulties adapting to a new lifestyle and health complications that can arise, are all risk factors for depression (11).



It is shown that diabetes and depression have a bidirectional and reciprocal relationship; diabetes increases the risk for future depression, while depression increases the risk of diabetes (2). However, the relationship between these two diseases needs to be further investigated as it is unclear whether diabetes is the exposure or the outcome in this vicious cycle. As a result, more studies need to be performed to determine whether there is a strictly causal relationship between diabetes as a risk factor for depression. In addition, there is limited research that has been done to understand whether DM1 or DM2 is a greater risk factor for MDD. Also, a family history of diabetes and the duration of this disease could be examined as potential risk factors for depression. This incomplete information is important to uncover as it will help clinicians to screen and identify people who have a greater risk of depression at an early stage. As a result, greater education for people diagnosed with diabetes can be implemented to prevent these patients from developing MDD in the future.

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SELF CARE DURING A PANDEMIC

Risha Dave

South Asian Canadians Health & Social Services

Introduction

Our community along with the rest of the world has been greatly impacted by COVID-19. This year has not been easy. Restrictions and regulations are piling up, especially in the Peel Region. So many of us have lost our jobs, our homes, and are loved ones. Coronavirus has forced us to

adapt to its harsh conditions and have left us feeling defeated and broken. The effects of the pandemic have exacerbated individual mental health concerns along with physical health concerns. It has led to feelings of isolation, depression, and anxiety. It is easy to feel overwhelmed and stressed when so much is unknown, and we are constantly worried about our wellbeing and the wellbeing of our loved ones. Some of us must make big changes due loss of employment or are struggling to adapt to working from home with a full house. Our minds are wandering non-stop, worrying about one thing or another. Feelings of guilt may begin to rise when you cannot seem to support others the way you used to. Perhaps you are too busy, too stressed, too overwhelmed, to preoccupied with your own life to fully be present. But to be present and to help others, you must help yourself first. Self-care means taking time out of your busy day to take care of yourself both mentally and physically.

There are several myths surrounding the practice of self-care – here are a few:

- “Self-care is selfish.” **It is not selfish to take care of yourself.** Taking care of yourself can help you look after others more effectively. Remember, you can’t pour from an empty cup. What can you do to refill your cup? It could be as simple as making time in your busy schedule to read a book you enjoy, practicing mindfulness however you like, ensure you get a good night’s rest, or that you are drinking enough water throughout the day.
- “I don’t have the time or the money to practice self-care.” **Self-care does not have to be expensive or time-consuming.** In fact, there are dozens of self-care activities that we can engage in that are absolutely free and require as much time as you would like to put aside for the activity. Activities can include going for a mindful walk, breathing exercises, stretching, and connecting with loved ones. What are some of the activities you are already doing to take care of yourself? What is something new that you would like to try?
- “I practiced self-care once before, I don’t need to do it again.” **Self-care is an ongoing process,** and it is vital to stay consistent with your self-care to see improvements in your wellbeing. Doing so can improve your energy levels, which can then make you feel like you have more time and energy to do the things you want to do. It can also calm your mind, and help you reduce tension in the body. It can also prevent burnout and other physical and mental health conditions.

According to the Harvard Health blog, there are a few simple things that we can do to take care of ourselves. This brief list includes checking in with yourself, engaging in physical activities, eating well, sleeping well, staying connected with others, and calming the mind. Self-care looks different for everyone. Whether you already know what your self-care may look like or have no clue where to start, here are some examples of different types of self-care adapted from Dr. Hugo Alberts from Positive Psychology:

- Emotional self-care
 - Say “no” more often.
 - Develop a relaxing evening ritual or a rejuvenating morning ritual.
 - Remind yourself of the good stuff in life by writing a list of things you are grateful to have.
 - Allow yourself to make mistakes.
- Physical self-care
 - Stretch or follow a yoga video.
 - Take a walk outside.

- Drink more water.
- Go to bed early.
- Social self-care
 - Do not be afraid to ask for help when you need it.
 - Call a trusted loved one to talk things out.
 - Reconnect with someone you have lost touch with.
 - Join a support group.
- Spiritual self-care
 - Practice meditation for 10 minutes every day when possible.
 - Do something new for someone in secret.
 - Help someone in some way.



What can you see yourself practicing on your own time? How can you make sure you take time out of your day to nurture yourself? What do you notice before and after you practice self-care? These are some questions you can ask yourself to better understand your needs and interests.

*Please note that self-care cannot replace seeking professional help when necessary. If you or a loved one is in need of mental health, health, or social services, please reach out.

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THE BIOPSYCHOSOCIAL APPROACH IN ASSESSING ANXIETY

Rida Fatima

South Asian Canadian Health & Social Services (SACHSS)



The Biopsychosocial (BPS) framework assists a counsellor in understanding the three factors that could impact a client's wellbeing: biological, psychological and social (Collins, 2018). The primary focus of this paper is to discuss the biological, psychological and social factors and aspects contributing to anxiety. "Anxiety is a chronic fear that persists in the absence of any direct threat-is a common psychological correlate of stress" (Pinel & Barnes, 2018, p. 513). Furthermore, when anxiety hinders daily functioning, it is referred to as anxiety disorder (Pinel & Barnes, 2018). The two biological, psychological and social factors are assessed which may increase the chances of anxiety in an individual. In addition, the paper also focuses on how an individual relates or functions in the environment as

they are influenced by certain situations. These three concepts are explained by introducing each factor, followed by an example to assess the.

The first biological factor is physiological responses. Pinel and Barnes (2018) state a disruption in pattern acts as a physiological stress reaction due to experiencing anxiety. An individual's excessive stress for completing different tasks (like assignments) on a given deadline could contribute to anxiety which may result in an irregular sleep pattern. Pinel and Barnes (2018) state that anxiety is linked to rapid heartbeat. For instances, anxiety towards completing a task could increase heartbeat and cause migraines (Demir & Bozkurt, 2020).

The second biological factor is gender differences. Pinel and Barnes (2018) state that the prevalence of anxiety disorder is twice as great in females than that of males. Bourne (2010) mentions that the biological factor of gender and the view of life circumstances influence the prevalence of anxiety. Mohammadpour et al., (2020) reveals that anxiety had a positive relationship with fear of COVID, men are less afraid of COVID-19 thus unlikely to practice self-care behaviours as compared to other people. For example, females may perceive receiving low grades as more threatening than males leading to studying harder and higher levels of.

The first psychological factor is early life experiences (prior learning). Pinel and Barnes (2018) emphasize the effect of early life experiences and development of neurons have on a person's life. Parents who show excessive anxiety in situations with their young child, could lead the child to develop the same way. Children who encounter early traumatic experiences or abuse show high chance of developing anxiety (Muris & Field, 2008). Some experiences could be neglect from parents, leads to child being anxious in situations because they were not taught how to.

The second psychological factor is personality trait. Lakshmi (2008) states differences in introverts and extroverts, with the former personality trait showing shows high anxiety levels as compared to the latter. Introverts are unlikely to express emotions and if a situation requires doing otherwise, it can lead to anxiety. Lakshmi mentions that introvert's nature of bottling up feelings prevents the expression of it which leads to annoyance. An introvert who is required to step out of comfort zone may perceive that situation as negative which could increase anxiety levels. One factor Lakshmi mentions is that personality is linked to human cognition and emotional systems.

The first social factor to be discussed is the exposure to stressors (Ham, 2020) and the way it results in anxiety disorder such as, divorce between parents contributes towards higher levels of anxiety in children (Schneiderman et al., 2005). Moreover, environmental stressors will also lead to higher anxiety (Kendler et al., 2011), including uncontrollable and unpredictable experiences of stressful life events (McLaughlin & Hatzenbuehler, 2010). For example, a child living in Yemen might feel higher anxiety due to warfare in comparison to a child living in a developed.

The second social factor is the availability of support (Ham, 2020). The lack of support from parents results in anxiety in children that continues in adulthood (Sumer & Harma, 2015). For instance, the lack of support received in spouse selection may lead to anxiety. Bourne (2010)

states that strong support system leads to overcoming anxiety. Furthermore, a study revealed that the increase in perceived social support decreased anxiety levels during COVID-19 pandemic (Özmete & Pak, 2020). For example, a person fearing economic hardship during COVID can possibly experience less anxiety due to perceived and available support from the Canadian government.

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MENTAL HEALTH ISSUES IN SENIORS

Rupinder Kaur Sahota
Fleming College

Introduction

Mental health is as important as physical health for everyone. Mental health refers to emotional, psychological and social well-being. It is important for all the stages of life as from childhood and adolescence through adulthood or late adulthood. If people experience mental health issues such as because of family history of psychological illness, life experiences such as trauma or abuse and biological factors as genes or brain chemistry. As we grow older, it is very common to see changes. General forgetfulness is normal, but persistent depression, anxiety, memory loss and other cognitive issues could be the signs of something more serious.

Key Facts:

- The population is ageing rapidly worldwide. Between 2015 and 2050, the proportion of world's population over 60 years will nearly double, from 12% to 22%.
- Mental health and well-being is as important in older age as at any other time of life.
- Mental and neurological disorders among older adults account for 6.6% of the total disability for this age group.
- Approximately 15% of adults aged 60 and over suffer from a mental disorder.



Most Common Mental Health Issues Among Seniors: The most common mental health issues among seniors are following:

1. Depression
2. Memory Issues or Amnesia
3. Dementia- Alzheimer's Disease
4. Anxiety Disorders
5. Sleep- Related Disorders
6. Grief
7. Substance abuse Disorders
8. Bipolar Disorders (Mood Disorders)
9. Eating Disorders

1. **Depression:** Depression reduces the quality of life in older adults. They are more likely to suffer from depression. If it doesn't treat early then it will become major depression and that increases risk of suicide. Feeling of sadness and occasional "blue" moods are normal. However, lasting depression is not a typical part of aging.

Causes: There is no single cause of depression in any age group. Some research indicates that there could be a genetic link to disease. Common causes such as biological, social and psychological factors all play a role in depression in older adults. Traumatic events as death of a loved one, and a family history of depression and chemicals in brain such as serotonin and nor epinephrine.

Symptoms of Depression:

- Feeling sad
- Loss of self-esteem
- Lack of motivation

- Trouble with sleeping
- Loss of appetite
- Weight loss or gain
- Suicidal thoughts
- Getting indulged in drugs and alcohol

Prevention and Treatment: The prevention of depression includes a lifestyle changes, medication and combination of therapies. Life style changes include increasing physical activity, finding a new activity or interest, taking proper rest and sleep, eating balanced diet, visiting friends and family regularly.

To help elders with depression there are various therapies can be used. **Art therapy** is kind of an activity where elders can express their feelings through art as by making creative pictures or art gallery. **Psychotherapy** is in which people can speak about their issues and stress, in a private setting with a trained therapist.

2. **Memory loss and Amnesia:** Amnesia is a sudden and temporary memory loss that contributes to common neurological conditions such as stroke and epilepsy. This condition most often affects people in middle or older age. In this condition, people may not remember about what's happening here and now. In this, people remember themselves but not the events that happened. However, episodes of amnesia always improve gradually over a few hours and seniors may slowly start to remember events and circumstances.

Causes:

- Age Factor: People who are 50 years old or older than that are higher risk of memory loss.
- Strenuous physical activity
- Mild head trauma
- Acute emotional distress as provoked by bad news and conflicts.
- History of migraines
- Insomnia
- Stress

Symptoms:

- Memory loss
- Confusion
- Unable to recognize places and faces
- Impaired word recognition.

Prevention and Treatment: Exercise is good for physical as well as mental health. Aerobic exercise increases the blood supply to the brain. People can do walking three times a week. Balanced diet as the nutrient-rich diets are good for brain such as vitamin supplements such as vitamin B6, B12, C and E protect human brain.

3. **Dementia- Alzheimer's disease:** One of the age group affected by dementia is the seniors. Dementia refers to the term as the persistent decline in people's mental ability,

personality changes, memory loss and cognitive impairment. This disease gets worse with the passage of time.

Causes: When brain cells cannot communicate normally then thinking, behaviour and feelings can be affected.

- Age Factor is the major cause of dementia.
- Death of brain cells
- Vitamin deficiency or lack of oxygen
- Brain tumour

Types of Dementia: Some types of dementia are following:

- Parkinson's disease
- Mixed dementia
- Huntington's disease
- Vascular dementia

Sign and Symptoms:

- Behaviour and personality changes
- Reduced concentration or Disorientation
- Increased confusion
- Abstract thinking
- Memory issues especially memory loss about the most recent events
- Depression, stress and withdrawal
- Irregular speech
- Double incontinence
- Difficulties in eating.

Prevention and Treatment: The treatment and intervention of Alzheimer and Dementia, it includes regular exercises, a diet low in saturated fats, Participate in mentally stimulating activities and stays physically and socially active. Some therapies as **Cognitive Stimulation Therapy** involves training memory, improves cognitive functioning to increase memory. **Behavioural therapy** is administered by caregivers of dementia patients to feel them socialize. **Reality orientation therapy** is useful to reduce confusion and disorientation in mental health of seniors. This therapy provides orientation and information about time and location throughout the day. It maintains the consciousness in seniors.

4. **Anxiety Disorder:** Dementia and depression leads to Anxiety in older adults. It is more common in women rather than men in elder age. It is an estimated that 3.8% of seniors are suffering from anxiety. Seniors might have anxiety because of medical conditions such as fear of fall, diabetes, cardiovascular diseases, respiratory disease, and digestive problems. These issues can also lead to depression and risk for substance abuse and other sedatives may be used to calm anxiety.

Prevention and Treatment: Anxiety can be treated by reducing stress in life. Older adults can walk and join exercise classes regularly. By taking healthy diet people will feel better both physically and mentally. As it is said that what feeds your body also feeds your brain.

Moreover, by writing down your problems can reduce the stress and anxiety in seniors. Older adults should do those activities which helps them to feel better.

- 5. Sleep-Related Disorder:** Older adults are more prone to sleep-related disorders such as wake up frequently in the night and early morning. Major sleep disorders are Insomnia and Sleep apnea.

Insomnia: Insomnia is very common in elder age groups. It takes more than 45 minutes to fall asleep, waking up 3-4 times at night times and early in the morning, trouble in staying asleep. The primary cause of insomnia is stress, anxiety, chronic pain, gastrointestinal conditions, and poor bladder control. When people get old, they use to take some stimulants such as nicotine which has great impact in sleep pattern.

Sleep apnea: Sleep apnea is serious health threat; it is about irregular breathing during sleep at night times. It is because of obstruction in the upper airway and the main causes of that is increased weight, age, enlarged tonsils and too much smoking.

Prevention and Treatment Measures: To avoid sleep problems, older adults should avoid excessive amount of alcohol, caffeine and smoking. Some diseases may interfere with sleep, so doctor can prescribe medications but medications can't replace good sleeping habits. Sleeping pills can help to reduce Insomnia and have a good sleep but that should be prescribed by doctor. Moreover, Seniors can develop some good sleeping habits such as going to bed and waking up at the same time every day, avoid bright lights before bed, keeping bedroom environment, limit use of fluids before go to bed and eating three to four hours before bedtime.

- 6. Grief:** Grief is not a mental disorder in elders but it is losing a healthy psychological response to some situations. Grief in seniors can occur after the death of their loved ones in early age and it can be prolonged. Grief is same like depression such as elders have lower appetite, low energy levels, etc.

Coping interventions for grief: Some ways to help seniors to cope with grief and loss are **Visit Regularly, Make them feel secure and Let them express their grief.**

It is important to visit elders on regular basis because it will help them to be loved and not feeling isolation. People should share positive things with elders that are happening in the world and they should bring them favourite fruits and foods.

Family and friends can make older adults to feel secure, love and acceptance during their difficult time. To cope with grief, ask elders if they want to go out for shopping, walk and for lunch or dinner.

- 7. Substance abuse disorders:** Social isolation, boredom, sleep disorders and other factors can result in misuse and dependence on alcohol, opiate and sedatives. Substance abuse in seniors leads to falls, increased depression, drug interactions and overdose.

Prevention and Treatment Measures: It is important to understand specific ways to engage the elderly patient. The two interventions are **Psychotherapy** and **Psychopharmacology**. In psychotherapy, motivational interviewing is used to know an individual's willingness to change towards substance abuse habits and cognitive – behavioural therapy is to modify elders' behaviour and educate them about the risk of

substance abuse. Some psychopharmacology drugs are used to treat substance abuse habits of older adults by giving them psychological support during their treatment.

8. **Bipolar Disorders:** Bipolar mood disorders develop after the age of 50 and these mood disorders involve high and low mood states and these are severe mental health conditions. Older adults have more depressive and manic symptoms which have great impact on their mental health.

Treatment Measures: There are some therapies can help to treat bipolar mood disorders such as **Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Recreational Therapy and Canine Therapy.** All these therapies are used to treat mental health disorders, such as depression, anxiety, used to change thinking of people, reduce self harm. Recreational therapies are very useful to help seniors to express their problems, to have positive emotions and improved cognitive functions. Canine Therapy is about therapy dogs' visit. Dogs are good companion and help to reduce stress and have comfort.

9. **Eating Disorders:** Eating disorders bulimia and anorexia nervosa are becoming increasingly in elders. In this condition, seniors start changing in taste and smell, depression, loss of appetite, weight loss, and rejection of meals. It all happens because elderly people lose their dentures and other health problems that affect the appetite in seniors.

Treatment Measures: To treat eating disorders in older adults, families should stay connected with their elders. So older adults could feel belongingness to other and that enhances the intake in nutrition. Caregivers or family members should set specific timings and offer nutritious or favourite foods to elders at same timings each day. All doing this prevents elders from eating disorders.

Conclusion

It is important to have a good physical and mental health. To maintain positive mental health, elders should get enough sleep, do walk, and light exercises and yoga so they can stay physically and mentally active. They should stay connected to their families and friends. If older adults are facing any issues, they should go for professional help.

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DOMESTIC VIOLENCE

Kritika Deol
Fleming College, Peterborough

Introduction

Domestic Violence. The term is disturbing itself. The first thing that comes in the mind after hearing Domestic Violence is violence done against women. But, does it only limit to women? Domestic Violence is something that people experience, not because of their sex, gender, religion, caste but in their own home. Irrespective of their sex, age, gender people experience domestic violence by their own.

History

Domestic Violence or Violence that is connected applying hint acts is shockingly as immortal as history. Assault and other shapes of sexual ambush and sexual misuse have verifiably been utilized to dishearten bunches of individuals as in German concentration camps, on North America-bound slave ships, and in World War II Japanese brothels filled with "consolation ladies." Society sanctioned shapes of savagery against ladies incorporate infibulation (securing or buckling together, as in authoritative of feet, or of the female genitalia in an exertion to render less able to walk or render incapable to have sexual intercut, separately) and female genital cutting or extraction, moreover known as female circumcision. The world has always viewed women as inferior to men. "Women were assaulted for attending school, "honor" killings of women for being victims or rape or other sexual violence or having premarital sex in some countries, to women being omitted from serving on juries in the United States until 1701 and prevented from voting until 1920, the view that women are somehow second-class citizens encourages mistreatment of women" (Domestic Violence, 2020).

Causes

Anger cannot always be the sole reason for domestic violence. If a child finds out one of his parents experiencing physical and verbal violence from their another parent, will the only victim of violence be that one parent?

- **Poverty**
Poverty is something that can make individuals mad at each other and blame each other. Many people choose to stay in their living arrangements in the violent environment than to move-out because of lack of financial support.
- **Drug Abuse**
One problem rises from another. Just like that, people use drugs to forget their problems and they end up losing their control over their actions and behaviours.
- **Low self-esteem**
Both the victim's and abuser's low-esteem plays a huge role in domestic violence sometimes as the victim often believe that they might not be loved by someone else so they prefer to stay in the relationship than to leave. Abusers, on the other hand try to hide their low-esteem and insecurities by using violent actions against others and the internal guilt also puts the oil in the fire.
- **Cultural Beliefs/Traditional**
Some cultures tend to have a deep-rooted belief that sees men above women. In some cases, domestic violence is used to possess control over others in the household (What are the causes of Domestic Violence, 2020).

What triggers an abuser?

There can be plethora of possible triggers which escalates the abuser's actions. Some of the common triggers can be:

- Anger escalation
- Jealous and envy
- Humiliation rising from problems at work or other ongoing life stress
- Financial issues
- Fear and insecurity when partner threatens/tries to leave
- Unemployment (Causes of Domestic Violence, Domestic Abuse, 2020)

Types of physical abuse

When we talk about domestic violence, the first thing that comes up in one's mind is domestic against women. But, is it only limited to that? According to me, domestic violence is not only limited to women but it also includes other relationships in the house such as violence against elderly, children and men as well. Elderly, children and men are also victims of violence.

Physical Abuse on Elderly

Abuse of older people entails physical abuse, mental abuse, sexual abuse, neglect, and abandonment.

Kids, other family members, and spouses, as well as workers at nursing homes, assisted living, and other facilities, are the offenders.

Two causes are social isolation and mental illness (such as dementia or Alzheimer's disease). Latest reports indicate that violence or neglect has been encountered by almost half of those with dementia. Interpersonal abuse often occurs among adults with disabilities at disproportionately higher rates (Elder Abuse Facts, n.d.)

Physical Abuse on Children

The consequences of child physical abuse may last a lifetime and can include damage to the brain and loss of hearing and vision, leading to disability.

Also less serious injuries can lead to the development of serious mental, behavioural, or learning difficulties for the abused child.

Injuries to the developing brain of a child can result in developmental delay and significant emotional problems, complications that will forever adversely affect his or her quality of life.

Some psychological and emotional implications of physical abuse of children include:

Disorders of eating Inability (including ADHD) to focus Increased animosity, including friends and family members, towards others. The Depression Lethargy and apathy Sleep problems- sleeplessness, prolonged sleepiness, sleep apnea (Effects of Child Physical Abuse, 2019).

Physical Abuse on Men

Abuse against men is not always taken as seriously as abuse against women, elderly or children.

“Some research suggests that victims and perpetrators of abuse do not always report their experiences or their actions accurately in response to survey questions” (Intimate partner abuse against Men, 2009). For 12 married men, aged 25 to 47, an in-depth

narrative analysis explored the perceptions and consequences of physical violence. Injuries such as many bruises and abrasions, dislocated ribs, bruised genitals, mild head trauma, multiple lacerations, and internal injuries

were sustained by the men. Clothing hangers, steak knives, scissors, screwdrivers, mobile phones, fingernails, metal pots and pans, rolling pins, keys and other hurled objects were the weapons used by the wives (Intimate partner abuse against Men, 2009).

How to Prevent Physical Abuse

Among many types of abuse physical abuse is one of them.

Mental, sexual and emotional aspects of violence are other aspects.

These cases of violence may not be too evident, but since they are more often ignored, especially by the victim, they are all harmful.

Men, women, children and the elderly can all be victims of violence in some way (How To Prevent Physical Abuse, 2016).

- Speak out or stand up to the abuser
- Find a safe area or place to seek refuge
- Build trustworthy and helpful friends, co-workers and neighbours relationships
- Have an escape plan ready
- Seek professional Help
- Seek help from law

Helpline Numbers

- Hope 24/7- 905-792-0821
- PCHS- Men’s Group- 905-790-0808
- Victim Services of Peel- (SAFE)- 905-568-8800
- Abuse Hurts- 905-727-4357
- Assaulted Women’s Helpline- 416-364-4144
- Support Services for Male Survivors of Sexual Abuse- 1-855-505-5205



- National Child Abuse Hotline- 1800-422-4453
- Seniors Safety Line- 1-866-299-1011

Conclusion

Domestic Violence has been there since a very long time and it is still being practiced among people irrespective of their caste, culture, religion, class, gender, sex, background. Violence in any kind should not be acceptable or tolerated. Violence does not only impact the victim but people related to the victim also suffers. Say no to violence, and raise your voice against any kind of violence.

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MEMORY PROBLEMS IN SENIORS AND OTHERS

Kamaljeet Kaur Dhaliwal
Fleming College, Peterborough, ON

Introduction

Memory loss in seniors is a normal problem. As people get older, changes occur in all parts of the body, including the Brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did or they lose things like their glasses. If you are experiencing difficulties with memory, know that they may not be signs of dementia. It could be memory loss as a part of normal aging.

Definition

Memory loss (Amnesia) is unusual forgetfulness. You may not be able to remember new events, recall one or more memories of the past, or both. The memory loss may be for short time and then resolve. It may not go away, and depending on the cause, it can get worse over time.

Dementia:- It is a general term for loss of memory, language, problem solving and other thinking abilities that are severe enough to interfere with daily life

Memory problems:- Memory problem means forget the things. For example, sometimes changes in memory might be due to a medication side effect or an existing or developing health problem, such as depression, anxiety, sleep problems, heart diseases, infections in the brain, brain tumor, blood clot, head injury, thyroid diseases and iron or vitamin deficiency.

Memory problems in seniors:- Forgetfulness can be a normal part of aging. Short term memory loss is when you forget things, saw, or did recently. It is a normal part of getting older for many people. But it can also be a sign of a deeper problem, such as dementia, a brain injury, or a mental health issues.

Memory problems in others (young or middle age):- Some health factors have been shown to increase the risk of memory problems in young and middle age people and some such conditions have been given below:-

Causes of memory loss in young and middle age

Medications
Minor head trauma or injury
Emotional disorders
Alcoholism
Vitamin B-12 deficiency
Hypothyroidism
Brain Diseases



Memory and Aging

We've all misplaced keys, blanked on someone's name, or forgotten a phone number. When you're young, you don't tend to pay much attention to these lapses, but as you grow older, you may worry about what they mean. Perhaps you start to talk about a movie you saw recently when you realize you can't remember the title. You're giving directions to your house when you suddenly blank on a familiar street name. Or you find yourself standing in the middle of the kitchen wondering what you went in there for. Memory lapses can be frustrating, but most of the time they aren't cause for concern. Age-related memory changes are not the same thing as dementia.

As you grow older, you experience physiological changes that can cause glitches in brain functions you've always taken for granted. It takes longer to learn and recall information. You're not as quick as you used to be. In fact, you may mistake this slowing of your mental processes for true memory loss. But in most cases, if you give yourself time, the information will come to mind. So, while it's true that certain brain changes are inevitable when it comes to aging, major memory problems are not one of them. That's why it's important to know the difference between normal age-related forgetfulness and the symptoms that may indicate a developing cognitive problem.

Causes of memory loss in elder age

Aging

Medical conditions

Emotional problems

Mild Cognitive impairment

Hormones and Proteins that protect and repair brain cells and stimulate neural growth also decline with age.

The hippocampus, a region of the brain involved in the information and retrieval of memories, often deteriorates with age.

Older people often experience decreased blood flow to the brain, which can impair memory and lead to changes in cognitive skills.

When your memory loss is severe to the point where:

- It's affecting your daily life and ability to stick to your normal routine,
- You're finding it difficult to learn new things,
- You're finding it difficult to complete tasks you're familiar with and

- Others close to you are also starting to notice changes in your abilities,

Then your memory difficulties line up with what people commonly experience in the early stage of dementia.

Signs of memory loss as a part of normal aging

- You're unable to remember details of a conversation or event that took place a year ago.
- You're unable to remember the name of an acquaintance.
- You forget things and events occasionally.
- You occasionally have difficulty finding words.
- You are worried about your memory, but your friends and relatives are not.

Signs of dementia

- You're unable to recall details of recent events or conversations.
- You're unable to recognize or know the names of family members.
- You forget things or events more frequently.
- You have frequent pauses and substitutions when finding words.
- Your friends and relatives are worried about your memory, but you are not aware of any problems.

Age-associated memory impairment

If you are experiencing difficulties with memory, but:

- They are not noticeably disrupting your daily life,
- They are not affecting your ability to complete tasks as you usually would,
- You have no difficulty learning and remembering new things and
- There's no underlying medical condition that is causing your memory problems,

Then you have what's known as age-associated memory impairment.

Age-associated memory impairment is considered to be a normal part of aging. It doesn't mean you have dementia.

Causes of Dementia

Alzheimer's Diseases

Vascular cognitive impairment

Parkinson's diseases

Traumatic brain injury

Psychological effects of dementia

People with dementia often experience changes in their emotional responses. They may have less control over their feelings and how they express them. For example, someone may be irritable to

rapid mood changes or overacting to things. They may also appear unusually uninterested in things.

Sign and symptoms of Memory loss

Forgetting Instructions / Skills

Another sign of dementia is the inability to remember how to do things, even if they have been done on a regular basis for many years.

For example, someone suffering from dementia may begin to forget how to use their computer, or they may not remember how to make their favourite recipe. The loss of skills is one of the more serious signs of dementia and should be treated as an indication of a more serious problem emerging.

Forgetting Words

One of the other signs of emerging dementia is a person forgetting words during conversation. They will have a hard time expressing themselves because they are unable to easily fit their thoughts into words.

A person with dementia may also entirely forget words that are commonly used in daily conversation. Those beginning to develop serious dementia may actually confuse commonly used words, like using the word cup in place of bowl. This can make it very difficult to communicate with someone suffering from dementia.

Mood Changes

People with dementia often suffer from changes to their mood. These changes can be in the short term - for example, people with dementia are more prone to spontaneous mood changes. They may be happy one moment, sad the next, and ecstatic the next.

Sometimes people develop more consistent mood changes. Depression, for example, is more likely to emerge in someone suffering from dementia. These mood changes can manifest in a person's behavior: someone known for being outgoing may become introverted, or vice versa.

Apathy

Apathy is a condition that's a bit different than a simple change in mood. When someone becomes apathetic, they lose interest in things that they may have enjoyed at one point in their.

Also known as listlessness, people with apathy tend to eschew their hobbies and activities because they can no longer find interest in them. They are less likely to enjoy social outings, won't want to spend time with their families, and won't seem to have any vested emotional interest in things.

Difficulty Performing

Some people with dementia may have trouble performing daily tasks and learning how to do things. More complicated tasks, like balancing a check book or paying a game that has a lot of complicated rules, can make this symptom very apparent.

It can be difficult for someone with dementia to comprehend a large amount of information at once, which can make it hard for them to adapt to new situations and perform activities. Some people with serious dementia may even forget the rules to games they have enjoyed for many years.

Confusion

People with dementia often experience bouts of confusion. These can be quick and sporadic, or they can be drawn-out and more frequent. Confusion can be observed in several ways: they may have difficulty making sound judgments, expressing their feelings, or finding the right words to communicate.

People with confusion may not understand where they should put their car keys. It's not uncommon for people with dementia to put their wallets or other important items in the wrong drawer and entirely forget where they were.

Treatment

A young mind has the capacity to store vast amounts of information. This is made possible by the neurotransmitter acetylcholine, which maintains and strengthens the neural connections responsible for a sharp memory. But as we get older, declining levels of acetylcholine begin to weaken the neural pathways required to retrieve information.

Promoting healthy levels of acetylcholine forges new neural connections, which power the information sharing network of your mind. This biological process restores retentive memory, clear focus, and confident decision-making.

Vitamin B-12 deficiency: - Vitamin B-12 helps maintain healthy nerve cells and red blood cells. A vitamin B-12 deficiency common in older adults can cause memory problems. So, we have to take vitamin rich diet and tablets to reduce the chance of vitamin B-12 deficiency.

Hypothyroidism: - An under active thyroid gland (hypothyroidism) can result in forgetfulness and other thinking problems. So, people have to treat diseases related to Thyroid.

Brain diseases: - A tumor or infection in the brain can cause memory problems or other dementia-like symptoms. So, its necessary to prevent the memory problems the client free from all diseases.

Symptoms of memory loss and difficulty with language and logical thinking often are due to neurodegenerative dementias like Alzheimer disease and vascular dementia, which are common and incurable. Reversible causes can be treated and should be considered for patients having difficulty with memory or problems with thinking clearly. For example, depression can be treated with antidepressants, vitamin B₁₂ and thyroid hormone can be supplemented, and

eyeglasses and hearing aids can be obtained. It should never be assumed that an older patient with memory loss has Alzheimer disease or another neurodegenerative dementia without first considering reversible causes of dementia.

Prevention

Memory and Brain Exercises for seniors

1. Go through family albums

looking through old photos and recalling people or past events is not only fun to do, but it's a great form of exercise for your brain. Make a game of it by asking your loved one to recall the year a picture was taken or what was going on at the time.

2. Expand your horizons

many of us believe we're too old to learn something new, but research has confirmed that aging doesn't stop our ability to learn. Developing a new skill such as knitting, learning how to use a Smartphone, or even learning a new language are excellent ways to strengthen our brains.

3. Play games

many people love tackling Sudoku or crossword puzzles and their brains are benefiting from it. The fact is, all types of games, from Scrabble to computer games are great cognitive exercises because they stimulate problem-solving skills. And, learning a new game is even better, as explained above.

4. Get creative

Expressing creativity through painting, drawing, or writing a short story all require our imagination. It forces our minds to look at things differently, which activates different parts of the brain. Next time you're with your loved one, bring along a fun craft project to do together.

Learning how to exercise your brain is important to help prevent brain deterioration. Be sure to try out some of these mind exercises for seniors to keep your brain healthy and active

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TAKING CARE OF PEOPLE WITH MENTAL HEALTH ISSUES

Sukhpreet Kaur
Sir Sandford Fleming College

Introduction

Mental illness alludes to a wide range of emotional wellness conditions and the disorders that influence your temperament, thinking and behaviour. Instances of psychological instability are depression, anxiety issues, schizophrenia, dietary problems and addictive practices. Taking care of somebody with mental health issues carries with it remarkable difficulties. Mental health issues differ incredibly in seriousness and causes. Mild issues are common and the individual can benefit from outside intervention through comprehension and support. It's essential to listen to what in particular they must state and to let them communicate without hindering or offering your views. Empower and console them in the event that they get upset, by all accounts, to be battling with their feelings. You may have known the individual you care for before they had their emotional well-being problem. Remember that they might be experiencing a time of mental pain. Communication can be a battle for some individuals with a mental health issue. A few people don't have the inspiration to impart, while others do not have the certainty to state what they truly need to. A few people experience hallucinogens, which can influence how and when they convey. To help the individual you care for impart, give them sufficient opportunity to make themselves understood and let them realize that you acknowledge them and their problem. Regularly, individuals with emotional wellness issues feel cut off from others, including family, companions and neighbors.

Common mental health issues:

There could be many mental health issues one can have as listed below:

1. Anxiety
2. Depression
3. Sleep disorders
4. Bipolar disorder
5. Hallucinations
6. Suicidal thoughts
7. Eating disorders
8. Inability to do daily activities
9. Overdosing of drugs
10. Reduces ability to concentrate
11. Inability to take decisions
12. Withdrawal from social activities.



Causes of Mental illness:

There is no single reason for mental health disorders; rather, they can be brought about by a blend of biological, mental and ecological components. Individuals who have a family background of emotional wellness issues might be more inclined to creating one eventually. Changes in brain chemistry from substance misuse or changes in diet can likewise cause mental issues. Mental elements and natural factors, for example, childhood and social presentation can

frame the establishments for hurtful idea designs related with mental issues. Just an affirmed emotional wellness expert can give a precise conclusion of the reasons for a given problem.

Risk factors of mental illnesses:

There could be many reasons which can put our mental health on risk. Some reasons are given below:

Family History: if somebody had mental health illness in our past generation. Then there could be possibility that it is genetically passing in next generations.

Living stressful life: stressful life can be the reason of mental illness because stress impacts our mental health very badly. Such as poverty, passing of somebody loved one.

Drug addiction: according to me drug addiction is one of the main factor which puts people's mental health on risk. Drugs shrink our brain and also make people unable to keep healthy mental health. Drugs reduce brain's power of thinking.

Unhealthy relationships: relationships are very important for us to stay mentally, physically and emotionally healthy because healthy relationships support us in our hard times. for instance, if somebody's closed person passed away then our relatives, neighbors provides us strengths to cope with sad situation.

Serious injuries: serious brain injuries can also put our mental health on risk. Hard hit in brain damages our brain part. To recover from brain injuries one can do mindfulness activities or other activities which sharpens our memory.

History of abuse: abusive history effects mental health. It hurts internally. It broke us. When we feel broken it brings suicidal thoughts in our mind. This indirectly results mental health issues.

Failing in achieve goals: When somebody fails in goal achievement when they worked hard to achieve success. Also puts our mental health on risk by bringing bad thoughts in mind and make us depressed.

How to take care of people with mental illness

Help them with medication. Because mental health illness disables the person to keep things remember. They forget to take their medication, or they can take wrong medicines. So, helping them with the medication can help them to fight with the illnesses.

Being Hygienic keep us healthy. People who suffers through mental illnesses. They cannot take care of them properly. So, help them with daily cleaning can keep them away from the germs and the diseases.

Helping somebody who have mental health disorders with everyday needs can make their life easy. Because small things make big differences in their life.

Patient do not get angry. They do things because of mental health issues not because they want to do it.

Be caring and understanding.

Be respectful

To take for people with mental health illnesses try to show tolerance and care and do whatever it takes not to be critical of their musings and activities.

Tune in; don't disregard or challenge the individual's feelings.

Express your eagerness to listen and be there for the individual. Try not to be reluctant to discuss it. Promise them that you care about them and are there for them.

Spend quality time with them to make them feel special all the time. It tends to be troublesome and tragic to help people who have symptoms of mental illness. What's more, frequently it very well may be difficult to tell how to best assistance and supporting to people.

Prevention:

Ask for help: Mental health conditions can be harder to treat in the event that you stand by until symptoms get terrible. Long term support treatment additionally may help prevent a relapse of symptoms.

Focus on cautioning signs: there are so many warning signs which indicate that person may have mental health issues. Such as anxiety, being aggressive, depressed, negativity, mood changes, restlessness and many more. Work with your doctor or therapist to realize what may trigger your indications. Make an arrangement so you realize what to do if symptoms return Contact your doctor or therapist in the event that you notice any changes in symptoms or how you feel. Consider including relatives or companions to look for warning signs.

Take great care of yourself: Adequate rest, smart dieting and regular exercises are significant. Attempt to keep up a standard timetable. Converse with your essential consideration supplier in the event that you experience difficulty in sleeping or you have inquiries concerning diet and physical activities.

Get standard clinical care: Try not to disregard exams or skip visits to your primary care provider, particularly on the off chance that you aren't feeling admirably. You may have another medical condition that should be dealt with, or you might be encountering results of medication.

Physical health: taking care of physical health can help to keep our mental health active and healthy. Following activities can help to improve or keep our self physically fit:

1. Getting proper sleep.
2. Stay away from drugs.
3. Eating balanced diet.
4. Exercising daily.
5. Taking proper medications.

Mental health: taking care of mental health is very important because it impacts our emotions, feelings and behavior or actions. There are so many ways which can help us to keep our mental health maintained. Following are the important steps which can help us to take care of mental health:

1. Eating healthy diet.
2. Socialization.
3. Share your feelings and thoughts with your loved ones.
4. Stay positive.
5. Keep yourself busy to stay away from negative thoughts.

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SACHSS REHAB & DROP IN CENTRE

We are happy and pleased to inform you that because of all the support, help and patronage from all our patrons, we opened our SACHSS Rehab and Drop-in Centre at 22 Melanie Drive, Units 6 and 7, Brampton. Ontario. L6T 4K9. (Near Steeles & Melanie).

We now have our Thursdays Evenings 6- 8 pm Healthy Living Group at our new premises.

All are welcome.

SACHSS SENIORS PROGRAM

Who? All Seniors and family members are invited.

When? 1st Saturday of Every Month, from 11 am to 1 pm at

Where? SACHSS Centre at 22 Melanie Drive, Units 6 & 7, Brampton. ON. L6T 4K9. (South of Steeles & Melanie, near Steeles and Torbram)

What? SENIORS PROGRAM ACTIVITIES:

Presentations
Discussions
Fun Activities
Get Together
Refreshments
Free Program

SACHSS WOMEN'S PROGRAM

Who? All women and girls of all ages are invited.

When? 4th Saturday of Every Month, from 11.30 am to 1.30 pm at

Where? SACHSS Centre at 22 Melanie Drive, Units 6 & 7, Brampton. ON. L6T 4K9. (South of Steeles & Melanie)

What? WOMEN'S PROGRAM ACTIVITIES:

Presentations
Discussions
Fun Activities
Get Together
Refreshments
Free Program

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South Asian Canadians Health & Social Services- SACHSS

Not for profit Charity Organization (Registered) Ontario, Canada

22 Melanie Drive, Unit 6&7 Brampton. Ontario. L6T 4K9. Canada
Phone: 647-718-0786. Website: www.sachss.org

South Asian Canadians Health & Social Services (SACHSS) is a registered not for profit charity organization. SACHSS provides culturally and linguistically appropriate services to South Asian and other communities. SACHSS services include Health Education, Health Promotion, Mental Health, Addiction, Stress Management, Anger Management and related social issues and social and recreational programs. SACHSS provides services in Hindi, Punjabi, Urdu, Tamil, Gujarati, Malayalam, Sindhi, Arabic, French and English.

For contact: 647-718-0786

416-884-6198

Maher2004@gmail.com

COVID-19 ANNOUNCEMENT

Our services are continuing over telephone and online during this COVID-19 pandemic.

For telephone counselling and telephone services please call 647-718-0786.

For other online services please contact us through info.sachss@gmail.com or maher2004@gmail.com

We will resume our regular services once the situation improves.
