

# MIND Your Health

## EPISODE 1: Highly Effective STRESS MANAGEMENT Your Key to A Better Life

Joint Initiative By



**INSTITUTE  
of  
MENTAL  
HEALTH**  
National Healthcare Group

Supported by



Jalan Besar GRC and Potong Pasir CCCs



# What is Mental Health?

**Mental health is a state of well-being in which the individual:**

- Realises his or her own abilities
- Can cope with the normal stresses of life
- Can work productively and fruitfully
- Is able to make a contribution

**Mental Illness** refers to a wide range of mental health conditions which affects an individual's psychological or behavioral pattern and is thought to cause distress or disability that is not expected as part of normal development or culture.

# Are you stressed?



Test your stress level now by scanning the above QR Code!

<https://www.surveymonkey.com/r/DQG6L8J>

Stress Level	Score
Normal	0 – 14
Mild	15 – 18
Moderate	19 – 25
Severe	26 – 33
Extremely Severe	34 – 42

# Symptoms of Bad Stress

## Thoughts

Trouble remembering  
Racing thoughts  
Constant worry  
Make frequent bad decisions

## Emotions

Short temper,  
Mood Swings  
Overwhelmed, Lonely  
Feeling unhappy about life

## Habits

Eating habits change  
Sleeping too much or too little  
Spend more time alone

## Physical

Body ache  
Dizziness, Nausea  
Falling sick often

# Unhelpful Ways of Thinking

## Jumping to Conclusion



Imagine we know what others are thinking or predict the future

## Personalisation



Taking responsibility for something that is not entirely your fault

## Catastrophisation



Blowing things out of proportion

## Overgeneralisation



Seeing a pattern upon a single event; or overly broad in the conclusion we draw

## Black & White Thinking



“If I am not perfect I have failed”

“Either do it right or nothing”



# Unhelpful Ways of Thinking

## Labelling



Assigning  
labels to  
ourselves or  
others

## Shoulds & Musts



Using critical  
words make us  
feel guilty or like  
we have  
already failed

## Magnification & Minimisation



Exaggerating  
the negatives;  
minimising the  
positive

## Emotional Reasoning



Assuming based  
on our own  
feelings

Adapted from:  
Centre for Clinical Interventions (undated). *Unhelpful Thinking Styles [Online]*. Available: <https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Depression/Depression---Information-Sheets/Depression-Information-Sheet---11--Unhelpful-Thinking-Styles.pdf>.

# Challenging Unhelpful Ways of Thinking

## Some Questions To Ask Yourself:

- What evidence is there to **support** my thoughts?
- What evidence is there that **does not support** my thoughts?
- Am I attempting to interpret the situation **without all the evidence**?

# Challenging Unhelpful Ways of Thinking

## Some Questions To Ask Yourself:

- What would a **good friend say** about this situation?
- If a good friend was going through something similar, **would I be telling him/her something similar?**
- What's the **best possible outcome?** The **worst?** The **most likely?**
- **Will this matter** in the bigger scheme of things?

Adapted from:  
Therapist Aid (2014). *Challenging Negative Thoughts [Online]*. Available: <https://www.therapistaid.com/worksheets/challenging-negative-thoughts.pdf>.



# Some Ways to Manage Stress? Self-care (G.R.A.P.E.S)

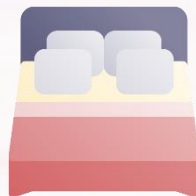
## 1. Gentle

- Talk to yourself like you would to a loved one



## 2. Rest & Relaxation

- Get sufficient sleep (~8 hrs for adults)
- Set aside time to relax



## 3. Achievement

- Allow yourself to feel accomplished in other areas of your life



## 4. Pleasure

- Set aside time to have fun



## 5. Exercise & Health

- Tend to any health concerns
- Maintain physical wellbeing



## 6. Social Support

- Allow yourself to seek for support from others
- If asking for help is too difficult, at least allow yourself to spend time in the company of loved ones



# When should I seek help?

- **Prolonged, frequent, and/or intense emotional distress**
  - E.g. uncontrollable worry, persistent sadness, increased irritability, chronic emotional flatness
- **Persistent/pervasive impact on functioning, e.g.:**
  - Personal
    - Emotional wellbeing, sleep and fatigue, appetite, concentration and memory, health
  - Family
    - Relationships and responsibilities
  - Social
    - Quantity and quality of relationships
  - Work
    - Work output and workplace relationships

# What if someone comes to me for help?

- **Be clear about what he/she needs**
  - Is it problem-solving? Or simply a listening ear?
- **Validate his/her stress**
  - Don't minimise or brush it aside by saying:
    - “Such a small thing! No need to worry lah!”
    - “Just don't care about it lor”
    - “Just think positive”
- **Be aware of your own limits of helping**
  - Don't burn yourself out
- **Recommend resources, if need be**

- 1. Absence of mental illness does not = mental health**
- 2. What may be stressful for one person may not be stressful to another person**
- 3. Practise self-care, recognise bad stress and seek help early**

# Community Resources

Community Resources		
Name	Contact Number	Website
National Care Hotline	1800 202 6868	
IMH Mental Health Helpline (24 Hours)	6389 2222	<a href="https://www.imh.com.sg/">https://www.imh.com.sg/</a>
Samaritans of Singapore (24 Hours)	1800 221 4444	<a href="https://www.sos.org.sg/">https://www.sos.org.sg/</a>
Silver Ribbon	6385 3714	<a href="https://www.silverribbonsingapore.com/">https://www.silverribbonsingapore.com/</a>
Singapore Association of Mental Health	1800 283 7019	<a href="https://www.samhealth.org.sg/">https://www.samhealth.org.sg/</a>
Touch Community Services	6377 0122	<a href="https://www.touch.org.sg/keeping-our-community-safe">https://www.touch.org.sg/keeping-our-community-safe</a>
AIC e-care locator		<a href="https://www.silverpages.sg/tools/e-care-locator">https://www.silverpages.sg/tools/e-care-locator</a>
Self-Help Resources		
Name	Contact Number	
Centre for Clinical Interventions - Australia Based		<a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself</a>