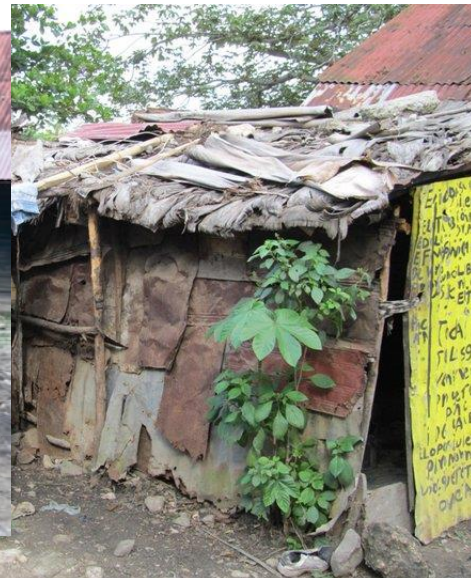




Change  
the

**WORLD**














# 1 in 3

Canadians will  
experience a mental  
health problem in  
their lifetime.

Chances are you  
know someone that  
needs help right now!



**Stress....**



What triggers stress response are threats  
(or perceived threats) to our survival....

•

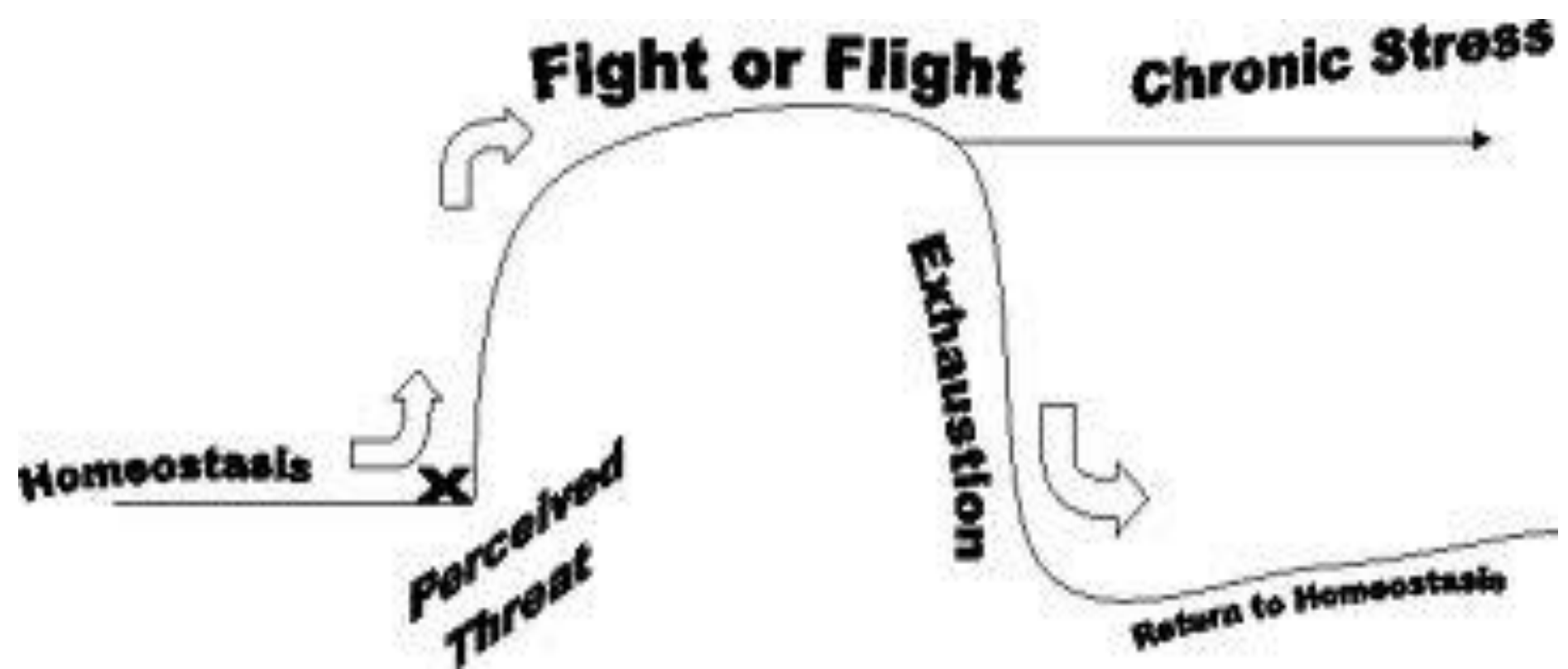
•



THERE ARE ONLY  
TWO TIMES  
I FEEL STRESS:



DAY AND NIGHT.





# Response to Stress

## **Positive**

Brief increases in heart rate,  
mild elevations in stress hormone levels.

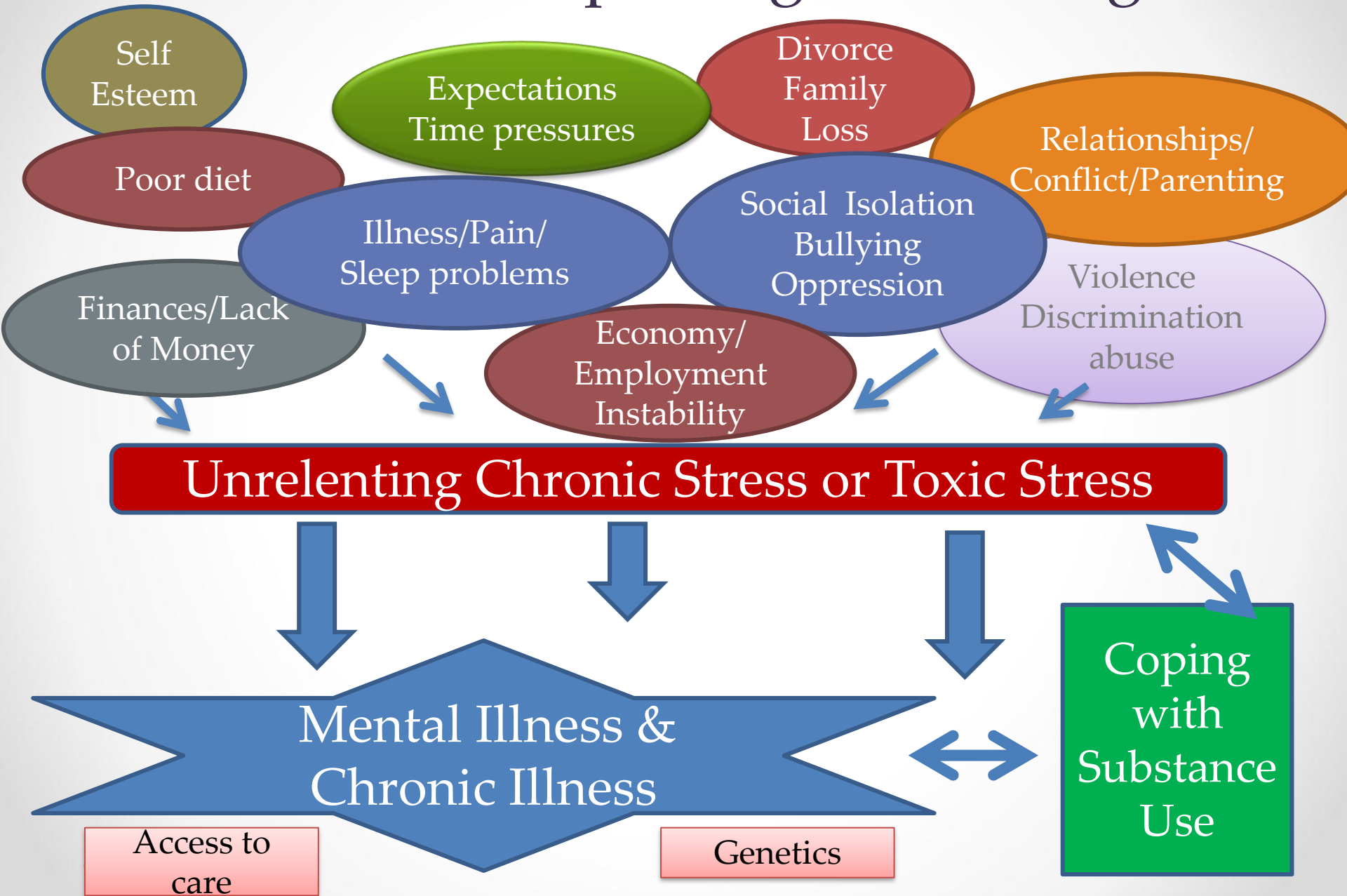
## **Tolerable**

Serious, temporary stress responses,  
buffered by supportive relationships.

## **Toxic**

Prolonged activation of stress response systems  
in the absence of protective relationships.

# Factors Impacting Well Being







# Definition of Health

*Health is the state of physical, mental and social well-being and not merely the absence of disease or infirmity.*

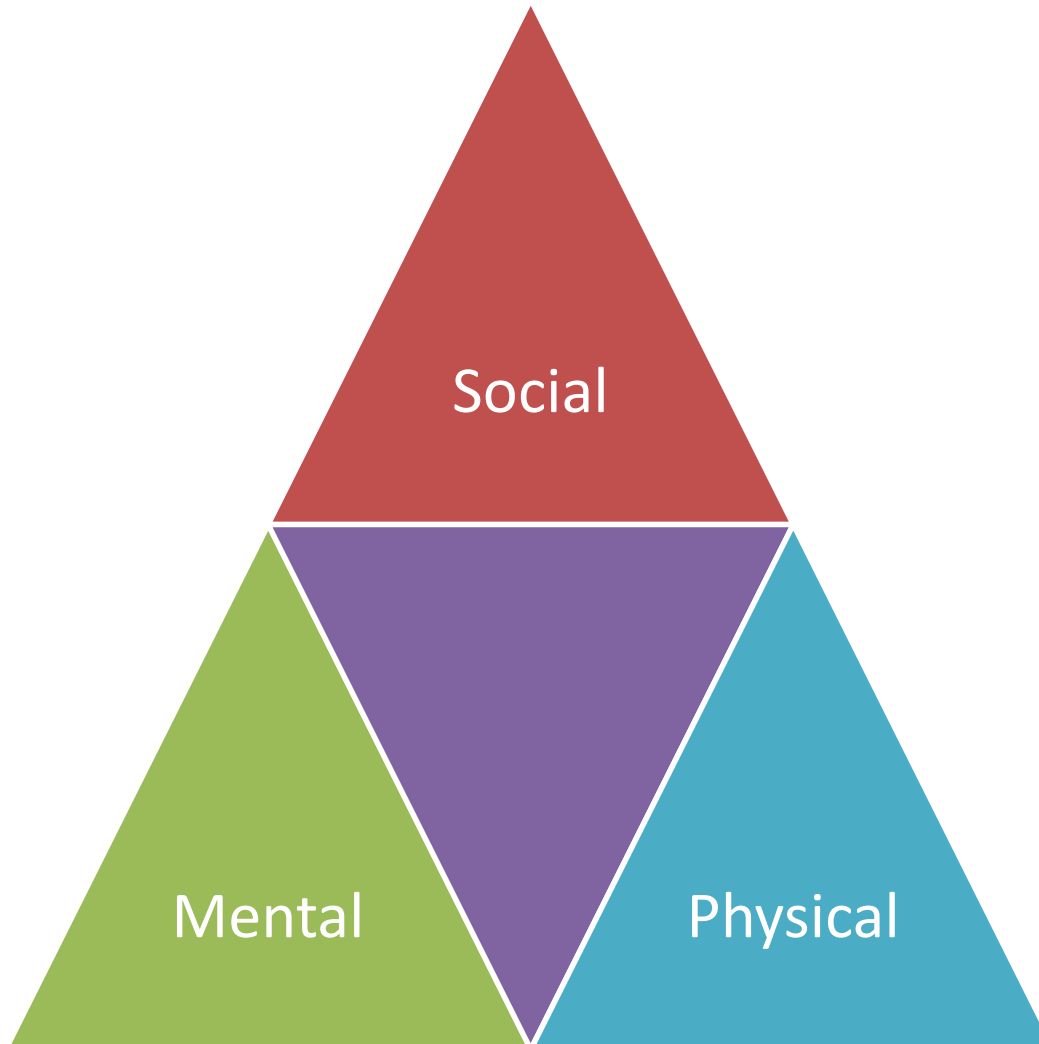
World Health Organization

No  
health  
without  
mental  
health





# Triangle of Well Being



# What triggers stress response are threats (or perceived threats) to our survival.....

- Pain is central to stress response
- Pain or threat of pain (fear) trigger stress response....

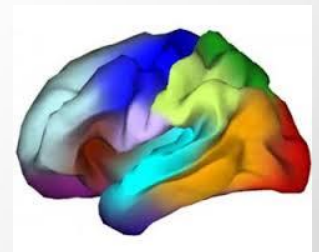




# What are one or two of the most painful experiences of your life?

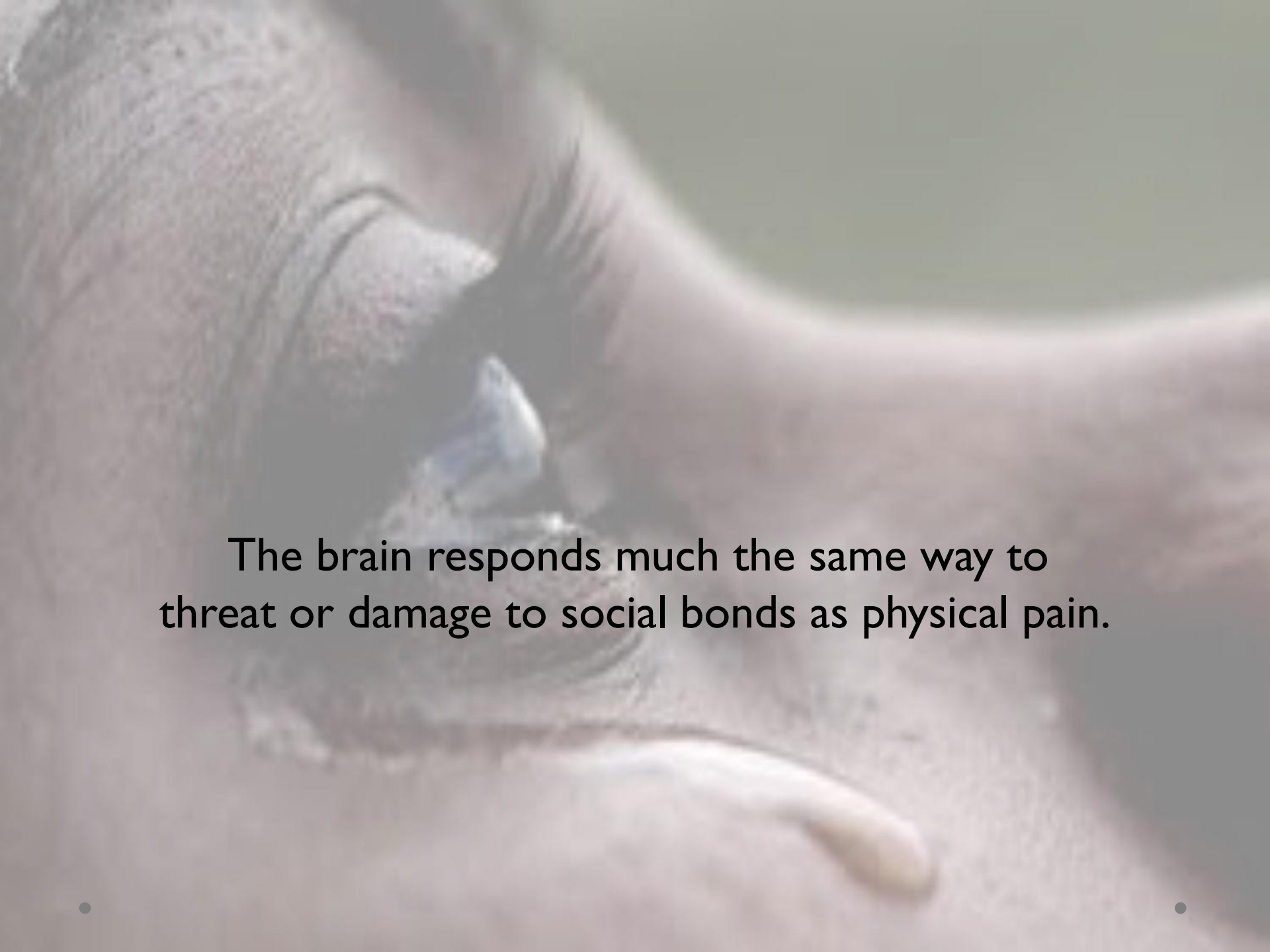


- Broken leg or fall?
- Social pain
  - Loved one dying
  - Relationship breakup
  - Public humiliation



# Still face experiment





The brain responds much the same way to threat or damage to social bonds as physical pain.



# Seinfeld clip





Mental Health Week 7-13 October 2007

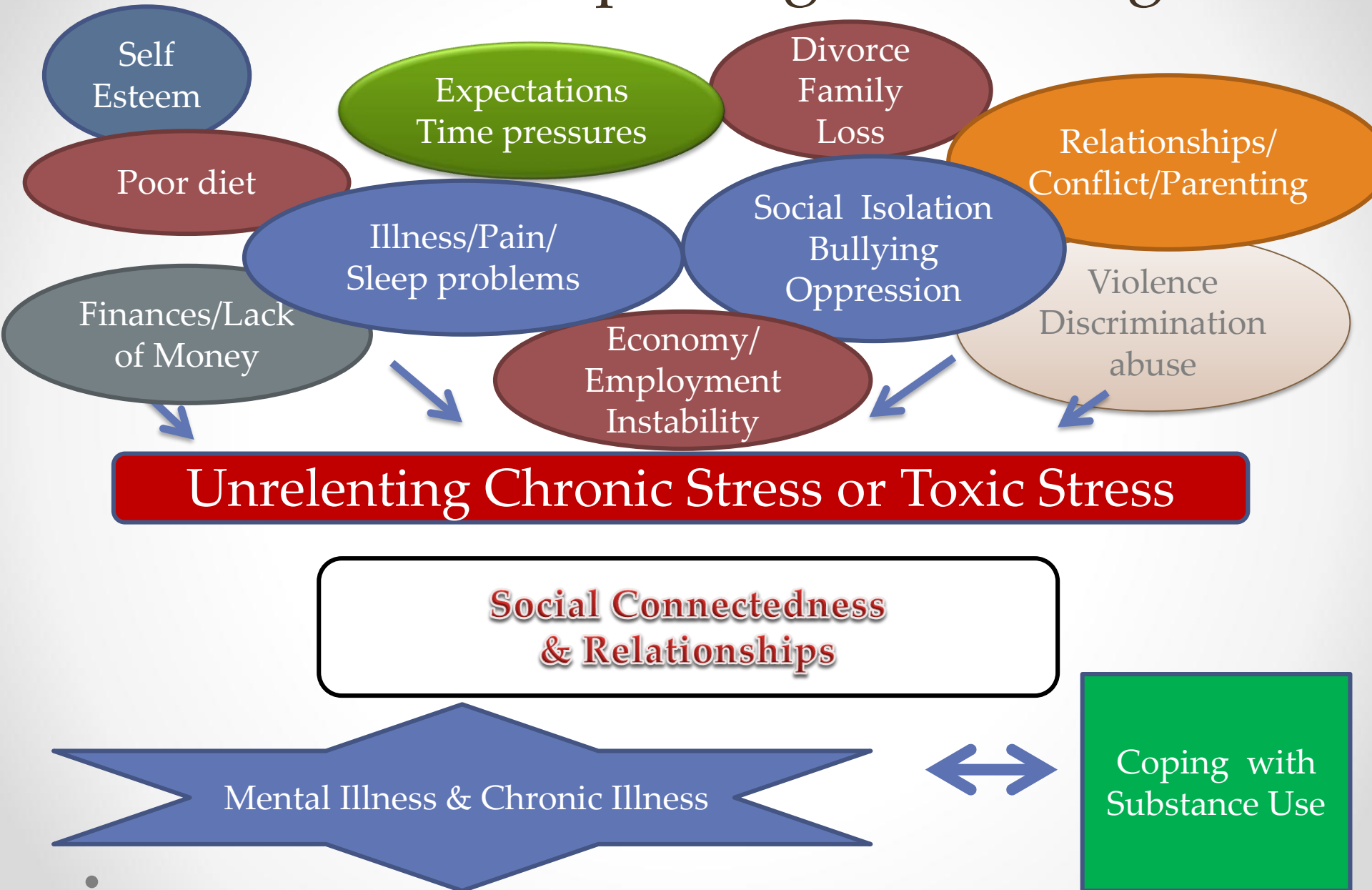
*It's about how we treat each other. Take time to connect.*

# The Power Of Empathy





# Factors Impacting Well Being



# This 75-Year Harvard Study Found the 1 Secret to Leading a Fulfilling Life

Here's some wisdom gleaned from one of the longest longitudinal studies ever conducted.



By Melanie Curtin *Writer, activist* [@melaniebcurtin](#)



6 COMMENTS



2020-02-26



# Mental Health First Aid

*“Great Course! I think that  
everyone would benefit  
from taking it!”*



*“Amazing, Empowering, Enlightening”*





Thank you!



Suzanne Witt-Foley  
Making Connections for Health  
[www.suzannewittfoley.com](http://www.suzannewittfoley.com)