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Feeling Good, Functioning Well



Our traditional understandings of mental health

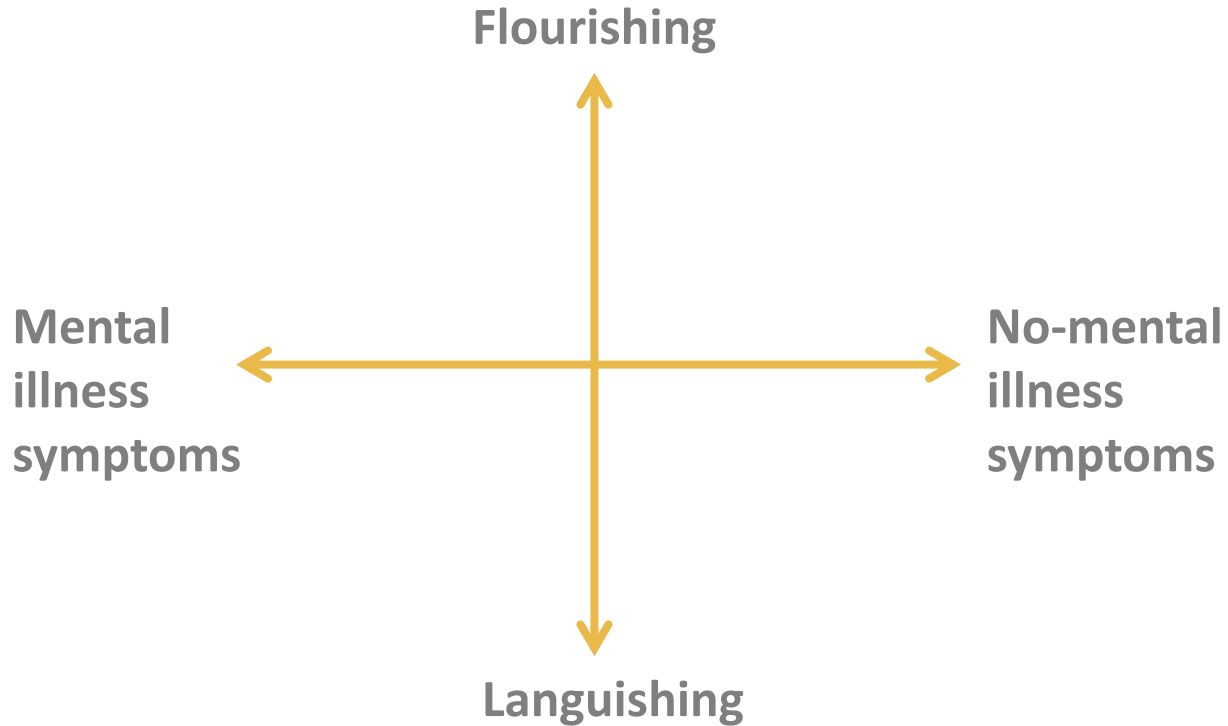
Mental
illness
symptoms



No-mental
illness
symptoms

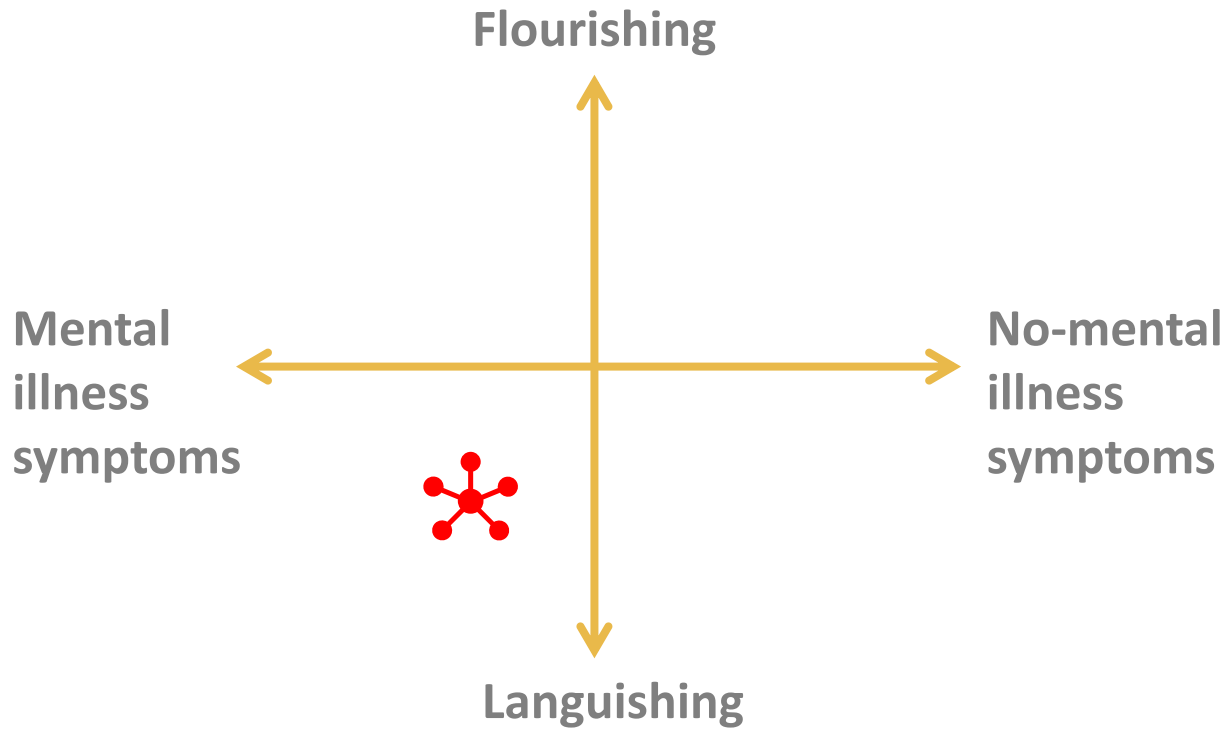


Towards a complete model of mental health



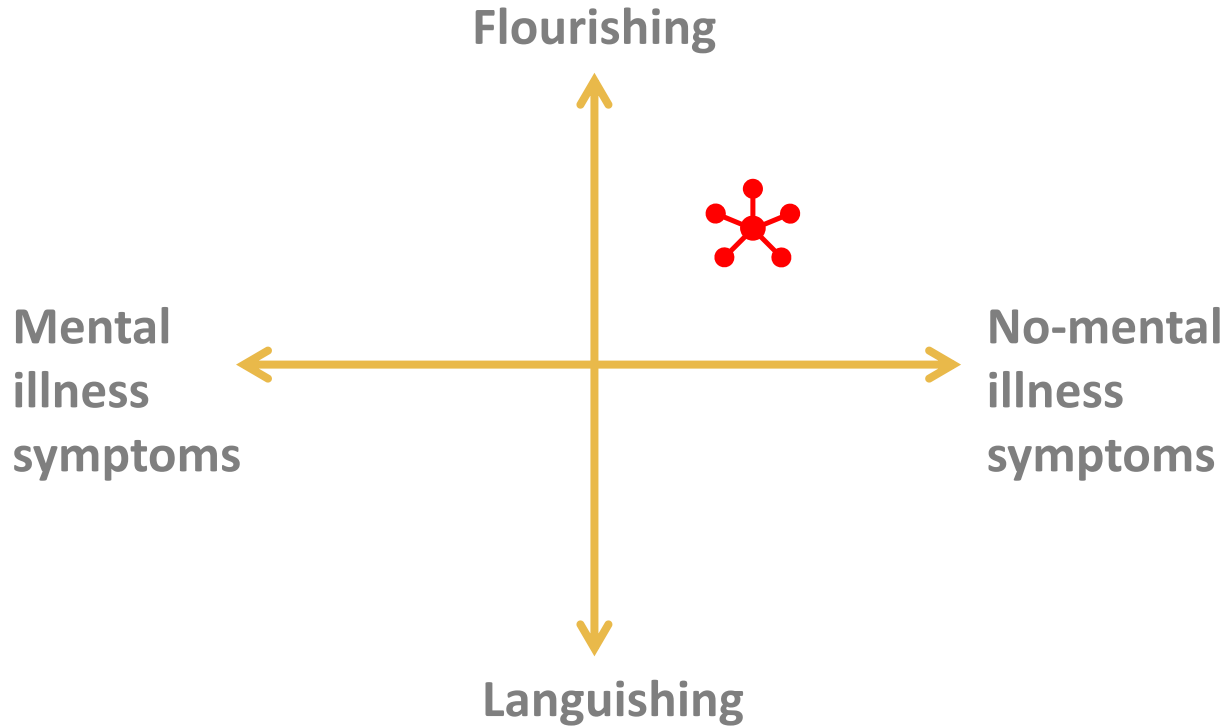


Towards a complete model of mental health



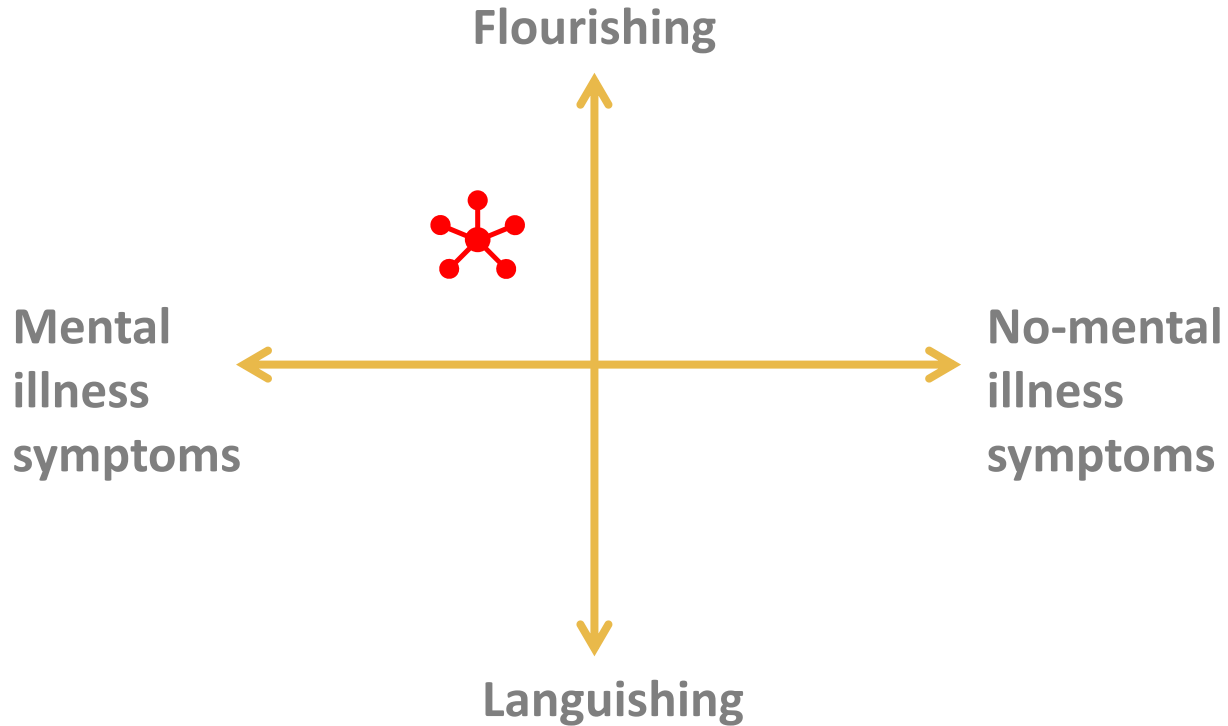


Towards a complete model of mental health



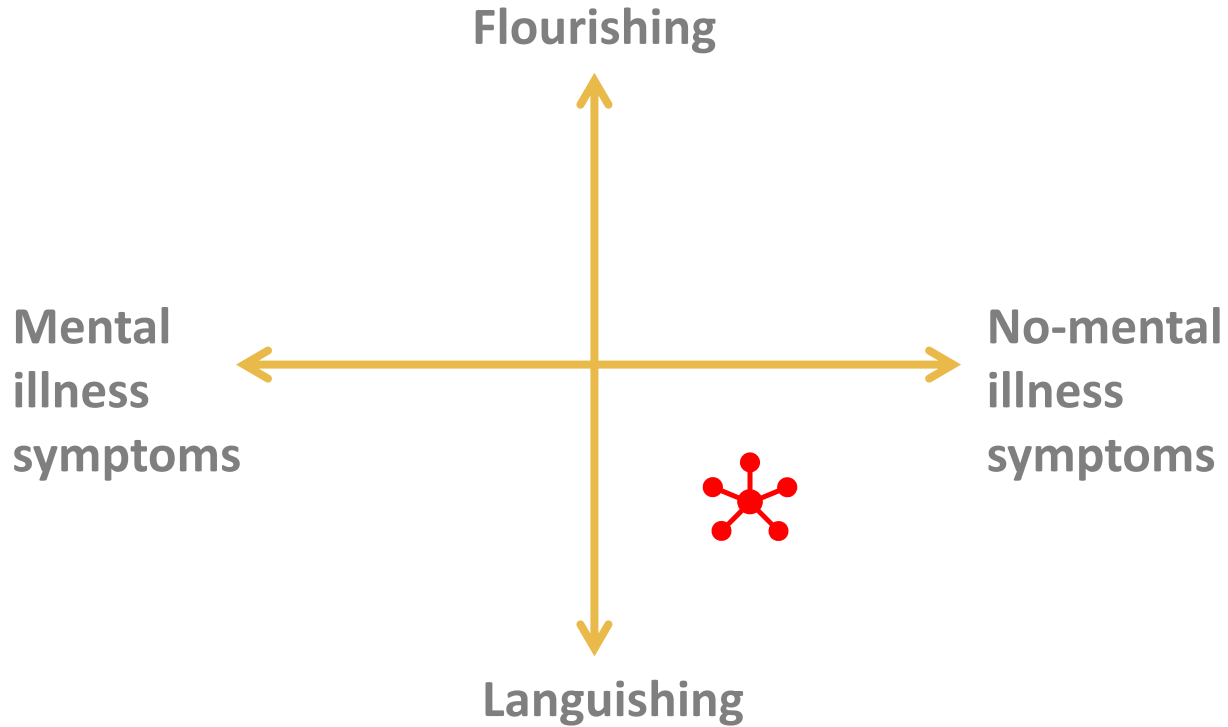


Towards a complete model of mental health





Towards a complete model of mental health





Some stats

- Flourishing in the population is at 24%, and 60% languishing (based on 2013 data)
- 20.7% of the population have experience of a mental illness within the last 12 months
- 46.6% of the population are predicted to meet criteria for a mental health disorder at some time in their lives
- Depression is the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease (WHO, 2015)

Flourishing - a state of wellbeing
where we feel good and function
well *most of the time.*





Flourishing highlights two dimensions of wellbeing

1. **Feeling good...** hints at a state of *emotional* wellbeing, where the ratio of emotional experiences tilts toward the positive and away from the negative (between 3:1 and 8:1 = optimal)
2. **Functioning well...** hints at a state of *psychological* wellbeing, characterised by the attributes of:
 - Autonomy
 - Personal growth
 - Self-acceptance
 - Purpose in life
 - Environmental mastery
 - Positive relations with others



Activity

Turn to your neighbour and share one thing that supports your wellbeing...



Some Common Wellbeing Supports

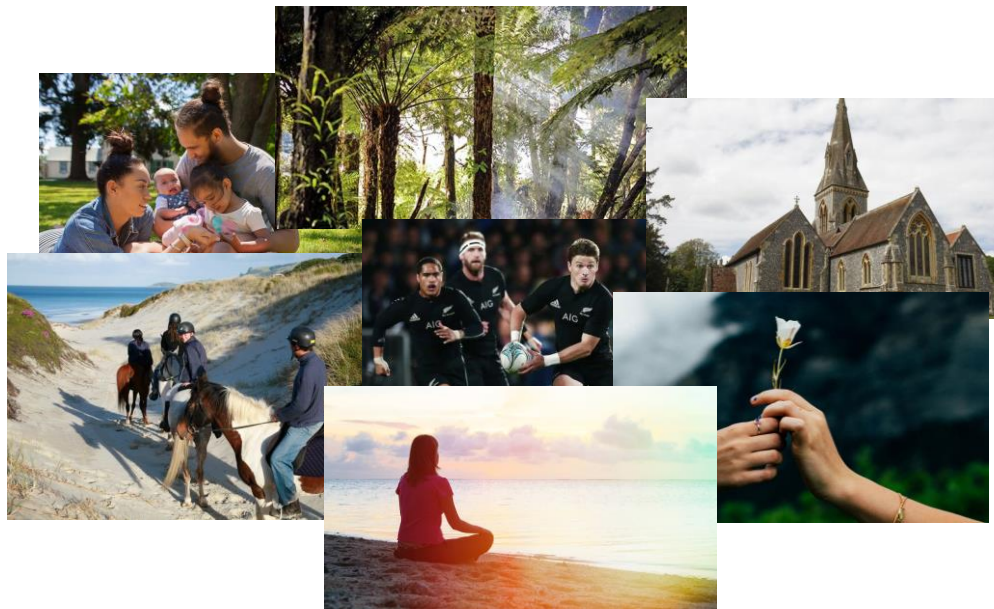
Connections: Whānau, Friends, Nature, Culture, Animals, Feeling loved etc.

Meaningfulness: Work, Hobbies, Faith, Volunteering etc.

Physical Activity: Sports, Walking, DIY etc.

Learning and Interests: Arts, Craft, Reading, Studying, Music etc.

Quietude: Reflecting, Noticing, Contemplating, Listening etc.





Wellbeing...

...is intuitive. We have a repository of evolved and inherited skills, knowledges and wisdom to draw upon

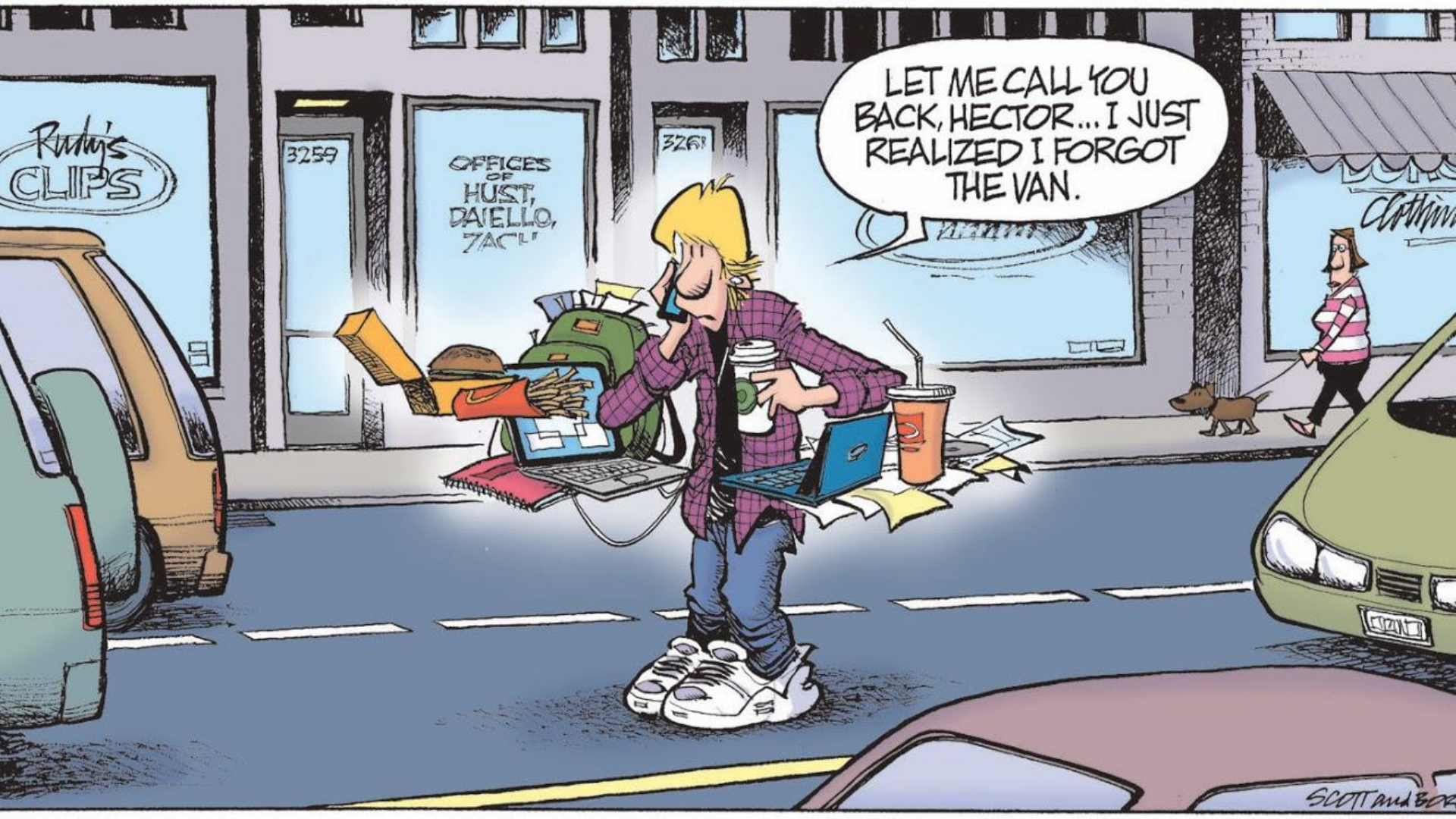
However...





Some of Today's Psychological Pressures

- Do more with less
- International competition
- Increased expectations
- Financial uncertainty
- Overwhelming choices
- Time management
- Technological distractions
- Social media



LET ME CALL YOU
BACK, HECTOR... I JUST
REALIZED I FORGOT
THE VAN.

Rudy's
CLIPS

OFFICES
OF
HUST,
D'ARIELLO,
ZACU

3259

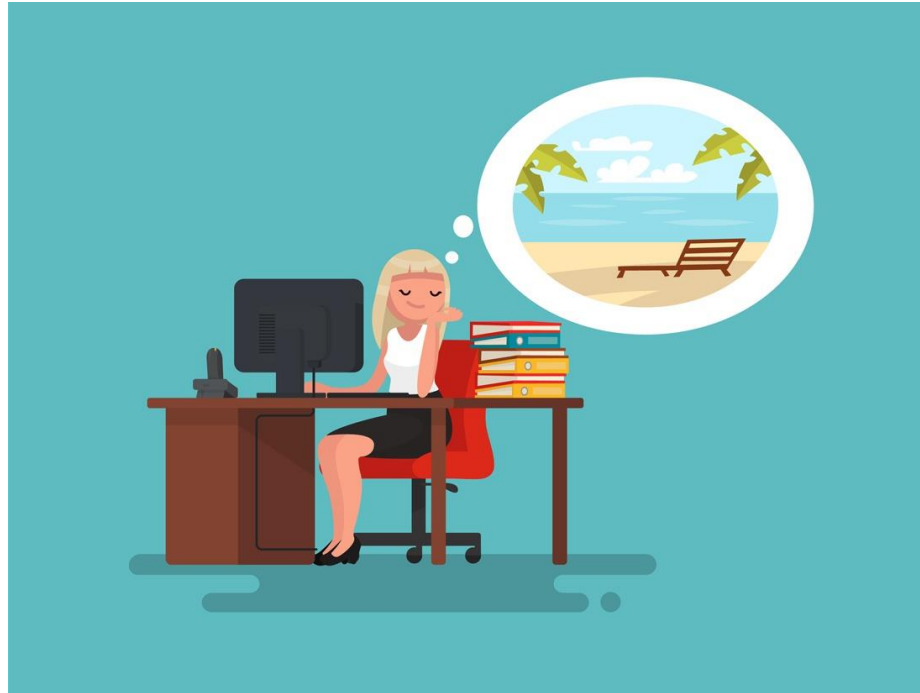
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Clothing

SCOTT and BOB



Our wandering mind...





Mindfulness means...



noticing what is
happening now,
with kindness and
curiosity.



Five Ways to Wellbeing

CONNECT

Give

TAKE
NOTICE

KEEP
LEARNING

BE
ACTIVE

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OF NEW ZEALAND
mauri tū, mauri ora
www.mentalhealth.org.nz



Individually

Mindful breathing:

- interrupts the flow of incessant mental chatter that can cause anxiety, depression and stress (i.e. HEARTACHE)
- Promotes an awareness of basic biological functions – breathing, sensations in the body etc. which can lead to the experience of CALM

“By recruiting “limbic-bridge” areas... a person (can) bypass the pre-frontal neocortex, directly tapping into bodily awareness that is free from social judgment or conceptual self-evaluation.”

Source: www.scientificamerican.com/article/decoding-body-watcher/



Thank you!



The hand model of the brain

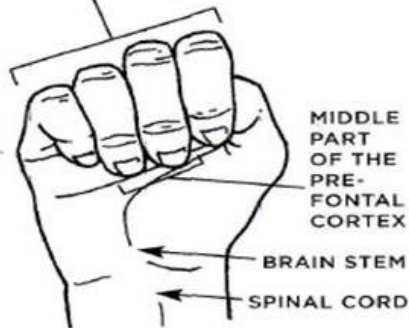
Daniel J. Siegel, *Mindsight* (Melbourne: Scribe, 2010), p.15

MIDDLE PREFRONTAL CORTEX



Place your thumb in the middle of your palm as in this figure.

CEREBRAL CORTEX



Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.



Hypoarousal

Freeze.

When you're triggered into hypoarousal, your mind goes foggy, you become emotionally numb and potentially dissociate.

Window of Tolerance

The Sweet Spot.

Within your window of tolerance you feel centered, in touch with yourself, and able to weather the bumps and turns of your day.

Hyperarousal

Fight or Flight.

When you're triggered into hyperarousal, your mind races with anger or anxiety, causing you to feel out of control.