

Rising Strong: Building Resilience for Life's Challenges

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Agenda

- What is mental health?
- Prevalence
- Causes
- Resilience
- Well-being
- Resilience strategies
- Resources
- Questions



Polling question

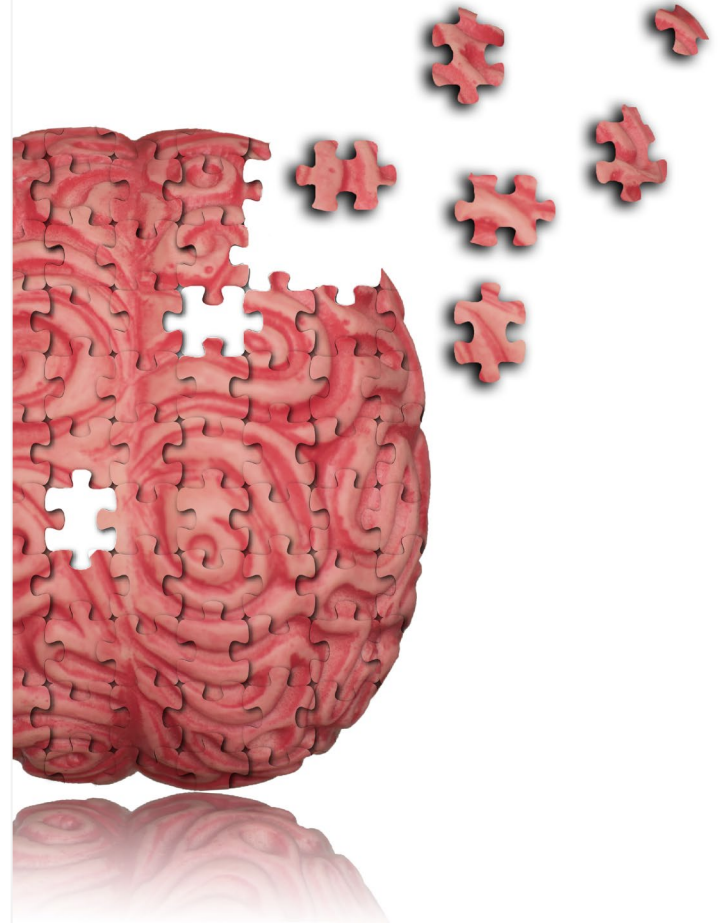
What is mental health?

- a) Emotional well-being
- b) Psychological well-being
- c) Social well-being
- d) None of the above
- e) All the above



What is mental health?

- Mental health
- Mental health conditions
- Mental illness
- Behavioral health





Why is mental health important for overall health?

- It can affect all areas of life
 - Professional
 - Personal
 - Social
 - Physical

Source: [Mental Health First Aid](#)

Prevalence of mental illness

- 18.9% of adults 18 years or older experience a mental health or substance use challenge each year.
- **1 in 5** adults will experience a mental illness in a given year.
- **1 in 5** children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- **1 in 25** Americans live with a serious illness.

Factors contributing to mental illness

Adverse life experiences

Ongoing chronic medical conditions

Genetics, biological factors or chemical imbalances

Environment

Drug and/or alcohol use

Feelings of loneliness or isolation

Functions of the brain

- Thinking
- Perception
- Emotion
- Signaling
- Physical
- Behavior





Signs of impaired brain function

- Thinking difficulties
- Problems focusing
- Extreme emotional highs and lows
- Sleep problems
- Eating issues

Polling question

What strategies or practices are helpful to boost your mental resilience?

- a) Practicing mindfulness and being present
- b) Fostering wellness
- c) Building social connections
- d) All the above



Resilience

- The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress
- You can develop skills to become more resilient
- Building resilience takes time and intentionality
- Involves behaviors, thoughts and actions



Holistic well-being



Well-being - Resilience Pyramid



Well-being is “what”



Wellbeing

1. Healthy lifestyle
2. Confident and centered
3. Positive and constructive outlook
4. Happiness/Joyful
5. Sense of momentum toward goals

Resilience is “how”

Resilience

1. Goals and purpose
2. Bouncing back
3. Stress management
4. Health management
5. Problem solving, change ready and resourcefulness
6. Support networks





Building resilience

- Involved brain locations
- Neuroplastic process
- Timing and resilience
- Small frequent tasks

Sources: National Library of Medicine;
Positive Psychology

Resilience building strategies

- Establish connections and support systems
- Prioritize mindfulness
- Explore self-discovery
- Visioning



Resilience building strategies

- Analyze strengths
- Practice kindness
- Cultivate gratitude
- Find the silver lining
- Engage in wellness practices



A photograph showing a potted cactus with several small, round, spiky segments in a yellow pot. In the foreground, an open, lined journal lies on a light-colored, textured surface. A silver pen is resting on the journal. The journal's pages are white with blue horizontal lines. The word "Dear" is written in cursive on the top left of the right page, followed by "Journal" in a larger, elegant script. The background is dark and out of focus.

Mental self-care

- **Mental wellness**
 - Self-awareness
 - Emotional regulation techniques
 - Self-compassion
 - Journaling

Source: [National Institute of Mental Health; Substance Abuse and Mental Health Services](#)



Physical self-care

- **Physical wellness**
 - Get regular physical exercise
 - Eat healthy, well-balanced meals
 - Hydration
 - Get plenty of sleep
 - Limit alcohol and tobacco

Source: National Institute of Mental Health;
Substance Abuse and Mental Health Services

Seeking help

- We have the capacity for resilience, but it isn't unlimited
- Consider talking to a mental health professional if you are struggling with daily living and basic activities
- A mental health professional can help you develop a plan to move forward



Wrap-up

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- Prevalence
- Causes
- Resilience
- Well-being
- Resilience strategies
- Resources
- Questions



GEHA member resources

- Elevate and Elevate Plus plans
 - Rally digital health platform
 - Learn more at geha.com/Elevate-Rewards
- High, Standard and HDHP plans
 - GEHA Well-being portal
 - Learn more at geha.com/HDHP
- All GEHA plans
 - Healthy recipes and health and wellness articles
 - Learn more at geha.com/Blog
- GEHA website for benefit information: geha.com

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This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at geha.com/PlanBrochure. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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Q&A chat will go on through 1 p.m. Eastern time

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