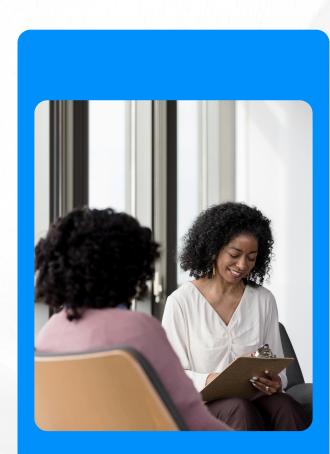


MEDICAL APPROACHES TO MENTAL WELLNESS:

Integrating Mind and Body.

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Outline

- Understanding Mental Wellness
- Why is Mental Health Awareness Important?
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Understanding Mental Wellness

- Mental health is an essential part of overall health and well-being.
- It encompasses our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make choices.

Why is Mental Health Awareness Important?



- Globally, an estimated 1 in 8 people live with a mental health condition, according to the World Health Organization. In Nigeria alone, over 60 million people are reported to suffer from various mental illnesses.
- Mental health conditions can lead to decreased productivity, strained relationships, and physical health problems.
- Talking openly about mental health reduces stigma and encourages people to seek help.
- By raising awareness, we can create a more supportive environment for everyone.

Common Mental Health Disorders



- Anxiety disorders: Excessive worry and fear that can interfere with daily life.
- Depression: A persistent feeling of sadness or loss of interest that can affect mood, sleep, and energy levels.
- Bipolar disorder: A mood disorder characterized by episodes of mania and depression.
- Post-traumatic stress disorder (PTSD): A mental health condition that is triggered by a terrifying event — either experiencing it or witnessing it.
- Obsessive-compulsive disorder (OCD): A mental health disorder that involves unwanted thoughts and repetitive behaviours.

Medical Interventions for Mental Wellness



- Medication: This can be a helpful tool for managing symptoms of mental illness.
- Therapy: Provides tools and strategies for coping with difficult emotions and improving mental well-being.
 - Brain Stimulation Techniques: Can be used to regulate brain activity and improve symptoms.

Medication for Mental Wellness



- Antidepressants: Help regulate mood by increasing levels of certain neurotransmitters in the brain.
- Anti-anxiety medications: Can help reduce symptoms of anxiety, such as worry, restlessness, and physical symptoms like rapid heart rate and sweating.
- Mood stabilizers: Help regulate mood swings in conditions like bipolar disorder

Therapy for Mental Wellness



- Cognitive Behavioral Therapy (CBT): Helps identify and change negative thought patterns that contribute to emotional distress.
- Dialectical Behavior Therapy (DBT): Teaches skills for managing emotions, regulating stress, and improving relationships.
- Psychodynamic Therapy: Explores the unconscious mind and early life experiences to understand how they may be impacting present-day thoughts, feelings, and behaviours.



- Electroconvulsive Therapy (ECT): A safe and effective treatment for severe depression and other mental health conditions that involves brief electrical stimulation of the brain.
- Transcranial Magnetic Stimulation (TMS): A non-invasive technique that uses magnetic pulses to stimulate specific areas of the brain. TMS is used for treatment-resistant depression.
- Deep Brain Stimulation (DBS): A surgical procedure that involves implanting electrodes in the brain to regulate brain activity. DBS is used for severe cases of OCD, depression, and other conditions.

The Power of Movement for Mental Health



- Physical activity is a powerful tool for boosting mood.
- Exercise releases endorphins, which have mood-elevating effects.
- Movement can also help reduce stress and anxiety.
- Physical activity can improve sleep quality, which is linked to better mental health.
- Exercise can boost self-esteem and confidence.

Lifestyle Changes for Mental Wellness



Lifestyle changes play a crucial role in mental wellness. Healthy habits like:

- Exercise: Regular physical activity can improve mood, reduce stress, and boost self-esteem.
- Nutrition: Eating a balanced diet can provide the nutrients your brain needs to function optimally.
- Sleep hygiene: Getting enough quality sleep is essential for mental and physical health.
- Stress management techniques: Practices like yoga, meditation, and deep breathing can help reduce stress and improve overall well-being.

Conclusion: A Path to Mental Wellness



- Mental health is an important part of overall health.
- Lifestyle changes plays a major role in Mental wellness
- There is no shame in seeking help for mental health challenges.
- With the right treatment and support, you can manage your mental health and live a fulfilling life.







