

# MEDICAL APPROACHES TO MENTAL WELLNESS:

Integrating Mind and Body.

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# Outline

- Understanding Mental Wellness
- Why is Mental Health Awareness Important?
- Common Mental Health Disorders
- Medical Interventions for Mental Wellness
- Medication for Mental Wellness
- Therapy for Mental Wellness
- Brain Stimulation Techniques
- The Power of Movement for Mental Health
- Integrative Approaches
- Conclusion



# 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?



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- 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



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- **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



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- **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



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- **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.



# Brain Stimulation Techniques for Mental Wellness



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- **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



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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.

Thank  
you

