

Enriching Knowledge for the Health Management and Social Care Curriculum Series : Holistic Concept of Health

Learning and Teaching References

- 1 Personal Needs and Development across Lifespan
- 2 Health and Well-being
- 3 Physical Well-being – Healthy Body
- 4 Mental Well-being – Healthy Mind**
- 5 Social Well-being – Inter-personal Relationship
- 6 Healthy Community
- 7 Caring Community
- 8 Ecology and Health
- 9 Building a Healthy City
- 10 Healthcare System
- 11 Social Welfare System
- 12 Medical and Social Care Professions
- 13 Health and Social Care Policies
- 14 Social Care in Action
- 15A Health and Social Care Issue – Ageing Population
- 15B Health and Social Care Issue – Discrimination
- 15C Health and Social Care Issue – Domestic Violence
- 15D Health and Social Care Issue – Addiction
- 15E Health and Social Care Issue – Poverty

Booklet(4) Mental Well-being

September 2016

S4 – Concepts and Framework

Booklet (1) Personal development

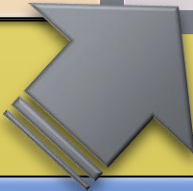
Booklet (2) Health and well-being

S4 – Holistic Health

Booklet (3) Physical

Booklet (4) Mental

Booklet (5) Social



S5 – Macro Level

Health Management

Booklet (6) (8) (9) (10)

Social Care

Booklet (7) (11)

Round-up : Booklet(13) Health and Social Care Policies

Learning Targets

Values and attitudes

- Demonstrate a commitment to the promotion of personal health and a **healthy lifestyle**
- Encourage and support others in making decisions for healthier lifestyles

Skills

- Acquire skills for **stress management**
- Explore how to enhance personal mental health

Knowledge

- Understand the importance of **mental health** and describe the characteristics of an emotionally healthy person
- Analyze the **factors** that influence the mental health of individuals
- Identify the **main types** of mental health **disorders**
- Analyse the factors that lead to the prevalence of **mental health problems in the community**

4.2 Mental Health

Curriculum and Assessment Guide

Topic 5 - Health Promotion and Maintenance and Social Care in Action

05C Mental health as a personal predicament and as linked to the social context

■ ***5C1. The importance of mental health and the characteristics of an emotionally healthy person***

➤ ***To understand the importance of mental health and describe the characteristics of an emotionally healthy person***

Management of Mental Health

Booklet (4)

What does it mean to be mentally healthy?
How can we maintain our mental health?

Mental
Disorders

Mental
Health

4.1 Stress

4.3 Mental Disorders
4.4 Problems and
Crisis of Mental
Patients
4.5 Mental Health
Service

4.2 Mental Health

Mental Health

a state that allows an individual to recognize his/her potential, being able to cope with stress in normal life and work effectively and contribute to society

Physical Aspect

free from **diseases** related to the **central nervous system**, and other diseases that **affect one's emotions or thinking**

Mental Aspect

able to understand himself/herself, meet the needs of daily life and achieve personal ideals, preventing **stress** and torment, which can be brought on by **irrational thoughts**, as well as to develop a **healthy self-concept**

Social Aspect

able to **adapt** to the social environment, understanding the society and social **culture**, recognize the **social expectations** on him/her, strive to fulfil his/her **roles and responsibilities**, as well as contribute to society



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Biological
Perspective

Psychological
Perspective

Social / Cultural
Perspective

4.2A Factors that influence mental health

Curriculum and Assessment Guide

Topic 5 - Health Promotion and Maintenance and Social Care in Action

05C Mental health as a personal predicament and as linked to the social context

■ 5C2. Factors that influence the mental health of individuals

➤ To analyse the factors that influence the mental health of individuals and lead to the prevalence of mental health problems in the community

4.2A Factors that influence mental health

Biological Perspective

mind and body are connected as a holistic system – physical health affects mental health (including emotions)

Neuroscience :
emotions and memory are managed by brain

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Psychological Perspective

Management of emotion affected by the experience in personal development
(Booklet1)

Self-concept developed in early stages of life
(Booklet1)

Social Perspective

Social systems such as family, community, society and culture
(Booklet 1)

Social / economic changes
Social security/welfare system (Booklet 7,11)

4.2B How do we maintain good mental health?

Curriculum and Assessment Guide

Topic 5 - Health Promotion and Maintenance and Social Care in Action

○ 5C Mental health as a personal predicament and as linked to the social context

■ 5C8. Ways to maintain good mental health: positive self-image, social support, stress management etc

9 ***➤ To explore how to enhance personal mental health***

4.2B How do we maintain good mental health?

Aspect	Examples for Illustration
Physical	<ul style="list-style-type: none">● Sleep : people will be more relaxed as the secretion of adrenal cortisol is reduced at night● Exercise: secretion of endorphins in aerobic exercises, which relieve pain, help one to relax and produce a sense of well-being● Diet : Caffeine and nicotine affect the nervous system
Mental	<ul style="list-style-type: none">● EQ -ability to identify and express feelings and control emotions properly● Emotions come from personal belief. psychological distress comes from irrational beliefs. A-B-C Model is one of the theories. 'A' stands for Activating Events. 'B' stands for Beliefs. 'C' stands for Consequent Emotions.● Appropriate humour
Social 10	<ul style="list-style-type: none">● During times of crises, social networks become an important resource for solving the problems● For details, refer to Booklet (7)Social Support Network

4.1 Stress

Curriculum and Assessment Guide

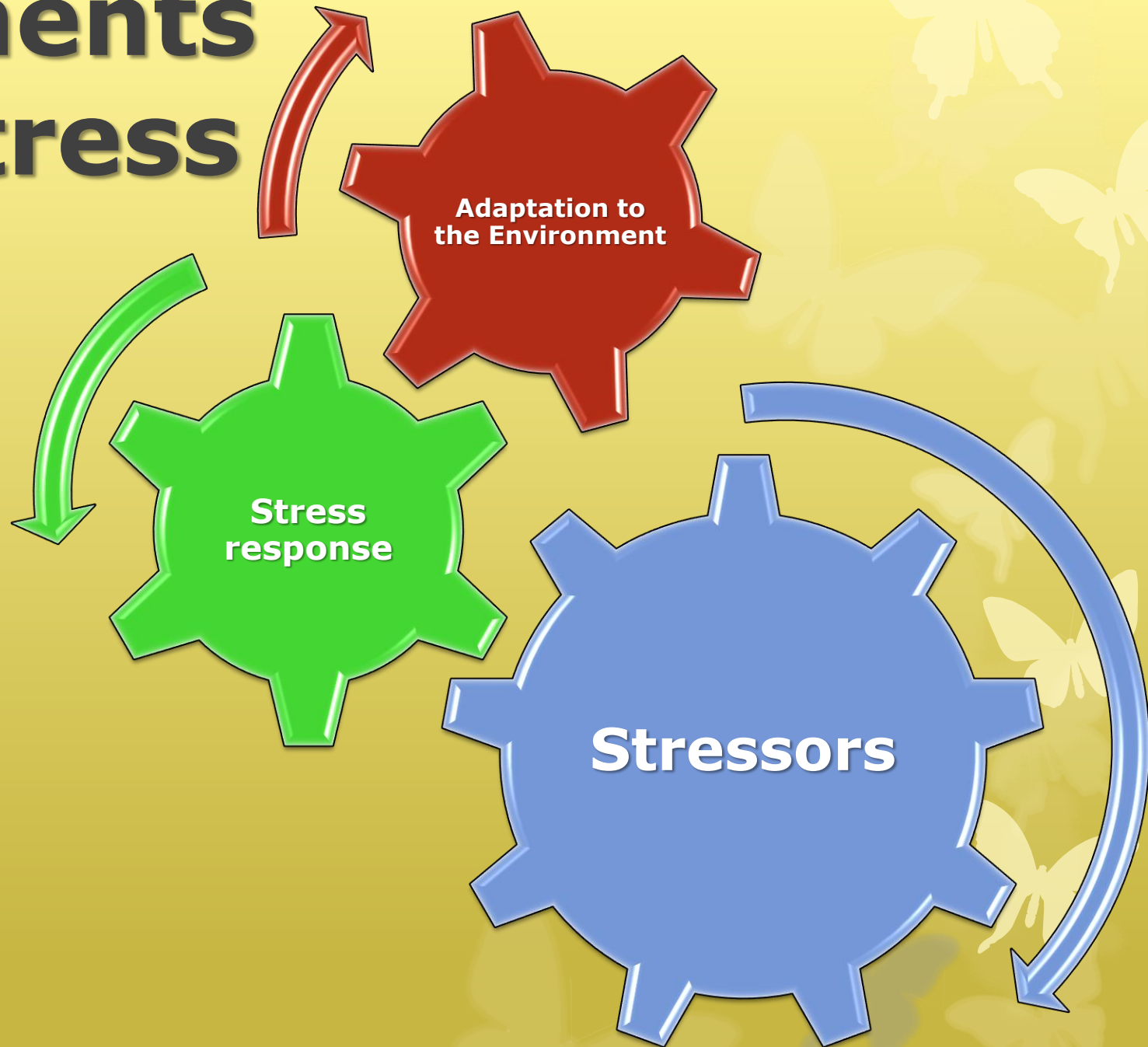
Topic 5 - Health Promotion and Maintenance and Social Care in Action

○ *5C Mental health as a personal predicament and as linked to the social context*

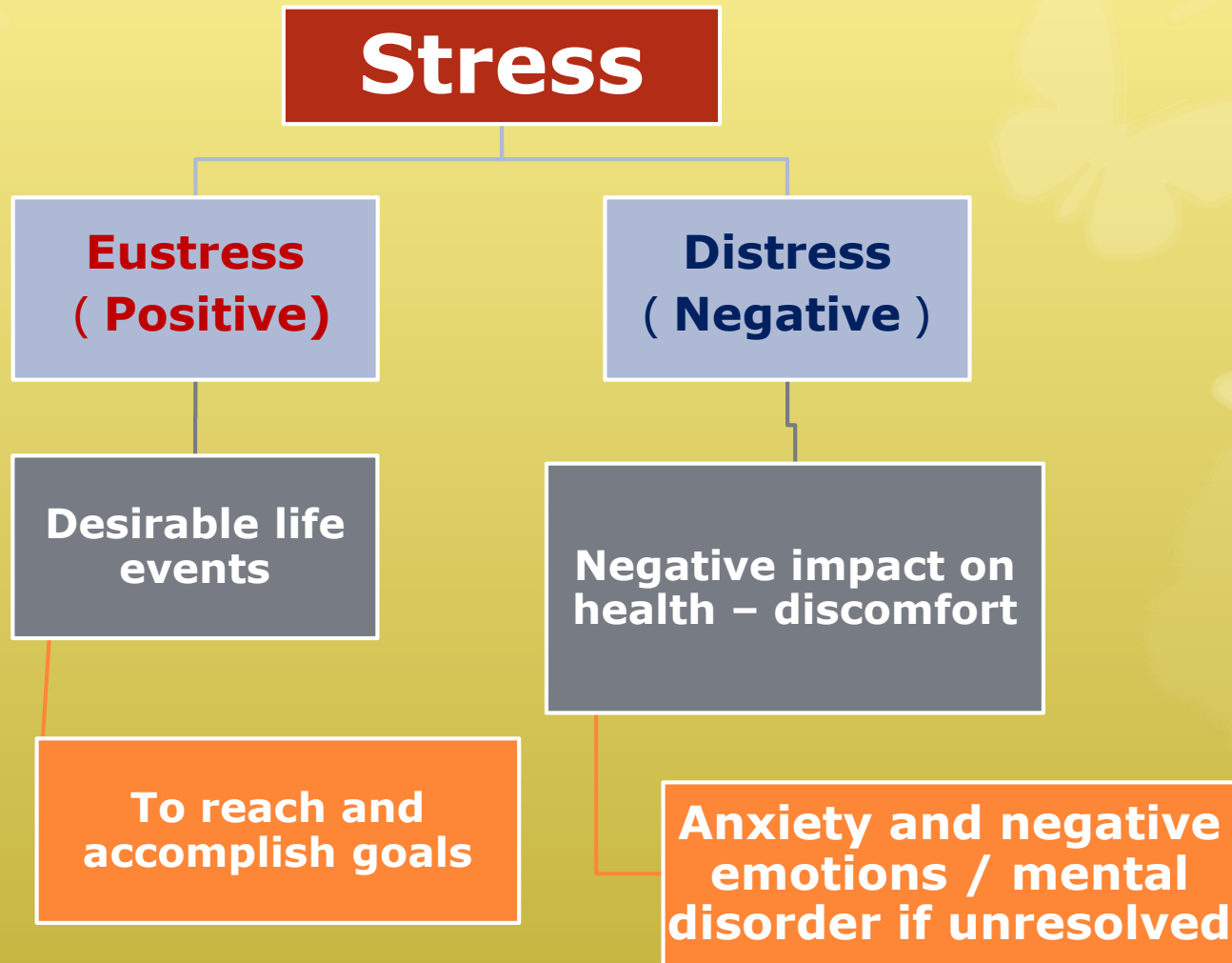
■ *5C3. Stress*

- *What is stress?*
- *Types of stress: eustress (positive stress) and distress (negative stress)*
- *Stressors (causes e.g. work, studies)*
- *Stress reaction*
- *Strategies for coping with stress*
- *To acquire skills for stress management*

Elements of stress



Understanding Stress



Stressors

➤ Stimuli from our environment

Disastrous Events

- Plane crash (Malaysia Airlines / TransAsian Airways, Taiwan)
- Earthquake / nuclear disaster in Japan

Life events

- Marriage
- Death of a close family member
- Personal injury or illness

Physical environment

- Noise pollution and crowded living conditions
- Work pressure (long working hours/ heavy work load / nature of work)

Booklet 1.6 : Life events

- **life experiences** or **events** that have **positive** or **negative** effects on **personal development**

Anticipated

- Childhood and adolescence : education
- Adulthood : employment \ change of job \ promotion and resignation
- Elderly : retirement

Unanticipated

- Illnesses leading to disabilities
- Separation and reunion
- Bereavement



Personal
development

Stress Reaction

Psychological reaction

- personal thoughts and emotion: how an individual perceives favourable or unfavourable turns, i.e. the feeling of tension

Behavioural reaction

- behaviours associated with stress-related responses such as nail biting, eye blinking, and body movements such as pacing

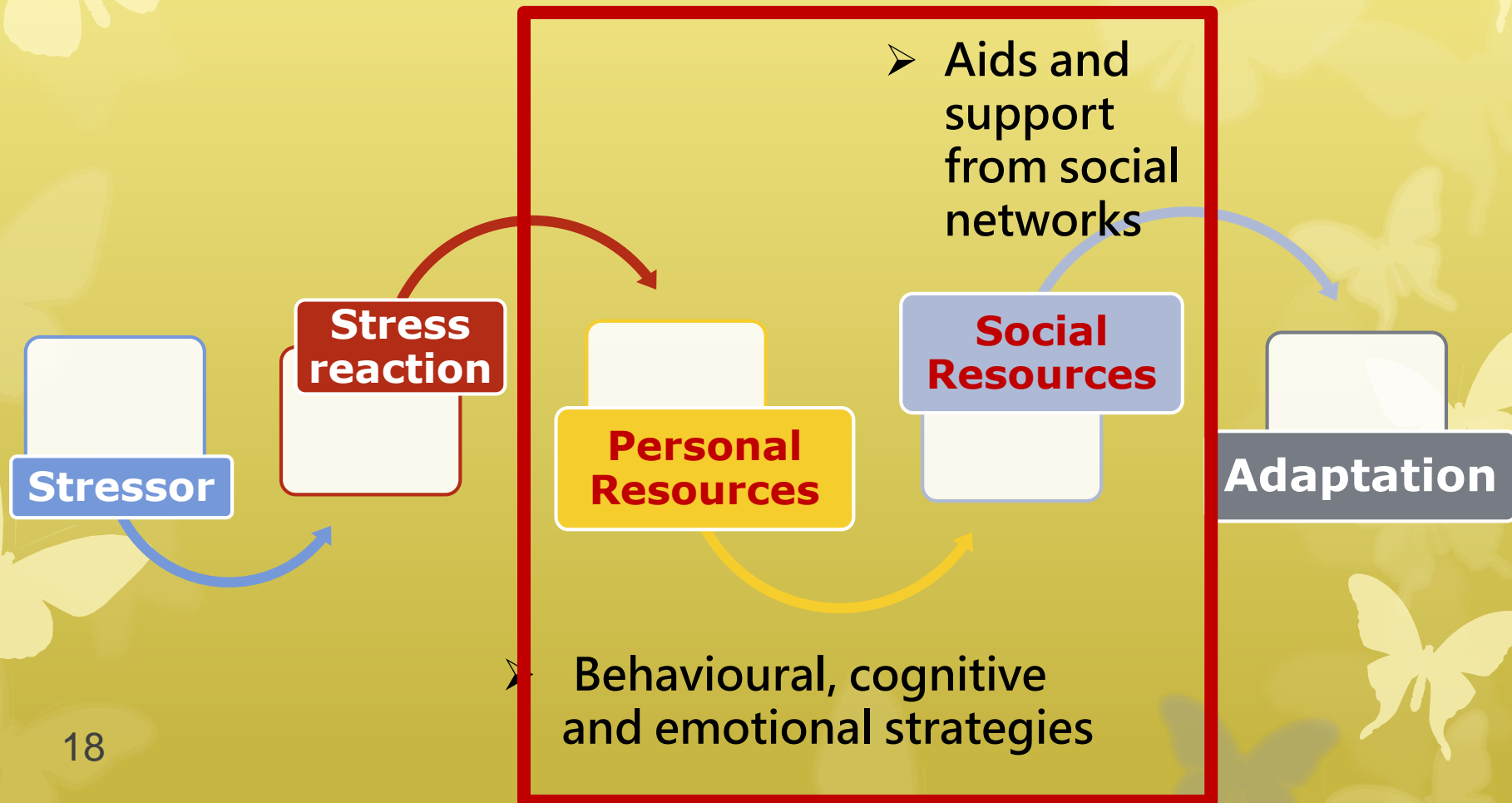
Physiological reaction

- heavy breathing, trembling, perspiration and muscle tension

4.1B B. Impacts on Health

Aspect	Impact
Physical	<ul style="list-style-type: none">● May lower the body immunity which increases the risk of contracting infectious disease● May increase gastric acid production which leads to stomach ache● May use a number of health risk behaviors such as smoking, drug abuse, or overeating to relieve stress and solve problem temporarily
Mental	<ul style="list-style-type: none">● Thinking and memory reaction - excessive stress causes deterioration in memory and concentration● Emotional reaction -Fear /Grief and depression/Burn out/Anger
Social	<ul style="list-style-type: none">● changes the ways in which people interact, e.g. mutual help in a disaster● anger and rage that are caused by stress may trigger attacks or different forms of family violence

How does an individual adapt to the environment?



Stress Management Strategies

Coping with problem

- Directly dealing with stressors
- Searching for information
- Applying decision-making skills / problem solving skills
- Social support

Coping with emotion

- Learning to accept the unchangeable fact
- Relieving emotion: use of strategies such as crying, yelling or positive humour
- Use of cognitive strategies / positive thinking

Stress Management (Personal Resources)

Reducing the influences of stressors

Social support
(self-esteem, information, friendship, physical support) (**Booklet 7**)

Personality
(Perceived control of the environment and resilience) (**Booklet 1,4**)

Dealing with stress responses

Enough rest and sleep
(**Booklet 3,4.2B**)

Relaxation exercises, sports and leisure activities (**Booklet 3,4.2B**)

Coping strategies

Dealing with Problems - adaptation to strain (**3rd stressor**)

Dealing with Emotions
(**Booklet 1 - positive thinking**)

4.3 Mental Disorders

Curriculum and Assessment Guide

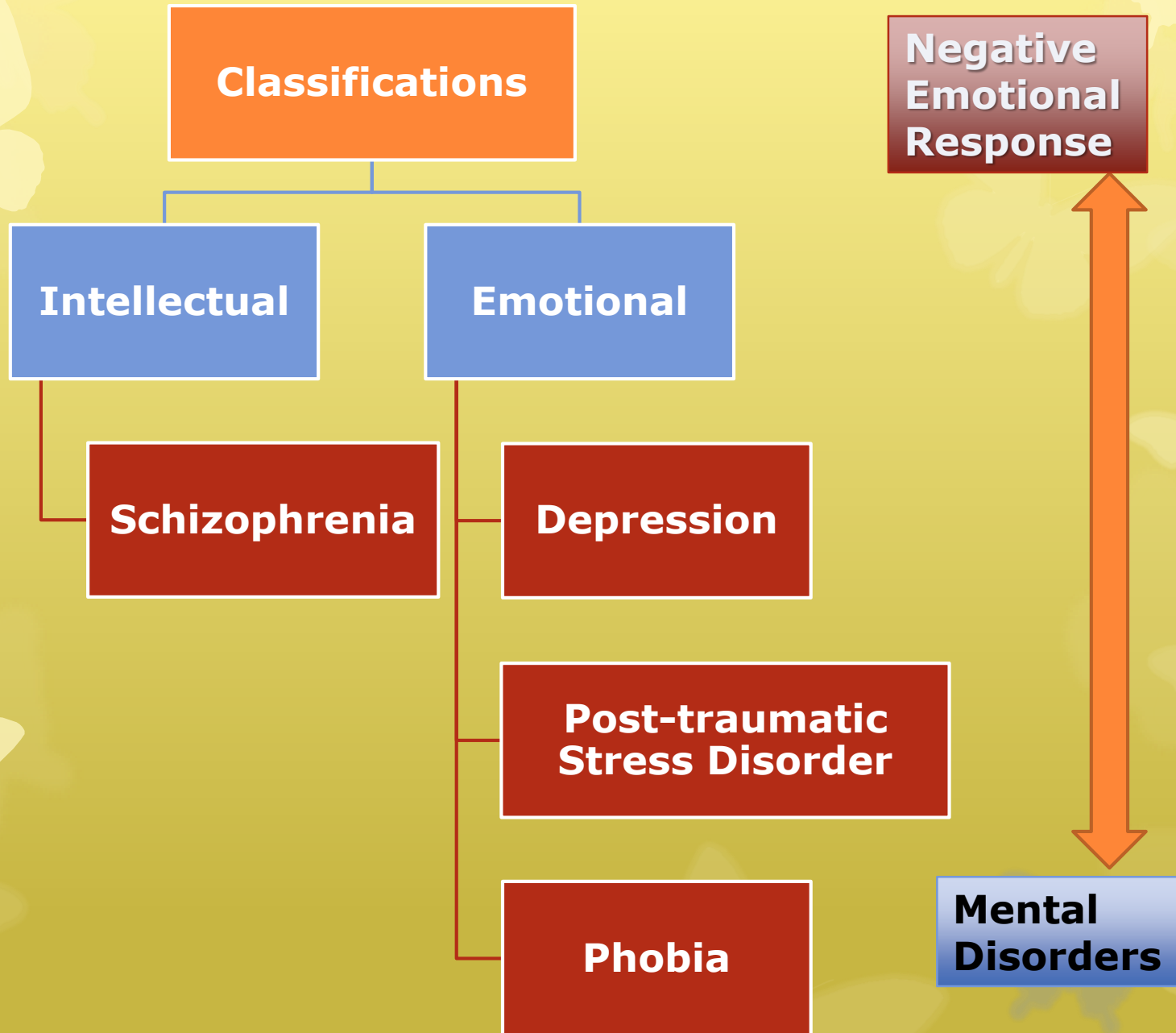
Topic 5 - Health Promotion and Maintenance and Social Care in Action

○ *5C Mental health as a personal predicament and as linked to the social context*

■ *5C4. Some types of mental problems/disorders: depression, phobias, Post-traumatic Stress Disorder, schizophrenia etc.*

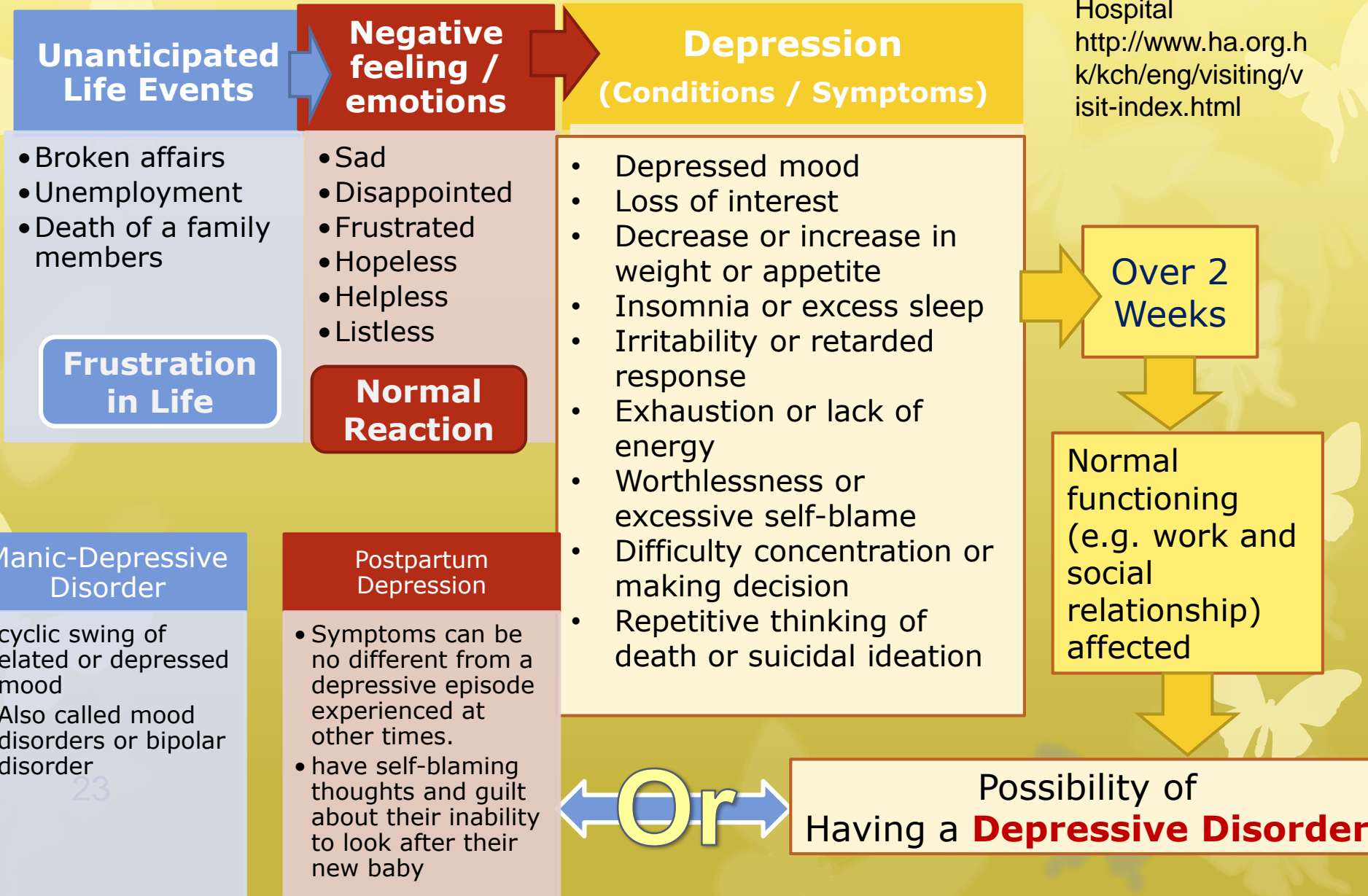
➤ *To identify the main types of mental health disorders*

Major Mental Disorders



4.3B Depression

Reference
 Depression' – by
 Kwai Chung
 Hospital
<http://www.ha.org.hk/kch/eng/visiting/visit-index.html>



Phobia

Phobia is

- excessive or irrational fear
- to a particular object or situation (e.g. flying, heights, animals, receiving an injection, seeing blood, etc...)

Suffering Phobia

- intense emotional responses
 - a panic attack - e.g. palpitation, trembling, chest discomfort, shortness of breath
- recognizes that the fear is excessive or unreasonable but is unable to control it
- do whatever one can to avoid the feared situation or object

Consequence

- disrupt a person's daily routines, work efficiency (e.g. a person with phobia of flying avoids traveling altogether), and/or social relationships

Reference

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'Phobia' – by Kwai Chung Hospital

<http://www.ha.org.hk/kch/eng/education/leaflet/phobia.pdf>

Post-traumatic Stress Disorder (PTSD)

- *Booklet 1 – Unanticipated Life Events*
- *Booklet 4 – Stressor*

Traumatic event

- event of injury or death to the individual or another

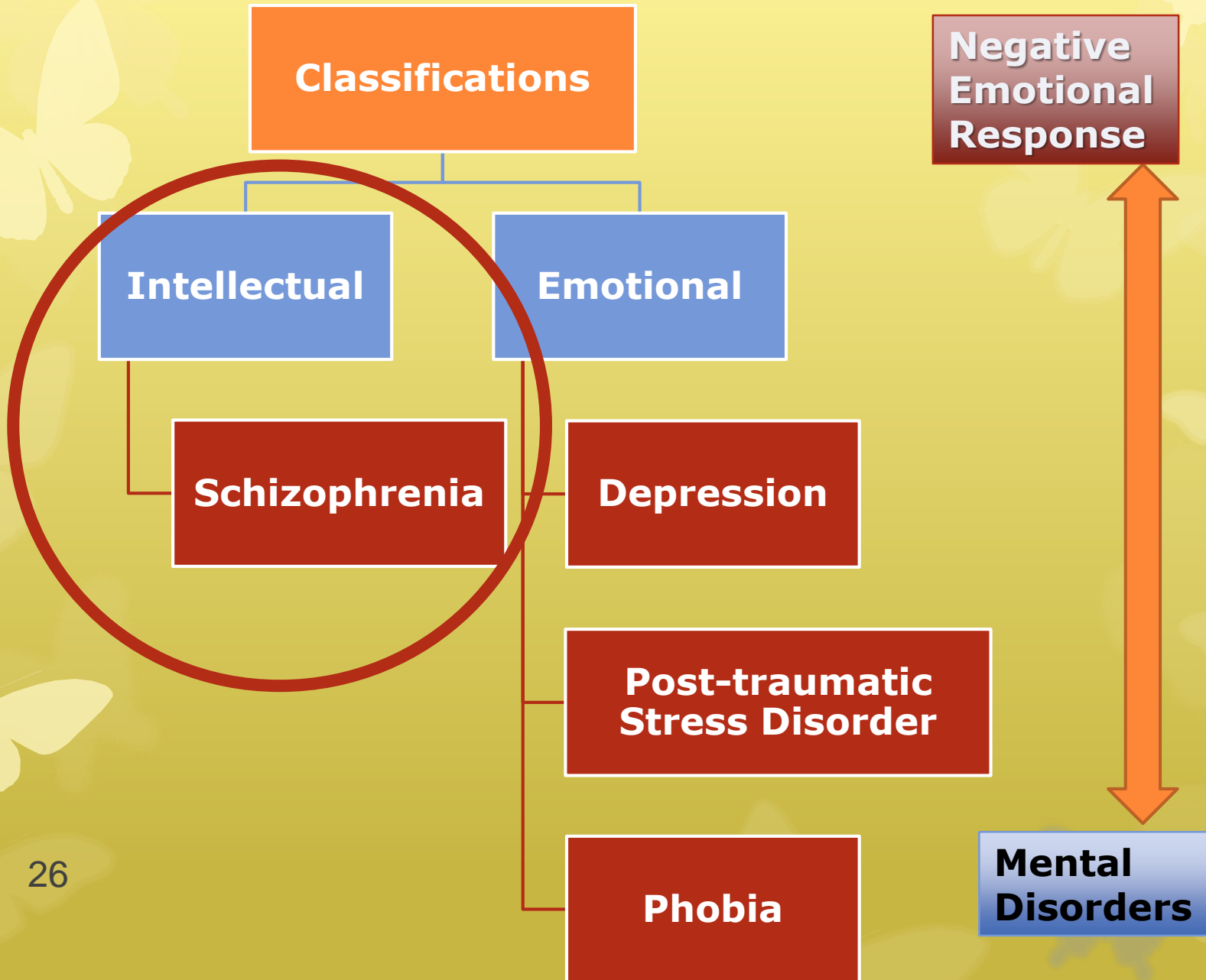
Trigger responses

- perceives the traumatic event as life threatening, unpredictable, infrequent and with intense emotions
- fear, helplessness or horror

Mental health

- Mild : feeling upset/behavioral changes
- Moderate : persistent insomnia and anxiety
- Severe : psychiatric disorders (e.g. PTSD, depression)

Major Mental Disorders



Schizophrenia

Symptoms

Positive

delusion (false beliefs or beliefs derived from deception), thought disorder (illogical thinking, others simply don't understand his/her meaning), hallucinations and strange behavior

Negative

social withdrawal, difficulties in communicating with others, loss of interest towards the surroundings, lack of motivation, slow thinking processes, difficulties in expressing emotions

4.4 Problems and Crisis of Mental Patients

Curriculum and Assessment Guide

Topic 5 - Health Promotion and Maintenance and Social Care in Action

○ *5C Mental health as a personal predicament and as linked to the social context*

- *5C5. Social isolation / exclusion and mental illness*
- *5C 6. Possible impact of poor mental health and stress:*
 - *Suicide*
 - *Productivity / efficiency loss,*
 - *Burden on family members*

Discrimination and isolation

Labelling

prone to violence and suicide

unpredictable behaviour

inability to make rational decisions

Negative Impacts

Discrimination / unfair treatment to patients

The patients isolate themselves / social isolation

Patients may conceal their case history and hinder early diagnosis of the problem / treatment / have higher risk of relapse

Suicide

Parasuicide

- Not have intention to terminate the life
- Intend to seek help in pain and frustration
- A signal of seeking help when a problem arises

Signs (feeling stressed and depressed)

- Making a direct statement about killing themselves/
- Loss of interest in personal appearance/
- Family and social withdrawal/
- Concentration on issues related to death (etc.)

Suicide prevention

- Be aware of the suicide prevention hotlines
- Knowing how to deal with people who are frustrated
- Establishing a support network
- Be alert and knowing how to deal with warning signs

Productivity / efficiency loss

→ **Financial Burdens**

Work

- Difficulties in earning a living under the stigma of mental illness
- Termination of employment due to relapse and frequent medical appointments

Medical Treatment

- Need extra resources in supporting long-term medical treatment

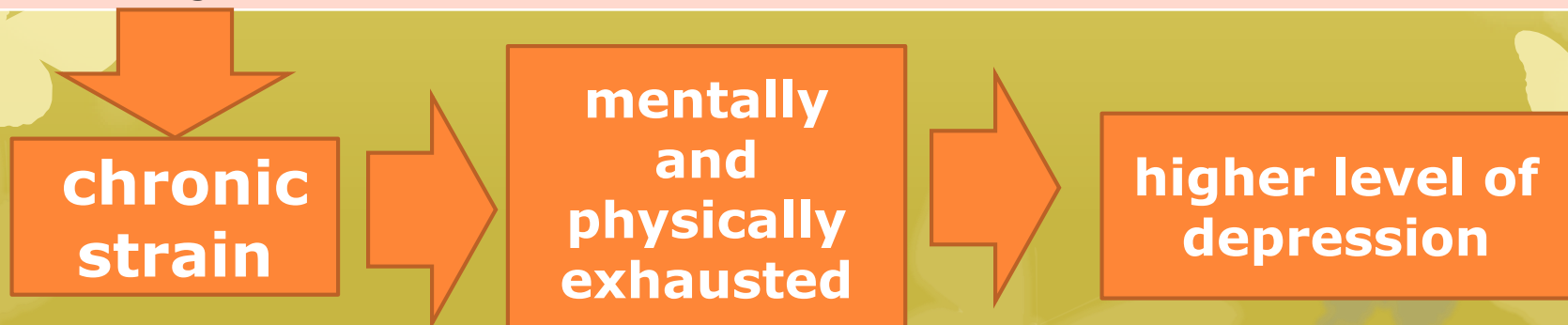
Carers

- Some carers may have to quite the jobs to take care of the patients. This creates financial burden for the family

Impact on care givers and family members

Problems and Needs of carers and family members

- May quit jobs to take care of the mental patients
 - ▣ No income and rely on subsidies from the government to support the living
- Living with the patients
 - ▣ communicate and solve the conflicts between the patients and family members
 - ▣ frequent contact with the patients and worries about the progress of rehabilitation
- Taking care of different needs of the patients
 - ▣ if the caregiver takes care of the patient on their own, they have to deal with the stress alone
 - ▣ search for support services and information on the disorder and the related treatment
- Tackling discrimination



4.5 Mental Health Services

Curriculum and Assessment Guide

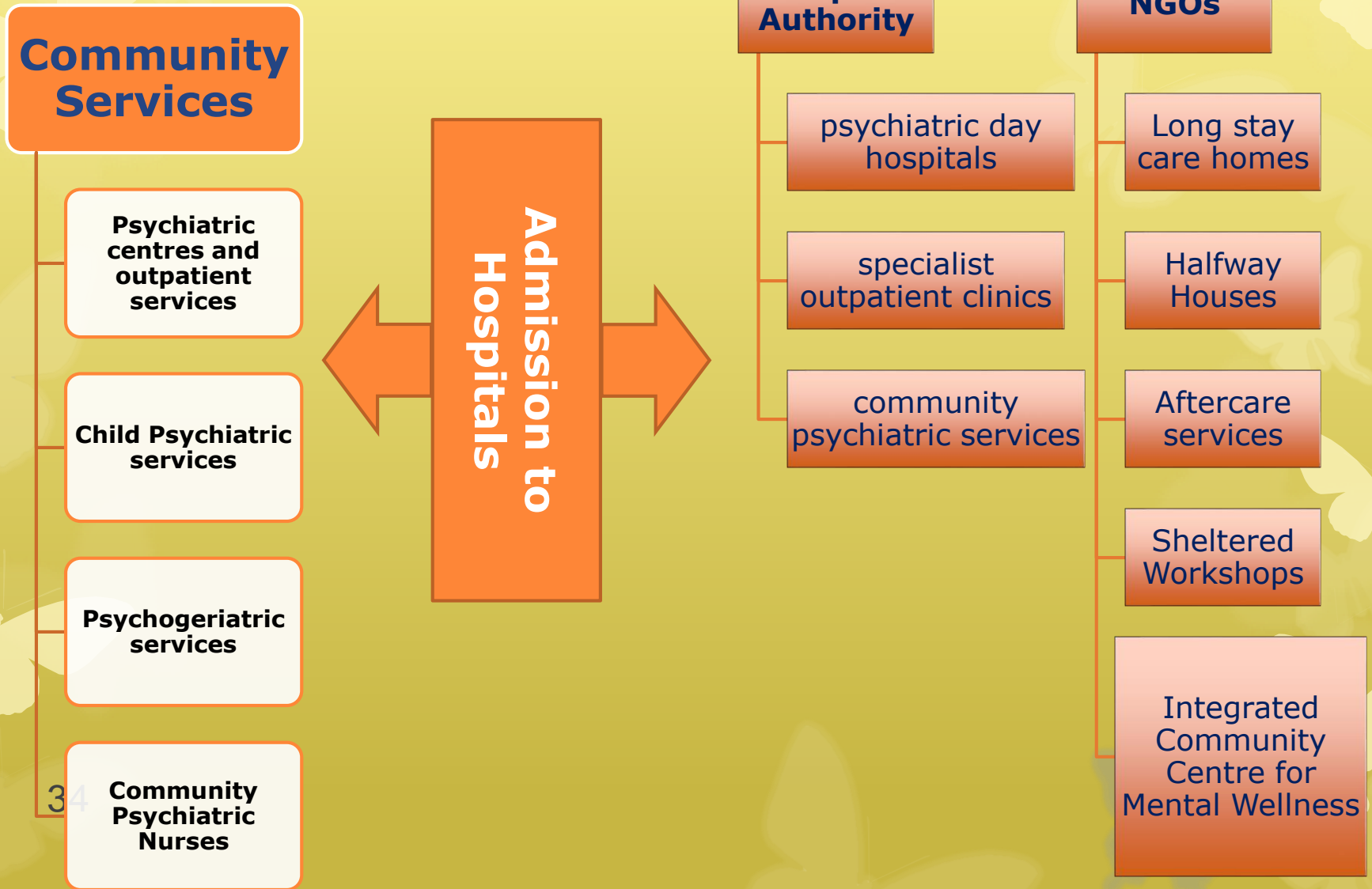
Topic 5 - Health Promotion and Maintenance and Social Care in Action

○ *5C Mental health as a personal predicament and as linked to the social context*

■ **5C7.** Mental health services:

- Deinstitutionalization
- Rehabilitation service
- Family care and support
- Integration into the community
- To explore how to enhance personal mental health

Treatment & Rehabilitation



Insitutionalisation

	Highlights
Reasons	<ul style="list-style-type: none">● Hospitalized until the condition becomes stable with the control of medication● When the condition of patient is worsening, or if it is feared that he/she will harm himself/herself or others● Criminals with mental disorders
Problems	<ul style="list-style-type: none">● Dependency and social withdrawal due to institutionalisation● <i>Long-term hospitalization may result in adverse impacts on the treatment and rehabilitation of the patients. Patients may encounter adaptation problems when they reintegrate into society after long term segregation.</i>
Solution	<ul style="list-style-type: none">● Release of hospitalized patients into the community● Adequate provision of alternative psychiatric services in the community● Prevention of subsequent re-admission into hospital

Deinstitutionalization

Pros

- It is beneficial to mentally ill patients to stay in the community as they could enjoy closer contact with their families and the community
- *Long-term hospitalization may result in adverse impacts on the treatment and rehabilitation of the patients. Patients may encounter adaptation problems when they reintegrate into society after long term segregation.*

Cons

- If the community is not well-prepared for accepting the mentally ill patients to live in the community, the negative labelling may frighten the patients and eventually lead to social withdrawal.
- They may encounter problems or even suffer a setback when they are searching for jobs, receiving education, finding accommodation and engaging in social activities

Family care and support

○ **Communication skills**, such as:

- Treating the patients with respect
- More understanding, acceptance and tolerance on the disability / listening instead of blaming
- Identifying the slight improvement to give encouragement

○ **Services for family members and carers**

- Related publication and seminars to enhance the understanding of mental illness
- Counselling: dealing with emotions and stress
- Counselling / Group work : communication skills, stress management and interest groups

Integration into the Community

○ Community Support

➤ Financial Assistance

- Examples: cash allowance, subsidy for purchasing services

➤ Employment Support

- Example: Shelter Workshop

➤ Residential Care

- Examples: Halfway House, Long-term Care Home

➤ Social Support

- Example: Integrated Community Centre for Mental Wellness – social and recreational activities

➤ Psychological Support

- Examples: counselling / therapeutic groups

○ Public education(Including **Health Management and Social Care**)