

MENTAL WELLNESS

Empowering through compassion, presence
and understanding

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Overview

- Meaning
- Importance
- Causes
- Effects
- Most Common Mental Health challenges among Sisters
- Signs and Symptoms
- Intervention
- The healing journey
- What AAC: SS Counseling Hub does

Meaning of mental health

“State of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” (WHO)

Holistic Well-being

Emotional, Psychological and Spiritual
balance

Importance of Mental Health



Mental health is one of the greatest assets one possesses. It helps focus at all that you do, overcome obstacles, get along with the others stay healthy

It is how successfully one uses the mental faculty; including emotional, psychological, spiritual, and social well-being (affects how we think, feel and act).

Maintaining a healthy and fulfilling relationship with ourselves, others and God.

- How we handle stress and anxiety, and make healthy choices.

Causes of mental health challenges:

These stem from a variety of factors, both individual, communal and systemic.

- ▶ **Unresolved Trauma and grief:** Past experiences of abuse or neglect, Childhood woundedness and loss.
- ▶ **Frustration:** Ministerial, communal, family, unfulfilled dreams
- ▶ **Loneliness:** Lack of close personal relationships and lack of trust
- ▶ **Rigidity & Leadership Dynamics:** Having no say in decisions & assignments given.
- ▶ **Work related stress and Burnout:** Lack of enough balance in spirituality & apostolic demands; Heavy workload
- ▶ **Cultural and Generational Gaps:** Intercultural tensions and age differences
- ▶ **Genetic Vulnerability**

Effects

Mental health issues carry along Guilt and shame

Due to stigma it leads to

- ▶ Pressure to Hide the Truth of what one feels
- ▶ Lack of trust
- ▶ Reduced attention
- ▶ Low performance
- ▶ Community conflicts (Whispers, rumors, or judgments)
- ▶ Isolation and silence
- ▶ Suicide ideation
- ▶ Physical ailments (somatic)

The Most Common Mental Health challenges among Sisters

- ▶ Depression
- ▶ Anxiety
- ▶ Compassion Fatigue: Service beyond self care
- ▶ Post-Traumatic Stress Disorder (PTSD)
- ▶ Identity and Existential Crises: Questions of meaning in faith, mission, sense of belonging.
- ▶ Sleep Disorders: Due to stress, crisis/problems in family of origin
- ▶ Suicide ideations

Signs and Symptoms

The signs can be emotional, social, behavioral, cognitive or spiritual,

- ▶ Unexplained Silence
- ▶ Irritability and Mood swings
- ▶ Withdrawal/ Emotional numbness or detachment
- ▶ Anxiety, constant worry and restlessness.
- ▶ Loss of spiritual joy or sense of purpose
- ▶ Refusal to engage in ministry
- ▶ Difficulty concentrating
- ▶ Memory issues
- ▶ Excessive spiritual exercises
- ▶ Misuse of drugs and alcohol

Practical interventions and support



Model Vulnerability

Share testimonies of faith and therapy



Reflective Listening

Help one feel heard and listened



Spiritual Practices

Incorporate prayer and counselling



Professional Collaboration

Bridge to clinical care

The Healing Journey

Willingness
Openness to seek help

Community
Give support and safe environment



Rediscovery
Reconnecting: faith and purpose

Building
Developing emotional and spiritual tools for wellness

Self-Care:

A self-help plan to promote wellness.



Self-Assessment

Recognize your own wellness state



Emotional Awareness

Understand how your role affects your well-being



Replenishment

Maintain yourself as a well-spring of hope



- ✓ Praying and meditating about your life
- ✓ Link with nature to find meaning and purpose in life
- ✓ Adequate Sleep
- ✓ Eating healthy
- ✓ Regularizing your life as much as possible.
- ✓ Regular exercises (walk)
- ✓ Seeking help and assistance when you need.

Counseling Hub network's initiatives

Bringing together psychosocial trained sisters to foster professional development and a forum for;-

- Collaboration to address mental Health issues
- Working together to address emerging and pressing societal issues.
- Religious congregation who need services
- Offer psychosocial support to families and children
- Serve as a consultative site for Psychosocial counselors

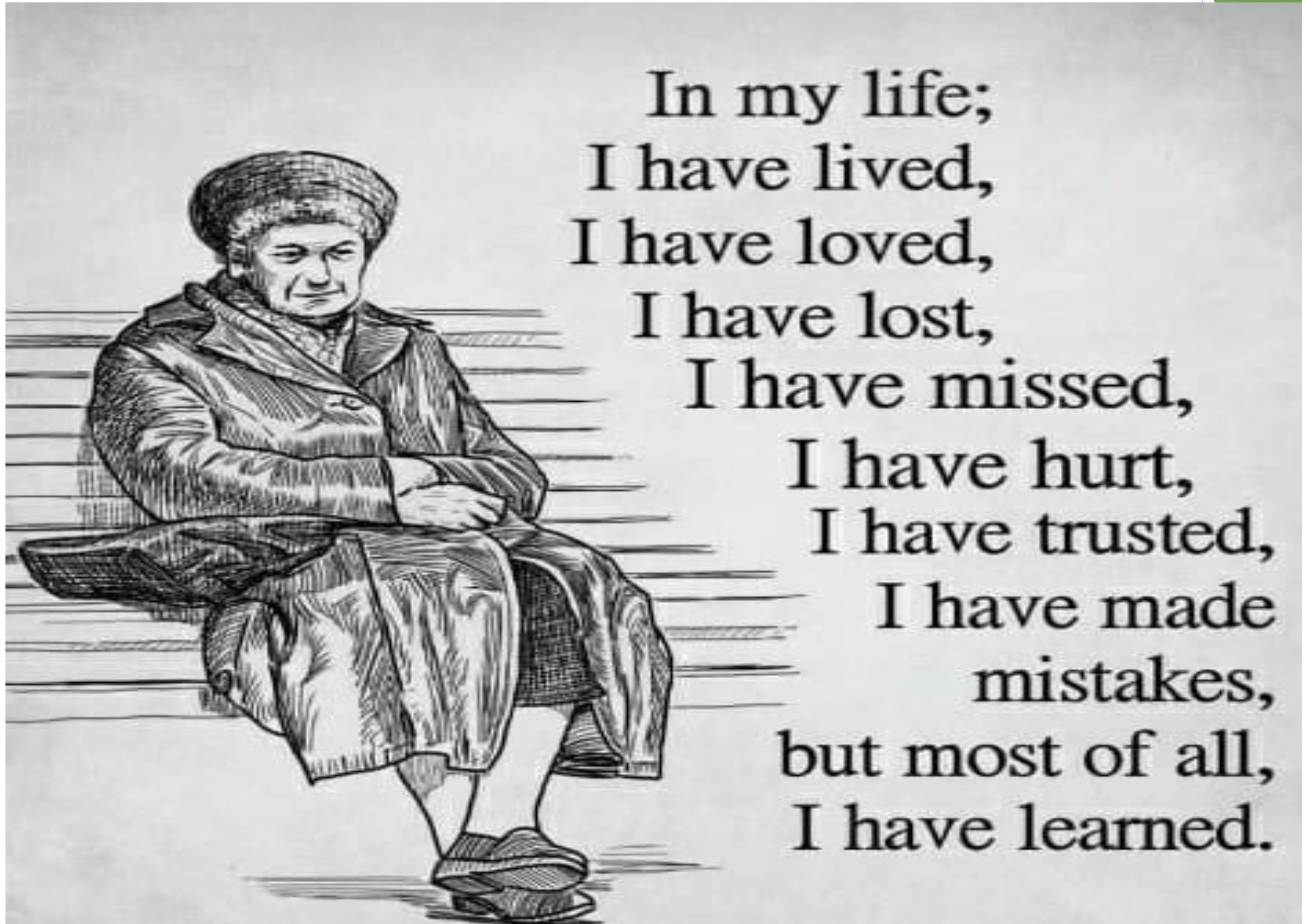
Counseling Hub activities

We are available and committed to promote wellness to all.

- ▶ Provides a safe and non judgmental environment that foster a culture of positivity, resilience and holistic well-being.
- ▶ Working with the religious associations to promote mental health and offer counseling services
- ▶ Working with individual Religious congregations
- ▶ Offer seminars and workshop to schools, groups, and religious communities
- ▶ Offer psychotherapy to individuals, groups, families and communities

We allow every person to be; to be listened and supported as they face their own journey and grow

Best attitude



“Break the silence, stop stigmatizing mental health and be a sister to your sister”

THE END

THANKS YOU