

Alleviating Depression and Anxiety through Wellness Promotion



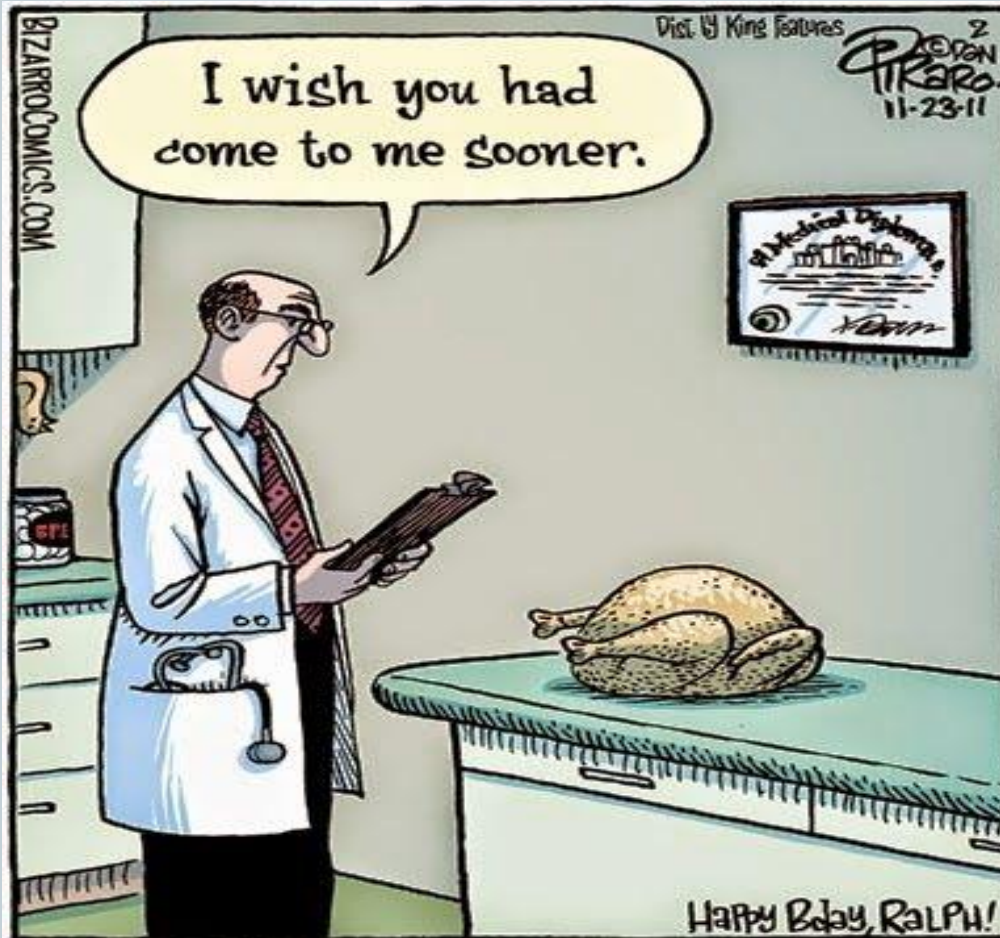
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Public Health Approach



- Mental Health is a public health issue
- Focus on prevention
- Treat environmental and social issues in addition to individual symptoms
- Use large-scale approaches that reach hundreds of students at once

Prevention Pays



WHY take a Public Health Approach?



National NCHA 2015

- 35% felt so depressed it was difficult to function
- 57% felt overwhelming anxiety
- 9% seriously considered suicide

The Wellness Challenge



4 weeks of engaging in wellness practices based on weekly themes of:

- Physical Wellness
- Emotional Wellness
- Spiritual Wellness
- Social Wellness

Participants



- In 2015, 149 participants completed the Wellness Challenge!
 - 110 Students
 - 36 Staff
 - 3 Faculty

Student body of 1,800

- This year we had 220 participants – 12% of student body!

Participant Comment



“Actively pursuing the goal of taking care of myself is a clear signal to myself that I'm worth something-- while the various activities were incredibly helpful in their own ways, I think overall just saying to myself that I'm worth spending my own energy on is incredibly powerful.”

Participant Comment



- *I generally felt better, more well, during the past month than the majority of my time at the College.*

Emotional Wellness



- Self-compassion
- Set a personal goal
- Self-care “me time”
- Re-think a failure
- Get support
- Laughter yoga class



Spiritual Wellness



- Mindfulness practice
- Prayer or Loving Kindness practice
- Attend a service or talk to a spiritual advisor
- Practice generosity/giving/altruism
- Reflect on meaning
- Practice forgiveness



Physical Wellness



- Power poses
- Improve sleep habits
- Aerobic exercise 10-min/day
- Breathing exercises/workshop
- Wellness or fitness class
- Eat “brain food”



Social Wellness



- Express gratitude and appreciation
- Be friendly to the people you encounter
- Touch: massage, dog program, hug
- Give your undivided attention and support
- Make a memory – do something fun
- Communicate positively



Social Wellness



Participant Comment



“I can only perform to my highest potential when I am being kind to my mind and body.”

“I learned how much attending to these aspects of wellness make me a happier and more productive person.”

Participant Comment



“I realized that there are many interesting ways to help us feel much better about ourselves and thus we are better to people around us so everyone benefits. Plus they are fun and you feel like you're doing something that is RIGHT.”

PHQ-9



Over the last 2 weeks, how often have you been bothered by any of the following problems?

Not at all Several days More than half the days Nearly every day

Use “✓” to indicate your answer

1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself, or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

GAD-7 Measures



Over the last 2 weeks, how often have you been bothered by the following problems?

(Use “✓” to indicate your answer”

Not at all Several days More than half the days Nearly every day

1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3