

**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**

**PG AND RESEARCH DEPARTMENT OF FOODS AND NUTRITION**

**CLASS: I B.Sc NUTRITION, FOOD SERVICE MANAGEMENT AND DIETETICS**

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**SUBJECT NAME: WOMEN'S HEALTH AND WELLNESS**

**SYLLABUS**

**UNIT-IV**

**Mental - Common mental health problems - Depression, Anxiety and coping with Stress,  
Strategies to improve mental health- learning new skills and hobbies.**

## **MENTAL HEALTH**

Mental health includes 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 healthy choices.

### **SEVEN TYPES OF MENTAL**

- ❖ Anxiety Disorders. ...
- ❖ Depression. ...
- ❖ Bipolar Disorder. ...
- ❖ Post-Traumatic Stress Disorder (PTSD) ...
- ❖ Schizophrenia. ...
- ❖ Eating Disorders. ...
- ❖ Disruptive behavior and dissocial disorders. ...
- ❖ Neuro developmental disorders.

### **ANXIETY DISORDERS**

In 2019, 301 million people were living with an anxiety disorder including 58 million children and adolescents (1). Anxiety disorders are characterised by excessive fear and worry and related behavioural disturbances. Symptoms are severe enough to result in significant distress or significant impairment in functioning.

### **DEPRESSION**

Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities, for most of the day, nearly every day, for at least two weeks. Several other symptoms are also present, which may include poor concentration, feelings of excessive guilt or low self-worth, hopelessness about the future, thoughts about dying or suicide, disrupted sleep, changes in appetite or weight, and feeling especially tired or low in energy. People with depression are at an increased risk of suicide.

## **Bipolar Disorder.**

People with bipolar disorder experience alternating depressive episodes with periods of manic symptoms. During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities, for most of the day, nearly every day. Manic symptoms may include euphoria or irritability, increased activity or energy, and other symptoms such as increased talkativeness, racing thoughts, increased self-esteem, decreased need for sleep, distractibility, and impulsive reckless behaviour. People with bipolar disorder are at an increased risk of suicide.

## **POST-TRAUMATIC STRESS DISORDER (PTSD)**

The prevalence of PTSD and other mental disorders is high in conflict-affected settings. PTSD may develop following exposure to an extremely threatening or horrific event or series of events. It is characterised by all of the following: re-experiencing the traumatic event or events in the present (intrusive memories, flashbacks, or nightmares); avoidance of thoughts and memories of the event(s), or avoidance of activities, situations, or people reminiscent of the event and persistent perceptions of heightened current threat. These symptoms persist for at least several weeks and cause significant impairment in functioning. Effective psychological treatment exists.

## **SCHIZOPHRENIA**

Schizophrenia affects approximately 24 million people or 1 in 300 people worldwide. People with schizophrenia have a life expectancy 10-20 years below that of the general population. Schizophrenia is characterised by significant impairments in perception and changes in behaviour. Symptoms may include persistent delusions, hallucinations, disorganised thinking, highly disorganised behaviour, or extreme agitation. People with schizophrenia may experience persistent difficulties with their cognitive functioning. Yet, a range of effective treatment options exist, including medication, psychoeducation, family interventions, and psychosocial rehabilitation.

## **EATING DISORDERS**

Eating disorders, such as anorexia nervosa and bulimia nervosa, involve abnormal eating and preoccupation with food as well as prominent body weight and shape concerns. The

symptoms or behaviours result in significant risk or damage to health, significant distress, or significant impairment of functioning. Anorexia nervosa often has its onset during adolescence or early adulthood and is associated with premature death due to medical complications or suicide. Individuals with bulimia nervosa are at a significantly increased risk for substance use, suicidality, and health complications.

## **DISRUPTIVE BEHAVIOUR AND DISSOCIAL DISORDERS**

This disorder, also known as conduct disorder, is one of two disruptive behaviour and dissocial disorders, the other is oppositional defiant disorder. Disruptive behaviour and dissocial disorders are characterised by persistent behaviour problems such as persistently defiant or disobedient to behaviours that persistently violate the basic rights of others or major age-appropriate societal norms, rules, or laws. Onset of disruptive and dissocial disorders, is commonly, though not always, during childhood.

## **NEURODEVELOPMENTAL DISORDERS**

Neurodevelopmental disorders include disorders of intellectual development, autism spectrum disorder, and attention deficit hyperactivity disorder (ADHD) amongst others. ADHD is characterised by a persistent pattern of inattention and/or hyperactivity-impulsivity that has a direct negative impact on academic, occupational, or social functioning. Disorders of intellectual development are characterised by significant limitations in intellectual functioning and adaptive behaviour, which refers to difficulties with everyday conceptual, *social*, and *practical* skills that are performed in daily life. Autism spectrum disorder (ASD) constitutes a diverse group of conditions characterised by some degree of difficulty with social communication and reciprocal social interaction, as well as persistent restricted, repetitive, and inflexible patterns of behaviour, interests, or activities.

## **COMMON MENTAL HEALTH PROBLEMS**

- ❖ Depression
- ❖ Generalised anxiety disorder
- ❖ Panic disorder
- ❖ Obsessive-co Post-traumatic stress disorder

## **DEPRESSION**

The main symptoms are feeling 'low' and losing pleasure in things that were once enjoyable. These symptoms may be combined with others, such as feeling tearful, irritable or tired most of the time, changes in appetite, and problems with sleep, concentration and memory. People with depression typically have lots of negative thoughts and feelings of guilt and worthlessness; they often criticise themselves and lack confidence.

## **GENERALISED ANXIETY DISORDER**

The main symptoms are having a number of different worries that are excessive and out of proportion to a particular situation, and having difficulty in controlling one's worries. A person with generalised anxiety disorder may also feel irritable and have physical symptoms such as restlessness, feeling easily tired, and having tense muscles. They may also have trouble concentrating or sleeping.

## **PANIC DISORDER**

The main symptoms are having unexpected and recurring panic attacks, and also worrying about having another panic attack. One of the symptoms of a panic attack is an increased heart rate. A panic attack may happen because of a particular situation (something that the person fears or wants to avoid), or it may have no obvious cause. People who have panic attacks often change their behaviour as a consequence of the attack, which may develop into phobias such as agoraphobia (a fear of being in places or situations that are difficult to escape from).

## **OBSESSIVE-CO POST-TRAUMATIC STRESS DISORDER**

The main symptoms are having thoughts, images or impulses that keep coming into the mind and are difficult to get rid of (called obsessions), and a strong feeling that the person must carry out or repeat certain physical acts or mental processes (called compulsions). Common obsessions include being afraid of dirt and germs, worrying that something is not safe (such as an electrical appliance), wanting to have things in a particular order, and thoughts and fears of harming someone else. Common compulsions include excessive washing and cleaning, checking things repeatedly, keeping objects that other people might throw away, and repeating acts, words or numbers in a pattern.

## **ANXIETY AND COPING WITH STRESS**

### **COPING WITH STRESS**

Many of us are facing challenges that can be stressful and overwhelming. **Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.**

#### **STRESS CAN CAUSE THE FOLLOWING:**

- ❖ Feelings of fear, anger, sadness, worry, numbness, or frustration.
- ❖ Changes in appetite, energy, desires, and interests.
- ❖ Trouble concentrating and making decisions.
- ❖ Nightmares or problems sleeping.
- ❖ Physical reactions, such as headaches, body pains, stomach problems, or skin rashes.
- ❖ Worsening of chronic health problems and mental health conditions.
- ❖ Increased use of alcohol, illegal drugs (like heroin, cocaine, or methamphetamine), and misuse of prescription drugs (like opioids)

### **HEALTHY WAYS TO COPE WITH STRESS**

Here are some ways you can manage stress, anxiety, grief, or worry:

**Take breaks from news stories**, including those on social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting

news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.

**Take care of your body:** Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health:

**Eat healthy.** Have fruits and vegetables, lean protein, whole grains, and low-fat or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars. [See Healthy Eating Tips.](#)

**Get enough sleep.** Go to bed and wake up at the same time each day to help you [sleep better](#). Adults need 7 or more hours per night.

**Move more and sit less.** Every little bit of physical activity helps. Start small and build up to 2 ½ hours a week. You can break it into smaller amounts such as 20 to 30 minutes a day.

**Limit [alcohol](#) intake.** Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women. Find out more at [Drink Less, Be Your Best.](#)

**Avoid using illegal drugs or prescription drugs** in ways other than prescribed. Don't take someone else's prescription. [Substance use treatment](#) is available, and recovery starts with asking for help.

**Avoid [smoking](#),** vaping, and the use of other tobacco products. People can and do [quit smoking](#) for good.

**Continue with regular health appointments, tests, screenings, and vaccinations.**

**Make time to unwind.**

- ❖ Take deep breaths, stretch, or [meditate](#).
- ❖ Try to do some other activities you enjoy.

**Connect with others.**

- ❖ Talk with people you trust about your concerns and how you are feeling.
- ❖ Connect with your community-based or faith-based organizations.

## **COPING WITH ANXIETY**

### **KEEP PHYSICALLY ACTIVE.**

Develop a routine so that you're physically active most days of the week. Exercise is a powerful stress reducer. It can improve your mood and help you stay healthy. Start out slowly, and gradually increase the amount and intensity of your activities.

### **AVOID ALCOHOL AND RECREATIONAL DRUGS.**

These substances can cause or worsen anxiety. If you can't quit on your own, see your health care provider or find a support group to help you.

### **QUIT SMOKING, AND CUT BACK OR QUIT DRINKING CAFFEINATED BEVERAGES.**

Nicotine and caffeine can worsen anxiety.

### **USE STRESS MANAGEMENT AND RELAXATION TECHNIQUES.**

Visualization techniques, meditation and yoga are examples of relaxation techniques that can ease anxiety.

### **MAKE SLEEP A PRIORITY.**

Do what you can to make sure you're getting enough sleep to feel rested. If you aren't sleeping well, talk with your health care provider.

### **EAT HEALTHY FOODS.**

A healthy diet that incorporates vegetables, fruits, whole grains and fish may be linked to reduced anxiety, but more research is needed.

### **LEARN ABOUT YOUR DISORDER.**

Talk to your health care provider to find out what might be causing your specific condition and what treatments might be best for you. Involve your family and friends, and ask for their support.

### **STICK TO YOUR TREATMENT PLAN.**

Take medications as directed. Keep therapy appointments and complete any assignments your therapist gives. Consistency can make a big difference, especially when it comes to taking your medication.

### **IDENTIFY TRIGGERS.**

Learn what situations or actions cause you stress or increase your anxiety. Practice the strategies you developed with your mental health provider so you're ready to deal with anxious feelings in these situations.

### **KEEP A JOURNAL.**

Keeping track of your personal life can help you and your mental health provider identify what's causing you stress and what seems to help you feel better.

### **SOCIALIZE.**

Don't let worries isolate you from loved ones or activities.

Your worries may not go away on their own, and they may worsen over time if you don't seek help. See your health care provider or a mental health provider before your anxiety worsens. It's easier to treat if you get help early.

### **Why is mental health important?**

Mental health is important because it can help you to:

- ❖ Cope with the stresses of life
- ❖ Be physically healthy
- ❖ Have good relationships
- ❖ Make meaningful contributions to your community
- ❖ Work productively
- ❖ Realize your full potential

### **How can I improve my mental health?**

There are many different things you can do to improve your mental health, including:

**Staying positive.** It's important to try to have a positive outlook; some ways to do that include

- ❖ Finding balance between positive and negative emotions. Staying positive doesn't mean that you never feel negative emotions, such as sadness or anger. You need to feel them so that you can move through difficult situations. They can help you to respond to a problem. But you don't want those emotions to take over. For example, it's not helpful to keep thinking about bad things that happened in the past or worry too much about the future.
- ❖ Trying to hold on to the positive emotions when you have them
- ❖ Taking a break from negative information. Know when to stop watching or reading the news. Use social media to reach out for support and feel connected to others but be careful. Don't fall for rumors, get into arguments, or negatively compare your life to others.

**Practicing gratitude,** which means being thankful for the good things in your life. It's helpful to do this every day, either by thinking about what you are grateful for or writing it down in a journal. These can be big things, such as the support you have from loved ones, or little things, such as enjoying a nice meal.

- ❖ It's important to allow yourself a moment to enjoy that you had the positive experience. Practicing gratitude can help you to see your life differently. For example, when you are stressed, you may not notice that there are also moments when you have some positive emotions. Gratitude can help you to recognize them.

**Taking care of your physical health,** since your physical and mental health are connected.

Some ways to take care of your physical health include

- ❖ Being physically active. Exercise can reduce feelings of stress and depression and improve your mood.
- ❖ Getting enough sleep. Sleep affects your mood. If you don't get a good sleep, you may become more easily annoyed and angry. Over the long term, a lack of quality sleep can make you more likely to become depressed. So it's important to make sure that you have a regular sleep schedule and get enough quality sleep every night.

- ❖ Healthy eating. Good nutrition will help you feel better physically but could also improve your mood and decrease anxiety and stress. Also, not having enough of certain nutrients may contribute to some mental illnesses.
- ❖ For example, there may be a link between low levels of vitamin B12 and depression. Eating a well-balanced diet can help you to get enough of the nutrients you need.

**Connecting with others.** Humans are social creatures, and it's important to have strong, healthy relationships with others. Having good social support may help protect you against the harms of stress. It is also good to have different types of connections.

- ❖ Besides connecting with family and friends, you could find ways to get involved with your community or neighborhood. For example, you could volunteer for a local organization or join a group that is focused on a hobby you enjoy.

**Developing a sense of meaning and purpose in life.** This could be through your job, volunteering, learning new skills, or exploring your spirituality.

**Developing coping skills,** which are methods you use to deal with stressful situations.

- ❖ They may help you face a problem, take action, be flexible, and not easily give up in solving it.

**Meditation,** which is a mind and body practice where you learn to focus your attention and awareness. There are many types, including mindfulness meditation and transcendental meditation. Meditation usually involves

- ❖ A quiet location with as few distractions as possible
- ❖ A specific, comfortable posture. This could be sitting, lying down, walking, or another position.
- ❖ A focus of attention, such as a specially chosen word or set of words, an object, or your breathing
- ❖ An open attitude, where you try to let distractions come and go naturally without judging them

**Relaxation techniques** are practices you do to produce your body's natural relaxation response. This slows down your breathing, lowers your blood pressure, and reduces muscle tension and stress. Types of relaxation techniques include

- ❖ Progressive relaxation, where you tighten and relax different muscle groups, sometimes while using mental imagery or breathing exercises
- ❖ Guided imagery, where you learn to focus on positive images in your mind, to help you feel more relaxed and focused
- ❖ Biofeedback, where you use electronic devices to learn to control certain body functions, such as breathing, heart rate, and muscle tension
- ❖ Self-hypnosis, where the goal is to get yourself into a relaxed, trance-like state when you hear a certain suggestion or see a specific cue
- ❖ Deep breathing exercises, which involve focusing on taking slow, deep, even breaths

It's also important to recognize when you need to get help. Talk therapy and/or medicines can treat mental disorders. If you don't know where to get treatment, start by contacting your primary care provider.

## **WHAT ARE THE MENTAL HEALTH BENEFITS OF LEARNING A NEW SKILL**

1. Improves your brain health and memory.
2. Increases your mental wellbeing and happiness.
3. Fosters connection with others.
4. Keeps you relevant.

## **IMPROVES YOUR BRAIN HEALTH AND MEMORY.**

Neurologists tell us that learning a new skill changes the physical structures of the brain. By stimulating neurons in the brain, more neural pathways are formed; the more pathways that are formed, the faster impulses can travel.

This brain chemistry increases the white matter (myelin) in your brain. Learning in later life is a way to protect the brain against ageing because it promotes 'neuroplasticity' (the brain's ability to develop new neural pathways).

It helps you gain a new perspective on the world around you and trains your brain to

handle a wide range of challenges. **Classes and courses are great ways to do this.**

They engage cognitive skills, such as visual comprehension, short- and long-term memory, attention to detail, and even math and calculations which goes a long way in improving your brain health. In fact, it could stave off dementia.

## **INCREASES YOUR MENTAL WELLBEING AND HAPPINESS**

**Knowledge fuels self-confidence.** Research has proven that lifelong learning, whether acquiring a skill like bookkeeping or taking up an activity like bird watching or a pastime like pottery, can greatly improve your mental wellbeing as it adds meaning to life.

Learning something new makes you a more interesting person to be around. It improves the quality of your life and also deepens the relationships you have. It can boost your self-esteem and give you a sense of purpose. It activates the release of the ‘feel-good’ chemical dopamine in the brain and helps you cope with the stress and strain of everyday life while **increasing your energy levels and immunity.**

Spending time on something creative – whether learning to kayak or taking up coding – has threefold benefits. It acts as a distraction from stress; it allows you the headspace to reassess your problems; **it builds up self-esteem and confidence when you meet and overcome your challenges.**

## **FOSTERS CONNECTION WITH OTHERS.**

Learning a new skill can keep your social skills sharp. Let’s face it, as we grow older, it is easy to become more socially-isolated. However, if you attend classes on **social media marketing** or do an online course on **counselling**, for example, you have to interact and communicate with other people on a regular basis through group participation, conversations and discussions.

**It gets you out of your comfort zone and challenges you to try new things.** What’s more, ongoing learning helps you remain employable as it shows potential employees that you can adapt to change and have what it takes to learn new skills.

## **KEEPS YOU RELEVANT.**

The modern world is moving at a break-neck speed and you need to stay on top of the game or get left behind. This is why professional development through study and courses is a must. **It makes you relevant even when younger or more qualified people join your profession.** It opens doors of opportunity.

If you're wondering what to study, do a bit of introspection: What have you always been interested in or passionate about since childhood? Do you have a hobby or side hustle? The satisfaction in learning something new and exciting, whether as a hobby or for your career, will definitely bring you joy and satisfaction.

## **HOBBY**

A hobby is an activity that you enjoy doing in your spare time. My hobbies are letter writing, football, music, photography, and tennis. Synonyms: pastime, relaxation, leisure pursuit, sideline  
More Synonyms of hobby.

## **HOBBY IDEAS**

- Try your hand at knitting
- Improve mindfulness with yoga
- Master the art of cooking
- Learn how to play an instrument
- Get creative with some painting
- Stay fit with some skateboarding or roller skating

These are just a few hobby ideas to get you started. Below, we'll delve into these hobbies and uncover loads more hobby ideas for you to try.

### **1. Reading**

As the great Joseph Addison once said, 'reading is to the mind what exercise is to the body.' Reading can be the ultimate form of escapism, helping you discover new worlds, learn about different cultures, and explore new ideas. If you're looking for somewhere to get started, here's a list of some classic novels to consider.

## **2. Writing**

You may have heard the theory circulating that Shakespeare wrote *King Lear* during quarantine in the plague years. So, no better time to start penning your ideas down, right? If you need a bit of a primer, you can check out our courses on writing fiction and how to make a poem. Those who want to channel their creativity towards the silver screen should give our screenwriting course a try.

## **3. Yoga**

Yoga is good for both your physical and mental wellbeing. It can help with strength, flexibility and balance, and just about anyone can get started. It's a practice that's around 5,000 years old, so there's plenty of tips and information around, too! Yoga with Adriene is a YouTube channel that can guide you on your relaxation journey.

## **4. Mindfulness and meditation**

Mindfulness is the practice of being present and paying attention to the current moment. It's about noticing your thoughts and feelings without judgement, often done through meditation. The two practices can be hugely beneficial, improving both your physical and mental health. Our courses on mindfulness for wellbeing and maintaining a mindful life can help you get started.

## **5. Knitting**

Knitting is one of the most timeless crafts around, and it's had somewhat of a resurgence of late. As well as being incredibly chill, it's also a practical pastime that can yield hats, scarves, tea cosies, and more. All you need to get started is some knitting needles and some yarn (worsted, medium-weight is good for beginners!). From there, you can try some beginner projects to get a feel for it.

## **6. Gardening**

UK-weather permitting, now might be the perfect time to start gardening as a hobby. Whether you want to plant a shrub, sow some indoor seeds, or tackle your weeds, taking care of your garden can be rewarding and beneficial. As well as a sense of satisfaction of a job well done, it can also reduce stress and lower your blood pressure. Check out the Royal Horticultural Society's guides on getting started.

## **7. Scrapbooking**

If you've been looking for a creative way of displaying your memorable photos, a scrapbook could be just the thing for you. As well as all of your favourite snaps, you can use all kinds of decorations and memorabilia to give your creation some flair. It's a relaxing hobby that can help you appreciate all the good you have in your life.

## **8. Listening to music**

Of course, you probably already listen to music on a regular basis. However, there's never a wrong time to start discovering new bands and artists that you like. As far as finding a new hobby goes, this is a fairly limitless one. Try jumping into an entirely new genre, ask your friends for recommendations, or using a tool like Gnoosic to find new music.

## **9. Colouring**

Colouring is a hobby that's suitable for people of all ages. It's a relaxing and creative pastime that can give you focus and let you express yourself. Plus, it's simple to get started with. All you need are colouring pencils and some templates, many of which you can find for free.

## **10. Baking**

With the worldwide popularity of shows like The Great British Bake Off, baking has risen in popularity over the last few years. And, it's not too late to get involved in the fun. You can try your hand at baking sweet treats or savoury delights with these simple BBC Good Food recipes. If you're feeling adventurous, you can get involved with a sourdough science project.

## **REFERENCE**

**TEXT BOOK: Guide To Physical Fitness And Wellness (Werner W.K Hoeger)**

<https://www.cdc.gov/mentalhealth/learn/index.htm>

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