

The background is a solid light yellow color with several white butterfly silhouettes scattered across it. The butterflies are in various sizes and orientations, some appearing to fly towards the center. The overall aesthetic is clean and positive.

**Holistic Concept of Health**

**Mental Well-being**

# S4 – Concepts and Framework

Booklet (1) Personal development

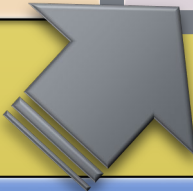
Booklet (2) Health and well-being

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

# 4.1 Stress

## Curriculum and Assessment Guide

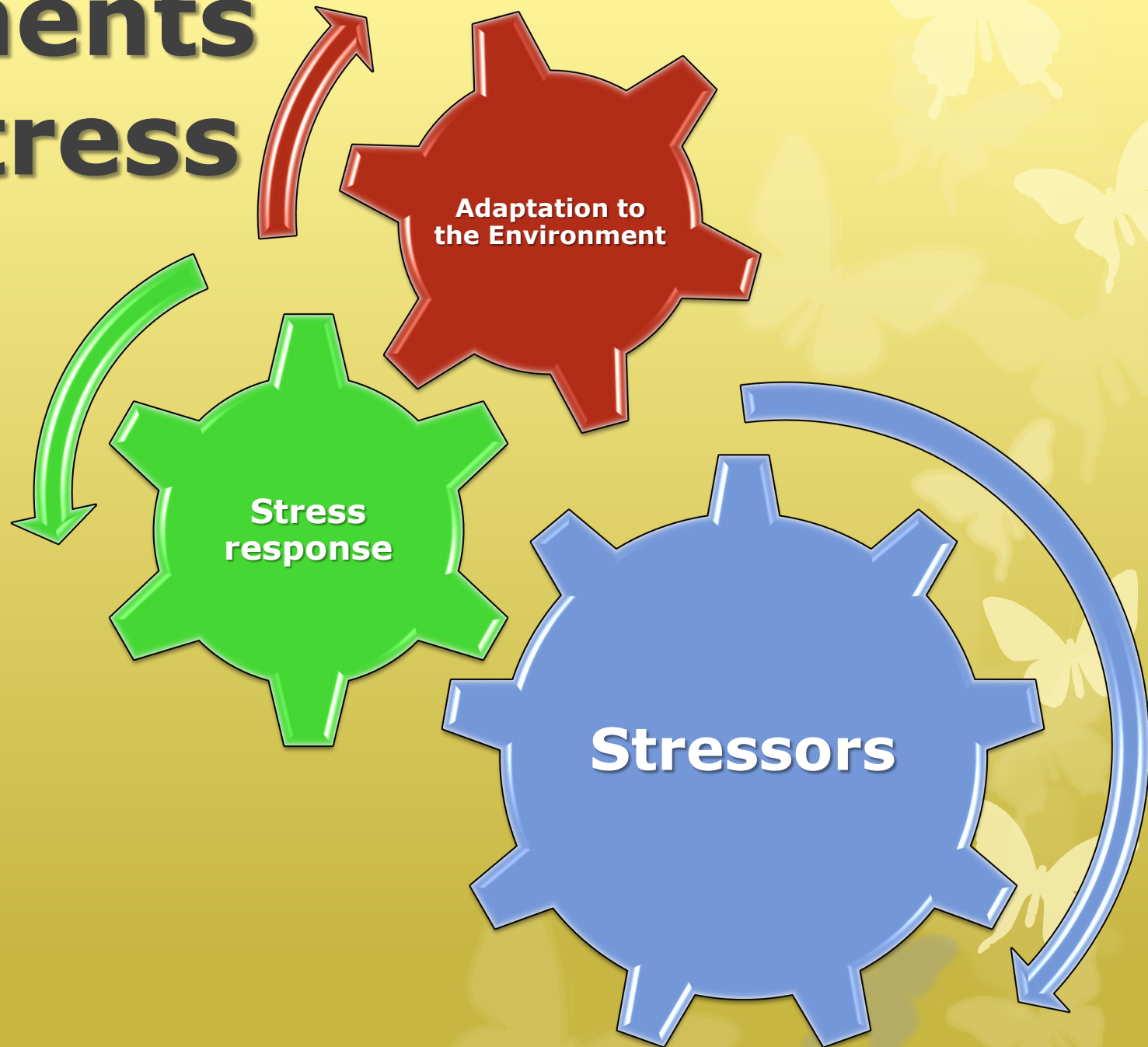
### Topic 5 - Health Promotion and Maintenance and Social Care in Action

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

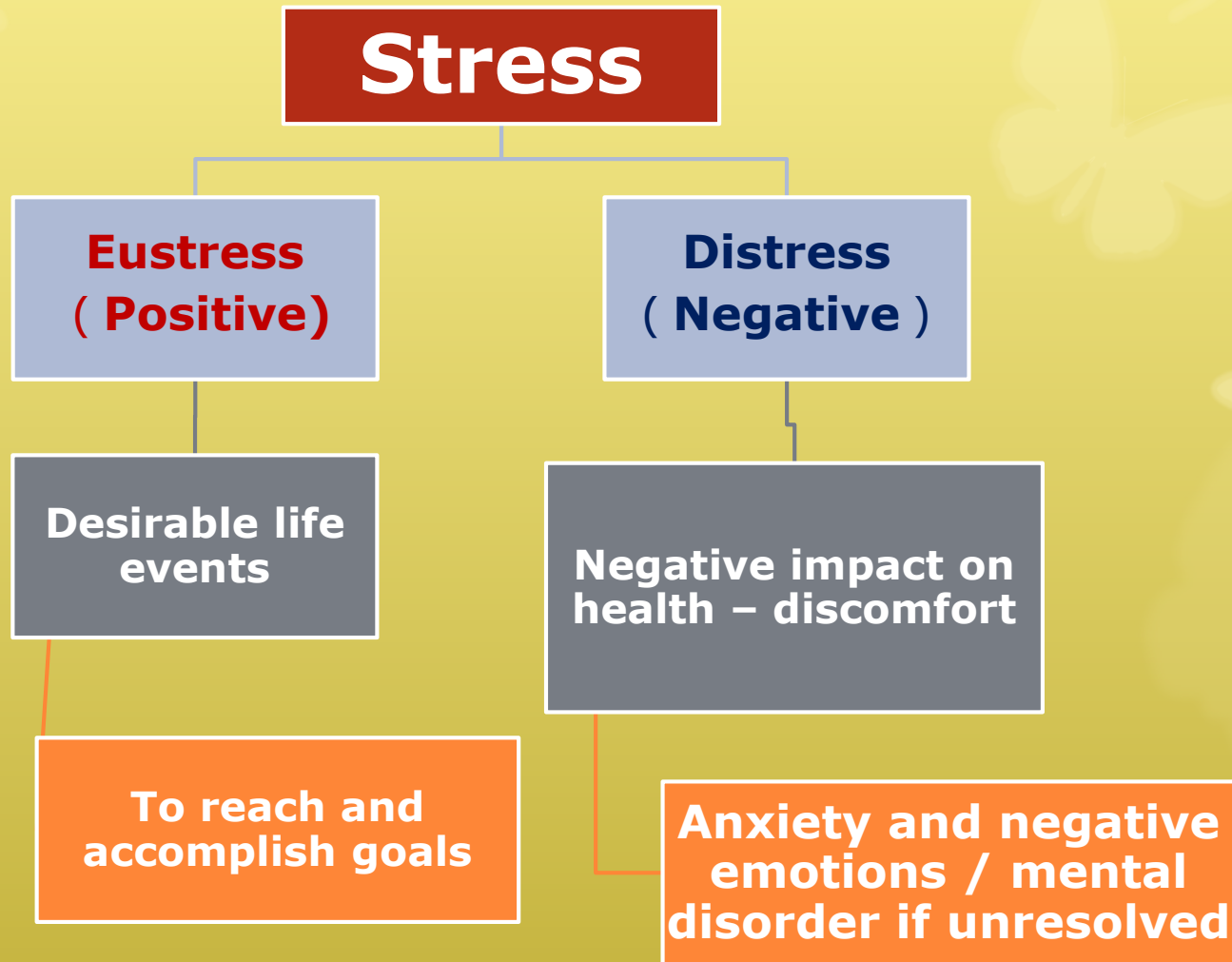
##### ■ *5C3. Stress*

- *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

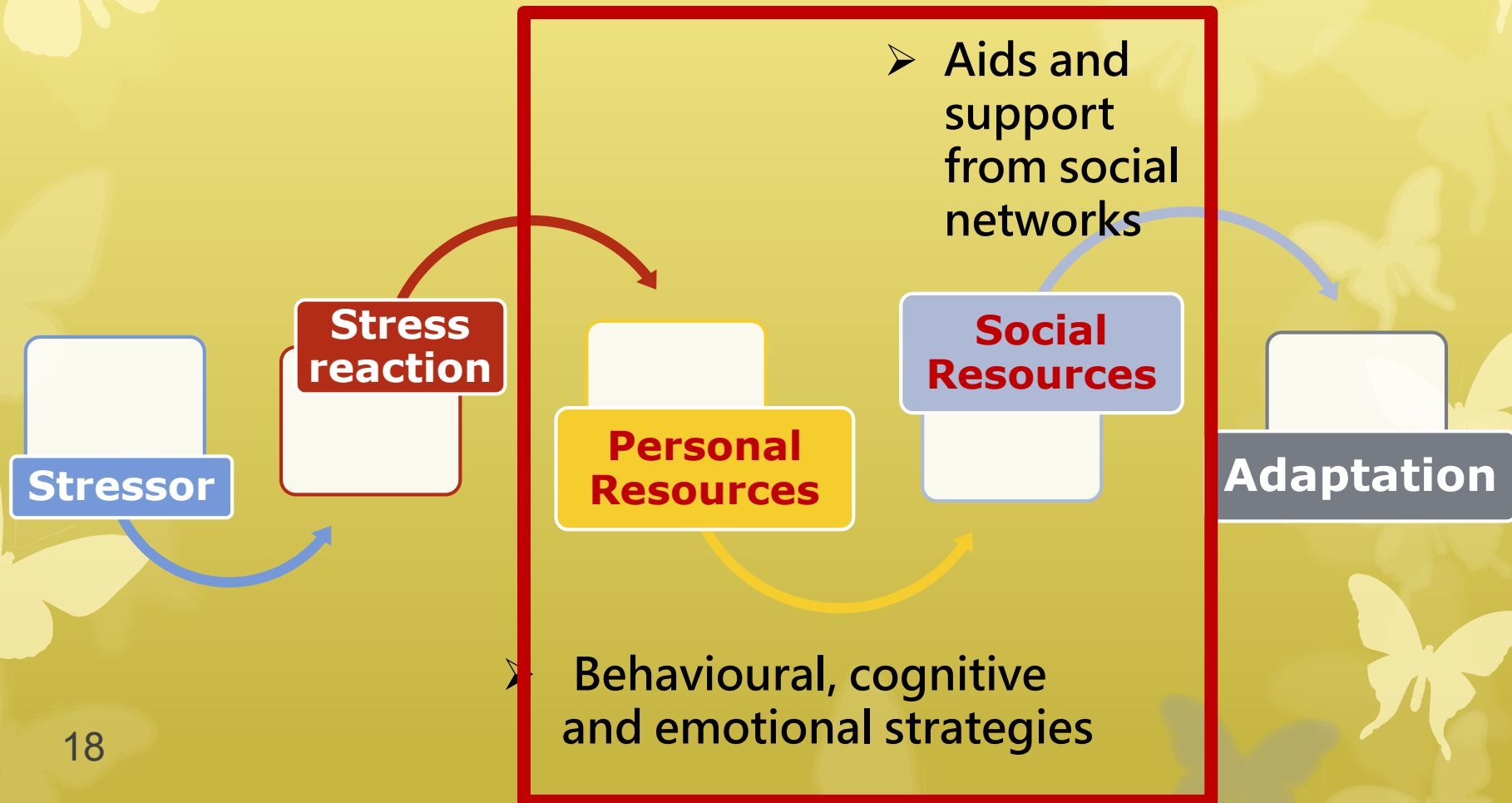
- heavy breathing, trembling, perspiration and muscle tension



# 4.1B B. Impacts on Health

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

# 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** (**3<sup>rd</sup> stressor**)

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

# 4.3 Mental Disorders

## Curriculum and Assessment Guide

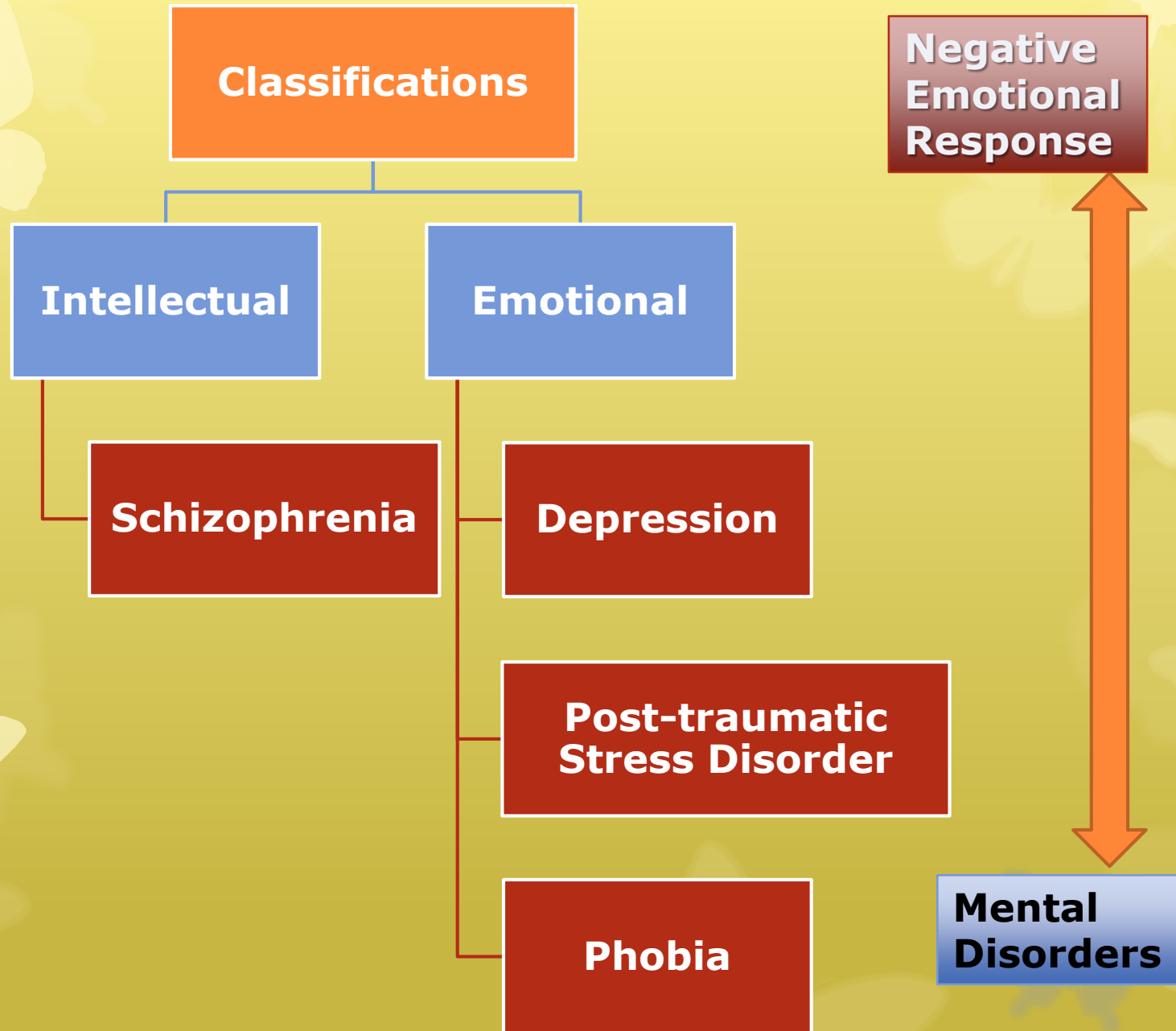
### Topic 5 - Health Promotion and Maintenance and Social Care in Action

○ *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.*

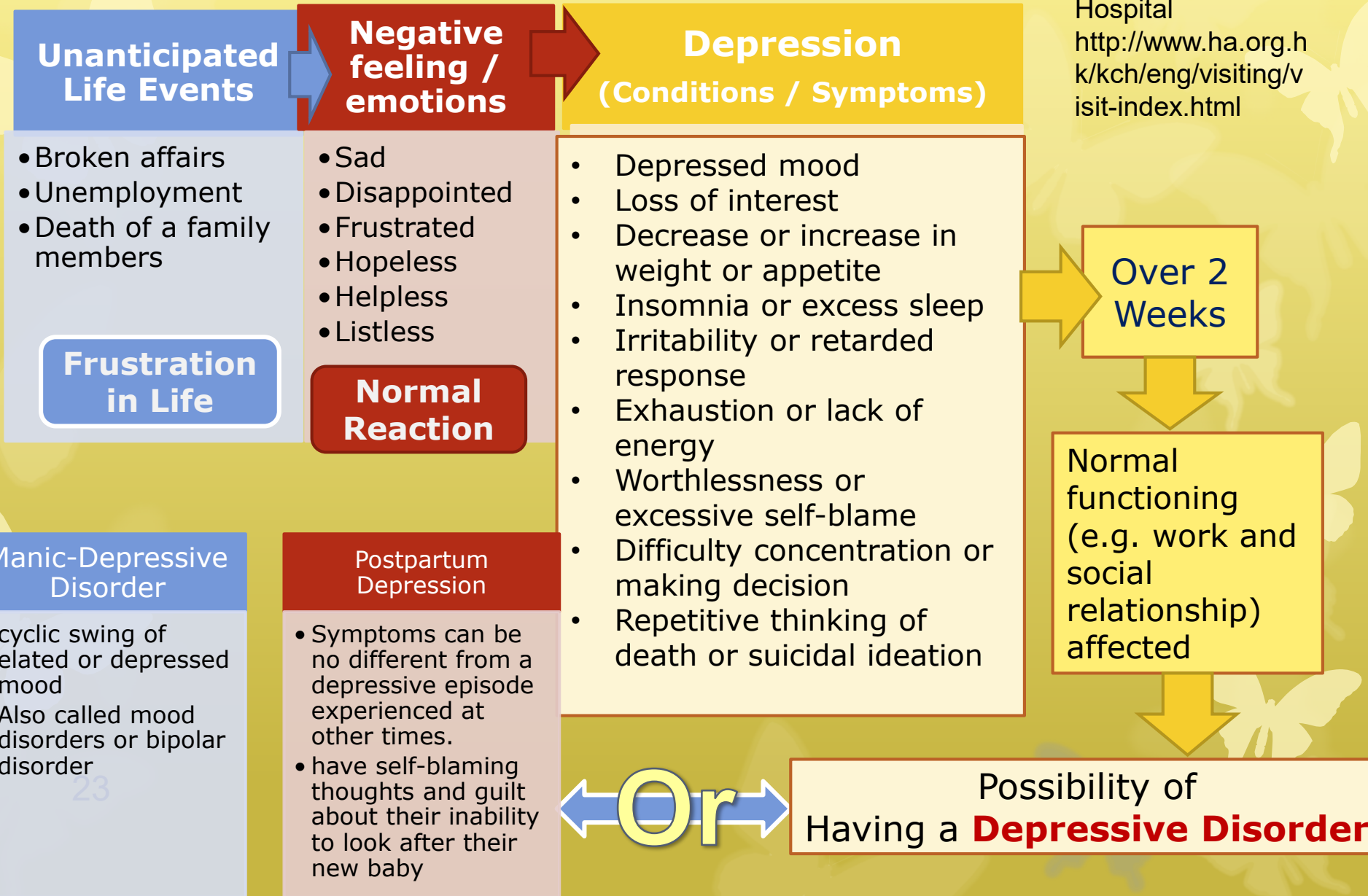
➤ *To identify the main types of mental health disorders*

# Major Mental Disorders



# 4.3B Depression

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



## Unanticipated Life Events

- Broken affairs
- Unemployment
- Death of a family members

Frustration in Life

## Negative feeling / emotions

- Sad
- Disappointed
- Frustrated
- Hopeless
- Helpless
- Listless

Normal Reaction

## Depression (Conditions / Symptoms)

- Depressed mood
- Loss of interest
- Decrease or increase in weight or appetite
- Insomnia or excess sleep
- Irritability or retarded response
- Exhaustion or lack of energy
- Worthlessness or excessive self-blame
- Difficulty concentration or making decision
- Repetitive thinking of death or suicidal ideation

Over 2 Weeks

Normal functioning (e.g. work and social relationship) affected

Or

Possibility of Having a **Depressive Disorder**

## Manic-Depressive Disorder

- cyclic swing of elated or depressed mood
- Also called mood disorders or bipolar disorder

## Postpartum Depression

- Symptoms can be no different from a depressive episode experienced at other times.
- have self-blaming thoughts and guilt about their inability to look after their new baby

# 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

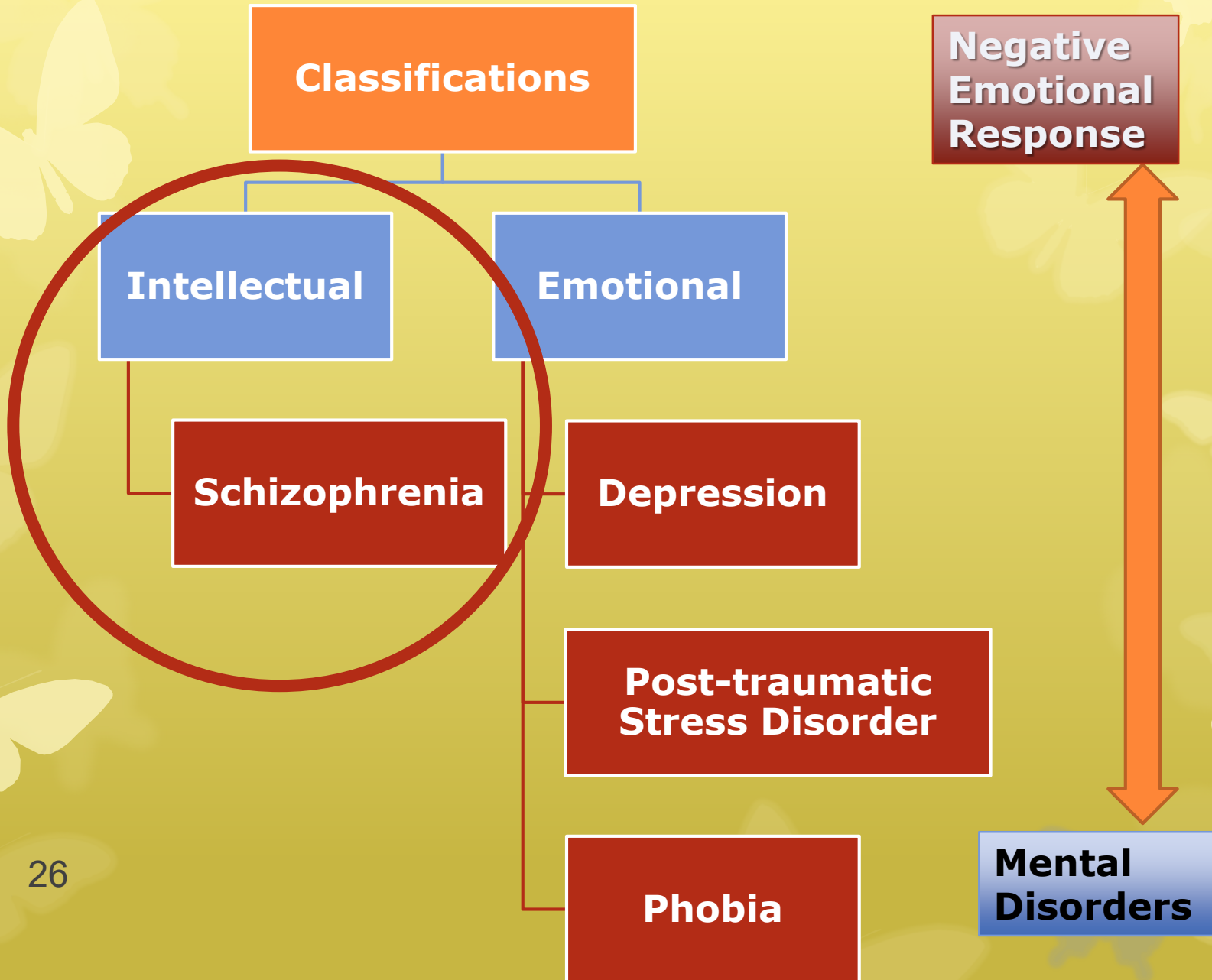
## Trigger responses

- 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*

- To analyse the factors that lead to the prevalence of mental health problems in the community

# 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

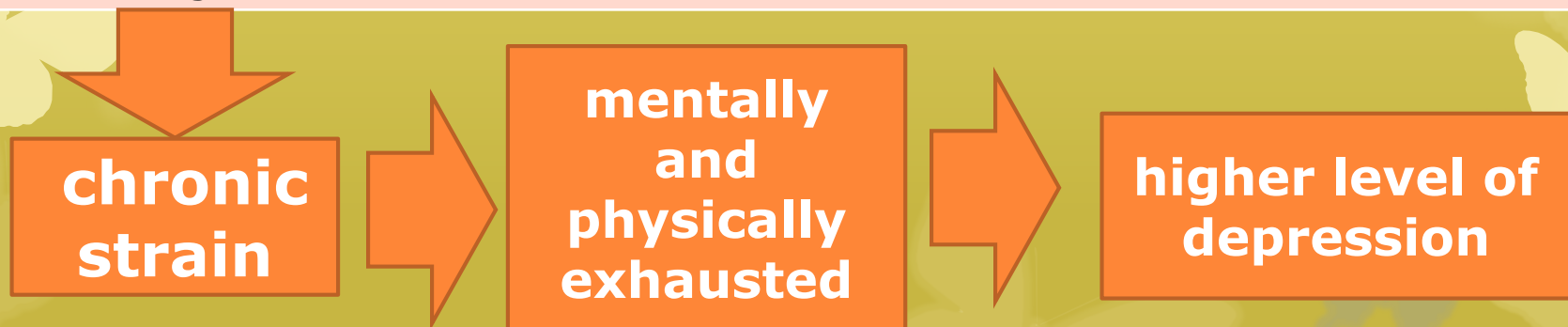
## Carers

- 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

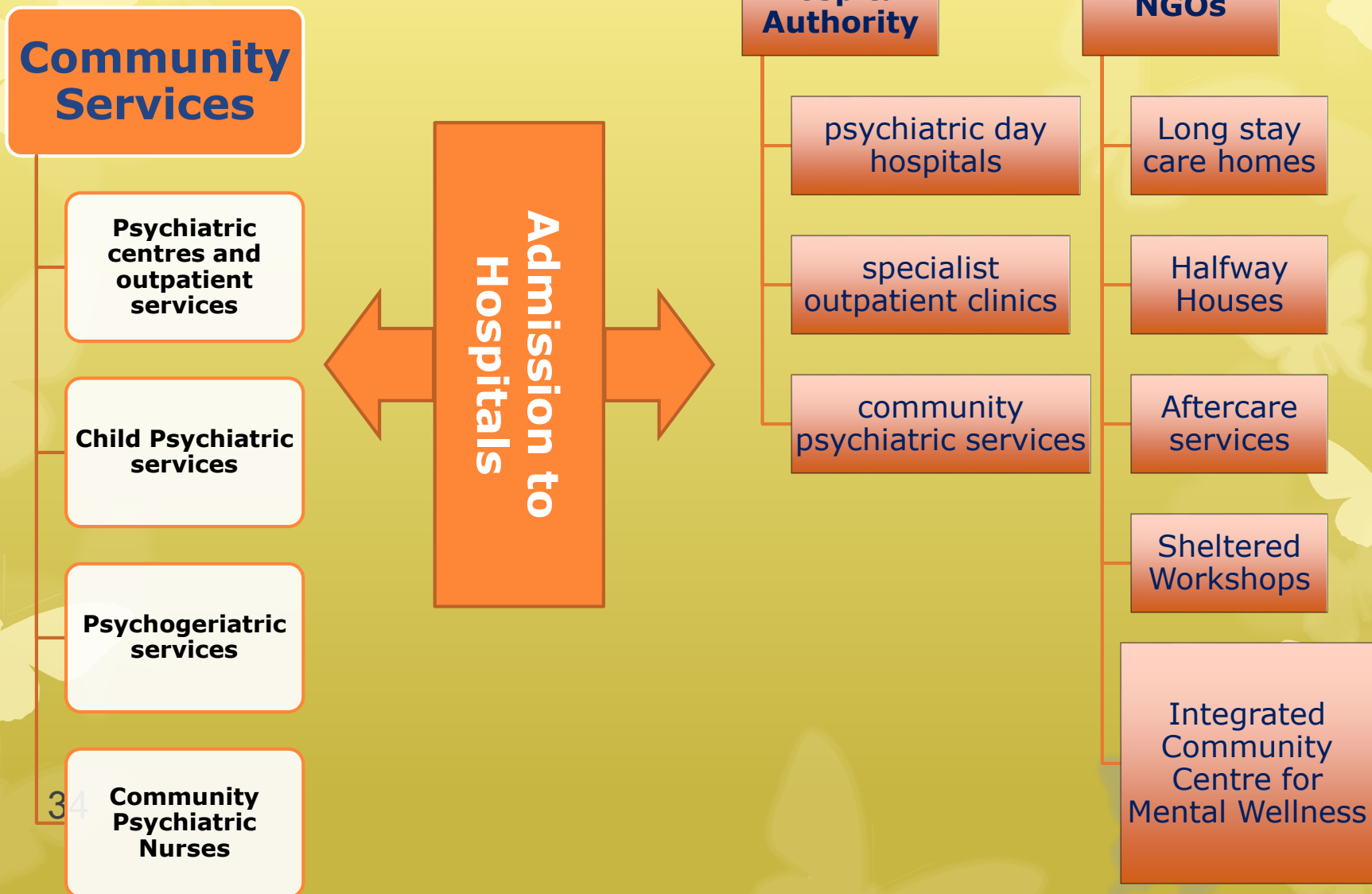
### Topic 5 - Health Promotion and Maintenance and Social Care in Action

#### ○ *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
<b>Reasons</b>	<ul style="list-style-type: none"><li>● Hospitalized until the condition becomes stable with the control of medication</li><li>● When the condition of patient is worsening, or if it is feared that he/she will harm himself/herself or others</li><li>● Criminals with mental disorders</li></ul>
<b>Problems</b>	<ul style="list-style-type: none"><li>● Dependency and social withdrawal due to institutionalisation</li><li>● <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></li></ul>
<b>Solution</b>	<ul style="list-style-type: none"><li>● Release of hospitalized patients into the community</li><li>● Adequate provision of alternative psychiatric services in the community</li><li>● Prevention of subsequent re-admission into hospital</li></ul>

# 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**)