

# Mental Health

## *The Stigma and Impact*



**ASHLEY CULLEN-WILLIAMS, NCC**

# Introduction

self-care activist  
wife

mother of three  
counselor  
educator

community engager  
author  
creator

social-emotional bag lady  
grant manager with over ten years of  
student empowerment, development  
and relationship-building experience



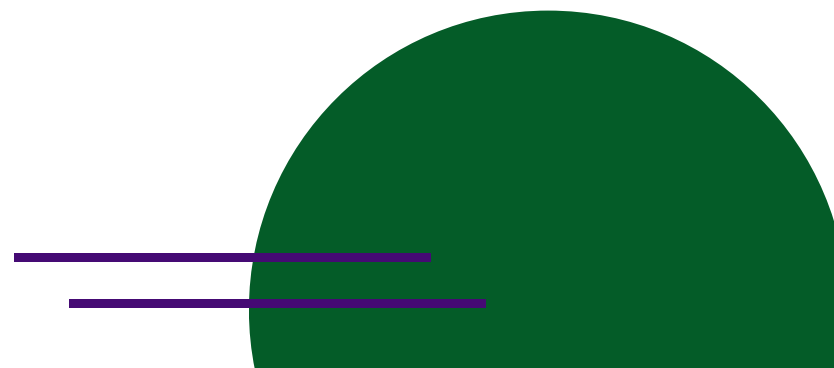
# TRiO Educational Talent Search Scholars

## A BRIEF BACKGROUND

A federally funded grant that promotes and prepares middle and high school students for postsecondary success. TRiO provides college and career exploration, financial literacy, academic development, social emotional learning, and STEM exploration for FREE.

TRiO name was born in 1968 as an amendment to the Higher Education Act of 1965 to include, Upward Bound, Talent Search and Student Support Services. These programs formed a trio of Federal programs designed to foster increased education opportunity and attainment. TRiO has expanded to also include the following programs: Educational Opportunity Centers Veterans, Upward Bound, Ronald E. McNair Program, Upward Bound Math & Science, Training Program for Federal TRiO Programs

Scholar Services	Scholar Outcomes
Academic Advising	Personal and Educational Goals
Assistance with college admissions	Career Choices
Campus visits	Enhanced self-esteem
Financial literacy	Confidence in positive saving and spending practices
Assistance with FAFSA & Scholarships	Healthy Behaviors
STEM Exploration	Awareness of STEM careers and opportunities
Career Exploration	Values
Cultural Events	Meaningful relationships
ACT/SAT Prep	Intellectual Growth
Tutoring & Mentoring	Appreciation of Diversity
Social Emotional Learning	Self-awareness
Community Service Learning	Social Responsibility



# About HONEY B. WELLZ

## A BRIEF BACKGROUND

H.O.N.E.Y is a term of endearment and an acronym for how I choose to live authentically and support my community.

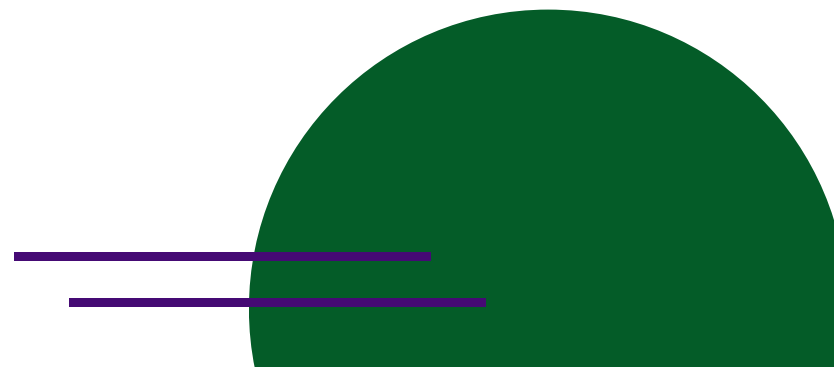
HONOR your story. OWN your feelings. NURTURE your soul to EMPOWER YOU!

HONEY B. WELLZ provides self-care strategies, tools, and experience to create healthy and whole individuals as they embrace change, break generational curses, and take control of their peace, joy, wealth, and abundance.

The work is personal and a recollection of lived experiences, values, skills, and a call to action to be mindful of how one learns and cares for their well-being to better the cause, classroom, local community, and the world.



Radical Self-Care



# I AM WHO I SAY I AM AFFIRMATIONS

Make note of the first 3 affirmations you find .

N I L G I A M W E A L T H Y E O F U E M  
B I A A F M S A W R G P Y L V V Z A W G  
D A L M S G A P Y W X D S F E L J W J K  
I M J I S I N R A H I J X O M S T F Q I  
A E N A H U M Q E Y S B V F S H S T P V  
M N D M Z E C L Q W G F G E I Y F U H W  
I O J O I A G C G I A M G R A T E F U L  
M U B P A L X A E P R W I M M Q J L V V  
P G I E M S I A U S V D X G H R A W L I  
O H A N P I D E R T S J Z D O O Y R N A  
R Y M I R X K I E N Z F F I N W C N V M  
T W B A E Y C W E F V T U F E E W G A A  
A T O M P N L F W W K P O L S S R I L T  
N M L H A L X I A M B E A U T I F U L P  
T S D E R I A M A B U N D A N C E G M E  
J Y G A E T D M I A M H E R E Z B U V A  
G N F L D B L N U K I A M P E A C E Y C  
M P Q T W Y F L T P E L V B P B Z X Q E  
I D X H Y K G R X I G B M V W Q Z Q Q V  
X B M Y I A M S M A R T C U G F V I P N

I am successful

I am beautiful

I am abundance

I am important

I am grateful

I am healthy

I am at peace

I am wealthy

I am prepared

I am peace

I am smart

I am here

I am enough

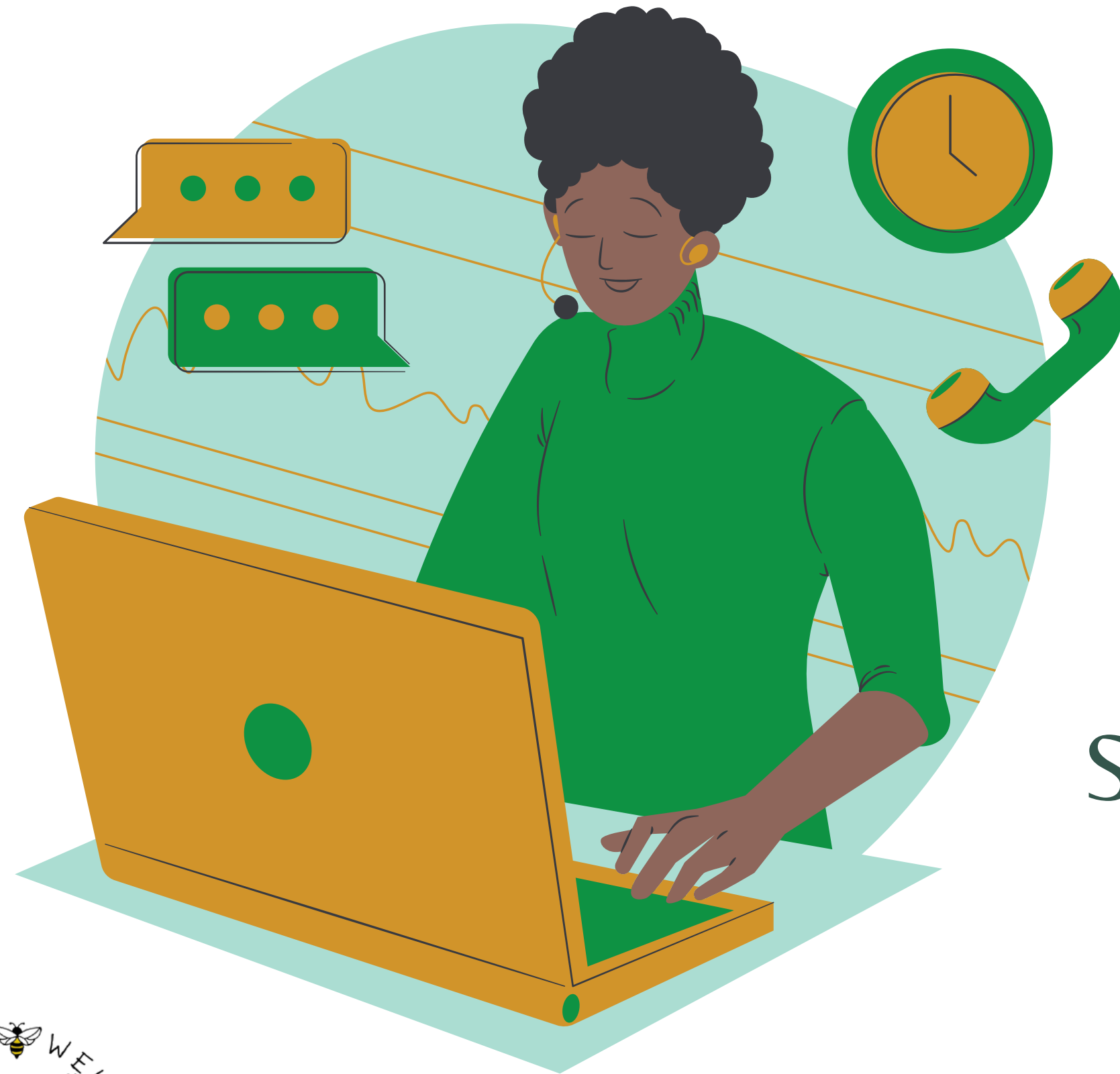
I am honest

I am bold

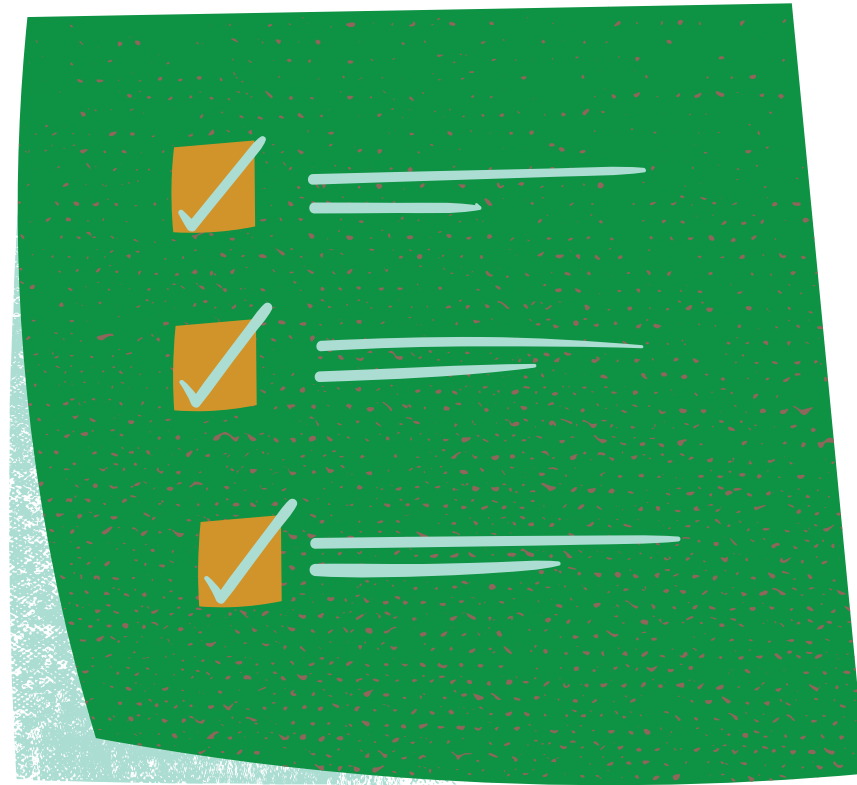
I am open



# Agenda



Welcome  
Agreements  
The Stigma and Impact of  
Mental Health  
Self-care as a **REVOLUTIONARY**  
act of **CARE**  
Q and A



# Agreements

MAKE THE MOST OF EVERY MOMENT  
DO WHAT IT TAKES  
REMAIN OPEN



*Ice breaker*

PIG PERSONALITY TEST



# Mental Health

## Mental Health

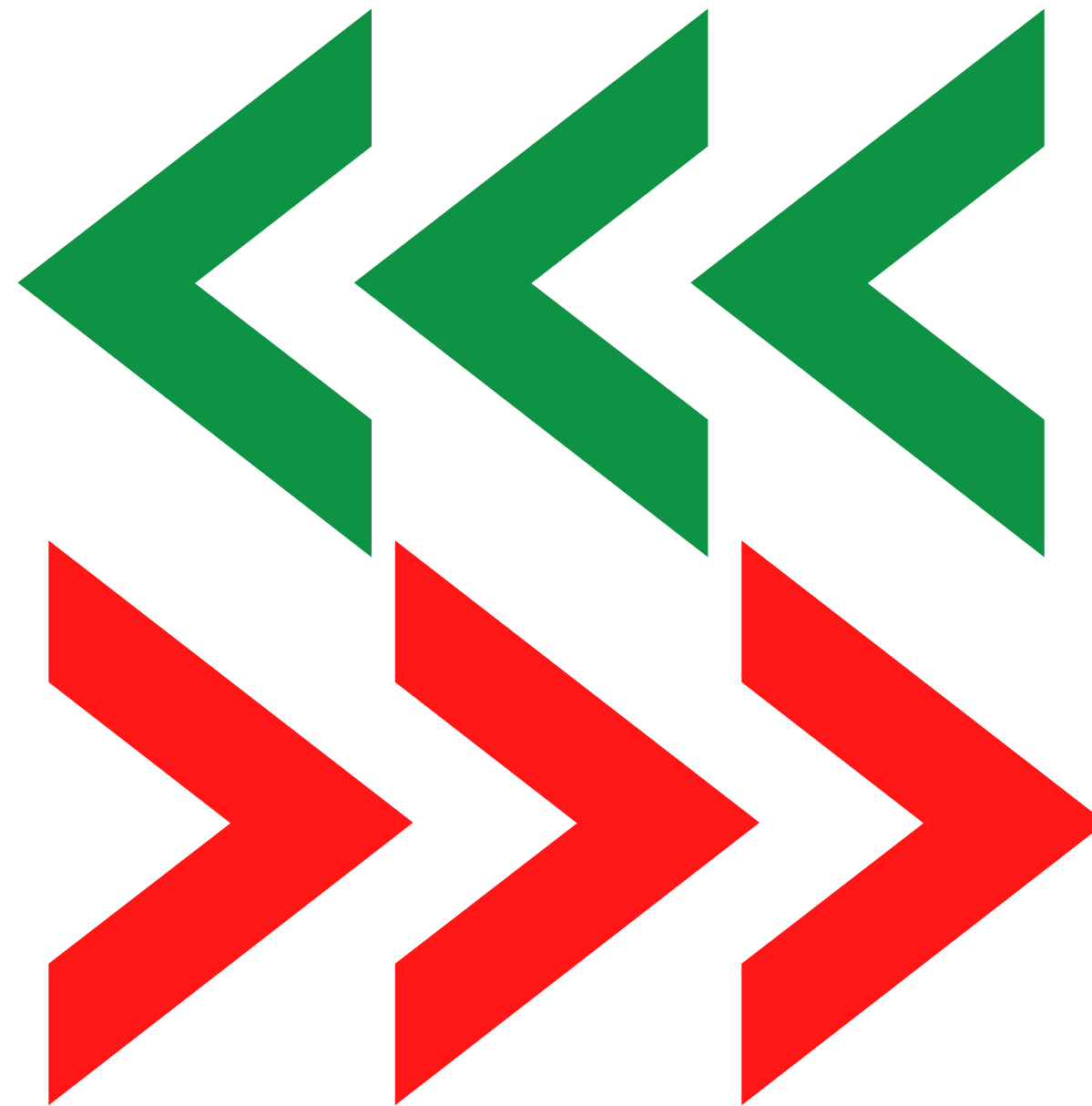
influences how we think and feel about ourselves and others, and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events



# Mental Health Continuum

*healthy*

- Calm and steady
- Fit & Fed
- Rested
- In control physically, mentally, and emotionally
- Behaves ethically and morally
- Socially active
- Sense of humor
- Relaxing & Recreating
- Confident in Self and others



*ill*

- Excessive anxiety, fatigue, and sadness
- Regular panic attacks
- Angry outburst
- Severe memory lapses
- Cannot concentrate
- Cannot perform daily routines
- Significant sleep disturbances
- Avoiding or withdrawal
- Suicidal thoughts
- Significant changes in behavior

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*reacting*

- Easily agitated
- Angered
- Frustrated and tired
- Difficulty focusing
- Decreased interest in activities
- Nervous
- Impatient
- Unusual Sadness
- Difficulty sleeping
- Vigilance
- Problems with daily functioning at home, work, or school

*injured*

- Persistent anxiety and sadness
- Angry reactions
- Poor concentration
- Inability to enjoy activities
- Excessive distrust and resentment
- Sleep disturbance
- Hypervigilance
- Persistent physical symptoms (aches and pains)

*ill*

- Excessive anxiety, fatigue, and sadness
- Regular panic attacks
- Angry outburst
- Severe memory lapses
- Cannot concentrate
- Cannot perform daily routines
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# Common Mental Health Conditions

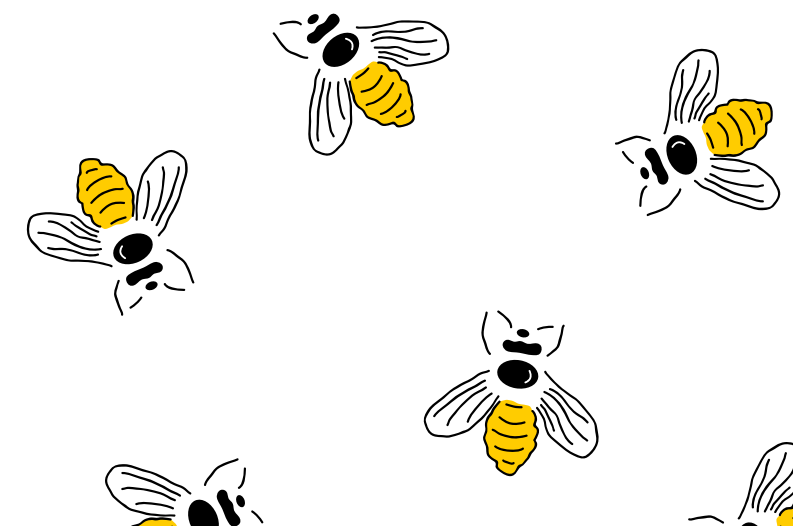
ANXIETY

DEPRESSION

SUBSTANCE MISUSE

REACTIONS TO CRITICAL  
INCIDENTS AND TRAUMA

STRESS impacts one's  
mental health



"Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel rain, but you are not the rain."

*Matt Haig*



# What's the root of the issue?

## Stigma

### Mental Health Stigma

is the negative reactions that people may experience after revealing they have a mental health disorder or have sought help for their mental health

Individual Stigma is rooted in how people view themselves for seeking treatment or experience mental health issues

"We don't suffer from mental illness."

"I'm strong enough to handle it on my own."

"Our ancestors have been through much worse."

"You don't have anything to be sad about."

"What happens in this house stays in this house."

"If I go to therapy, I don't have enough faith."

# What is the root of the issue

## Stigma

"Community Hypotheses" (1700s-1840s) stated that enslaved people of African descent couldn't experience mental illness because they did not have the "stresses of profit-making" (owning property or voting)

"Exaggerated Risk Hypothesis"- is the claim made by the 1840 consensus that free Black people experienced higher rates of mental illness.

Physicians were encouraged to argue that Black people had more different mental health issues from White people.

- Drapetomania (i.e. the disease causing enslaved Africans to run away)
- Dysaesthesia aethiopica ( i.e. disease affecting both the mind and body and causing lethargy and lesions)

# Caring your mental health is *resistance*

We deserve to live happy, healthy, and full lives.  
We deserve to be safe, valued and affirmed.

In our communities, we must:

- Dispel myths about mental health
- Normalize talking about your mental health and seeking help with your loved ones
- Talk about mental health as if you were talking about physical health
- Practice Self-Care





# Self-Care

The INTENTIONAL,  
STRATEGIC, AND  
PURPOSEFUL  
ENGAGEMENT WITH  
YOUR MIND, BODY,  
AND SOUL.



# SELF-CARE

The **PURPOSEFUL, STRATEGIC, and INTENTIONAL** engagement with your mind, body, and soul.

## MENTAL

Activities that stimulate your mind

## PHYSICAL

Activities that support your vessel

## EMOTIONAL

Activities that help you connect, identify, process and reflect on your full range of emotions

## SPIRITUAL

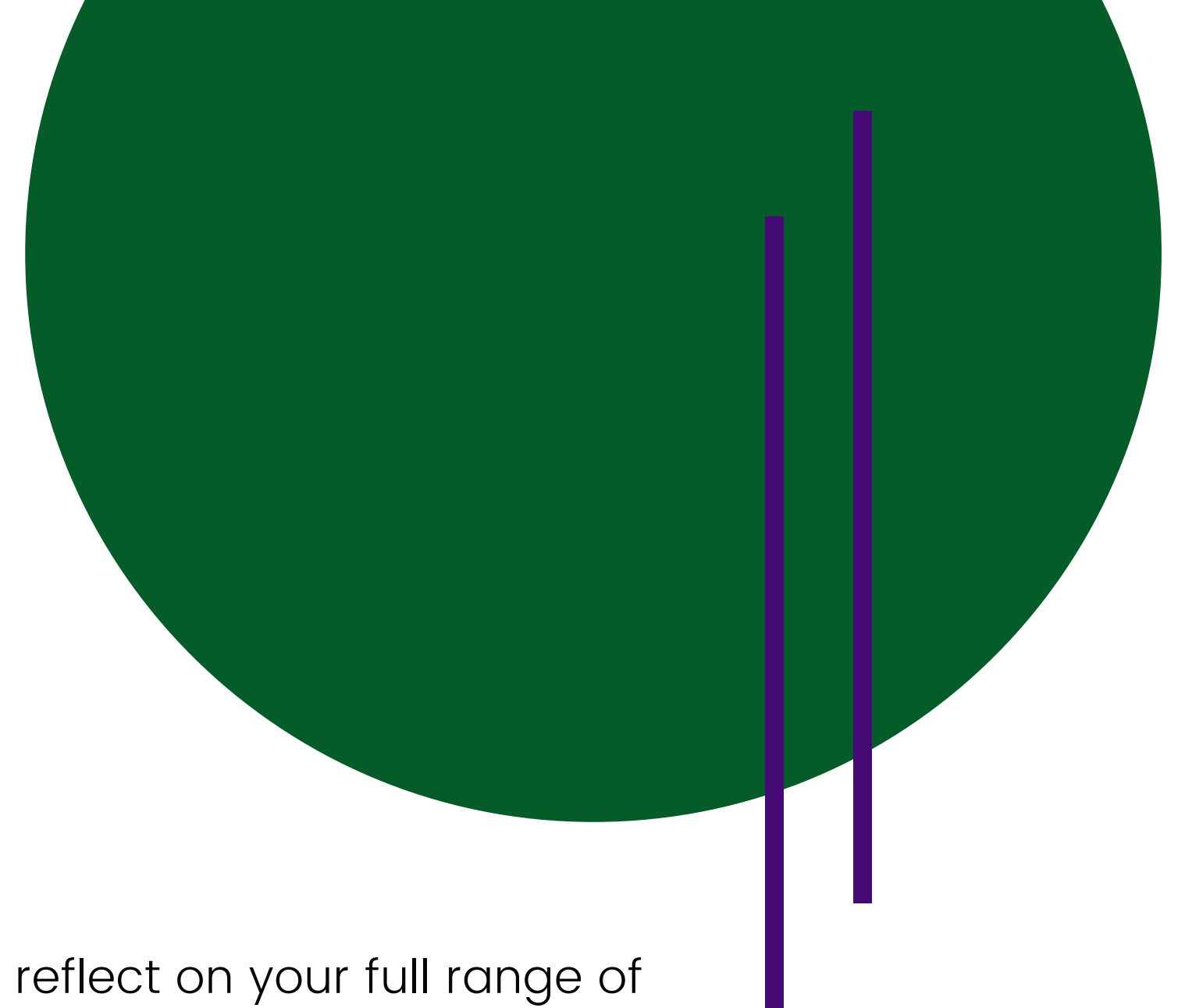
Activities that nurture your spirit and encourage you to think bigger than yourself

## SOCIAL

Activities that nurture your relationships

## PROFESSIONAL/ PRACTICAL

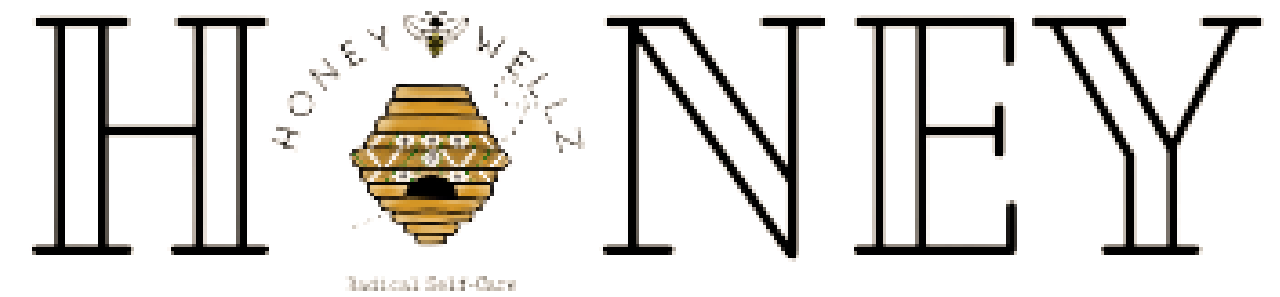
Activities that fulfill core aspects of your life to prevent stress



Practice self-care for mental  
health, the community, and  
our future!

THANK YOU!

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HONOR. OWN . NURTURE. EMPOWER YOU

