

Conversation 1: Mental Health Concerns in the Context of Faith

**** Green font is action for the facilitator****

Conversation 1: What is mental health?

Print Handout 1: Mental Health Continuum

Print Handout 2: Mental Health Model

Time: 90-120 minutes

Preparation for the group:

- **Decide** on a date and time
- **Reserve a venue** for the group for at least 2.5 hours (for set up and take down)
- **Advertise** the discussion group in a variety of Sikh community settings (Sikh schools, camps, Gurdwaras, etc.) using the invitation **template**
- **Review** the **facilitators video** ahead of time
- **Read over** the material and be prepared ahead of time
- **Practice** the conversation outline a few times
- **Make sure you have enough copies** of the handouts for each member
- **Take a sign-up sheet and pen** with you
- **Arrive early** and set up chairs in a circle before everyone arrives
- **Warmly greet** everyone when they arrive

Starting the session:

(6 minutes)

Gather the group together.

Introduce yourself and the title of the group: What is mental health?

"I am so glad that you decided to be here today. Let's introduce ourselves to each other"

Ask everyone to share their name with a warm up activity/Icebreaker (10 minutes)

Use the letter of your first name to tell us something about you (Simrah is sharing; Saba likes silliness; Kaamil is Kind; Hafid is Happy)

Thank you.

I am grateful that each of you are here.

(4 minutes)

Read the prayer

Keeta Lorreeai Kamm So Har Peh Aakheeai

Whatever work you wish to accomplish - tell it to the Creator.

Kaaraj Day Savaar Satgur Sach Saakheeai

God will resolve your affairs. The True Guru gives his Guarantee of Truth.

Santaa Sang Nidhaan Amrit Chaakheeai

In the congregation of Saints, you shall taste the treasure of the

Ambrosial Nectar

Bhai Bhanjan Meharvaan Daas Kee Raakheeai

God is the Merciful Destroyer of fear, who preserves and protects His servants.

Nanak Har Gun Gaae Alakh Prabh Laakheeai

O Nanak, sing the Glorious Praises, and see the unseen God.

(91, Sri Guru Granth Sahib Ji)

Introduce the topic (2 minutes)

Using what you learned from the facilitators video,

- **set up:** ensure safety and confidentiality.
- **articulate, acknowledge:** this topic is complex and sensitive and sometimes private and therefore can be hard to share
- **explain:** There are 2 distinct topics we are talking about and exploring today.
 1. Mental Health
 2. Mental Illness

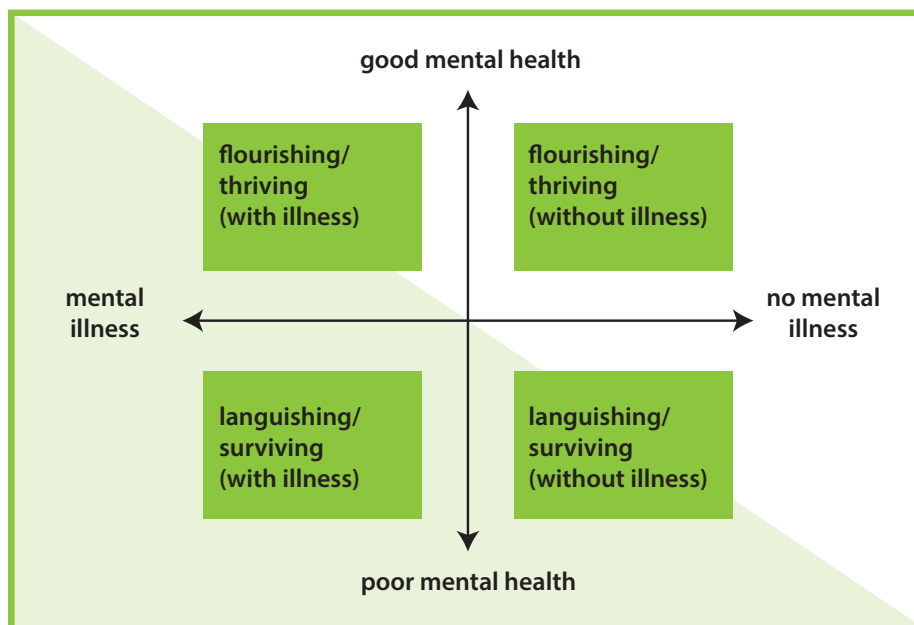
1. Mental Health

We are exploring health here.

Ask the group: What is mental health? (10 minutes)

- Brainstorm words associated with mental HEALTH
- Important to focus on health words like: contentment, joy, good relationships, clarity of thought, creativity, making decisions well, identity as a child of God, motivated, having enough energy; thankfulness at the goodness of God, heart full of praise to God.

Distribute handout #1 and **Introduce** the mental health continuum: languishing and flourishing model (3 minutes)



Bring to the attention of the group:

- Anyone can Thrive or Flourish - whether they live with a mental illness or not,
- Anyone can Languish - just surviving with or without a mental illness, any form of suffering.

Bring to the attention of the group:

- That mental health IS NOT the absence of a mental illness
- That mental health IS NOT static, it is on a continuum - we ebb and flow, up and down, based on the different times in our lives

Bring to the attention of the group:

Whether we have a mental illness or not we can languish... and flourish.

Tell the group: (2 minutes)

Silently, think of a time when you were languishing, just bring it to mind. The participants don't need to share this.

Give one or two examples: end of a job, physical illness, loss of a relationship, death of a loved one, a blue season.

Now ask: What helped you move from languishing to flourishing? (10-15 minutes)

If the group has a hard time coming up with answers you can give these examples to get the conversation going:

- two-way mutual friendships (including both giving and receiving as a healthy part of it)
- eating healthy
- prayer

Now to help the group transition from the first topic, Mental Health, to the second topic, Mental Illness, **use a transition statement:** Sometimes moving from languishing to flourishing is more challenging because of a mental illness.

2. Mental Illness

We are exploring illness here.

Ask the group: What is mental illness?

Ask the group to share 1-2 words that comes to mind...

- e.g. depression, see a psychiatrist, brain disease...

Ask one person to read the definition of mental illness from the handout

Definition: Mental illnesses are health problems that affect the way we think about ourselves, relate to others, and interact with the world around us. They affect our thoughts, feelings,

and behaviours. Mental illnesses can disrupt a person’s life or create challenges, but with the right supports, a person can get on their unique path to recovery and wellness (adapted from Canadian Mental Health Association [CMHA] online brochure)

Ask the group: What do you think about this definition? (10 minutes)

Distribute handout #2 and Introduce the mental health model... (10 minutes)



HEALTHY	REACTING	INJURED	ILL
Normal fluctuations in mood Normal sleep patterns Physically well, full of energy Consistent work performance Socially active	Nervousness, irritable, sadness or unrealistic happiness Restless sleep Confused thoughts Incessant talking Not taking care of self Social activity imbalanced	Anxiety, anger, pervasive sadness or over the top high mood Disturbed sleep Fatigue or high energy Decreased performance Disoriented Social withdrawal or socially disruptive	Excessive anxiety, easily enraged, erratic mood swings Unable to sleep Exhaustion Unable to concentrate and perform any work duties Isolation, avoid social events Unaware of impact of behaviour on others

ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

Focus on task on hand Break problems into manageable chunks Identify and nurture support systems Maintain healthy lifestyle	Recognize limits Get adequate rest, food and exercise Ask a friend to help you Engage in healthy coping strategies Identify and minimize things that cause you stress; Take a leave of absence from work if needed	Identify and understand your signs of distress Listen to others observations Talk with someone Seek help Seek social support instead of withdrawing	Seek consultation Follow health care provider recommendations Regain physical and mental health
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- The model comes from the Mental Health Commission of Canada to use in all workplaces, communities, schools etc.
- Some of the things that this model helps us with are:
 - To know when things are starting to break down for you or for someone else
 - To know when to consider it necessary for some sort of intervention for you or for someone else

Orientating to the model:

You will notice that:

- it starts with.. healthy on one side and illness on the other
- There are two stages in between...
- the top area tells us things we will notice
- the bottom area tells us actions to take

* Please note: That observing **only** one of these criteria in someone or in yourself is not sufficient, usually these signs occur together.

Allow the group members time to read over the words of the model.

Tell the group:

Let's take a moment to read a story about someone who started to break down and track them on the model as a way to understand the model. Remember this is one story, it is not everyone's experience of a mental challenge.

Get someone to read the story aloud:

Davinder is relatively new to his local Gurdwara. He attends Saturday evening Keertan program with some regularity and also shows up for special programs like Vaisakhi and Diwali. He is a little unusual, and to be honest, people sometimes shy away from him because when he starts talking, there is no way to stop him. It's difficult to follow Davinder's train of thought. He says he is a marine biologist. There are times when he impresses everyone with all the facts he knows about the ocean, and there are times when it's hard to believe he ever worked at a university. Often he looks tired, and his clothes look very old and worn.

Navjeet would like to befriend Davinder – but at times he starts feeling uncomfortable around him, and in turn this makes Navjeet feel guilty. In addition, Navjeet wonders whether Davinder has any friends, here in the Gurdwara Sangat or elsewhere.

(15 minutes)

Now tell the group that we are going to explore the story using the model. Instruct them to refer to their handout - the diagram of the model; the written story and the questions.

Ask the following questions one at a time and allow the group to respond to each question before you move to the next question:

1. Where would you place Davinder on the model?
2. How could you tell that things were starting to break down?
 - a. words from the story
 - b. words from the model
3. Would you consider it necessary for some sort of intervention - what kind?

- a. what happened in the story?
- b. what does the model say?

Facilitator Notes:

Davinder is somewhere between Reacting and Injured. Note that this is a continuum and it is not static.

Ending: (10 mins)

Share these thoughts with the group:

Today we have spent some time discussing mental health and mental illness. It is just a start. There are 2 more conversations we can have:

- 1) Possibilities of support within our community
- 2) Resources and services outside of our community

Talk about a possible date for the next discussion.

Collect participants contact information for advertising next discussion topic/date/time.

Hand around the sign up sheet. Make sure you say that they can share their contact information on a voluntary basis if they are interested to be contacted for the next group.

Close with with this practice:

Ask the participants to sit in a relaxed posture, with their eyes closed. Ask them to relax their breathing and focus within their mind on the sound of their voice. Chant "Wahe," pause, and chant "Guru." Speak in a normal voice tone and volume, increasing to a chanting volume, and slowly decreasing to a whisper. In this way, lead "Waheguru" Simran for 3 to 4 minutes. At the end, sit in silence for 30 seconds, and then say "Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh" to complete the meditation.