 **DR. JOTI SAMRA, R. Psych.** & Associates Inspiring Individual & Organizational Change

Presenter:
Dr. Joti Samra, R. Psych.


OACM/CERIC Webinar Series:
Effectively Managing Psychological Health Issues as a Career Coach

Psychological Health 101 *(Feb20'18, 12:00pm-1:00pm ET)*

Self-Assessment with Useful Tools *(Mar20'18, 12:00pm-1:00pm ET)*

Incorporating a Values-Based Approach to Coaching *(Apr17'18, 12:00pm-1:00pm ET)*

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Psychological Health 101

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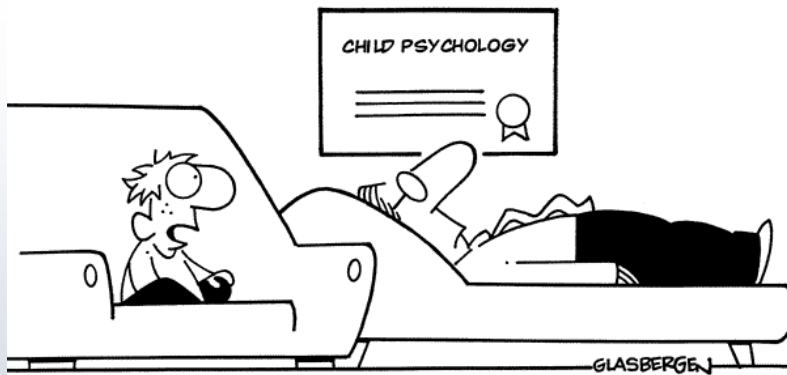


Psychological Health: Overview & Continuum

Common Conditions seen in Vocational Settings: Signs & Symptoms

The Adaptive Function of Negative Emotions: How to use this to guide your clients through important changes & decisions

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"You're spending the best years of your life doing a job that you hate so you can buy stuff you don't need to support a lifestyle you don't enjoy. Sounds crazy to me!"



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HEALTH

“...a state of complete physical, mental & social well-being, and not merely the absence of disease or infirmity.”

- World Health Organization (1948)

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POLL: What is per annum prevalence of psychological health conditions/disorders?

- a) 10%
- b) 20%
- c) 50%
- d) >50%

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POLL: What is lifetime prevalence of psychological health conditions/disorders?

- a) <20%
- b) 20-39%
- c) 40-60%
- d) >60%



Per annum...

1 out of 5 (*6.7 million*) Canadians will experience a psychological (or, mental) health issue or illness

...vs. *2.2 million* Type 2 diabetes & *1.4 million* heart disease

World Health Organization: depression = leading cause of disability **worldwide** (pre-2017, second only to heart disease)



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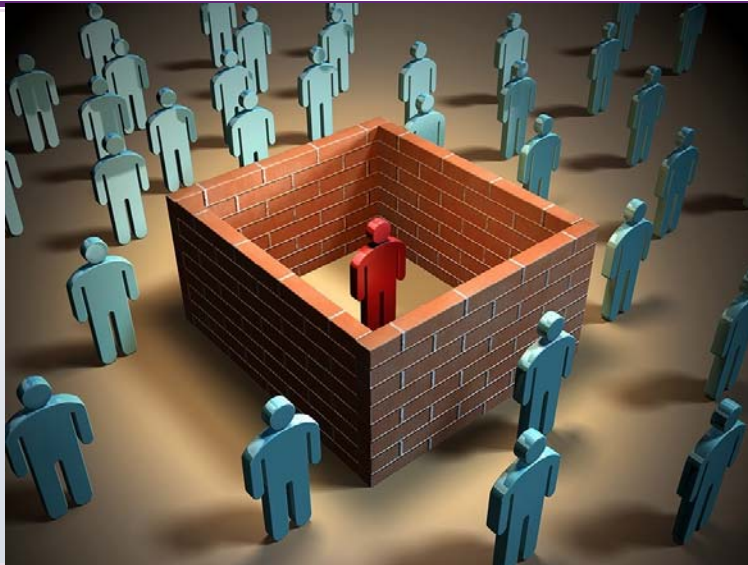
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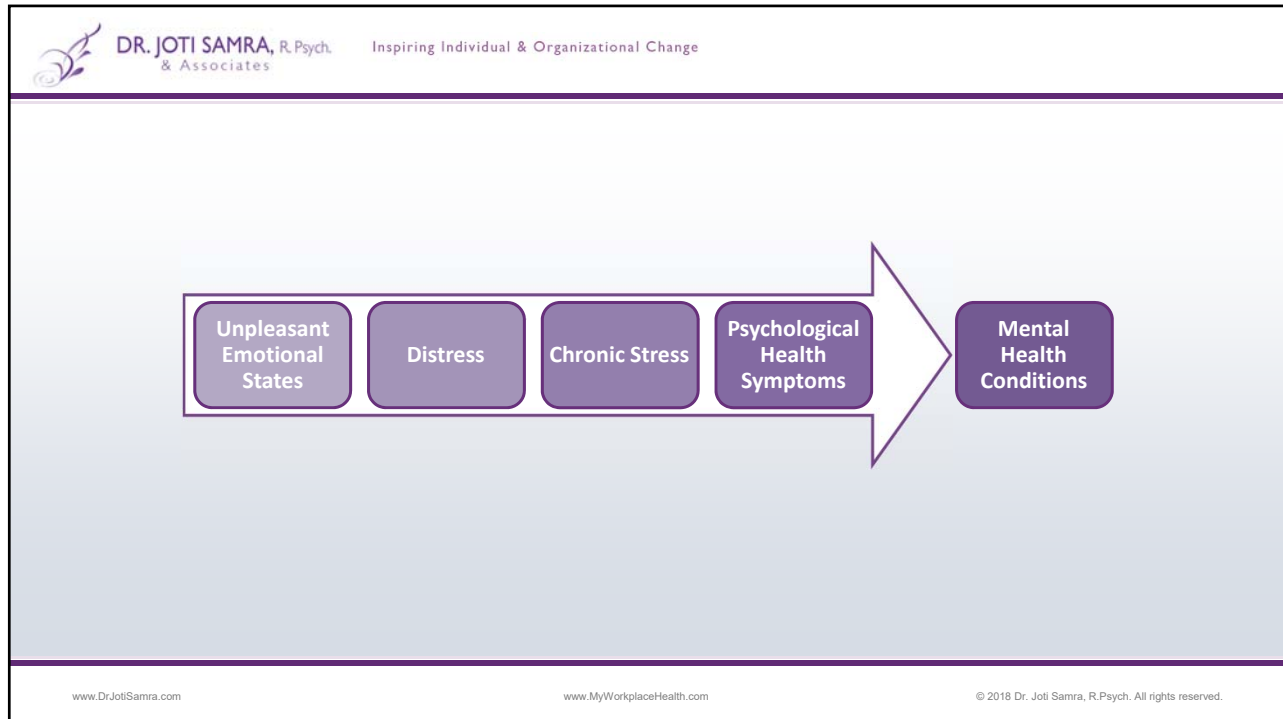
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POLL: What is the most prevalent psychological health condition/disorder category?

- a) Dysthymia/Major Depressive Disorder
- b) Anxiety Disorders
- c) Substance Use/Addiction
- d) Developmental Disorders


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Generalized Anxiety Disorder

- Excessive, uncontrollable anxiety and worry about a number of things that occurs more often than not for at least 6 months.



Major Depressive Disorder

- Persistently low, sad, empty, depressed mood or loss of interest/pleasure in things you normally enjoy for at least 2 weeks.



Hazardous Drinking

- Drinking an amount that is above recommended guidelines, posing a risk to physical/psychological health (not dependence or addiction, but still harmful).

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“Love & work are the cornerstones of our humanness.”

~ Sigmund Freud

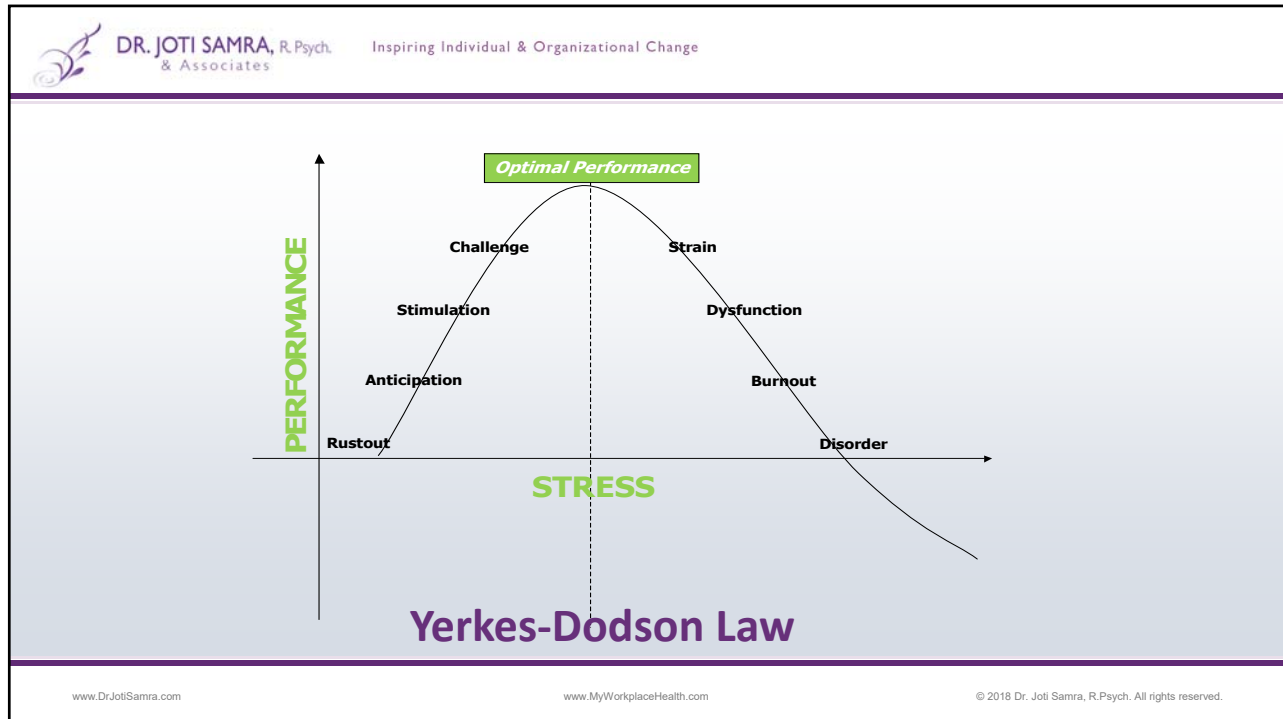
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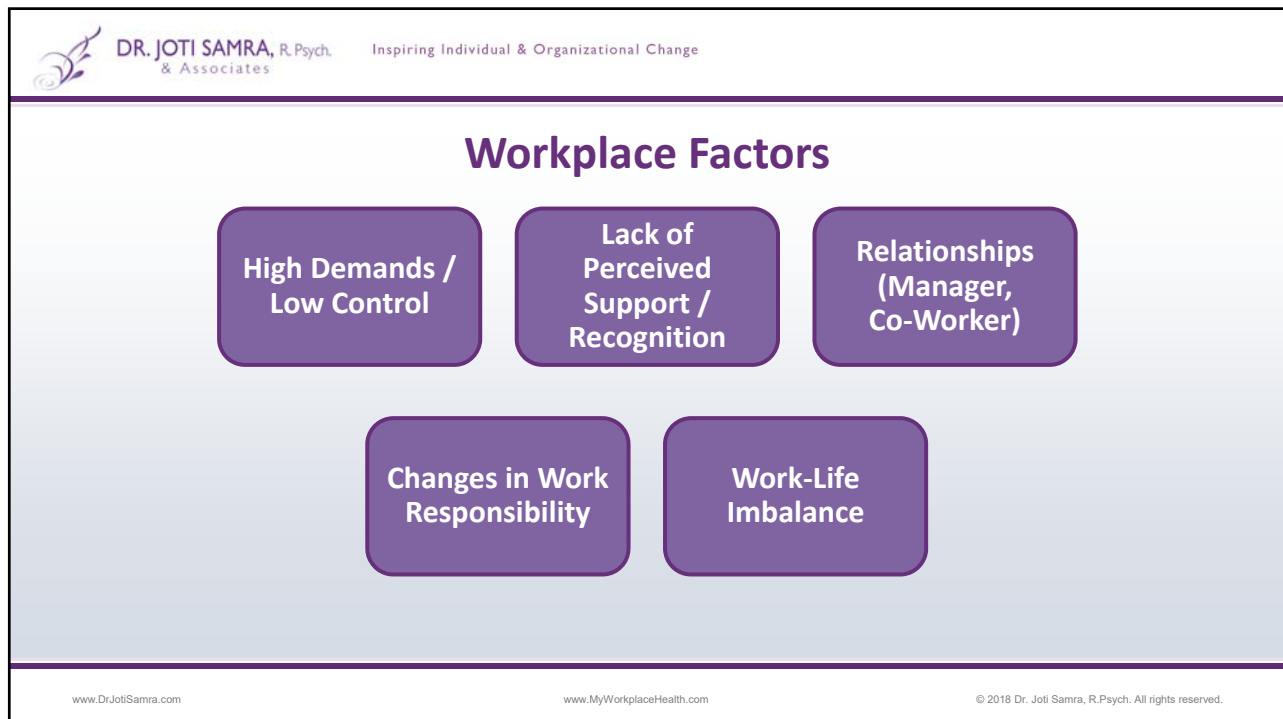
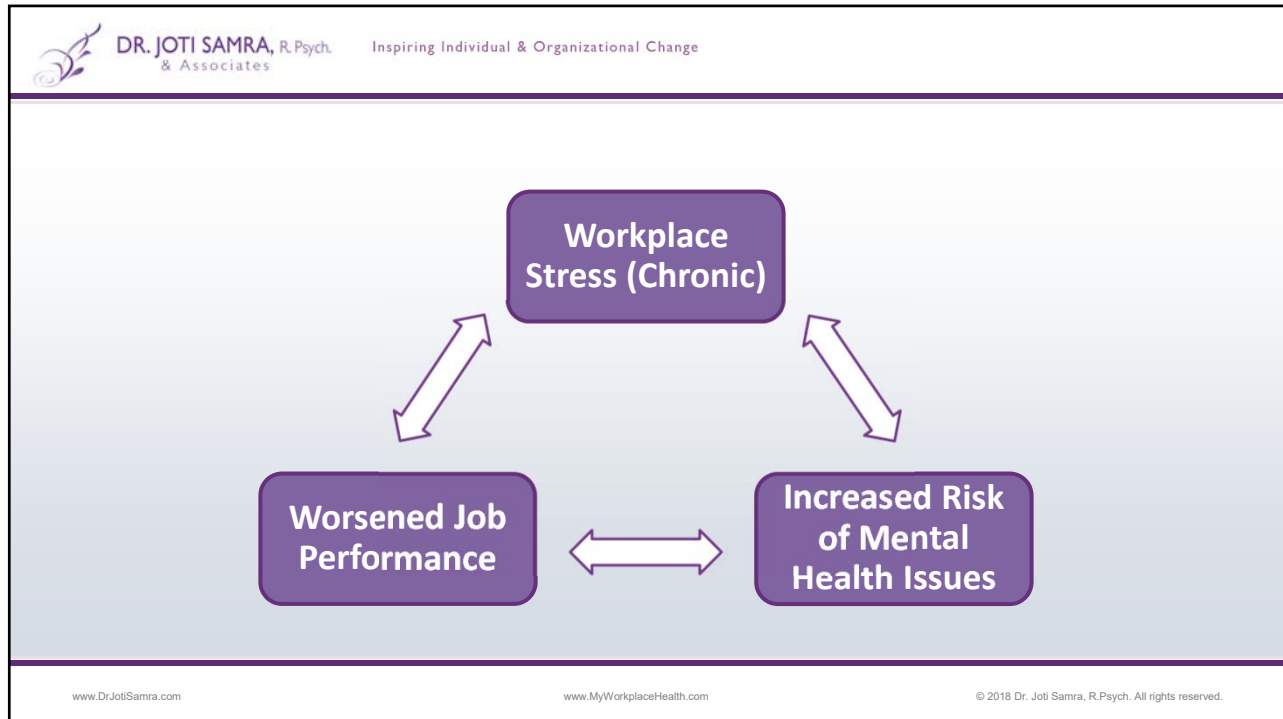
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- High workplace stress → **2x** as likely to have a diagnosable psychological disorder.
- 30.8%: work “quite a bit stressful” or “extremely stressful”

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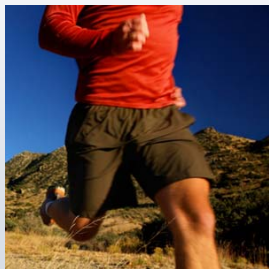




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Flight



Fight



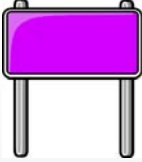
Freeze

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Changes in usual behaviour / performance	Recent changes in personal / work life	Objective emotional distress
Accidents / incidents	Absence or lateness	Poor decision-making / concentration
Withdrawal / conflict	Fatigue or vague physical illnesses	Missing deadlines

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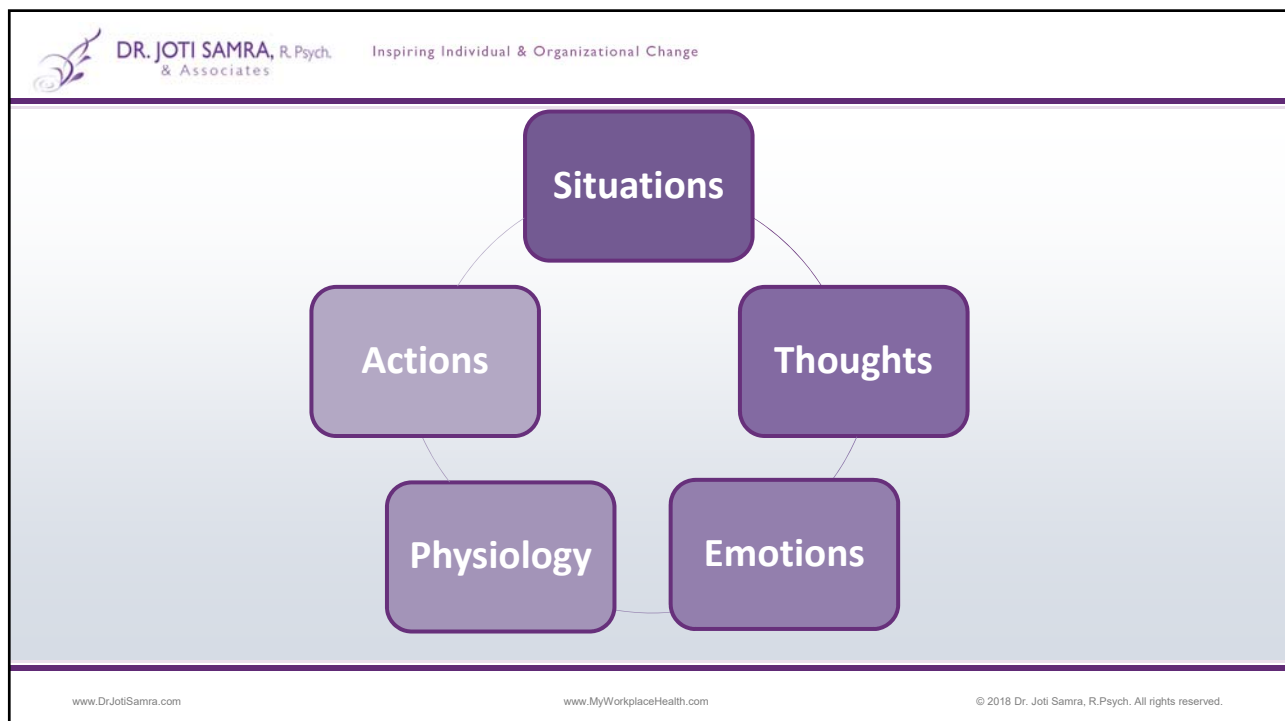
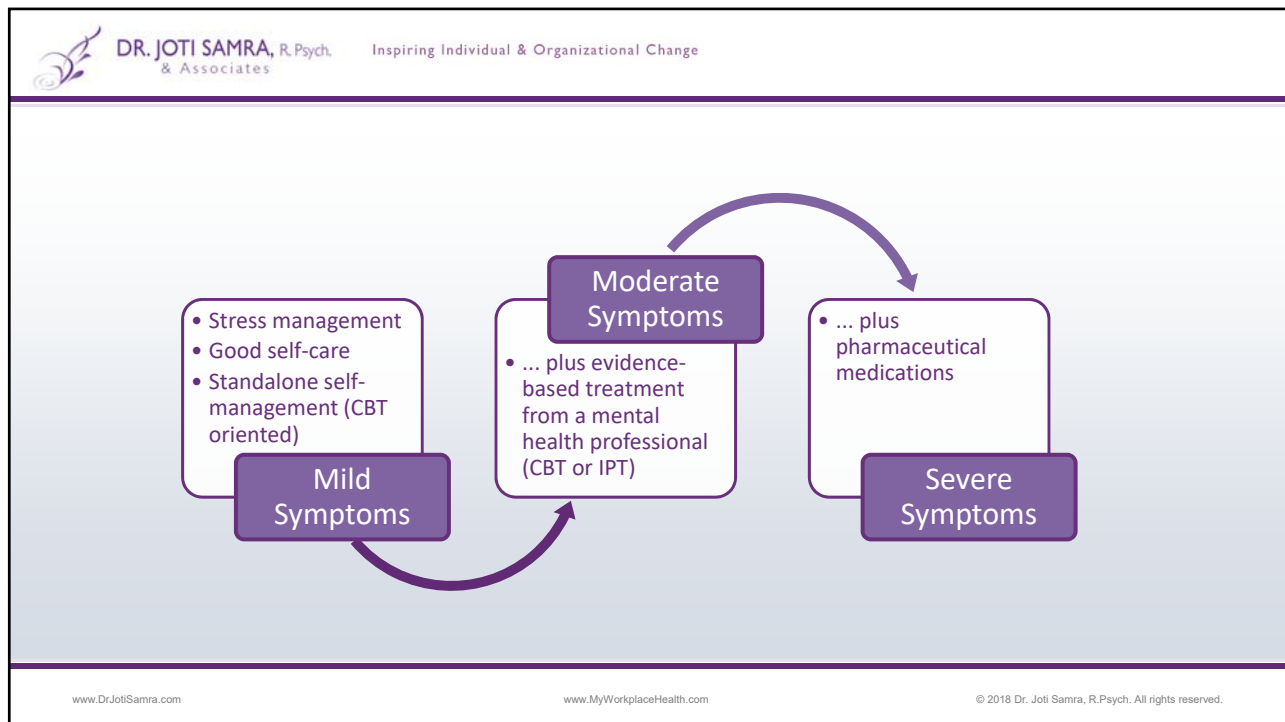
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Understanding the function of emotion states can help us know how to effectively manage & use them

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Resiliency

the power or ability to return to the original form, position, etc. after being bent, compressed, or stretched; elasticity.

ability to recover readily from illness, depression, adversity, or the like; buoyancy.

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Realistic Thinking

- Identifying distorted thinking, challenging, replacing, practicing.

Behavioural Activation

- Social activities, self-care activities, hobbies & interests, goal setting.

Solving Problems Effectively

- Identifying useful actions, evaluating (pros/cons), planning/implementing.

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POLL: In past year, have you experienced a role conflict?

- a) Yes
- b) No
- c) Unsure





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