

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّ الْحَمْدَ لِلَّهِ... نَحْمَدُهُ وَنَسْتَعِينُهُ وَنَسْتَغْفِرُهُ وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ
أَنْفُسِنَا وَ مِنْ سَيِّئَاتِ أَعْمَالِنَا. مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ، وَ مَنْ يَضِلَّ
فَلَا هَادِيَ لَهُ. وَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ لَهُ. وَ أَشْهَدُ
أَنَّ مُحَمَّدًا عَبْدُهُ وَ رَسُولُهُ.

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي



Thriving Communities:
Improving Mental Health
& Emotional Resilience

Mental Wellness

The National Alliance on Mental Illness and The National Institute of Mental Health

(<https://www.nami.org/getattachment/Learn-More/Mental-Health-by-the-Numbers/childrenmhfacts.pdf>)

Mental Health Facts CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

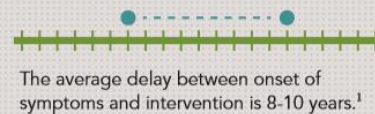
Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹

10 yrs



The average delay between onset of symptoms and intervention is 8-10 years.¹

50%



Approximately 50% of students age 14 and older with a mental illness drop out of high school.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd



Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

Our Tests

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ
وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ
وَالْأَنْفُسِ وَالْثَمَرَاتِ ۗ وَبَشِّرِ
الصَّابِرِينَ

We will surely test you with a measure of fear and hunger and a loss of wealth, lives, and fruits; and give good news to the patient

AL-BAQARAH - 2:155

HOLISTIC APPROACH TO WELLNESS



Spiritual

Bringing hope and purpose
back into the home



Emotional

Healthy outlets for healing;
dealing with stress and pressure



Relational

Making sense of relationships-
friends, family, social-emotional



Physical/Nutritional

Food choices and exercise



Mental

Understanding the very real
implications of mental health



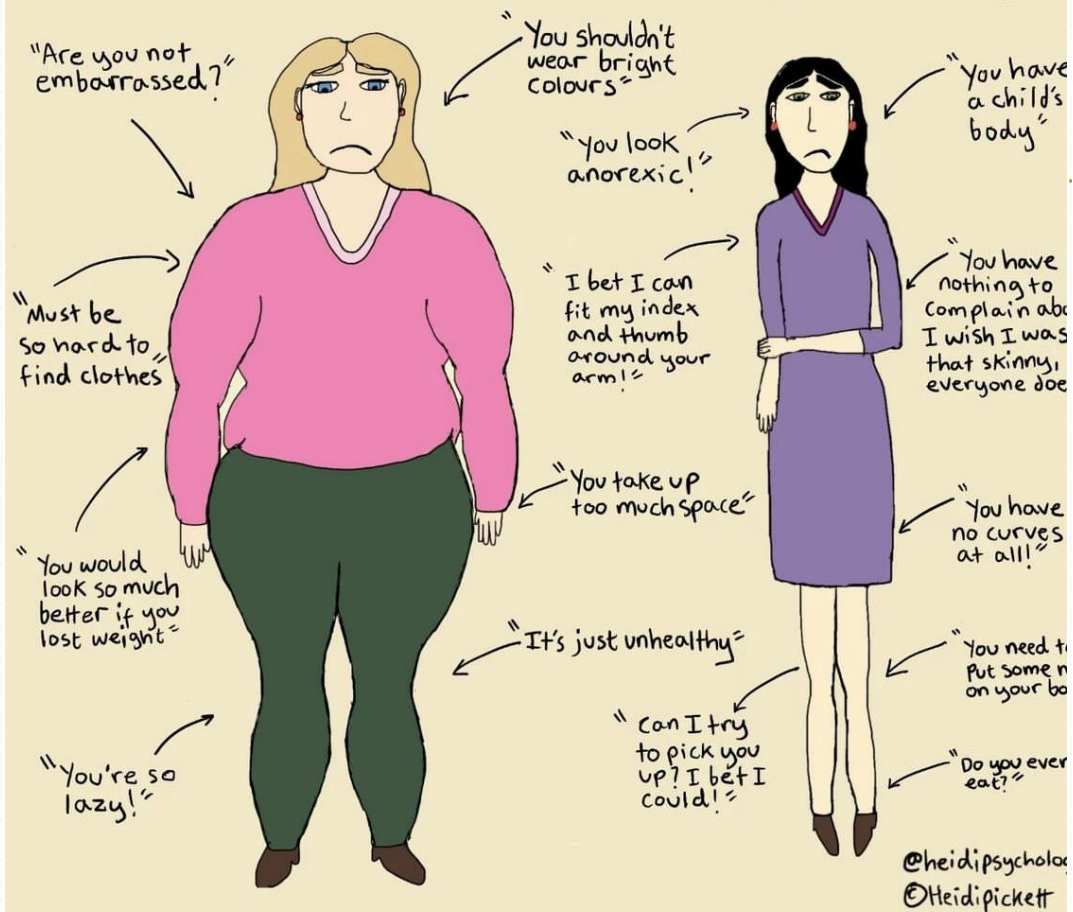
Childhood Stressors

Expectations of Perfection

Harsh criticism is not
equivalent to
encouragement

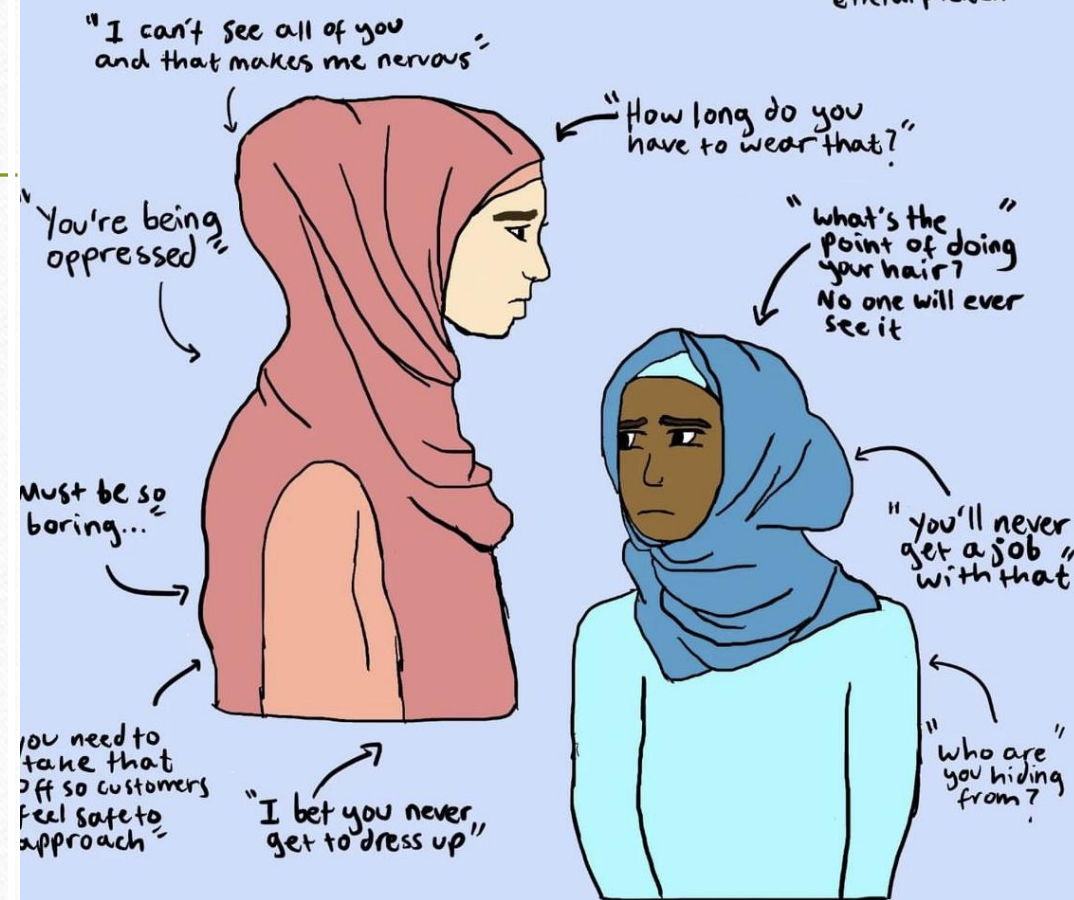


Fat Shaming & Skinny Shaming



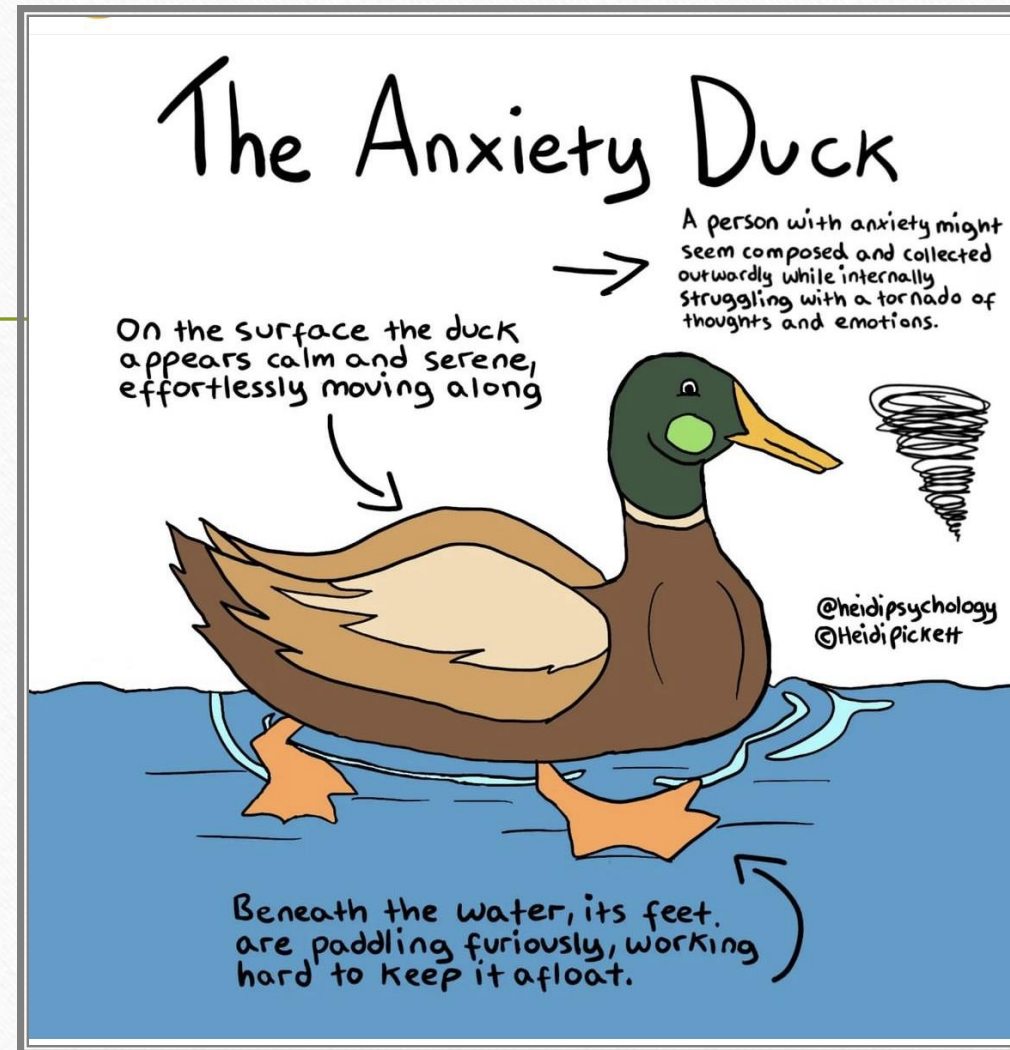
Exclusion, Discrimination & Hijabophobia

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Thoughts We Carry Into Adulthood

That Could Lead to:
Anxiety, Depression,
Low Self-Esteem and
More...



What Is Anxiety?

- Fear of the Unknown
- Understanding Tawakkul vs. Tawakool
- Uncertainty Avoidance
- Chronic/Clinical/Situational
- Physical/Psychosomatic symptoms
- Panic Attacks & How They Differ



A close-up photograph of a tree frog with vibrant blue skin and bright orange feet, perched on a patch of green moss. The frog's mouth is slightly open, and its large, dark eyes are prominent. The background is a soft, out-of-focus green. The image is framed by a dark blue border with a white inner line, and two dark brown horizontal bars are positioned on the left and right sides of the frame.

A Frog in Hot Water

What is Depression?

- Chemical/Hormonal Imbalance/Genetic
- Environmentally/Situationally Impacted
- Effects Functionality, Increased tiredness
- Heaviness or loss of interest in life
- Difficulty concentrating, focusing, finding motivation
- Lack of enjoyment or decreased energy





Looking for Help

...in all the wrong places

Addictions: Negative Coping

- Vaping, Marijuana, Molly, LSD, Spice, Synthetics

- Pornography: Purify Your Gaze Program
- Gaming: Fortnite/Call of Duty/Minecraft
- Food Addictions/Eating Disorders
- Behavioral Addictions



Knowing the Difference

- Sadness
- Grief
- Sorrow
- Depression
- Despair

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
وَالضُّحَىٰ ۝۱ وَاللَّيْلِ إِذَا سَجَىٰ ۝۲ مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ۝۳ وَاللَّآخِرَةُ
خَيْرٌ لَّكَ مِنَ الْأُولَىٰ ۝۴ وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ ۝۵ أَلَمْ يَجِدَكَ
يَتِيمًا فَآوَىٰ ۝۶ وَوَجَدَكَ ضَالًّا فَهَدَىٰ ۝۷ وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ ۝۸ فَأَمَّا
الْيَتِيمَ فَلَا تَقْهَرْ ۝۹ وَأَمَّا السَّائِلَ فَلَا تَنْهَرْ ۝۱۰ وَأَمَّا بِنِعْمَةِ رَبِّكَ
فَحَدِّثْ ۝۱۱

5 Stages of Grief

He (SAW) said, "O Ibn 'Auf, this is mercy". Then he (SAW) wept more and said, "The eyes are shedding tears and the heart is grieved, and we will not say except what pleases our Lord. O Ibrahim! Indeed, we are grieved by your separation".

Denial

Anger

Bargaining

Depression

Acceptance

Sorrow



Depression

فَأَجَاءَهَا الْمَخَاضُ إِلَى جِذْعِ النَّخْلَةِ قَالَتْ يَلَيْتَنِي مِتُّ قَبْلَ هَذَا
وَكَنتُ نَسِيًّا مَنْسِيًّا



Sahih International

And the pains of childbirth drove her to the trunk of a palm tree. She said, "Oh, I wish I had died before this and was in oblivion, forgotten."

What does 'Doing your Best' Look Like?

what people think it is



what it can also be



Taking a Shower



Cooking for Yourself



Letting your feelings out



Saying 'No'



Smiling

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لَا تَقْنَطُوا مِنْ رَحْمَةِ اللَّهِ

**DO NOT DESPAIR OF THE
MERCY OF ALLAH**

SURAH AZ-ZUMAR | AYAH 53

Understanding Emotion

Feeling Lots of Emotions At Once

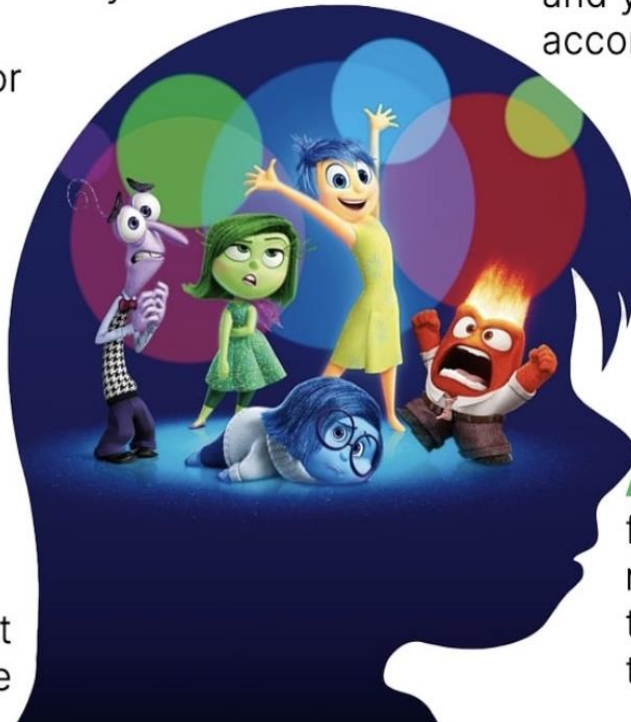
Anxious for what will happen for others and yourself.

Proud of yourself and your accomplishments.

Grateful for what you have.

Angry for what's happening in the world today.

Hopeful that we will come together



Devastated for what people are going through.

Ashamed for not knowing more or knowing the right thing to say.

BPD, PTSD, OCD

- Bipolar Disorders
- Post Traumatic Stress Disorder
- OCD Behaviors
- Scrupulosity
- Schizophrenia
- Red Flag Behaviors
- Self-Harm
- Suicide Ideation/Attempts



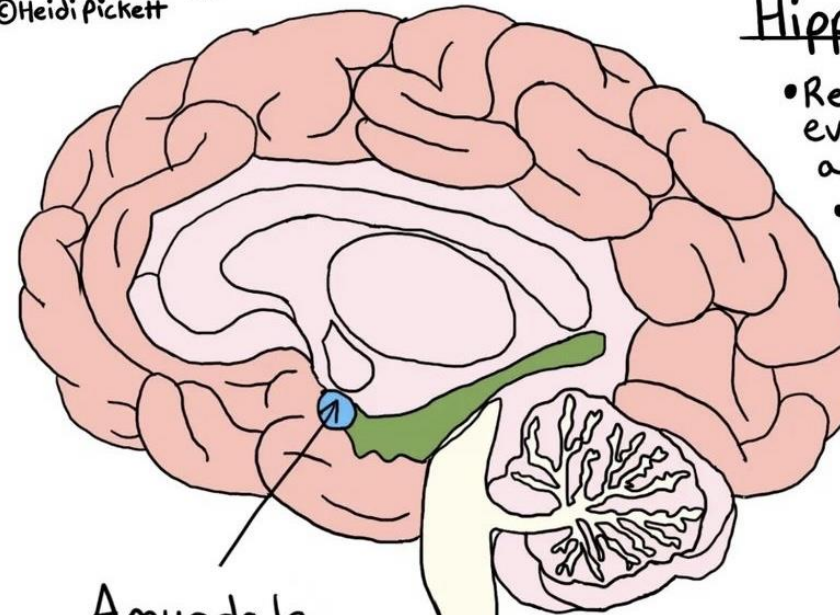
Unresolved Trauma

The Trauma Brain

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Hippocampus

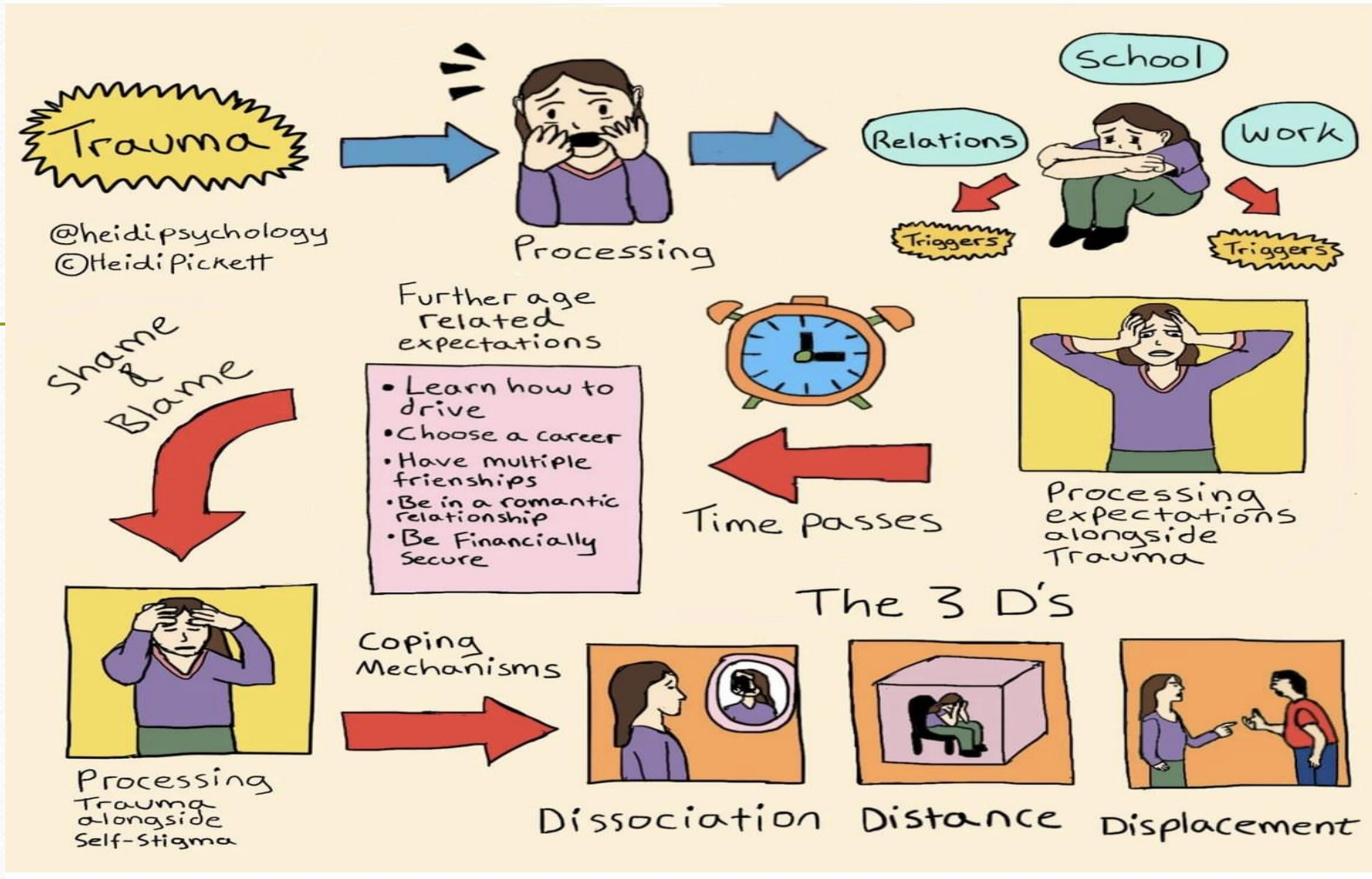
- Records details of events i.e before & after
- Responds to the amygdala so it knows what is safe & what is not
- Forms and organises memories for future reference



Amygdala

- Tags the memory with the emotion you felt e.g. fear. Saves no other detail
- Can fire off an alarm quickly based on emotional memory

During trauma, the process of moving memories to the hippocampus is disrupted. So there are no added details to the memory i.e what happens before and after, only the



Trauma with a Capital T

What Does it Feel Like?

Trauma

When someone suffers a severe burn, their skin will be overwhelmingly sensitive, even to a gentle breeze.



When we suffer trauma, our nervous system will be overwhelmingly sensitive, even to "little" triggers.



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We don't heal by denying, ignoring
or hating on our sensitivity

- Dr. Glenn Patrick Doyle

The Struggles We Face: Internal & External

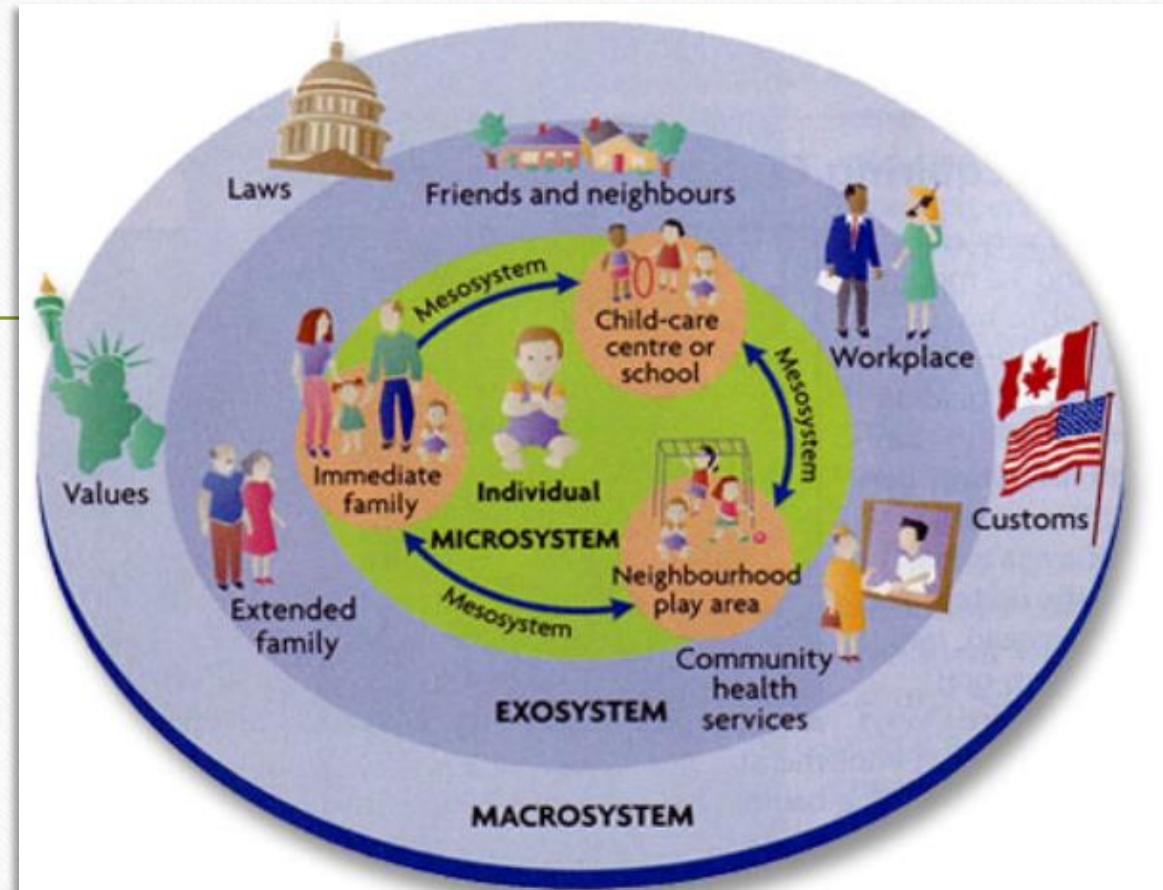


Figure 1. Bronfenbrenner's ecological systems theory
(in Berk & Roberts, 2009, p. 28)



Debt/Family Fears



Language Barriers



Toxic Home Life



Professional Difficulty



Marital/Relational Problems



Self-Worth



Fitting In



Crisis of Faith



Loss/Trauma

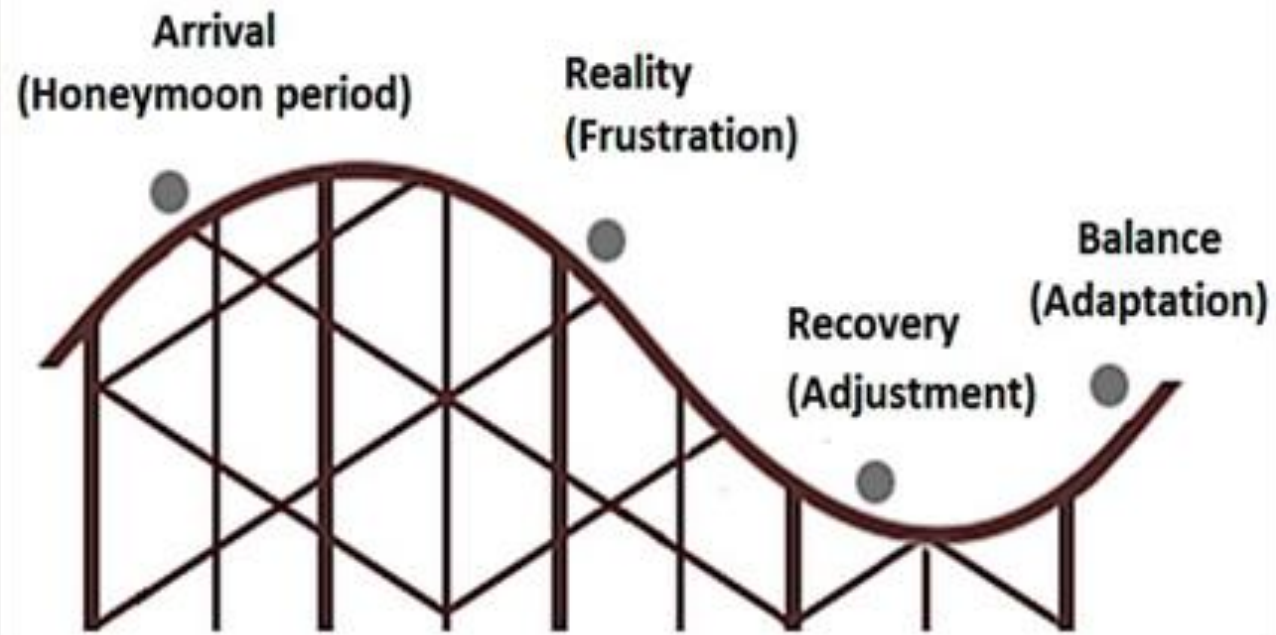


Financial Stress



Post-Election Concerns

- What are we facing?
- What our families facing?
- What are our communities facing?
- How do we help ourselves?
- How do we help our families?
- How do we help others?



Return to
Normalcy?

Getting the Help That We Need

We say "don't wash your dirty laundry in public"



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But sometimes certain things need to be aired out

How Do We Bring Wellness into Our Lives?

Reconnecting

Reconnecting
with family
and friends

Rebuilding

Building a
sense of
community

Removing

Removing
stigmas of
intervention

Finding

Finding faith
and holding
onto hope

Surat Taha: Verses 29-32

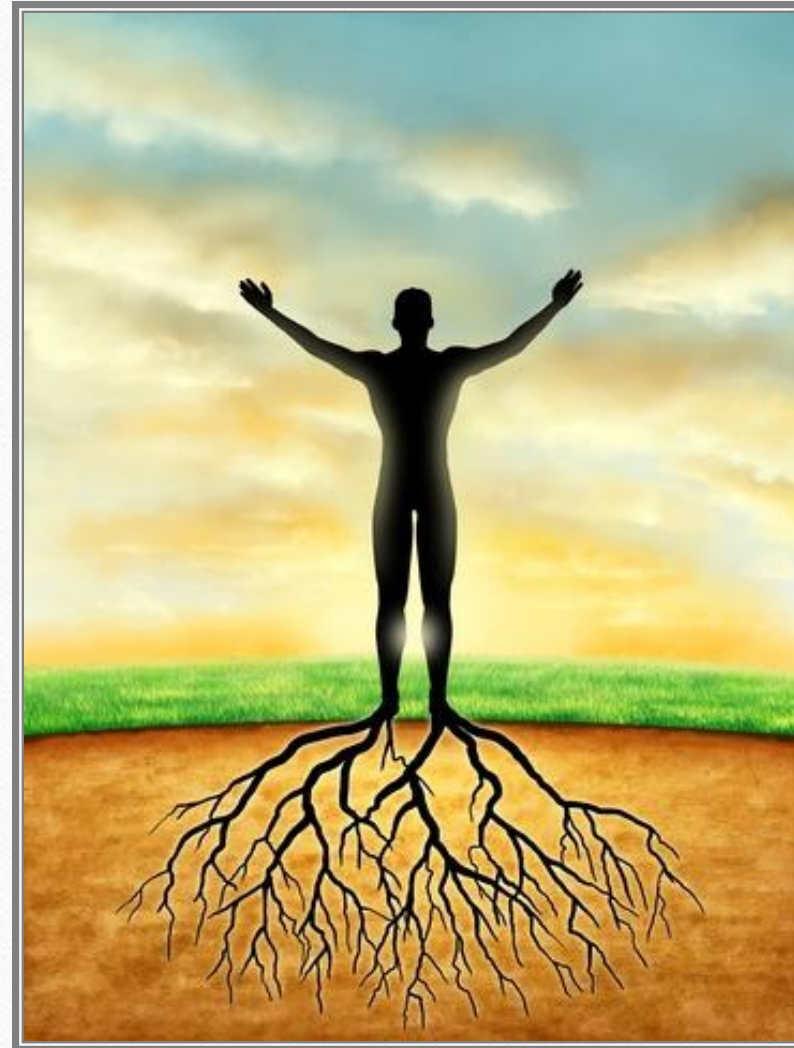
Al-Muraqqabah & Al-Hudur

الَّذِينَ يَذْكُرُونَ اللَّهَ وَاذْكُرُوا

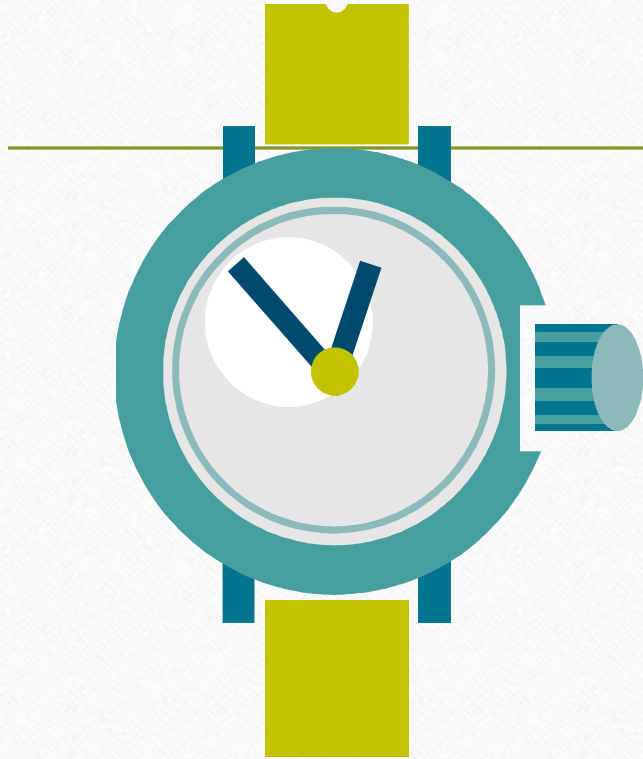
Verily in the remembrance of Allah do hearts find peace
-Surah Ra'd 13 V 28

Grounding Ourselves:

Emotionally, Mentally,
and Spiritually with
Mindfulness Methods



Making Time for the 5-4-3-2-1 Method



- 5 things you can see
- 4 things you can touch
- 3 things you can smell
- 2 things you can hear
- 1 thing you can taste

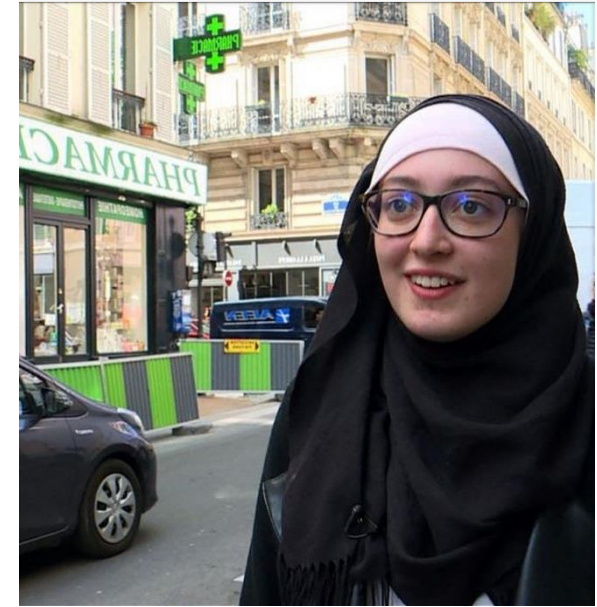
Look for the Helpers



Look for Love



Look for Support



Look for Community

Mental Health Stigma

It's just an excuse to stay on benefits

Everyone is a bit depressed

You're too young to want therapy, what do you have to worry about, homework?

They'll take your kids away if you take medication

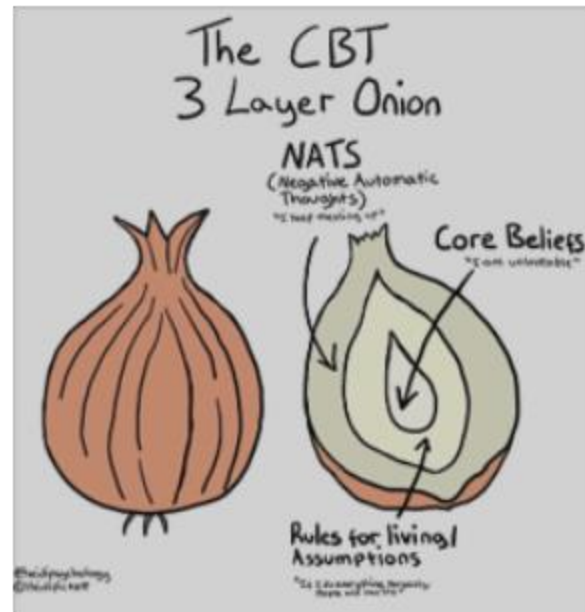
Don't have kids! You'll pass on your bad genetics

Shhh don't tell anyone! No one will employ or want to marry you

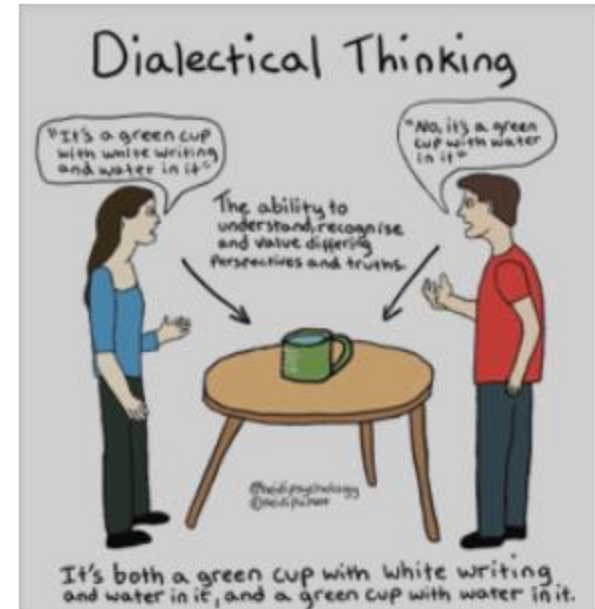




EMDR



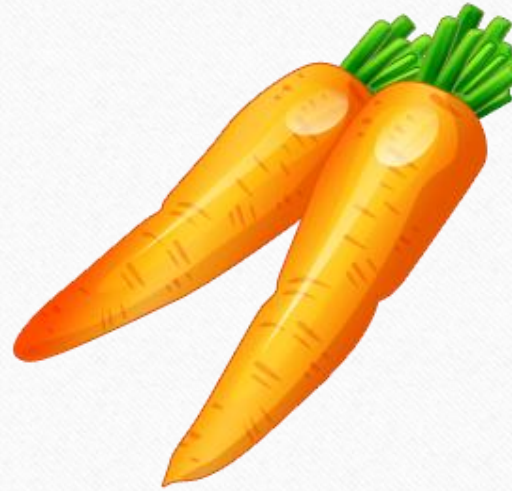
CBT



DBT

What Does Spiritual Psycho-Socioemotional Wellness Look & Feel Like?

- Confidence
- Empowerment
- Strength
- Contentment
- Joy & Happiness



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ
وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ
إِنَّكَ حَمِيدٌ مَجِيدٌ
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى
آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ
إِنَّكَ حَمِيدٌ مَجِيدٌ

Thank You!

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**For more information contact:
info@cornercounseling.com**