



MIND
WORK
MATTERS
The heart of wellbeing

WORLD MENTAL HEALTH DAY 2025

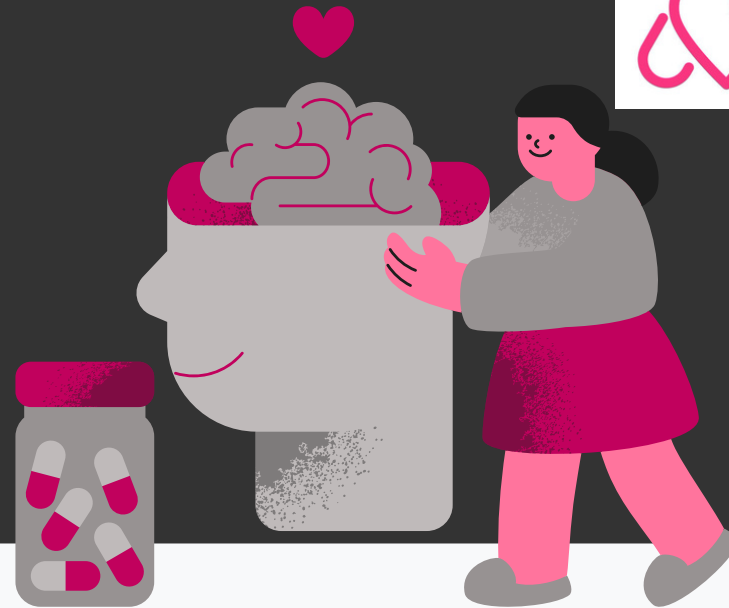
Theme 2025: Overwhelm
when global events and relentless bad
news become too much



This year, World Mental Health Day is about acknowledging the mental health toll of repeated exposure to crises and distressing news. It's about giving ourselves permission to pause, breathe, and find ways to cope.

WHY THIS MATTERS?

The world feels like it's in constant crisis. Conflicts, disasters, climate emergencies, and political instability dominate our feeds. The 24/7 news cycle keeps us informed, but it can also leave us anxious, powerless, and exhausted.



UNDERSTANDING "NEWS OVERWHELM"

- **Emotional fatigue:** Feeling drained, numb, or unable to process new information.
- **Anxiety & fear:** Constant updates can trigger hypervigilance and a sense of dread.
- **Guilt:** Believing you "should" always stay informed, even at the cost of your own wellbeing.
- **Disconnection:** Overexposure may push you to shut down or disengage entirely.

PRACTICAL WAYS TO PROTECT YOUR MENTAL HEALTH



1. Limit Exposure Intentionally

Set time boundaries for news and social media.
Curate who and what you follow, quality over quantity.
Turn off push notifications that spike anxiety.

PRACTICAL WAYS TO PROTECT YOUR MENTAL HEALTH



2. Ground Yourself Daily

Try mindful breathing, journaling, or stretching.

Use grounding techniques: notice 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.

Get outside, nature offers perspective and calm.

PRACTICAL WAYS TO PROTECT YOUR MENTAL HEALTH



3. Connect With Others

Share what you're feeling with a friend or family member.

Join community or support groups (online or offline).

Talking lessens isolation and reminds you you're not alone.

PRACTICAL WAYS TO PROTECT YOUR MENTAL HEALTH



4. Transform Concern Into Action

Support charities or causes aligned with your values.

Volunteer locally or globally in small ways.

Taking action channels anxiety into empowerment.

PRACTICAL WAYS TO PROTECT YOUR MENTAL HEALTH



5. Reframe Rest as Resistance

Rest doesn't mean indifference, it means resilience.

**Protecting your mind helps you show up stronger for
yourself and others.**

SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS

General Symptoms to Watch for:

Cognitive Changes

Difficulty concentrating or making decisions and frequent thoughts of self-harm or harming others.

Emotional Changes

Persistent feelings of sadness or hopelessness, and excessive worry or fear.

Behavioral Changes

Withdrawal from social activities or relationships and significant changes in sleeping or eating habits.

Note:

These symptoms can vary widely between individuals and may not always indicate a mental health disorder. It's important to consult with a mental health professional for a proper assessment.

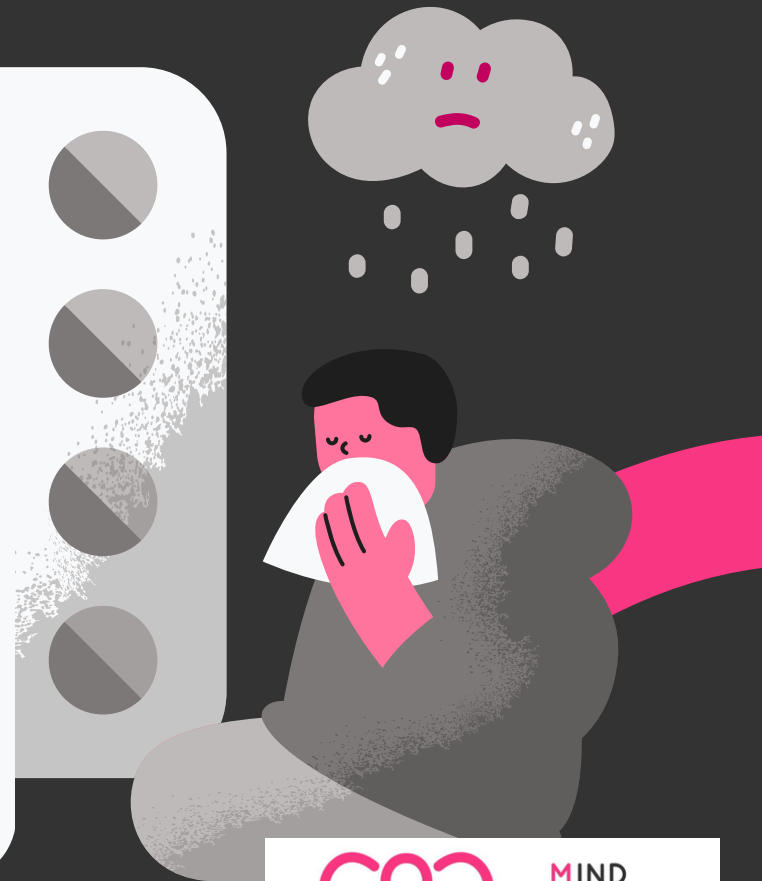
STIGMA SURROUNDING MENTAL HEALTH

Definition of Stigma

Stigma is the negative perception and prejudice society holds against individuals with mental health issues.

Impact of Stigma:

- Hinders individuals from seeking help.
- Causes shame, social isolation, and decreased quality of life.



WHY IS STIGMA HARMFUL?

Negative Impacts:

Reduces the likelihood of seeking help due to fear of judgment.

Worsens mental health conditions due to lack of necessary treatment.



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HOW CAN WE HELP?

Emotional Support

Listen without judgment and show empathy.



Concrete Actions

- 1.** Help find professional mental health services.
- 2.** Support mental health initiatives in workplaces or communities.

TIPS FOR SELF-CARE AND MAINTAINING MENTAL HEALTH

Self-Care Strategies:

Stress Management

Relaxation techniques such as yoga or hobbies.

Physical Activity

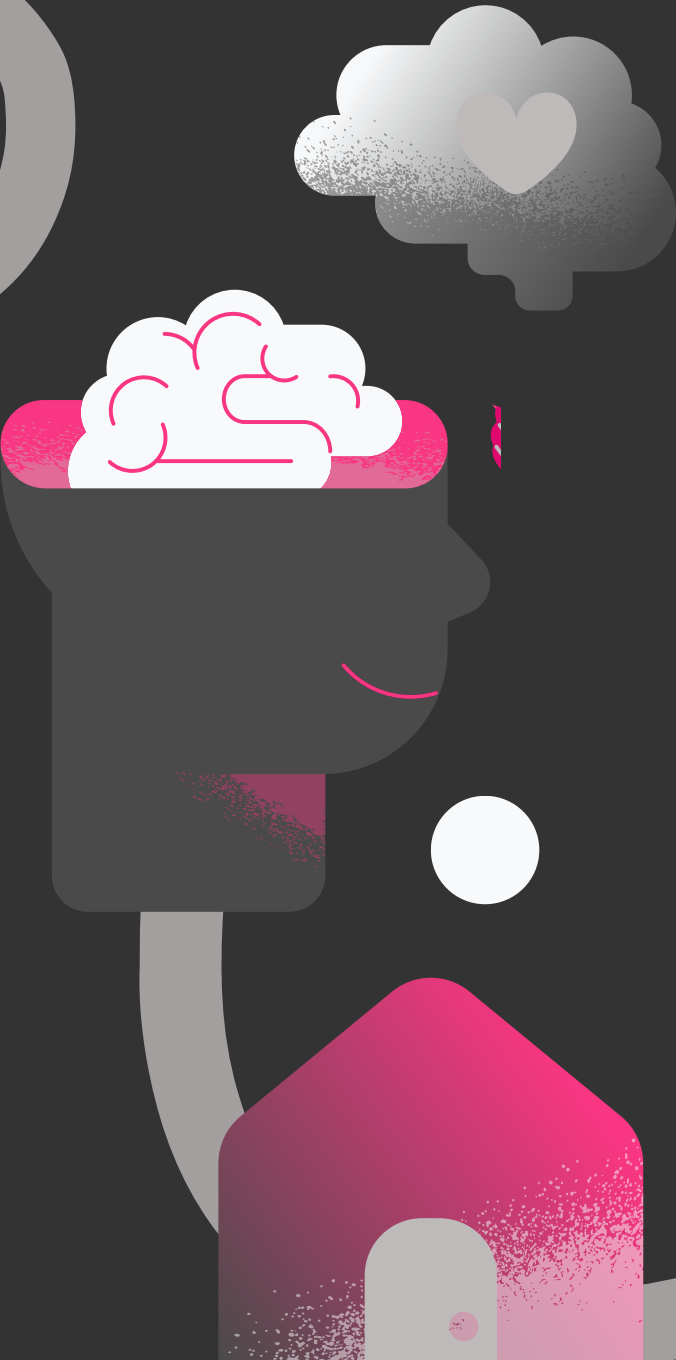
Regular exercise to boost mood.

Meditation

Breathing exercises and mindfulness to reduce stress.

Building Routine

Ensure adequate sleep, healthy diet, and positive social relationships.



CONCLUSION

Mental health is a crucial part of our overall wellbeing.

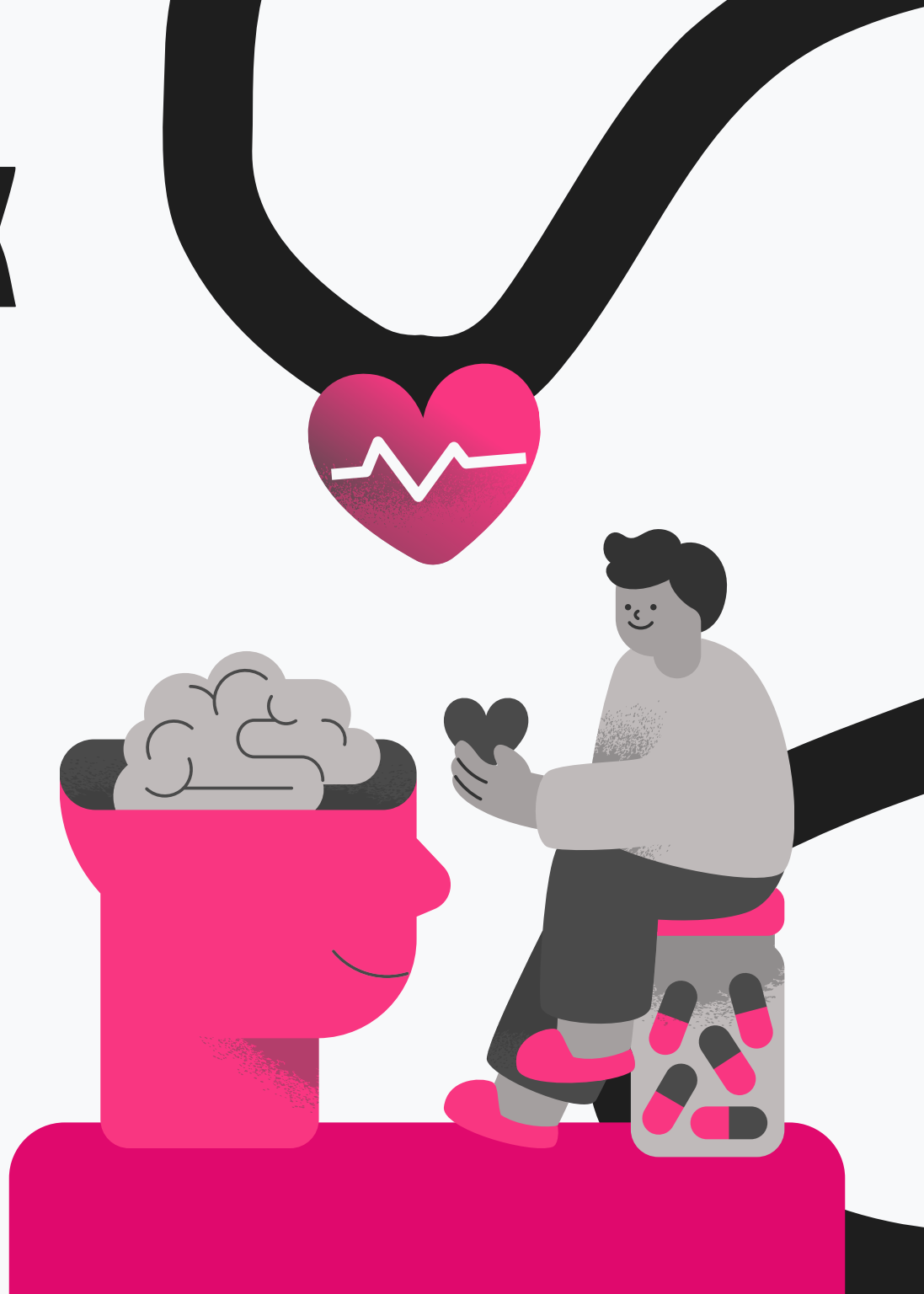
Support and understanding from those around us can make a significant difference.

THANK YOU!

Kelly



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more help and guidance**

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