

# Prioritize Your Wellbeing and Mental Health: Tools and Practices for Elected Officials



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# Learning Objective



- ✓ Understand, assess, and improve your wellbeing, reduce stress and increase resilience.
- ✓ Recognize and avoid three common mental traps are harmful to our mental health individually and on a societal level.
- ✓ Use tools that can improve your wellbeing, so you can lead with confidence, compassion and conviction.

Please put 3-5 words  
that first come to  
mind in the  
comments.

# Perceptions of Mental Health

When someone says  
**Mental Health,**  
the words I think of  
are...



# Mental Health Continuum

Mental Health

Positive Mental  
Health



Mental Illness



# Perceptions of Wellbeing.

When someone says  
**Wellbeing,**  
the words I think of  
are...



Please put 3-5 words  
that first come to  
mind in the  
comments.

# Wellbeing



“A person’s psychological, social or physical ability to meet and manage challenges that arise in our lives.”

– Gallup

# Purpose Wellbeing

People who have a sense of purpose and meaning in their lives are happier, more productive, more resilient.





# Social Wellbeing

Healthy, connected relationships increase positive emotion and act as a buffer against stress, depression, anxiety and substance abuse.



# Physical Wellbeing

People who attend to their physical health experience less stress, take fewer sick days, are happier and more productive.



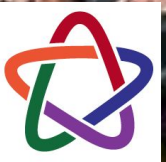
# Financial Wellbeing

People who feel financially secure are more hopeful about the future, and have fewer mental health problems.



# Community Wellbeing

People engaged in community have a sense of connection and belonging, suffer less from loneliness, and have more positive mental health.



# Assess Your Wellbeing

For each area of wellbeing  
rate whether you are:

- 1 - Suffering
- 3 - Surviving
- 5 - Thriving



# Relationship between Wellbeing and Mental Health



<https://www.fivestarwellbeing.com/assessment/>



Key Point:

People with higher levels of wellbeing are less likely to suffer from anxiety, depression and substance use.

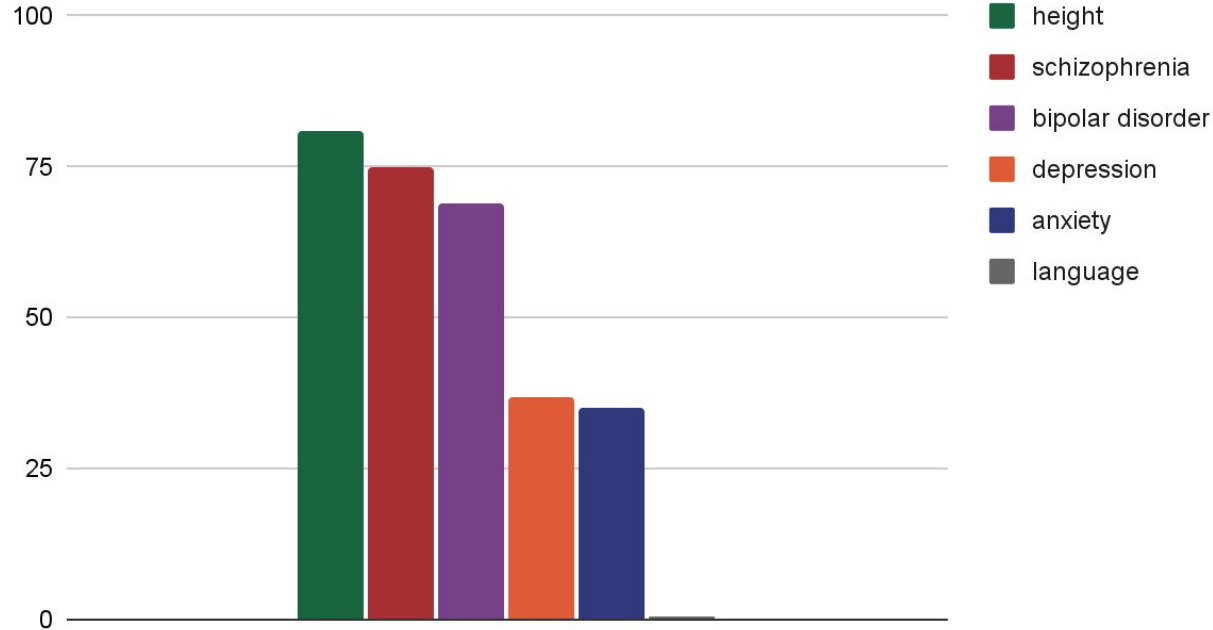


<https://www.fivestarwellbeing.com/assessment>



# Causes of Mental Illness

Percent of Genetic Contribution



**Roots of Depression**

Genetic Factors **37%**

Abuse, neglect, relationship conflict, personal loss, major life events, debt, loneliness, illness, injury, lack of purpose, hopelessness, substance use **63%**



# Work Related Stress

Think about the most challenging or stressful parts of your job, and the area of wellbeing it most impacts.

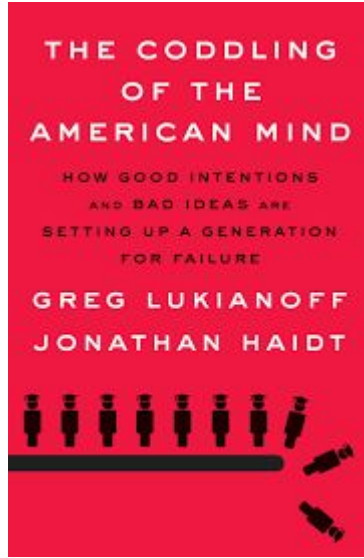
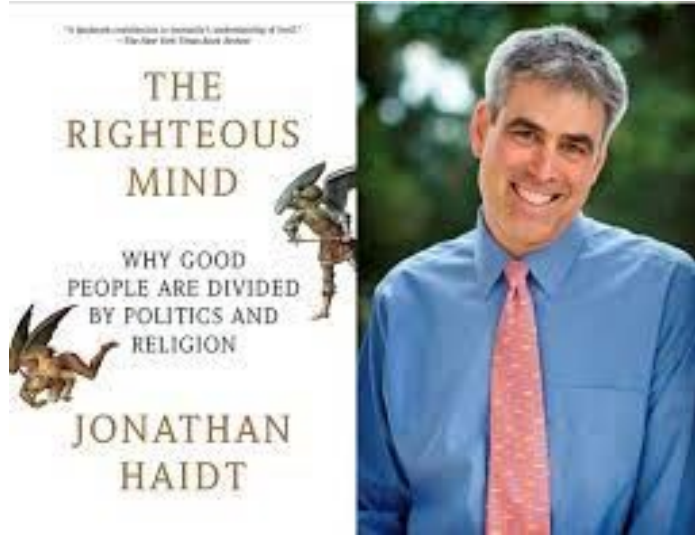
Share your thoughts in the comments.



# Work Related Stress

Now, give some thought to the tone and content of your private voice. How do you speak to yourself in times of stress?





# Cognitive Distortions and Mental Traps



# Question Time

**True or False:** People are fragile. We need to help people avoid difficult circumstances and opposing beliefs, as they cause lasting damage.



**False:**  
People are resilient.



# Question Time

**True or False:** Always  
trust your feelings.



**False:** Feelings are temporary and can be misguided



# Question Time

**True or False:** Life is a battle between good people and evil people.



**False:**

“The only real devils  
are the ones  
running around in  
our own hearts.”

-Gandhi



# Three Mental Traps

People are  
fragile



People are  
Resilient

Always trust  
your feelings



Feelings can be  
misleading

Life is a battle  
between good  
and evil people

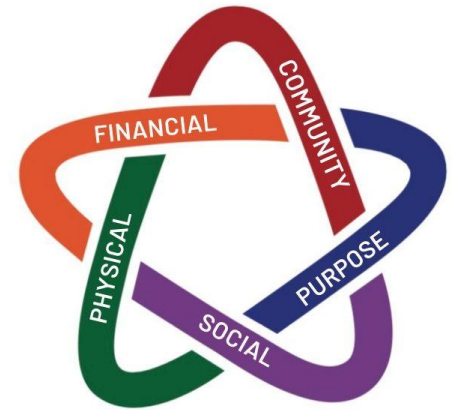


Our greatest  
battles lie  
within



# What areas of wellbeing can you draw upon when life or work gets hard?

- What things in life give you a strong sense of purpose and direction?
- What relationships give you strength?
- What physical habits/activities keep you energized
- What financial supports or resources can you draw upon
- What community members/organizations can you turn to or depend on?



# Prioritize Your Mental Health



- ✓ Understand and assess your wellbeing regularly to reduce stress and increase resilience.
- ✓ Be aware of and resist the mental traps that are harmful to people both on an individually and societal level.
- ✓ Be your own best coach, develop a compassionate inner voice, and leverage your wellbeing when things get difficult.

# Thank You.

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# Models of Wellbeing

Think about a person or leader who exemplifies balance in all areas of wellbeing.

Put their names in the comments.

