

Mental Health Awareness and Healthy Lifestyle for Judges

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HEALTHY LIFESTYLE

Beat the Root
Cause of Disease with DREAMS

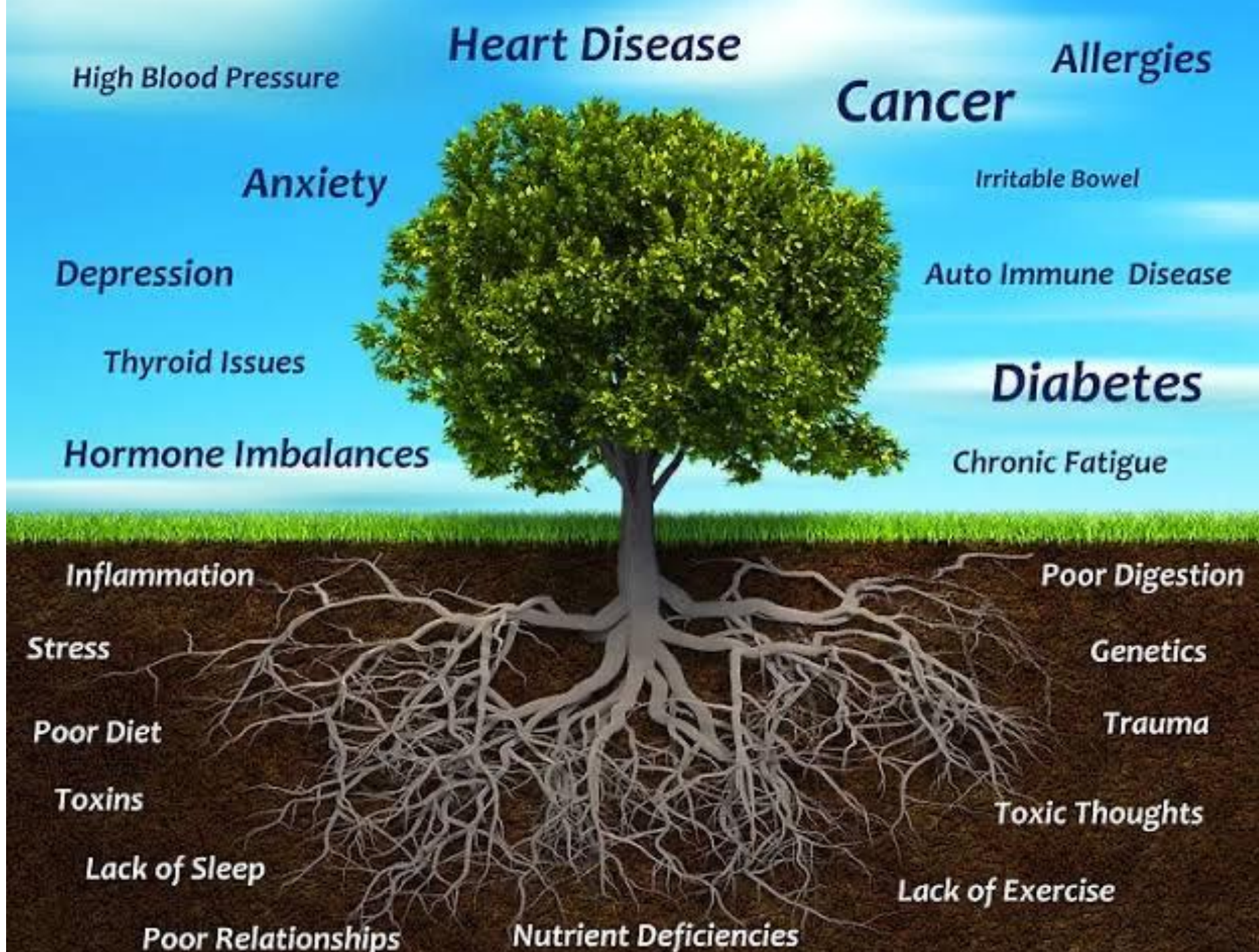


Introduction

- Lifestyle Medicine is a branch of evidence-based medicine in which comprehensive lifestyle changes (including nutrition, physical activity, stress management, social support, and environmental exposures) are used to prevent, treat and reverse the progression of chronic diseases by addressing the underlying causes
- The root cause of most diseases is associated with chronic inflammation

The lifestyle measures minimize chronic inflammation amongst other things





D: Diet & Nutrition

- Recommendations:
- Eat more of:
 - Fruits & vegetables - 5 portions daily
 - Whole grains, nuts and seeds
- Eat less of:
 - Processed food
 - Salt- sugar - flour
- Monitor food portions



R: Relationships

- Recommendations:
 - Build positive and healthy social connections
 - Culture healthy relationships with positive emotions
 - Try to form new connections:
 - Volunteer
 - Attend events (local sports event, music performance, lecture, community celebrations)



E: Exercise

- Recommendations:
 - Aerobics:
 - 30 minutes of moderate intensity exercise e.g brisk walking 5 times a week
 - 15 minutes of vigorous intensity exercise e.g jogging 5 times a week
 - Flexibility exercises: stretch daily
 - Resistance exercises:
 - Alternate days or if daily alternate muscle groups
 - Balance exercises: daily



A: Avoidance of toxic substances

- Include tobacco vaping, smoking and chewing, risky alcohol use and street drugs
- Can trigger chronic inflammation
- Risk factor for NCDs like stroke, heart disease, myocardial infarction, diabetes, dementia, depression and other mental disorders



M: Mental well-being, Stress management

- Stressors can be a person, place or thing and it can be relative as it is how we think about it and react to it that makes the difference in how it impacts our self care and our health
- Recommendations
 - Connect with others
 - Get involved in activities
 - Practice patience and be present
 - Keep a gratitude journal
 - Have laughing sessions
 - Get a massage
 - Practice deep breathing techniques
 - Have a YOU time



S: Sleep

- Adequate restorative sleep
- Recommendations
 - 7-8 hours of night time sleep
 - Before bed, try to avoid:
 - Too much food or drink
 - Caffeine and alcohol use
 - Blue light from electronic screens
 - Loud noise



SUMMARY

- Make a behavior change today to align with your DREAMS
 - DIET & Nutrition
 - Relationships
 - Exercise
 - Avoiding toxic substances
 - Mental well being
 - Sleep



Statistics

- More than 60 million Nigerians suffer from various mental illnesses
- Currently 7 million Nigerians suffer from depression
- About 5 million Nigerians suffer from anxiety
- 14.3 million aged 16 – 64 years are involved in substance abuse

PREAMBLE

- The term well-being encompasses both personal wellness and professional wellness, including job satisfaction, engagement, and reduced burnout.
- It is closely linked to quality of life as a broad term comprising domains of physical health, psychological states, social relationships and environment.
- Judicial officers generally have the stress of being responsible for the ultimate decisions that significantly impact people's lives, and they face the stressors of an intellectually demanding job, a high work load and intense media scrutiny,

- They are also regularly exposed to distressing media material and have limited opportunity to interact nor respond.
- The judiciary is at risk of burn out and trauma and the levels of psychological distress among the judiciary are significantly high

Furthermore.....

- The ability of the courts to fulfil their mission and perform their functions is based on the public's trust and confidence in the judiciary.
- The judiciary earns that trust and confidence by faithfully performing its duties; adhering to ethical standards; and effectively carrying out internal oversight, review, and governance responsibilities.
- **IF JUDICIAL OFFICERS FAIL TO PAY ATTENTION TO THEIR WELLBEING, THEIR ABILITIES TO EFFECTIVELY PERFORM THEIR DUTIES MAY BE ALTERED. THIS EFFECT MAY IMPACT THE PUBLIC'S TRUST AND CONFIDENCE IN THE JUDICIARY.**

Dimensions of judicial well-being worthy of assessment

- **Burnout,**
- **Engagement,**
- **Professional fulfilment/satisfaction,**
- **Fatigue,**
- **Emotional health/stress and**
- **Various dimensions of well-being/quality of life.**

Standardized instruments should be used to assess these areas at regular intervals

Stress & Burnout

- **Stress** - It is impossible to live in a world without stress
- It is natural but can be managed to what is felt or interpreted.
- Stress is a response your body makes to any demand placed upon it.
- When we think of stress, we often think negatively but there is also good stress.
- **Burnout** is emotional exhaustion. It can cause you to give up on something to which you have been passionately committed.
- Burnout is not usually found in lazy people.
- Men and women who suffer burnout are usually purposeful, committed, unselfish and somewhat idealistic.
- Burnout often hits people who believe, commit and serve with all their heart

Reasons for Stress

- The disparity between idealistic expectations and reality.
- Conflict in being a leader, trying to please everyone.
- Time management problems.
- Multiplicity of roles.
- Inability to produce a "win-win" conflict resolution

Symptoms of Burnout

Symptoms

- Fatigue...
- Frequent illnesses...
- Sleep problems...
- Disillusionment with work...
- Sense of helplessness and hopelessness...
- Feeling powerless to change events...
- Anger toward the "system"...
- Depression and isolation...
- Detachment from others...
- Absenteeism...
- Harshness in dealing with colleagues...
- Reduced commitment to work.

Causes

- Working too long and hard without a break.
- Feeling you are betrayed by those you are serving.
- Feeling betrayed by those under whom you are serving.
- Frustration with others.
- Unfulfilled expectations of success, recognition or reward.
- Lack of focus. Energies and activities scattered in too many directions.
- Trying to do the job you are not gifted or properly trained to do.
- Working for the wrong motives.
- In over your head without adequate support.



5 Dimensions

- State of being comfortable, healthy or happy
- Judging life positively and feeling good



Re-conceptualizing for your Mental wellness (Cognitive Restructuring)

- Reconceptualization is the act or process of forming a new or different idea or principle in your mind from one you had previously
- Changing a toxic thinking habit into a healthy new one
- Conceptualize or think of something afresh
- It involves developing a replacement concept for something
- To see things in another way or with “new eyes”
- Viewing things from a different perspective
- Train yourself to identify the wrong thought and replace it with the correct one (CBT)
- Find out why you think that way in the first place
- The reason for the thoughts

Reason to Re-Conceptualize

- Find the reason to re-conceptualize
- Find the reason to practice what you have re-conceptualized
- Find out how you developed the negative way of thinking in the first place



How to do it

- Identify what you need to re-conceptualize
- Look for the underlying cause
- Redesign the thought
- Practice using the new way of thinking

Identify what you need to re-conceptualize

- Listen to the emotional and physical signs your body is giving you
- Upset stomach, pounding heart, etc
- Use a journal to track your thought to find toxic thinking habits that are causing “allergic reactions” in your mental life
- E.g if you think a lot about the past and constantly saying “if only this had happened....” or “if only I did this.....”
- It tends to steal the joy of the moment

Start looking for the underlying Cause

- Asking and answering the question and discussing this mindset with yourself or someone you trust
- Using a series of “why” questions
- “why am I thinking this” or “what could have triggered me”
- This teaches you to learn from your mistakes that wasting time trying to change the past which is impossible

Redesign the Thought

- Instead of regretting the past and saying “if only”
- Say instead “this is what I have learned. I am enriched by it and it was a great experience”
- “it has enriched my character and now I know what not to do”
- Remind yourself that you now influence how this plays out in your future
- You redesign the future before you get there.

Practice using a new way of Thinking

- This is not a quick fix
- Takes at least 63 days to re-conceptualize one thinking pattern
- Be patient and keep keeping on

Toxic Habits

- Negative behavioral patterns established over time.
- Irritated in traffic, snapping at a loved one, going down worry “rabbit holes” by always seeing the negative.
- Over time we build them into our mind, repeat them often feeling they are a natural part of us.
- We are not wired for toxicity naturally
- They are destructive habits that cause stress in our brain and bodies as well as in relationships and life.
- They need to be identified, uprooted, and re-conceptualized into constructive habits.

Alerts to a Toxic Habit

- Repeatedly hearing the same critique from those closest to you
- Needing to be extra defensive about a certain thing you said or did
- You resonate with an insecurity you've noticed in someone else and have tried to fix it for them
- You notice a pattern of people reacting negatively to something you've said or done
- You notice a pattern as you start keeping a journal or thought diary

Breaking Toxic Habits

- If you are constantly stressed during the day, don't take the time to organize your thinking and reboot the brain, it can affect your sleep at night
- When it comes to diet, there is no "one way" of eating. Each human being is unique. Eat real food mindfully.
- There is a relationship between thinking and food and between our food and the world around us, we can make changes in our food choices.
- Exercise can improve all areas of cognitive function including mood, thinking, learning and memory especially with age.

5 Step Approach to tackle Toxic Habit

- Gather – awareness of the impact that your general behavior has on others.
- Reflect – sit back and observe yourself
- Write – helps you see deeper into your thinking patterns and gain insight into your mind
- Recheck – look at what you have written, think about what you can do instead of the toxic habit
- Active Reach – design an active reach

Gather

- Be aware of the impact your general behavior has on others
- Tune in – headaches, stomach cramps, increased breathing, sleeplessness, foggy thinking
- Pay attention to your body
- Be brutally honest with yourself – all toxic issues can be brain damaging
- Is there a habit that is irritating, upsetting, or disturbing a loved one, family member, or work colleague?
- Is there something you keep doing, something you don't want to do that's affecting your mental health?
- Is it something you know you shouldn't be doing but you keep doing anyway?
- What information, emotions and physical warning signals are you sensing from your mind when you think about this toxic habit or as you become aware of it
- Notice how you are upsetting others and yourself
- E.g toxic habit – *if only I did it this way – if only I said that – I should have thought of this* – wasting time ruminating and imagining how things would have turned out better

When your body acts outside the norm, it's a sign that all is not well in your mind.

Reflect

- Stand back and observe yourself separate you from what you are doing
- Prevents you from getting stuck in shame, condemnation, or victimization when you face the toxic habits.
- Do you think the toxic habit is a common denominator for messing up your relationships?
- What effect is this having on you?
- Do you see the need to change it?
- Why?
- Are there triggers?
- Is it irritating, upsetting or disturbing others?
- Is there something you keep doing that is affecting your mental health, something you know you shouldn't be doing but keep doing anyway?

If you have more than one bad habit,
select the most dominant one to
work on first.

Write

- Write your answers to the above questions.
- It doesn't matter how disorganized the writing is just get the information out of your mind and brain onto paper.
- Writing helps you see deeper into your thinking patterns and gain insight into your mind.
- See what its doing to you and your family

Recheck

- Look at what you have written
- Think about what you can do instead of the toxic habit – mental autopsy
- Pull your toxic habit apart mentally and see how you can change the behavior
- Can you tract it back to the origin?
- “if only” the desire to never be wrong and for everything to be perfect all the time giving me a false value and sense of worth
- Rate the intensity of the emotion you feel
- Use this step to find triggers, patterns, common themes, maybe even common reactions.

Active Reach

- Complete these three statements
- *My physical trigger is _____*
- *My re-conceptualized information is _____*
- *My re-conceptualized feelings are _____*
- Now create an Active Reach that fills in these three blanks
- *When I experience the physical trigger of _____*
- *I will tell myself _____ and choose to feel _____*

Dealing With Anxiety/Mental Ill Health



When your body is doing something out
of the norm, it's a message to you that
your mind is doing something out of the
norm

Identification

- How do I identify the root cause of anxiety/mental illness/unease
- Identify – uncover – replace

Step 1 – Tune In

- Become aware of your physical symptoms
- Tune into what your body is trying to tell you – your body and brain reflect what's going on in your mind.
- When out of equilibrium your body is bound to respond
- Increase in headaches, bloating, stomach cramps, change in appetite, trouble sleeping, heart feeling sore
- Take note don't just ignore them, don't keep charging on
- when your mind and body are not functioning as they should that would lead to anxiety and depression.
- Trouble concentrating
- Thinking foggy
- Tired
- Tune into the disequilibrium
- Gathering awareness through meditation, through prayer

Step 2 - Analyze

- Analyze
- Ask – Answer – Discuss with yourself
- Use your multiple perspective advantage*
- E.g did a cast and had croaked voice – no cold, had a good sleep so no reason for a tired voice
- Why do I feel this way?
- Why am I not sleeping?
- Why is my stomach sore?
- Why is my heart feeling physically sore?
- Why is my thinking foggy?
- Follow up the whys with other whys
- Helps dig deeper and uncover the root of the problem

Step 3 – Writing

- Notes written down
- Write and talk or talk and write
- Most important is to express
- Put words to your experience
- Gives you perspective
- Writing helps your brain plasticity – your brain grows more branches
- Write your answers to the why question
- Your conclusions help you organize your thinking
- You are pouring out from your unconscious onto paper
- You see it and get a perspective
- It facilitates the flow of neurochemicals which had been blocked up when you feel anxious

Step 4 – Re-read

- Re-read what you just wrote
- Review it
- Talk about it – self/someone
- Look for patterns/triggers/inconsistencies
- As you read it ask yourself why have I written this?
- You can add to this write up as you observe the patterns
- The who – what – when – where
- Who trigger
- What trigger
- Specific event trigger
- People that trigger you
- Specific time of the trigger – some issue in the past
- Place trigger

Result

- This process of re-read helps you see the surface and the deeper causes
- Helps you see how you can start moving forward
- Avoid being stuck so spend about 7 – 10 mins only here
- Emotions could keep you stuck here – be careful

Step 5 – Take Action

- Don't get too stuck in the previous self reflection steps
- Don't get stuck in pity, guilt & condemnation
- Action should counter or solve the patterns
- Drafting answers to a question
- Relaxing not working on your computer
- Watch a movie
- Deciding not to work with someone if its affecting your relationship
- Control your interaction

Summary

- First 3 steps get you to the root
- Last 2 steps are actionable steps – the way forward help you to do something

Thank
You