



**MENTAL HEALTH AWARENESS  
BY**

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# PROFILE



**University Lecturer - ANU**  
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**National Awardee (presidential award) –**  
**Mashujaa 2018 (humanitarian service**  
**Author, media consultant**



# WHY MENTAL HEALTH AWARENESS?

- 10% adult population suffer mental illnesses
- 45% of teenagers and 13% of children population
- NB: only half of those affected receive treatment (WHY?)
- Untreated mental illness results to losses, high medical costs, unhealthy relationships, poor performance, suicidal ideations, death

# What is Mental Illness?

- Physical illness of the brain that destabilizes the physical, emotional, psychological, social, spiritual, moral wellbeing
- Causes: genetics, brain damage, medical condition (heart disease, chronic illness, trauma , burnout stress
- Most common: Anxiety disorders (18%) and mood disorders (depression and bipolar (10% adults)

# INTRODUCTION



**Burn-Out' Is Now a  
Legitimate Syndrome  
According to The WHO.**

**CARLY CASSELLA**

**29 MAY 2019**

# Burn Out



**Workplace 'burn-out' has become such a serious health issue in the modern age, it's now been reclassified by the World Health Organisation.**

# Burn Out



**WHO characterises burnout:**

**"feelings of energy depletion or exhaustion; increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy."**

# Burn Out Scare



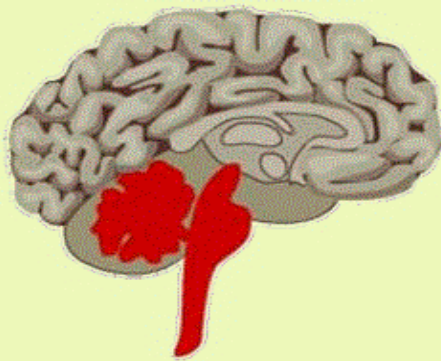
**Some STUDIES reveal that the profound emotional exhaustion and negativity brought on by burn-out can actually change a worker's brain, making it harder for them to deal with stress in the future.**



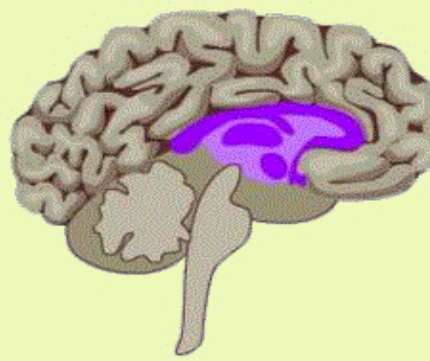
# Our Brain & Stress



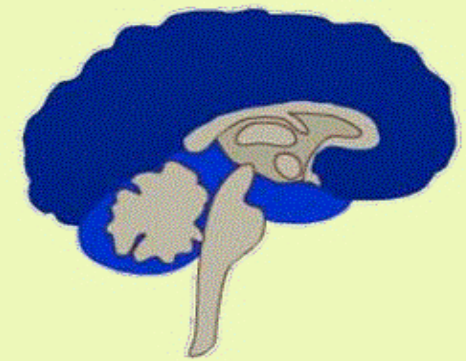
## The Three-Parted Brain



**Lizard Brain**  
(Brain stem and cerebellum)  
Autopilot  
Fight & Flight



**Mammal Brain**  
(Limbic System)  
Emotions  
Memories  
Habits  
Attachments

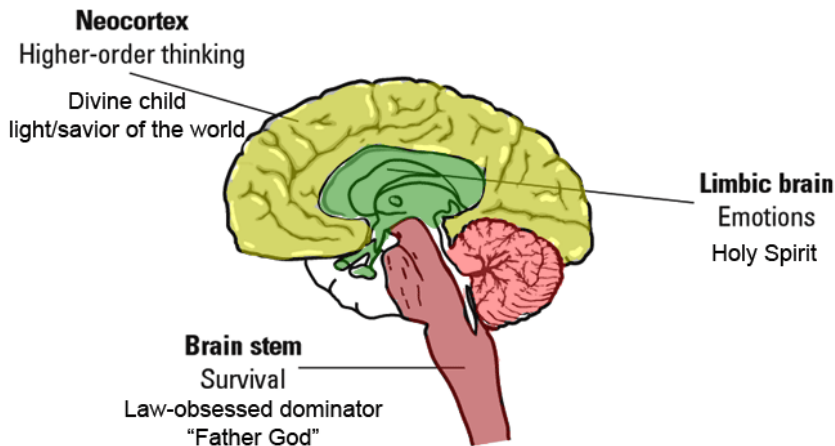


**Human Brain**  
(Neo-Cortex)  
Language, abstract thought, imagination, consciousness, reasoning, rationalising

(From Paul D. MacLean's model of the "Triune Brain")

# Neuroscience and Faith

How can we balance our brain every day, any time ,anywhere, with anyone, any situation?



# Workplace Burn Out



- **1 out of 6 employees are struggling with mental health (unmanageable stress, anxiety and depression)**
- **1 out of 5 employees that disclosed about their mental health were either sacked or forced out of their job**

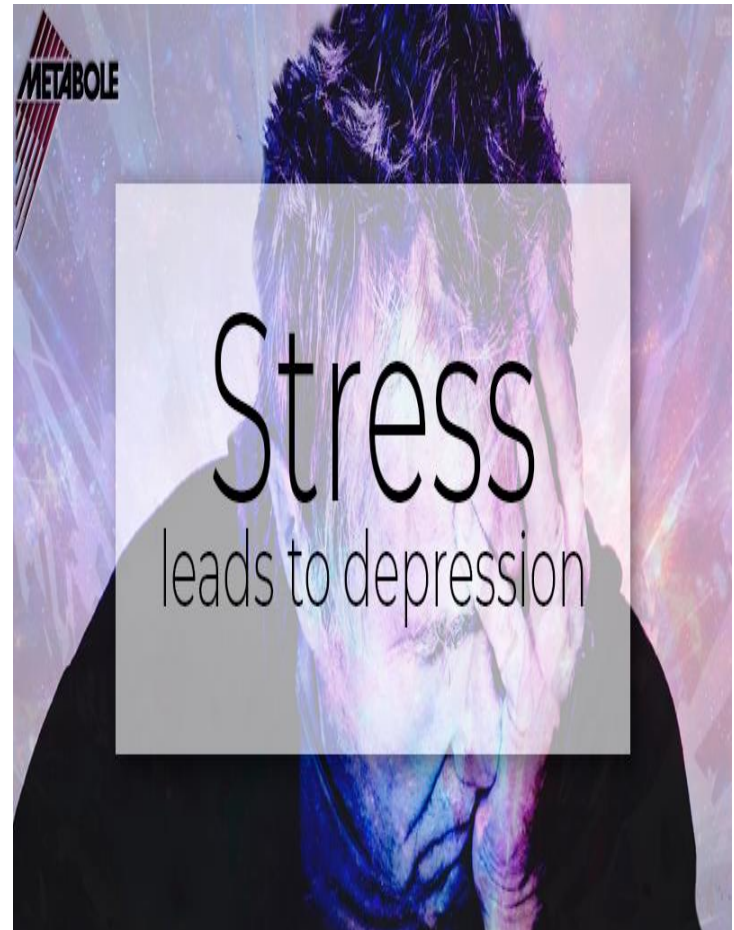


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# Workplace Burn Out



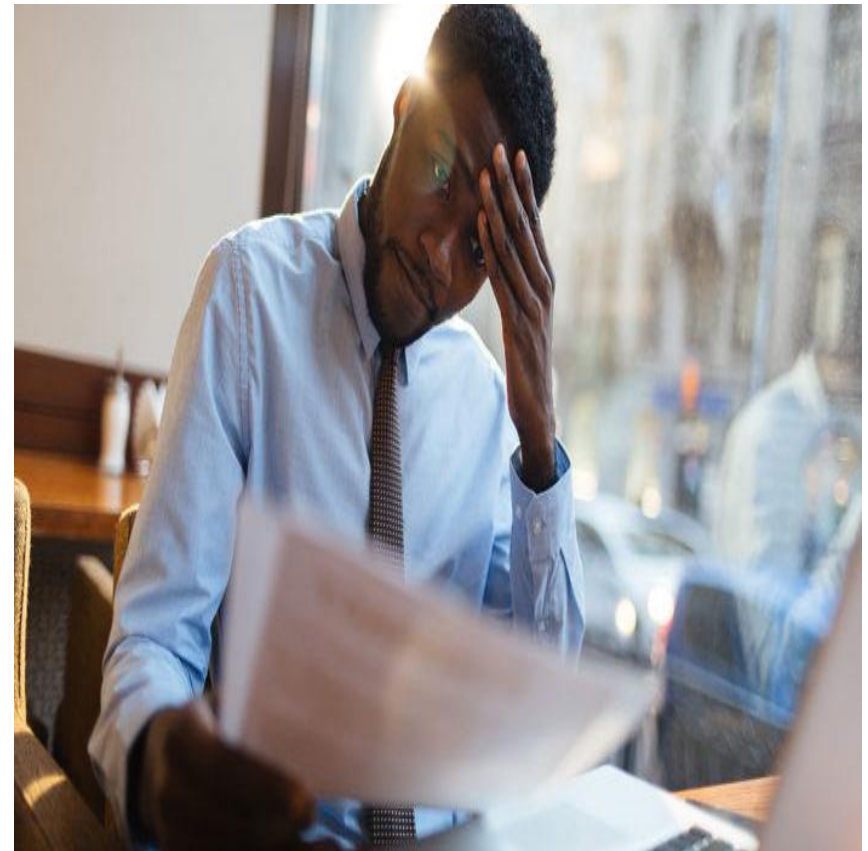
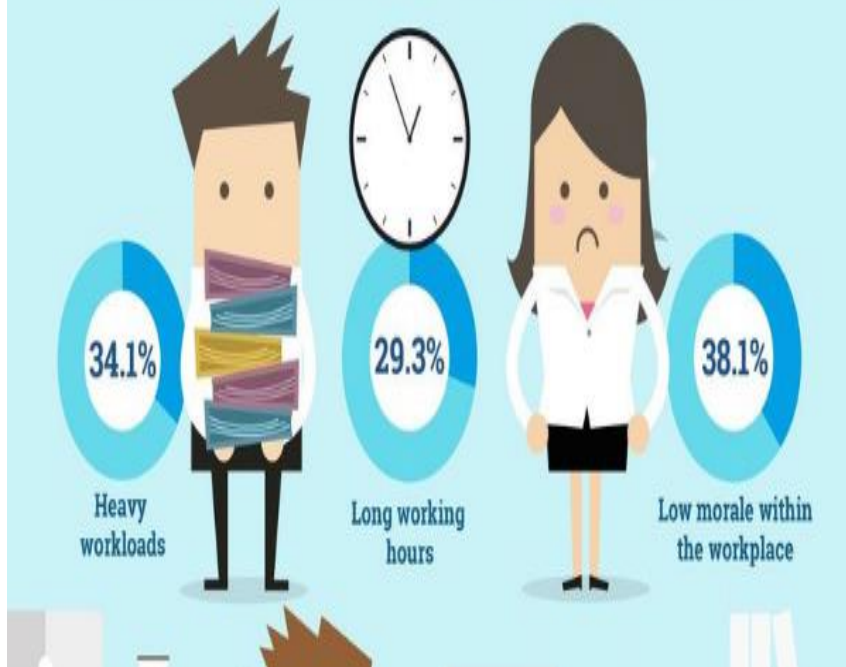
**Continuing to work  
without adequate  
social support or care  
leads to burn-out,  
declining functioning  
and risk of mental  
health problems**



# Causes of Burn Out



## What causes workplace stress?





# Causes of Burn Out



# Causes of Burn Out



# Causes & Effects



## Workplace:

- Heavy responsibilities
- Inadequate resources
- Lack of support (administration, peer, social, spiritual)
- Vicarious trauma
- Ignoring own feelings and needs
- Conflicts
- Unfair treatment of workers i.e. evaluation, promotions, benefits, awards
- Poor communication channels
- Limited participation
- PERSONALITY STYLE

## • Effects:

- High turn over
- Chronic absenteeism
- Chronic conflicts
- Low performance
- Frequent
- Witch hunting
- Violence
- Criminal activities
- Sabotage
- Poor PR
- Death of core values



# Effects of Burn Out



## **PHYSIOLOGICAL:**

- Changes in appetite
- Weight loss or gain
- Decreased immunity
- Sleep disturbance
- Lethargy
- Chronic fatigue
- Pains (physiological or somatic)
- Loss of interest
- Sickness
- immobility

## **PSYCHOLOGICAL:**

- Compulsive worrying
- Inability to solve problems/indecisiveness
- Forgetfulness
- Volatile moods/depression
- Sense of hopelessness
- Anger toward the “system”
- Disillusionment
- Memory problems
- Depression, anxiety
- NEGATIVITY

# Effects of Burn Out



## **SPIRITUAL :**

- Loss of faith, trust and hope
- Loss of life's meaning and direction
- Despair Feelings of emptiness
- Meaninglessness
- loss of interest
- Joylessness
- Questioning about life
- Fruitlessness
- Disengagement from faith communities

## **SOCIAL:**

- Withdrawal from friends and colleagues
- Interpersonal conflicts (work and home)
- Self medication
- Alcohol and drug abuse
- Abusive relationships
- Sabotaging co –workers
- Violence
- Left out

# SELF CARE



- Nurturing relationships
- Interaction with family/friends
- Talking/laughter/smiling
- Ongoing support group(s)/peer support
- Reflection: journaling, writing, meditating, poetry
- Setting boundaries and limits; assertiveness
- Exercises (physical)
- Meaningful projects
- Self care programs and trainings (MSC)
- Creative activity such as drawing, sculpting, cooking, painting and photography
- Movies, books, music
- Having balanced priorities; use of vacations and breaks from work
- Understanding what stresses you and why, so as to avoid
- Realistic Expectations
- Counseling
- Retreat

# WORKPLACE COUNSELING



## WORKPLACE COUNSELING BENEFITS

- Enhanced self awareness
- Enhanced relationships
- Conflict resolution
- Enhanced work performance
- Career development
- Improved PR and image
- Healthy stress coping ways
- Enhanced emotional fitness and health
- Enhanced sense of purpose
- Increased innovations

# TEAMWORK



# SELF KINDNESS



# **MINDFUL PRACTICE**

- **COMPASSIONATE BREATHING**
- **BODY SCANNING**
- **COMPASSIONATE FRIEND**
- **COMPASSIONATE LISTENING**
- **DEALING WITH DIFFICULT EMOTIONS**

# ASANTENI SANA!





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