

SUMMARY OF LETS TALK _ A MONTHLY WHATSAPP CONVERSATION HELD ON
13TH FEBRUARY, 2020 Hosted By Double ST Foundation.

Introduction

The topic was on the Importance of Psychosocial Support.

The facilitator was **Aisha Abdullahi Budah** (*a Psychologist and Founder, The Sunshine Series - Mind Wellness*) and the moderator was Okorie Samuel (Double ST Foundation).

The conversation started by 6:00 PM and closed by 8:00 PM.

The facilitator was delighted at her invitation and gave her lecture with the following agenda:

What is Mental Health?

The facilitator adopted the definition of mental health from WHO, (2019), as a state of wellbeing in which an individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can make a contribution to his or her community." She added that mental disorders are placed among the leading causes of disability worldwide.

What is Psychosocial Support (PSS)?

She pointed out that psychosocial wellbeing looks at you being in a good place with your emotions, spirituality, and social relationships.

Some Features of Psychosocial Wellbeing:

She mentioned that some features of the psychological wellbeing included the following:

1. Feeling good about yourself.
2. Feeling comfortable with other people.
3. Controlling tension and anxiety.
4. Ability to meet the demands of life.
5. Ability to curb hate and guilt.
6. Maintaining a positive outlook.
7. Ability to value diversity.
8. Ability to appreciate and respect nature.
9. Enriching the lives of others.

Types of Psychosocial Issues:

She added that the types of Psychosocial Issues include the following.

1. Grief
2. Depression and anxiety
3. Financial issues, insurance
4. Substance abuse
5. Loss of independence
6. Housing status charged
7. Crime and abuse/neglect
8. Social isolation
9. Negative coping mechanism
10. Develop new mental symptoms or exacerbate pre-existing symptoms.

Some Tips for Staying Psychosocially healthy:

At this point, she added that tests are usually conducted through the use of questionnaires and interviewing techniques in a therapy session.

She pointed out that it is important to stay psychosocially healthy, to help you enjoy life and maximize your full potentials. This reflects in our work, our relationship with people, our fun activities, and general life satisfaction, and it also applies to us looking out for the close people in our lives, to ensure they practice tips to help them stay psychosocially healthy.

She concluded by providing some tips to help improve our psychosocial wellbeing:

1. Allow yourself to feel your emotions. Write down your negative emotions, to help you acknowledge and accept it.
2. Mindfulness - this means 'living in the moment'. Focus on the present and enjoy the little moments instead of hyper-focusing on the past or future.
3. Being introspective - from time to time, reflect on your thoughts, behaviors, and emotions, and understand where they are coming from. This helps you go into the future with a clear head.

4. Find your values and live by them. They serve as a compass that guides you and provides balance, confidence, and fulfillment in your activities.
5. Identify your strengths and focus on building them. This helps you adopt a growth mindset.
6. Practice gratitude - This helps you keep track of all the good things happening in your life. It can be something as simple as what you ate, your interaction with a colleague, a completed assignment, etc. You can practice gratitude journaling as well.
7. Discover an activity you are passionate about or a hobby to serve as a means of de-stressing.
8. Surround yourself with positive people and let go of the negative relationships that weigh you down.
9. Find time to meditate and practice some relaxation techniques.

At the end of her lesson, questions and feedbacks were taken from the participants, and the class was brought to an end.

The participants were encouraged to follow the foundation on social media and to keep a date with the foundation for the next class.