



The Essential Self-Care Toolkit for People Dealing with the Harmful Impact of Pornography Use

UCAP 2019 WORKSHOP

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Purpose

- Focus on mental health/well-being and self care
- Share and reflect on good practice or coping strategies we are already using
- Explore strategies to enhance mental health and well-being
- Utilize your experiences and skill set to build a self-care toolbox

Introduction



“Ehara Taku Toa, He Taki Tahī, He Toa Takitini”

- My success should not be bestowed onto me alone, as it was not individual success but success of a collective
- This Maori proverb reminds us that the success of ourselves is the collective work of the people in our lives that care and want us to be happy and healthy

A welcome with a difference

Ko tōku ingoa

My name is.....

Nō Ahau

I am from.....

Introduce yourself to the person beside you and discuss what you think mental health is.



Defining Mental Health

- What Is Mental Health?

“Mental health involves skills such as the ability to manage change, to recognise, acknowledge and communicate thoughts and feelings, both positive and negative... Mental health is about balance...”

Mental health involves skills to make and maintain relationships to cope with stress and /or modify environments or relationships that cause stress. Mental health is the emotional and spiritual resilience that enables us to enjoy life, survive pain, disappointment and sadness. It is a positive sense of well-being and an underlying belief in our own and others self-worth.

(UK Health Ed authority)

Mental health is something people have all the time. It is about people's thoughts and feelings

People's ***resilience*** has more to do with those times when they are faced with stressful situations, or when they have to deal with adverse situations. Their resilience is about the ways they cope with these situations.

Resilience results from the positive development and management of mental health.

Share examples where you have used the Five Ways to Well-Being

WINNING WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Resilience framework (Fergus and Zimmerman 2005)

- Resilience refers to the process of overcoming the **negative effects of risk exposure, coping successfully with traumatic experiences** and avoiding the negative trajectories associated with risk.
- A key requirement of resilience is the presence of both risks and promotive factors that either help bring about a positive outcome or reduce or avoid a negative one.
- Resilience theory is focused on **strengths** rather than deficits. It focuses on **healthy development** in spite of risk exposure.

Resilience framework (Fergus and Zimmerman 2005)

- The promotive factors that can help avoid the negative effects of risks may be **ASSETS** or **RESOURCES**.
- **Assets** are the positive factors that reside within the individual such as coping skills, positive self-talk.
- **For someone you know who is challenged by harmful pornography (it could be you), list assets they can utilize to mitigate the risks.**

Resources

- **Resources** are positive factors that help overcome risk but they are external to the individual. Resources include family support, adult mentoring or community organisations that promote positive development.
- Therefore it may be the external resources that need changing to help prevent negative outcomes.
- **For someone you know who is challenged by harmful pornography (it could be you), what is an external resource this person used to prevent a negative outcome?**

We need to have a challenge (not deficit) mindset

Damage – RISK	Challenge – RESILIENCE
Area of traditional research dealing with disorders of the body and mind that pathologies and label people with “problems”, focusing on vulnerability	Credits people with the strength and the potential to bounce back from hardship. It honors people’s power to help themselves and considers protective factors. But it also looks at the societal factors that can be utilized. Resilience is not just seen as an individual trait.

Resilience based interventions

Enhance the PROTECTIVE factors

And

Reduce the RISK factors

• “Do something. If it works, do more of it. If it doesn't, do something else.”

Franklin D. Roosevelt

Well-being activity

- **Taha tinana - Physical well-being:** the physical body, its growth, development, and ability to move, and ways of caring for it
- **Taha hinengaro - Mental and emotional well-being:** coherent thinking processes, acknowledging and expressing thoughts and feelings and responding constructively
- **Taha whanau - Social well-being:** family relationships, friendships, and other interpersonal relationships; feelings of belonging, compassion, and caring; and social support
- **Taha wairua - Spiritual well-being:** the values and beliefs that determine the way people live, the search for meaning and purpose in life, and personal identity and self-awareness (For some individuals and communities, spiritual well-being is linked to a particular religion; for others, it is not.)

For someone you know who is challenged by harmful pornography (it could be you),

- a) which of these areas is this person's strength?**
- b) which of these areas could be a future focus?**

Reframing our thoughts can help enhance our mental health

The purpose of reframing is to arrive at an authentic, helpful story that does not eliminate the pain, but enhances the strengths.

"If you're struggling, you deserve to make self-care a priority. Whether that means lying in bed all day, eating comfort food, putting off homework, crying, sleeping, rescheduling plans, finding an escape through a good book, watching your favorite tv show, or doing nothing at all — give yourself permission to put your healing first. Quiet the voice telling you to do more and be more, and today, whatever you do, let it be enough. Feel your feelings, breathe, and be gentle with yourself. Acknowledge that you're doing the best you can to cope and survive. And trust that during this time of struggle, it's enough."

— Daniell Koepke

Take home message....

**“When adversity does comes along,
open up your self-care tool box!”**

Questions

