



Imeyreach Foundation
www.imeyreach.org.ng

BALANCING LIFE AND MENTAL HEALTH:

PRACTICAL NUGGETS FOR EVERYDAY WELL-BEING

Presented by:

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Organized:

ICAN SURULERE & DISTRICT SOCIETY



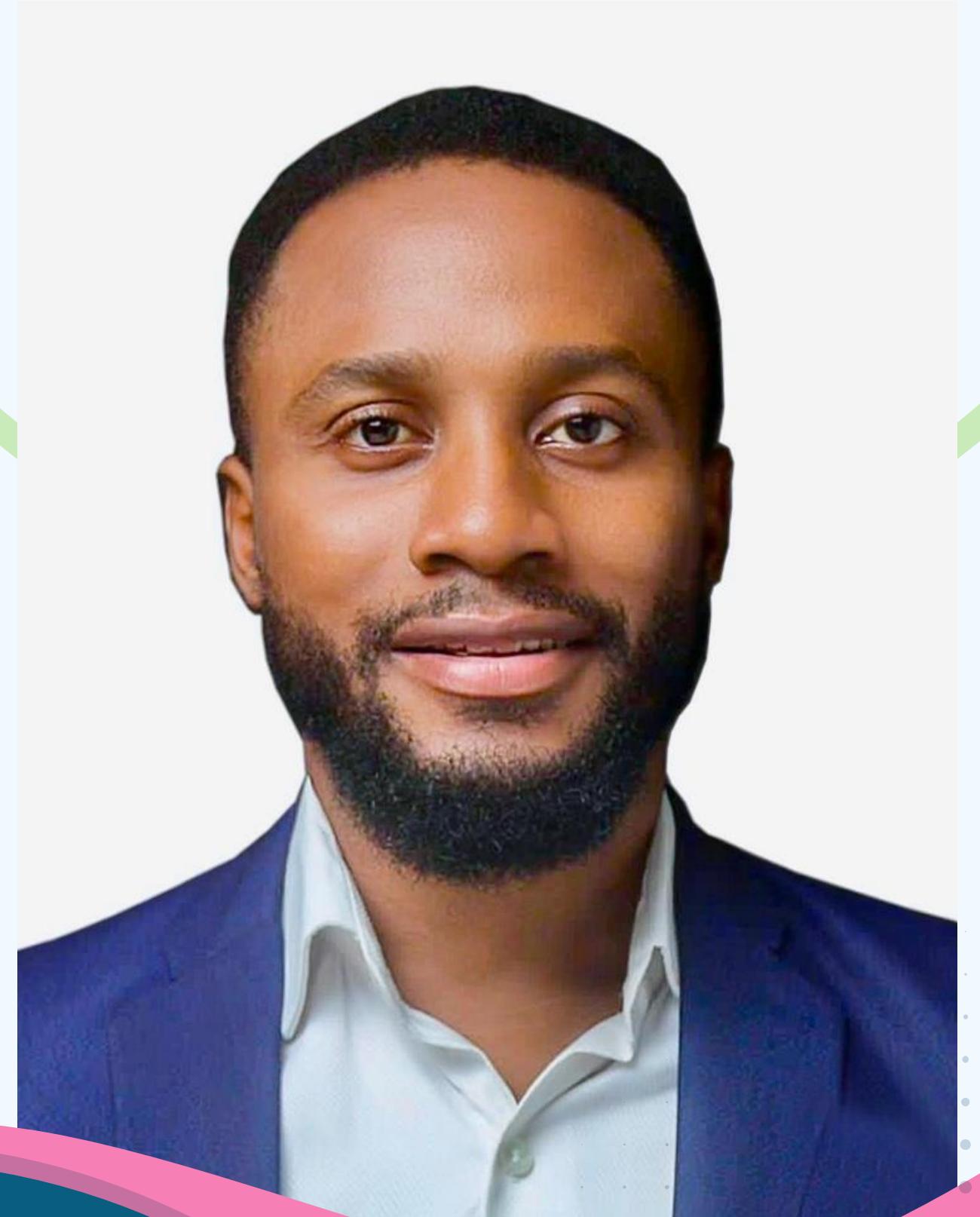
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WHO IS OLUWAYEMI ?

Oluwayemi is a trailblazer in the world of personal growth and mental empowerment. As the founder of the Imeyreach Foundation, he's committed to helping people unlock their full potential, not only to better themselves but also to uplift their communities.

With a background as a life coach, mental health coach, and Agile coach, Oluwayemi guides individuals through life's challenges, championing resilience and mental well-being. His leadership extends into his professional life as a value delivery manager and strategic business consultant, where he inspires teams to achieve outstanding results.

He believes in leading with humility, gratitude, and setting a winning mindset.





WHAT IS MENTAL HEALTH ?

Mental health refers to our emotional, psychological, and social well-being. It's a vital part of our overall health that influences how we think, feel, and behave. Good mental health enables us to cope with life's challenges, realize our potential, and contribute to our community.

➤ EMOTIONAL

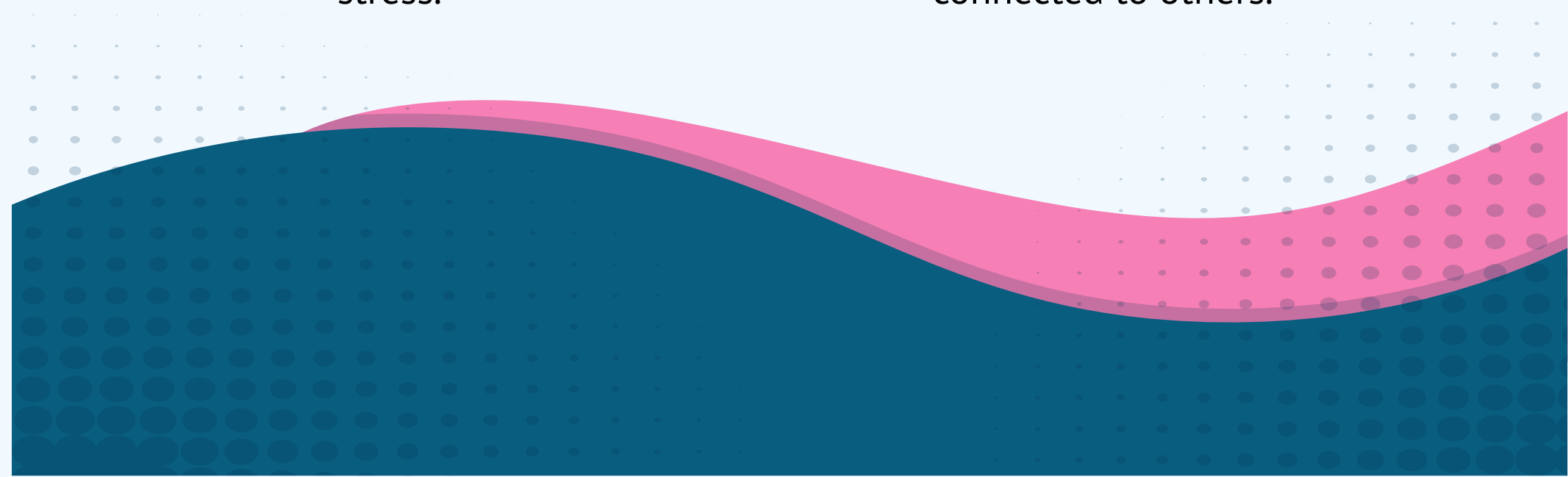
The ability to manage one's emotions in a healthy way.

➤ PSYCHOLOGICAL

The ability to think clearly and cope with stress.

➤ SOCIAL

Having positive relationships and feeling connected to others.





COMMON MENTAL HEALTH CONDITIONS

01

ANXIETY DISORDER

02

MOOD DISORDER

03

TRAUMA DISORDER

04

STRESSOR RELATED DISORDER

05

PERSONALITY DISORDER

06

PHYCOTIC DISORDER

07

EATING DISORDER

08

SUBSTANCE USE DISORDER



WHAT IS DEPRESSION?

Depression, also known as Major Depressive Disorder (MDD), is a mood disorder characterized by persistent feelings of sadness, hopelessness, and loss of interest in activities.

SYMPTOMS:

➤ PERSISTENT SADNESS

Feeling sad, empty, or hopeless most of the day.

➤ LOSS OF INTEREST

No longer enjoying activities that once brought excitement.

➤ CHANGES IN APPETITE

Significant weight loss or gain due to changes in appetite.

➤ SLEEP DISTURBANCES

Difficulty sleeping or oversleeping

➤ FATIGUE

Feeling tired or lacking energy

➤ DIFFICULTY CONCENTRATING

Trouble focusing or making decisions.

➤ FEELINGS OF GUILT OR WORTHLESSNESS

Excessive self-criticism or feelings of guilt.

➤ RECURRING THOUGHTS OF DEATH

Thoughts of death or suicidal ideation.



TREATMENT AND SUPPORT FOR DEPRESSION

You can reach out to us at www.imeyreach.org.ng.

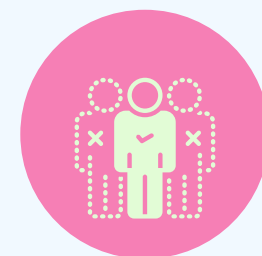
We are also on –

Facebook, Instagram, X (Twitter) and LinkedIn



THEERAPHY

Cognitive-behavioral therapy (CBT), **interpersonal therapy (IPT)**, and **psychodynamic therapy** can help individuals develop coping skills and address underlying issues.



MEDICATION

Antidepressants, mood stabilizers, and anti-anxiety medications



LIFESTYLE CHANGES

Regular exercise, healthy eating, stress management techniques, and sufficient sleep



SUPPORT GROUPS

Mental health organizations.

The Nigerian National Emergency Number: 112

Mental Health Helpline: 0800 800 2000 (toll-free)



BALANCING LIFE AND MENTAL HEALTH

| S/N | ASPECT OF LIFE | TIME AND ACTIVITY % | +VE ENERGY | -VE ENERGY |
|-----|----------------|---------------------|------------|------------|
| 1 | WORK | 50 | High | LOW |
| 2 | FAMILY | 30 | HIGH | MEDIUM |
| 3 | PERSONAL | 20 | LOW | HIGH |
| | TOTAL | 100 | | |

01

OXYTOCIN – Promote social bonding and Trust
Hugging and Cuddling
Social bonding
Acts of kindness

02

SEROTONIN – Regulates sleep, mood and appetite
Exercise
Sunlight exposure
Healthy Diet

03

ENDORPHINS – Natural painkillers
Exercise
Laughter
Music

04

DOPAMINE – Reward, Motivation and Pleasure
Achieving goals
Healthy diet
Meditation and Mindfulness



ADVANTAGES OF BALANCING LIFE AND MENTAL HEALTH

01

IMPROVED MENTAL WELL-BEING

Prioritizing mental health helps reduce stress, anxiety, and depression, leading to improved overall mental well-being.

02

INCREASED RESILIENCE

Developing coping skills and learning to manage stress helps build resilience, enabling you to better handle life's challenges

03

BETTER RELATIONSHIPS

By taking care of your mental health, you're more likely to maintain healthy, fulfilling relationships with family, friends, and colleagues

04

BETTER DECISION-MAKING

When your mental health is balanced, you're more likely to make informed, thoughtful decisions that align with your values and goals

05

INCREASED SELF-AWARENESS AND SELF-ACCEPTANCE

Prioritizing mental health helps you develop a greater understanding of yourself, including your strengths, weaknesses, and emotions

THANK YOU

If you have any questions or would like further discussion, please feel free to contact us.

CALL ME : +234-8152232819

WEBSITE: www.imeyreach.org.ng

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LET'S DISCUSS