

# The Art of Wellness

by

**Kevin Hines**

# About me:



**Kevin Hines**

**San Francisco**

**Bipolar Disorder (17)**

**Chronic Suicidality**

**Near-Diabetic**

**Weight issues**

# 10 Steps

# Therapy

## **I participate in:**

- Cognitive behavioral therapy
- Talk therapy
- Music therapy
- Blue wave light box therapy
- Breath therapy

Not talking about your problems  
keeping it all pent up inside can lead  
to adverse reactions.

## **The following therapies may help:**

- Music
- Cognitive behavioral
- Mindfulness

## **The following will hurt:**

- Lying in therapy
- Self harm
- Lack of goal setting

# Meditation

## **I participate in:**

Transcendental meditation

- [www.TM.org](http://www.TM.org)
- The only form of meditation scientifically proven to improve:
  - Somatic
  - Mental wellness
  - Sleep patterns
  - Decrease stress levels

## **Meditation may help:**

- Clear your mind
- De stress
- Live more well rounded

## **Elements that hinder the positive effects of meditation:**

- Negative attitudes
- Rage
- Inner critical thoughts

# Exercise

**My exercise routine includes the following:**

- Cardiovascular
- Aerobic
- Isometric
- Plyometric
- Total duration of 23 minutes of nonstop exercise three to five days a week twice a day, which leads to 24 hours of better mood

**The reasons exercise & physical activity help:**

- Increases levels of serotonin
- Releases endorphins
- Improves your mood

**If you don't exercise the following will may happen:**

- Lack of energy
- Negatively impact physical & mental wellbeing
- Risk for high blood pressure

# Sleep

## **I control my circadian rhythm (sleep pattern) by:**

- Get 7-8 hours of sleep
- Stop caffeine at 2:00pm
- Meditate
- Listen to calm & soothing music 20 minutes before sleeping
- Maintain a consistent bedtime
- Eat healthy & nutritious meals daily

## **This may improve sleep:**

- Some doctors recommend taking the natural hormone melatonin at bed time
- Develop a healthy bedtime routine
- Incorporate daily exercise

## **The following may hinder sleep:**

- Going to bed too hungry or too full
- Drinking caffeine
- Too many daytime naps
- Excessive stress

# Eating

# Healthy

**Since I maintain a healthy diet I experience the following benefits:**

- High energy
- Good mood
- Clear thinking

This life change can help keep your mind & body in great shape.

**Eating the following types of food may help:**

- Fruits
- Vegetables
- Natural & healthy fats & sugars
- Omega-3 rich foods

**Eating unhealthily will have negative repercussions:**

- Lack of energy
- Prevents brain from functioning efficiently
- Having long-term health problems

# Education

## **I keep myself educated on the following topics:**

- Mental health
- My personal condition/disorder
- Wellness
- Treatments

I educate my friends, my family, & those closest to me on the following topics:

- Signs & symptoms of my personal struggle & condition

## **These are topics to be educated on:**

- The importance of mental health
- Helpful coping skills
- Activities that help relieve mental struggles & stress

## **Reasons lack of mental health education may have a negative impact:**

- Unaware of methods to stay mentally well
- Unaware of important warning signs &/or triggers
- May unknowingly discriminate those suffering

# Coping

# Mechanisms

## **I utilize the following coping mechanisms:**

- Developing strong interpersonal relationships
- Giving back to my community & others
- Helping caregivers care

## **Healthy coping mechanisms:**

- Socializing with friends
- Spending time with a pet
- Participating in positive hobbies

## **Without healthy coping mechanisms:**

- Increased stress level & anxiety
- Resistance to wellness
- Weakened immune system
- Isolation

# Things

## 2 Consider

### **I refrain from drugs & alcohol:**

- Further weakens your brain's ability to function properly
- Inhibits the ability to make good decisions
- May lead to an unhealthy life style
- Family dysfunction
- Personal despair

If you happen to be on psychiatric medications, it is important to note that taking meds while drinking or using drugs can lead to imminent danger, self harm, or death.

# Medication

## **I do the following when taking my medication:**

- 100% accuracy
- Same time everyday
- If I feel affected negatively by my medications, I immediately contact my doctor & schedule an appointment

## **Medication may help:**

- Note that Medication isn't for everyone
- Ask a doctor if medication is the best option for you
  - For those that do need it it could change their lives for the better

## **While prescribed medication the following will have a negative impact:**

- Taking medication with substances
- Stopping medication intake abruptly
- Drastically going off a medication without a doctors permission

# The

# Plan

Years ago I created an **emergency mental health binder**.

- Back then it was a physical binder that I handed the people closest to me, today it is an e-file that I can share with anyone.
- Everyone has mental health, & everyone with a mental health condition should have the plan.

**“The Plan” will help in the following ways:**

- Maintain a healthy lifestyle
- Gain a positive perspective
- Help stay mentally, emotionally, & physically well

**Reasons “The Plan” has benefited me by:**

- Keeping me safe
- Keeping my personal protectors informed
- Keeping me self aware
- Keeping me hopeful in the darkest of times

# An Easy Template for Your Plan

It would be a good idea to create copies of your plan for each of your personal protectors.

## **Your Personal Protectors:**

The people in your life who truly care & may need a copy, here are some ideas:

- Parents
- Legal guardians
- Those in a parental role
- Closest friends
- Extended family
- Significant other
- Teachers
- Therapist (if applicable)
- Psychiatrist (if applicable)
- Case manager (if applicable)
- Social worker (if applicable)
- School staff (if applicable)
- Religious & spiritual advisors
- Start there & add when yah feel about it!

# Some stuff to include

- Name
- Address
- Email
- Direct phone number
- Emergency contacts
- Clinicians' contact information
- Religious or Spiritual advisor contact information

**So, you have a mental or behavioral health condition.  
So do I. Let's talk about it.**

What is your condition or diagnosis? How do you cope with it? Do the people around you help in your treatment or hurt?

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Include your story here:

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**What are your signs & symptoms? Do you take medication for your diagnosis? I do.**

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**If you take medications what are their names, dosages, & what time do you take them?**

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**Have you gone off of your medication recently?**

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**What are the list of triggers that affect your mental state?**

**A list of triggers might include:**

- Reaction to alcohol
- Foods that affect you badly
- "Friends" you should avoid
- Time you should go home, go to bed
- Phobias or uncomfortable environments
- Phrases you might use to express suicidal thoughts

# List triggers that affect you:

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## Phrases you might use to express suicidal thoughts, feelings, or actions

- "I just hate living"
- "I don't belong here"
- "I want to die"

**Any of the above, or similar phrases, are clear warnings that your Protector must take action for your personal safety!**

**“The Plan” has worked well for me. My Personal Protectors appreciate having this information. It has kept me safe & alive on many occasions.**

**I HOPE THIS HELPS YOU LEAD A BETTER, HEALTHIER LIFE.**

Please remember, you are never alone, & you don't have to do this by yourself.

# So you are having thoughts of suicide & maybe you have even attempted like I did.

If & when you have suicidal thoughts, the more time you give yourself without an attempt to hurt yourself, the better chance you have of staying alive.

Tell yourself:

"I won't do anything for a few days, maybe even a week or two."

This time allows for more rational thought to enter into your mind. Take this time to seek out & find mental health help.

Find supportive people to spend time with.

Speak up! Tell someone you trust about your thoughts. Enter into regular in-patient treatment.

Realize that being admitted to a psychiatric hospital might be a good thing. It might keep you alive! Make plans & take action. Let family & friends know that they must admit you, if they fear for your life.

**Suicide Is Never a Solution...**

**Suicide is Never a solution to any problem. Period.**

# My name is Kevin Hines.

## I live well most days while having a severe mental disorder.

- I have bipolar disorder
- What does that mean?
  - A mental illness defined as an illness of the brain
  - Two polar opposites
  - Manic highs
  - Depressive lows
- My symptoms include:
  - Paranoid delusions
  - Hypomania / manic episodes
  - Severe depressions
  - Hallucinations: Auditory & Visual
  - Panic attacks

I still manage to live with all of these symptoms today. With the help of my routine & suggestions listed in this guide, originally designed to improve my mental well-being, I stay stable most days.

I have used this guide for the last 12 years, & now I want to share it with you.

# Things to know

Not everyone has a mental illness, yet everyone has to take care of their mental health. Living mentally, emotionally, & physically well takes hard work & discipline.

## Facts:

- 450 million people currently suffer from mental disorders, placing mental disorders among the leading causes of ill-health & disability worldwide.
- Over 800,000 people die due to suicide every year & there are many more who attempt suicide.
- The Agency for Healthcare Research and Quality, cites a cost of \$57.5B in 2006 for mental health care in the U.S., equivalent to the cost of cancer care. But unlike cancer, much of the economic burden of mental illness is not the cost of care, but the loss of income due to unemployment, expenses for social supports, and a range of indirect costs due to a chronic disability that begins early in life.
- Mental illness and substance abuse annually cost employers an estimated \$80 to \$100 billion in indirect costs alone. The good news is that treatment works. The majority (65% to 80%) of individuals with mental illness will improve with appropriate diagnosis, treatment, and ongoing monitoring.

# What I Know

Hard Work + Hope = Wellness

# My Motto

# There Is Hope

Around every dark, & dismal corner of pain exists a glimmer of light. Within that light lies the seeds of hope.