



National Alliance on Mental Illness

**NAMI | Hawaii**

# **STRESS AND INSOMNIA**

## **My Journey During the Pandemic**

**KUMI MACDONALD**

**EXECUTIVE DIRECTOR, NAMI HAWAII STATE**



**Largest Grassroots Mental Health  
Organization in the U.S.**

**Mission: Support, Education,  
Advocacy and Awareness**

**FREE PROGRAMS STATEWIDE**



**What do these people have in  
common?**

**Barack Obama**

**Chris Pratt**

**The Rock, Dwayne Johnson**

**King Kamehameha**

**You**





**What do these people have in  
common?**

**Jesus Christ  
Justin Bieber  
Martha Stewart  
Robert Downey Jr.  
Rosa Parks**





**What do these people have in  
common?**

**Martin Luther King Jr.**

**Billie Eilish**

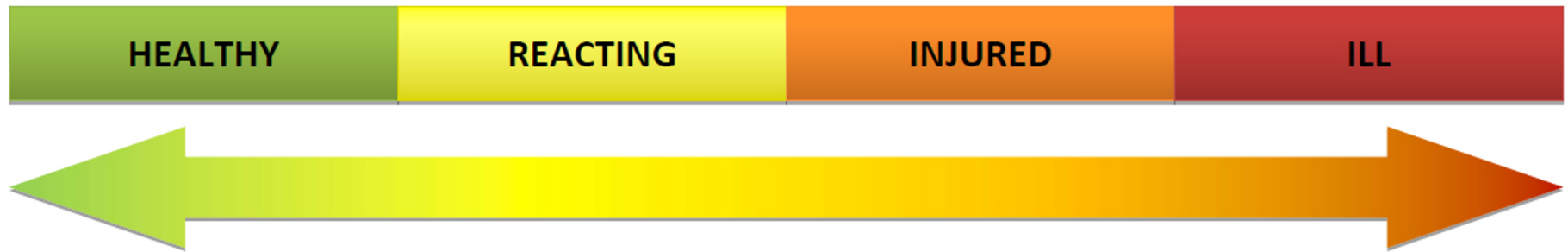
**Van Gogh**

**Meghan Markel**

**Kumi Macdonald**

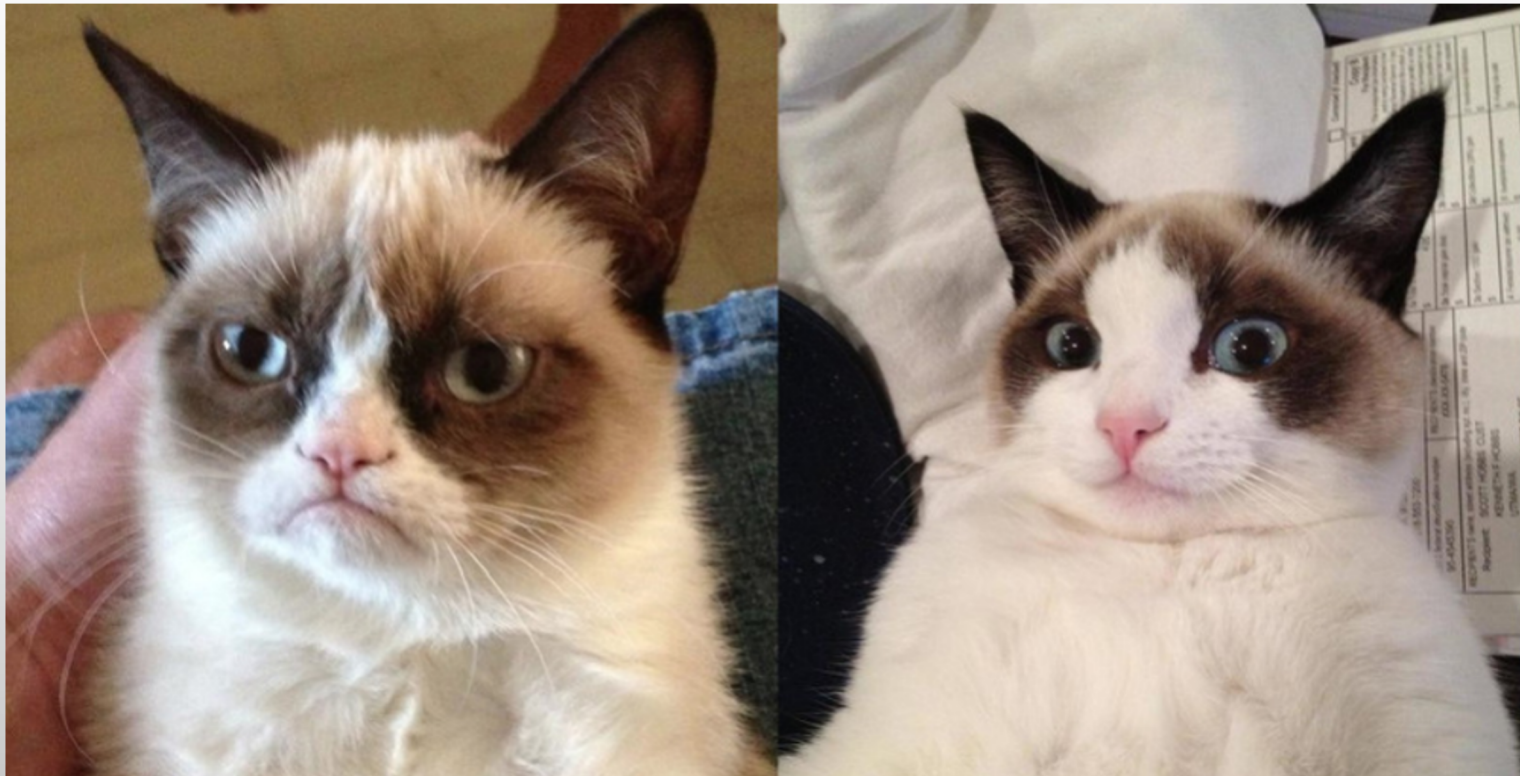
# Mental Health Affects Everyone

## Mental Health Continuum Model



<ul style="list-style-type: none"> <li>• Normal mood fluctuations</li> <li>• Calm &amp; takes things in stride</li> <li>• Good sense of humour</li> <li>• Performing well</li> <li>• In control mentally</li> <li>• Normal sleep patterns</li> <li>• Few sleep difficulties</li> <li>• Physically well</li> <li>• Good energy level</li> <li>• Physically and socially active</li> <li>• No or limited alcohol use/ gambling</li> </ul>	<ul style="list-style-type: none"> <li>• Irritable / impatient</li> <li>• Nervous</li> <li>• Sadness / overwhelmed</li> <li>• Displaced sarcasm</li> <li>• Procrastination</li> <li>• Forgetfulness</li> <li>• Trouble sleeping</li> <li>• Intrusive thoughts</li> <li>• Nightmares</li> <li>• Muscle tension / headaches</li> <li>• Low energy</li> <li>• Decreased activity/socializing</li> <li>• Regular but controlled alcohol use / gambling</li> </ul>	<ul style="list-style-type: none"> <li>• Anger</li> <li>• Anxiety</li> <li>• Pervasively sad / hopeless</li> <li>• Negative attitude</li> <li>• Poor performance / workaholic</li> <li>• Poor concentration / decisions</li> <li>• Restless disturbed sleep</li> <li>• Recurrent images / nightmares</li> <li>• Increased aches and pains</li> <li>• Increased fatigue</li> <li>• Avoidance</li> <li>• Withdrawal</li> <li>• Increased alcohol use / gambling is hard to control</li> </ul>	<ul style="list-style-type: none"> <li>• Angry outbursts / aggression</li> <li>• Excessive anxiety / panic attacks</li> <li>• Depressed / suicidal thoughts</li> <li>• Over insubordination</li> <li>• Can't perform duties, control behaviour or concentrate</li> <li>• Can't fall asleep or stay asleep</li> <li>• Sleeping too much or too little</li> <li>• Physical illnesses</li> <li>• Constant fatigue</li> <li>• Not going out or answering phone</li> <li>• Alcohol or gambling addiction</li> <li>• Other addictions</li> </ul>
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# Before and After Self Care



# A PERSONAL STORY





# **THE SCOPE OF MENTAL ILLNESS**

- **1 IN 5 ADULTS EXPERIENCES A MENTAL HEALTH DISORDER IN A GIVEN YEAR**

# Pandemic and Mental Illness 2021

During late June, 40% of U.S. adults reported struggling with mental health or substance use\*

ANXIETY/DEPRESSION SYMPTOMS



STARTED OR INCREASED SUBSTANCE USE



TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



SERIOUSLY CONSIDERED SUICIDE†



\*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020

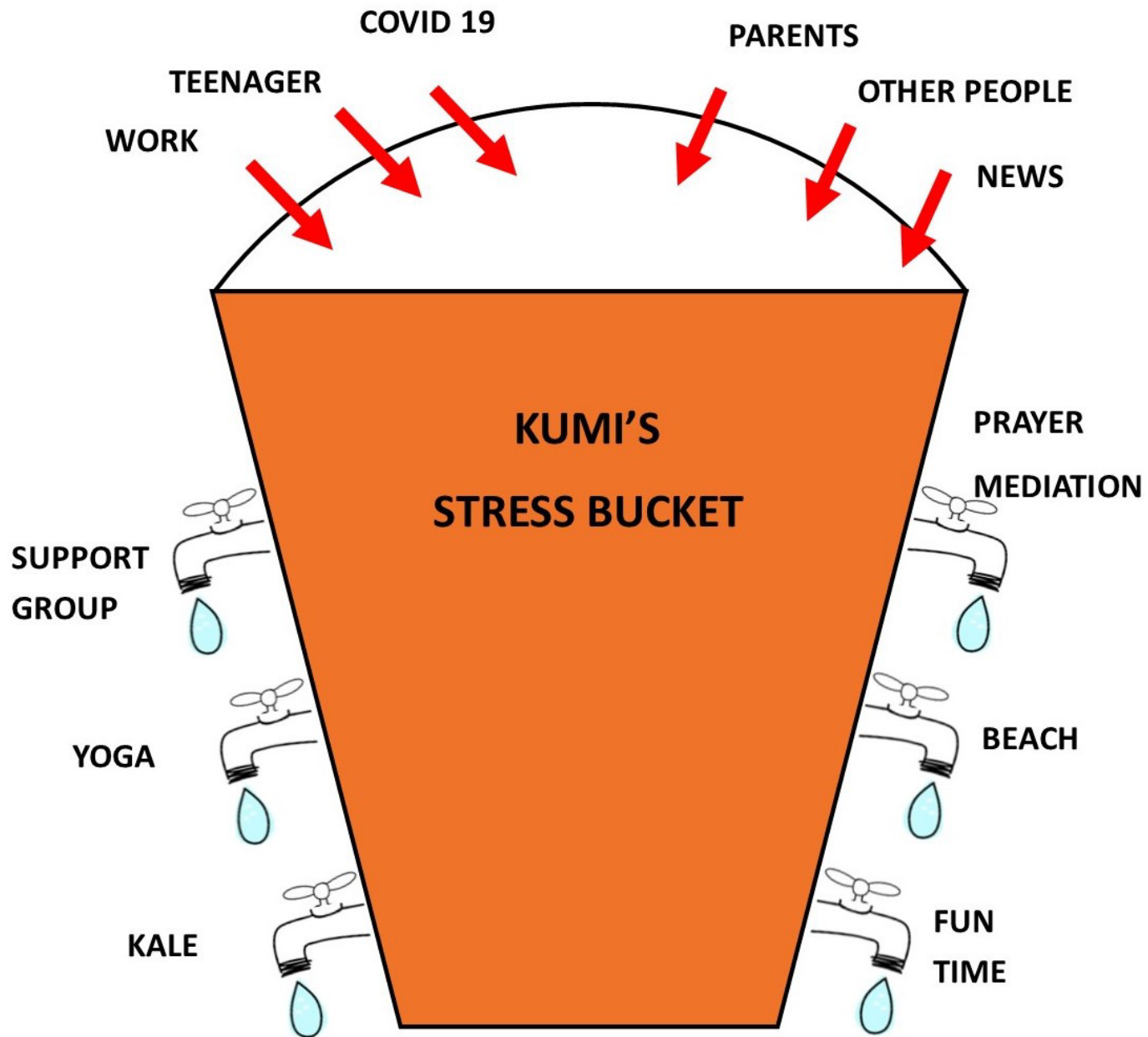
†In the 30 days prior to survey

For stress and coping strategies: [bit.ly/dailylifecoping](https://bit.ly/dailylifecoping)



**ENTER IN CHAT**

**WHAT HAS CAUSED THE MOST  
STRESS IN RECENT TIMES?**



# **SELF CARE**

- **KNOW YOUR TRIGGERS AND MAKE A LIST. WHAT MAKES YOU HAPPY, MAD, TIRED...**
- **TAKE CARE OF YOURSELF: MIND, BODY, SPIRIT**
- **STAY CONNECTED WITH OTHERS, GET SUPPORT AND INFORMATION**
- **TREAT YOURSELF, FORGIVE YOURSELF, AND GIVE YOURSELF GRACE**
- **HELP OTHERS, GIVE BACK**

# SELF CARE

- **PRACTICE GRATITUDE**
- **EAT HEALTHY**
- **GET SOME SUN**
- **MOVE YOUR BODY**
- **JUMP IN THE OCEAN**
- **GET OUT INTO NATURE**

# MY SLEEP HACKS

- **SLEEP HYGIENE**
- **EXERCISE REGULARLY IN THE MORNING**
- **EAT LOTS OF GREENS AND FISH**
- **NO CAFFEINE AFTER 1 PM**
- **NO EXCITING TV OR PARTIES TOO LATE AT NIGHT**
- **TURN OFF PHONE AND DEVICES AFTER 6 PM**
- **SLEEP IN TWO SHIFTS**

# **HOW I FALL BACK TO SLEEP**

- READ OR WATCH SOMETHING BORING**
- YOGA AND 4,7,8 BREATHING**
- SUPPLEMENTS**
- AROMA THERAPY**
- PRAYER AND MEDITATION**
- YOUTUBE VIDEOS OR APPS ON MEDIATION, SLEEP TALK DOWN, SLEEP HYPNOSIS, AND BEDTIME STORIES**





**ENTER IN CHAT**

**WHAT WILL YOU DO FOR SELF  
CARE THIS WEEK?**





**MORE INFO ON SELF CARE  
YOUTUBE:**

**NAMIWALKS HAWAII 2020  
MHAOFHAWAII**

# **FREE HELP**

**Hawaii Cares 24 hr Crisis Line: 1-800-753-6879**

**CRISIS TEXT LINE Text: ALOHA to 741-741**

**Suicide Prevention: 1-800-273-TALK (8255)**

**NAMI Frontline Wellness:**

**<https://www.nami.org/Blogs/NAMI-Frontline-Wellness>**

**7cups.com**



**Questions or Comments?**

**CONTACT US  
IF YOU WANT MORE INFO**

**[WWW.NAMIHAWAII.ORG](http://WWW.NAMIHAWAII.ORG)**



# FREE RESOURCES at [www.namihawaii.org](http://www.namihawaii.org)

## General Resources:



100 Notable People with Mental Illness



The Crisis



Crisis Line Powerpoint Scans



Family to Family Book Suggestions



Calling 911 and Talking with Police



Circle of Care Guidebook



Navigating a Mental Health Crisis



Teens Mental Health Fact Sheet



Finding Help (MHA)



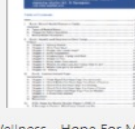
How to Find Help



NAMI Hawaii Brochures



Supporting a Family Member with Schizophrenia



Wellness - Hope For Mental Health Ministry (Synopsis)



Suggested Readings and Resources



Wellness Recovery Action Plan

## Infographics:



Mental Health in Hawaii



You Are Not Alone



Mental Health Care Matters



How to Help a Friend



It's Okay to Talk About Suicide



**FREE  
Programs  
Statewide**

[www.namihawaii.org](http://www.namihawaii.org)



**CIT Crisis Intervention Team**



**MENTAL HEALTH for all**

 **namiWalks**  
YOUR WAY  
*Hawaii*

Saturday,  
Oct. 9, 2021

**SAVE THE DATE**



**REGISTER: [namiwalks.org/hawaii](https://namiwalks.org/hawaii)**



**nami**

*Hope starts with you.*



**Thank You!**