

S S F R E

Saskatoon Society of
Fundraising Executives

Mental Health for Fundraisers: Managing Stress in our Altered Work World



Canadian Mental
Health Association
Saskatoon
Mental health for all





WIN

**Teddy Bear
Prize Package**

and Help Make
Dreams Come True!

Poll #1



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Fast Facts about Mental Illness

- ▶ In any given year, 1 in 5 people in Canada will personally experience a mental illness.
- ▶ 1 in 3 of us will experience a mental health problem in our lifetime.
- ▶ Approximately 8% of adults will experience major depression at some time in their lives.
- ▶ 2 out of 3 suffer in silence fearing judgement and rejection.
- ▶ Today: **Ten** Canadians will end their lives. Suicide is one of the leading causes of death in both men and women from adolescence to middle age.



5 in 5 of us have **Mental Health** to protect!

“ the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face.

- Public Health Agency of Canada -





A **mental illness** affects that way people think, feel, behave, or interact with others.

- ▶ Anxiety
- ▶ OCD (Obsessive Compulsive Disorder)
- ▶ PTSD (Post Traumatic Stress Disorder)
- ▶ Depression
- ▶ Bipolar Disorder
- ▶ Eating Disorders
- ▶ Personality Disorders
- ▶ Psychotic Disorders
- ▶ Substance Use Disorders
(Co-morbidity)

Mental illness is the number one cause of disability claims in Canada.

- ▶ Last week, more than **half a million Canadians** missed work because of serious challenges with their mental health. Just as many will miss work next week.
- ▶ **30%** of disability claims are related to mental health conditions.
- ▶ Employers could avoid **10-25%** of disability costs by taking action.
- ▶ Approximately **\$51 billion** each year are lost to the Canadian economy because of mental illness. Over the next 30 years, this could cost Canadian business **\$198 billion**.



Stigma

- ▶ Prejudice
- ▶ Discrimination
- ▶ Stereotyping
- ▶ Labels
- ▶ Assumptions

“ugh, that is so depressing”

“Crazy”



“Weird”

“Stop being so dramatic”

“Insane”

“Chill out, you are being super bipolar”



Contributing Factors

- ▶ Family history
- ▶ Trauma
- ▶ Workplace & Job Issues
- ▶ Personal Resources (or lack)
- ▶ Lack of support
- ▶ Physical illness
- ▶ Stress

What is Workplace Stress?

“Work-related stress is the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope”

- World Health Organization



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The most stressful type of work environments:



- ▶ Job insecurity
- ▶ Lack of role clarity
- ▶ Conflict
- ▶ Organizational culture
- ▶ Lack of time
- ▶ Bullying or harassment
- ▶ Lack of job flexibility
- ▶ Physical safety concerns
- ▶ Injuries or traumatic event
- ▶ Lack of control
- ▶ Communication demands or expectations - response to messages
- ▶ Lack of recognition
- ▶ Stagnation - no opportunity for growth
- ▶ Work pressures or demands
- ▶ Inadequate training
- ▶ Inadequate resources



Signs & Symptoms

What others see vs. what we experience



Physical

Headache, fatigue, difficulty sleeping or concentrating, upset stomach



Psychological

anxiety, isolation, withdrawal, emotional outbursts, irritability



Social

Relationships, communication, boundaries



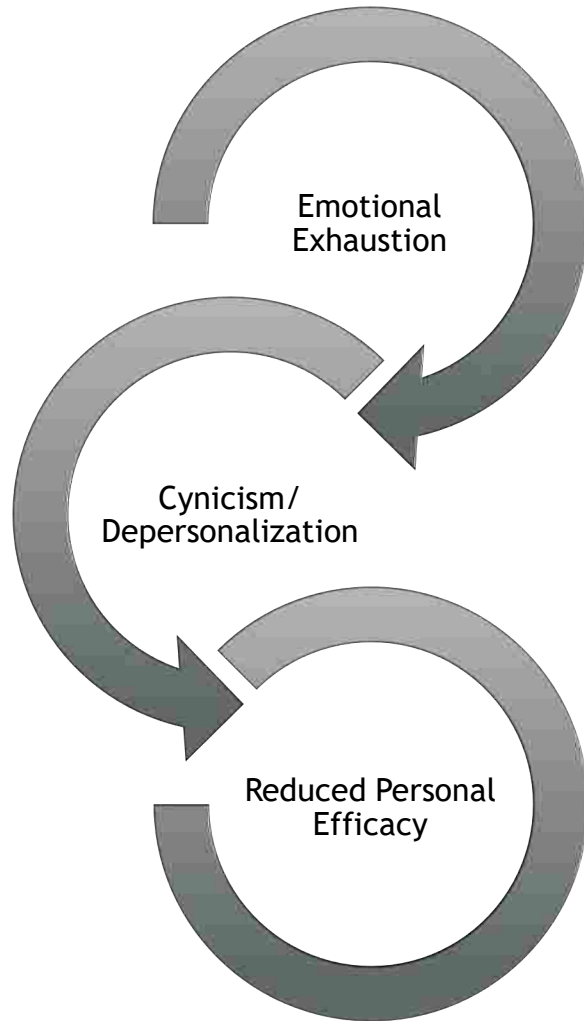
Spiritual

Disconnect, disengage



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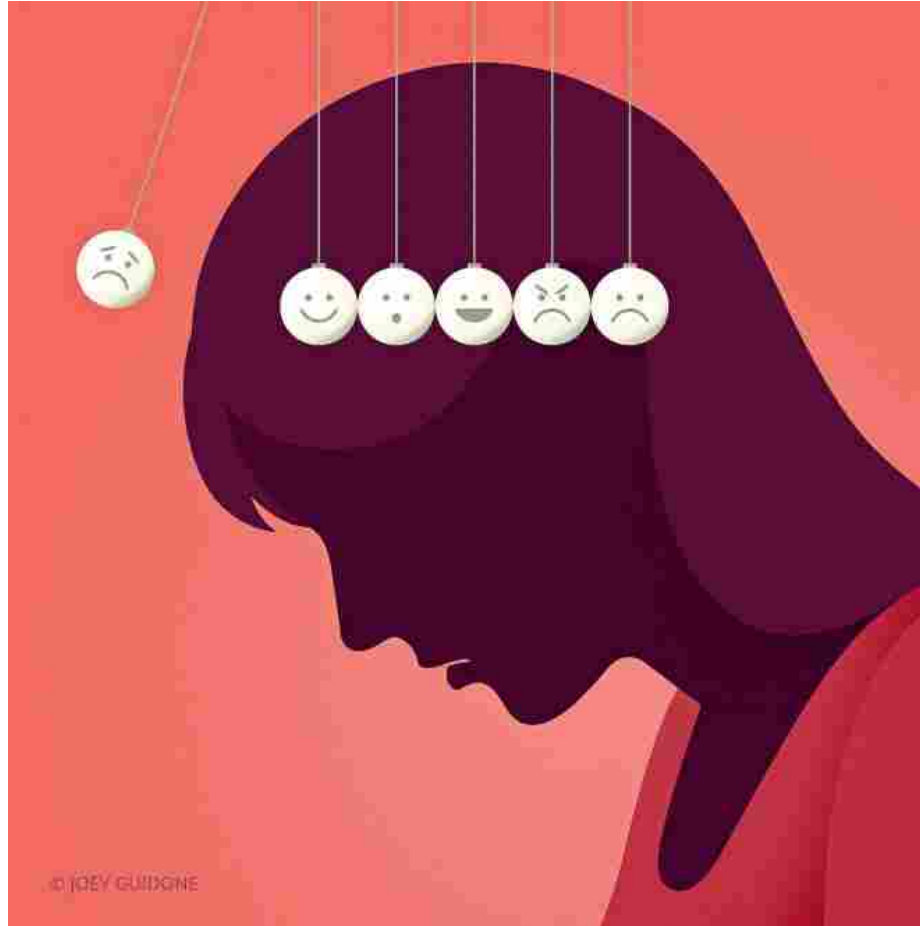
Beyond Stress → Burnout



Stress	Burnout
Characterized by over-engagement	Characterized by disengagement
Emotions are overactive	Emotions are blunted
Produces urgency and hyperactivity	Produces helplessness and hopelessness
Loss of energy	Loss of motivation
Leads to anxiety disorders	Leads to depression
Primary damage is physical	Primary damage is emotional



<https://cmha.ca/whats-your-stress-index>



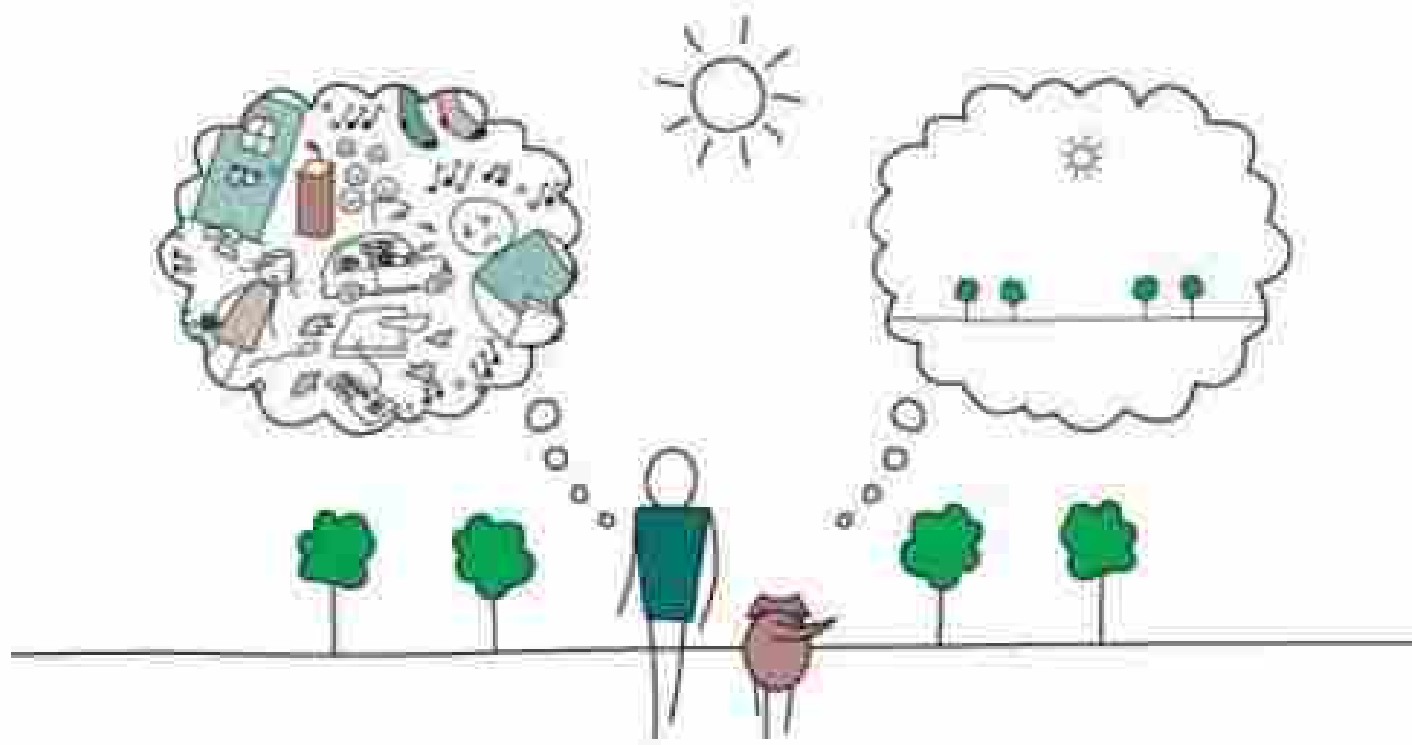
Break Out Rooms

QUESTIONS (Brain Storm - Rapid Fire):

What are some sources of stress that are pretty common for everyone in workplaces or working from home today?

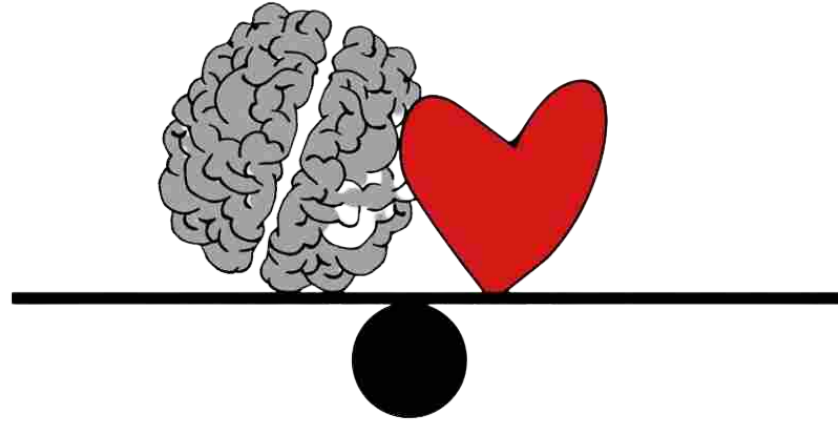
What are some sources of stress that are unique to fundraisers/people working in NGOs?





Mind Full, or Mindful?

Work/Life Balance: How do we make these choices?



Accept

- Don't try to control the uncontrollable

Avoid

- Learning how to say "no"

Alter

- Express, compromise, assert, relax

Adapt

- Look at the big picture

→ Does your choice make the stress worse or better?

**SOMETIMES
I FORGET
PUTTING
MYSELF FIRST
ISN'T SELFISH
BUT
NECESSARY.**

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Self-Care

- ✓ Mindfulness
- ✓ Relaxation techniques
- ✓ Stay hydrated
- ✓ Ask for help
- ✓ Take breaks
- ✓ Gratitude - focus on what you appreciate
- ✓ Spend time outside
- ✓ Listen to music
- ✓ Laugh
- ✓ Improve sleep habits
- ✓ Make healthy food choices
- ✓ Massage therapy
- ✓ Spend time in silence

MENTAL HEALTH CHECK IN

💚 I'm doing great

💙 I'm alright

💜 meh life could be better

🧡 I'm really struggling right now

💔 I'm having a hard time, I need support

🖤 I'm in a dark place +
want someone to reach out to me



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Getting Support

- ▶ Your DOCTOR! Mental Health Plan
- ▶ Saskatoon Community Clinic 306-652-0300
<https://www.saskatooncommunityclinic.ca/>
- ▶ CMHA Saskatoon <https://saskatoon.cmha.ca>
- ▶ Depression Support Group (1301 Ave P N)
- ▶ PTSD Support Group (Facebook, 1301 Ave P N)
- ▶ Family Service Saskatoon
- ▶ Online Therapy User onlinetherapyuser.ca
Free online therapy (based out of U of R)
- ▶ 211.ca (website, app, phone)
Comprehensive list of all services in Saskatchewan
- ▶ Mobile Crisis 306-933-6200 24/7 mental health emergency service



Mental Health First Aid

MHFA is the help provided to a person developing a mental health problem or experiencing a mental health crisis.

Basic MHFA is intended for adults interacting with adults (18 years and older). This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities, and workplaces.

Interacting with Youth, First Nations, Seniors

Contact Brenda at CMHA Saskatoon 306-384-9333

Poll #3



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Questions or Comments



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GRACIAS
ARIGATO
SHUKURIA
GOZAIMASHITA
EFCHARISTO
JUSPAXAR
DANKSCHEEN
TASHAKKUR ATU
YAQHANYELAY
SUKSAMA
EKHMET
TINGKI
BIYAR
SHUKRIA
THANK
YOU
BOLZIN
MERCI
GRAZIE
MEHRBANI
PALDIES
KOMAPSUMNIDA
LE MAARKE
LE
MEMONCHAR

<http://letstalk.bell.ca/static/public/downloads/toolkit/en/the-advice-at-work.pdf>

<https://cmha.ca/whats-your-stress-index>

<https://www.youtube.com/watch?v=ZEMsDPBoxvw>

<https://theworkingmind.ca/blog/mini-guide-help-employees-mental-health-through-winter>



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