



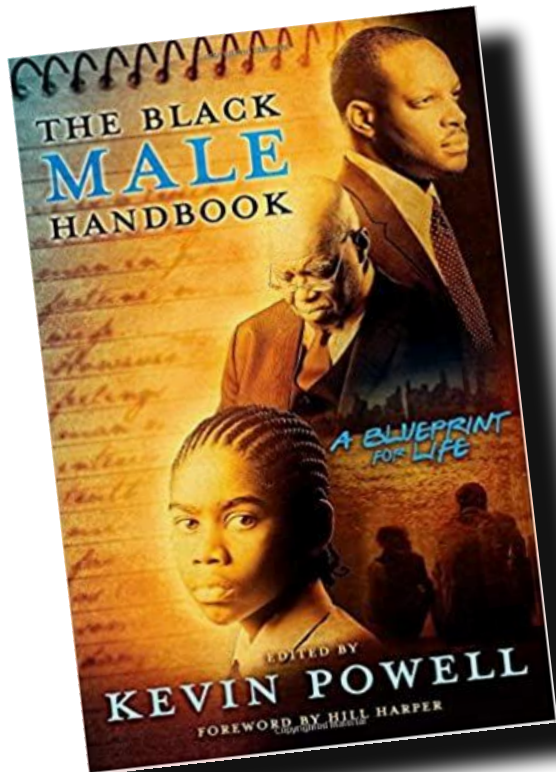
Mental and Physical Health



January 9, 2021



The Black Male Handbook: A Blueprint for Life



- 1. Creating A Spiritual Foundation**
 - 2. Developing Political Awareness**
 - 3. Redefining Black Manhood**
 - 4. Starting A Plan for Economic Empowerment**
 - 5. Taking Care of Your Physical Health**
 - 6. Moving Toward Mental Wellness**
 - 7. Ending Violence Against Women and Girls**
 - 8. I Am A Man**
- Appendix:**
- A1: Nine Things to Improve Yourself**
 - A2: Presenting Yourself as a Black Male**



Review



❖ **What do we remember from the December session?**

- How long should we wash our hands?
- Do I really need to floss?
- When I shake hands, where do I look?
- Rule of thumb on treating women?
- 9 Pillars

❖ **On Your Own/ or Ask your Mentors**

- Practicing Tying a Tie
- Test out some cologne (ask mom or sister)
- Buy a pair of dress shoes
- Practice good Posture
- Practice the art of conversation



The 9 Pillars to Improve Yourself and Help Others



- 1. Seek God**
- 2. Read Read Read**
- 3. Good Character**
- 4. Be Proactive**
- 5. Debate ideas**
- 6. Avoid Wasting Money**
- 7. Healthy Eating/Hygiene**
- 8. Be Creative**
- 9. Be Fearless**



Today's Goals

- ❑ Scholars will learn:
 - ❑ Check Yourself
 - ❑ Exercise
 - ❑ Water Water Water
 - ❑ Eating Right
 - ❑ Importance of Sleep
 - ❑ Mental Health

Enter in the ZOOM CHAT 2 things you already know about Physical Health

1



2



Check Yourself

- Physical health starts inside with your mind
- Go see the doctor
 - High blood pressure
 - Force pushing against blood vessel walls (push / rest / push / rest)
 - Diabetes
 - Food broken in to sugar and released into blood.
 - When blood sugar increases, body releases insulin
 - Insulin is what let the blood sugar into your body's cells to use
 - Diabetes is when you body has difficulty with either producing or using insulin and too much sugar stays in your blood causing problems.
 - At minimum, once per year. (Birthday is a good reminder)
- Important to exercise at a very young age to make it a habit
- Get good advice (Coach / Trainer)...Listen to the advise.
- Body types:
 - Ectomorph: lean, think build. Their metabolism burns calories at a rapid rate. They struggle to keep weight on. Need weight training to gain weight.
 - Endomorph: natural body bulk. Slow metabolism. Need to watch diet (low fat / carbohydrates)



Drink More Water



- Body is made up of mostly water

- Should drink $\frac{1}{2}$ gallon of water a day.
 - How many cups make up a gallon?
 - Should you only drink when you are thirsty?

- Tired? Cranky? Probably dehydrated





Eating / Nutrition

- 5 Tools to healthy eating
 - Eat Methodically
 - Eliminate Fast Food
 - Stay Fresh
 - Fiber Fiber Fiber
 - Take Time



Healthy at 7-11?



Fast and Fresh Cooler



Healthy at 7-11?



1. Nuts

- a. Nuts and fruit mix (Not the ones with all the M&Ms ok)
- b. Pistachios
- c. Almonds

2. Fruit

- a. Apples
- b. Bananas
- c. Celery w/peanut butter / hummus
- d. Carrots

3. Hard Boiled Egg -- usually around \$1.00

4. Sunflower seeds

5. Cereal Cups

6. Greek non-fat yogurt

7. String Cheese

8. Energy Bars : (KIND / KASHI) minimal processed ingredients / Granola Bar

9. Popcorn (air popped)

10. Chocolate milk

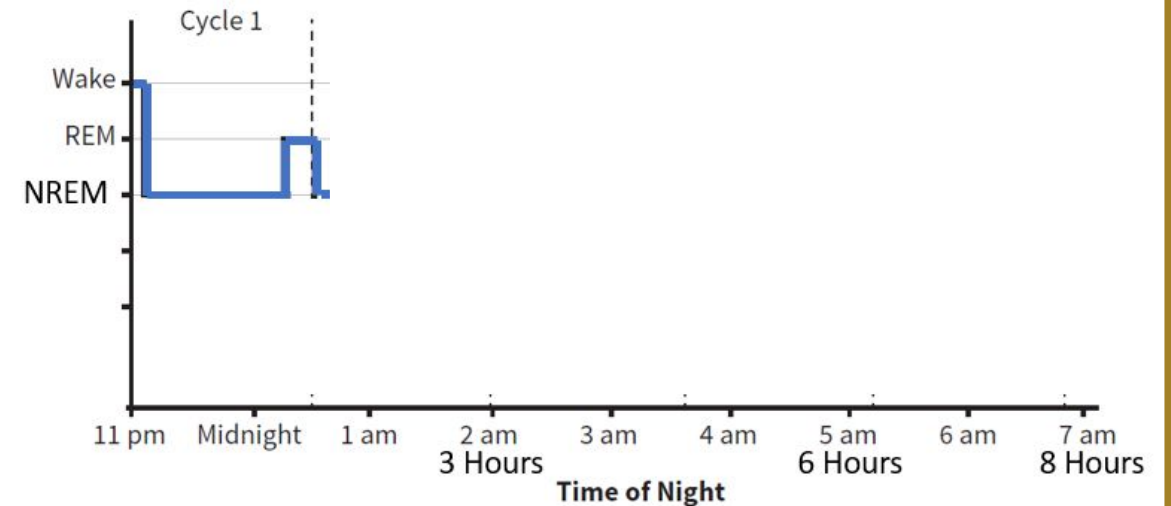
11. Low calorie sandwiches

12. Water (Free at some places)



Don't Sleep on Sleep

- ❑ Very important to get 8 hours of sleep
- ❑ Last 6 to 8 hours are very important (memory / concentration)
- ❑ We sleep in 90 minute cycles
- ❑ NREM and REM
- ❑ During NREM sleep, brain is sifting through info.
- ❑ During REM sleep, brain is organizing and making sense of info
- ❑ During sleep, your brain is like a computer moving memory from RAM to Long Term Storage
- ❑ Sleep is a Performance Enhancer



"If you don't snooze, you lose"



Noted Athletes



Is Your Mental Health In Check?

Depression

Definition:

- Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.
- More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychotherapy or both.

Source: Mayo Clinic 2020

Symptoms of Depression

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest in most or all normal activities
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Agitation or restlessness
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide
- Unexplained physical problems, such as back pain or headaches

Activator (Myths vs. Reality)

Depression is a sign of personal weakness?

Activator (cont.)

Answer: Myth

Activator (cont.)

“Real men” are in control of their emotions and don’t let things get to them?”

Activator (cont.)

Answer: Myth

Activator (cont.)

Depression is not overcome by willpower alone, you have to learn to acquire new skills and tools to beat it?

Activator (cont.)

Answer: Reality

Activator (cont.)

“Real strength” is facing whatever challenges arise.

Activator (cont.)

Answer: Reality

Stats of Suicide in U.S.A. (National Institute of Health, 2018)

- Suicide was the 10th leading cause of death overall in the United States.
- Suicide was the 2nd leading cause of death among individuals between the ages of 10 and 34.
- Suicide was the 4th leading cause of death among individuals between the ages of 35 and 54.
- There are two and a half times as many suicides as there are homicides.

NIH, 2018

Statistics for African American Teens

- African American boys between ages 5 to 11 years old have experienced an increase in the rate of suicide deaths.
- African American boys between ages of 5 to 12 were reported to be two times higher compared with white children.

CNN Health (2017)

Statistics for African Americans Teens (cont.)

- While suicide is an increasing problem for African American boys, non-Hispanic, American Indian or Alaskan native boys and girls had the highest rate of suicide in 2017. It was 26.22 per 100,000 teens, and 12.21 per 100,000 African American boys.

Statistics for African American Teens (cont.)

- Contributing factors to trends of high number of suicides:
 - Bullying
 - Family Abuse
 - Mental Health Issues (Depression)
 - Confusion over sexual orientation or gender identity

CNN Health (2017)

Treatment of Mental Health Issues during COVID

19

- **Stick to your treatment plan.** Don't skip therapy sessions. Even if you're feeling better, don't skip your medications. If you stop, symptoms may come back. And you could have withdrawal-like symptoms if you stop a medication too suddenly. If you have bothersome drug side effects or other problems with treatment, talk to your doctor before making changes.
- **Stay active.** Exercise can help you manage symptoms of depression, stress and anxiety. Physical activity can also counteract the effects of some psychiatric medications that may cause weight gain. Consider walking, swimming, gardening or any form of physical activity that you enjoy. Even light physical activity can make a difference.
- **Make healthy choices.** Maintaining a regular schedule that includes sufficient sleep, healthy eating and regular physical activity are important to your mental health.
- **Don't make important decisions when your symptoms are severe.** Avoid decision-making when you're in the depth of mental illness symptoms, since you may not be thinking clearly.
- **Determine priorities.** You may reduce the impact of your mental illness by managing time and energy. Cut back on obligations when necessary and set reasonable goals. Give yourself permission to do less when symptoms are worse. You may find it helpful to make a list of daily tasks or use a planner to structure your time and stay organized.
- **Learn to adopt a positive attitude.** Focusing on the positive things in your life can make your life better and may even improve your health. Try to accept changes when they occur, and keep problems in perspective. Stress management techniques, including relaxation methods, may help.

Ways to cope with depression

- Challenge negative thinking
- Shift your attention
- Set small goals
- Focus on the basics Keep doing things (stay Active)

Ways to cope with depression (cont.)

- Reach out to friends and family
- Talk to a therapist
- Keep some humor in your life
- Give yourself credit (celebrate any steps toward progress)

Mental Health Agencies/ Resources

- <https://www.nami.org/Home>

Source: National Alliance of Mental Illness 2020

- Safe Harbor Counseling Services
1-800-305-2089 <https://www.safeharbor1.com>
- National Suicide Prevention Lifeline
1-800-273-8255.
- Crisis text line in English/Spanish: 1-888-628-9454
- Signs of Suicide Curriculum (check your local school district)
- www.sos@mindwise.org
 - <https://sossignsofsuicide.org/parent/spot-signs>

Questions



Engagement



- What things can you do now to ensure that you are physically fit when you reach your mentor's age?
- A. Drink Kool-Aid and Arizona Watermelon Iced Tea
- B. Drink a lot of water and cut down on fast food
- C. Exercise daily

Reflect on today's activities:

What did you like?

What didn't you like?

What was easy?

What was hard?



Students, draw anywhere on this slide!

Closure

❖ Today's recap...

- Mind Right
- Build good habits now
- Water Water Water
- Check up at least once per year
- Reach out to friends and family
- Celebrate your accomplishments

❖ On Your Own/ or Ask your Mentors

- Set some goals
- Get a workout / walking partner
- Track your water intake
- Eat more fruits and vegetables
- Buy something from the 7-11 fresh bar

❖ Goodbyes

- Remember you are valued and you are successful
- We believe in you
- Success is out there, go get it!
- **Next Alpha Academy meeting is February 13th**

