

Executive Summary of Global Youth Mental Health Awareness Stress Management Revolution Summit held on the 19th of September, 2020.

Theme: Stress Management Revolution 2020.

Time: 9:30am-12:30pm AEST.

Guest Speakers:

- Mr Thomas Kepler: Chairperson at Global Youth Mental Health Awareness Limited.
- Dr Berhan Ahmed: CEO and Board member at Africause.
- Alam Woodward: Commissioner, Australian Mental Health Commission, Former Director at Suicide Prevention, Australia.
- Dr Nasrin (Nas) Parsian: Holistic Health Practitioner, Emotional Health Consultant, Therapist and Educator, Academic Nurse, Lecturer at Australian Catholic University.
- Mr Eddie Micallef: Chairperson for Ethnic Communities Council of Victoria, Australia.
- Dr Joseph Masila OAM: Councillor for Woodlands Ward South Australia, Former AU Regional Delegate for Australia and Asia.
- Edith Wanyoni: Counseling Psychologist/Community Development Worker.
- Summayyah Sadiq-Ojibara: Psychotherapist, Counselor, Life Coach, CEO Comxtra Knowledge Concepts.

Event Summary:

The program commenced at about 9:30am AEST due to some technical issues. There was a formal introduction and welcoming of participants who were about 100 persons in number from different parts of the world by the moderator, Katinda Ndola, Founder at Confidenceandselfesteem.com, Personal Development Coach. This was followed by an introduction of the guest speakers.

The first speaker, Mr Thomas Kepler, Chairperson at Global Youth Mental Health Awareness Limited, discussed about how stress can be induced from outside and inside factors and caused by fear which could either be real or perceived. He further discussed how important it is for people to seek help before it gets too late or leads to depression or suicidal ideation which could further lead to dissociation and difficulty in differentiating reality.

The second speaker, Dr Berhan Ahmed, CEO and Board member at Africause, spoke about what can be done in a time like this when we are all faced with a global situation which has brought about stress especially in communities and the way forward. He further spoke about the gap that exist in communities as regards young people. According to him, stress is a sound portal to many problems. Young people, especially are faced with a lot of problems but many culture where people don't acknowledge stress as a problem exist, thus creating a huge gap which further creates more problem. In order to solve this problem, there is a need for cultural shift, self reflection, a need for individuals and communities to be responsible for themselves and not blame others, a need for leaders to understand and respect each other. All these are critical to build the future and help the future generation.

Mr Maurice Ugochukwu presented an acknowledgement of the host on behalf of Prof. Jude Ediae, Founder/CEO Global Youth Mental Health Awareness.

The next speaker, Alam Woodward, Commissioner, Australian Mental Health Commission, Former Director at Suicide Prevention, Australia, discussed about stress and ways it can be managed. He described stress as a product of having many things to do or think about. According to him, stress can be good if it helps you accomplish a given task, but can be harmful when it gets to a level that makes it difficult for one to cope. It could also lead to crisis, a situation where one's coping ability is pushed beyond what they can handle making them feel a great emotional intensity or reaction that could be destructive if not managed.

The sources of stress could be from school, pressure at workplace, relationships, fear of the unknown or fear of uncertainty in our environment that seem unresolvable. The question now is, what can be done to relieve the stress? He listed out some tips which includes; Recognize stress for what it is and be kind to yourself; Do something that distracts you and make you feel calm; Acknowledge how you feel and positive way of expressing it; look out for yourself; Try to identify the underlying cause of the stress and how you can resolve the problem. Finally he talked about support services and programs that helps people.

There was a music presentation by Rance Lazarus, Melbourne based Guitarist/Singer-songwriter. This was followed by introduction of the next speaker. Dr Nasrin (Nas) Parsian, Holistic Health Practitioner, Emotional Health Consultant, Therapist and Educator, Academic Nurse, Lecturer at Australian Catholic University, talked about why and how stress makes us sick. According to her, "the problem encountered often times in the health system is that, a lot of focus is on usually on symptoms, diagnosis and treatment of diseases but the truth is that, stress often times is always linked to it." She further discussed the various types of stress and how the body responds to it. Finally, she discussed about ways on how to manage stress situations. This includes; Getting the approach to make your thoughts and brain cooperate with your heart and body; Befriend your emotions; Getting involved in cardio practices and meditation; Do what makes you happy and stay connected to yourself.

The next speaker, Mr Eddie Micallef: Chairperson for Ethnic Communities Council of Victoria, Australia, discussed about how to recognize and prevent stress. He related his experiences to us at the course of

his work and discussed several ways by which stress can be prevented amongst individuals in the society through policies and programs that supports Mental awareness.

The next speaker, Dr. Joseph Masila OAM: Councillor for Woodlands Ward South Australia, Former AU Regional Delegate for Australia and Asia, discussed about stress management in the workplace. According to him, stress if not managed can lead to negative consequences which can also lead to a destructive cycle, decrease productivity and performance. He also discussed about causes of stress in workplace which could be from chronic work overload, unfair treatment, impossible expectations from one's employer, unpleasant work environment, inadequate training, unsupport from co-workers. In addition, he talked about the signs and symptoms of stress in workplace. It could be physical symptoms like headache, high BP, insomnia; behavioral such as poor work performance, lack of focus; Pessimism; Irritability; Dissatisfaction. Furthermore, he discussed ways it can be managed; Identify how you respond to stress, set goals to respond effectively to your stressors, change your thinking, find out a place of balance for your life. Finally, he advised us to do things that keeps us calm and happy when stressed.

The next speaker, Edith Wanyoni: Counseling Psychologist/Community Development Worker, discussed about improving self awareness. According to her, Self Awareness is important in managing stress because it helps one understand their personality, strengths, weaknesses, motivation and helps you understand your need and how to live a healthy life. She further discussed ways to improve stress management skills by being self aware. This includes; Being aware of your signs of stress and mental ill health helps you enhance your emotional intelligence, take care of yourself effectively and increase empathy towards others. In addition, she takes about steps to build self awareness. This includes; Know how you feel; Understand the warning signs; Build and seek support. Finally, she ended by encouraging the act of expressing how you feel and taking note of what others say about you.

The next speaker, Summayyah Sadiq-Ojibara: Psychotherapist, Counselor, Life Coach, CEO Comxtra Knowledge Concepts, discussed on stress management using strengths of resilience as a strategy. According to her, stress is nature and a fact of life. One way to approach it is using the skill of resilience. This strengths of resilience includes; Self Awareness; Dealing with expectations; Engaging with the issue; Accepting that it's a reality; Ability to adapt; Being resourceful and creative about solving our issues; Use of humor; Having hope; Being patient with me yourself; Caring and connecting with people; Prayers.

The next program was the question and answer session. A participant asked how can one control instant anger. The question was answered by some speakers. Some tips includes; Identifying the underlying cause of the anger; discover ways of expressing it in a positive way and how to manage it; Take a deep breath for about 30sec and meditation. An educative video was played afterwards.

The next program was the quiz competition moderated by Dr Ann John Mampilli in which a winner emerged and was awarded.

The Host, Prof. Jude Ediae thanked all Participants and related important announcements. The event came to an end at about 12:30pm AEST with a closing remark by Mrs. Mahmooda Lowe, New Hope Foundation Chairperson, Zimbabwe.

GYMHA Recommendations:

1. Youth mental health awareness, engagement and integration.
2. Job opportunities.
3. Early intervention and prevention.
4. Critical awareness on substance abuse.
5. Rapid, easy and affordable access to Youth specific care.
6. Best strategies on Youth psychological first aid.
7. Youth partnership and engagement across various sectors.
8. Family engagement and support. Such as kindness, empathy, love, etc.
9. Promote multi-stakeholder collaboration to advance state, federal, and global efforts in favour of good youth mental health.
10. Improve access to mental healthcare and encourage the development of novel drugs and therapies for the treatment of Ghanaian youth mental health conditions.

Contact Us:

For any enquiries, please inbox jude@gymha.org or visit: www.gymha.org

Our social media handles:

Facebook: <https://www.facebook.com/Global-Youth-Mental-Health-Awareness-GYMHA-318074815739705/>

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