MINDING YOUR MIND

Enlightening Attitudes Toward Mental Health Issues

Presenter: Evan Transue

Facebook: /MindingYourMind
Twitter: @MindingYourMind
Yes, these are Walt Disney World pins...
“Joe” - January 23rd, 1996 - July 27th, 2018
Things kept piling as time went on...

Generalized anxiety disorder.

Panic attacks, eventual panic disorder.

Major depressive disorder.

Hypochondriasis.

Substance use disorder.
Progression of Depression

1. Knew something was “off”
2. Hopeless
3. Thoughts of attempting suicide
4. Harming myself

Other major warning signs occurred through ALL of these stages!
What did depression look like externally?

How do you think my teachers viewed these things?

- The kid coming in to class smelling like weed.
- The once sharp dude who now had failing grades.
- The guy who was ALWAYS acting out or attention seeking in class.
MINDING YOUR MIND

Enlightening Attitudes Toward Mental Health Issues

/MindingYourMind
@MindingYourMind
What could’ve happened differently?

- Teaching mindfulness/meditation from a young age
- Symptom awareness. Crazy vs anxiety?
- Having these conversations IN school
- Other healthy habits, which we’ll touch on
- Speakers like the ones in MYM
- Parent support networks/groups
Something happened that completely shifted the way I looked at mental health issues!
Resolution - A new way to think about mental health!

Healthy Brain

Healthy Body

100% Function

State of Ease

SYMPTOM FREE!
Resolution - A new way to think about mental health!

- Unhealthy Brain
- Unhealthy Body
- MAL-Function
- State of Un-Easiness
- SYMPTOM

Relationships:
- Unhealthy Brain to Unhealthy Body
- MAL-Function to State of Un-Easiness
- Unhealthy Body to SYMPTOM
- SYMPTOM to Unhealthy Body
- Unhealthy Body to Unhealthy Brain
We will change the course of our health forever when these two things are practiced in our lives...
The two main things that lead to the COMPLETE resolution of my mental health issues can be used by schools, for students!
“Leaky gut…” Ring a bell?
“The gut-brain axis (GBA) consists of bidirectional communication between the central and the enteric nervous system, linking the emotional and cognitive centers of the brain with peripheral intestinal functions.”
Leaky Gut Progression

1. Stress
2. Toxins
3. Food Particles
4. Drugs
5. Pathogens
6. Organ Malfunction

Malabsorption issues
GI Inflammation
Gut microbiome issues
Malabsorption Issues

Leaky Gut

Nutrients Can’t Be Broken Down

NEUROTANSMITTERS Can’t Be Produced in Adequate Amounts

Things start to go haywire up here!

**Protein, amino acids!
Organic food should be a staple in ALL schools

1

Eco-friendly “green” products used for cleaning

2

STRESS REDUCTION!!!

3

Environmental toxins, such as glyphosate (RoundUp), and bodily stress are the biggest known contributors to a “leaky gut.”
Artificial Lighting.
Once upon a time...

Humans lived outdoors in their **NATURAL** habitat! (Remember, we ARE animals, just relatively intelligent ones...)

We ate *real, single-ingredient* food, drank *real* water, and slept when it was dark.

Overtime, we moved away from this, and we are starting to see the consequences!
What science has PROVEN our sleep revolves around:

- Meal timing and size of meals
- Outside temp.
- Light exposure (specific wavelengths)
- Time of day
"Blue light" stimulates

Tricks the body into thinking its still daytime!

Suprachiasmatic Nucleus
It is PHYSIOLOGICALLY impossible for ANY human to do this properly in the presence of blue, artificial lighting.
What can schools do?

Light from the sun that “hits” either the NAKED eye or bare skin, both in the morning and throughout the day (but ESPECIALLY in the morning), increases a protein made in the brain called POMC (proopiomelanocortin).

Dopamine

Melatonin (via serotonin)

Endorphins
And when kids are stuck inside?

Studies that monitored children in environments that used full-spectrum lighting showed consistently profound results.

Results have ranged from SIGNIFICANT (80%+) reductions in symptoms of ADHD, improved grades, and higher subjective well-being. I highly encourage everyone to do your own research, it is a super interesting topic!
1. Kids AND adults need to be outside as much as possible, especially in the morning.

2. Full-spectrum lighting should be used in schools.

3. Educate yourselves on the topic of the dangers of artificial light at night, and then educate parents.
In conclusion...
National Suicide Prevention Lifeline: 1-800-273-8255

CRISIS TEXT LINE: Text “CONNECT” TO 741741