



Arthritis Talks: Strategies to Manage your Mental Wellness

Dr. Susan Bartlett
Quebec

December 7, 2022

Presenters



Dr. Siân Bevan

Chief Science Officer
Arthritis Society
(Moderator)



Dr. Susan Bartlett

Clinical Psychologist
Professor of Medicine,
Senior Researcher



McGill Faculty of
Medicine



McGill University
Health Centre

Webinar tips

- Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society webinar interface. At the top center is the Arthritis Society logo. Below it are two large buttons: 'Q&A' and 'Chat'. At the bottom left is an 'Audio Setting' button with an upward arrow. At the bottom right is a red 'Leave' button. A callout box at the top right points to a red icon in the Q&A window, with the text 'Click on the red icon to exit out of the Q&A or Chat'. A callout box at the bottom left points to the 'Audio Setting' button, with the text 'Click here to access your audio settings'. A callout box at the bottom right points to the 'Q&A' button, with the text 'Click here to chat or to submit a question'. The Q&A window is open, showing a 'Welcome to Q&A' message and a text input field labeled 'Type your question here...'.

Click here to chat or to submit a question

Overview

[1]

What is emotional wellness?



[2]

Tips for managing emotional wellness



[3]

Q&A



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Why is your mental wellness so important for those living with arthritis?



What does it mean to be healthy?

A state of **well-being**
in which the individual
realizes his or her own abilities,
can cope with the normal stresses of life,
can work productively and fruitfully,
and **is able to make a contribution to his or her community.**

World Health Organization, 2001

Arthritis Affects All Aspects of Life

- More pain, fatigue
- Difficulty with everyday life activities
- More encounters with healthcare system
- Makes it more likely you will need to stop working

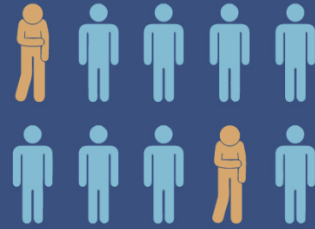


ANXIETY & DEPRESSION

Among Adults with Arthritis

2 of 10
ADULTS

with arthritis
have anxiety symptoms.



Depression symptoms occur
TWICE AS OFTEN
in adults with arthritis.



Talk to your **healthcare provider**
about your mental health.



Ask your provider how **physical activity** or **self-management education workshops** can improve your mental health.



204955-A

- Lower pain threshold
- Worse disability
- Worse overall health
- Lower treatment dissatisfaction
- Greater treatment nonadherence
- Worse inflammation in the body
- Render some arthritis medications less effective





How has the pandemic affected the mental health of people living with arthritis?

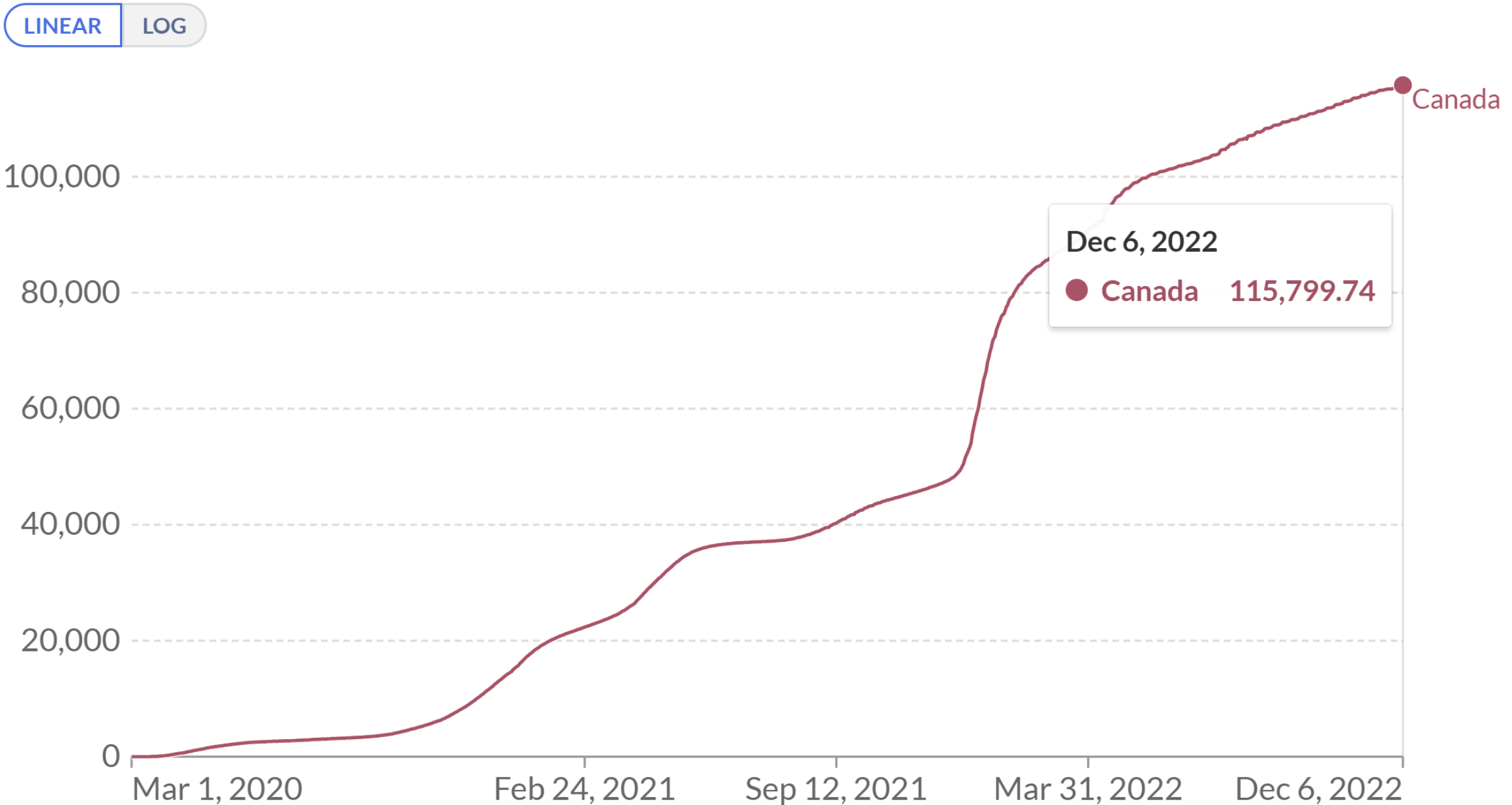


WHAT'S THE MOST
IMPORTANT THING
YOU'VE DONE THIS
YEAR?

SURVIVED

Cumulative confirmed COVID-19 cases per million people

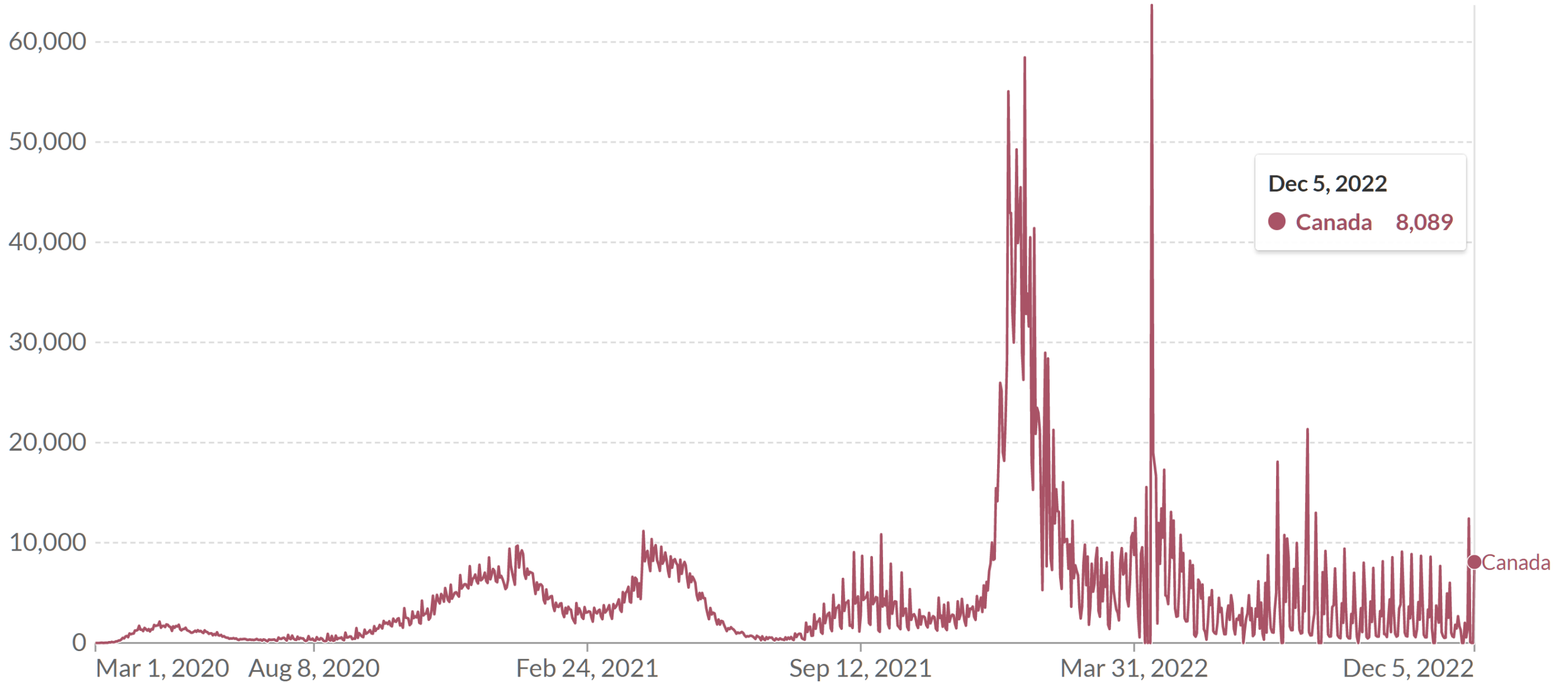
Due to limited testing, the number of confirmed cases is lower than the true number of infections.



Daily new confirmed COVID-19 cases

Due to limited testing, the number of confirmed cases is lower than the true number of infections.

LINEAR LOG



Source: Johns Hopkins University CSSE COVID-19 Data

CC BY

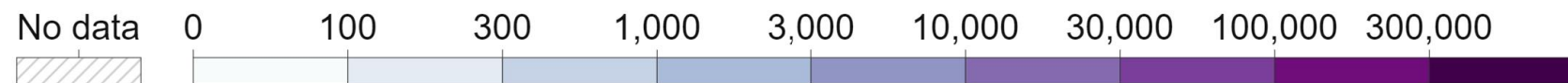
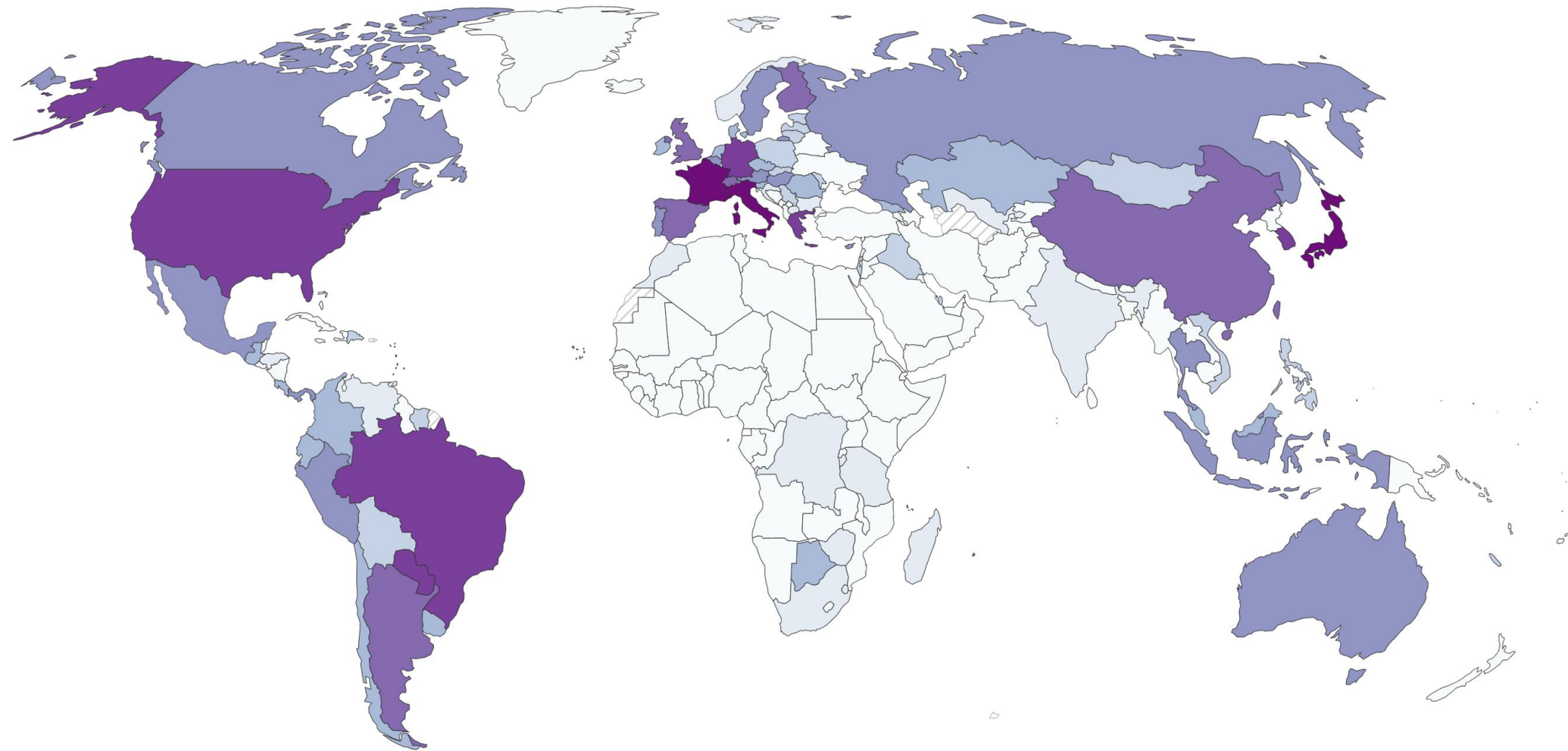
▶ Jan 23, 2020



○ Dec 5, 2022

Daily new confirmed COVID-19 cases, Dec 6, 2022

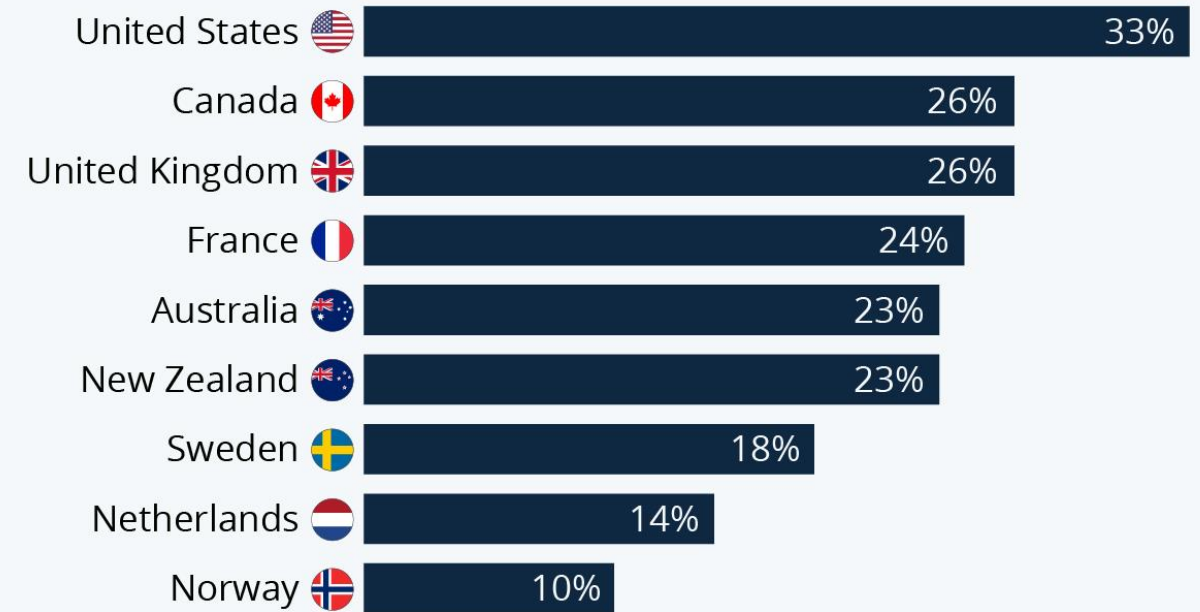
Due to limited testing, the number of confirmed cases is lower than the true number of infections.





Covid-19's Widespread Impact On Mental Health

Share of adults who experienced stress, anxiety or sadness that was difficult to cope with alone during the pandemic



n=8,259 (February to June 2020)
Source: The Commonwealth Fund



People with a **disability**

More likely to

- report **worse mental health** (47% vs 37%)
- experience **stress** (47% vs 36%)
- feel **depressed** (36% vs 22%)
- have tried to **harm themselves** (3% vs 2%)

2x more likely to

- be having **trouble coping** (24% vs 13%)

3x more likely to

- have had **suicidal thoughts** (15% vs 5%)

**1 in 4 parents
say their
children's
mental health
is worse
since COVID-19.**

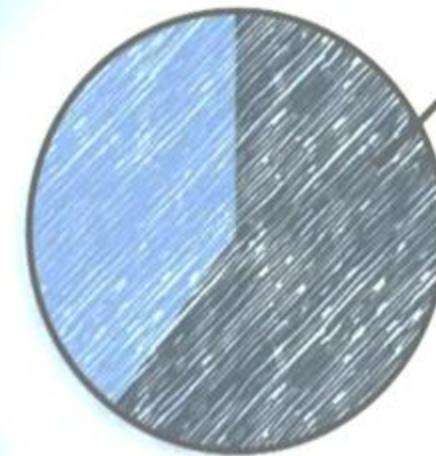


People with **low incomes**

2x more likely to

- be having **trouble coping** (28% vs 14%)
- have had **suicidal thoughts** (14% vs 6%)

43% say their **mental health has declined** due to COVID-19



60%
of Indigenous people
say their mental health
has worsened since the onset of
physical distancing measures.

Source: Statistics Canada

Mental health effects on physical health and quality of life



50%

respondents said their arthritis contributed to a decline in their mental health



Females were twice as likely as males to report their arthritis symptoms affected their mental health



11%

Mental health caused them to not take their prescribed arthritis medication



55%

Reported their mental health caused them to interrupt or stop following their healthy diet or nutrition plan



51%

Mental health has made it difficult for them to be physically active or exercise



83% reported concerns about their mental health in past 30 days

Getting a diagnosis and treatment

Challenges accessing mental health care resources and support:



40%

Health care provider diagnosed them with depression or anxiety and/or recommended medication to treat their symptoms



8%

Not sure where to find mental health resources and support



12%

Not feel comfortable seeking mental health care resources and support



11%

Cannot afford to see a mental health care provider



7%

Put on a wait list to see a mental health care provider



5%

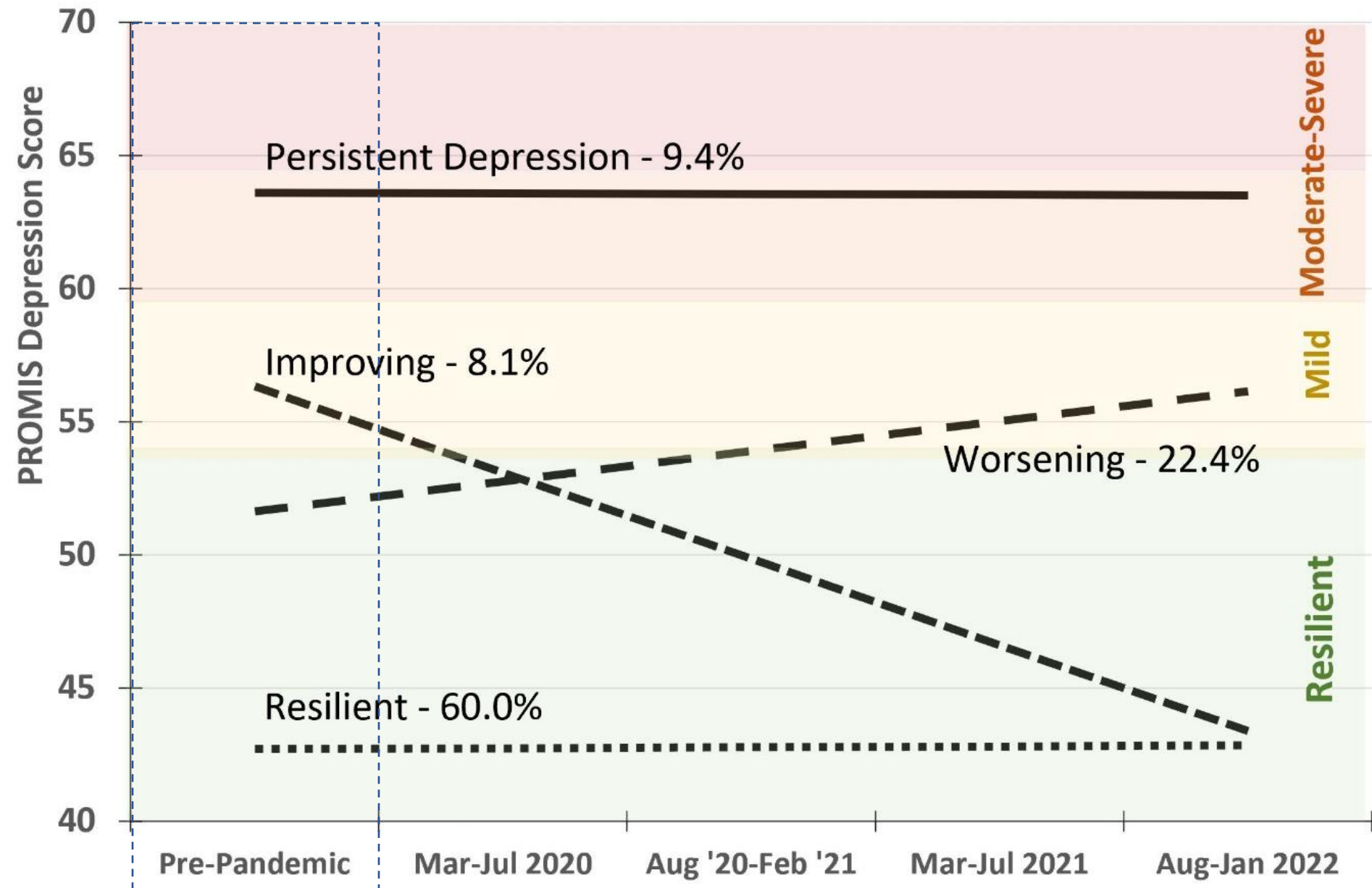
Public and/or private healthcare plans do not cover mental health services

*45% said they had no difficulty

CATCH | **CANADIAN
EARLY
ARTHRITIS
COHORT**

Depression before and during COVID-19 among Canadians with RA

Bartlett et al., A&R, 2022





How can people assess and improve their mental health?



Know the five signs.



Personality changed?



Agitated?



Withdrawn?



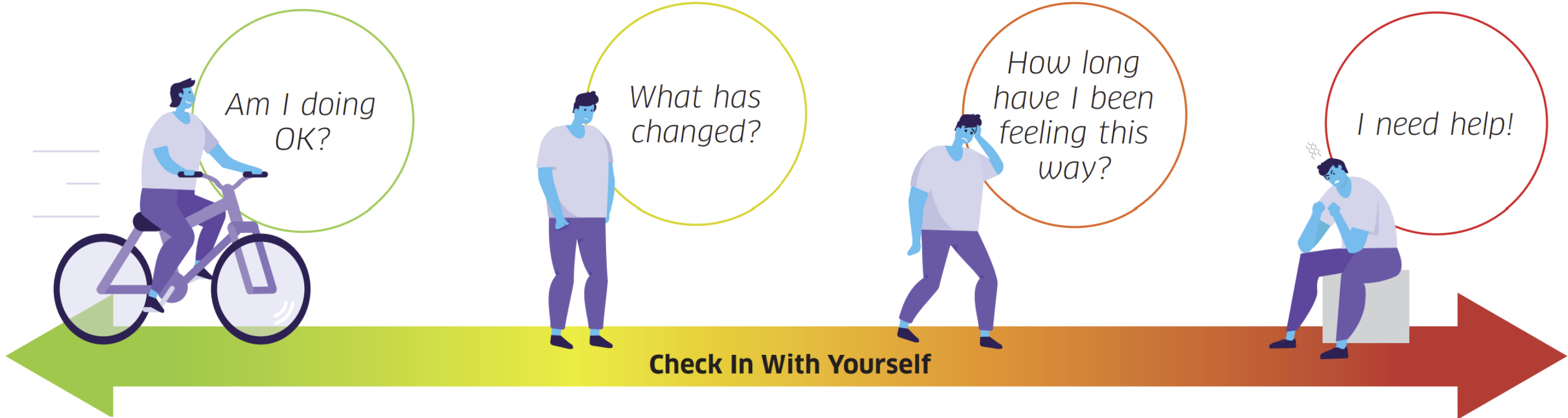
Poor self-care?



Hopeless?

How am I Doing?

Working in a health care setting, there is often no time to stop and think about your own mental health.



Check In With Yourself

Green: Healthy

- ✓ Use simple coping tools: walk, talk to friends, music
- ✓ Limit news and media

Yellow: Reacting

- ✓ Get good sleep and eat well
- ✓ Seek support from others

Orange: Injured

- ✓ Time to get professional help

Red: Ill

- ✓ Get help now
- ✓ Call a crisis line



How can those affected by arthritis maintain emotional wellness over the holidays?





There are many things you can do to help improve your physical and mental health during stressful times. Here is what Canadians reported doing in May.

**Communicated
with friends
and family**



37%

Meditated



12%

Exercised outdoors



57%

Exercised indoors



40%

**Changed food
choices**



23%

StatsCan June 4, 2020

HEALTHY LIFESTYLE





Exercise is Medicine[®]

If exercise could be packed in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.

Robert N. Butler, M.D.

National Institute on Aging



Yoga for Arthritis®

Get up and live your joy!

SEATED FORWARD FOLD FOR ARTHRITIS



EASY POSE FOR ARTHRITIS

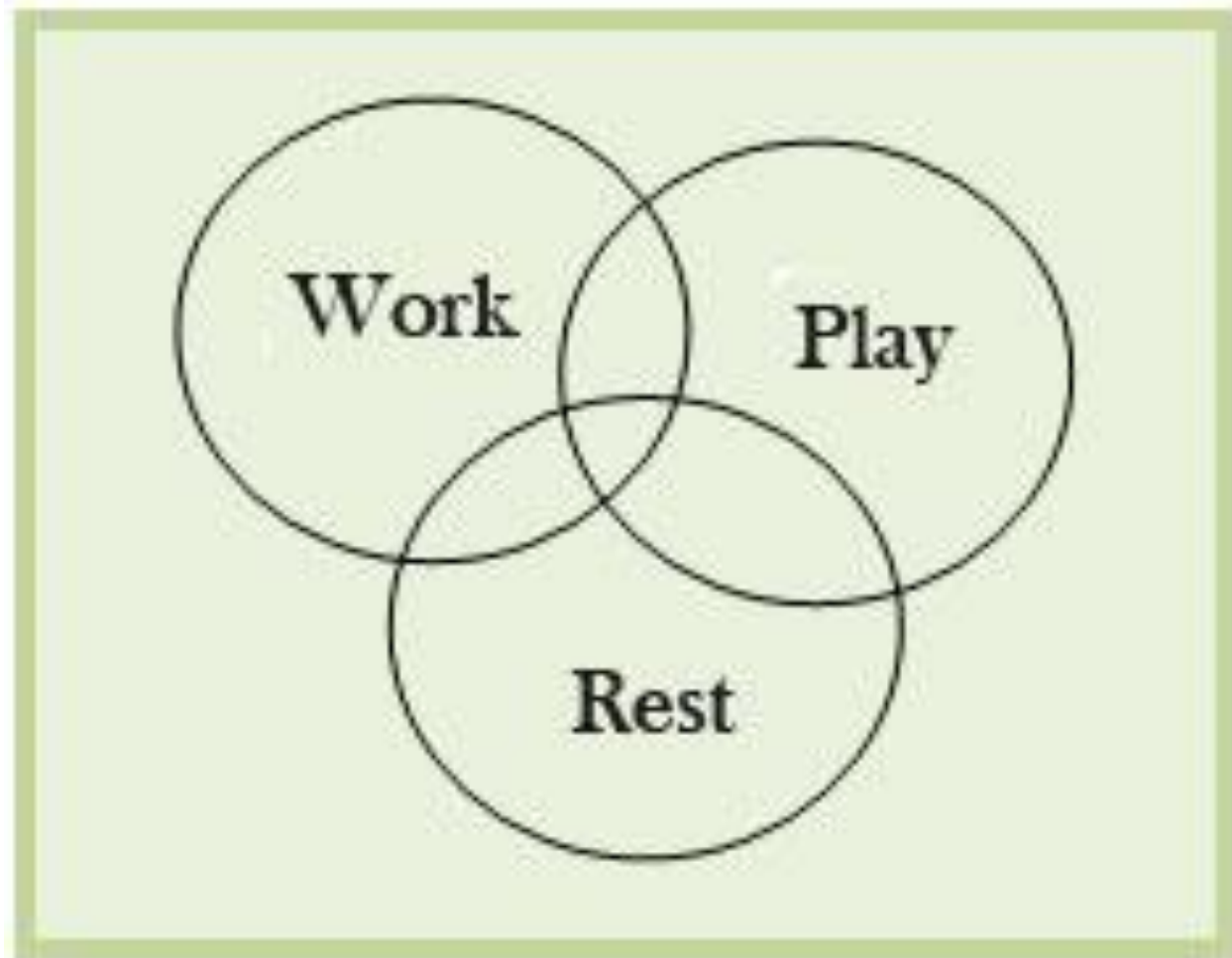


DOWNWARD-FACING DOG FOR ARTHRITIS









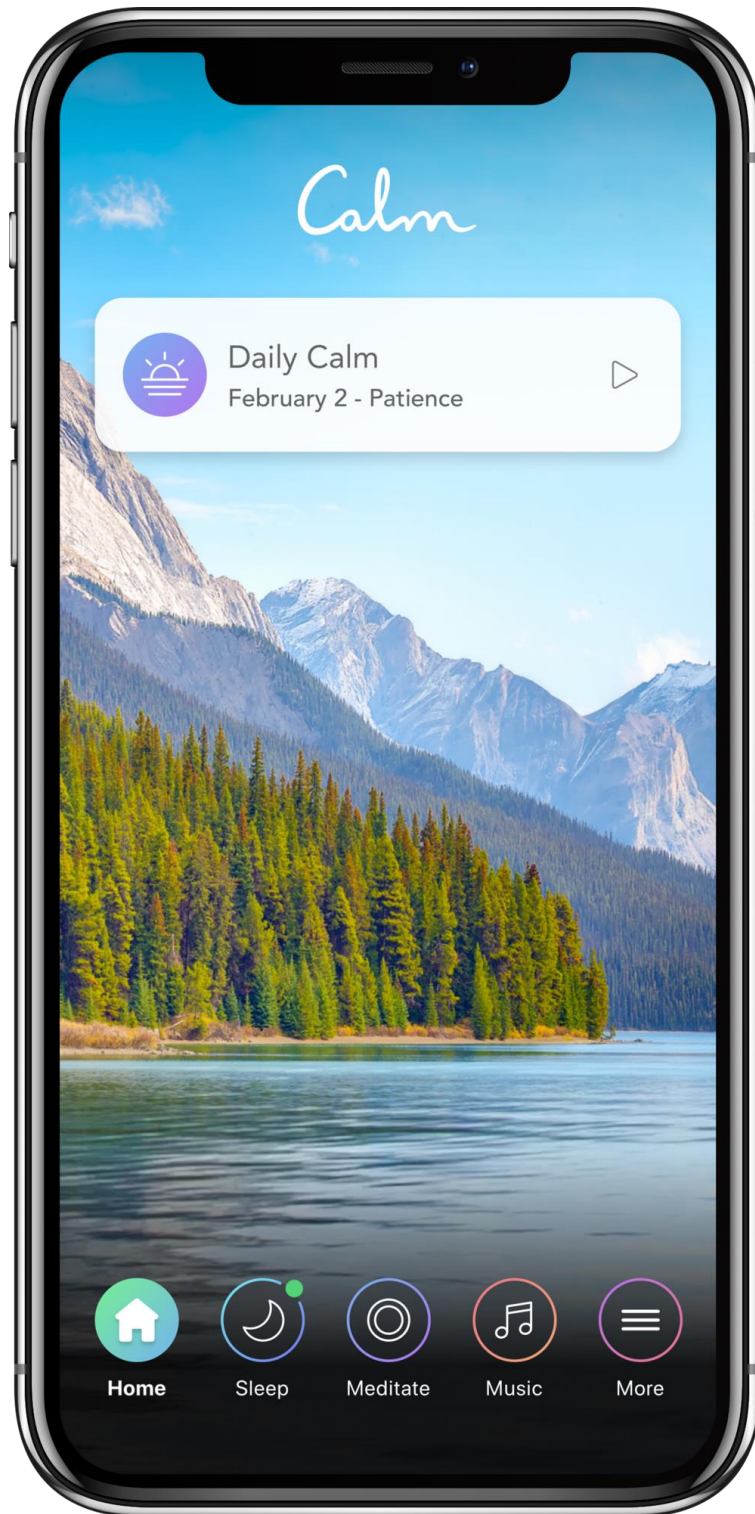
Stop
Shoulding
All Over
Yourself



Mental Wellness for Older Adults with Arthritis



PRINT

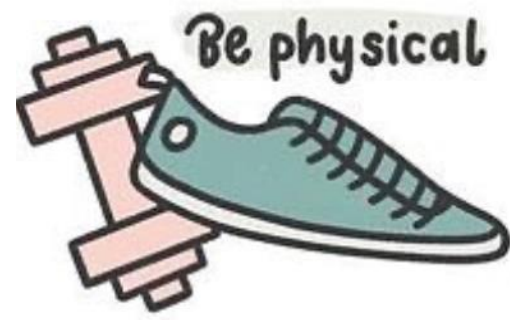


Apps for Mental Health Care

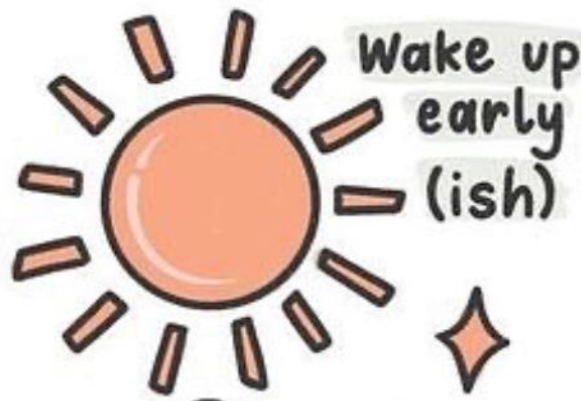
- CALM, Headspace
- **Managing Stress and Anxiety During COVID-19** (CAMH.ca)
- Mindshift CBT (Anxiety Canada)
- **PTSD Coach** (Veterans Affairs Canada)
- **Mindfulness Coach, CBTi Coach** (US Veterans Affairs)

Any final thoughts or recommendations?





Be physical

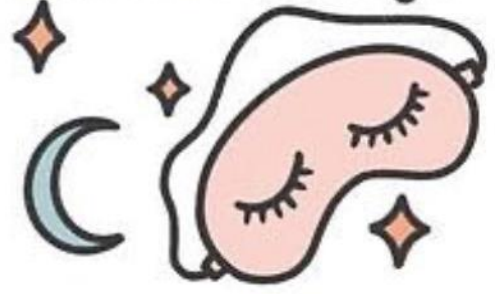


Wake up early (ish)



Catch up with friends

Rest & Recharge



Relax with a bath



Eat yo' veggies

Self Care during COVID-19

BY: @ARTSYALISONDESI

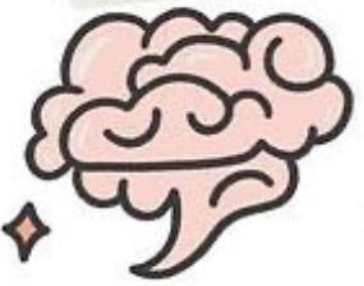


Listen to new music/ podcasts



Go outside

Have a growth mindset



Stay hydrated



Read/ Journal

Questions



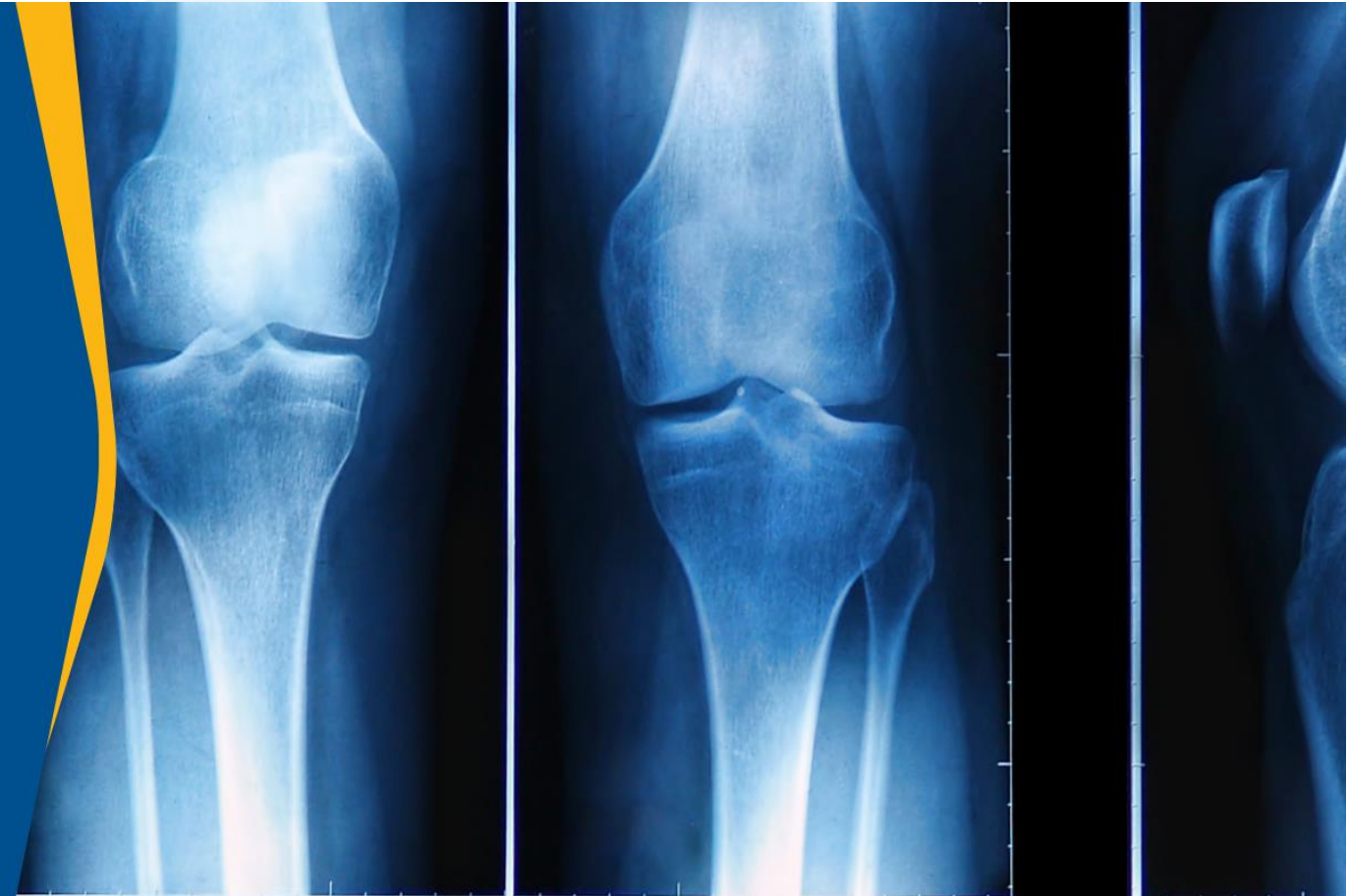
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You have 2X the power
to drive arthritis
research innovation.

Your year-end gift will
be matched to go even
further.



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arthritis.ca/action/holidays



- ▼ Join Registered Massage Therapist, Rubena Borg, and Registered Acupuncturist, Jessica Vella at Massage Addict's virtual information booth immediately following the live webinar
- ▼ Jessica and Rubena will be available to answer your questions about how massage and acupuncture may be able to support your emotional health
- ▼ Link to the virtual information booth is in your reminder email and will be posted in the live webinar

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Upcoming Events



6 p.m. ET

Arthritis Talks: **Financial Wellness**

Learn about:

- Sources of funding for people living with disabilities
- Tax credits and employment services
- Strategies to build a stronger financial safety net

Register at:

Visit arthritis.ca/arthritis Talks or click the link in your email inbox

