Drew Oliver's GIANT microbes® For anyone with a healthy sense of humor!

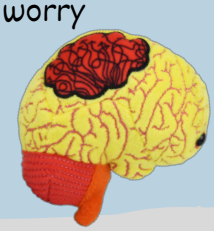
Mental Health and Neurodiversity

Fact sheet

Mental Health: This includes our emotional, psychological, and social well-being which influences our thoughts, behaviors, decisions, how we manage stress, and relate to others. It is important through all stages of life.
Neurodiversity: The concept that individuals' brains work in a variety of ways. Some brains are different in how they think, function, process information, behave, and learn. When we embrace neurodiversity, differences can be seen as strengths, creativeness, and positive aspects.

Anxiety

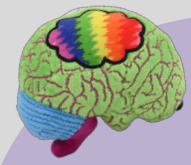
- Involves excessive, illogical worry for no specific reason
- Types: social anxiety, panic disorders, phobia disorders



Depression

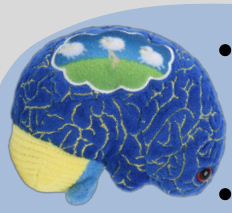
- Involves repeated/ongoing sadness, loss of interest in activities, decreased appetite and energy, inability to concentrate.
- Feelings of sadness may be for no particular reason
- Most common mood disorder in the US

Bipolar Disorder



- Involves shifts in mood, energy, and the ability to function.
- Extreme emotional highs (mania or hypomania) and lows (depression)
- Types: Bipolar I and Bipolar II

Insomnia



- Involves difficulty falling and staying asleep; leading to sleep deprivation and fatigue
- Most common sleep disorder in the world
- Types: acute and chronic insomnia

Dopamine

- Neurotransmitter in the brain that plays a role in pleasure, movement, motivation and cognition
- Controls production and release of hormones

Serotonin

- Neurotransmitter in the brain influencing mood, memory, sleep, and cognition; plays a role in anxiety and depression
- Exerts a powerful effect on thoughts/state of mind

ADHD - Attention Deficit Hyperactivity Disorder

- Symptoms can include: inability to focus, hyperactivity, impulsivity, restlessness, fidgeting, impatience
- Types: hyperactive, inattentive, combined
- Form of neurodivergence

Mental Health Matters!

Mental Health Awareness!

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