

Health Identity

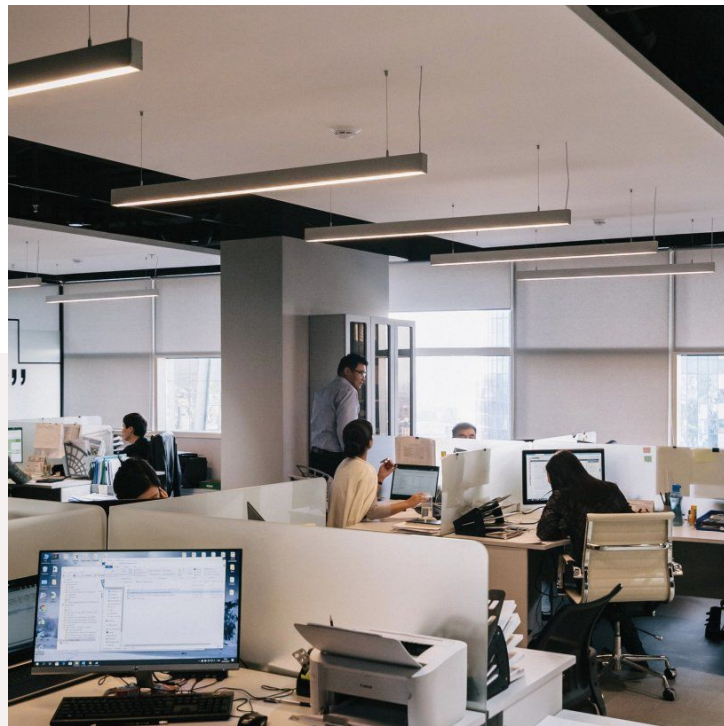
+ **through the lens of mental health**

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Health Identity...

What is it?



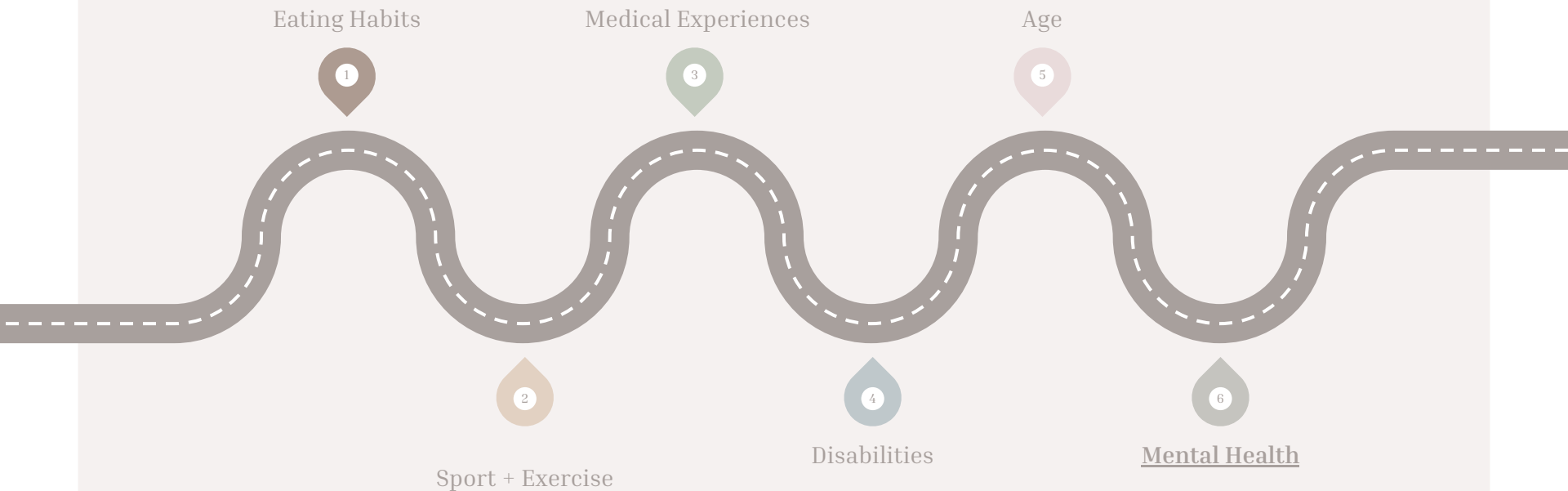
Word Art

What do you think of when you hear “Health Identity”

Website:

Code: [Activities | Poll Everywhere](#)

Health Identity Roadmap



Health Identity cont.



Eating Habits

- Vegan
- Vegetarian
- Gluten-Free
- Health conscious vs carefree

Sport + Exercise

- How often do you workout?
- Is your body part of your identity?

Medical Experiences

- Cancer survivors
- Surgeries
- Heart attack survivors

Health Identity cont.



Disabilities

- Special Needs (physical or mental)
- Hard of hearing or visually impaired

Age

- Limitations in what the body can do as you get older

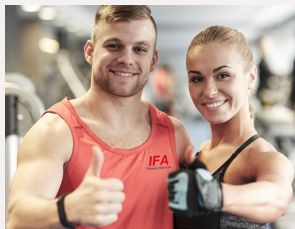
Mental Health

Let's further discuss this topic later in the presentation

Examples of health identities that can play a large role in one's personal identity

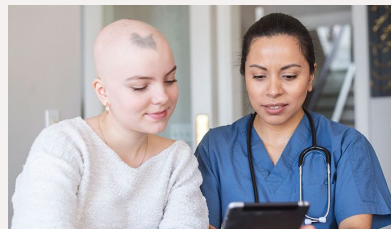
Fitness Guru

- Counts calories, works out every day, gets good sleep, supplements, vitamins, etc.
- Most likely would associated with those who share a similar interest



Cancer Patient

- Find comfort in those with a similar story - cancer support groups



Physically Disabled

- Only those with a similar experience would know day to day struggles
- Would be at the forefront of many of the things you do



The Role of Mental Health in Identity



Jamboard Discussion 1

Use [this](#) link to access the Jamboard

Article:

“Learning to manage a mental health condition: Caring for the self and ‘normalizing’ identity at work”

2 Questions Asked

1. Does caring for yourself to ‘normalize’ your mental health identity for the work environment resolve the problems of managing employment demands?
2. Is the ‘normalization’ of mental health identity simply deflecting the source of the problem away from the organization and onto the individual

Research Method

60 interviews with people experiencing Mental Health Conditions (MCHs), employers, and mental health professionals

Three Vignettes

3 people - 3 different personal experiences

Discuss the personal experiences of the three highlighted stories from the article.

What are your main takeaways from the experiences of Pete, James, and Chris?

Jamboard Discussion 2

Use [this](#) link to access the Jamboard

Connections To past Class Material

PERSONAL VS. ENACTED IDENTITY

As review: Personal identity is what we “truly” are,
enacted is what we show on the surface

- “Normalized” = Enacting an identity without a MHC
 - “James manages his condition but simultaneously conceals it through hard work and commitment as part of performatively sustaining a ‘normalized’ identity”
 - This situation shows a difference in James’ Enacted identity and his personal identity

SOCIAL IDENTITY THEORY

As review, within Social Identity Theory we discussed the desire for our ingroup to be viewed favorably

- Those with a mental health condition in the article believed that their group would be viewed negatively.
 - “Showing weakness which, some people might see a condition like mine as... I conceal it” - James
- For those with Mental health conditions that cannot oftentimes never completely go away, it can be hard to view this ingroup positively.
 - Individual Mobility (“Normalize”), Social competition, social creativity

PRIVILEGE

As review: Privilege occurs when an individual benefits from not having to worry about an identity, while others with a different identity do.

- Those who are not affected by mental health conditions will not be able to fully understand the struggle one with a MHC goes through.
- Can be similar to many of the discussions we had regarding race, economic status, gender, or sexual identity.

THANK YOU !!