

How do politics, economics get 'into the mind'?

A personal view from psychologist working with marginalised communities

Dr Sally Zlotowitz, Clinical & Community Psychologist

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**WHEN A FLOWER
DOESN'T BLOOM, YOU
FIX THE ENVIRONMENT
IN WHICH IT GROWS,
NOT THE FLOWER.**

LEADERQUOTES • INSTAGRAM

ALEXANDER DEN HEIJER



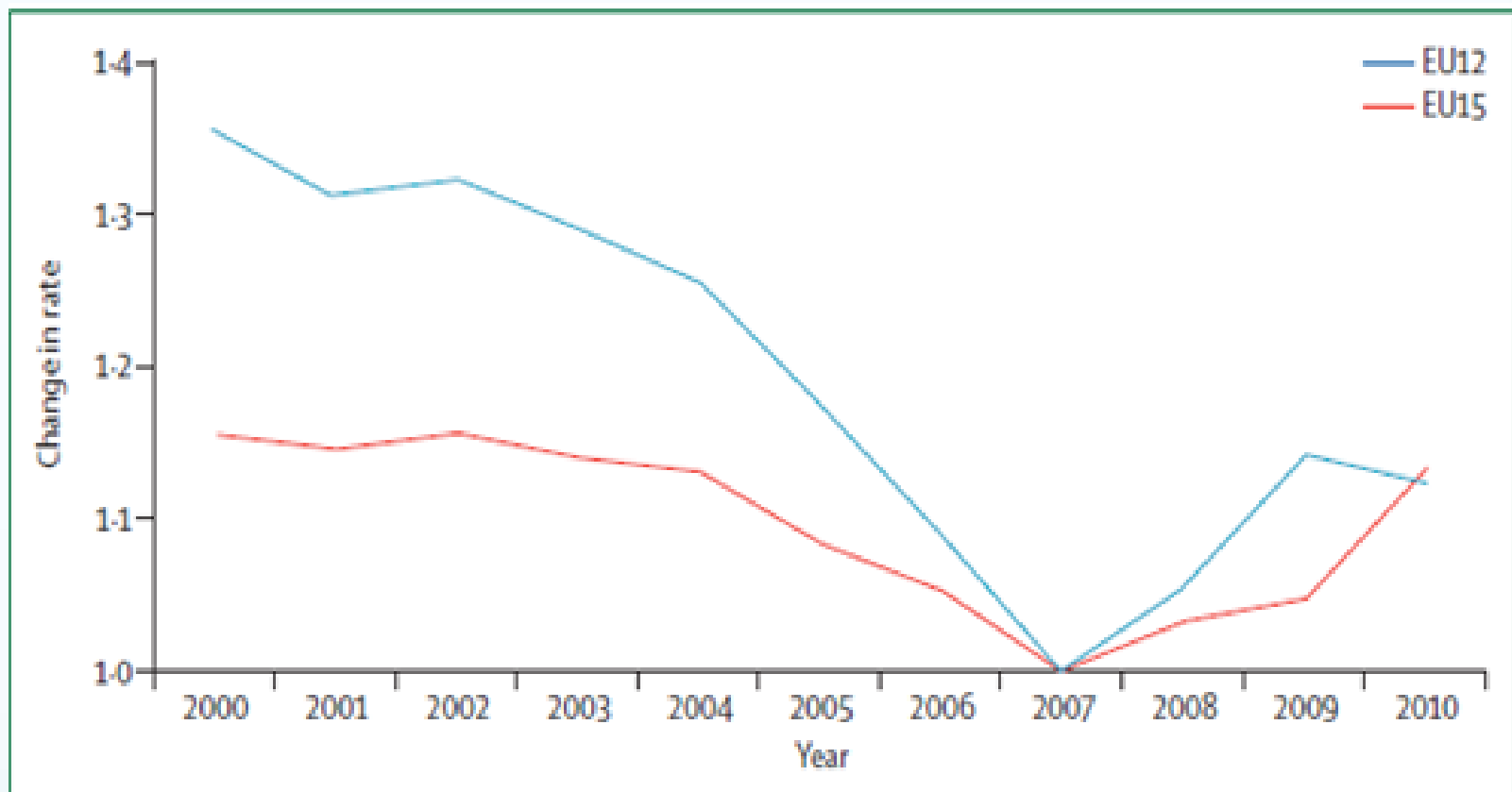
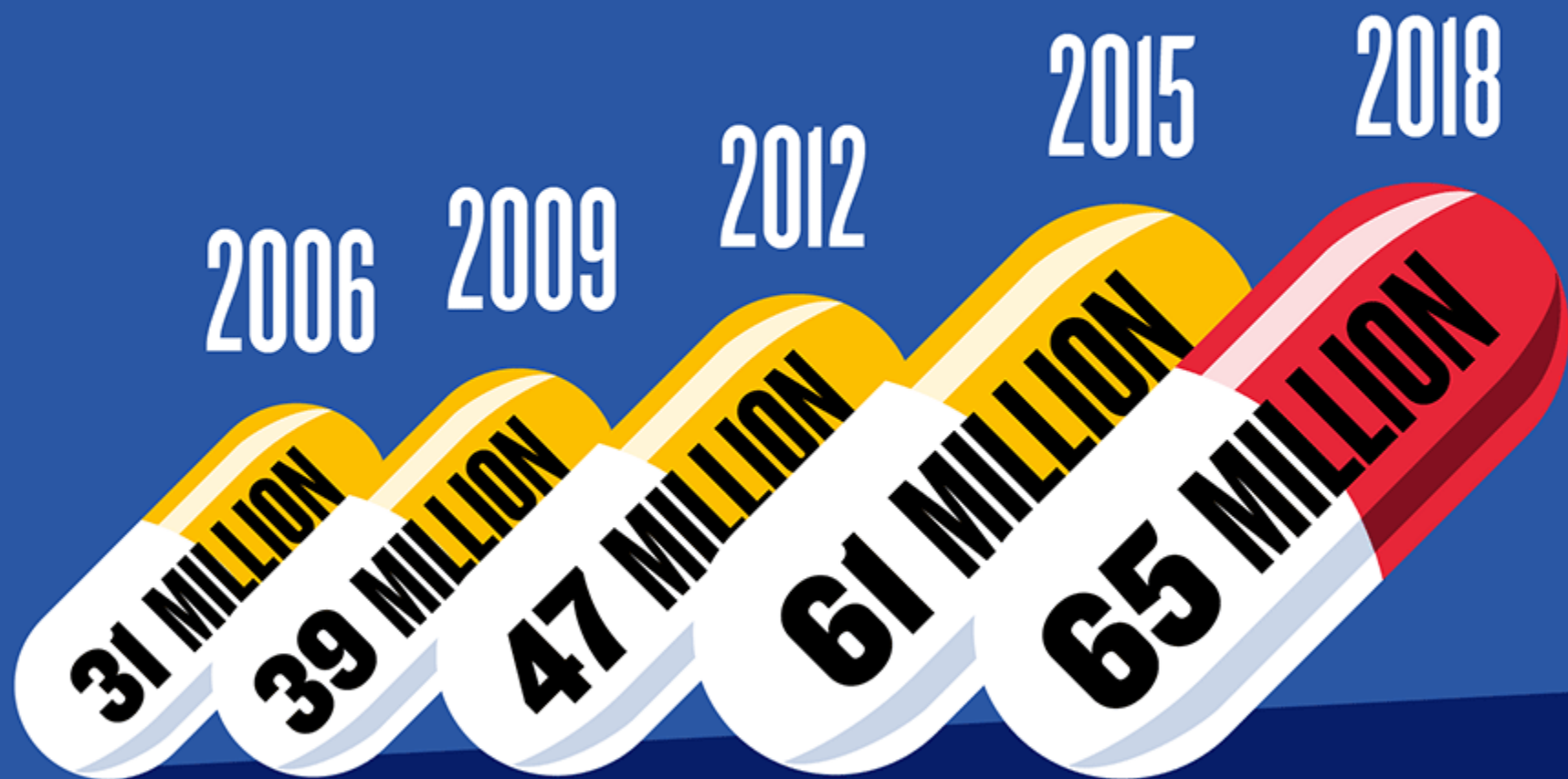


Figure 2: Suicide rates before and after 2007 in the 12 post-2004 (EU12) and 15 pre-2004 (EU15) countries of the European Union

Sources: WHO Mortality Database⁶³ and Eurostat (for France, Greece, and Luxembourg for 2010).⁵ No data were available for Italy and Denmark for 2010. Rate of suicide in 2007=1. Data were adjusted relative to countries' populations.

ANTIDEPRESSANT PRESCRIPTIONS IN THE UK



SOURCE: NHS



1 in 4 people

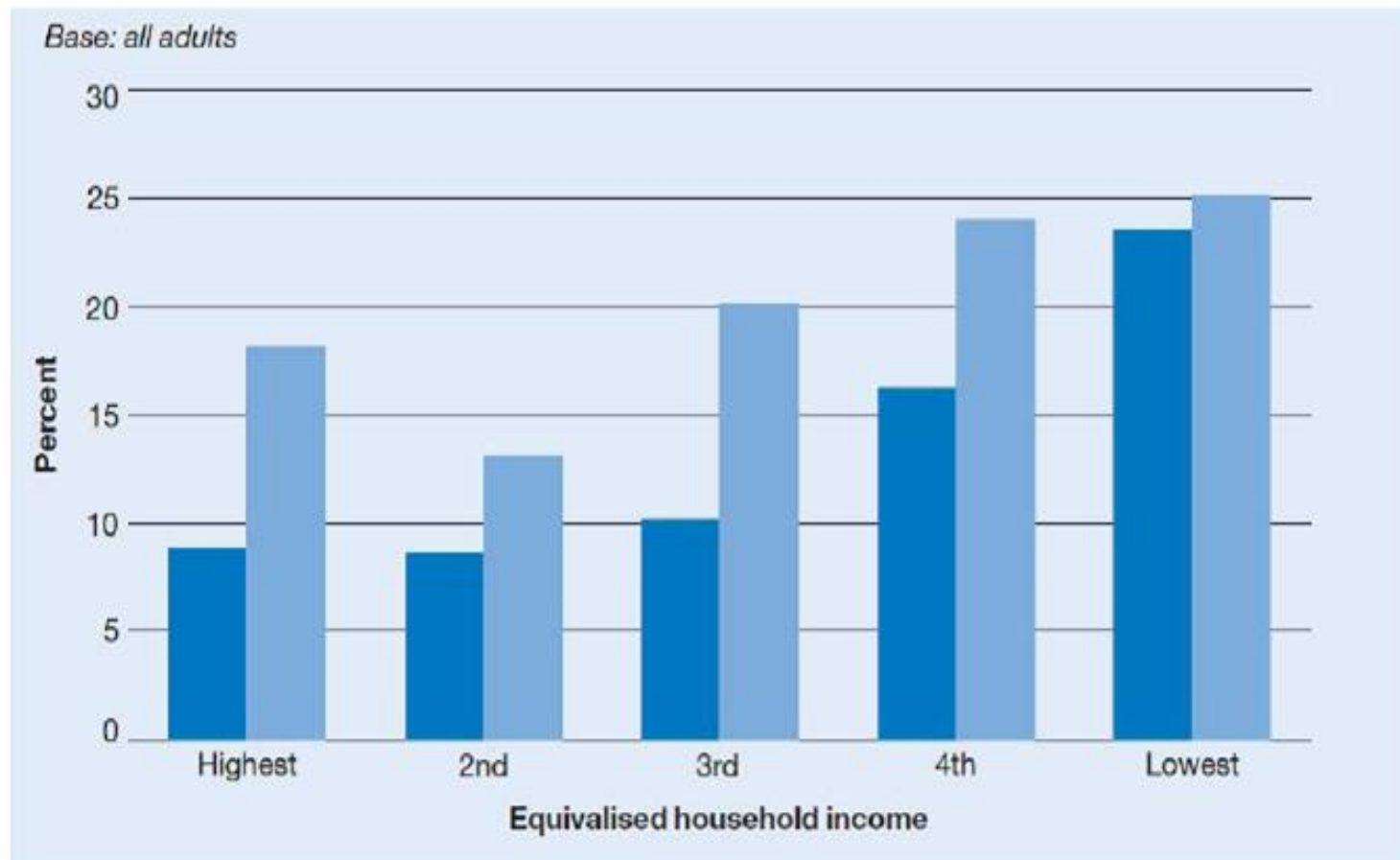
will suffer from a mental health problem.

What stories
are getting told
here?

What stories
are not getting
told?

Figure 1: Prevalence of any common mental disorder by household income, England 2007 (19)

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Key: Pale bars: women; dark bars: men

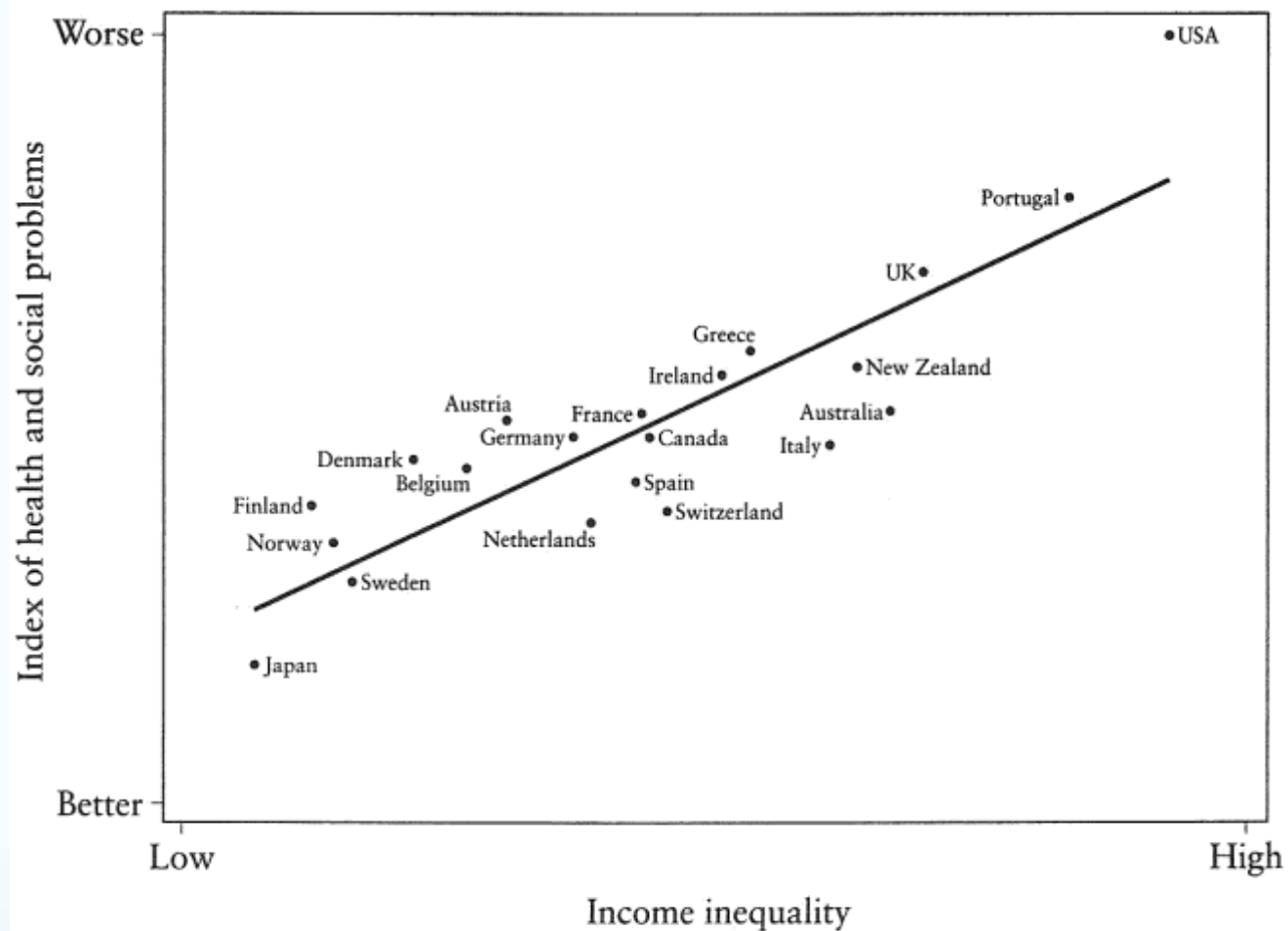
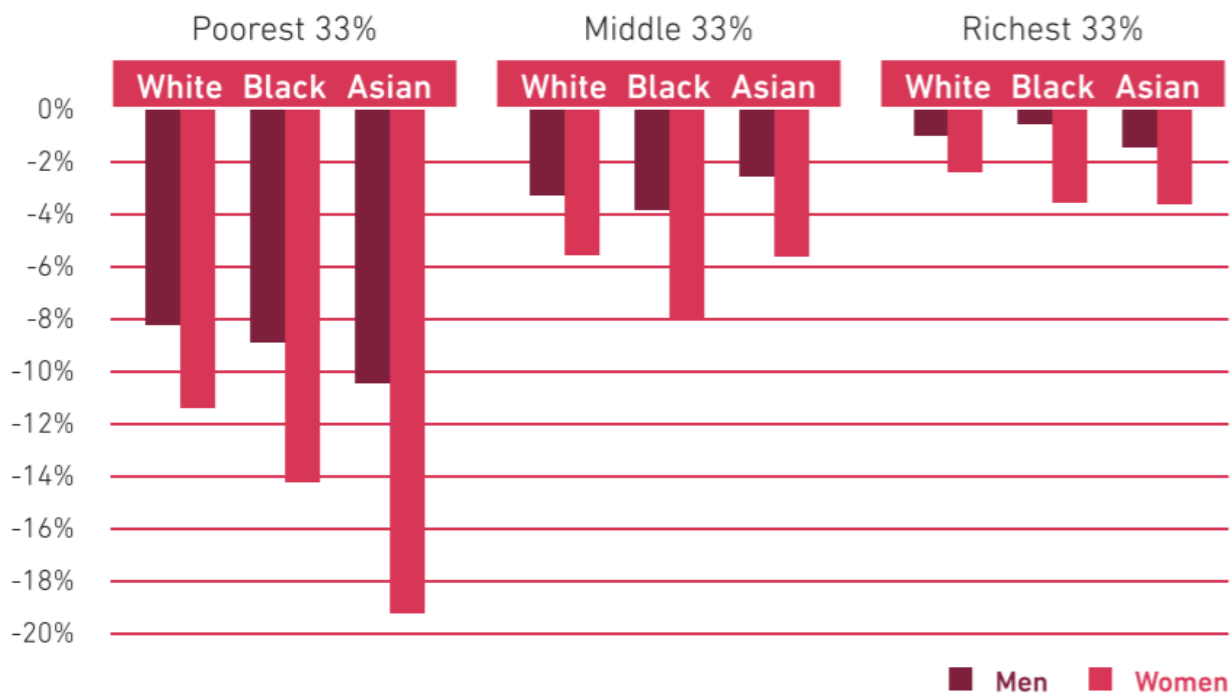


Figure 2.2 *Health and social problems are closely related to inequality among rich countries.*

2010-20 cumulative individual impact of changes in taxes and benefits (percentage of net individual income per annum by 2020) by household income groups, gender and ethnicity (selected)



Source: Women's Budget Group 2017

10 WBG(2017) Gender impact of taxation. Available on line at: https://wbg.org.uk/wp-content/uploads/2017/03/WBG_briefing_Taxation_pre_Budget-2017_03_07.pdf
 11 Compared to what they would be receiving if 2010 rules still in place.

Video

**“Living in poverty is like being
punched in the face over and over
and over on a daily basis.”**

(Poor as Folk, 2014)

The Psychological Impact of Austerity

A Briefing Paper



PSYCHOLOGISTS
AGAINST AUSTERITY

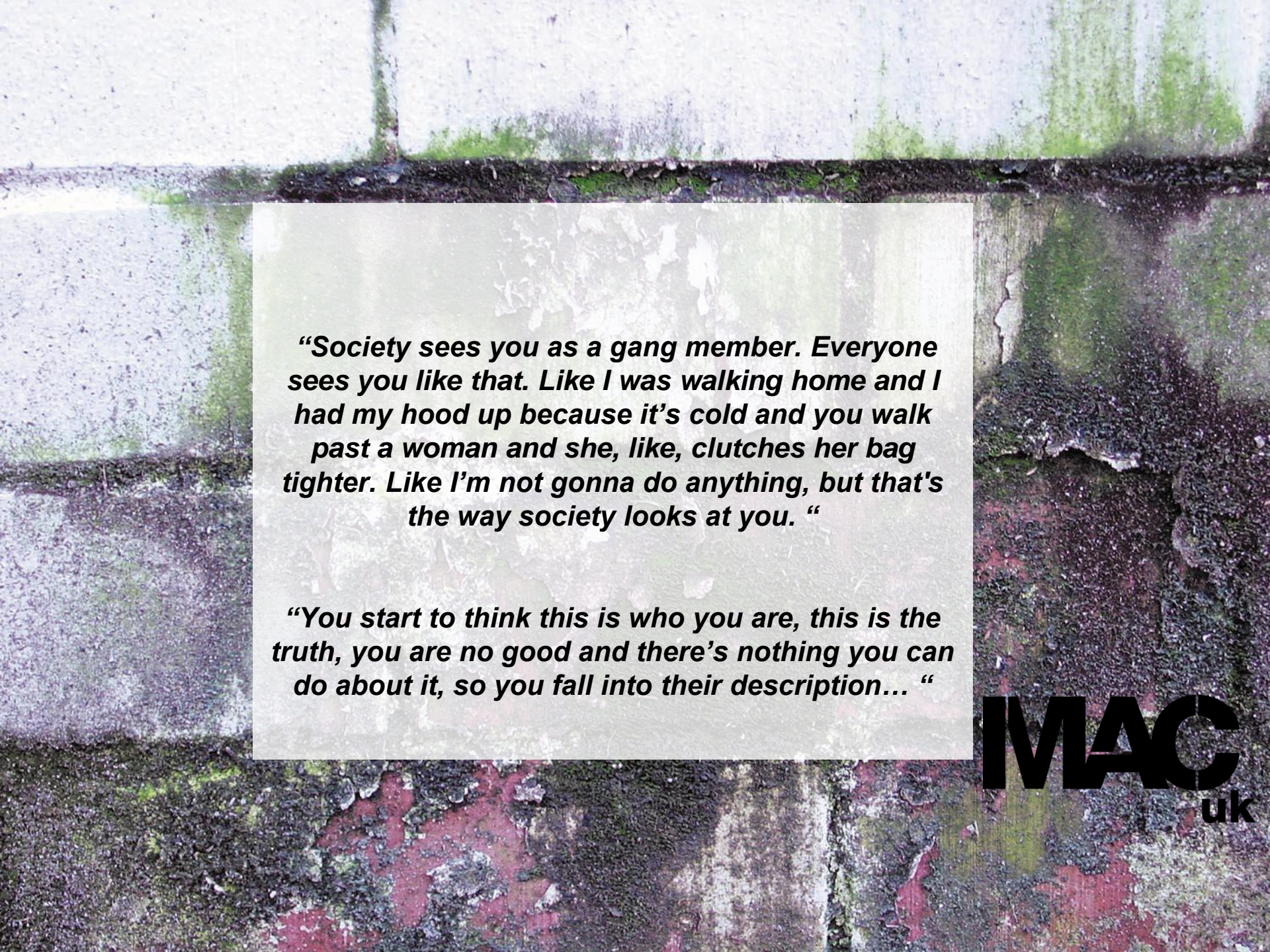


Five 'Austerity Ailments'

- Humiliation and shame
- Fear and distrust
- Instability and insecurity
- Isolation and loneliness
- Being trapped and powerless.

Five indicators of a psychologically 'healthy' society

- Agency
- Security
- Connection
- Meaning/purpose
- Trust.



“Society sees you as a gang member. Everyone sees you like that. Like I was walking home and I had my hood up because it’s cold and you walk past a woman and she, like, clutches her bag tighter. Like I’m not gonna do anything, but that’s the way society looks at you. “

“You start to think this is who you are, this is the truth, you are no good and there’s nothing you can do about it, so you fall into their description... “

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*It's not just about more NHS mental
health services or other forms of
individual self care*



JANUARY 8, 2016 BY SALESFORCE CANADA

What Mindfulness Could Mean For Sales Teams



“Your Competitor May Already Becoming More Mindful”

Studying mindfulness is optional for business workers today, but perhaps not for long. The authors of *One Step Ahead: Enhance Your Performance At Work With Mindfulness* say 46.9 per cent of the time, our attention wanders from what we’re doing.



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Five 'Austerity Ailments'

- Humiliation and shame
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Five indicators of a psychologically 'healthy' society

- **Agency**
- **Security**
- **Connection**
- **Meaning/purpose**
- **Trust.**

How can we design more of this
'psychological value' into our structures,
policies & systems, especially for the benefit
of marginalised communities?

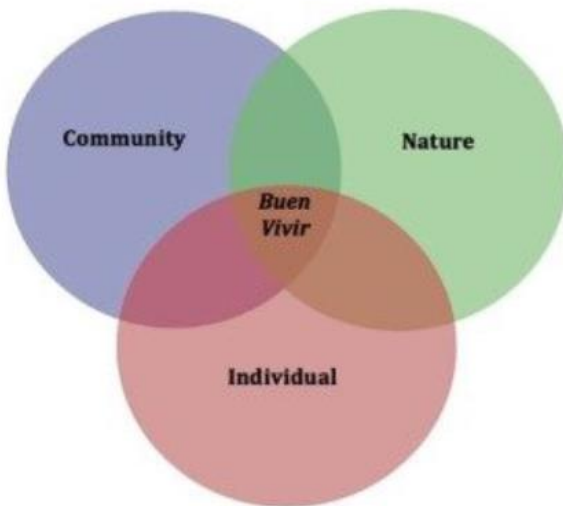
Agency
Security
Meaning/purpose
Trust
Connection



Psychologically Healthy Streets & Community Spaces

Buen Vivir movement

What Are Healthier Economic Policies?



**Universal Basic Income:
A Psychological Impact
Assessment**



**PSYCHOLOGISTS
for
SOCIAL CHANGE**

At service design level
more coproduction & peer support, MAC-UK

New visions for local & national economies
& cities

Eg Community Wealth Building
Nesta's ShareTown
Wellbeing Economy Alliance

How do they/are we include marginalised
communities?

Mental Well-being Impact Assessment

A toolkit for well-being

Mental Well-being Impact Assessment (MWIA) enables people and organisations to assess and improve a policy, programme, service or project to ensure it has a maximum equitable impact on people's mental well-being.

Published by the National MWIA Collaborative (England)
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Members of the National MWIA Collaborative (England)



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