

MENTAL WELLNESS AND SELF CARE



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Agenda

- “A Mindful Minute”
- An Introduction to Wellness
- Burnout & Stress
- Stress Management
- Let’s Practice!
- Self-Care Plan





“A Mindful Minute”



What is Mental Wellness?

- “Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.” Source. Substance Abuse and Mental Health Services Administration
- Mental health is not just the absence of a mental health condition
- **Well-being** is a state of positive functioning and general satisfaction with life, including the presence of positive emotions. Doing things that make you feel good, happy, or meaningful will increase your mental wellness, resulting in an increase in your mental health and sense of well-being. Source. Centers for Disease Control and Prevention, 2022



Barriers to Wellness

“I know what to do, so...”

“I don’t need to do anything specific or to seek help”

“I don’t have time”

“I am doing fine”

“I will shove it deep down and deal with it when things are better”



Burnout

- Feelings of hopelessness with difficulties in dealing with work and/or in carrying out one's job effectively
- Negative feelings usually have a gradual onset
- The result of feeling that one's efforts make no difference, or associated with a very high workload
- A general feeling that one is overwhelmed and barely keeping one's head above water



Signs and Symptoms of Distress

<i>Physical</i>	<i>Cognitive</i>	<i>Emotional</i>	<i>Behavioral</i>
Stomachaches or diarrhea	Difficulty remembering things	Anxiety and fear	Increase or decrease in activity levels and reduced stamina
Changes in appetite and eating habits	Difficulty thinking clearly or concentrating	Overwhelming sadness	Frequent crying
Headaches or other pains without a clear physical cause	Confusion	Anger	Use of alcohol or other drugs to reduce distressing feelings or to forget
Jumpiness or exaggerated startle response	Increased worry	Guilt	Angry outbursts
Trouble falling asleep, staying asleep, sleeping too much, or trouble relaxing	Trouble making decisions	Numbness and inability to feel joy or sadness	Desire to be alone most of the time and deliberate self-isolation
			Risk-taking behaviors



A Stress Continuum Model

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<p><u>DEFINITION</u></p> <ul style="list-style-type: none"> • Optimal functioning • Adaptive Growth • Wellness <p><u>FEATURES</u></p> <ul style="list-style-type: none"> • At one's best • Well trained and prepared • In control • Mission-focused • Motivated • Calm and steady • Having fun • Behaving ethically and legally 	<p><u>DEFINITION</u></p> <ul style="list-style-type: none"> • Mild and transient distress or impairment • Always goes away • Low risk <p><u>FEATURES</u></p> <ul style="list-style-type: none"> • Feeling irritable, anxious, or down • Loss of motivation • Loss of focus • Difficulty sleeping • Muscle tension, heightened heart rate, breathing, or other physical changes • Not having fun 	<p><u>DEFINITION</u></p> <ul style="list-style-type: none"> • More severe and persistent distress or impairment • Emotional/mental "scar" • Higher risk <p><u>FEATURES</u></p> <ul style="list-style-type: none"> • Loss of control • Panic, rage, or depression • No longer feeling like normal self • Excessive guilt, shame, or blame 	<p><u>DEFINITION</u></p> <ul style="list-style-type: none"> • Persistent and disabling distress or loss of functioning • Clinical mental disorder • Unhealed stress injuries <p><u>FEATURES</u></p> <ul style="list-style-type: none"> • Symptoms persist and worsen over time • Severe distress or social or occupational impairment • Hopelessness



Stress Management & Self-Care

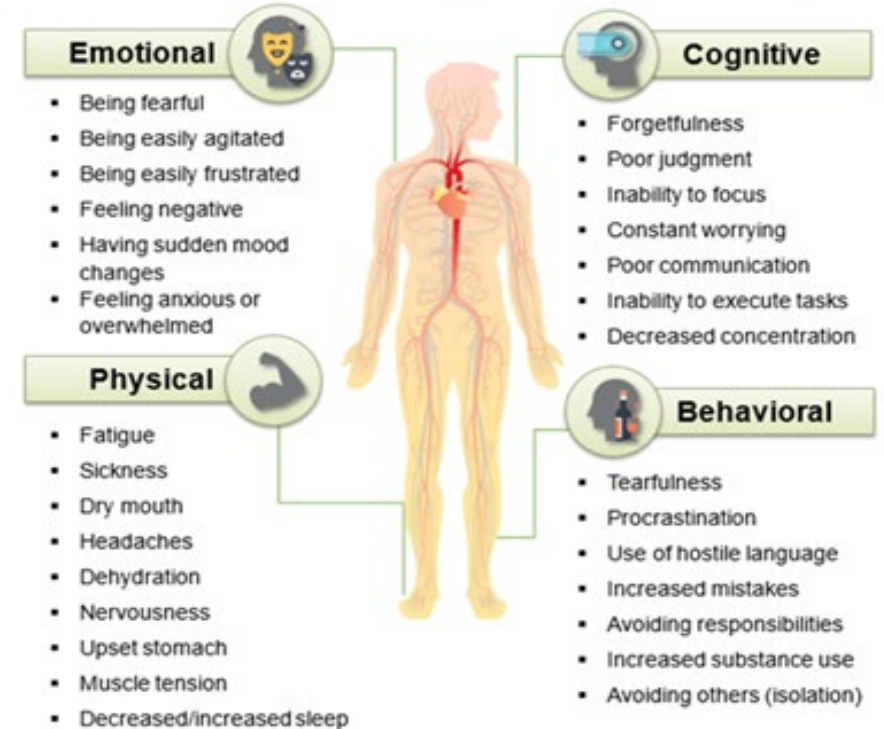


Immediate Stress Management Techniques

- Visualization
- Progressive muscle relaxation
- Meditation
- Mindful movements
- Diaphragmatic breathing or breathing exercise
- “A Mindful Minute”

Recognizing Signs of Stress

Stress is universal and can affect various aspects of your life. This may include your emotions, thinking ability, physical health, and behavior. Signs of stress vary from person to person, which means you may exhibit **some**, but **not all** of the signs listed below. Knowing how you exhibit stress helps you during the self-assessment process and is crucial for maintaining a state of well-being before, during, and after a response.



Let's Practice!



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**What came up for you during this practice?
Was it ease, resistance, stillness, or something
else?**

**How might you bring this sense of calm into
your interactions at work or home?**



Self-Care Planning



Aspects of Self-Care

Physical Self-Care

- Eat regularly
- Eat healthy foods
- Avoid use or misuse of tobacco and alcohol
- Maintain a healthy weight
- Exercise regularly
- Take time off when sick
- Dance, swim, walk, run, or do some other physical activity
- Get enough sleep
- Wear comfortable clothes
- Make time away from telephones
- Avoid or limit time in places where noise is excessive

Psychological Self-Care

- Make time for self-reflection
- Engage in personal psychotherapy
- Write in a journal
- Read books or magazines unrelated to work
- Do something in which I am not an expert or the person in charge
- Let others know what I need and want to feel happy or secure
- Let others take care of me occasionally
- Say “no” to extra responsibilities
- Try new things

Emotional Self-Care

- Spend quality time with people whose company I enjoy
- Maintain contact with people I value
- Treat myself with love and respect by reflecting on my good qualities and accepting that I can't be perfect
- Take time for comforting activities, people, relationships, and places
- Allow myself to feel and express emotion (i.e. laugh, cry)

Spiritual Self-Care

- Spend time with nature
- Participate in a spiritual community
- Be open to inspiration
- Cherish my own optimism and hope
- Value the non-material aspects of life
- Cultivate my ability to identify what is meaningful and its place in my personal life
- Meditate/Pray



Self-Care Action Plan

Goals for Self-Care

- Perform self-assessment
- Identify strategies
- Identify timeline for accountability (e.g., 1x a day, 1x a month)
- Identify accountability to self, involve others
- Reduce risk of experiencing stress
- Reevaluate



Developing Your Self-Care Plan

Self-care Planning

Instructions: Check the box next to the strategies you would like to implement in your own self-care plan in order to maintain or achieve a state of well-being before, during, and after a response.

Physical Self-Care

- Sleep seven to nine hours per night
- Maintain a consistent sleep schedule
- Exercise at least 30 minutes a day
- Practice breathing and relaxation techniques
- Eat fresh, wholesome foods such as vegetables, fruits, and whole grains
- Avoid or limit caffeine and use of alcohol
- Take frequent breaks away from workstation in the POD
- Change POD work duties and tasks to keep yourself engaged
- Limit POD shifts to no longer than 12 hours

Emotional Self-Care

- Meditate
- Implement the response triangle to manage negativity
- Write down and/or discuss your response experiences

Social Self-Care

- Establish communication plans
- Plan for household, childcare, and pet care needs prior to a response
- Implement a buddy system to provide and receive support during POD operations
- Reconnect with friends, family, spiritual, and community support systems
- Make small, daily decisions to regain control of your life
- Delay making big decisions until you reestablish normalcy

--Continue to next page--



Individual/ Group work

Select self-care strategies for implementation

Complete questions on back

10 minutes

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Now What?

- Keep your plan visible. Write it down, post it where you'll see it.
- Adjust it as needed. Flexibility is part of sustainability.
- Celebrate progress, not perfection.
- Remember: taking care of yourself is an act of service to others.



FINAL THOUGHTS



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Mental Wellness & Self-Care

THANK YOU



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Appendix

- Visualization Script
- Guided Breathing & Movement Script
- Self-Care Planning Worksheet

