

How to love yourself &  
access real support

# Resources

Presentation Slides

Wheel Handouts

Resourceful Links

Additional Information

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# External Sources of Stress

- Workplace requirements
- Household duties
- Dependent care
- Parenting responsibilities
- Unexpected events
  - COVID-19





# Stressors of COVID-19

- Fear and concern for health and safety of self and loved ones
- Adjustments to working from home
- New demands such as homeschooling
- Challenges managing uncertainty and change
- Financial fears
- Relationship conflict
- Loneliness and isolation



# Stressors of COVID-19

- Feelings of grief and loss
  - changes in routine
  - loss of social support
  - cancelled events or inability to attend events
- Difficulty concentrating
- Distorted sense of time
- Changes in productivity
- Increase in stress, anxiety and depression
- Increase in substance abuse



# Internal Sources of Stress

- Unrealistic expectations
- Negative attitudes and feelings
- Self-sabotaging behaviors
- Poor self-care habits





# Signs & Symptoms of Stress

- Physical
- Emotional
- Cognitive
- Social
- Financial

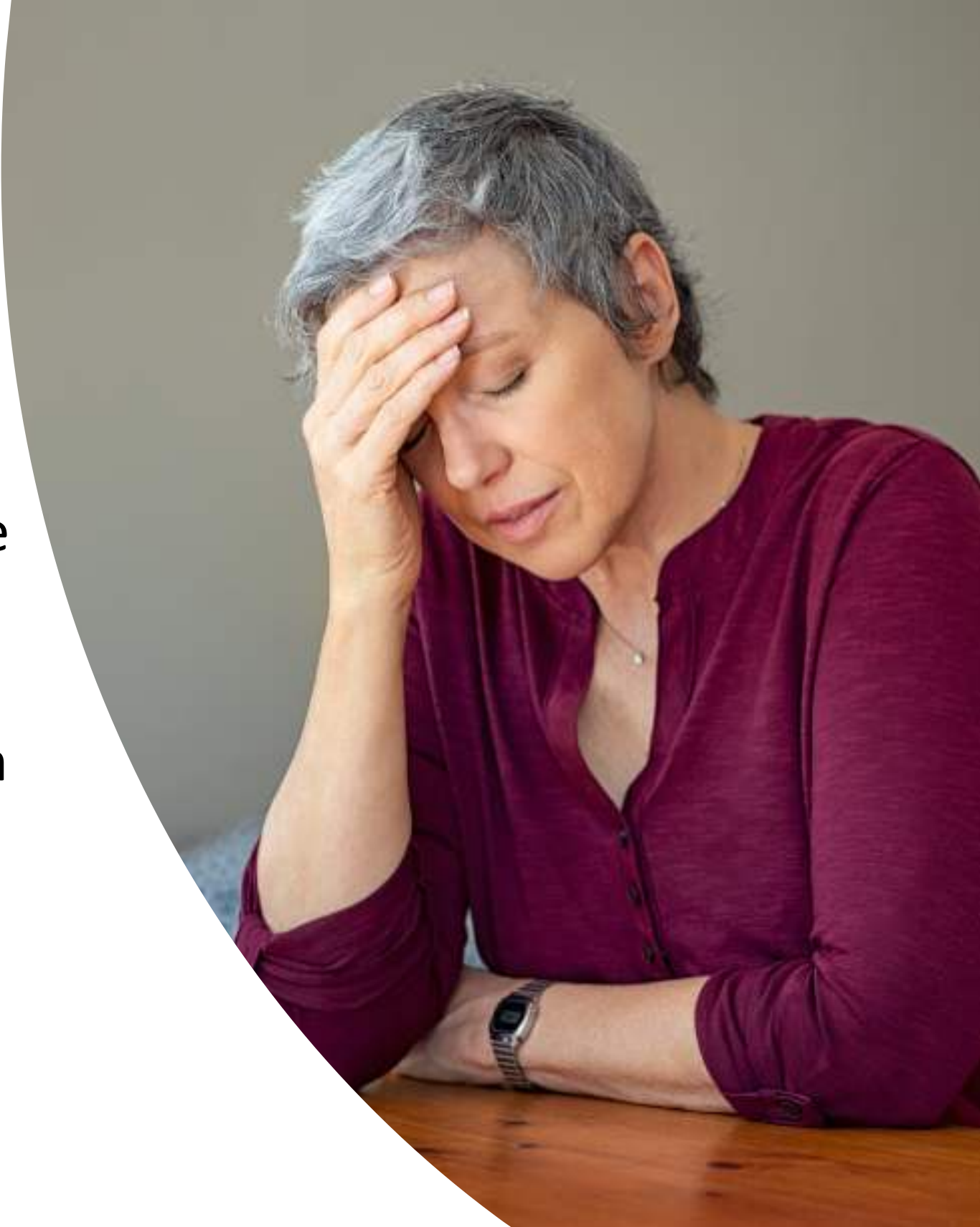




# What is Stress?

# What is Burnout?

- Stress is the body's physical and psychological response to anything perceived as overwhelming
- Burnout is a state of emotional and physical exhaustion caused by excessive and prolonged stress





# Signs and Symptoms of Burnout

## Feelings of:

- Powerlessness
- Hopelessness
- Detachment
- Isolation
- Irritability
- Frustration
- Failure
- Despair
- Cynicism
- Apathy
- Emotional exhaustion

## Decrease in:

- Self-esteem
- Concentration
- Memory

## Increase in:

- Error Rate
- Absenteeism
- Hypochondria
- Sleep disruption



# Mental Health Tips

- Prioritize your mental health & wellbeing
- Create structure to your day
- Recognize what you can control and what you can not
- Take a break from the news
- Remember this is temporary
- Take time for mindfulness practices
- Infuse yourself with self-care
- Access support





# Control what you can, let go of the rest

- What you can control:

- Your own thoughts
- Your own emotions
- Your own behaviors
- Your own choices

- What you can't control:

- Other people's thoughts
- Other people's emotions
- Other people's behaviors
- Other people's choices
- Outcome
- COVID-19
- What else?



”SUCCESS BEGINS WITH  
AN AWAKENING,  
AN HONORING OF THE PAST  
FOR HOW IT HAS SHAPED  
& MOLDED US,  
AND A CHOICE TO  
TAKE RESPONSIBILITY FOR  
OUR PATH GOING  
*FORWARD.*”

*JM*  
JOYCE MARTER







You must *care* enough  
about yourself to  
welcome the life that  
you *deserve*.

*JM*  
JOYCE MARTER





“Having a healthy  
relationship with yourself is  
essential for *happiness*.  
Choose to be your own  
good parent, best friend,  
and greatest advocate.”

A stylized, cursive signature logo consisting of the letters 'J' and 'M' intertwined.

JOYCE MARTER

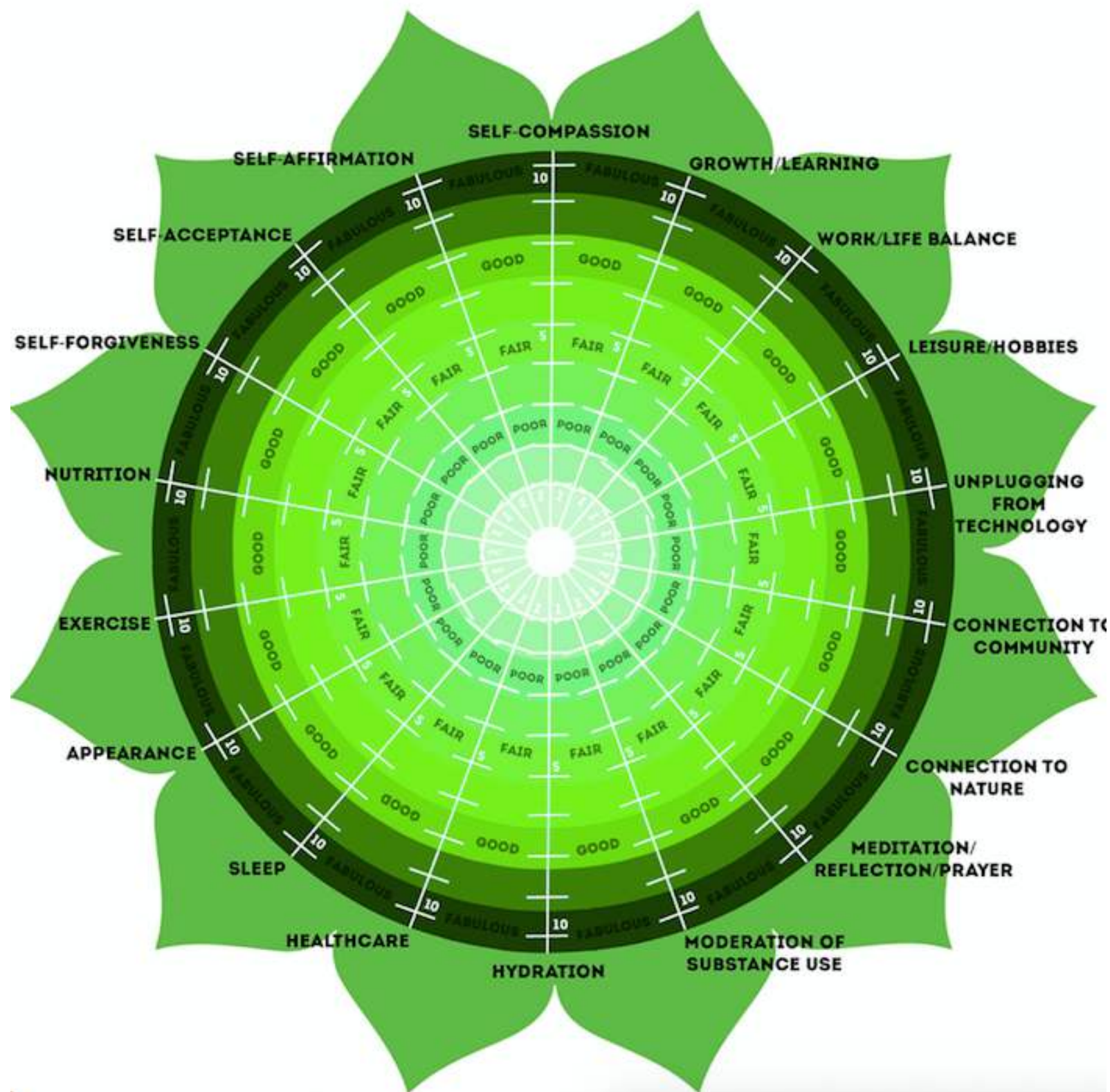
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1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 FABULOUS



*Self-Love Wheel*

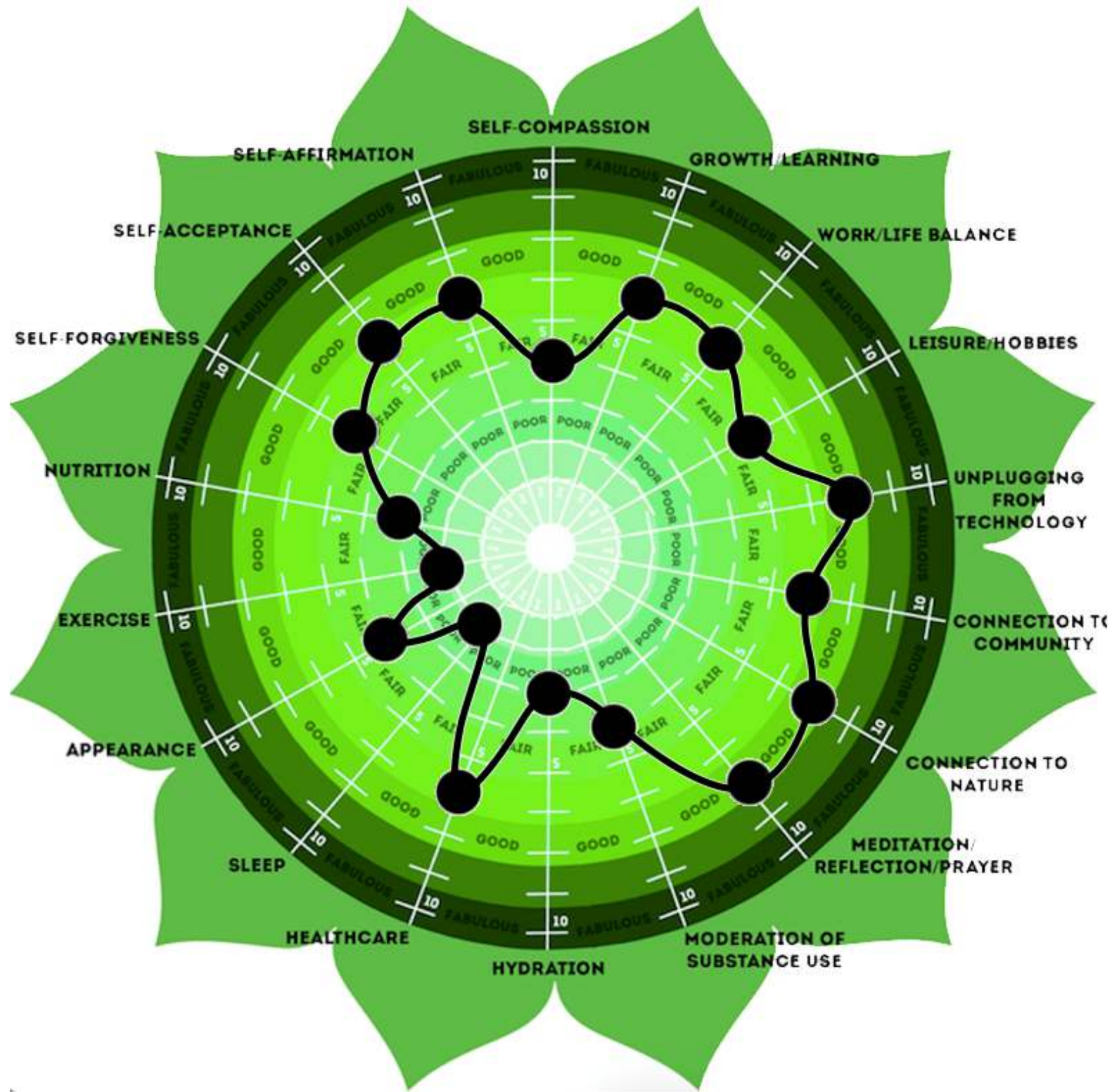
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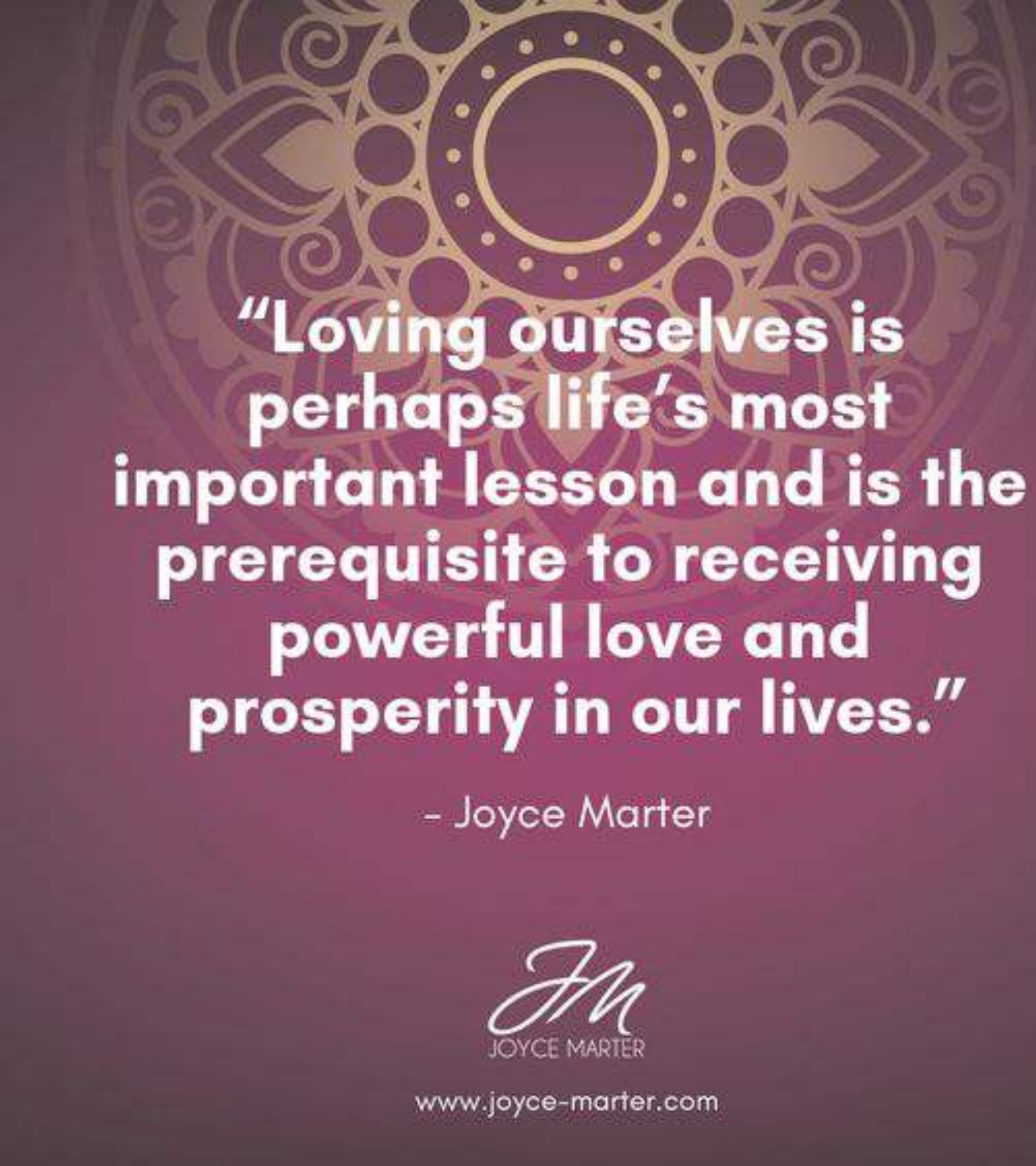


1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 FABULOUS



Completed  
Self-Love Wheel





**“Loving ourselves is perhaps life’s most important lesson and is the prerequisite to receiving powerful love and prosperity in our lives.”**

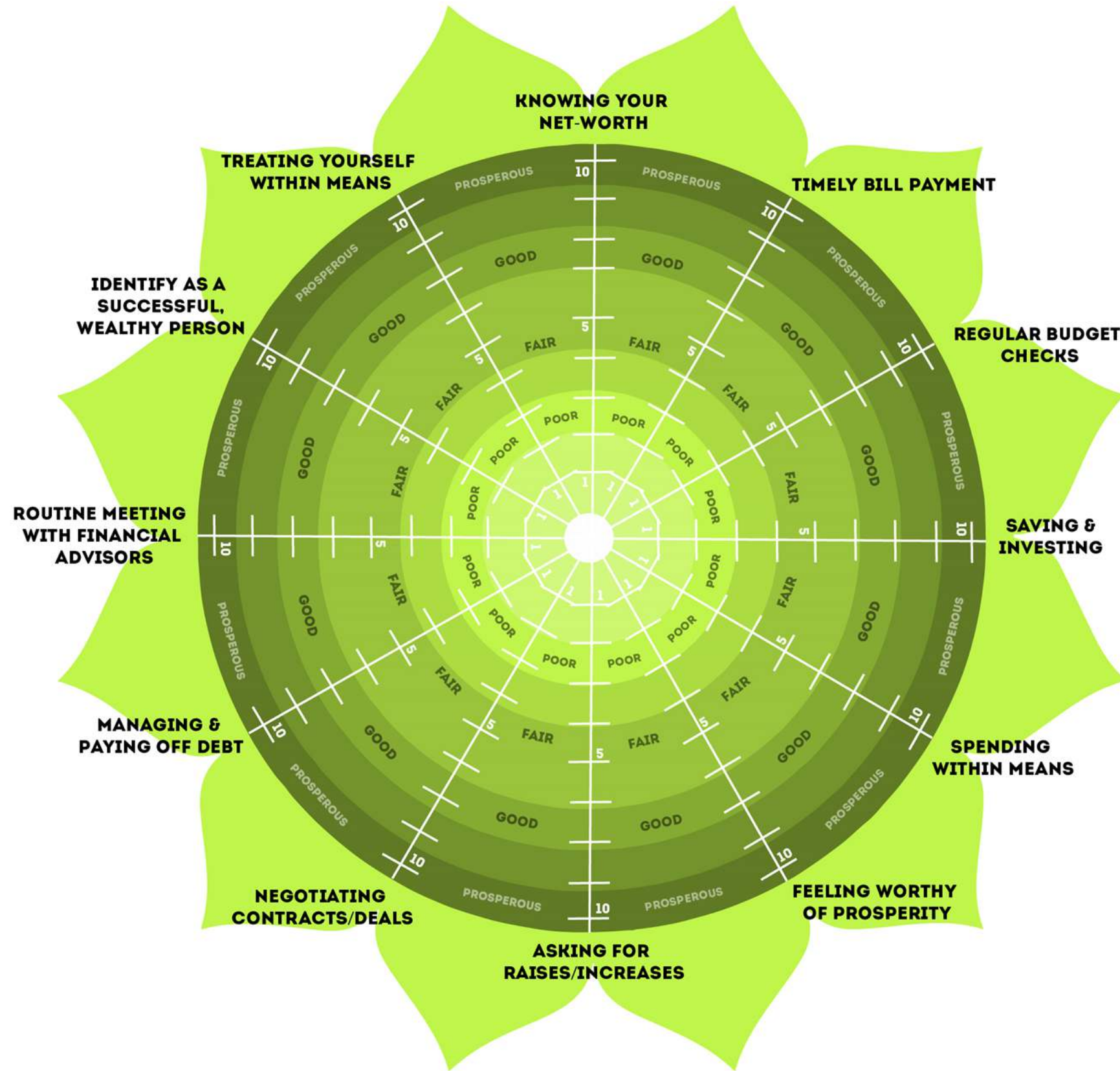
– Joyce Marter

*JM*  
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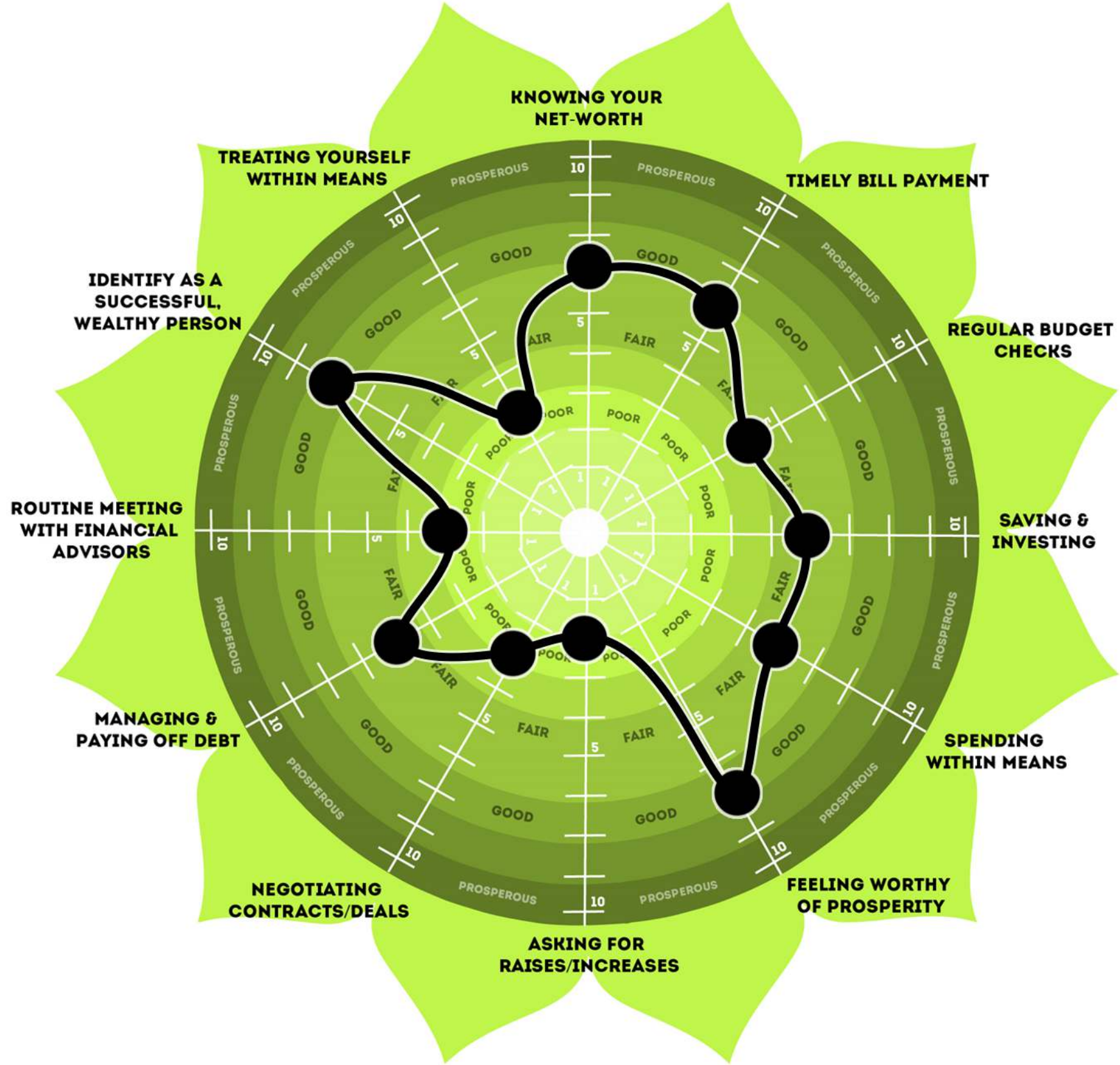






# Financial Self Care Wheel Exercise

**1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS**



*Completed Financial Self-Care Wheel Sample*

**1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS**



# Keep Your Thinking Positive

- Turn down volume of your inner critic
- Detach from fear
- Avoid catastrophic thinking
- Practice the power of affirmations and mantra





# Practice Gratitude

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

- Epictetus





# Detachment

“Feelings are waves of energy which we can choose to surf, rather than allowing them to overcome us.”

- Arlene Englander





# Detach From:

- Your own negative emotions like fear, anxiety, anger and sadness
- The negative emotions of others
- Expectations
- Outcome (embrace uncertainty)



# Detachment Strategies

- Zoom out
- Movie screen
- Visualization of protective barrier
- Unhook
  - Drop your end of the rope
  - Do the next right thing





# Support

Alone we can do so little,  
together we can do so much.

- *Helen Keller*



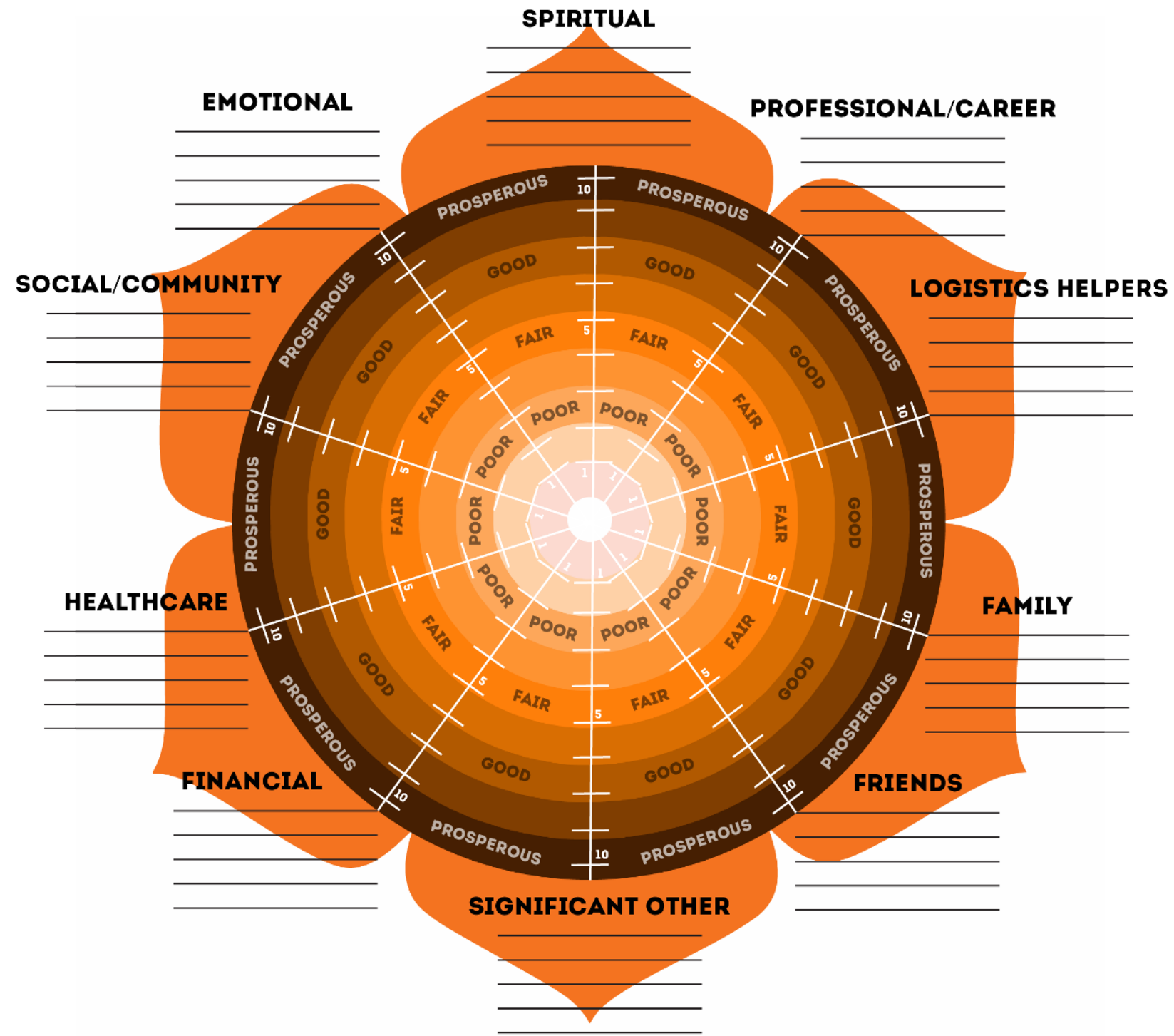


**"I choose relationships that lift me up and support me."**





1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS

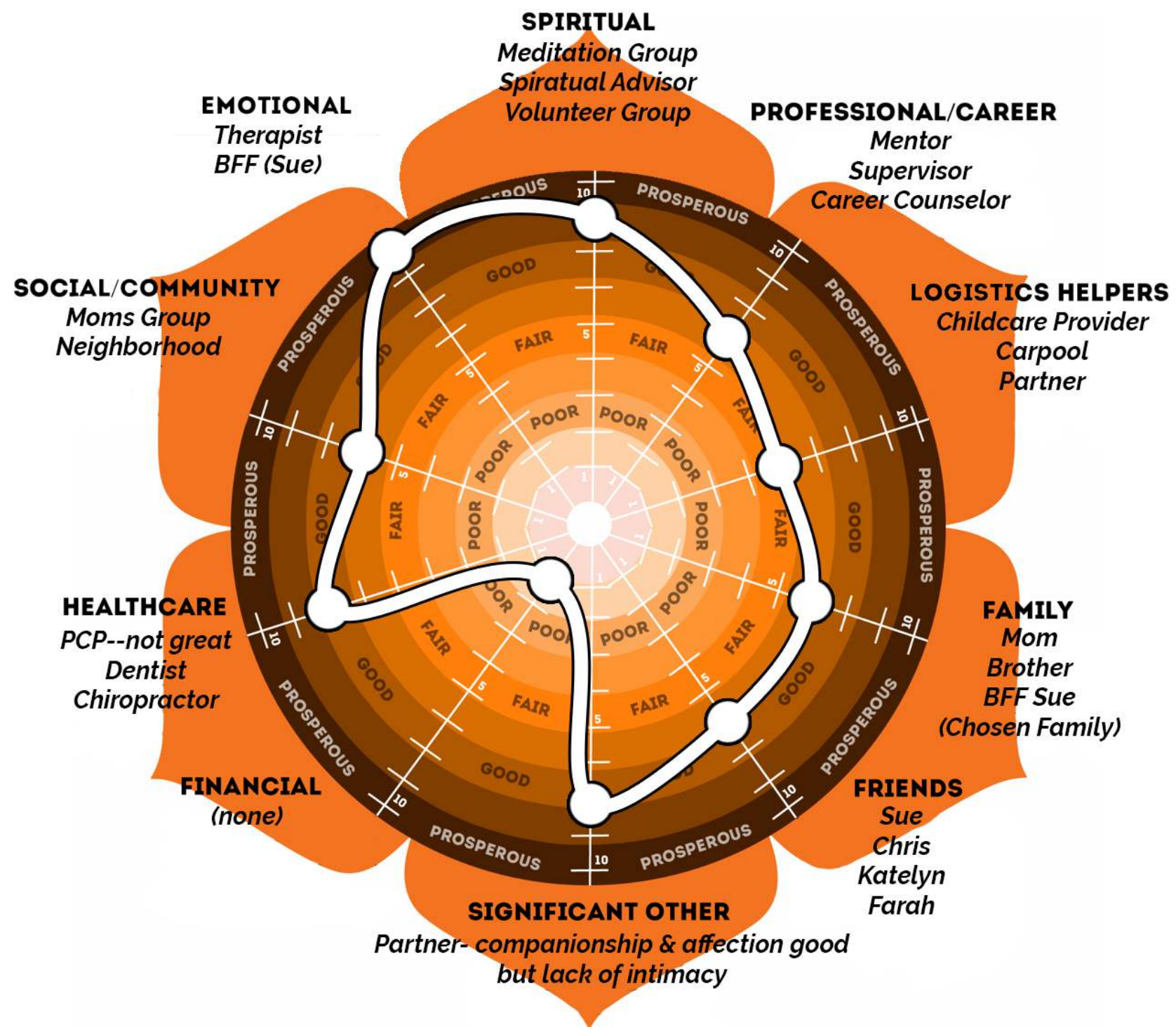


*Support Wheel*

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1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



Completed Support Wheel






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“ Your professional success  
is a direct reflection  
of your ability to embrace  
your unique gifts &  
match them with a need  
in the world.”



JM

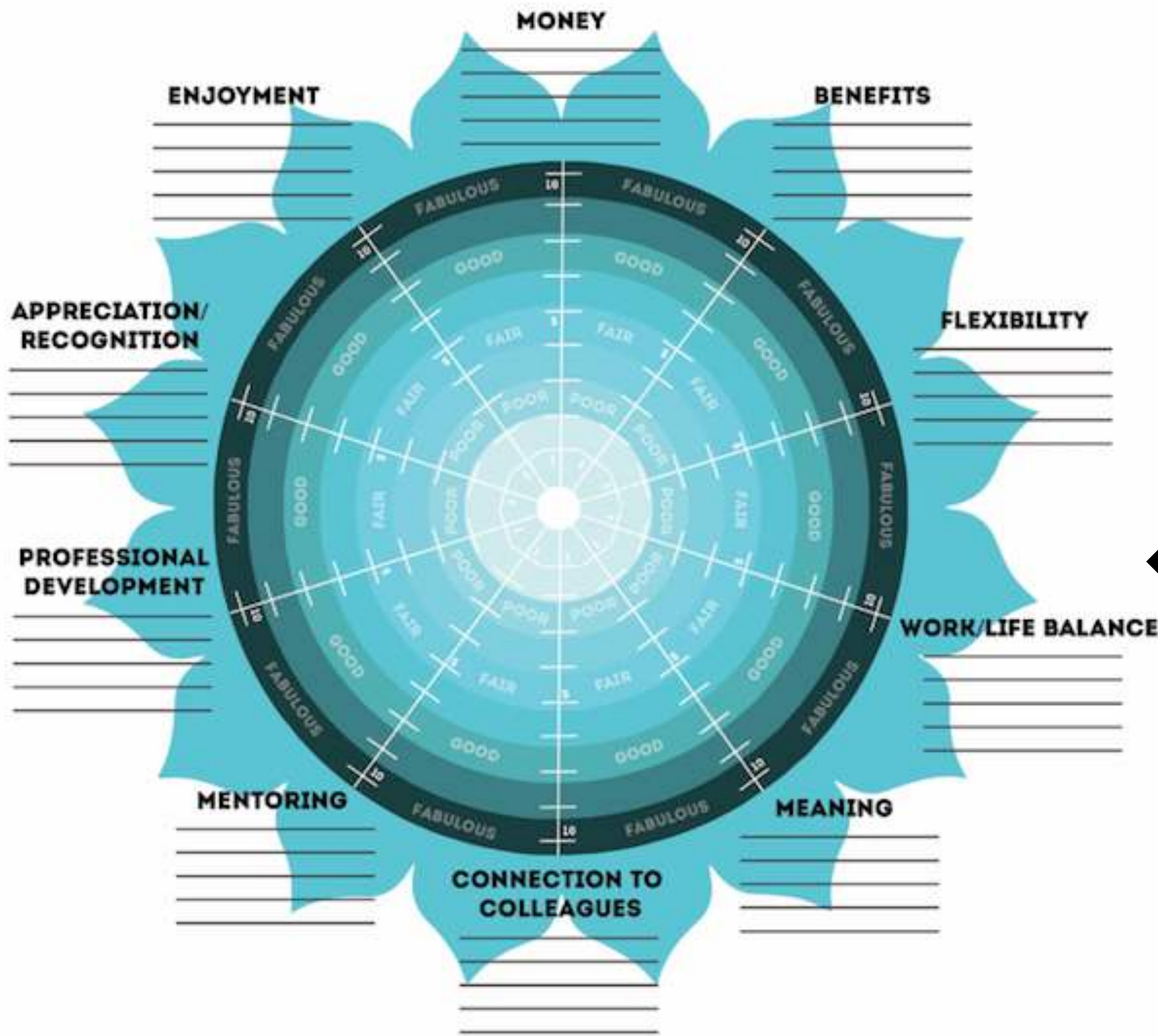
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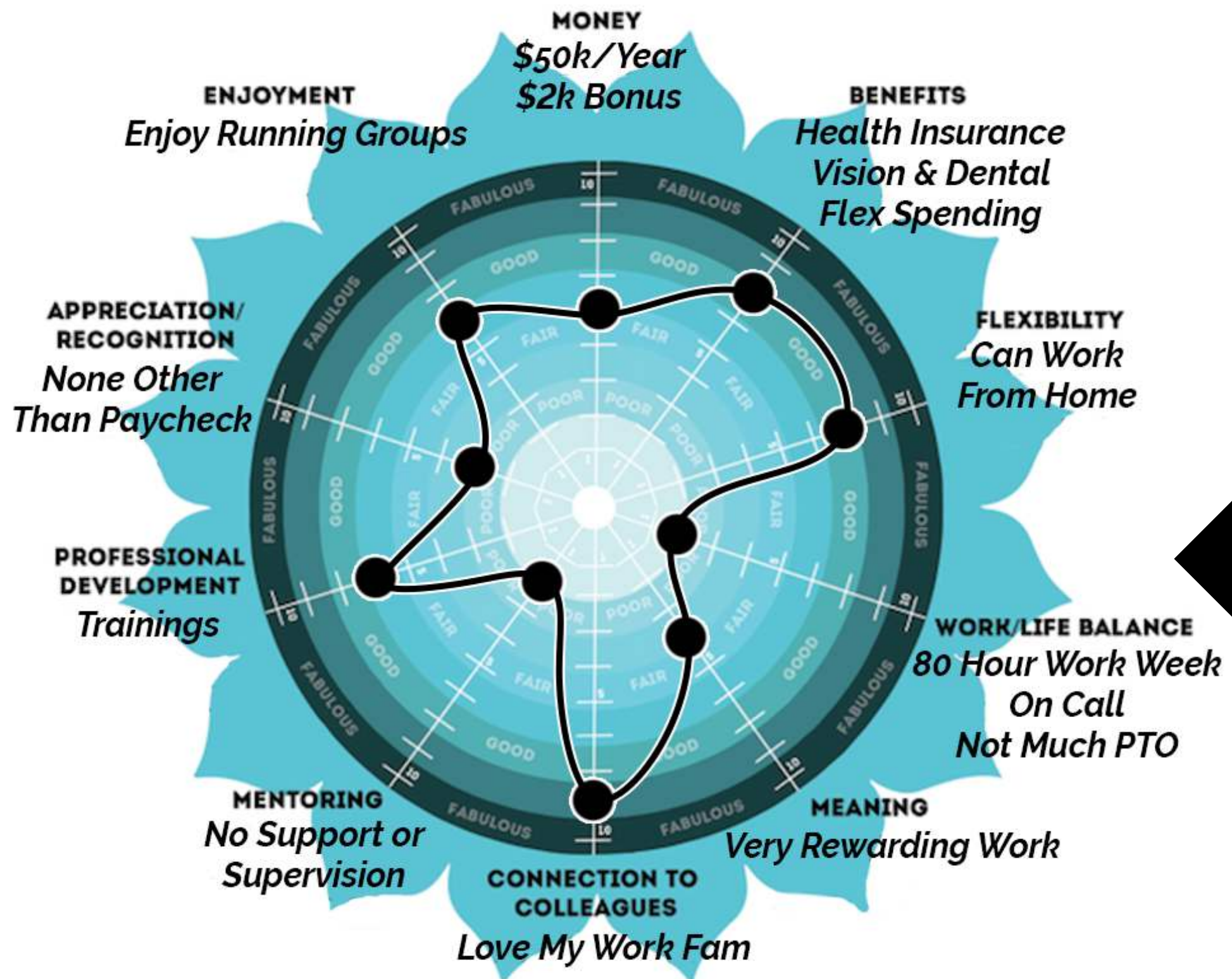




# Professional Satisfaction Wheel

**1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS**





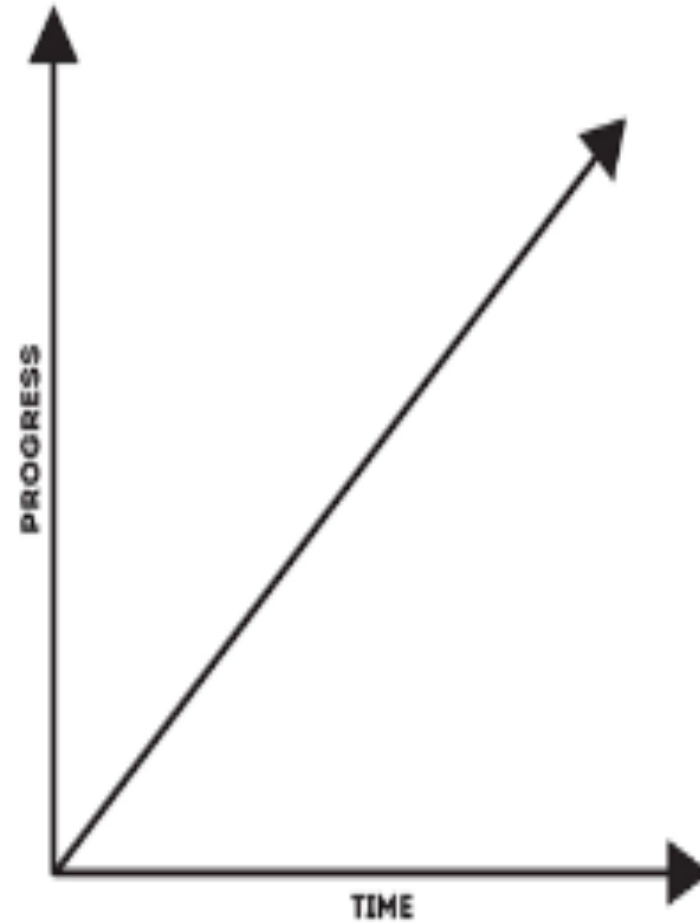
*Completed Professional Satisfaction Wheel*



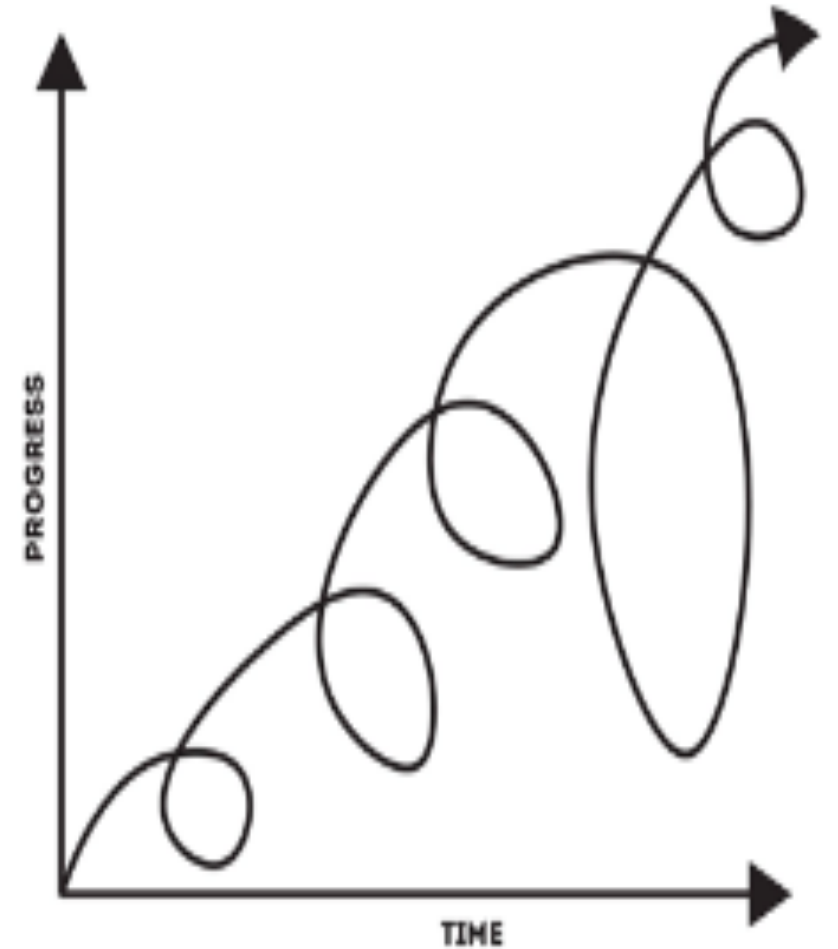
# Resilience

“Life will give you whatever experience is most helpful for the evolution of your consciousness.”

- *Eckhart Tolle*



WHAT WE EXPECT



REALITY



# Resilient People

- Understand that challenges are a part of life
- Promote health and wellbeing
- Enjoy connection & collaboration
- Are open, flexible and adaptive
- Are emotionally intelligent
- View challenges as opportunities
- Learn from mistakes
- Avoid worrying
- Have a sense of humor even when stressed





# Mindfulness as Resilience Training









# Steps to Wellness

- Acknowledge if you are in a state of depletion
- Honor your emotions
- Create and implement a holistic plan to recover
- Infuse yourself with self-care
- Access support





# Action Plan

KEEP (doing)	START (doing)	STOP (doing)



# Q&A and Resources

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Thank You!



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