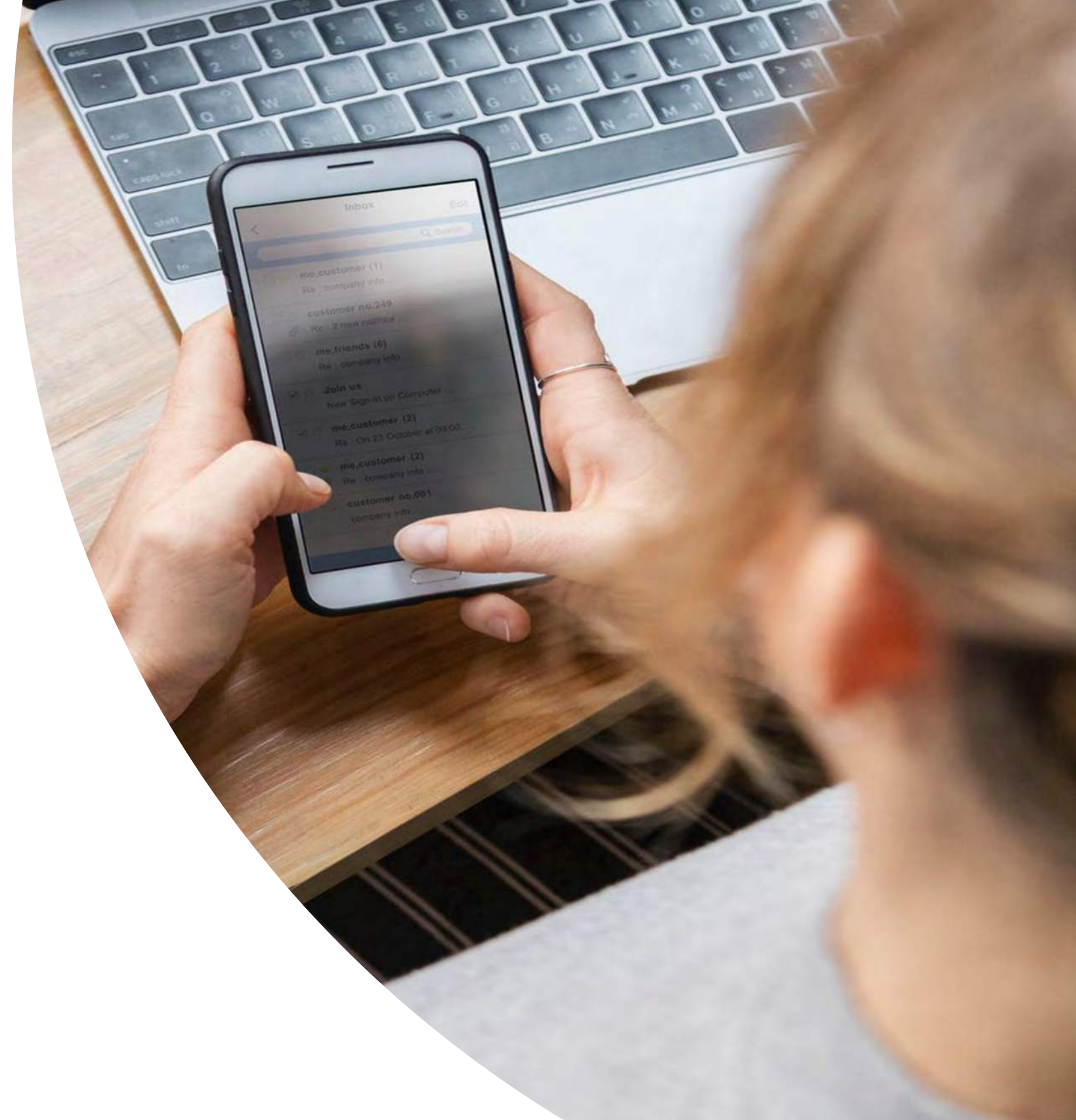


# *Mental Health & Happiness*

# Free Resources





# Stress vs. 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



**Joyce Marter**

# Symptoms of Burnout

## Feelings of:

- Powerlessness
- Hopelessness
- Detachment
- Isolation
- Irritability
- Frustration
- Failure

- Despair
- Cynicism
- Apathy
- Emotional exhaustion
- Overwhelm
- Depression
- Anxiety

## Decrease in:

- Self-esteem
- Concentration
- Memory

## Increase in:

- Errors
- Absenteeism
- Physical complaints
- Sleep disruption



# Implications of Burnout

- WHO study, 785,000 deaths per year from overwork & burnout
- The Great Resignation
- Self-Employment



**Joyce Marter**

# Early Detection of Mental Illness

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating/learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding/relating to other people
- Changes in sleeping habits or feeling tired

# Early Detection of Mental Illness

- Changes in eating habits
- Difficulty perceiving reality
- Inability to perceive changes in one's own feelings, behavior or personality (lack of insight)
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance



**56%**  
Adults with mental  
illness do not  
receive treatment.

(Mental Health America, 2018)

THE KENNEDY  
FORUM

## Barriers to Care

- Shame
- Stigma
- Cost
- Time
- Racism
- Don't ask, don't tell mentality

# Mental Health Continuum

**In Crisis**

Very anxious  
Very low mod  
Absenteeism  
Exhausted  
Very poor sleep  
Weight loss

**Struggling**

Anxious  
Depressed  
Tired  
Poor performance  
Poor sleep  
Poor appetite

**Surviving**

Worried  
Nervous  
Irritable  
Sad  
Trouble Sleeping  
Distracted  
Withdrawn

**Thriving**

Positive  
Calm  
Performing  
Sleeping Well  
Eating normally  
Normal social  
activity

**Excelling**

Cheerful  
Joyful  
Energetic  
High performance  
Flow  
Fully realizing  
potential





# Stomp Out Stigma

- Having mental health issues:
- Is not our fault
- Does not mean we are crazy
- Is not a weakness
- Is not something you just “get over” or “push through”
- Treatment is available & effective
- Life changing & life saving

**Joyce Marter**



# Mental Health Heroes



**Joyce Marter**





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

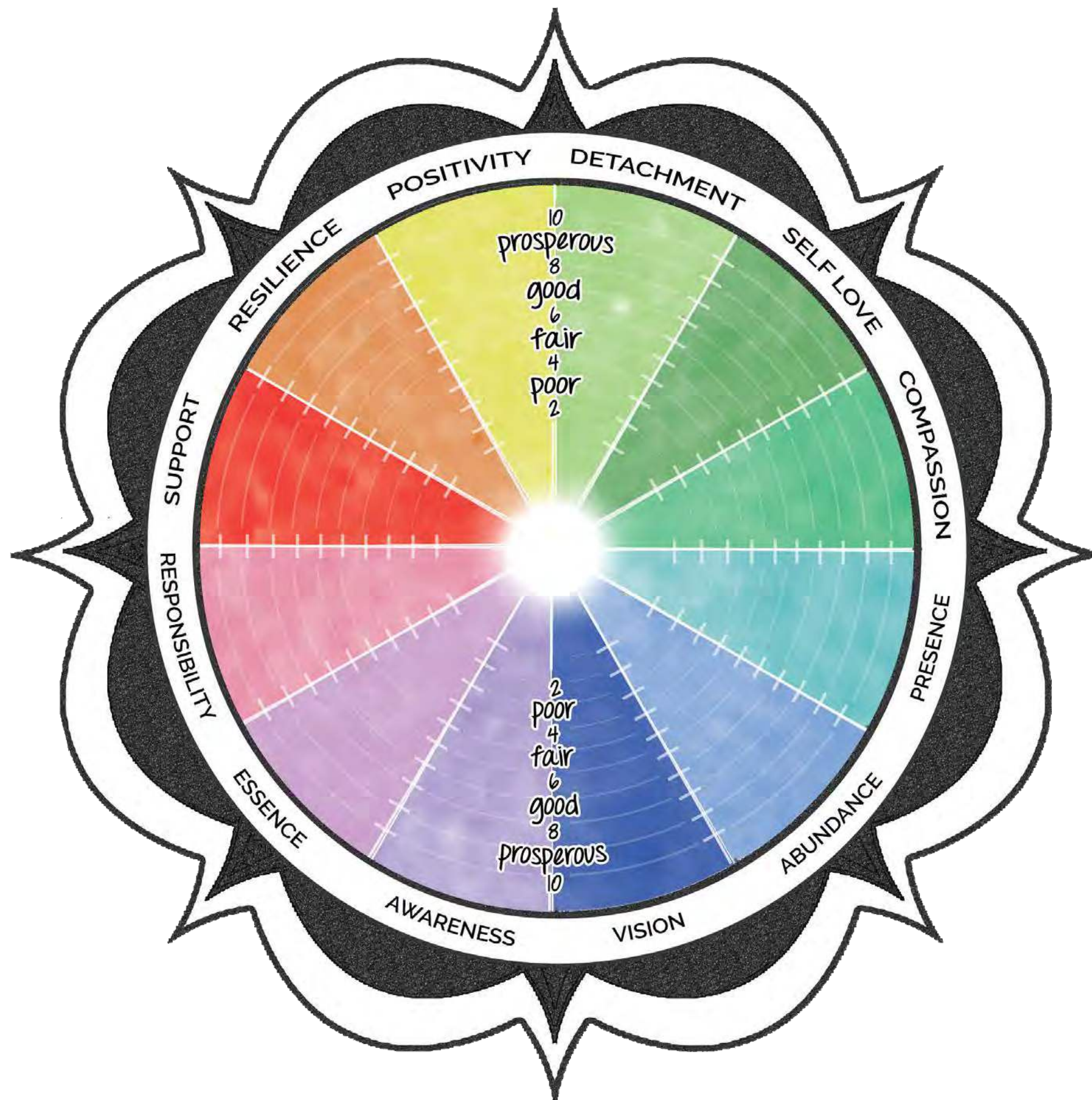
*JM*  
JOYCE MARTER











# Scarcity vs Abundance

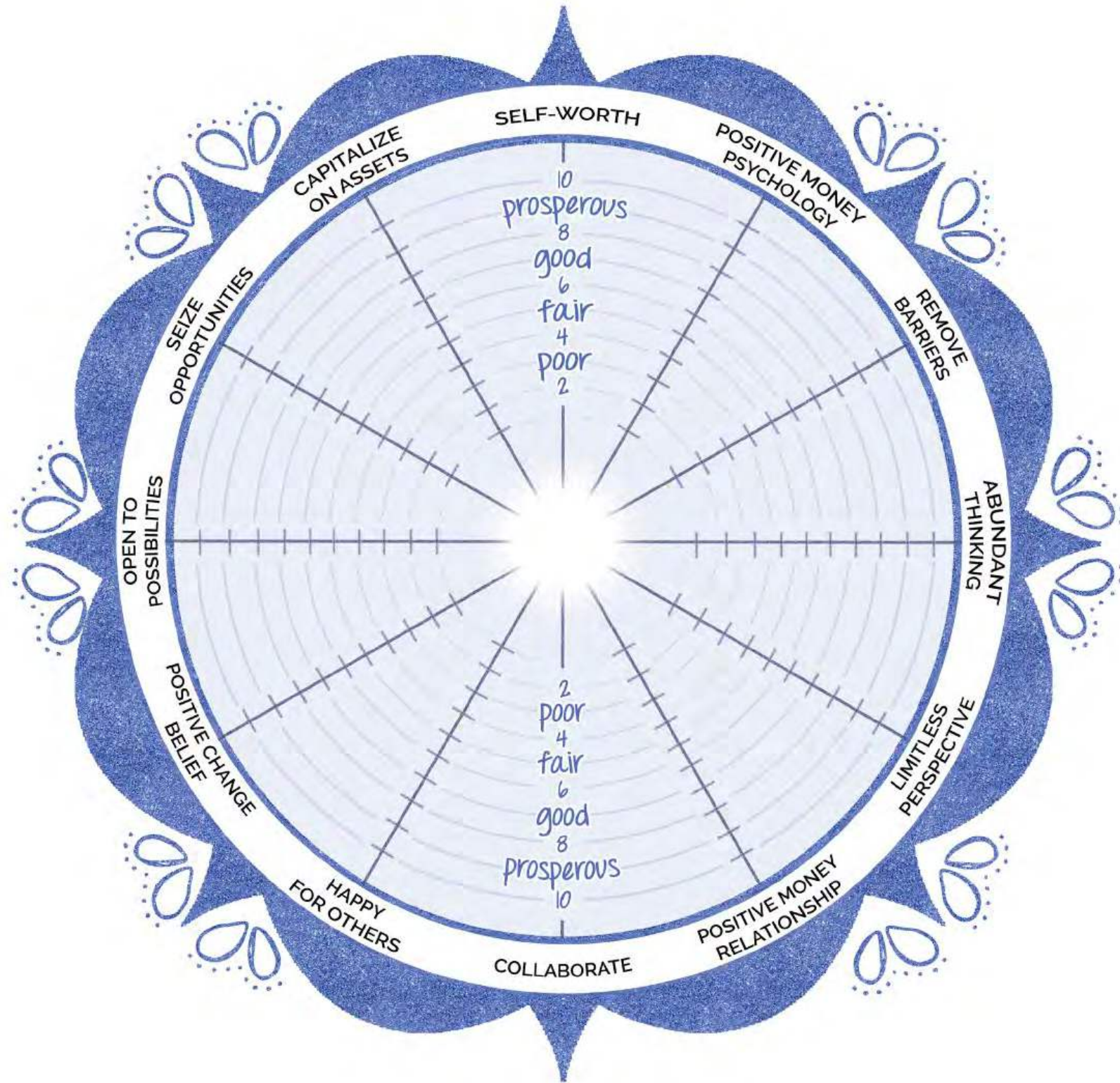
- Can be caused by fear
  - Competing for available resources
  - Rooted in limiting beliefs
  - **Focused on what you don't have**
- Can be a result of gratitude
  - Not competition involved
  - Rooted in believing there is enough for everybody
  - **Focused on believing in yourself**



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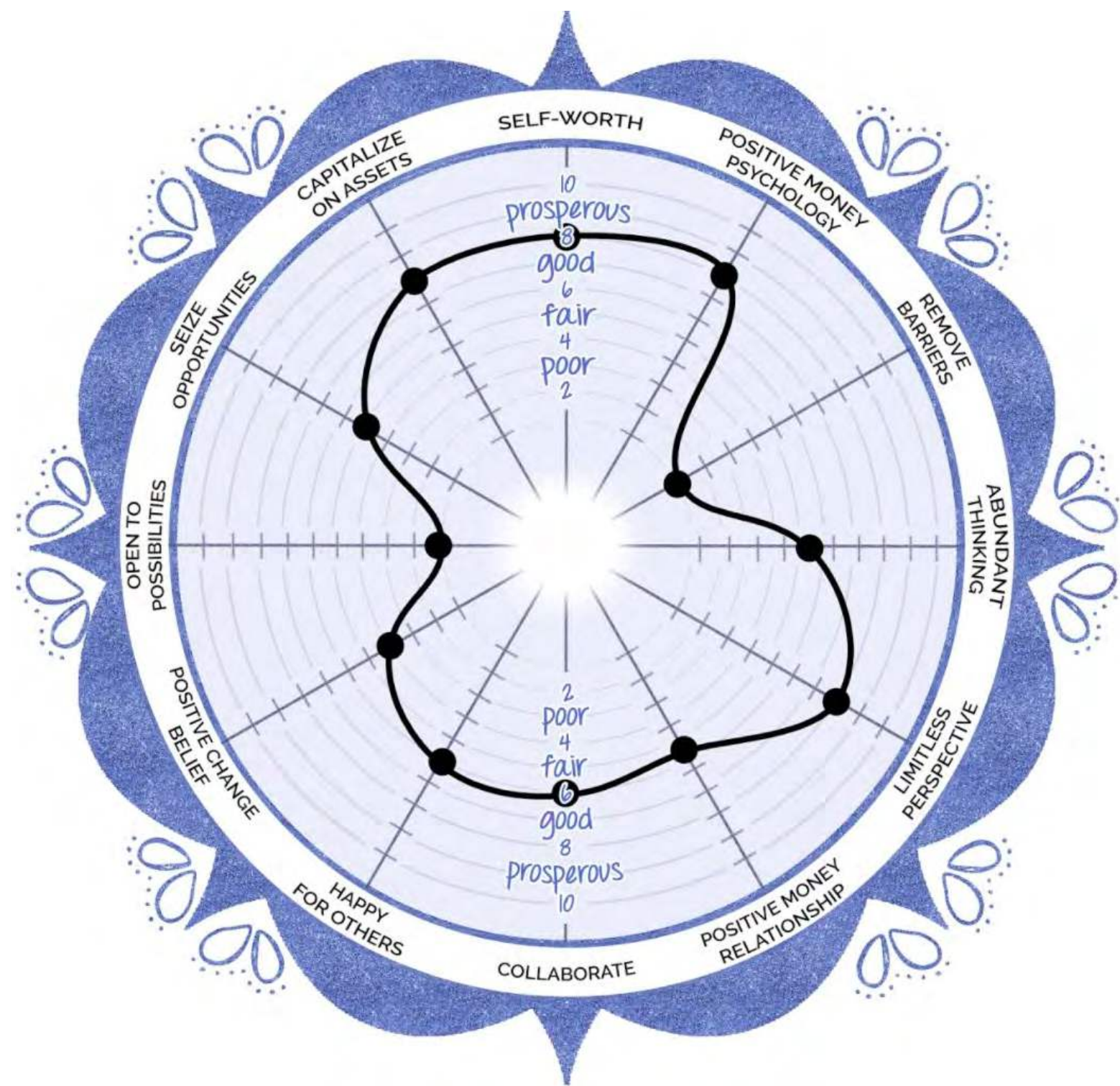
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# Abundance Wheel





# Sample Completed Abundance Wheel



# An Abundance Mindset Facilitates

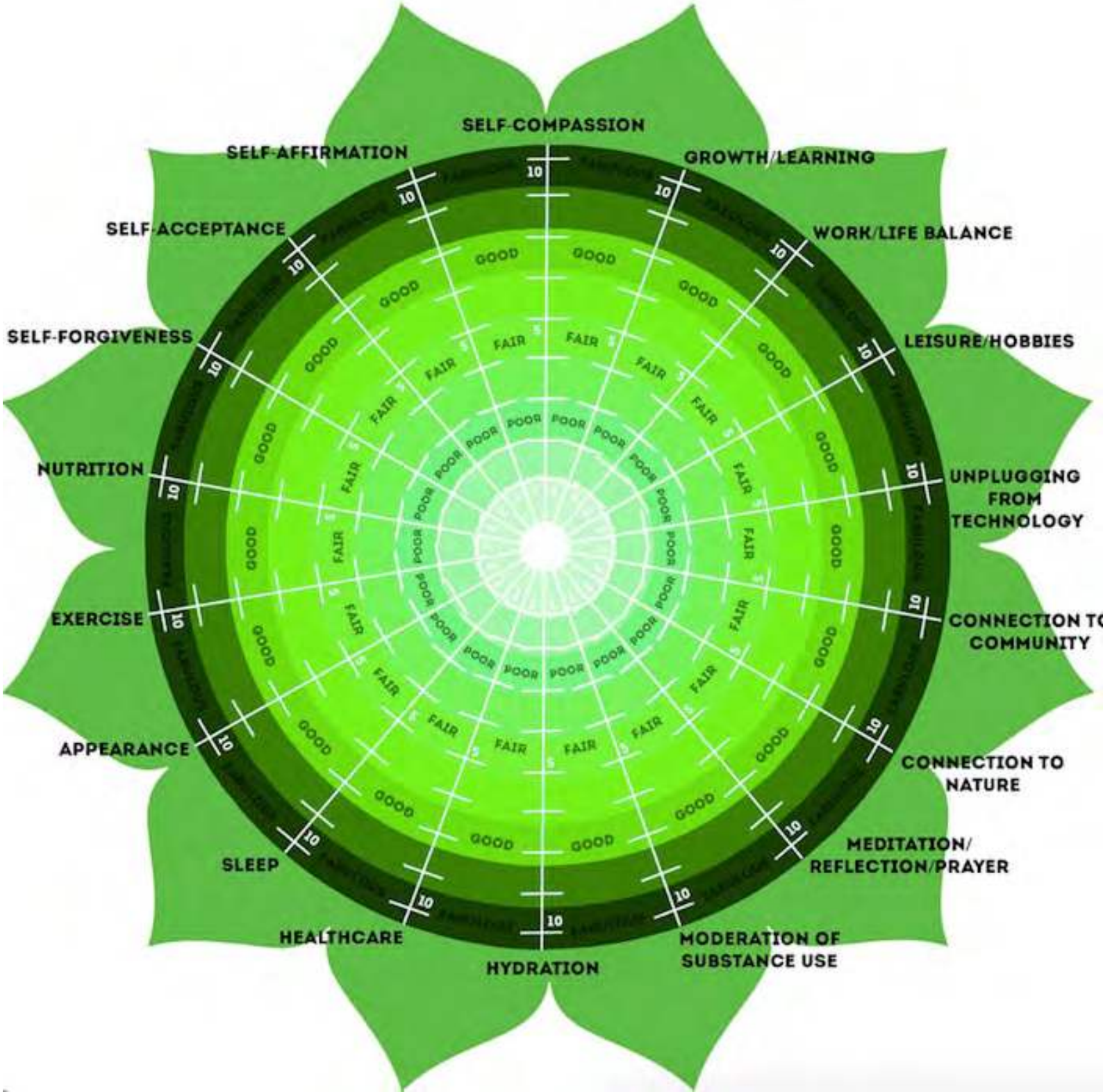
- Creativity
- Positivity
- Hope
- Openness
- Flexibility
- Growth and expansion
- Empowerment



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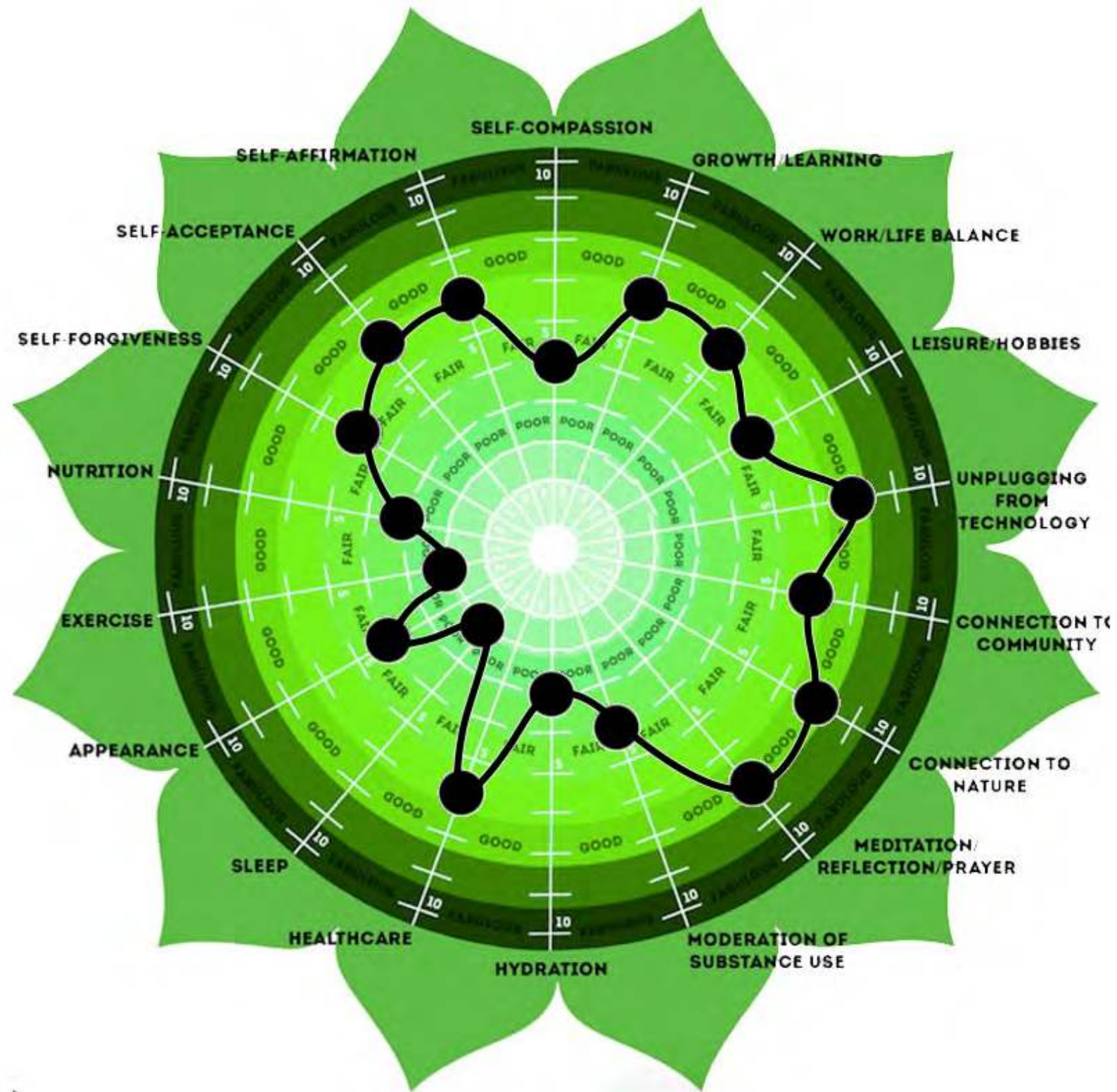
1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 FABULOUS



# Self-Love Wheel

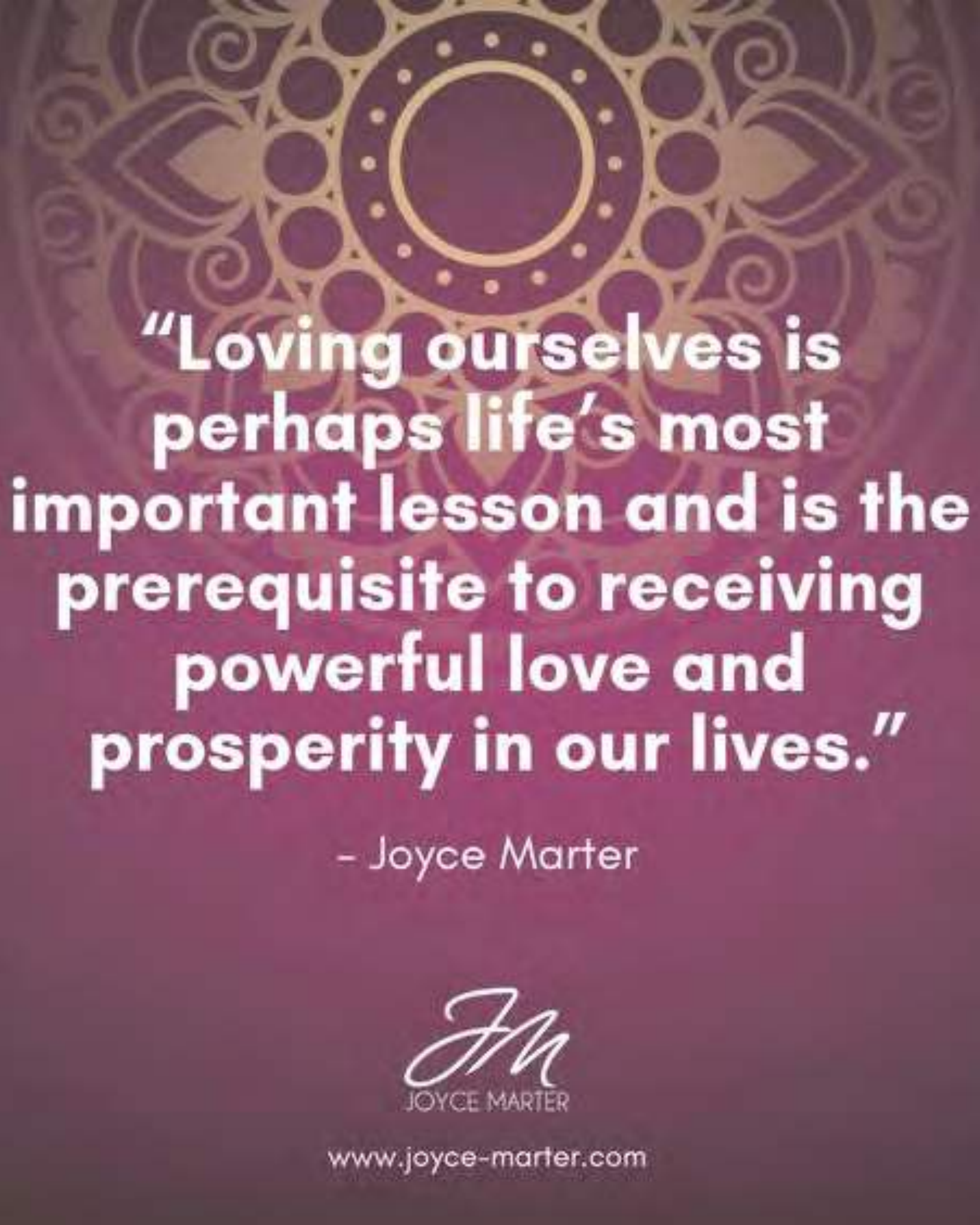


1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 FABULOUS



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



[www.joyce-marter.com](http://www.joyce-marter.com)





**I am always enough.  
Period.**

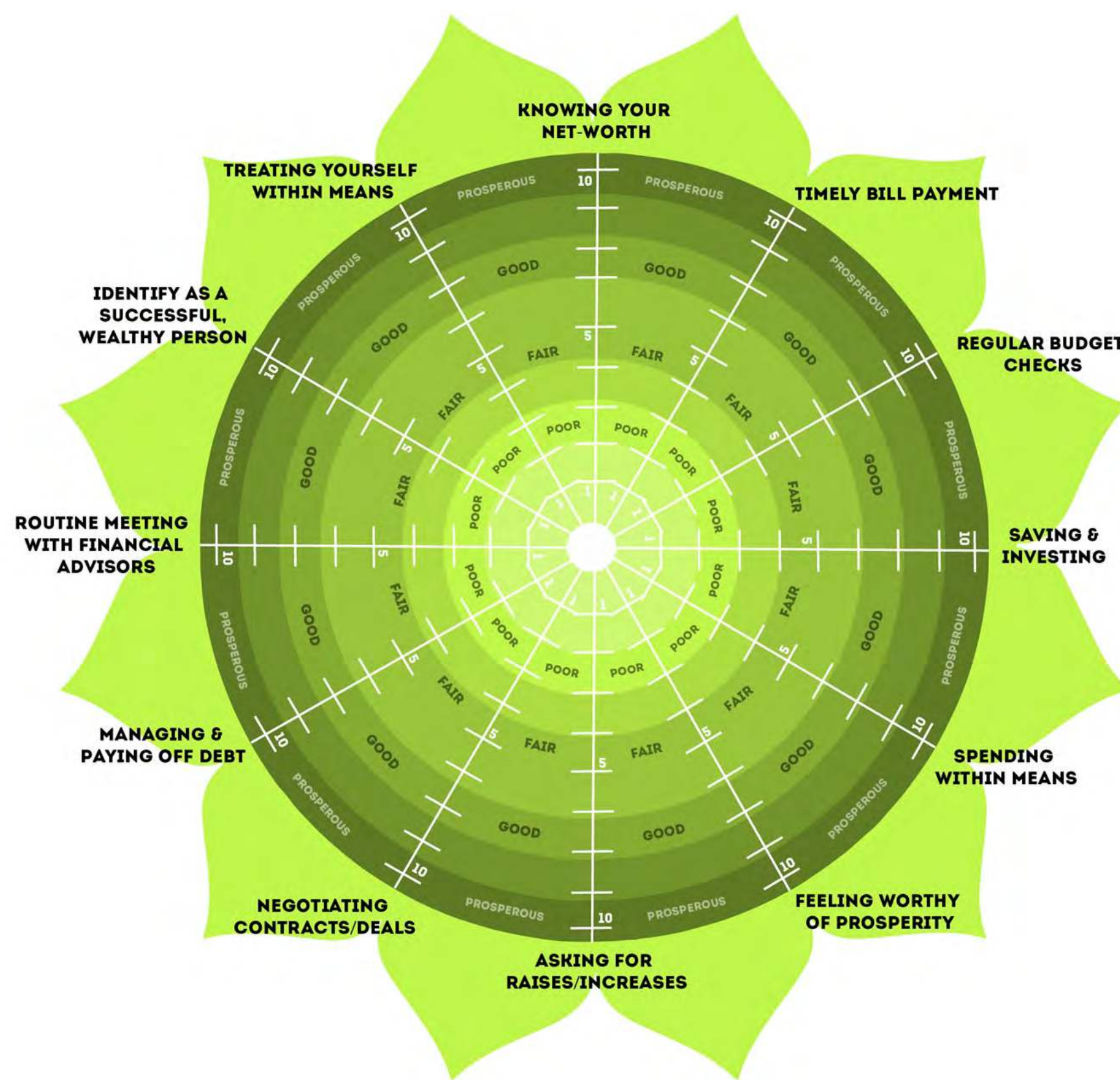


**Joyce Marter**



**When you have more,  
you can help more.**

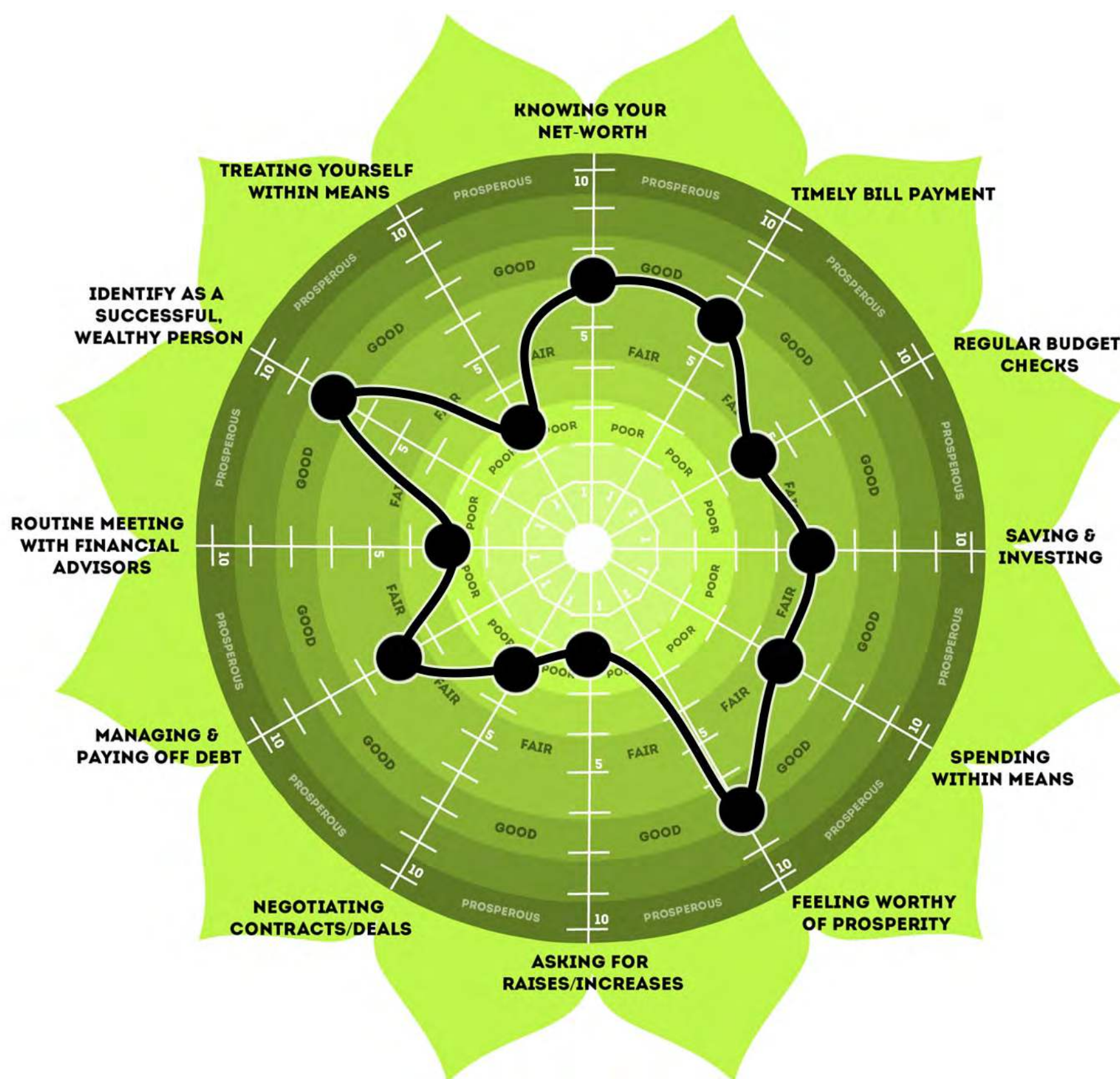




# Financial Self-Care Wheel Exercise

**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**

# Barriers to Accessing Support

- Fear (difficulty trusting)
- Pride
- Shame or stigma
- Guilt
- Fear of imposition
- Low self-esteem, not feeling deserving
- Learned helplessness
- Hopelessness
- Loss of power and control (ego)
- Loss of credit (ego)
- Early life messages
- Expense
- Introversion or shyness





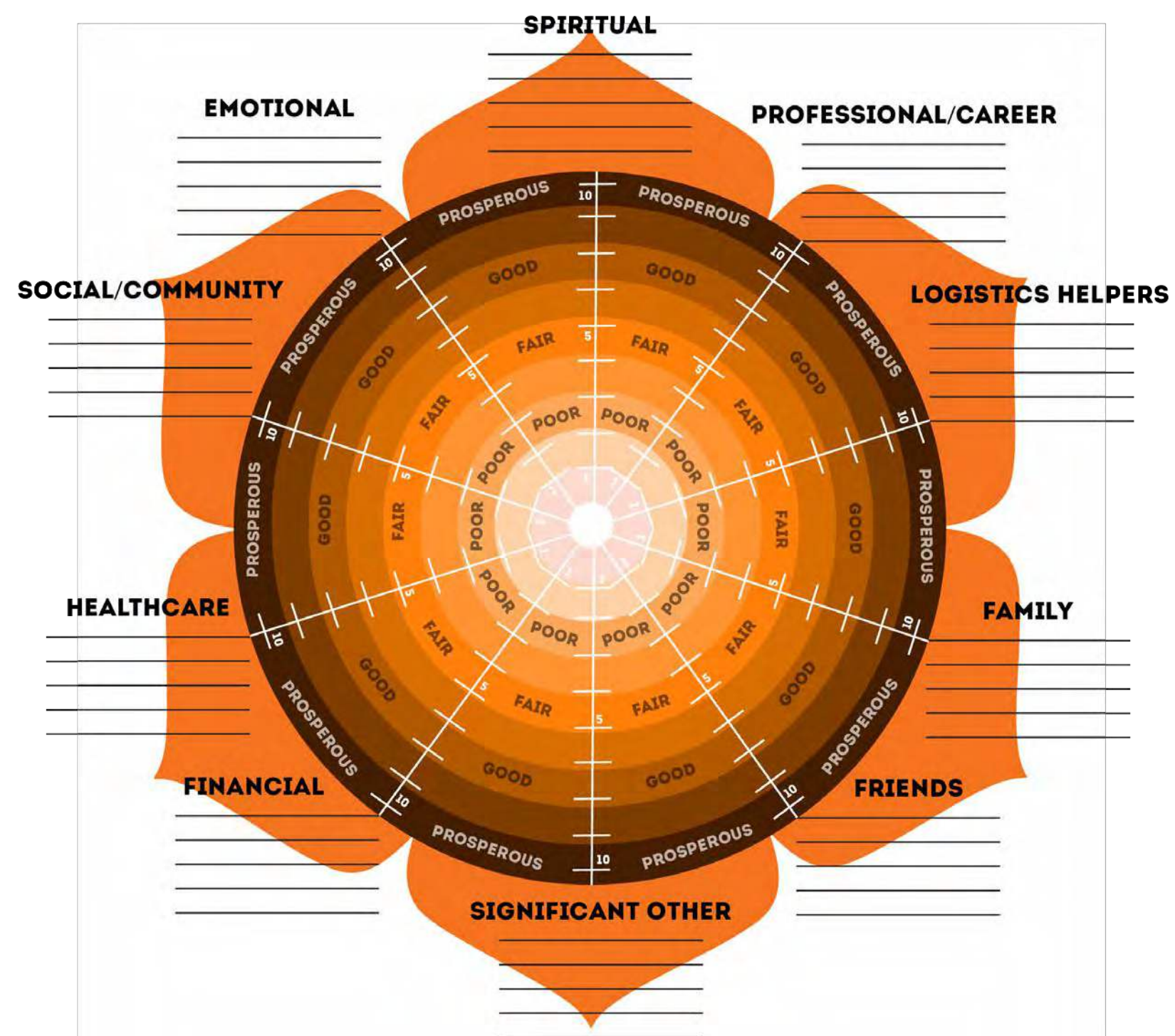


**"I choose relationships that  
lift me up and support me."**



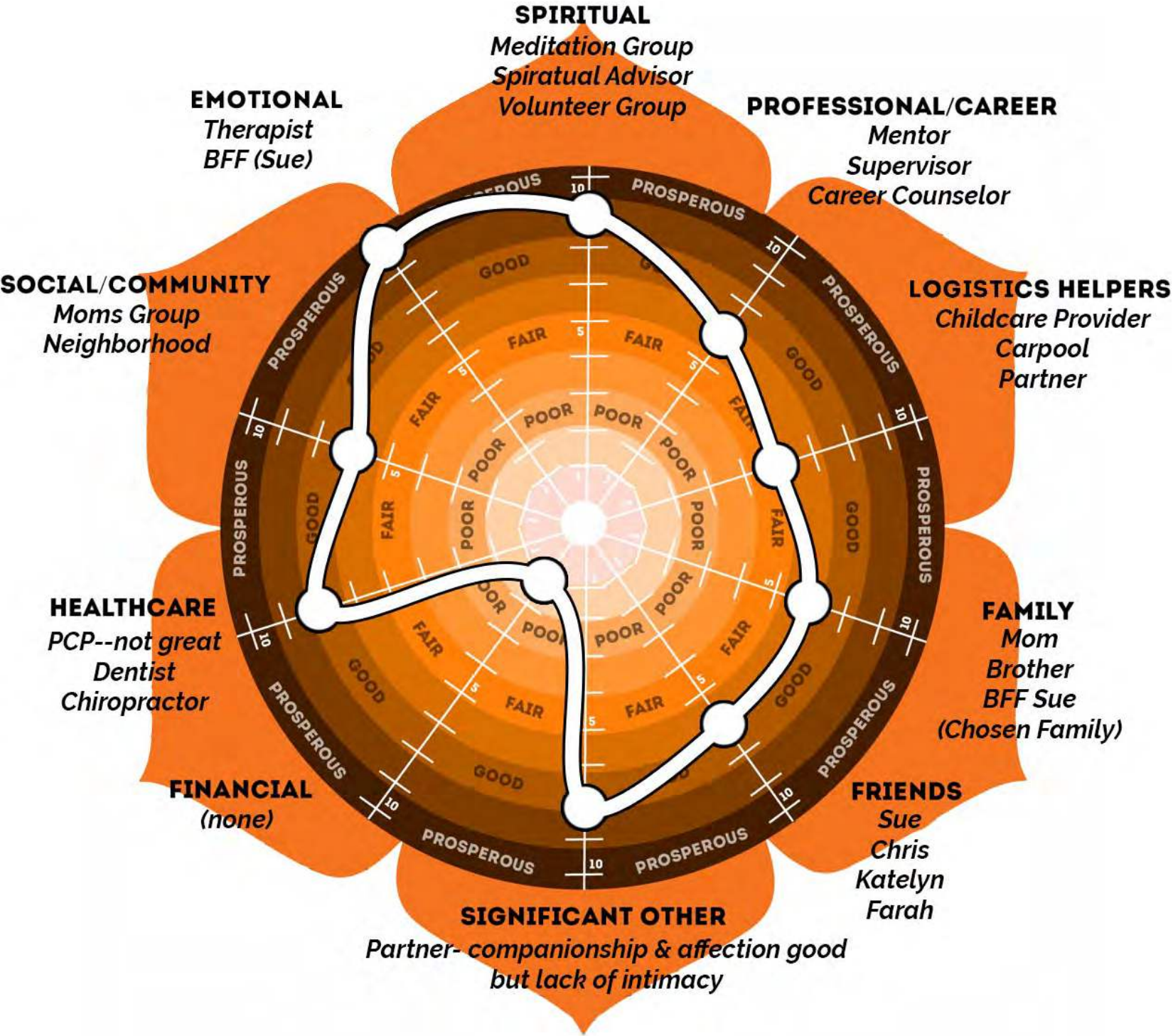


1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS




Support Wheel

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



Completed  
Support Wheel





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



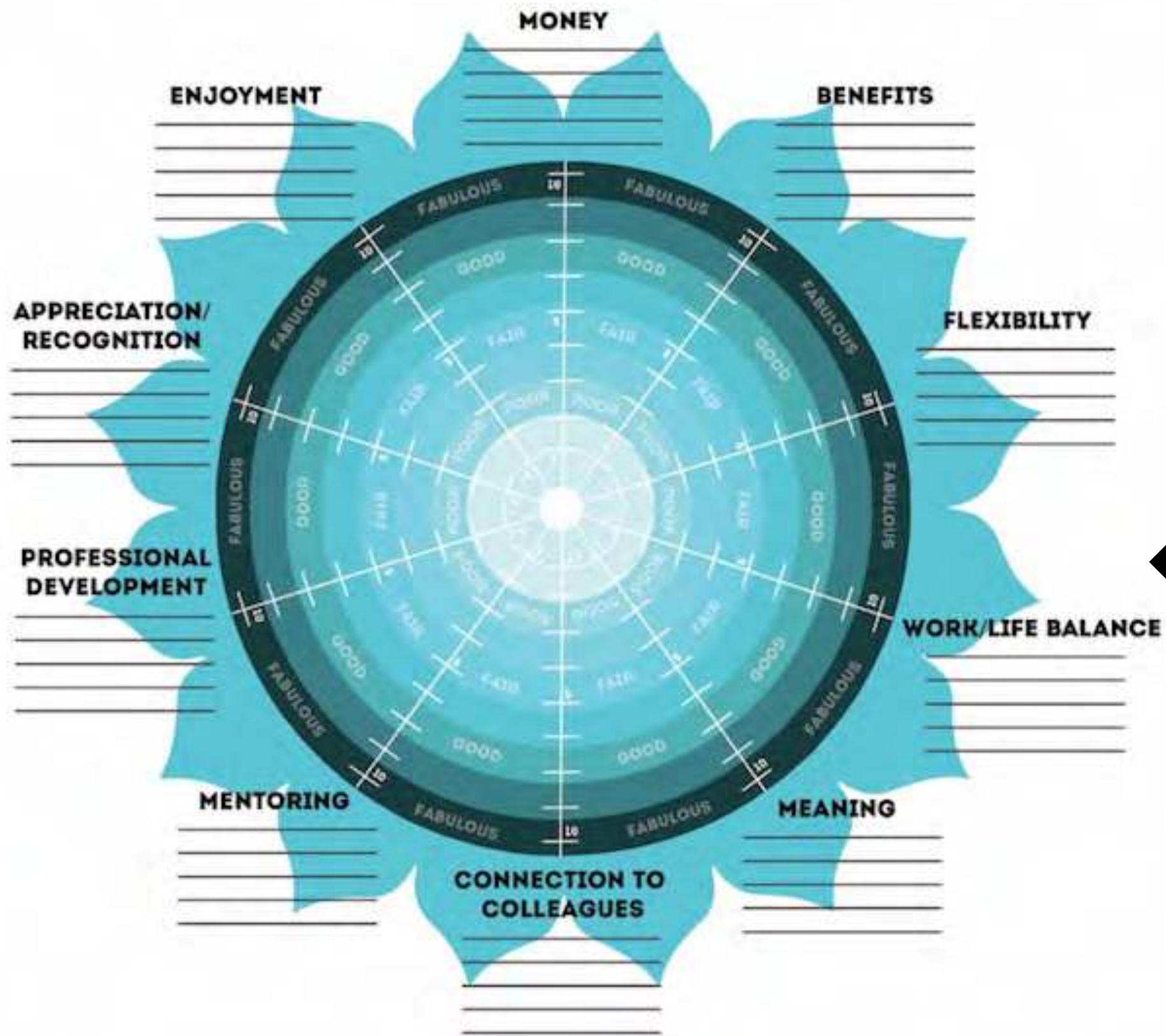
JOYCE MARTER

PSYCHOTHERAPIST & SPEAKER

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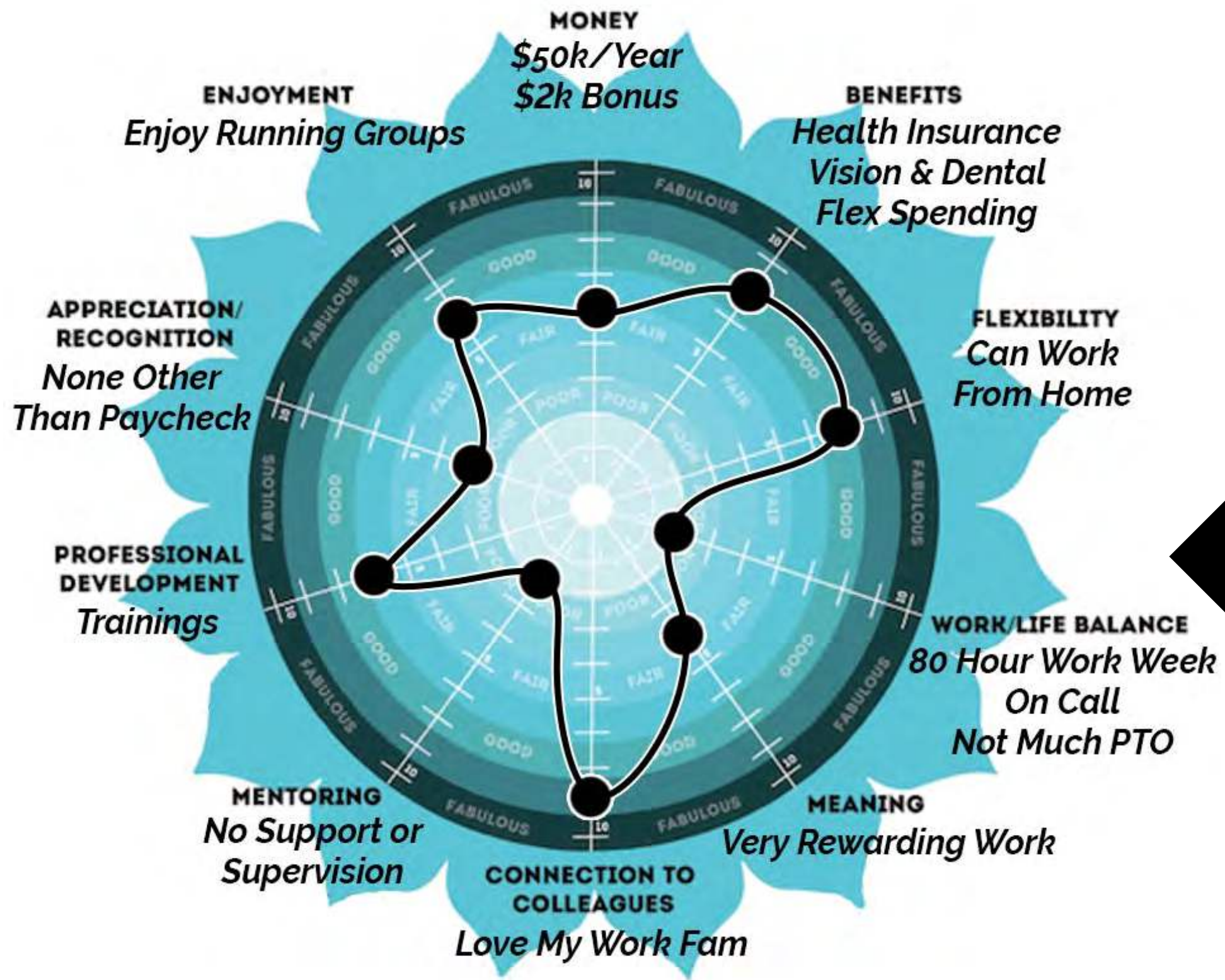






# Work Satisfaction Wheel





Completed Work  
Satisfaction Wheel

# Detach From:

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



**Joyce Marter**



# Own Your Worth

**Am I good enough?  
Yes, I am.**

MICHELLE OBAMA,  
Lawyer, Author and Former First Lady of  
the United States





# Use Assertive Communication

- Neither passive, aggressive, nor passive-aggressive
- “I” Statements
- Honest, direct, clear, and diplomatic
- Does not triangulate
- Face-to-face best, then voice to voice, etc.
- Avoid conflict over email or text
- Diplomacy
- Respect



# The Power of Negotiation

- Everything is negotiable:
  - Contracts with contractors and service providers
  - Leases
  - Purchases
- Ask for what you want, need & deserve
  - Pay increases
  - Benefits
  - Flexible schedule





# Change Your Language

“I don’t” to “I do” (e.g. “I don’t deserve prosperity” to “I do deserve prosperity”)

“I won’t” to “I will” (e.g. “I won’t get the job” to “I will get the job”)

“I can’t” to “I can” (e.g. “I can’t start my own business” to “I can start my own business”)

“I’m not” to “I am” (e.g. “I’m not very good at what I do” to “I am good at what I do”)







# Vision

“First say to yourself what you would be;  
and then do what  
you have to do.”

- Epictetus



# Vision

- Participate in Career Counseling or Coaching
- Professional Association Membership
- Utilize Mentoring
- Create a Vision Board
- 1-3-5 Year Plan
  - Include work/life balance

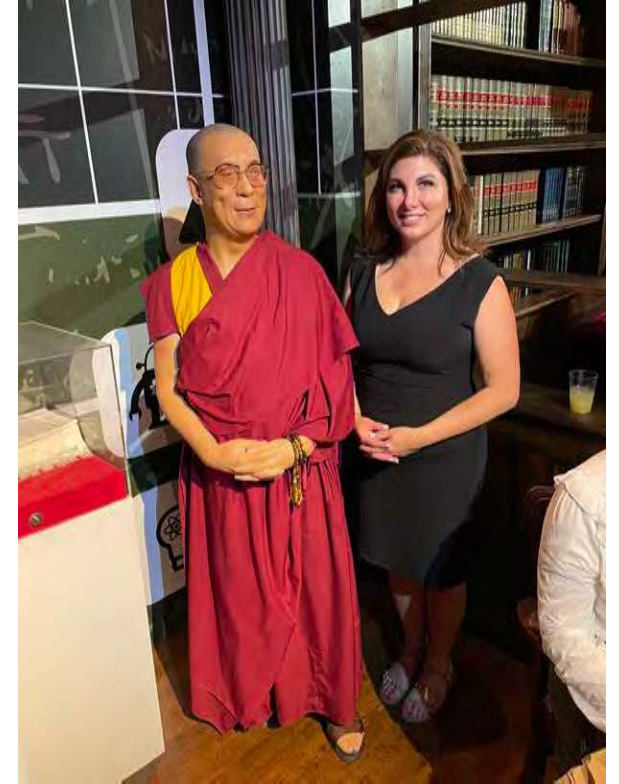




“When you refuse to believe something is impossible, it becomes POSSIBLE.”









“Our issues are HOW  
we are, not WHO we  
are.

Who we are is our  
unique light within.”





# EAP Benefits:

- EAP is GuidanceResources and ComPsych.
- Call 833-955-3403 or visit [guidanceresources.com](https://guidanceresources.com) and enter the WEbID southdakota
- Download the GuidanceNow mobile app and enter the WebID southdakota





# Utilise Your Benefits:

- **Vacation**
- **Sick benefits & FMLA for time as needed**
- **Insurance Benefits (Mental Health Parity Law)**
- **Flex Spending/Health Savings Accounts**





# Understanding Mental Health Providers

- **Psychiatrists (MD)** provide medication and sometimes therapy.
- **Psychologists (PhD, PsyD)** provide therapy and some testing.
- **Therapists (LCPC, LCSW, LMFT)** provide therapy.





# Free Self-Test Tools:

<https://www.psychologytoday.com/us/tests>

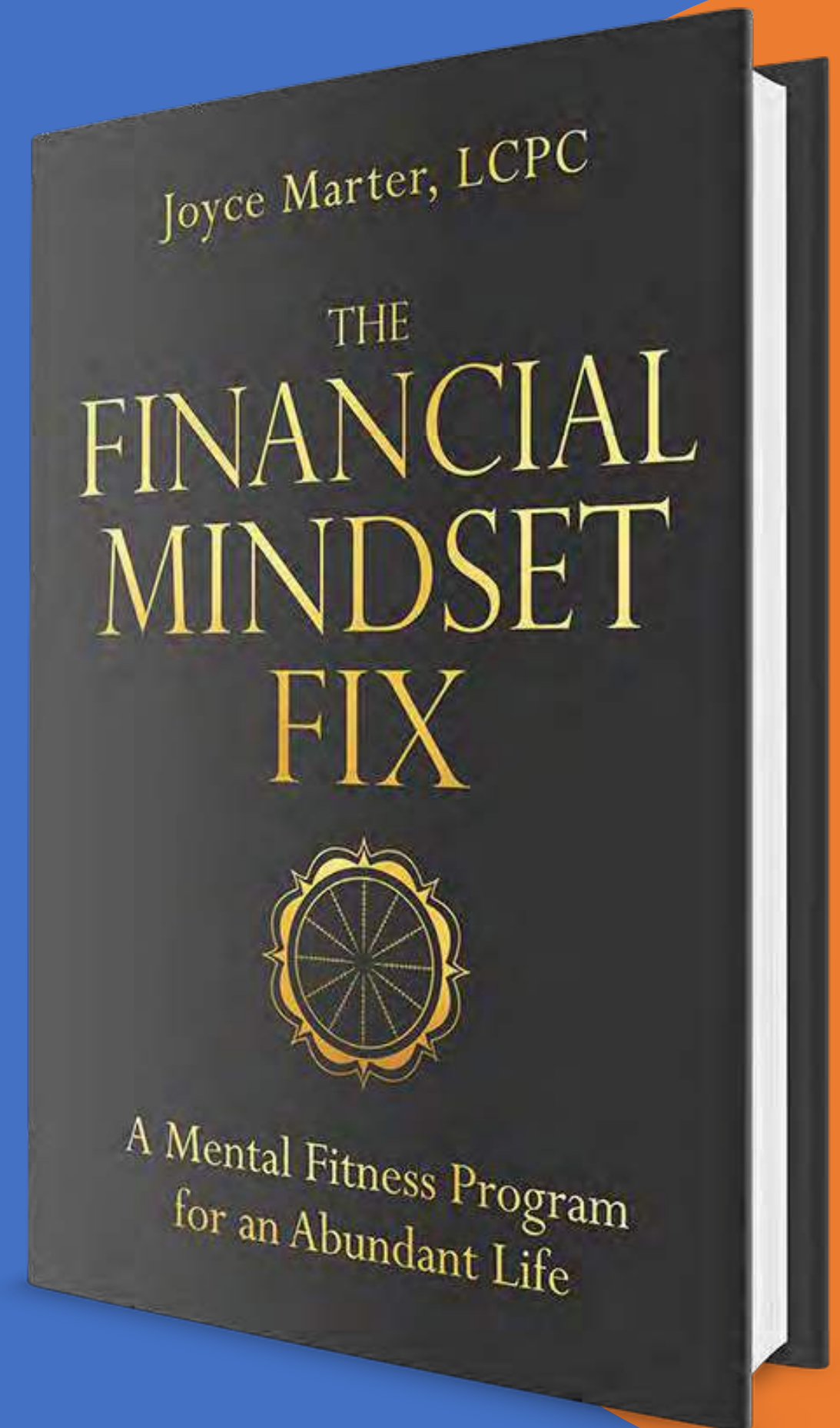
<https://psychcentral.com/quizzes/>



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and happiness

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**Joyce Marter**





# Steps to Wellness

- Acknowledge if you are in stressed or burnt out
- Honor your emotions (no blame or shame)
- Create and implement a holistic plan to recover
- Infuse yourself with self-care
- Advocate for yourself
- Access support by cultivating community
- Find purpose



# Action Plan

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



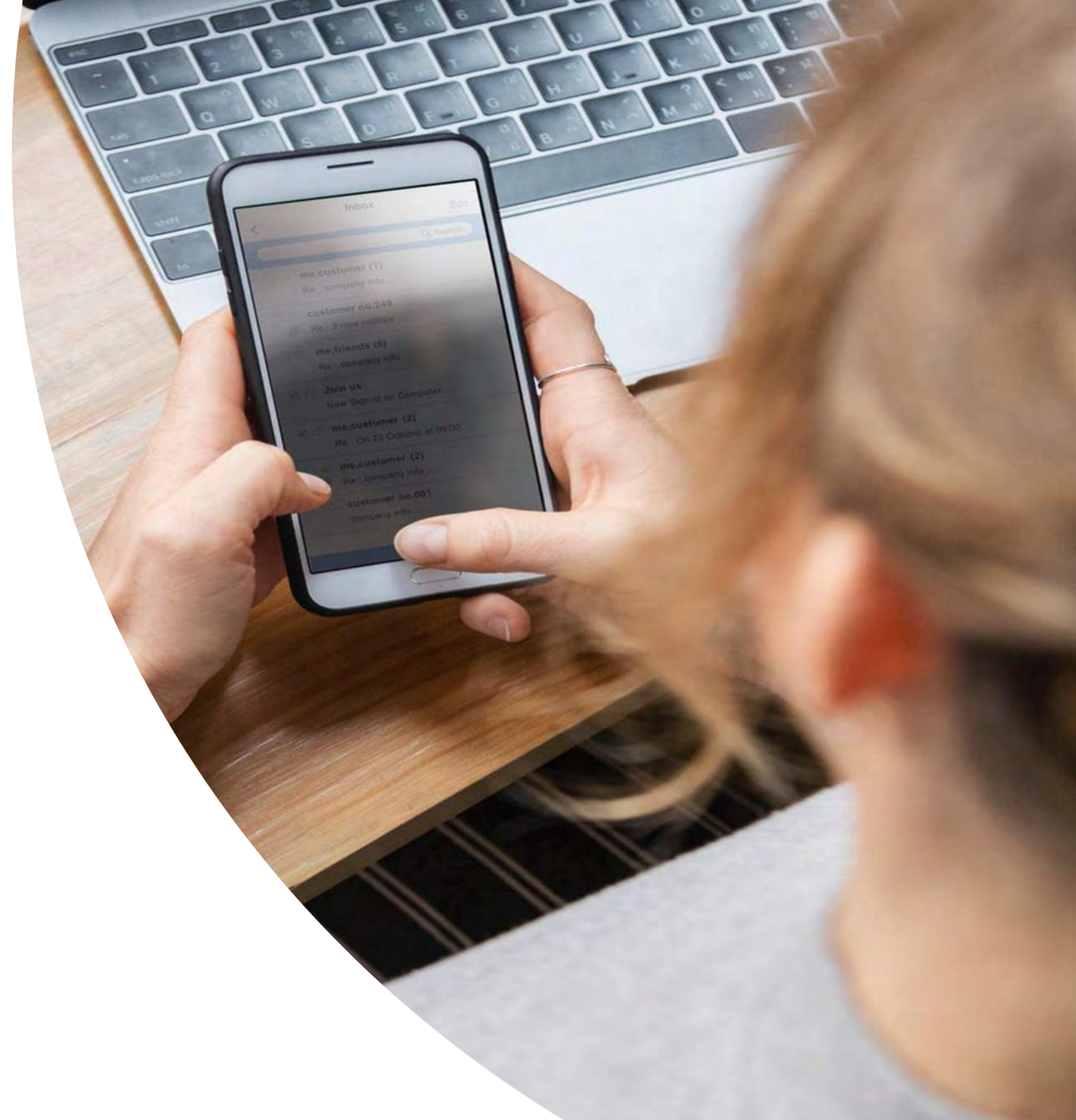
Q & A



# Free Resources



## SCAN ME







# Thank You!

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