

Promoting Positive Mental Health & Resilience: Today & Every Day!

Presented by:

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Today's Agenda

A New World
Stress vs. Burnout

Mental Health Today
Mindfulness

Individual Project
Small Group Activity

Building Up
Individuals & Community





<https://qrco.de/bdSbw1>

A New World after COVID-19

- Concerns for health & safety remain
- Adjustments to working differently
- Lost time with social supports and community
- Work-life imbalance remains
- Dependent care stress ensues
- Financial fears & uncertainty continue
- Racial & social injustice issues in the news
- Political divide & civil unrest



Signs & Symptoms of Stress

- Physical → Actions
- Emotional → Feelings
- Cognitive → Thoughts
- Relational → Social
- Resources → Financial



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



Psychological Symptoms of Burnout

Feelings of:

- Powerlessness
- Hopelessness
- Irritability
- Frustration
- Failure

Experience of:

- Isolation
- Detachment
- Despair
- Apathy
- Exhaustion

Effects of Burnout

Decrease in:

- Self-esteem
- Concentration
- Memory
- Self-care

Increase in:

- Errors
- Absenteeism
- Physical complaints
- Sleep disruption



Mental Health Implications

- Feelings of grief, loss
- Anxiety
- Depression
- Substance Ab/use
- Relationship conflict, violence
- PTSD / Trauma
- Suicidal thoughts, actions
- State of burnout

Mental Health Continuum



Mental Health in the “Post-Pandemic” World

- Prioritize ALL health & wellbeing
- Evaluate daily effectiveness
- Explore balance with to do lists
- Take a break from technology
- Consider practicing being mindful of the present moment...



Mental Health Tips

- Choose a growth mindset
- Accept what you can't change
- Connect with:
 - Breath
 - Senses
 - Body
- Start & end your day with self-reflection
- Consider practicing mindfulness

Using Mindfulness In Everyday Life

Practical Tools You Can Use!



What is Mindfulness?

- “...paying attention on purpose to what is happening right now...[it] helps you take a step back from intense feelings.”
- Interplay between
 - Thoughts – Feelings – Bodily Sensations
- Tune into the surrounding environment



Mindfulness Can Improve...

- Relationships
- Job performance
- Focus & attention
- Decision-making skills
- Boosts immune system
- Emotional Intelligence
- Creativity
- Memory
- Cognitive flexibility
- Mood
- Empathy
- Overall quality of life

Source: Glomb, T. M, Duffy, M. K, Bono, J. E., & Yang, T. (2012). Mindfulness at work. Research in Personnel and Human Resource Management, 30, 115-157.

Int J Yoga. 2015 Jul-Dec; 8(2): 128–133. Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain

Mindfulness Can Reduce...

- Chronic Pain
- Anxiety symptoms
- Depression symptoms
- Irritability
- Poor eating habits
- Heart health concerns
- Physical symptom affects
- Substance use/abuse
- Sleep disturbances
- Financial stressors

Source: Glomb, T. M, Duffy, M. K, Bono, J. E., & Yang, T. (2012). Mindfulness at work. Research in Personnel and Human Resource Management, 30, 115-157.

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Mindfulness & Emotional Intelligence

- Know your emotions
- Manage your emotions
- Motivate yourself
- Recognize & understand others' emotions
- Manage relationships

Adapted from Daniel Goleman's book "Emotional Intelligence"

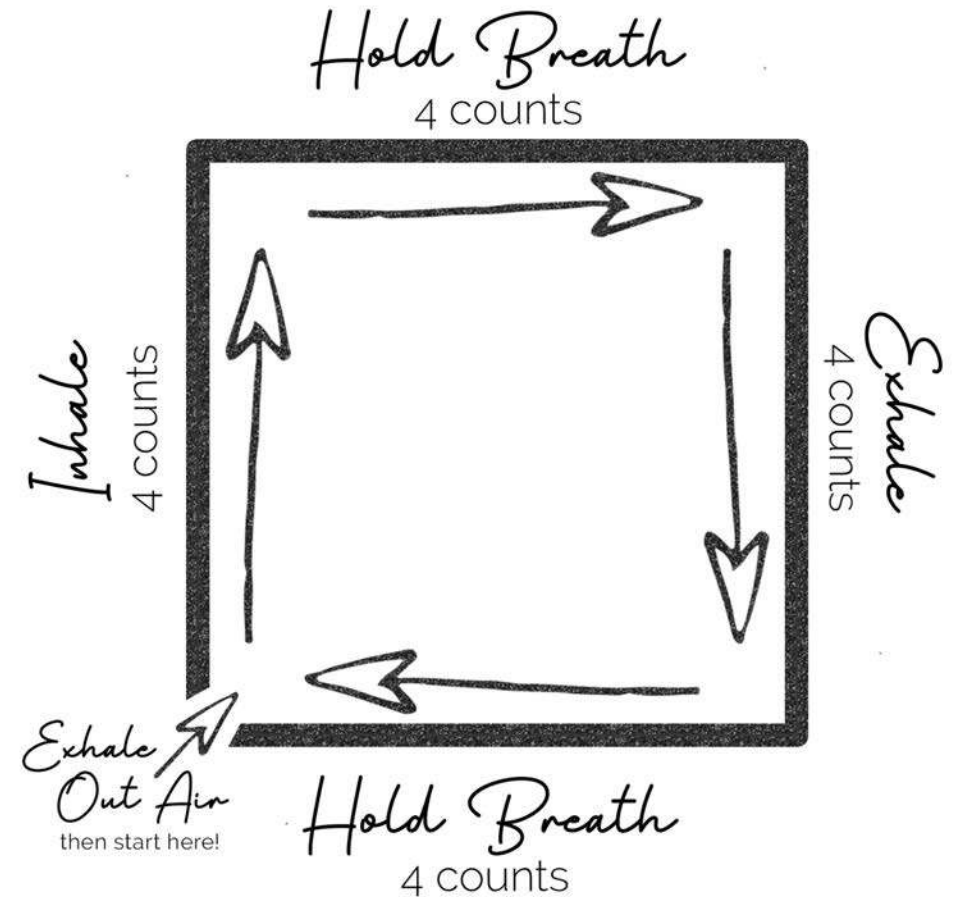
Joyce Marter

High Emotional Intelligence (EQ)

- Low insecurity
- High openness
- Assertive
- Self-aware
- Inclusive
- Respectful
- Takes responsibility for actions

Square Breathing

- Beginners mind
- Learn to RESPOND
- One step at a time
- Count 1 to 10



Strategies to Practice Mindfulness

- Progressive muscle relaxation
- Unplugging from technology
- Listening & using your senses
- Mindful eating & spending
- Yoga
- Breathing
- Body scan
- Positive mantra
- Connection to nature
- Meditation
- Morning routine
- Exercise



Mindful Workplace Exercises

- Start the day with a mindful moment and schedule in mindful breaks
- Slow down and plan activities resulting in increase productivity
- Switch off distractions
- Be a single-tasker
- Pay attention to your coworkers

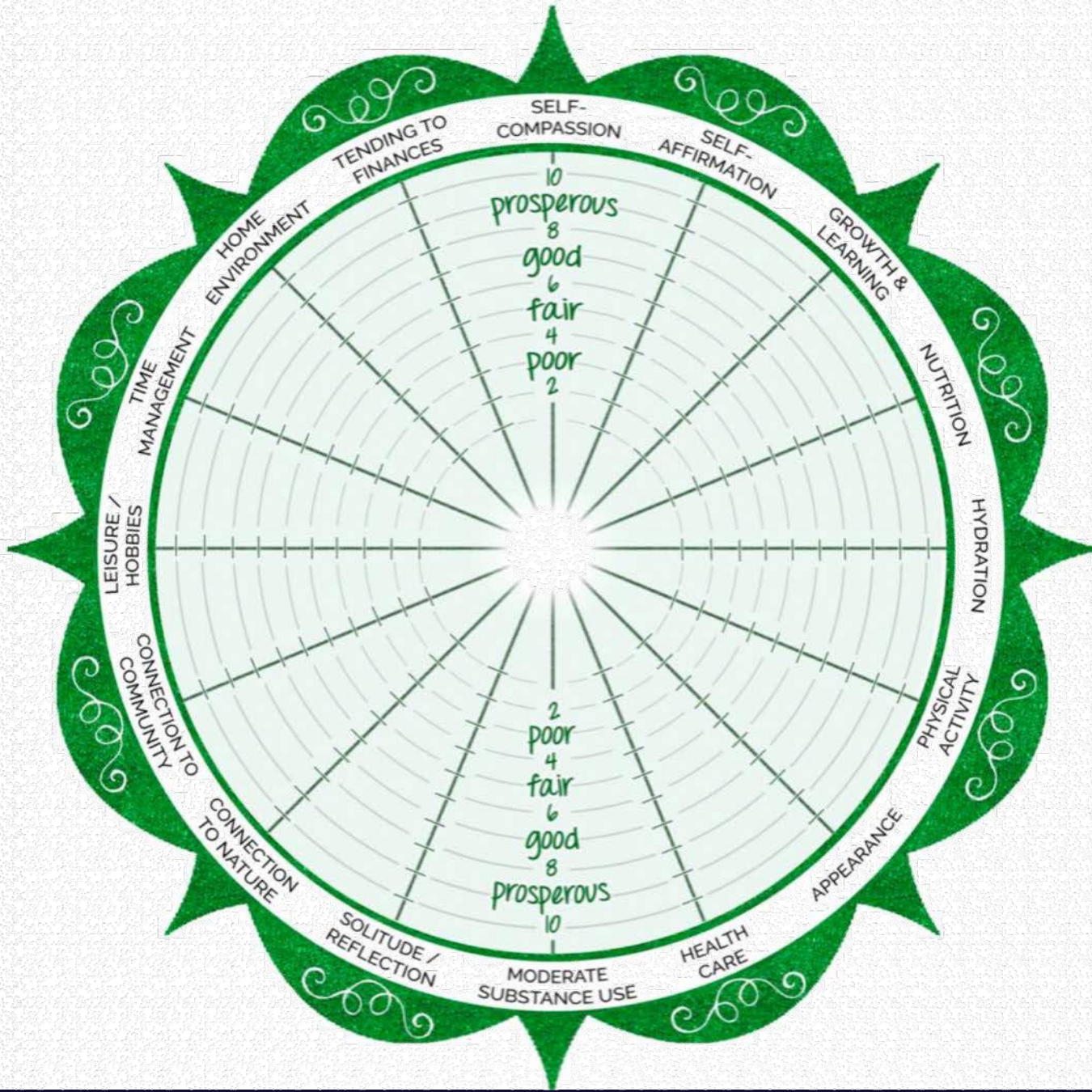


Source: <https://hbr.org/2016/03/how-to-practice-mindfulness-throughout-your-work-day>, <http://www.mindful.org/10-ways-mindful-work/>

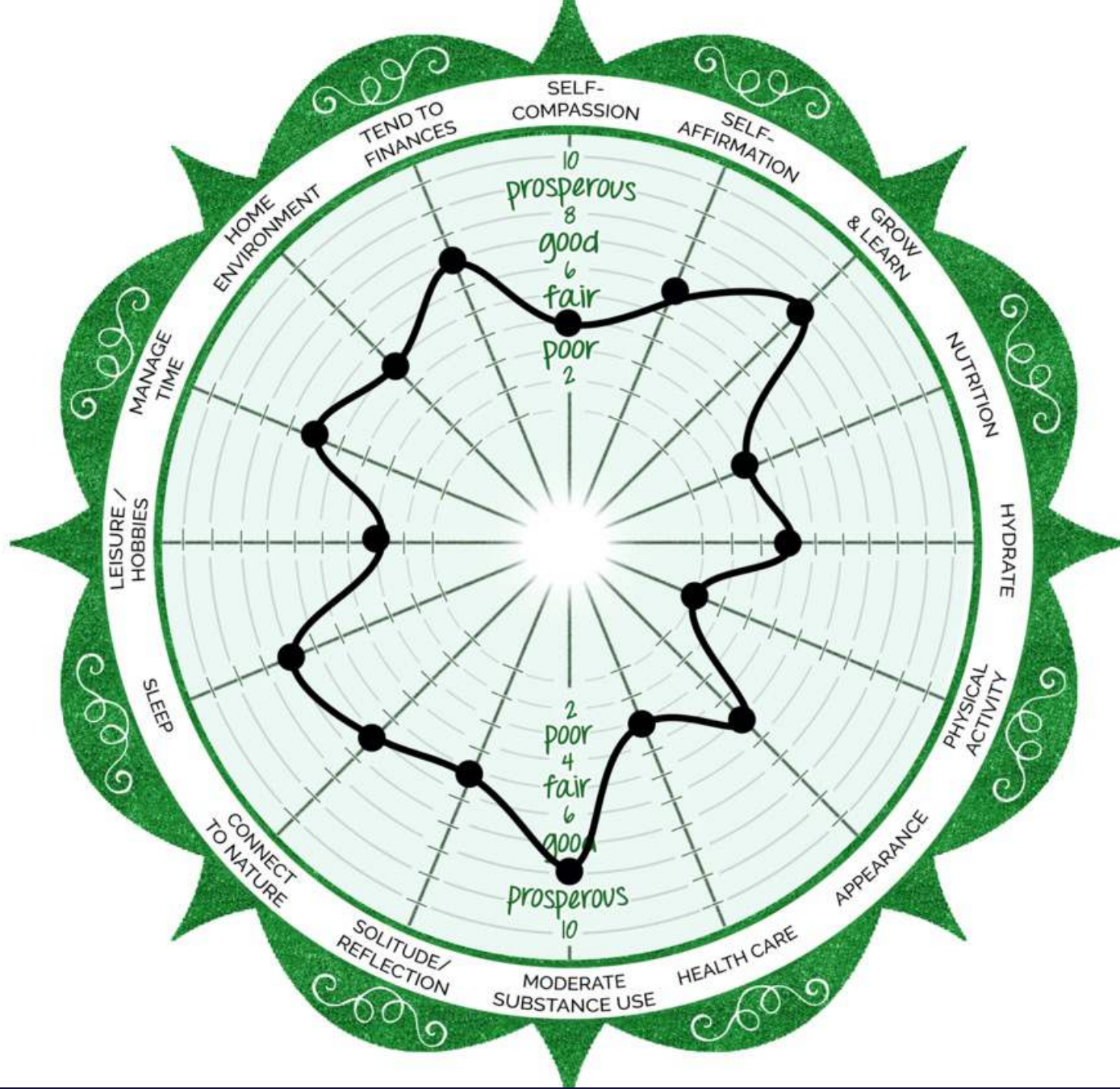
Prioritize Your Own Well-Being

- Practice self-care
- Set healthy limits and boundaries
- Be assertive in communication
- Honor your highest needs
- Say “No”!





Self-Love Wheel



Sample Completed Self-Love Wheel

Building Up Individuals & Communities

One moving box at a time!



At NWVL Our People Come First

- Master Mover Mentor Program
- Mover Appreciation Week
- Certified Women's Business Enterprise
- World Class Awards
- Multiple Cartus Global Network Awards and Recognitions



Resilience

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

EKHART TOLLE



Resilient People

- Understand challenges are part of life
- Promote healthy lifestyles
- Enjoy connection & collaboration
- Are open, flexible & adaptive
- Are emotionally intelligent (EQ)
- View challenges as opportunities
- Learn from mistakes
- Avoid worrying
- Have a sense of humor even when stressed



Key Components to Building Resilience

- Prioritize mental health & wellbeing
- Seek and give support
- Strive for work/life balance
- Engage fully in life activities
- Get out into the world!
- Seek out purpose & meaning in life



Presence

Be as least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.

ECKHART TOLLE



Be in the Here and Now

- Become rooted in the present
- Let go of defensiveness
- Take responsibility
- Appreciate the power of empathy
- Practice flexibility & adaptability
- Seek compromise

Acceptance

**If you don't like
something, change
it. If you can't
change it, change
your attitude.**

Maya Angelou



Control what you can, let go of the rest

We have self-control over:

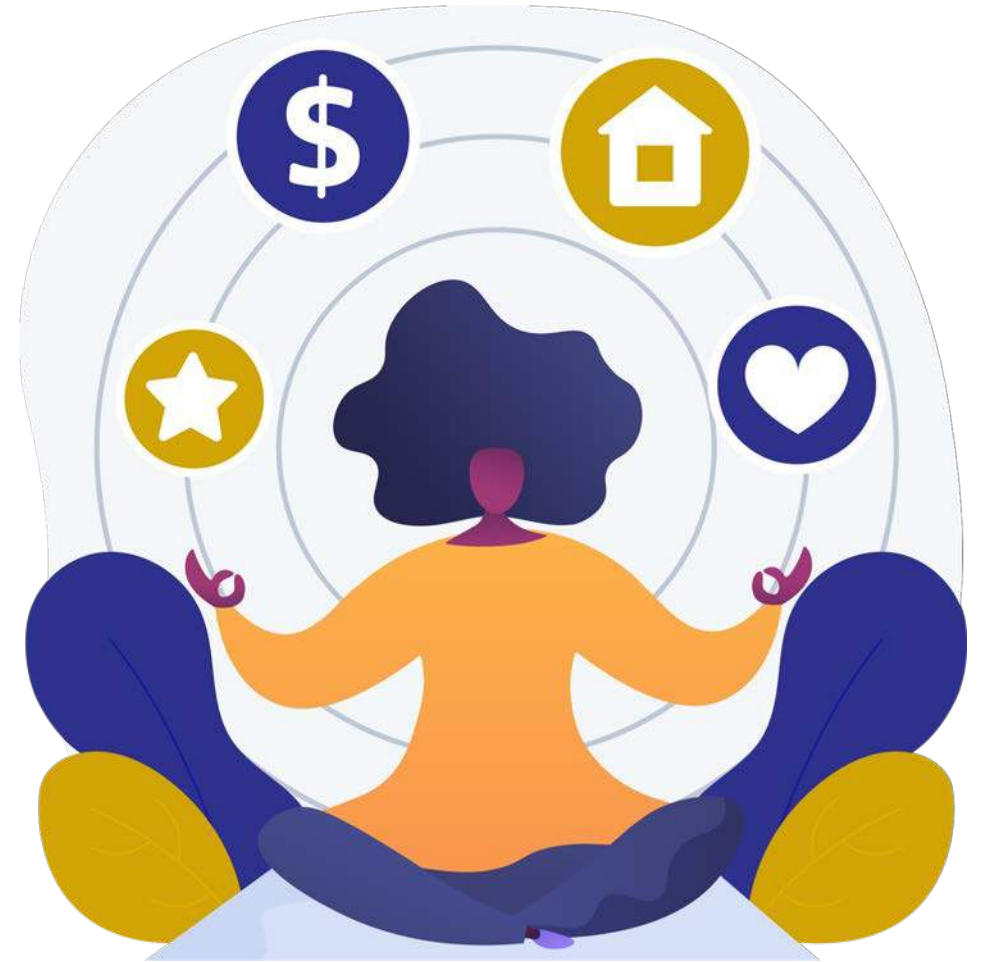
- Own thoughts
- Own emotions
- Own behaviors
- Own choices

We do not control:

- Other people's thoughts
- Other people's emotions
- Other people's behaviors
- Other people's choices
- Outcomes
- The Pandemic

Practice Self-Compassion

- Honor your feelings
- Don't judge or ignore your feelings
- Practice self-forgiveness
- Honor personal priorities
- Keep asking, "Am I making the choices I want?"



“

Practice Gratitude

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

EPICTETUS

”



Gratitude Practice

- Journal entries
- Use visual reminders
- Share with others
- Connect with the human side
- Observe
- Choose a daily interaction



Detachment

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

ARLENE ENGLANDER



Detach from:

- Negative emotions like fear, anxiety, anger and sadness (individual)
- Negative emotions others may try to put on us
- Unrealistic expectations
- Outcomes by embracing uncertainty



Detachment Strategies

- Visualization of protective barrier
- Unhook from conflict
- Drop your end of the rope
- The Container Exercise
- Zoom out for greater perspective
- Lifeguard analogy



“

Positivity

**A man is but the
product of his
thoughts...what he
thinks, he becomes.**

MOHANDAS GANDHI

”



Think Positive

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



“

Support

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

HELEN KELLER

”



Barriers to Accessing Support

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

Utilizing Benefits

- PTO
- Sick benefits & FMLA for time as needed
- Insurance Benefits (Mental Health Parity Law)
- Flex Spending/Health Savings Accounts
- Employee Assistance Program (EAP)



Access Support

- Avoid isolating with feelings alone
- Connect with loved ones
- Ask for help and support
- Access community
- Utilize teletherapy



Counseling & Therapy Resources

- [United Healthcare](#) has launched a free (to anyone) 24/7 support line staffed by mental health experts: Call 866-342-6292
- Text HOME to 741741 to connect with a [Crisis Counselor](#)
- National Suicide Prevention Lifeline: 800-273-8255
- [Find a Mental Health Facility Near You](#)
- Most insurance companies are covering teletherapy and some like Aetna have waived copays for telemedicine.
- [PsychologyToday's Find-A-Therapist Directory](#)



Free Self Test Tools

- psychologytoday.com/us/tests
- psychcentral.com/quizzes/



Meditation Resources

- [Calm: 30 Days Free](#)
- [Headspace: Free Trial](#)
- [Jack Kornfield: Compassion in the Time of Coronavirus](#)
- [Eckhart Tolle](#)
- [Jon Kabat-Zinn](#)
- [Tara Brach](#)

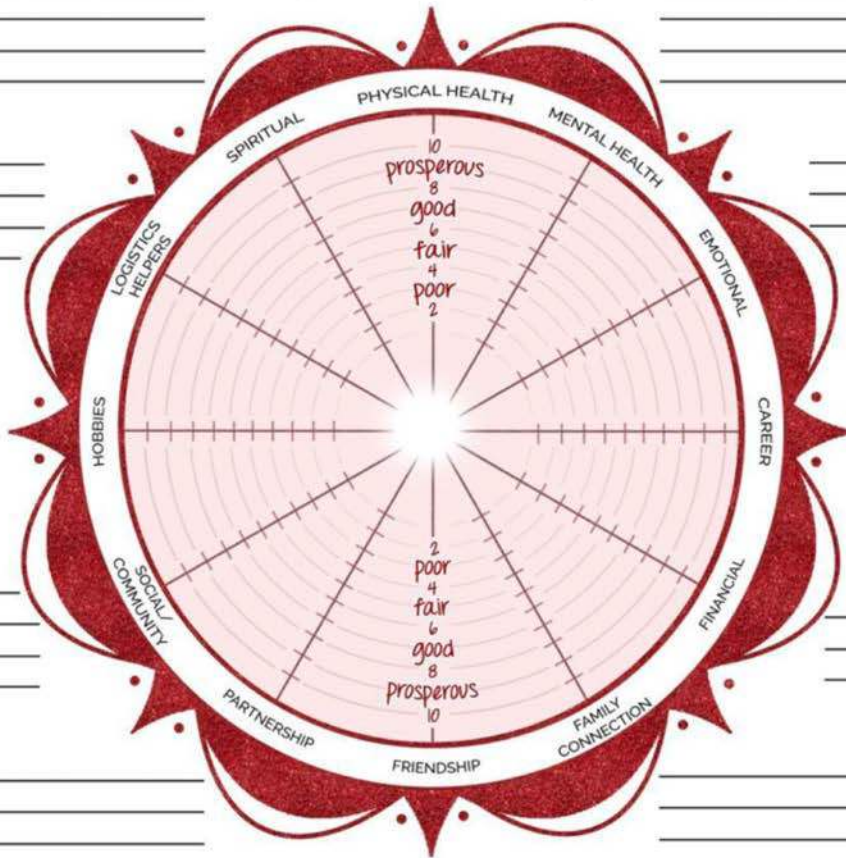


Support Resources

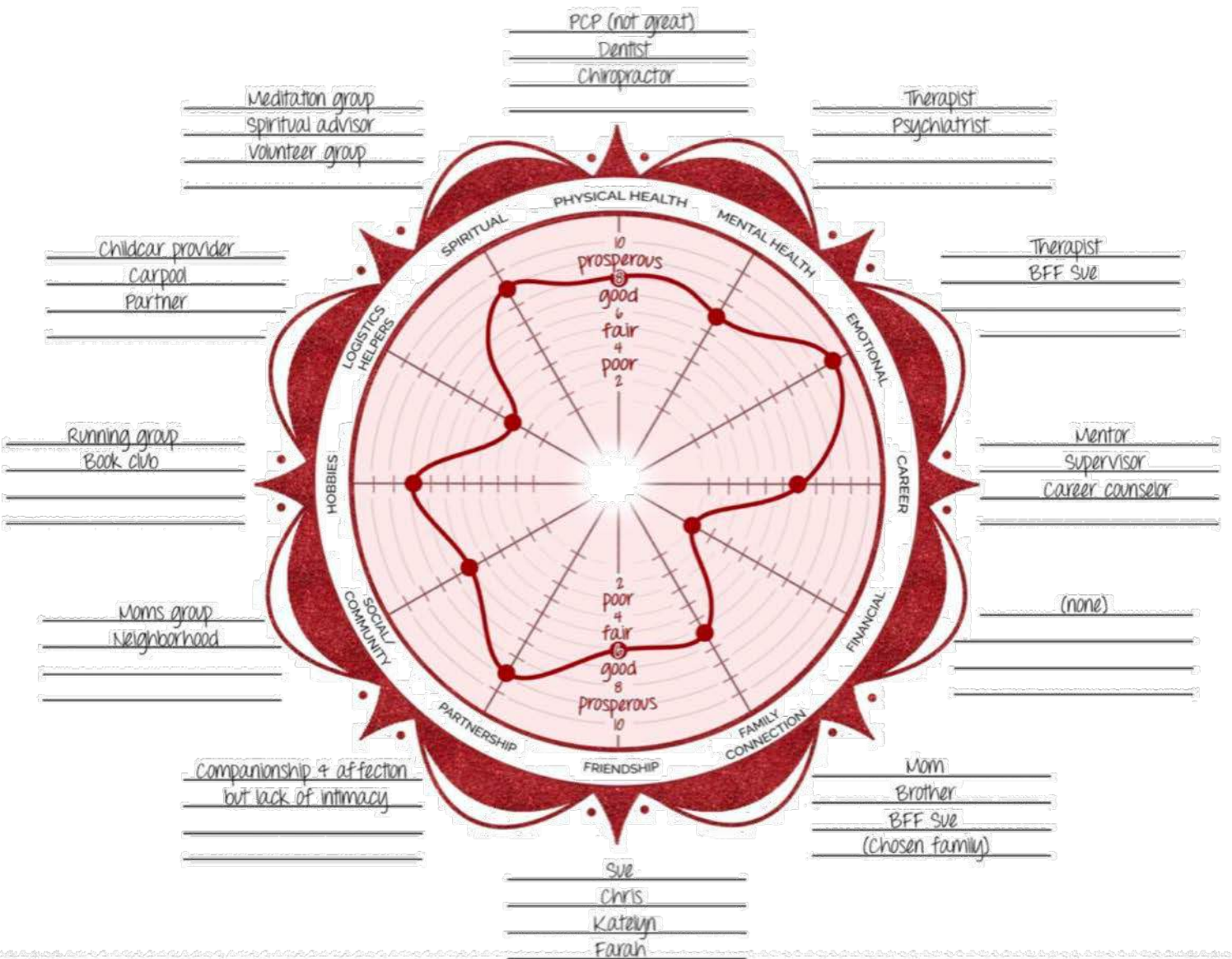
- **National Alliance on Mental Illness (NAMI)**
 - **Advocate for Change—Vote4MentalHealth**
 - Take the **StigmaFree Pledge** to #CureStigma
 - **Share your story**
 - Take action on **advocacy issues**
 - **Walk for mental health**
- **Depression and Bipolar Support Alliance Advocacy Center**
- **Hope for the Day**

Hope for the Day's tagline is "It's okay not to be okay" and they provide education, outreach and action to break the silence around mental health.





Support Network Wheel



Sample Support Network Wheel

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

**What are
you going
to do now?**

A Peek Inside The Financial Mindset Fix Virtual Training

Whether you're struggling to find work-life balance, trying to turn your skills into a viable business, or find your confidence to invest your hard-earned money, let Joyce Marter guide you past your limiting beliefs and help you open up to new possibilities and a life of abundance! Based on the book, The Financial Mindset Fix published by Sounds True, this 5-day transformative course features video trainings with author Joyce Marter, guided meditations, and exercises to guide your journey.



The Financial Mindset Fix: Mental Health for Financial Wealth Digital Course

- **Introduction:** Wake Up! You Deserve a Greater Life
- **Module 1:** Honor Your Past & Reclaim Your Money Story.
- **Module 2:** Apply Mindfulness to Finance for Personal & Financial Growth.
- **Module 3:** Realign Your Relationships & Set Healthy Financial Boundaries.
- **Module 4:** Manifest Your Greatest Future Success, Personally & Professionally.
- **Module 5:** Persevere for Sustainable & Expansive Success.

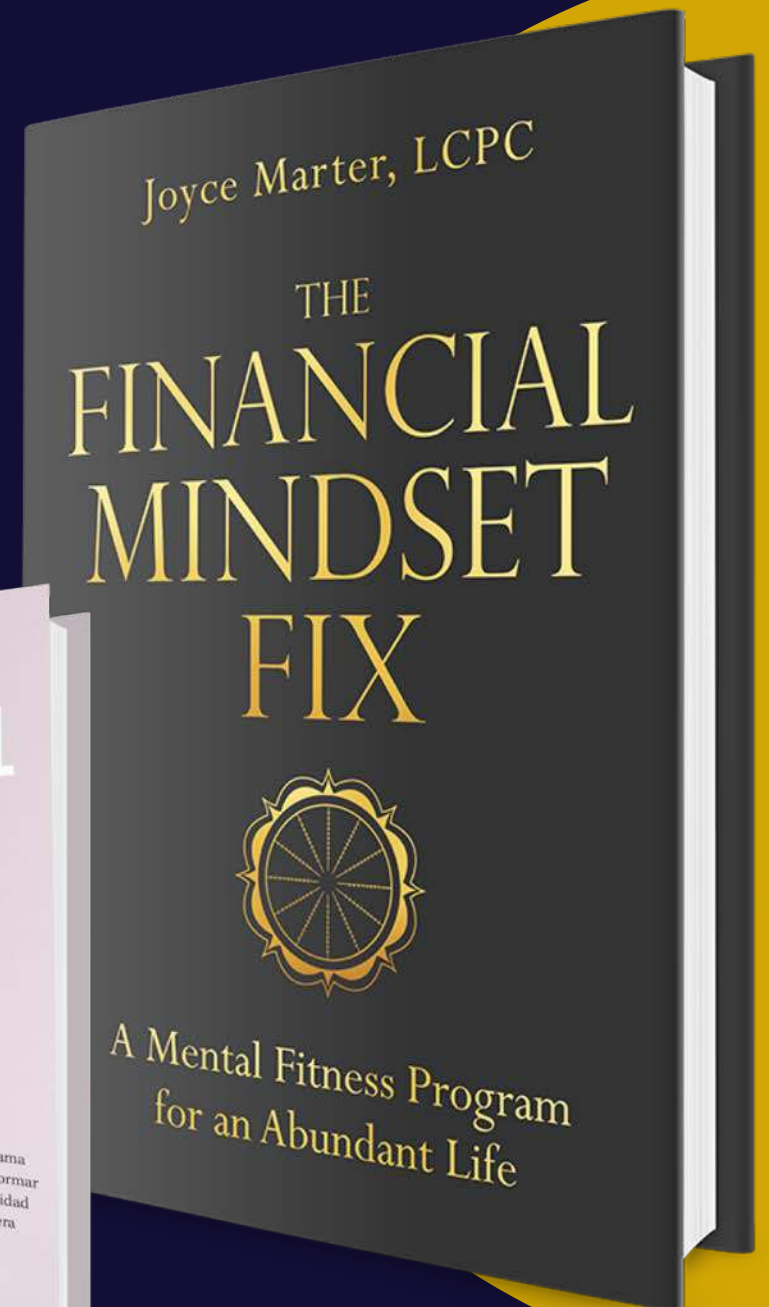
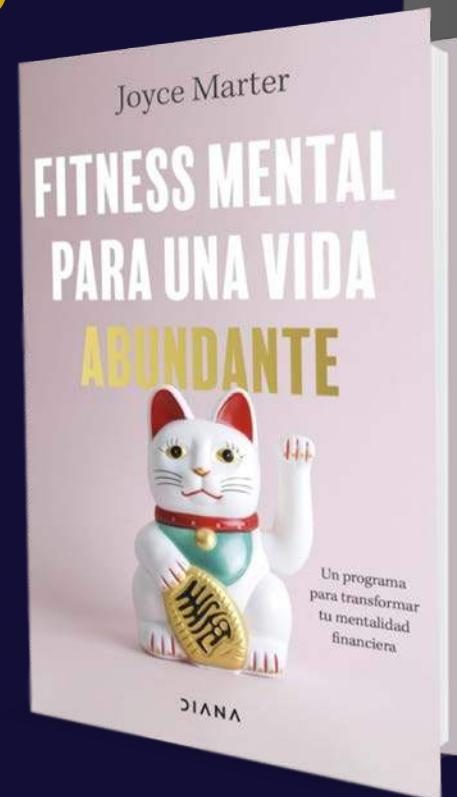
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on behalf of JMEnterprises

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