



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

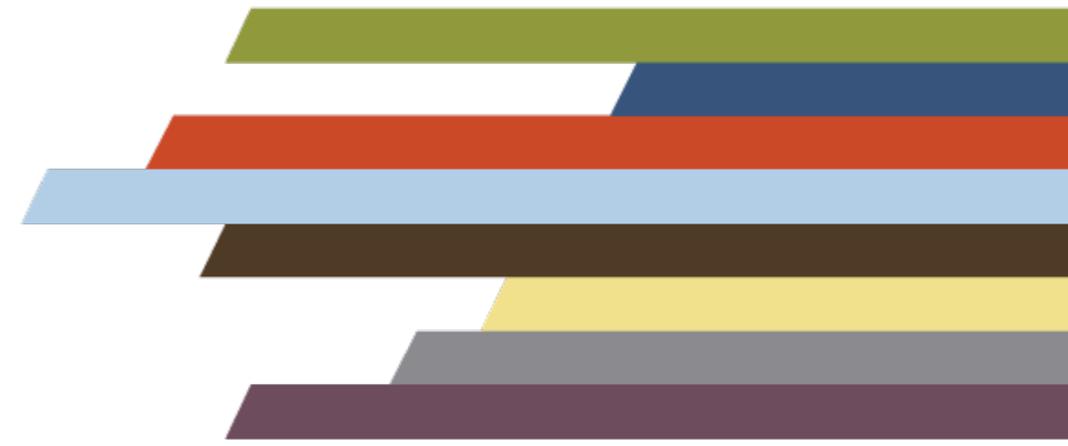
Funded by Substance Abuse and Mental Health Services Administration

Self-Care in Overwhelming Times

Ken Kraybill, MSW

MHTTC Webcast

April 15, 2020



Housekeeping Information



If you're having **audio issues**,
please e-mail:
newengland@mhttcnetwork.org



Microphones will be
muted – we encourage
using the **General Chat**
box for introductions and
comments



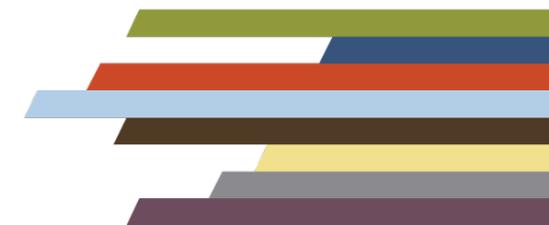
If you have questions
about the topic being
presented, please use
the **Q&A** box



This event is being
recorded – it will be
available on the MHTTC
website tomorrow



If you have **questions** after the
event, please e-mail:
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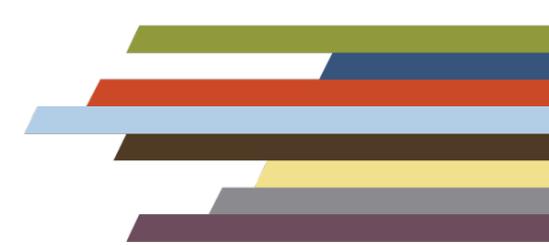
New England MHTTC

Our Mission

To use evidence-based means to disseminate evidence-based practices across the New England region.

Area of Focus

Recovery-Oriented Practices, including Recovery Support Services, within the Context of Recovery-Oriented Systems of Care.



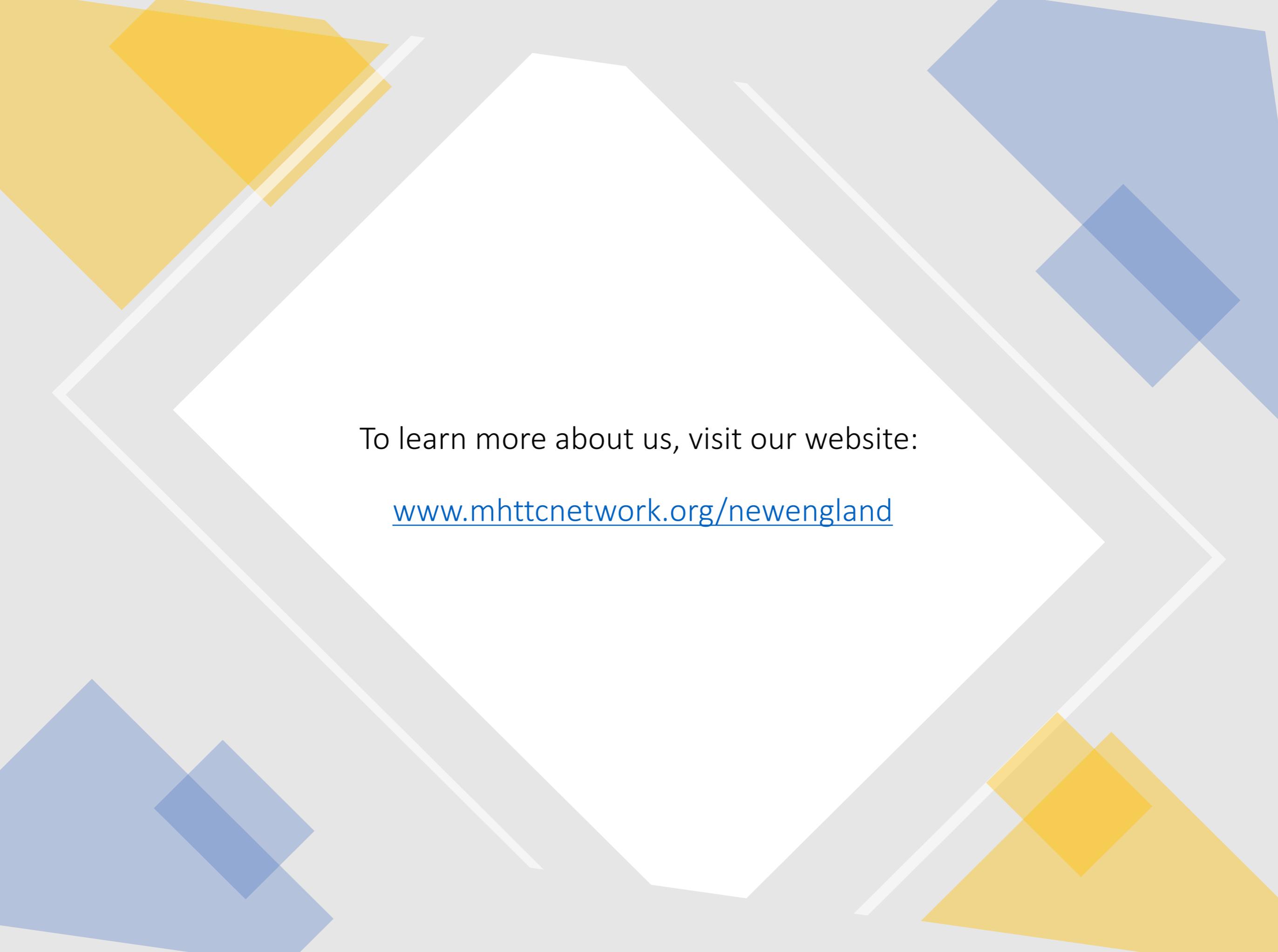


Ensuring Inclusion

To ensure the responsiveness of our work, we will actively develop and maintain a network of:

- *government officials*
- *policy makers*
- *system leaders*
- *Administrators*
- *community stakeholders*
- *Providers*
- *researchers*
- *youth and adults*
- *family members*

from each of the six states to guide our activities.



To learn more about us, visit our website:

www.mhttcnetwork.org/newengland

Self-Care in Overwhelming Times

April 2020 (the year of pandemic)



ken kraybill

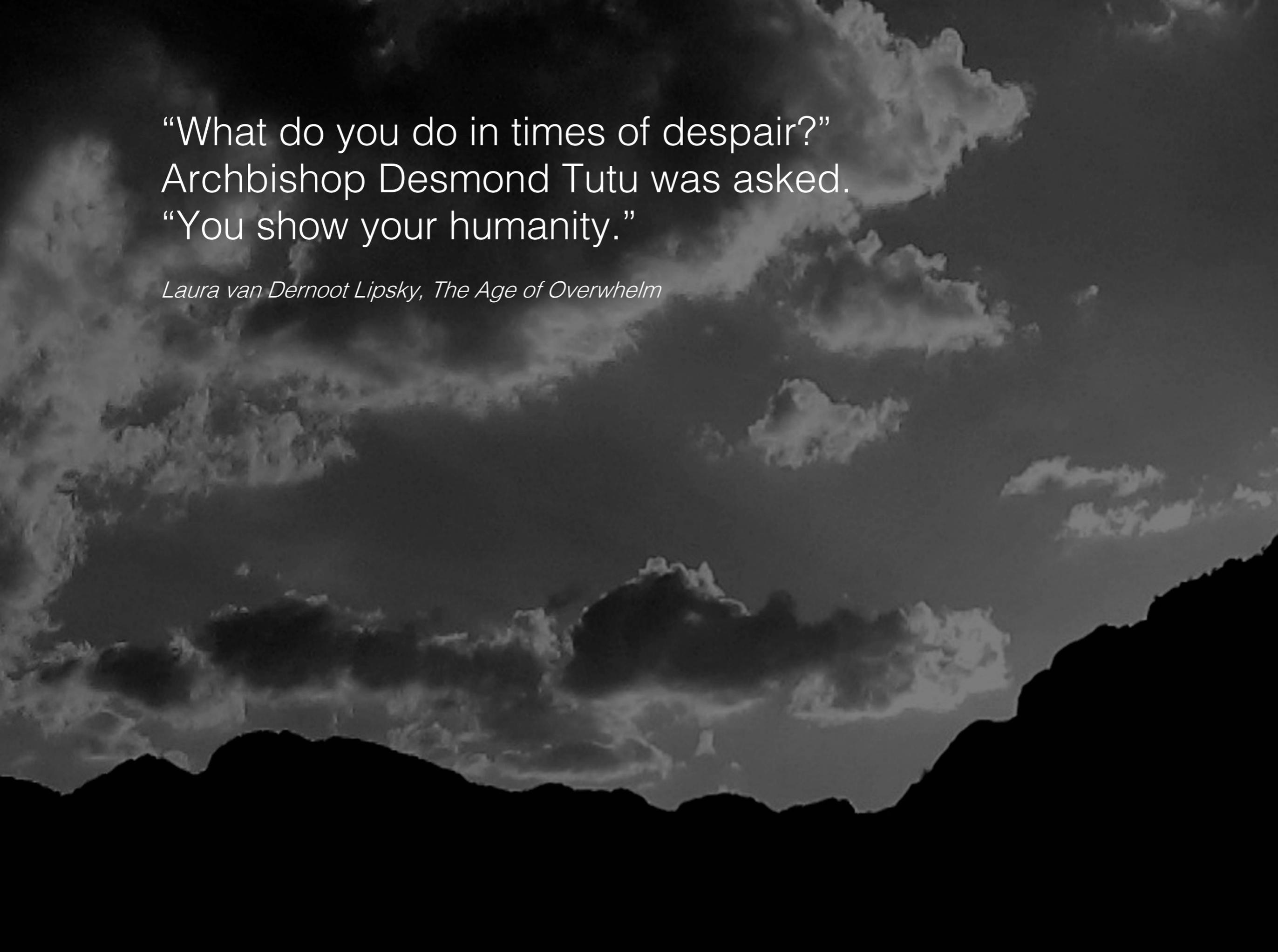
Overview

These are hard and overwhelming times. Stress, anxiety, fear, loss, and grief – all part of ordinary life – are exponentially heightened in this time of pandemic.

How do we name what we're experiencing?

What practices can help us stay healthy in body, mind, and spirit?

How do we keep gentleness and compassion alive for self and others?

A black and white photograph of a cloudy sky over a dark mountain range silhouette. The sky is filled with various cloud formations, some bright and some dark, creating a dramatic and somewhat somber atmosphere. The mountains in the foreground are completely black, providing a stark contrast to the lighter sky.

“What do you do in times of despair?”
Archbishop Desmond Tutu was asked.
“You show your humanity.”

Laura van Dernoot Lipsky, The Age of Overwhelm

“...save us the platitudes of coronavirus as the great leveller; abandon this sickly myth that we are all in this together.

For some, this is a time of grand inconvenience, of undoubted stress, of a self-evident loss of freedom. For others, this is both a national and personal disaster, a present defined by turmoil and of futures snatched away. Coronavirus is not some great leveller: it is exacerbating inequality right now.”

The Guardian, 9 April 2020

Needs to be said...



We're living in a time of apocalypse, but not in the way many people think.

Apocalypse

from Greek *apokalypsis* – an unveiling, uncovering, revelation

“The crisis is revealing health care inequalities, class divisions and the fact that the most important workers in American society are among the least paid...What is being revealed are the fault lines in the system that always existed...”

Jorge Juan Rodríguez V



“the uncovering”



“... as a historic recession threatens to throw nearly 50 million Americans out of work, the prospect of mass un-insurance in the middle of a pandemic has thrown a spotlight onto the perversity of our nation’s employer-based health-care system.

The deepening economic crisis has also exposed the inescapably political foundations of the market economy.

The coronavirus crisis provides a vivid reminder that the state is perfectly capable of sheltering its constituents from the market’s mercilessness; the question has only ever been *whose* risks it wishes to socialize.”



Signs you
may be
ambivalent
about being
here today



“I’m too tired and stretched thin to even think about this stuff.”

“I don’t do bubble baths. That’s not my thing.”

“Honestly, I need a good cry more than a webinar.”

“Don’t even think of suggesting I switch to non-dairy ice cream!”

“Self-care is hard. Nobody ever talks about that!”

What nobody tells you about self-care



“What social workers and other people don’t often tell you is that self-care can be completely terrible. Self-care includes a lot of adult-ing, and activities you want to put off indefinitely.

Self-care sometimes means making tough decisions which you fear others will judge.

Self-care involves asking for help; it involves vulnerability; it involves being painfully honest with yourself and your loved ones about what you need.”

- Mawiyah Patten



Self-Care Practices

Awareness, Balance,
Connection

Awareness



Self-care begins by quieting our busy lives in order to develop an awareness of our own true needs, and then acting accordingly.

mindfulness



“The
awareness
that arises
from paying
attention, on
purpose, in
the present
moment, and
non-
judgmentally”

Jon Kabat-Zinn



Mind Full, or Mindful?

mindfulness



be here now

Ram Dass



activity

“You can’t know what you want until you know what you’re doing.”

Moshe Feldenkrais, body therapist

“Mindfulness is not so much what you choose to focus on, but the quality of the awareness that you bring to each moment...”

Jon Kabat-Zinn





“Mindfulness shows us what is happening in our bodies, our emotions, our minds, and in the world. Through mindfulness, we avoid harming ourselves and others.”

Thich Nhat Hanh

Naming what we're
experiencing

“... overwhelming demands placed upon the physiological system that result in a profound felt sense of vulnerability and/or loss of control.”

– *Robert D. Macy*



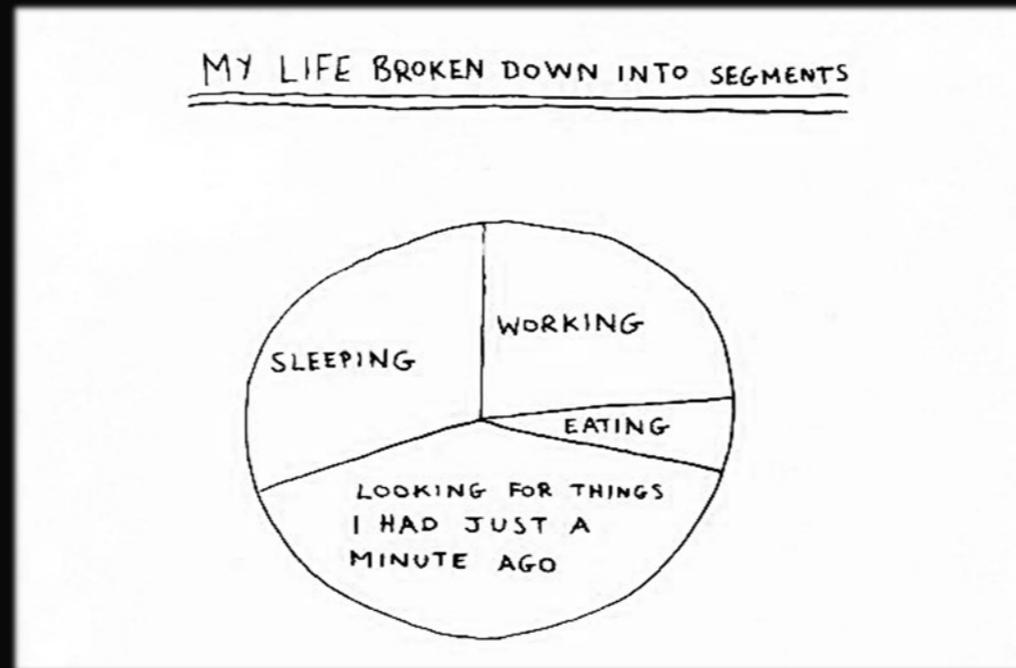
yes, this is trauma

“Traumatic events overwhelm the ordinary systems of care that give people a sense of control, connection, and meaning.”

– *Judith Herman*

Your brain is not operating properly...

which makes you perfectly normal in these abnormal times!



“No matter the cause, the sensation of overwhelm and the impact that it has on your ability to focus and make your way through the world can be disorienting or even debilitating.”

Laura van Dernoot Lipsky, The Age of Overwhelm

Have you been forgetful, absentminded, searching for words?

That Discomfort You're Feeling Is Grief

by [Scott Berinato](#)

March 23, 2020

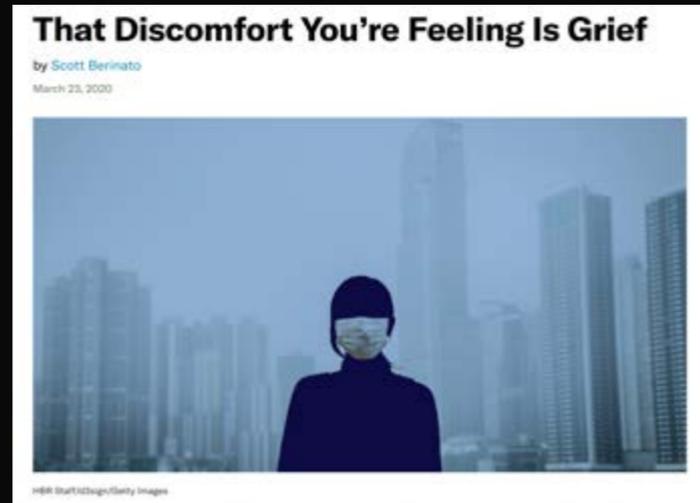


HBR Staff/d3sign/Getty Images



HBR: People are feeling any number of things right now. Is it right to call some of what they're feeling grief?

David Kessler: Yes, and we're feeling a number of different griefs. We feel the world has changed, and it has. We know this is temporary, but it doesn't feel that way, and we realize things will be different. Just as going to the airport is forever different from how it was before 9/11, things will change and this is the point at which they changed. The loss of normalcy; the fear of economic toll; the loss of connection. This is hitting us and we're grieving. Collectively. We are not used to this kind of collective grief in the air.



HBR: What can individuals do to manage all this grief?

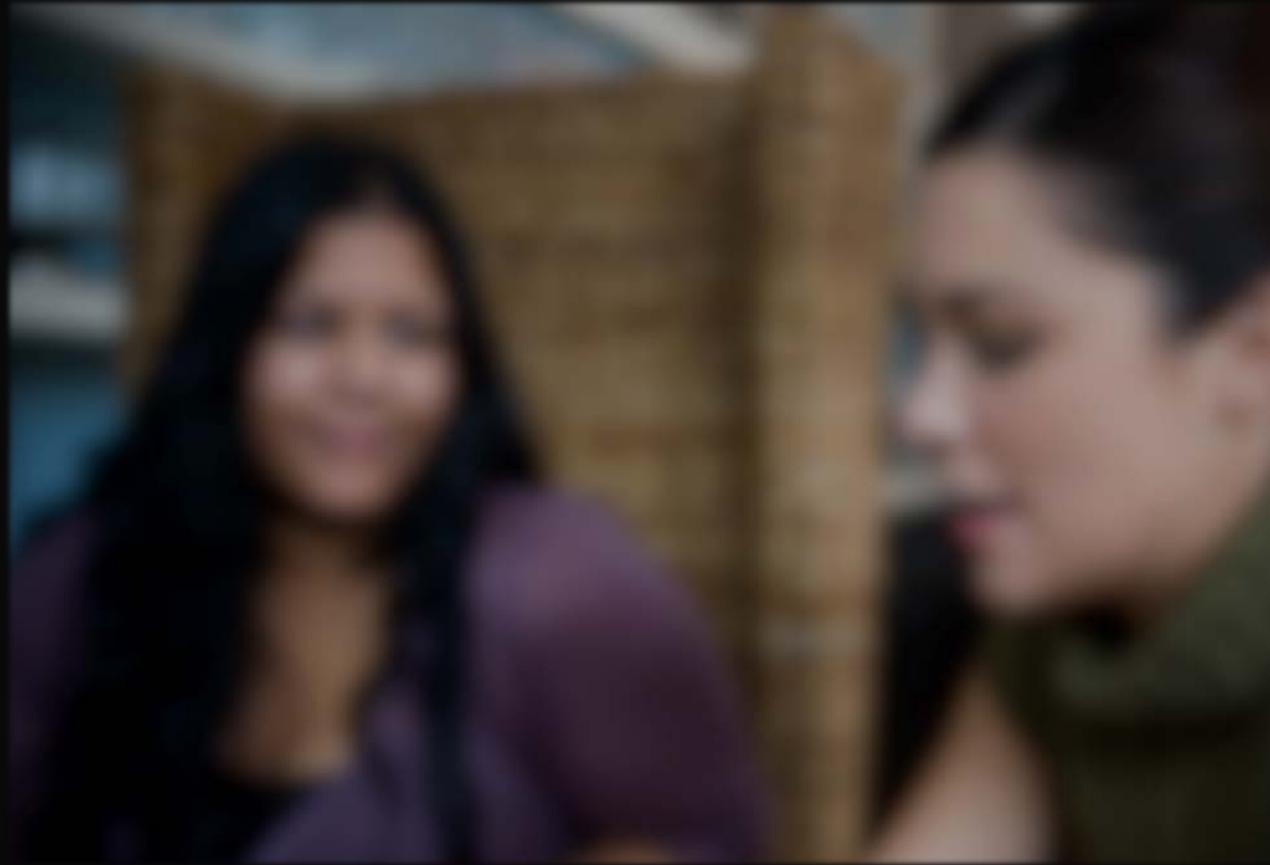
David Kessler: Understanding the stages of grief is a start. But whenever I talk about the stages of grief, I have to remind people that the stages aren't linear and may not happen in this order. It's not a map but it provides some scaffolding for this unknown world.



There's **DENIAL**, which we say a lot of early on: *This virus won't affect us.* There's **ANGER**: *You're making me stay home and taking away my activities.* There's **BARGAINING**: *Okay, if I social distance for two weeks everything will be better, right?* There's **SADNESS**: *I don't know when this will end.* And finally there's **ACCEPTANCE**. This is happening; I have to figure out how to proceed.

Acceptance, as you might imagine, is where the power lies. We find control in acceptance. *I can wash my hands. I can keep a safe distance. I can learn how to work virtually.*

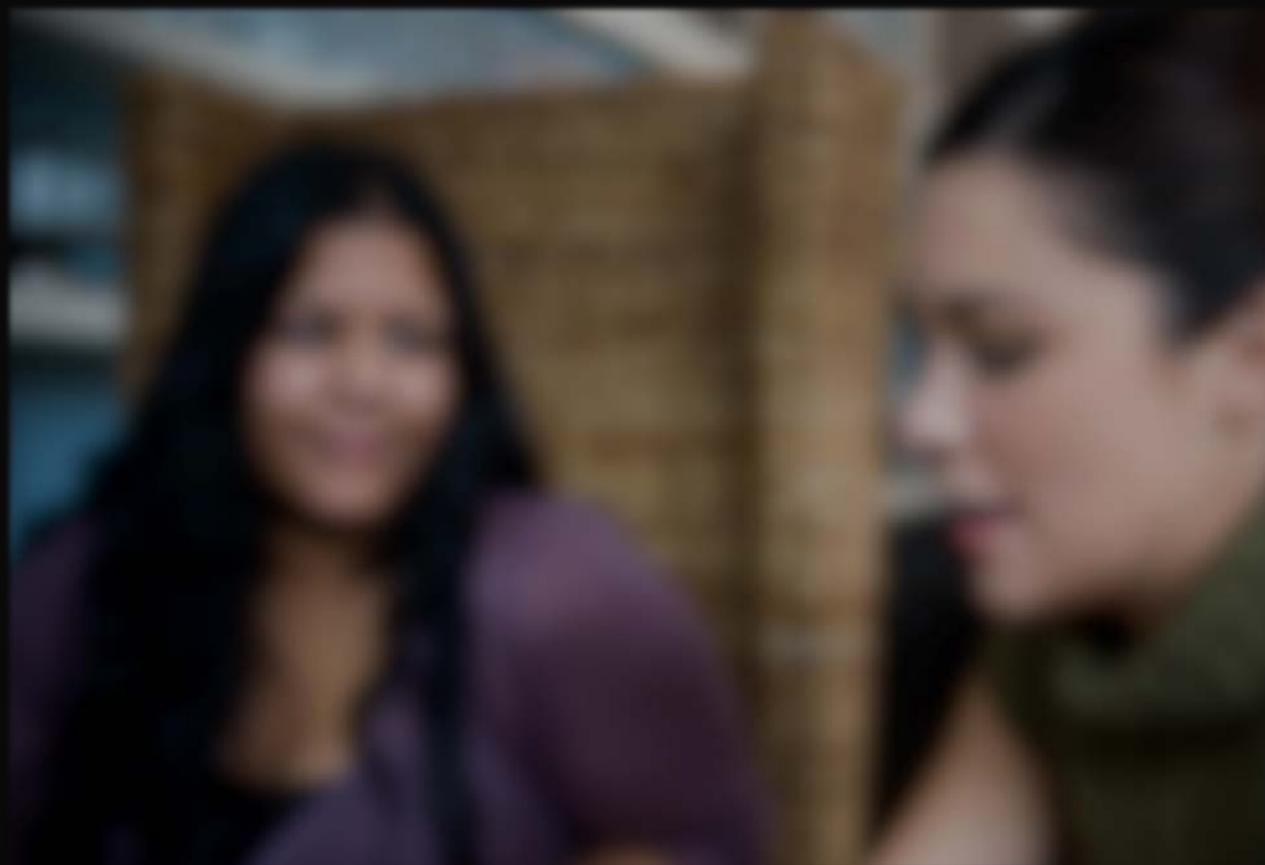
Re-connecting



If you can't tell your story to another human, find another way: journal, paint, make...a graphic novel with a dark story line. Or go to the woods and tell the trees. It is an immense relief to be able to tell your story without someone trying to fix it.

Megan Devine

Coming alive



In what ways are you feeling “more deeply alive” in these times?

What is self-care?



the sum total of hundreds of
thousands of small actions



an intentional way of living by which our
values, attitudes, and actions are
integrated into our day-to-day routines



“When you are in alignment with who-you-really-are, you cannot help but uplift those with whom you come in contact.”

- (Esther) Abraham Hicks

Reminder



you already have within you the what, how, and who

What self-care is *not*

Not about being selfish



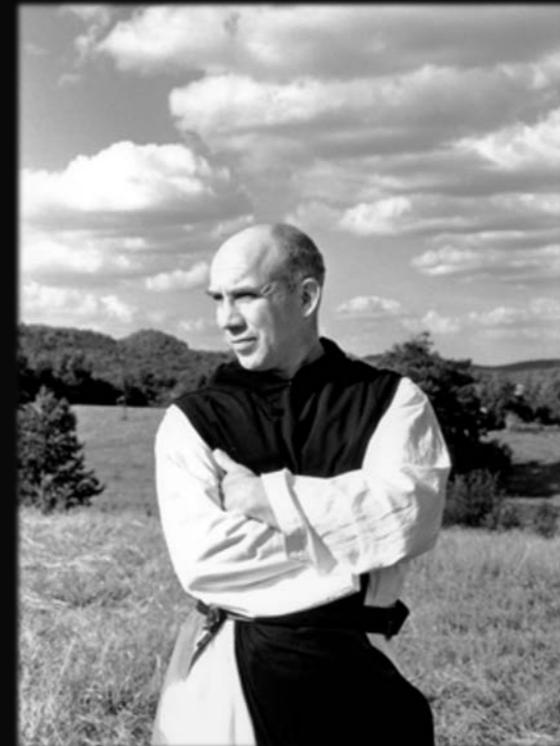
”Caring for myself is not self-indulgent, it is self-preservation, and that is an act of political warfare.”

- Audre Lorde

Not about doing more

The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence.

Thomas Merton, *Conjectures of a Guilty Bystander*



So,
what
does
go
on
the
list?

Weather the Storm

7 Self-Care Tips for Challenging Time

Adam Brady/The Chopra Center

1. Prioritize: Do what has to be done
2. Breathe: Be present and aware of what's happening
3. Practice meditation: Stillness among activity
4. Be easy on yourself: Get adequate rest-and-recovery time
5. Remember the real you who never changes
6. Detach and embrace uncertainty
7. Trust that it will pass

“This too shall pass, maybe like a
kidney stone, but it will pass.”

Vicki Steen

Prioritize

RELATIVE IMPORTANCE IN 2020, SO FAR



How to Become a 'Self-Care Activist' During Tough Times



1. Manage your boundaries
2. Say *no* to toxic relationships
3. Question your self-talk
4. Own your experience

COVID-19 GOT YOU STRESSED?

Here's a couple strategies for combating stress and anxiety during the pandemic, provided by the Maxwell Mental Health Clinic

FOCUS ON WHAT YOU CAN CONTROL

It might be helpful to use a sheet of paper and draw a line down the middle. In one column list "Things I Can't Control" and in the other column "Things I Can Control." You can't control how the virus spreads around you, but you can control your prevention measures.

LIMIT EXPOSURE TO SOCIAL MEDIA & NEWS SOURCES

Constant reading/watching/listening about COVID-19 can exacerbate anxiety & stress.

Go to <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> for additional guidance and strategies





don't do this



do this



to basics

EAT WELL

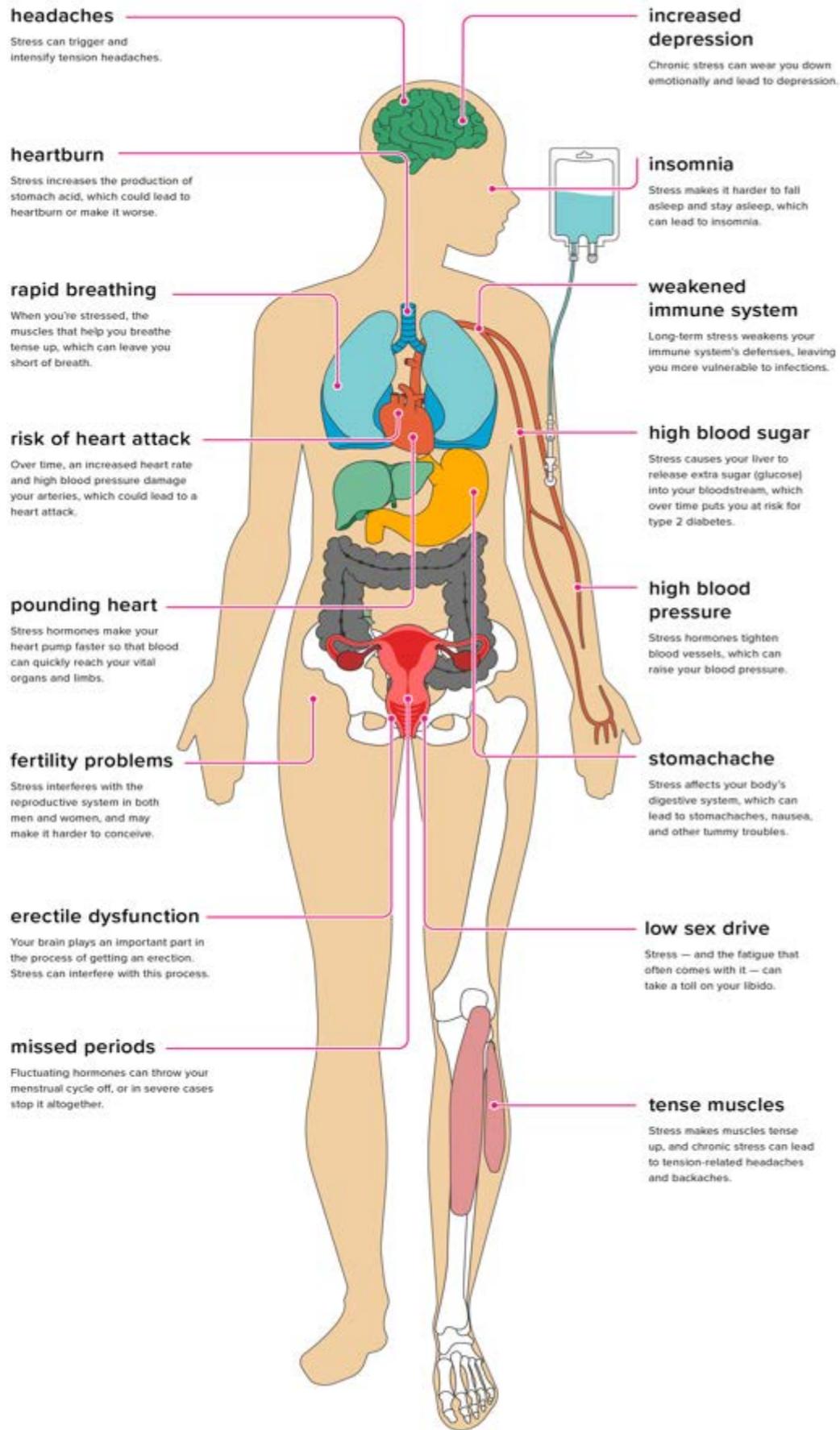
MOVE DAILY

HYDRATE OFTEN

SLEEP LOTS

LOVE YOURSELF

REPEAT FOR LIFE



Compassionate Body Scan

Activity: Affectionate Breathing



A practice to help ground ourselves when we feel overwhelmed

Involves tuning in to the soothing rhythm of the breath

Let your body breathe you. There is nothing you need to do.

Allow yourself to be caressed by the gentle internal rocking motion of the breath in a way that is calming and soothing

DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

further questions

What does this moment mean to you?

How is anxiety manifesting for you – body, mind, spirit, heart?

In this new reality, what are you grateful for?

What personal practices are feeding your fears?

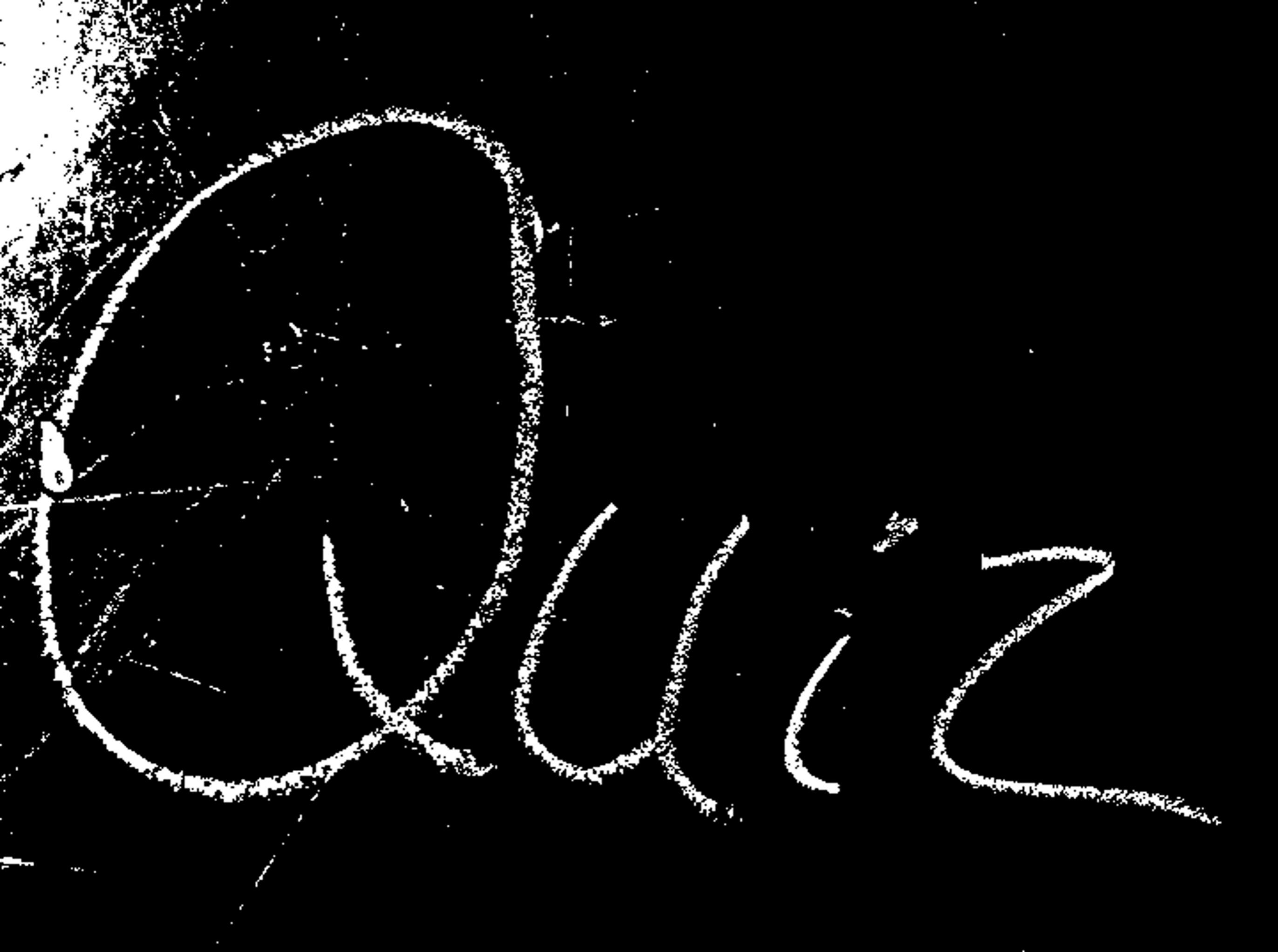
What is the gift of this moment?

What is bringing comfort at this time?

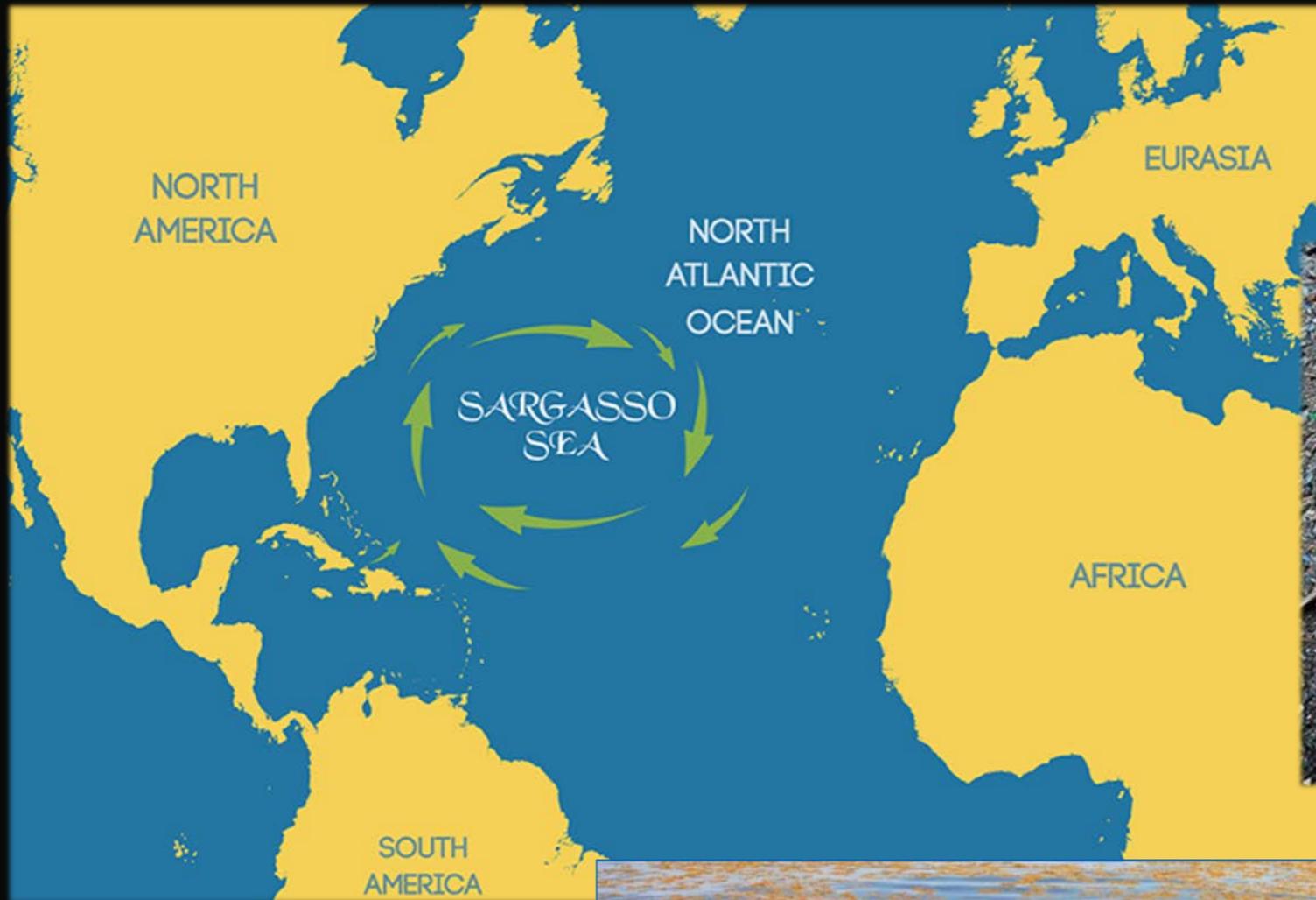
What is a source of strength for you at this time?

What forms of connection are you discovering or recovering?

What are you proud of in your response to this difficult time?



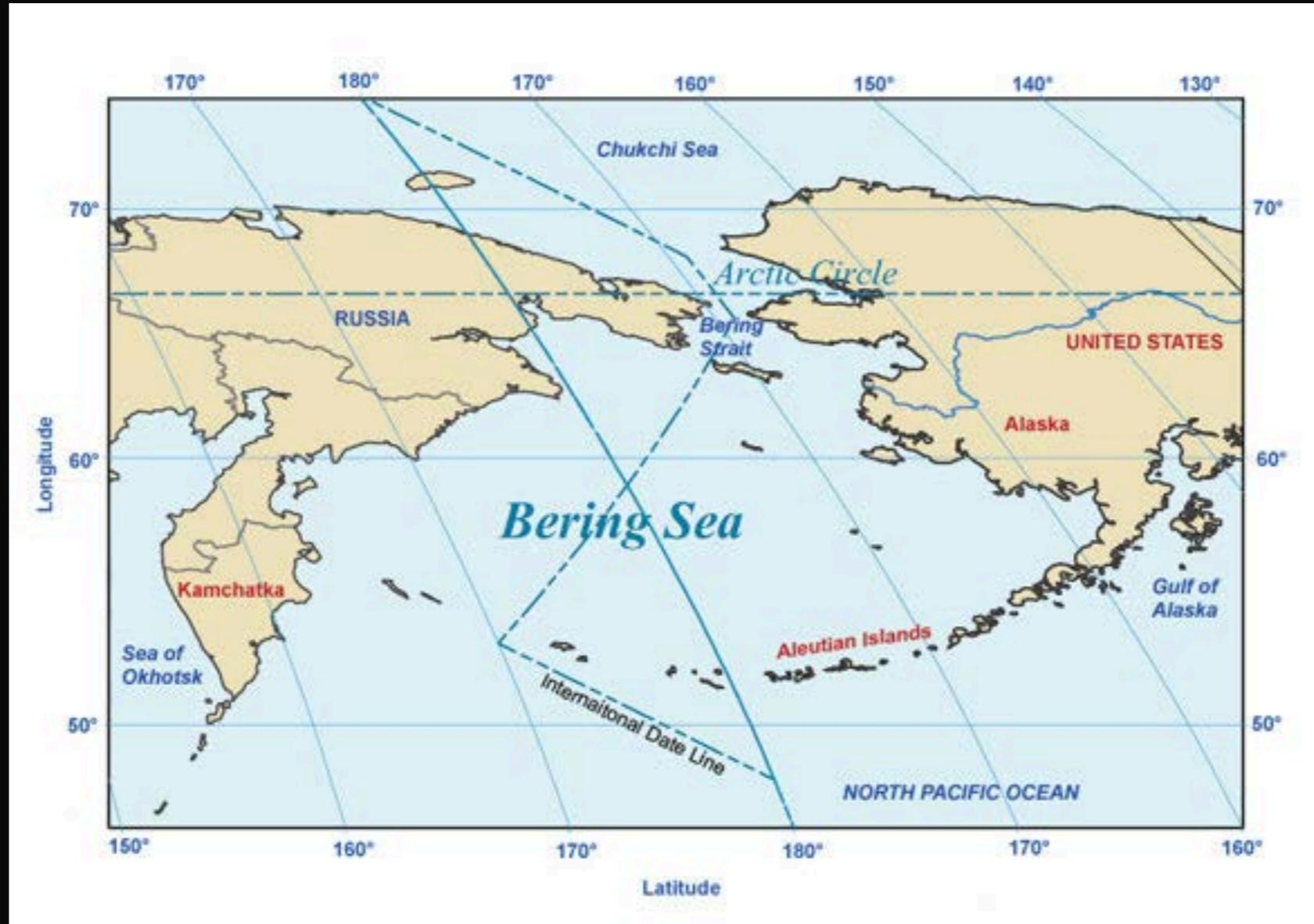
What is the only sea on Earth with no coastline?



What European country shares a border with Brazil?



What is the easternmost state in the United States?



Alaska

Balance



Balance



self-care as a balancing act

physical, emotional, psychological, spiritual, *and*
social/communal aspects of our being

action *and* contemplation

embracing *and* relinquishing



Glennon Doyle

“Life is brutal. But it’s also beautiful. Brutiful, I call it. Life’s brutal and beautiful are woven together so tightly that they can’t be separated. Reject the brutal, reject the beauty.

So now I embrace both, and I live well and hard and real. My job is to wake up every day, say yes to life’s invitation, and let millions of [people] watch me get up off the floor, walk, stumble, and get back up again”.

make music



make music



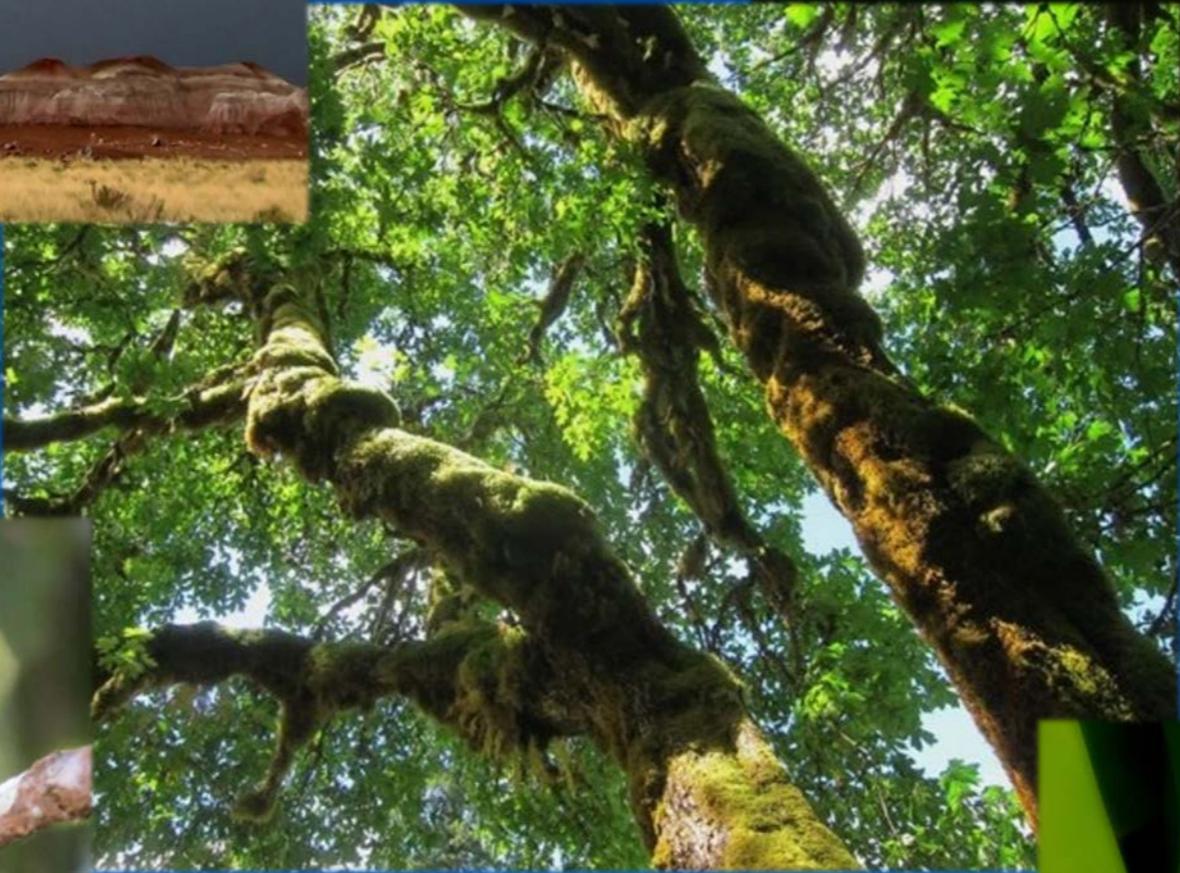
just
kidding



listen to others make music



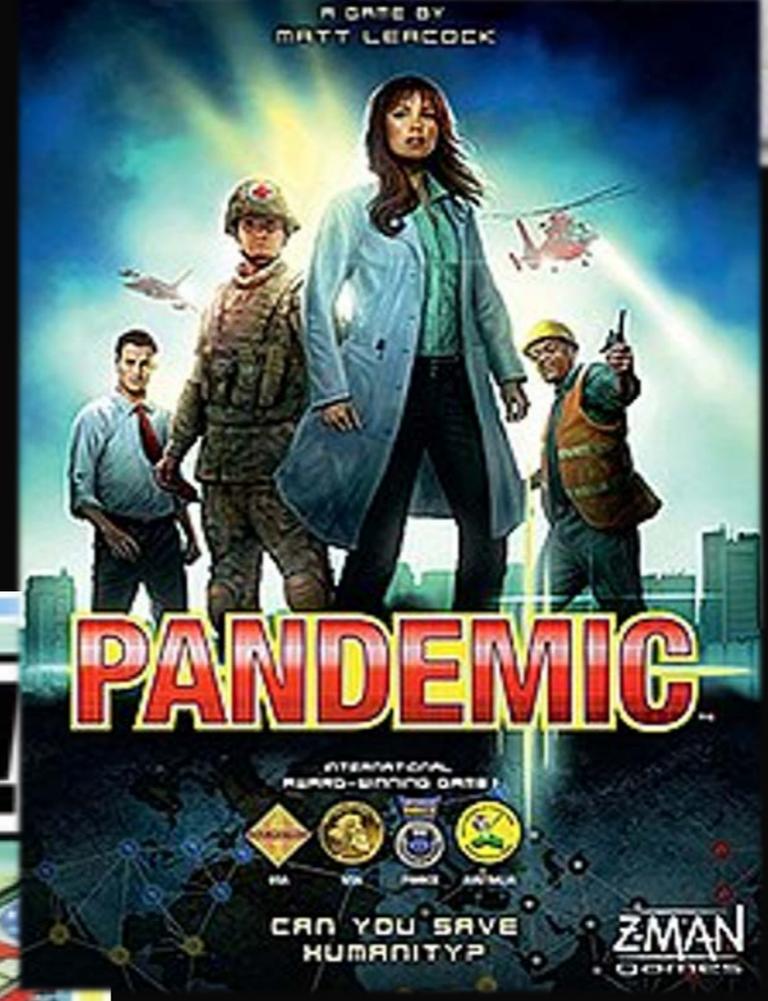
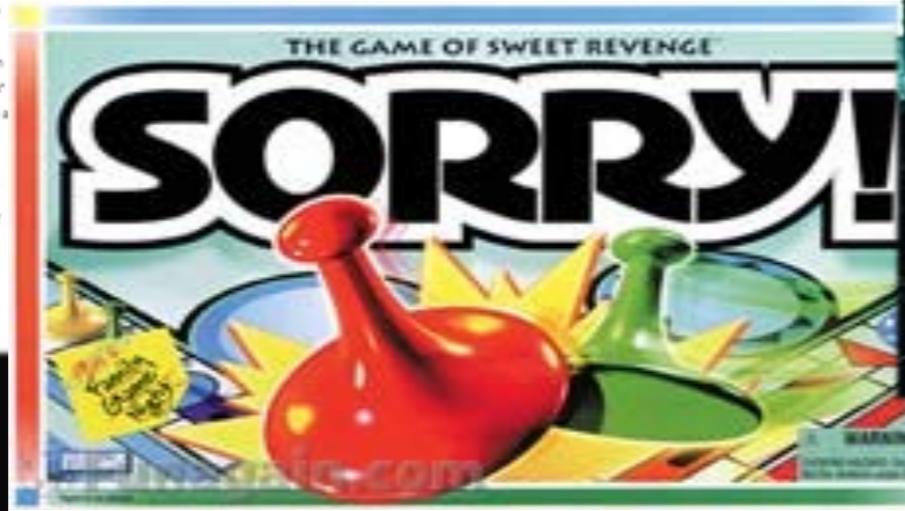
practice wonder



play games



- ACROSS**
- Come out on top
 - Monogram of "The Magic Flute" composer
 - Howard Hughes' studio
 - Newton's dried fruit
 - Santa _____ winds (California weather phenomenon)
 - Samurai's sash
 - Agcy. spawned by the Manhattan Project
 - Alley _____ (spectacular basketball play)
 - Baseball southpaw: Abner
 - Casting requirement?
 - Alternately
 - "Big pond" with no thermidone
 - "East of Eden" director Kazan
 - Buzet opera priestess
 - Lindy fig. for example
 - Yiddish busybody
 - Alt
 - 50's Ford fop
 - NYC racetrack, informally
 - Raven-ous monogram?
 - "oo-ah" state
 - Word after good or bad
 - Anchor
 - Cleans up, in a way
 - Some fedoras
 - Drug company that manufactures Valium
 - When said three times, a WW II film
 - General _____ chicken (War)
 - Tantalizer on a hook
 - Annual Mother's Day weekend event in 36
 - Across that is held at venues such as 21-
 - Across
 - Alter ego?
 - Clandestine nautical go
 - F.D.R. plan
 - Pierre's here
 - _____ gratia aris
 - Common deciduous tree
 - Catch
- DOWN**
- Top game of the 35-
 - Across 56-Across at 21-Across
 - What Bill Clinton claimed to have never done
 - They can be used to wrap silverware
 - Nighthowler, e.g.
 - Extremely hot
 - "Wind Beneath My Wings" singer Belle
 - French Renaissance man Francois, who used the pseudonym "Alcochbas Nasar," an anagram of his full name
 - "Diving capital of the world"
 - Eight: Comb. form
 - Without a doubt
 - Explosive mts.
 - Rapper Dr. _____
 - Sweet ending
 - Sch. with rec. ctr. named after its legendary coach John Wooden
 - _____ while they're hot"
 - Nancy who was the first woman to play in a men's professional basketball league
 - Nutritional std.
 - Clavovyanoe, e.g.
 - "Out on _____" (Stanley MacLane bestseller)
 - Spring flower?
 - With 55-Down, bigger cousin of 1-Down
 - Registering the most on the applause-o-meter
 - Building block in Phoenix
 - Winter hrs in 36-Across
 - Lennon's lady



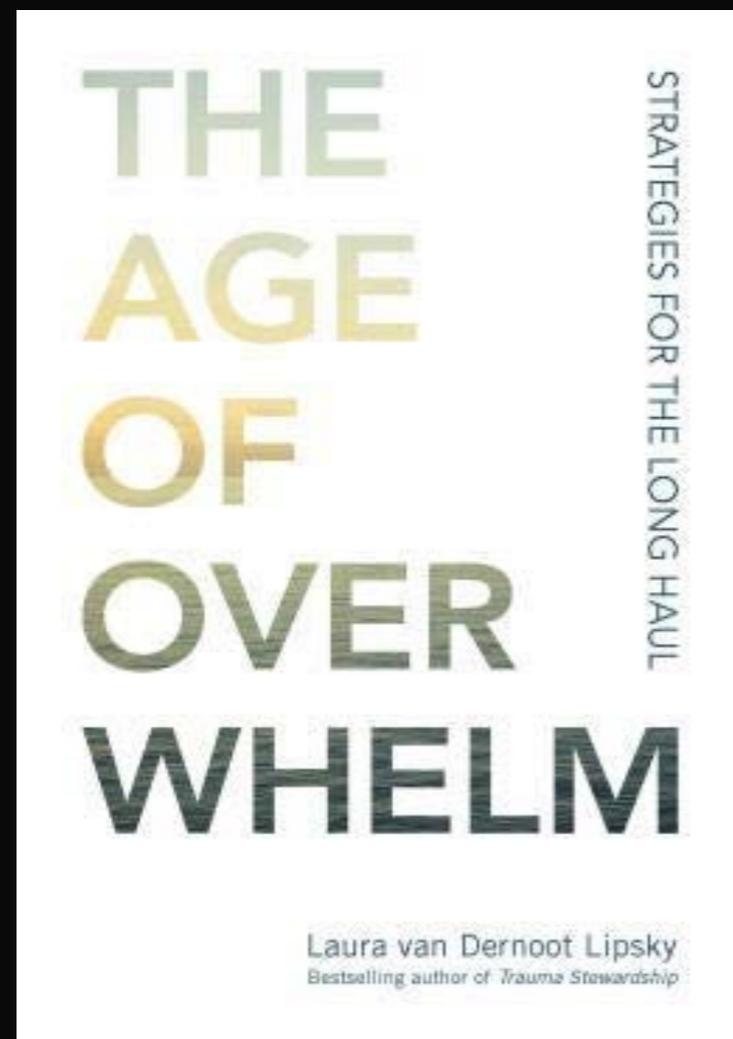
or not



Connection







Less distraction, more intention

Disconnect less, be present more

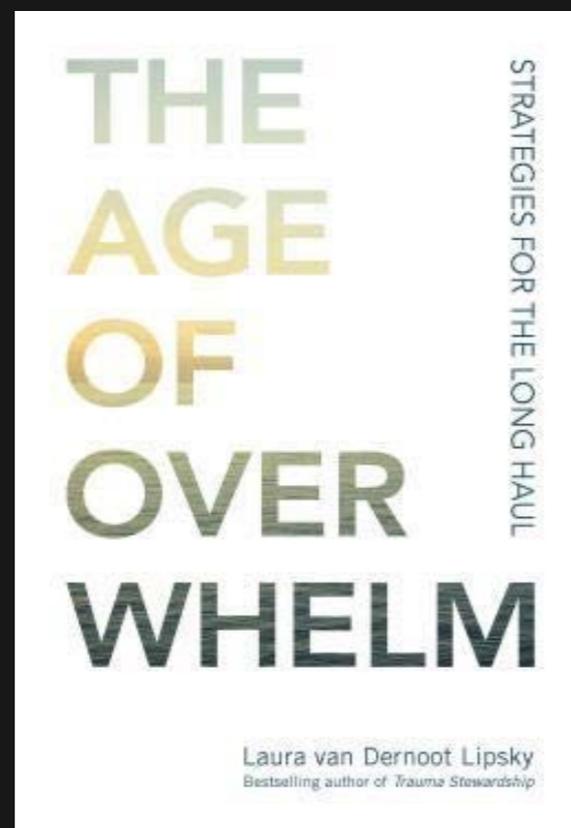
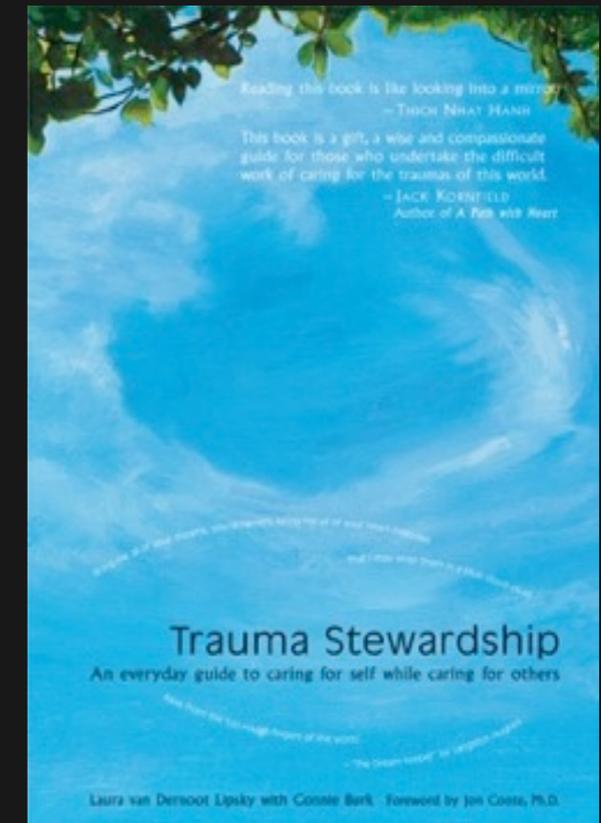
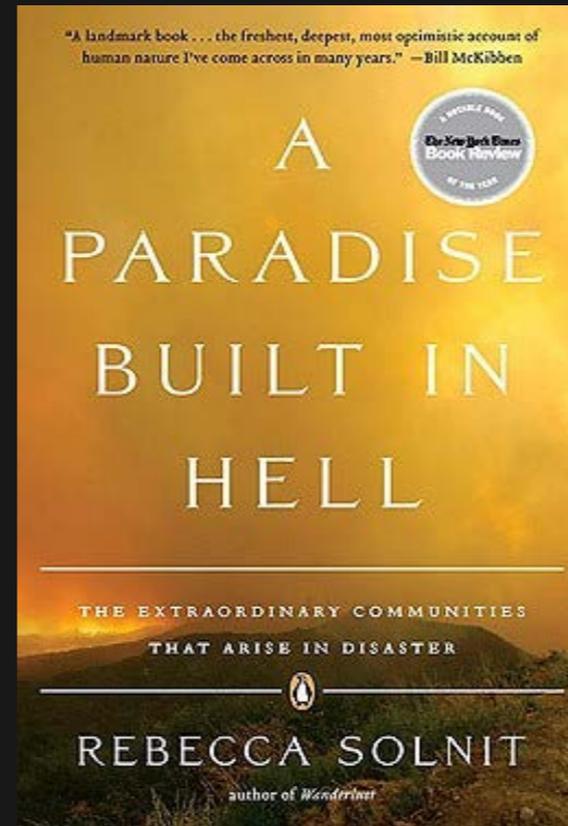
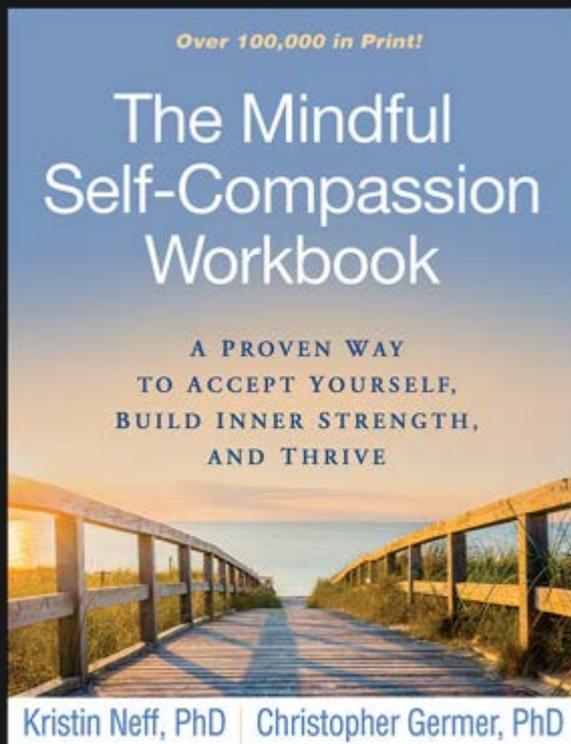
Less attachment, more curiosity

Less depletion, more stamina

When to step away



"It keeps me from looking at my phone every two seconds."



IGNACIO 's Self Care Plan!

MEDITATE TAKE LOTS OF BREAKS
MUSIC **Mind** LIFE-LONG LEARNING
FUN!

TEA NOURISHING FOOD
EXERCISE **Body** SLEEP EIGHT HOURS
EVERYTHING IN MODERATION

- Supportive People In My Life:
- GRETCHEN
 - MOM
 - MI VIEJO
 - ALBERTO
 - LYNNE
 - CAROLINE
 - REED
 - DEBORAH

MEDITATE HUMAN CONNECTIONS
SELF-REFLECTION **Spirit**
FULFILLMENT THROUGH USING MY AWESOME SKILLS

- I want to accomplish:
- PEACE
 - SERENITY
 - CONTROL
 - HAPPINESS
 - GOOD WORK
 - BE A GOOD PERSON

Four-Fold Franciscan Blessing

May you be blessed
with **discomfort** at easy answers,
half-truths, and superficial relationships,
so that you will live
deep in your heart.

Four-Fold Franciscan Blessing

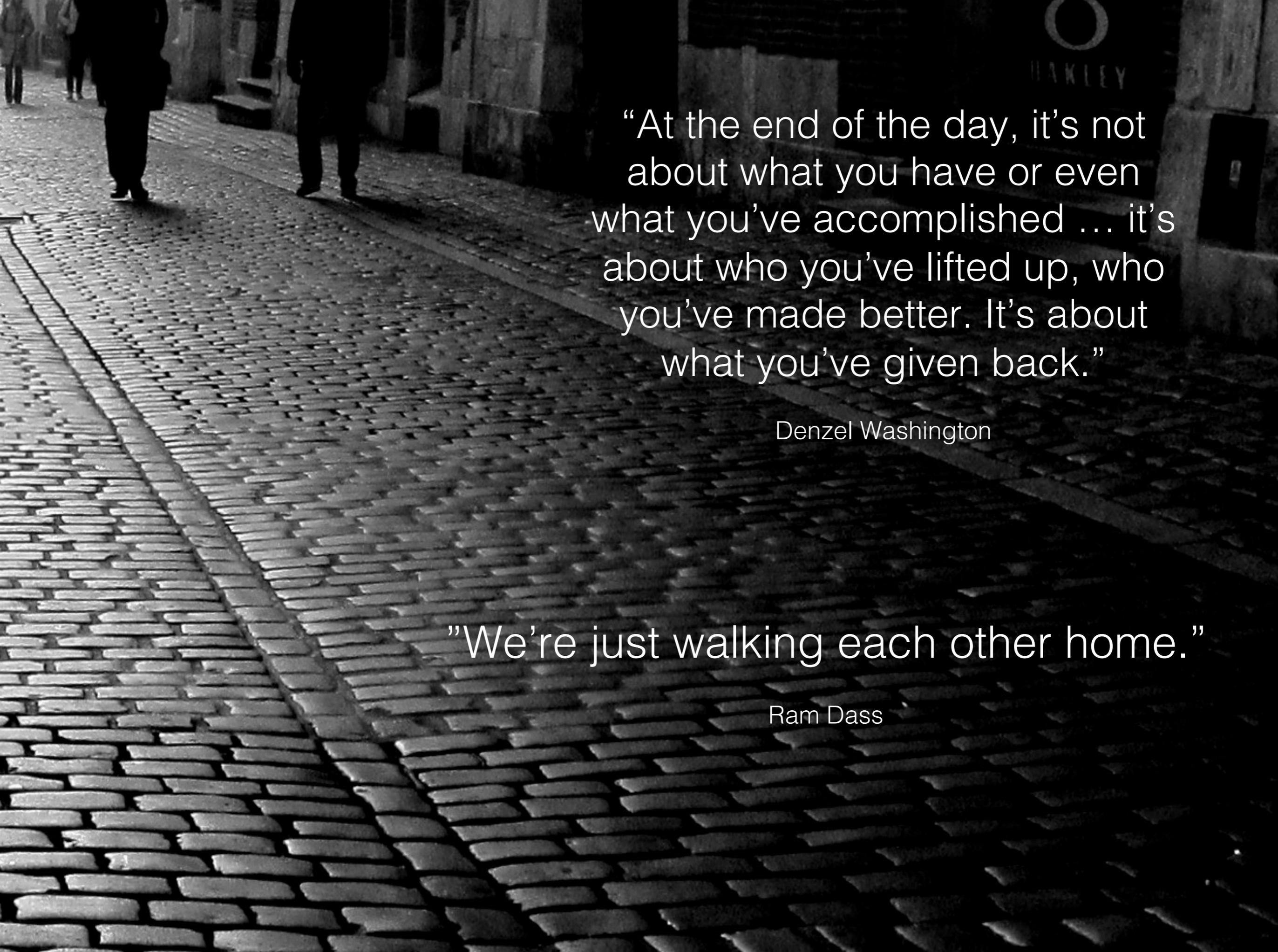
May you be blessed
with **anger** at injustice, oppression, and
exploitation of people and the earth
so that you will work for
justice, equity, and peace.

Four-Fold Franciscan Blessing

May you be blessed
with **tears** to shed for those who suffer
so you will reach out your hand
to comfort them and
change their pain into joy.

Four-Fold Franciscan Blessing

And may you be blessed
with the **foolishness** to think
that you can make a difference in the world,
so you will do the things
which others say cannot be done.



“At the end of the day, it’s not about what you have or even what you’ve accomplished ... it’s about who you’ve lifted up, who you’ve made better. It’s about what you’ve given back.”

Denzel Washington

“We’re just walking each other home.”

Ram Dass



Thank you!

Ken Kraybill, MSW
kkraybill@c4innovates.com
C4 Innovations



Save the Date

APR

OTHER

17

Yoga to Relax and Restore

Join us for a trauma-informed, restorative yoga series to bring connection and compassion for the

APR



29

EPLC Online Discussion Series | Payment Strategies for Coordinated Specialty Care

Sponsored by the New England Mental Health Technology Transfer Center, this series features online

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30

Scaling Evidence-Based Treatments for Children: Lessons Learned in CT

Increasing access to evidence-based treatments (EBT)s for children with mental health needs is a

[REGISTER](#)

