

A close-up photograph of a field of wheat and daisies. The wheat stalks are golden-brown and in sharp focus, while the daisies are white with yellow centers and slightly blurred in the background. The overall scene is bright and natural.

Lessons Learned: January to July 2021

August 11, 2021

ALEKS MARTIN, LSWAIC, SUDP x Northwest MHTTC



Circa late 1970's, Philippines.

GOALS

- Refresh ALL memories
 - no matter how faint
- Honor OUR achievements
 - no matter how small
- Celebrate CONNECTIONS
 - foster the future

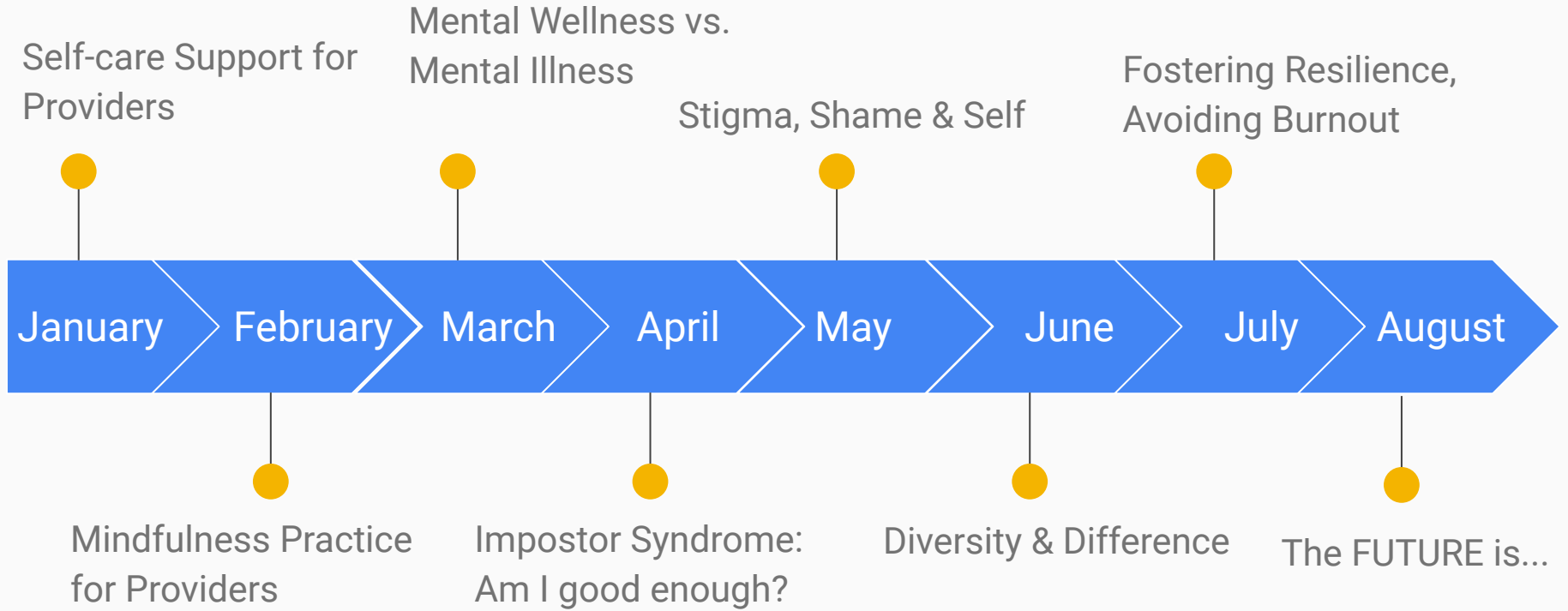
A landscape painting showing a range of mountains under a sky filled with soft, textured clouds. The colors are muted, with blues, greys, and earthy tones. The word "Gratitude" is overlaid in white text on the left side of the image.

Gratitude

- *Self*
- *Society*
- *Service*

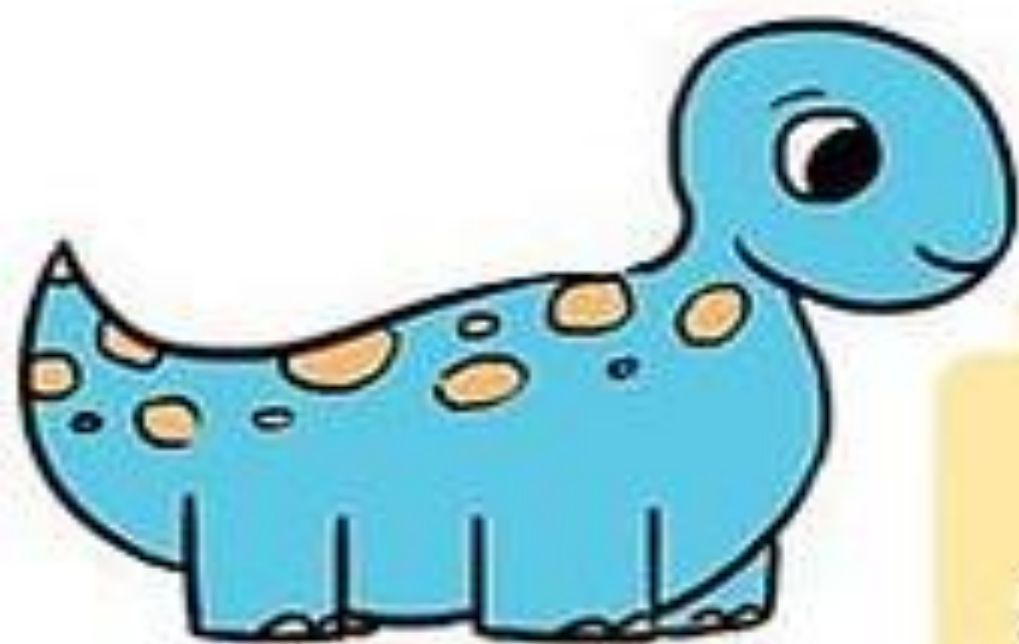
Hello, my name is





Self-care is necessary for effectiveness and success in honoring professional and personal commitments.

- *University of Buffalo, School of Social Work*



LPM Roy

SELF-CARE IS NOT
LAZY OR SELFISH.
SELF-CARE IS HEALTHY.
SELF-CARE IS IMPORTANT.
SELF-CARE IS NECESSARY.

**MINDFULNESS
MEDITATION**

**BREATHING
BODY SCANNING**



BREATHING

BODY SCANNING



MENTAL ILLNESS VERSUS MENTAL WELLNESS

PRESENTS ITSELF IN THERAPY WITH PATIENTS,

IT CAN ABSOLUTELY NEGATIVELY IMPACT

OUR OWN PROFESSIONAL AND OVERALL WELL-BEING.



- START w/ SELF-CARE

STOP STIGMA & SHAME

- SATIATE the SPIRIT

- NO means NO

- PAUSE & PLAY w/ POSITIVITY

Feeling like a fraud...



- Self-doubt
- An inability to realistically assess your competence and skills
- Attributing your success to external factors
- Berating your performance
- Fear that you won't live up to expectations
- Overachieving
- Sabotaging your own success
- Setting very challenging goals and feeling disappointed when you fall short

Common Signs



- Talk to YOUR mentors
- Recognize YOUR expertise
- Remember what YOU do well
- Realize no one is perfect
- Change your thinking
- Talk to someone who can help

Here's what we can do for ourselves
and each other....



"You Is Smart,

You Is Kind,

You Is Important."

- Aibileen Clark in *The Help*

as portrayed by triple threat

actress, Ms. Viola Davis



Hieu Pham, MD MSPH AAHVS

Boya Hua, MSW LMHC LSWAIC



W How do you celebrate your accomplishments as professionals,
including personal achievements? In whatever setting you
choose....





SELF-KINDNESS

Self-care is DIFFERENT

for EVERYONE.

INTENSE
MEETING
SCHEDULE

DAILY
STAND-UP
MTG
IN EVENING



Self-care is SIMPLE.



Self-care is **SELF-CHECK.**



Self-care is DIFFERENT EVERY DAY.



RAY GOTTESMAN, LSWIC



S.M.A.R.T.

Specific

Measurable

Attainable

Realistic

Timebound



What tips & tricks have you adopted to foster resilience whilts avoiding burnout?



Northwest (HHS Region 10)
MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

UW Med
DEPARTMENT OF P
AND BEHAVIORAL



Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app



SALAMAT PO & THANK YOU!
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Download a copy via (University of Buffalo, SSW)

<http://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/self-care-poster.pdf>

Standards of Self-Care (Traumatology Academy)

https://cdn.ymaws.com/sites/www.naswnc.org/resource/resmgr/Standards_of_Self_Care-1.pdf

Self-Care amidst Pandemic (NASW)

<https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus/Self-Care-During-the-Coronavirus-Pandemic>

Mindfulness for Skeptics

<https://www.realsimple.com/health/mind-mood/mindfulness-for-skeptics>

BC/AD vs BCE/CE

<https://www.ancient.eu/article/1041/the-origin-and-history-of-the-bcece-dating-system/>

5 Ways to Practice Breath-Focused Meditation

<https://www.everydayhealth.com/alternative-health/living-with/ways-practice-breath-focused-meditation/>

Body Scan Meditation (Greater Good Science Center, UC-Berkeley)

https://ggia.berkeley.edu/practice/body_scan_meditation

Mindfulness for Students Script (Partner Skills)

<http://mindfulnessforstudents.co.uk/resources/the-body-scan/>

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<https://www.mcleanhospital.org/essential/yes-there-big-difference-between-mental-health-and-mental-illness>

“Creating a Healthier Life: A Step-By-Step Guide to Wellness”, Substance Abuse and Mental Health Services Administration (SAMHSA)
<https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958>

“Stigma, Prejudice and Discrimination Against People with Mental Illness”, American Psychiatric Association
<https://www.psychiatry.org/patients-families/stigma-and-discrimination>

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<https://www.success.com/3-external-factors-that-are-affecting-your-success/>

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Mental Health Monitor: Shame — The Elephant in the Room by Darlene Lancer, LMFT, JD, *Social Work Today* <https://www.socialworktoday.com/archive/051815p30.shtml>

Shame V. Guilt, by Dr. Brene Brown <https://brenebrown.com/blog/2013/01/14/shame-v-guilt/>

[“Self-care looks different every day”](#), Everyday Om 2020

[“Self-care looks different for everyone and that’s okay”](#), Hancock Health, 2018

[“Self-care is different for everyone”](#), Sondermind 2020