



SELF-CARE PROMOTING COLLECTIVE WELLNESS, RESILIENCE, AND STRESS MANAGEMENT

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IN CONJUNCTION WITH
NORTHWEST MENTAL HEALTH
TECHNOLOGY TRANSFER CENTER

LEARNING OBJECTIVES

At the end of this learning community, participants will be able to do the following:

- Learn ways to approach self-care and wellness from a holistic perspective.
- Identify actionable steps to develop a more supportive work culture within their scope of influence.
- Learn how to relieve daily stressors in healthy ways and help identify resources and natural supports.
- Increase their investment stress management to improve daily functioning and increase productivity.

QUOTES TO PONDER...

“Running away from any problem only increases the distance from the solution. The easiest way to escape a problem is to solve it.”

Unknown

“Healer, Heal Thyself”



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REVIEW



How was last week's session?

How was the Challenge this past week?

CREATING BRAVE SPACES

- Active Listening
- Intentionality
- Modeling



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WHAT IS SELF-CARE?



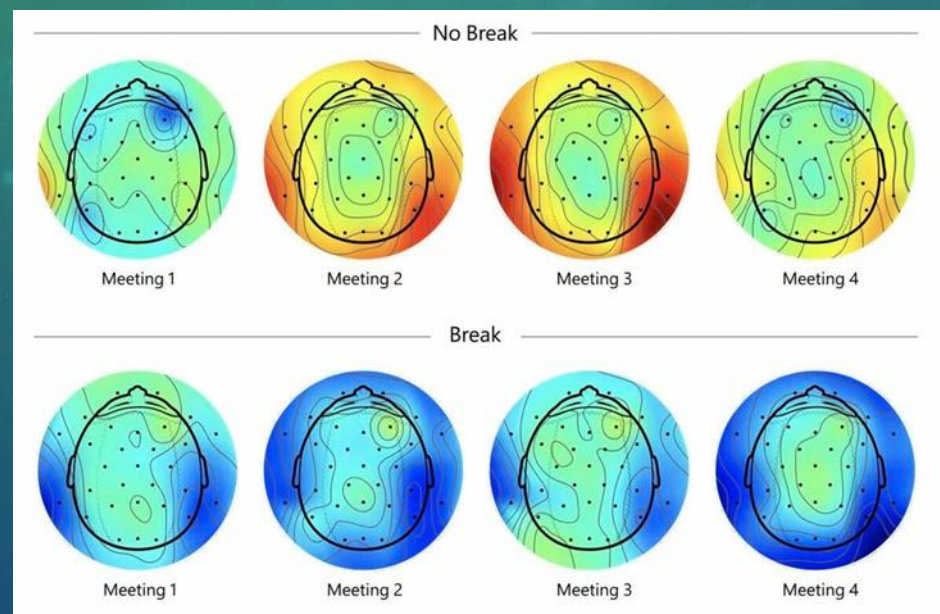
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WHY IS SELF-CARE IMPORTANT FOR THE BEHAVIORAL HEALTH WORKFORCE?



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BURNOUT: THE ELEPHANT IN THE ROOM



STRESS MANAGEMENT



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RESILIENCE: SUPERPOWER OR CURSE?



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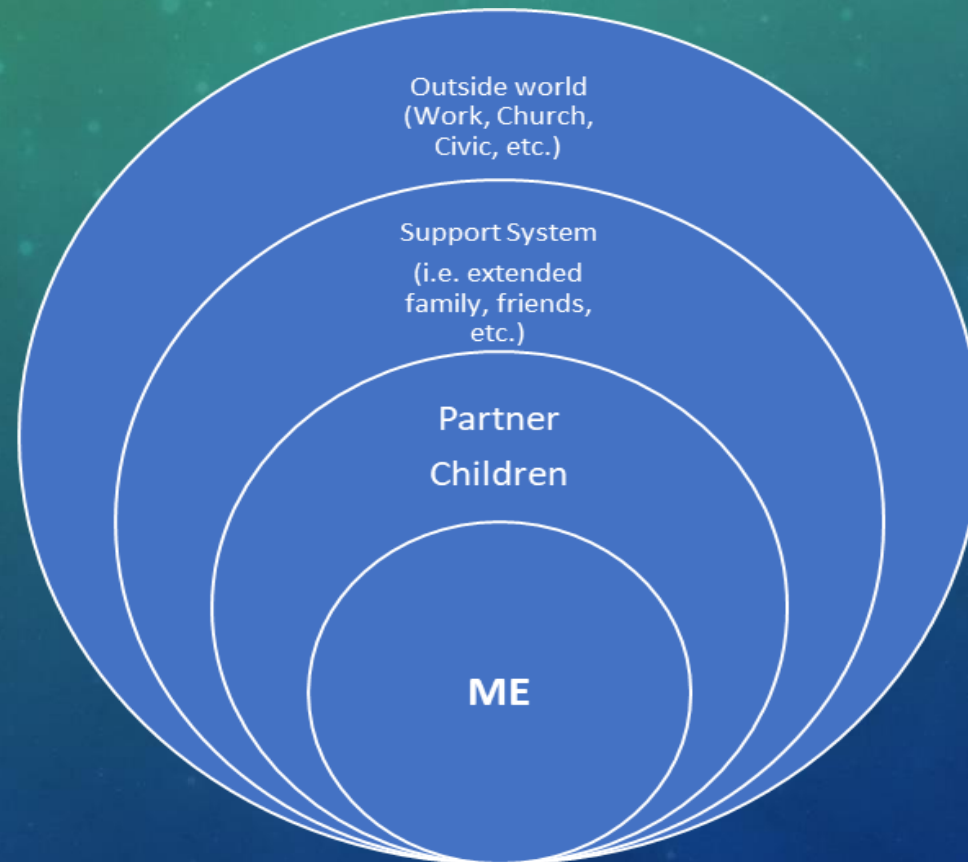


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SOLUTION-BASED STRATEGIES

- 1. Build Awareness**
- 2. Check-In with Yourself: Coping or Safety?**
- 3. Play**

CIRCLES OF SELF

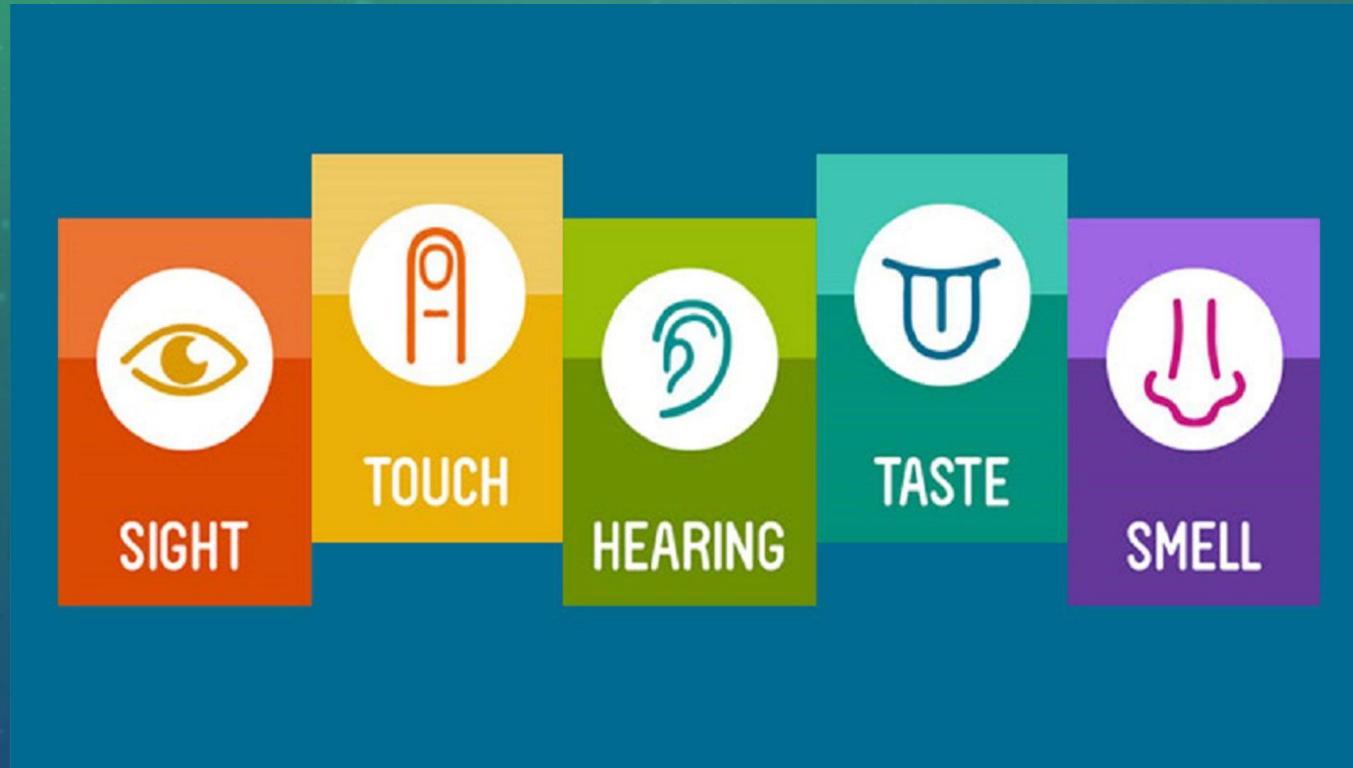


GOAL REVIEW



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5 SENSES OF SELF-CARE



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IN CONCLUSION

- What is Self-Care? What is Burnout?
 - Solution Based Strategies
 - 5 Senses of Self-Care
- Healer, Heal Thyself!!!***

*I choose thoughts
that create a
healthy
atmosphere within
and around me.*

**DIABETES AWARENESS
FOUNDATION, INC.**
RUBY A. NEESON

www.fightdiabetesnow.org

PARTING THOUGHTS...

Staying on the narrow path demands a conscious focus on your relationships, not leaving their quality and intensity to chance. It means treating them with the kind of seriousness that people usually reserve for their money or career. It also means chipping away at the aspects of life that can distract you and crowd love out. But everyone has the potential to do these things—even the Oblonskys.

WEEKLY CHALLENGE



FOR YOUR TRAINING NEEDS

More info at:

<https://mhttcnetwork.org/centers/northwest-mhttc/home>



Northwest (HHS Region 10)

MHTTC

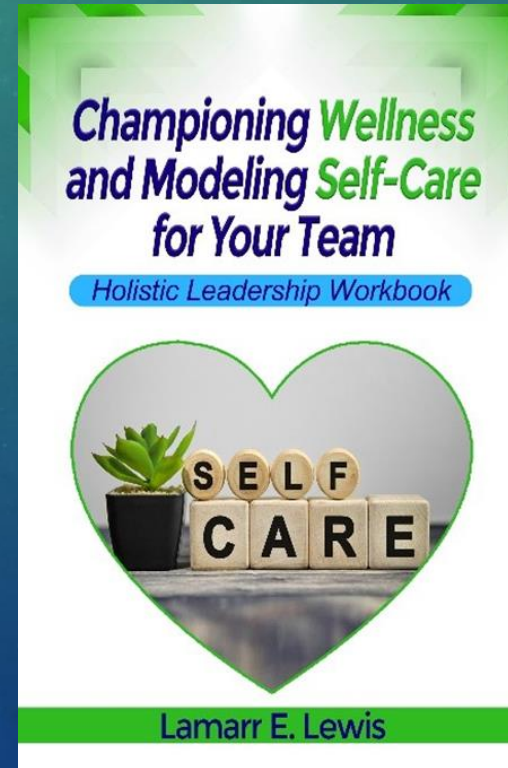
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

STAY IN TOUCH!!!

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SUPPLEMENTAL SLIDE

Ideas from me...

Being Intentional

Check-Ins Weekly (Face to Face or virtual)

Wellness Wednesdays

Walking Meetings

Virtual Coffee Breaks or Luncheons