

Self-Care for Mental Health Professionals

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www.TRAILStoWellness.org

Great Lakes Mental Health
Technology Transfer Center
August 10, 2021

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August 2021

MHTTC Words Matter

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf



Thank You for Joining Us!


A few housekeeping items:

- If you are having technical issues, please individually message Kristina Spannbauer or Stephanie Behlman in the **chat section at the bottom of your screen** and they will be happy to assist you.
- If you have questions for the speaker, please put them in the **Q&A section** at the bottom of your screen.
- We will be using automated captioning during the presentation today

Thank You for Joining Us!

A few more housekeeping items:

- A copy of the power point slides, as well as the recording and handout will be available on the MHTTC website within two weeks.
- You will be directed to a link at the end of the presentation to a very short survey – we would really appreciate it if you could fill it out. It takes about 3 minutes.
- Certificates of attendance will be sent out to all who attended the full session. They will be sent via email and take 7-10 days.

A close-up photograph of several social media icons on white keyboard keys. The icons include Pinterest (red circle with white 'P'), Snapchat (yellow square with white ghost), Instagram (purple-to-orange gradient square with white camera outline), Facebook (blue square with white 'f'), and Twitter (blue bird silhouette).

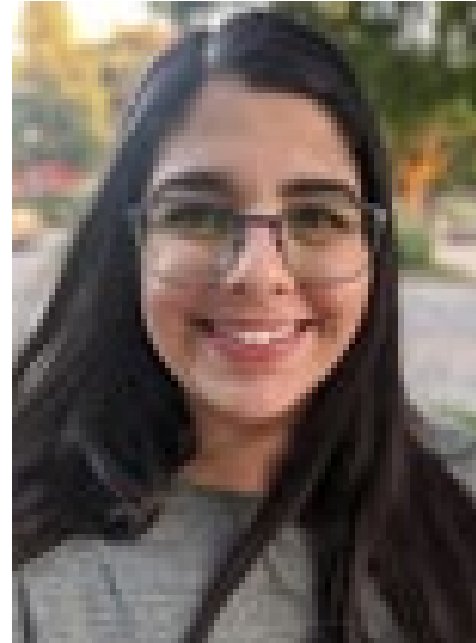
Follow Us On Social Media!

Facebook and Twitter:

- @GreatLakesATTC
- @GMhttc
- @GLPTTC

If you are on our mailing list please look for our weekly email with information on upcoming events

Presenter



Natalie Rodriguez-Quintana, PhD, MPH



The webinar will start at 1pm Central



Self-Care for Mental Health Professionals

Natalie Rodriguez-Quintana, PhD, MPH

www.TRAILStoWellness.org



Welcome!



Presentation Goals

- Acknowledge the unique burden for school personnel
- Recognize the importance of self-care & wellness
- Introduce and practice a set of effective coping skills
- Support individual coping goals
- End on time!

Gratitude

Blue Cross Blue Shield of Michigan Foundation

Centers for Medicare and Medicaid Services through the Michigan Department of Health and Human Services

The Children's Foundation

Community Foundation for Southeast Michigan

Detroit Medical Center Foundation

Detroit Public Schools Community District

Detroit Wayne Integrated Health Network

The Ethel & James Flinn Foundation

George B. Storer Foundation

The Jewish Fund

Metro Health Foundation

Michael & Betsy Mackey

Michigan Health Endowment Fund

National Institute of Mental Health

Prosper Road Foundation

Susan M. Wellman Family Fund

U.S Department of Education

The University of Michigan Department of Psychiatry and Comprehensive Depression Center

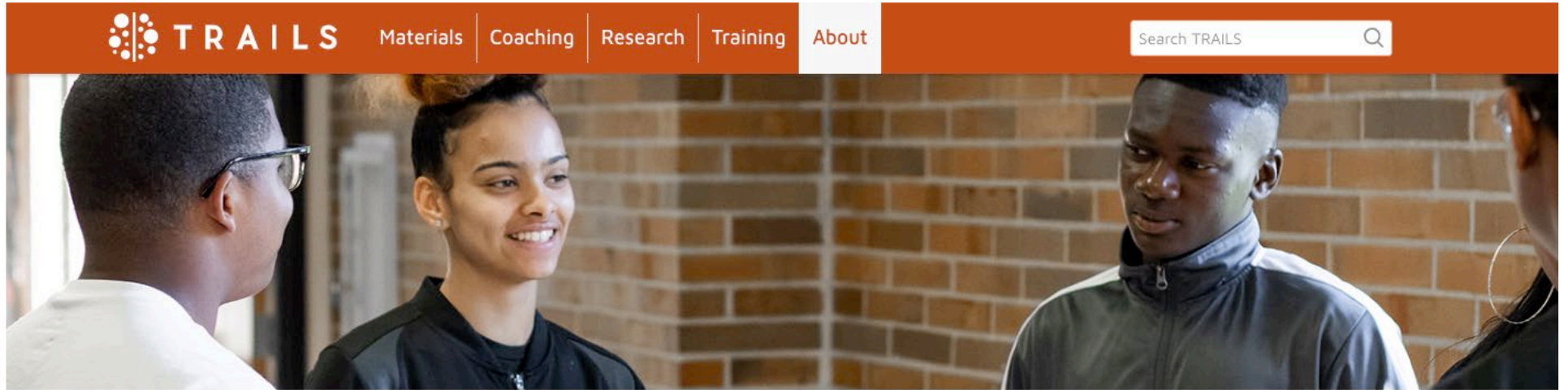


DMC Foundation





Transforming Research into Action
to Improve the Lives of Students



About

In Their Own Words

TRAILS Team

Support

Contact

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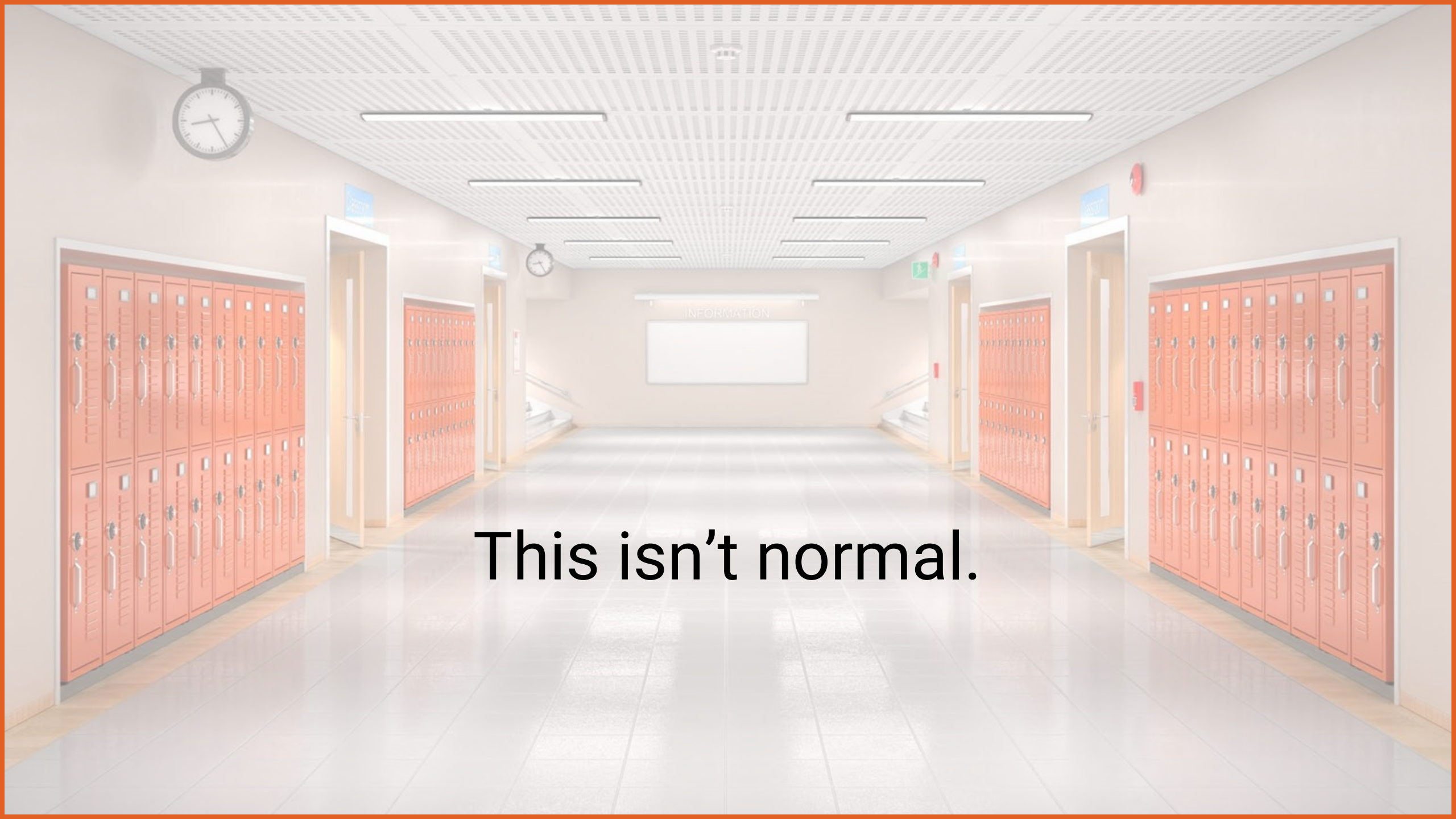
About

Effective mental health services, accessible in all schools.

TRAILS improves youth access to evidence-based mental health services by training school mental health professionals in effective practices, such as cognitive behavioral therapy and mindfulness. Not only do these skills-based techniques help students navigate common academic and social pressures, but they have also been shown to reduce symptoms of more serious mental illness, such as anxiety, depression, and post-traumatic stress disorder (PTSD).

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TRAILS provides training and resources that help students develop and improve coping skills using skills that work



This isn't normal.

What is your role?

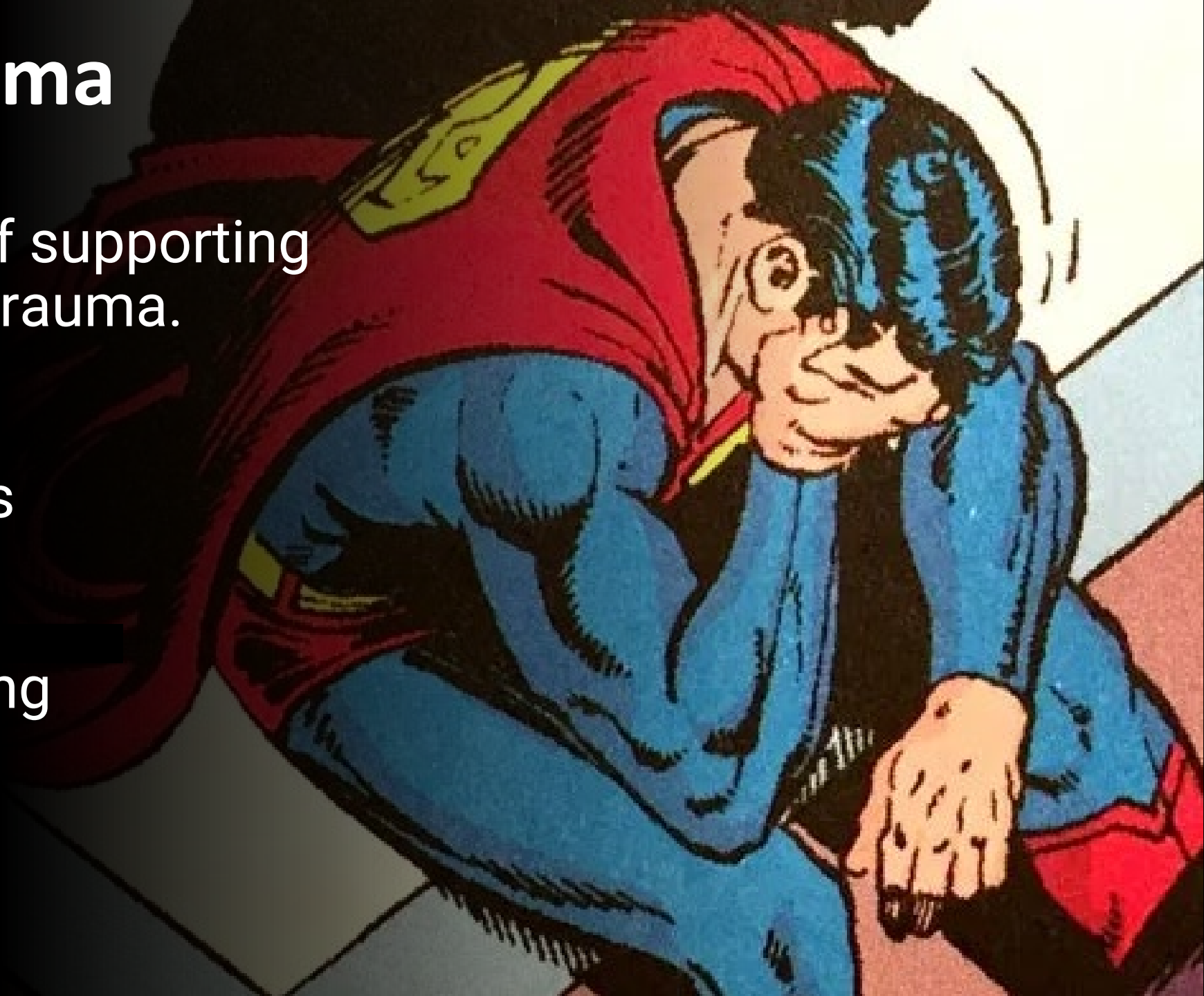
**What do you most want to
get out of today's session?**

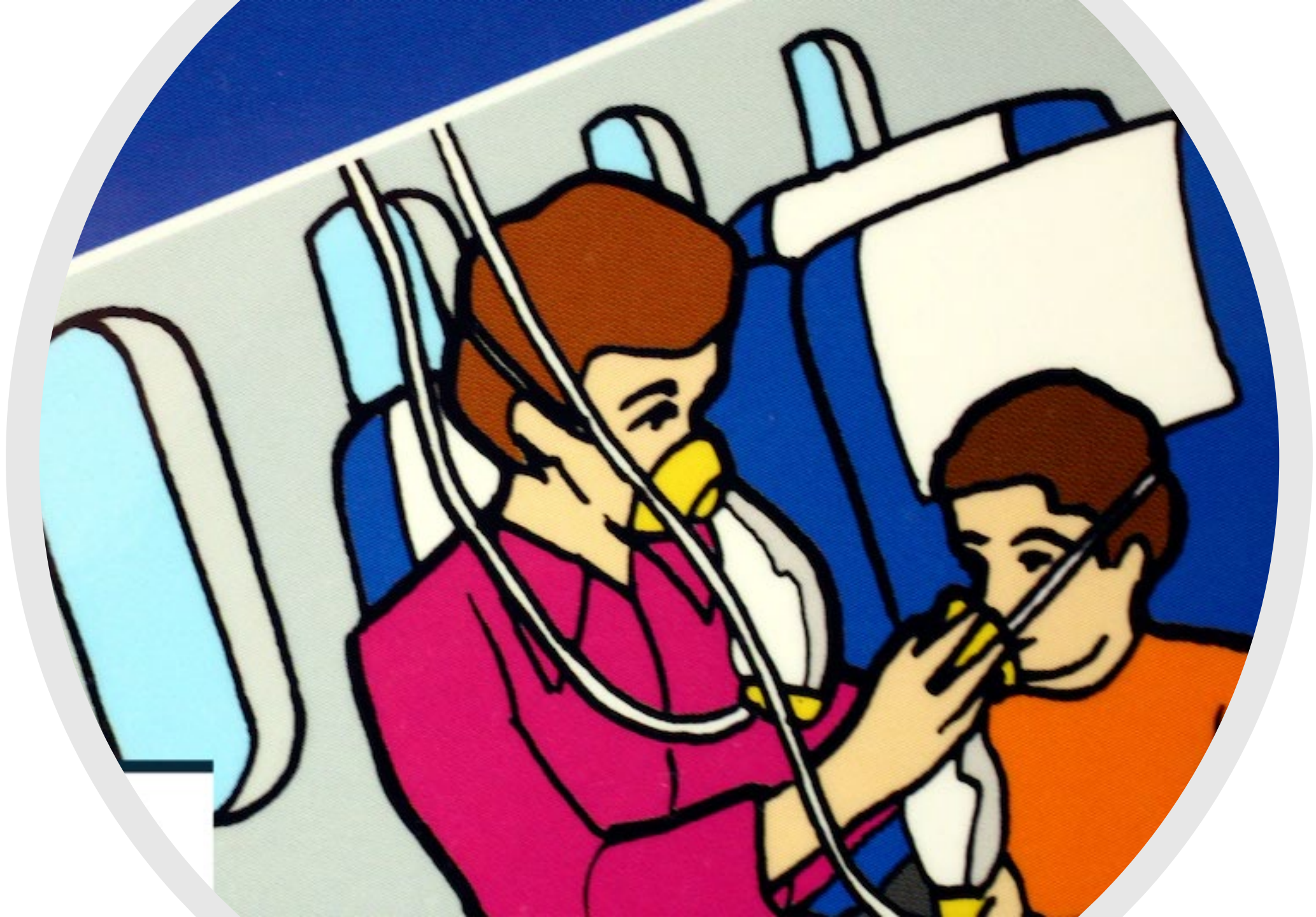


Vicarious Trauma


Cumulative effect of supporting those impacted by trauma.

- Exhaustion
- Intrusive thoughts
- Hopelessness
- Burnout
- Emotional numbing





Take time to reflect and reset



May the next few months of
your life be a period of
magnificent transformations.

- How did I cope this past year?
- What worked? What didn't work so well?
- How would I like to cope differently?
- What will help me stay well, moving forward?

Evaluating your coping skills

- **Does your coping strategy work for a "sprint"?**
 - Calm me down if I am worried?
 - Cheer me up if I am sad?
 - Help me sleep better at night?

- **Does it work for a "marathon"?**
 - Are there any harmful side effects – either right away or later?
 - Does this hurt anyone or put anyone in danger, including myself?
 - Does this help connect me to friends or family members that I trust?
 - **If this became a habit, how would it impact my health long-term?**

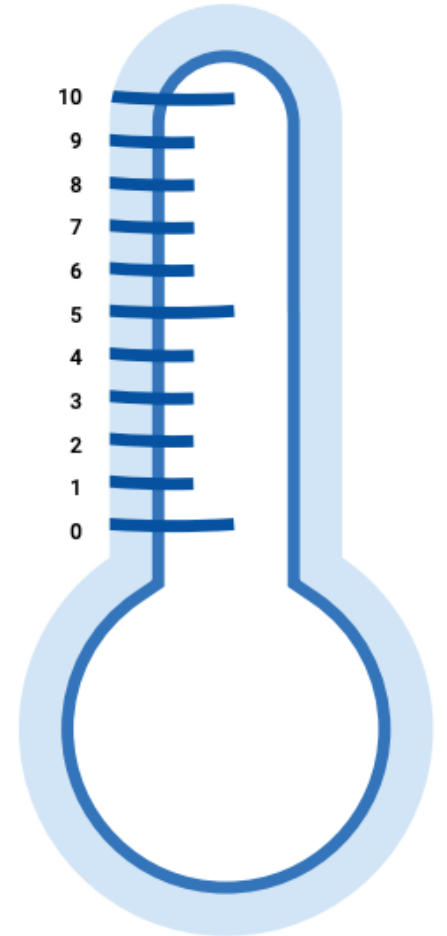


Activity: Evaluating your coping skills

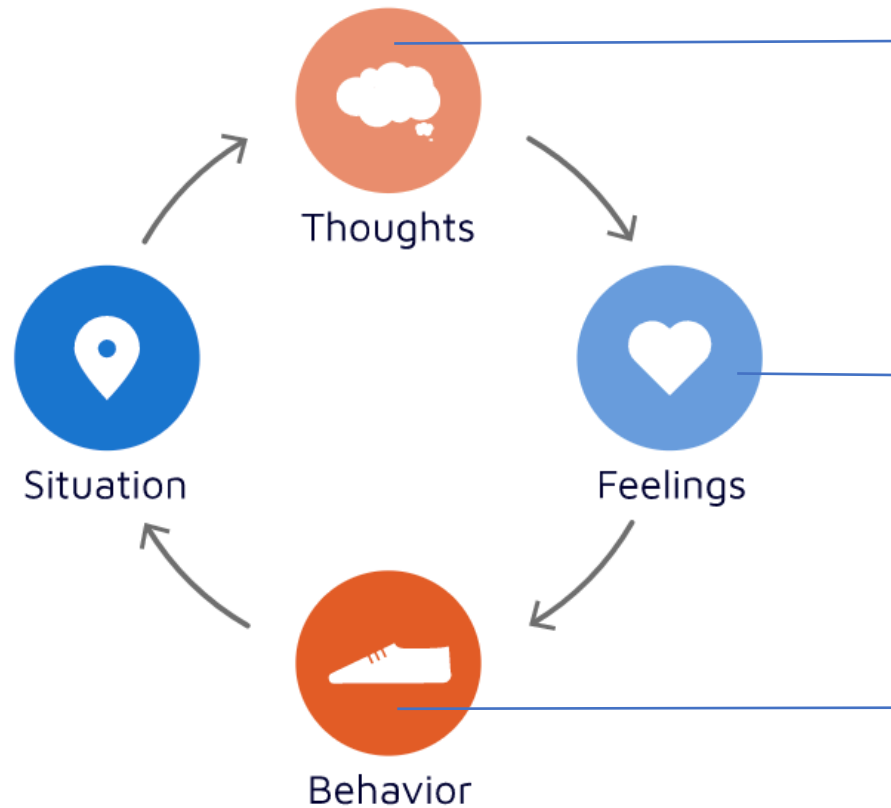
	Does it work right now	Does it cause problems long term	Is it hard to do right now	Does it make things better long term	No impact or change now or later
Stress / pressure 1. 2.					
Worry / anxiety 1. 2.					
Sadness / depression 1. 2.					

Self-care requires *mindfulness*

- Mindfulness is:
 - Intentional attention
 - Non-judgmental awareness
 - One thing at a time
- Mindful attention is needed to:
 - Check-in with feelings in the moment
 - Notice behavior patterns
 - Listen to ourselves



Self-Care requires *strategies that work*



- Stay in the Present
- Cope with uncertainty & unhelpful thoughts

- Recognize and validate emotions
- Notice and cultivate joy

- Stay active
- Balance structure and flexibility

Cognitive Behavioral
Therapy

<https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-everyone.pdf>

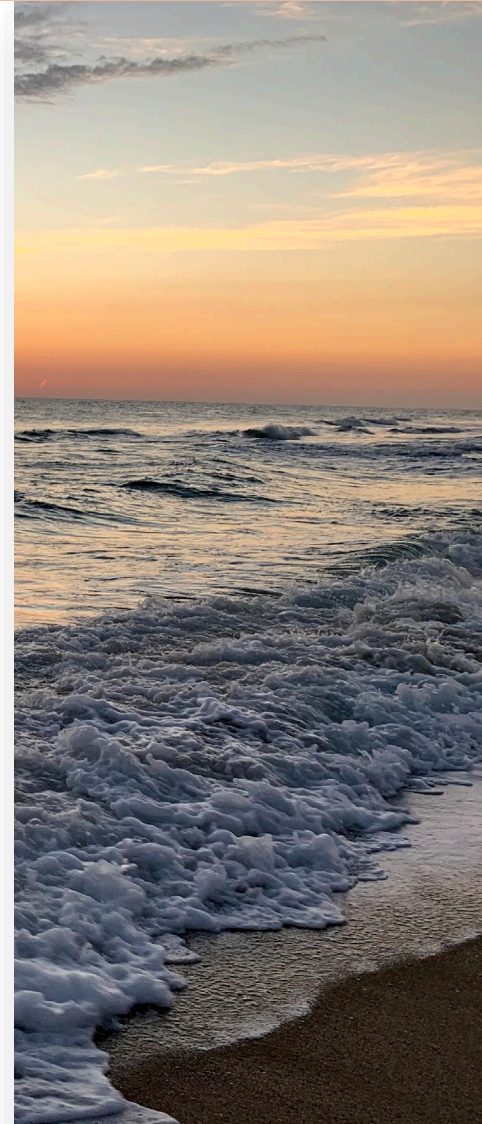
Recognize and validate emotions

Why?

- Improve self-awareness
- Increase self-compassion
- Reduce guilt & self-blame
- Activate & evaluate coping strategies

How?

- Emotions as waves
- Radical acceptance
- Self-Compassion
 - Non-judgment
 - Kindness
 - Common humanity



Self-care

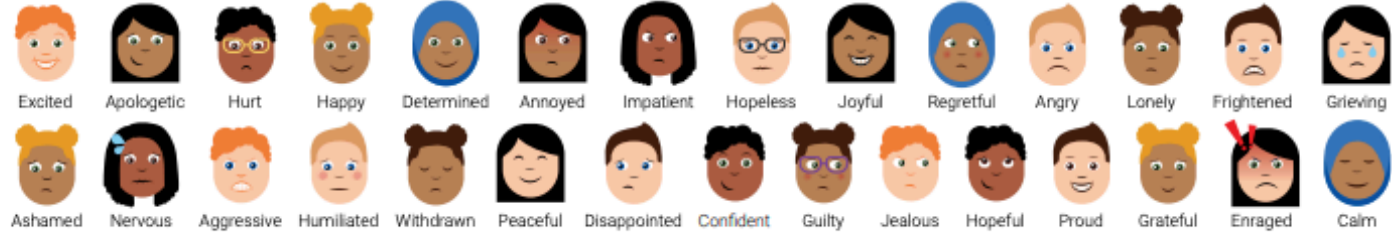


PSYCHOEDUCATION: FEELINGS
Daily Feelings Log

Daily Feelings Log

Time:

The more you understand your feelings, the better you will be able to manage them. Use this log each day at the same time for at least one week to practice noticing your feelings. This will improve your self-awareness and empower you to feel better.



	Feeling	Rating (1-10)
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

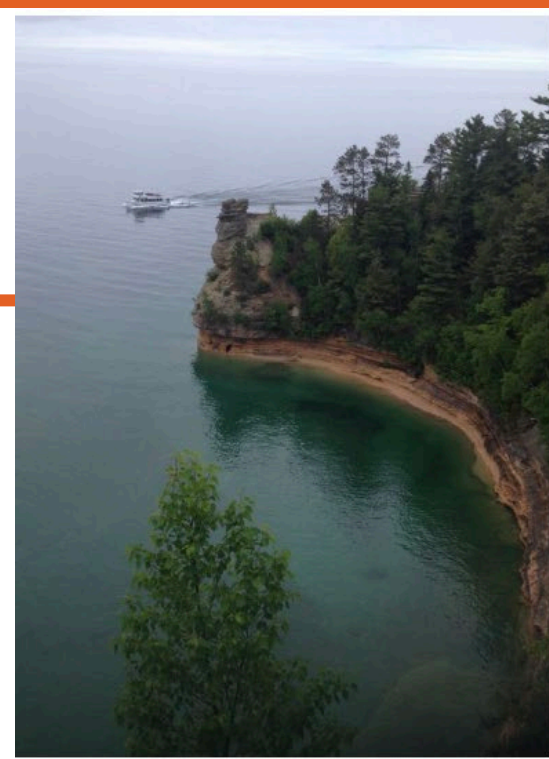
Stay in the present

Why?

- Slow down & build awareness
- Reduce self-blame or guilt
- Build resilience & stamina

How?

- Notice and name your feeling
- Stay grounded



Your body is present.



Is your mind?



“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

- John Kabat-Zinn

Stay Grounded

Object:



Sight

Notice what the object looks like. Does it have any colors? Is it large or small? Are there any patterns or shapes?



Sound

Does the object make any sounds? Are they quiet or loud?



Touch

What do you notice when you feel it with your hand? Notice how heavy it is or how light. Does it have texture? Is it smooth, rough, slick, soft or firm?



Smell

Notice its smell. Is it a strong smell? Does it smell similar to other things?



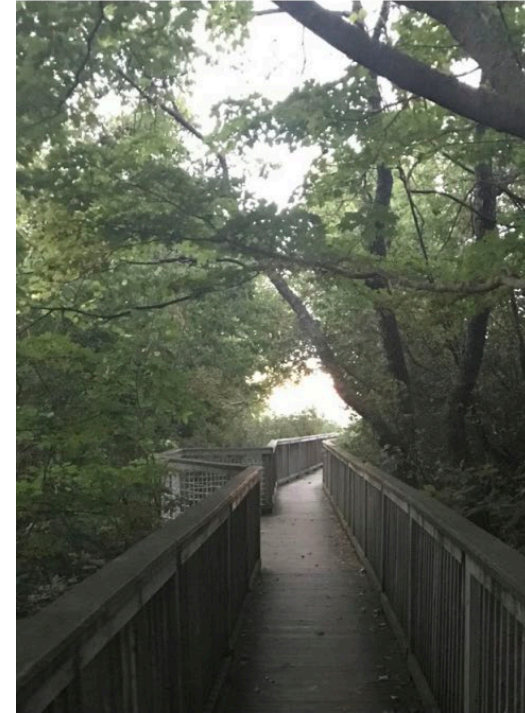
Taste

If it's safe, touch the object to your tongue or place it in your mouth. Notice the taste. Notice changes in your mouth. Notice the flavor and how it might change if you keep it in your mouth.

Cope with uncertainty & worry

How?

- Identify unhelpful thoughts
- Consider what is within your control
- Use coping thoughts to challenge unhelpful thoughts



“I am the master
of my fate and
the captain of my
destiny.”

- Nelson Mandela

Consider what is within your control

“Especially in times of uncertainty, it’s seductive to believe that if you worry about something for long enough, you can affect the outcome, but this is a fallacy.”

Pooja Lakshmin, NYT. July 2020

Decide if the worry **is about something within your control.**

Worries about things you **can control** can help motivate you to make a plan or take action.
Worries about things you **cannot control** are depleting.

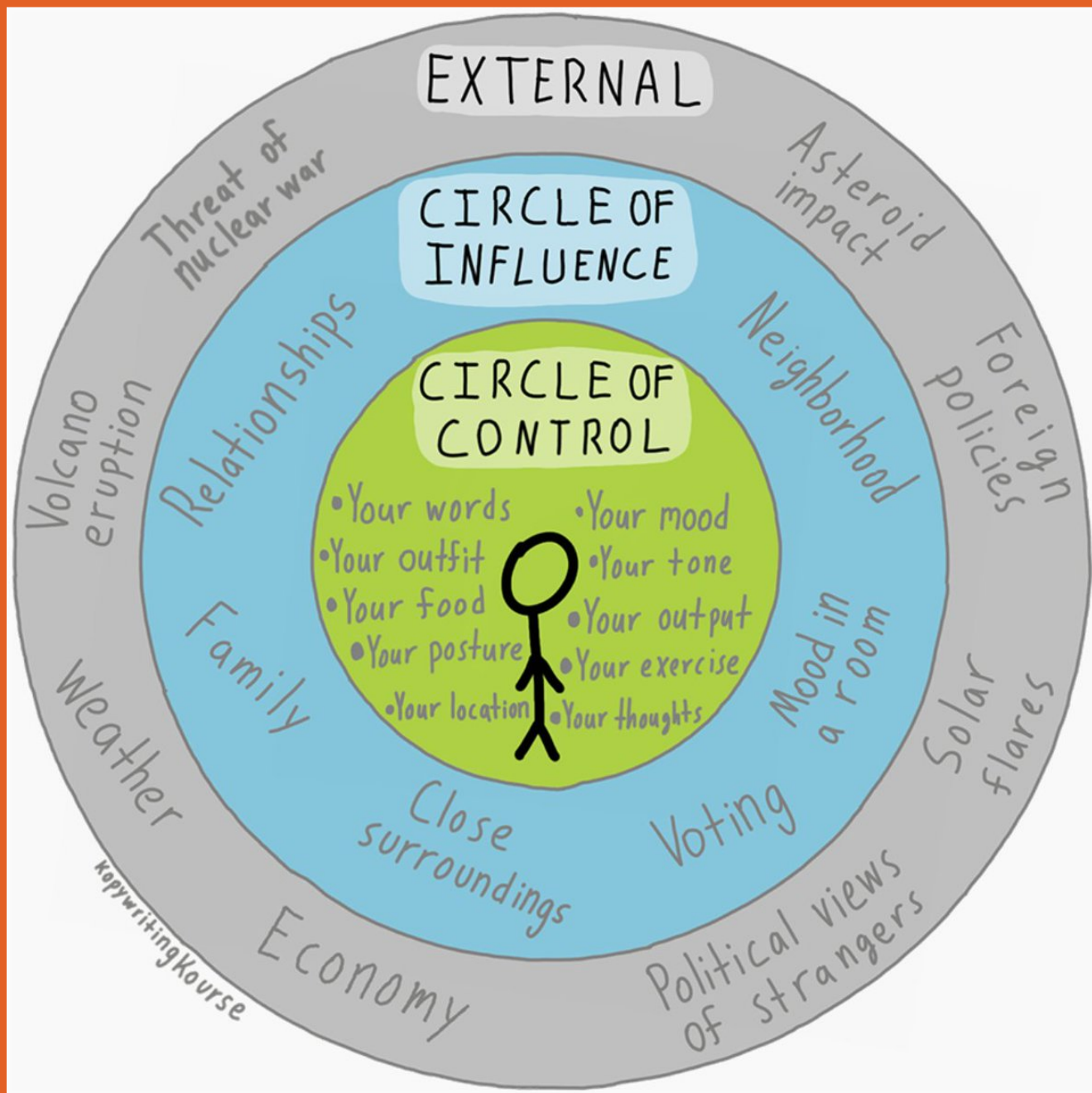
Problem-solve **the parts within your control.**

Problem-solving involves considering your options and brainstorming solutions to barriers.

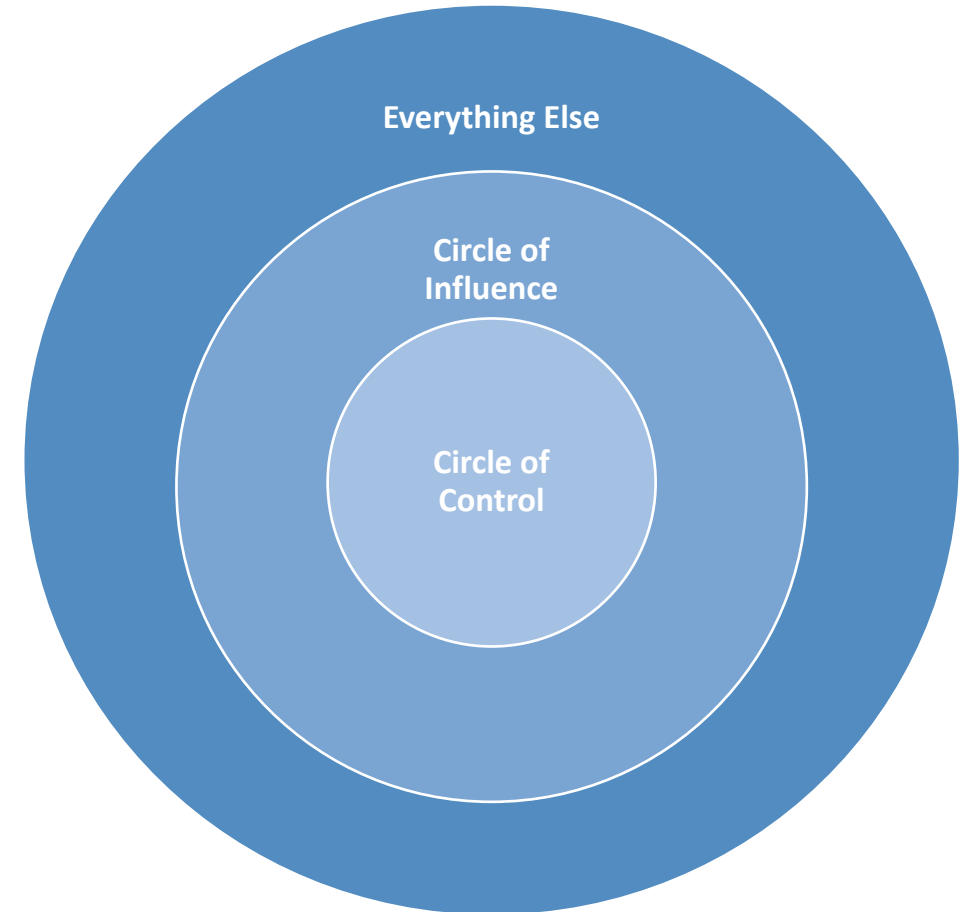
Practice accepting situations that are outside of your control and **focus on how to cope well.**

Practicing **acceptance and coping**

- What am I feeling right now?
- On a 1-10 scale, how intense is my emotion?
- Which coping skills can I use to help me relieve or tolerate my distress?
 - relaxation, deep breathing
 - meditation, mindfulness
 - physical activity, getting outside
 - distress tolerance, riding waves of emotion
 - music, hobbies, creative arts
 - social support and connection
 - distraction: books, movies, TV



Self-care



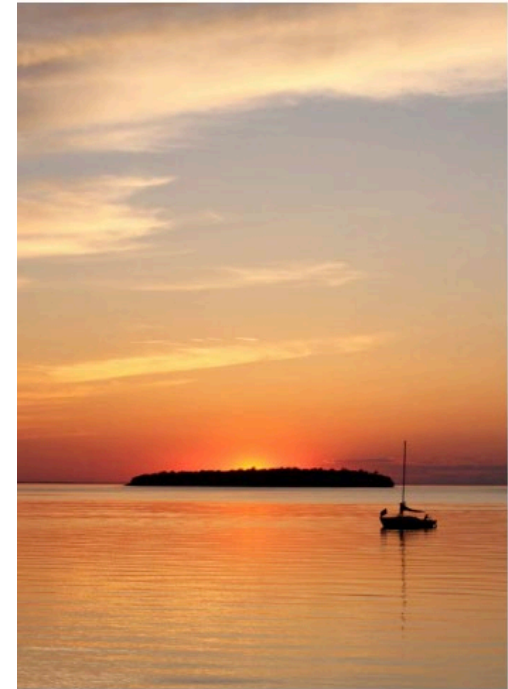
Cultivate joy & positive emotions

Why?

- Improve mood
- Increase positive experiences
- Build resilience
- Reduce guilt
- Restore emotional balance

How?

- Practice mindful awareness of joy
- Schedule pleasurable activities (even brief)
- Relive your positive experiences
- Add gratitude to your routine



“It is during our darkest moments that we must focus to see the light.”

- Aristotle

Self-care



Why I'm Grateful



I am grateful for my family because...



I am grateful for who I am because...



I am grateful for my friendship with... because...



Something good that happened this week for which I am grateful...



Something silly that I am grateful for...



Something else that I am grateful for...

Stay active

Why?

- Promote health & wellbeing
- Boost mood and energy
- Experience accomplishment



How?

- Start where you are
- Don't wait for motivation
- Track your progress
- Use self-compassion!



“Each morning we are born again. What we do today is what matters most.”

- Buddha

Self-care



TIPS FOR SUCCESS:

- **Don't wait to feel motivated.** Stress and fatigue can lower motivation, making exercise feel impossible. Trust that when you get moving, the energy will find you and you will feel better!
- **Start where you are** and do what you can – this is not about competing with anyone; it's about feeling good.
- Accept that your resources and energy may be depleted and that **small steps do make a difference.**
- Try to do **activities that feel enjoyable** (or used to, even if they don't right now).
- **Get creative.** You can get active outside or at different areas in your home (walking stairs, home exercise programs, virtual dance classes, yoga videos).
- **Be consistent.** Stick to your activity plan and you will see it will become a habit that feels good!

Planning to Get Active

Using Physical Activity to Feel Better Mentally

One of the best ways to take care of your mental health is by building physical activity into your days. This coping skill is sometimes called Behavioral Activation. Getting active for at least 15 minutes through sports, dance, exercise, or anything that gets your heart rate up, helps interrupt the cycle of inactivity, improves energy, and can offer an important sense of accomplishment. Use this worksheet to help plan some activities for your week and see how it impacts your mood!

Activities I might like to do:

1. _____
2. _____
3. _____

TIPS FOR SUCCESS:

- **Don't wait to feel motivated.** Stress and fatigue can lower motivation, making exercise feel impossible. Trust that when you get moving, the energy will find you and you will feel better!
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USE REWARDS TO BOOST MOTIVATION

Identify something you really enjoy that you can pair with your activity or give yourself as a reward afterwards. This will increase the likelihood of accomplishing your goal!

Consider:

- Exercising while you: watch a funny show, listen to a favorite podcast or upbeat album, talk to a friend
- Rewarding yourself after your activities with: a relaxing shower, playing a video game, preparing a favorite snack

The best time for me to be active during the day is: _____

I am going to try to do my activity for at least _____ minutes

This week, my goal is to do one of my activity choices at least _____ days of the week

Some things that might make it harder for me to reach my goal are:

I can try to overcome those barriers by: _____

Reward

If I reach my daily goal, I will: _____



Balance structure & flexibility

How?

- Balance things you need to do with things you want to do
- Plan things that may be hard but will bring satisfaction later
- Remember: patience, kindness, self-compassion, and gratitude



Patience & Persistence

Daily Wellness Journal

Date: / /

Today I am feeling: Intensity of feeling (0-10):

Gratitude practice / Today, I am grateful for:

-
-
-

Get active / Today I tried:

- Fitness challenge
- Walk, run, bike
- Virtual dance class
-
-
-

Relaxation strategies / Today I practiced:

- Deep breathing
- Visual imagery
- Mindfulness - 5 senses
- Favorite mindfulness activity
-
-

Cope with worried thoughts / Today I used these steps:

- Identify a worried thought
- Examine the facts OR examine the helpfulness
- Brainstorm believable, but less worried thoughts

Stay in touch / Today I connected with:

-
-
-

Today's messages of hope, kindness, or compassion:

-
-
-

Self-Care Planning:



My Self-Care Plan: Example

SELF-CARE
My Self-Care Plan

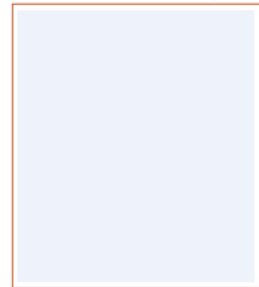
MIND

practicing gratitude

learning new things

mindfulness

Supportive People in My Life



SPIRIT

doing things for others



Self-Care Pyramid

The self-care pyramid shows us how to take care of ourselves by addressing our basic physical needs, our emotional and spiritual needs, and our relationship needs. In order to meet the needs at the top, we have to make sure our basic needs are met at the bottom. Use the pyramid to note different activities you do or activities you would like to start doing in each area of good care of yourself.



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SELF-AWARENESS
Maslow's Hierarchy of Needs

Maslow's Hierarchy of Needs

Every person has needs that must be met in order to feel happy and healthy. Maslow's Hierarchy shows us that we have different types of needs, and that we need to meet our basic needs at the bottom in order to meet our relationship and self-esteem needs at the top. When our needs for physical care, positive relationships, and feeling good about ourselves are not being met, we are more likely to feel badly and choose unhelpful behaviors.

Use this worksheet to brainstorm things you already do and things you can do to meet your needs at each level.



TRAILS Coping Cards

www.TRAILStoWellness.org



Thank
you