

The Zoom Interface

The screenshot shows a Zoom Webinar interface. At the top, it says "Zoom Webinar" and "You are viewing David Terry's screen". Below this is a navigation bar with "Click here to maximize your session view" and "Enter Full Screen". The main content area displays the TTC logo (Technology Transfer Centers) and a message: "Thank you for joining us today! You will not be on video during today's session". A "Question and Answer" window is open, showing a test question: "This is a test question!". Callouts explain that users can switch between "All questions (1)" and "My questions (1)" and that the Q&A feature allows asking questions of the host and presenters. A "Zoom Webinar Chat" window is also open, showing a message: "The chat feature will allow you to talk with other people in today's webinar." Callouts explain that the "To" field indicates who will receive the message and that text is only visible to panelists. The bottom toolbar includes "Audio Settings", "Click Here to adjust your audio settings", "Chat", "Raise Hand", "Q&A", "Click here to leave the session", and "Leave".

All attendees are muted. Today's session will be recorded.

Learning to Let Go

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1/14/22

Flourishing at Work: A Plan for Helping Professionals



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

About Us ...

The Northeast and Caribbean MHTTC received 5 years (2018 – 2023) of funding to:

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

Supplemental funding to:

- Support school teachers and staff to address student mental health
- Support healthcare providers in wellness and self-care activities



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We Want Your Feedback!

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

Video Recording Information

Please Note:

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

Disclaimer

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question is visible to all participants.

Chat and Polls

- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.

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 AND 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

Our Presenter:



Michelle Zechner, PhD, LSW, CPRP



Objectives

Explore

- Explore challenges to work/life balance

Identify


- Identify barriers to letting go

Connect

- Connect growth to experience & priorities

Discuss

- Discuss limit setting at work



Begin with a
Pause...

*To escape easily,
Travel light.
And then try
Letting something go.
Just to see
What happens next*

- Rumi

Poll

How would you rate your work/life balance?





Work/Life Balance

- Americans are “stressed out”
- Working longer
- Increasingly plugged in

Work/Life Balance is a journey, not a destination

What is Work/Life Balance?

**MEETING WORK
DEADLINES**

FRIENDS/HOBBIES

**SLEEP &
NUTRITION**

**NOT WORRYING
ABOUT WORK AT
HOME**

A CYCLE

Why is W/L Balance Important?



Promotes health



Encourages flourishing, growth and thriving



Increases creativity and productivity



Increases focus

What gets in the way?

- Emergencies/crisis
- Supervisor expectations
- Work culture
- Self-expectations
- Priorities



Poll 2

What gets in the way of work/life balance for you?



WHAT DO YOU

THINK?

Remembering to Balance

- Pause
- Reflect
- Schedule
- Ask a friend





Letting Go at Work

- Outdated expectations
- Supportive environments
- Comparisons
- Negative self-talk
- Fear



Let Go!



Technology Tips & Traps

<i>TIP</i>	<i>TRAP</i>
Turn off notifications	Responding to all work notifications
Airplane mode at night	Checking email in bed
Schedule breaks with reminders	Work schedule reminder pop-ups at home
Podcasts that inspire you	Podcasts that make you feel guilty
Setting boundaries for when to email	Responding instantly to all non-emergency emails



Prime your thoughts and emotions to let it go

Letting Go is Self-Care

- Being present
- Saying goodbye to the past
- A choice
- Welcoming growth, new people, places & things
- Focus on what you can change





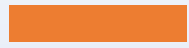
Clear Boundaries Help

- Structure –setting limits
- Focus on priorities
- Saying “yes” to your life
- Enjoying breaks
- Improved communication

Remember Your Self-Worth

- You are not your work
- No “Workism”





Perspective after Difficult Situations

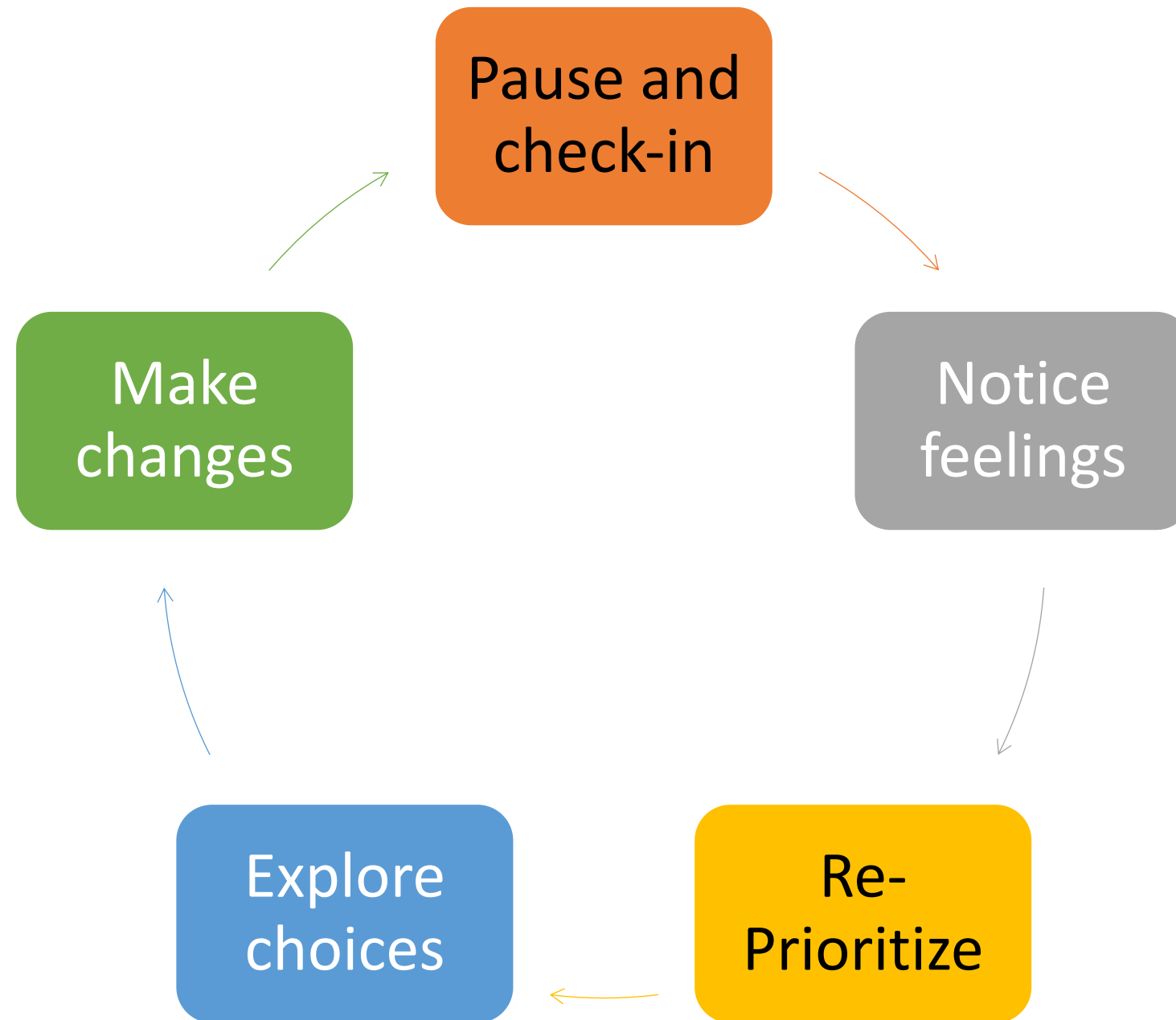




Letting Go by Growing

- Prioritize your personal life
- Revisit hobbies
- Connect with others
- Seek help when you need it

Assess Yourself



When is it time
to *Let Go* of a
job?

Boundaries ignored

Increasing
responsibilities
without support

Values conflict

Extreme
exhaustion,
unmotivated or
dread

Harassment,
discrimination
and/or
microaggressions

Your work is
underappreciated

Prioritizing your
health is
discouraged

Vacations and
breaks are
discouraged

Your skills and
expertise are
routinely
underutilized



Work Habits

- Communicate boundaries & responses
- Say no
- Ask for help
- Build in work breaks
- Focus on both important AND urgent

Personal habits

- Create habits/routines that support you
- Build in transition time
- Separate workspace
- Manage technology
- Let go of guilt & perfectionism



Are You

Ready?

A woman in a patterned dress stands on a rocky cliff, looking out over a valley. In the distance, several hot air balloons are visible against a bright, hazy sky, suggesting a sunrise or sunset. The scene is peaceful and scenic.

Practice Opportunity

What is something that you would like to let go?

Summary

Letting

Letting go of work is a process

Use

Use the perspective you've gained to identify meaning

Letting
go

Sometimes letting go means moving on

Flourishing
at Work: A
Plan for
Helping
Professionals

Session 4: Healthy Positivity

Tuesday, February 8 | 2:00-3:00 pm ET

Session 5: Flourishing Strategies - Outside the Box

Tuesday, March 15 | 2:00-3:00 pm ET

Session 6: Build Your Resilience Plan One Day at a Time

Tuesday, April 19 | 2:00-3:00 pm ET

Question and Answer



Resources

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Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.



Connect With Us

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