

# Workshop Wednesday

## Good For You: Year-End Wellness for Helping Professionals

Rebecca Shisler Marshall, PhD, CCC-SLP

December 20, 2023



Mountain Plains (HHS Region 8)

**MHTTC**

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

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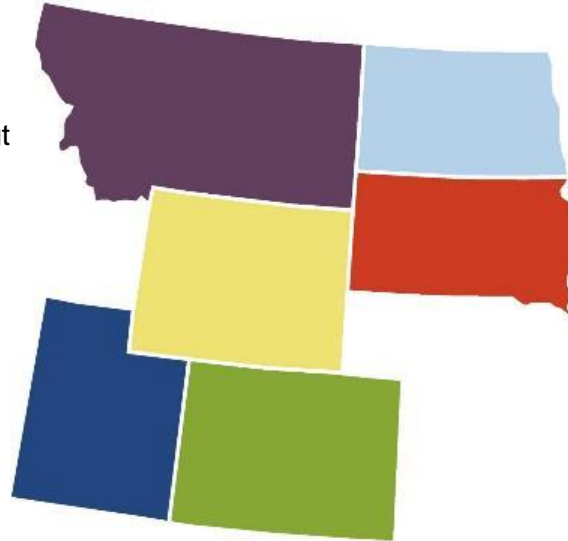
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# The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use, and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



# Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



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

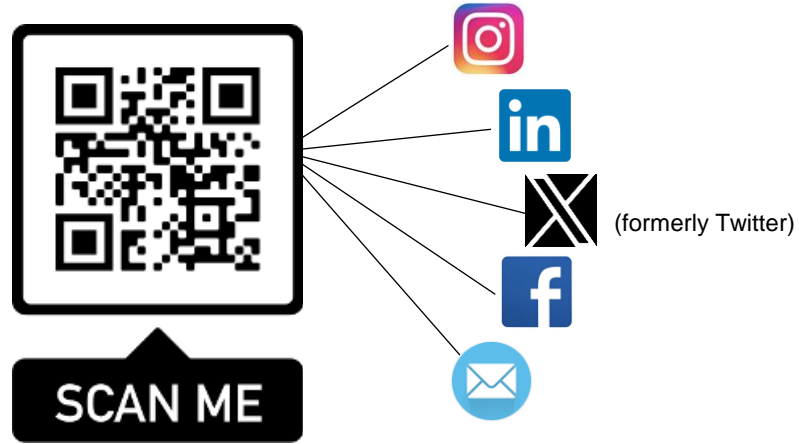
CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

Adapted from: [https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide\\_2019ed\\_v1\\_20190809-Web.pdf](https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf)

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A photograph of a snowy forest with tall evergreen trees. Sunlight filters through the canopy, creating long shadows on the snow-covered ground. The text is overlaid on the upper portion of the image.

# Good For You

Year-end wellness for helping professionals

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# Rebecca Shisler Marshall, PhD, CCC-SLP

- Integrative Life and Wellness Coach
- Founder of Centered Living
- Author of *Whole Body Upgrade*
- Former Associate Professor of 22 years
- Researched mindfulness, cognitive rehab, stress, and wellness
- Recovering Stress Addict





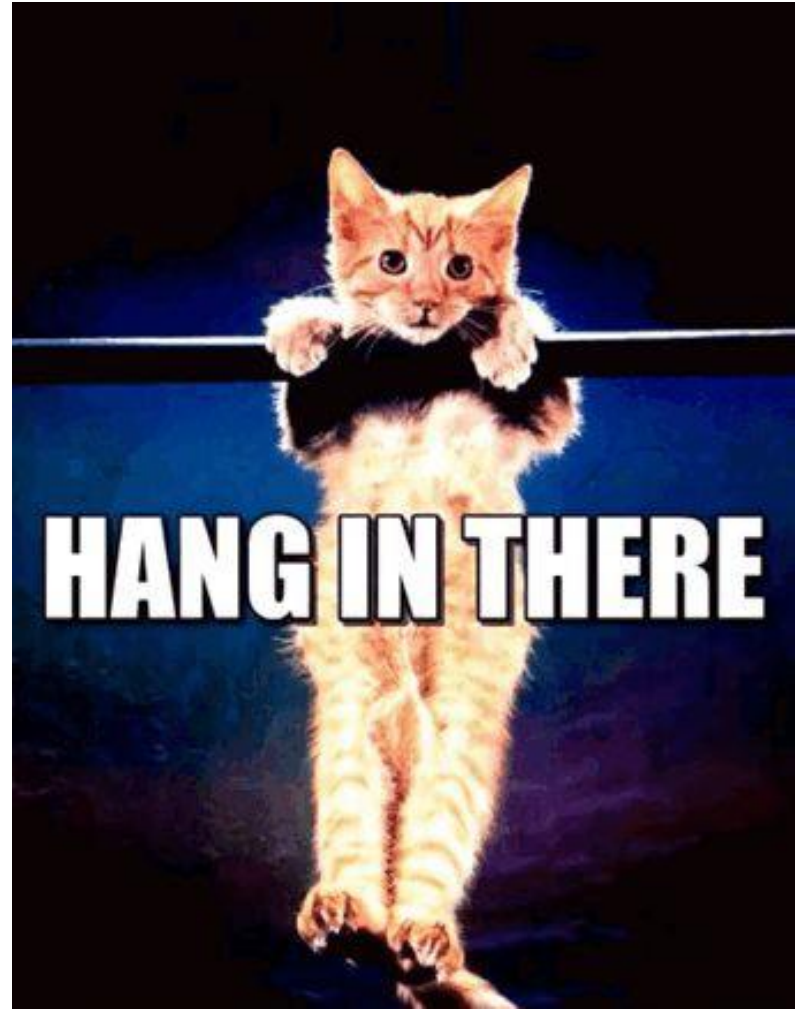
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# Why Year-End Wellness?

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Feel better!



# “Good For You” is Challenging

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- Brain likes to save energy
- Stress = less immune function, more inflammation, and less cognitive function  
(McEwen & Sapolsky, 1995; Segerstrom, & Miller, 2004)
- Burnout is pervasive- 89% (Korn Ferry Survey, 2021)
  - Influences creativity, mental health, absenteeism, emotions, physical health, etc. (Gabriel & Aguinis, 2022)

# Stress

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“The good news is that stress is not the problem. **It’s how we deal with stress—not what causes it**—that releases the stress, completes the cycle, and ultimately, **keeps us from burning out**. You can’t control every external stressor that comes your way. The goal isn’t to live in a state of perpetual balance and peace and calm; the goal is to move through stress to calm, so that you’re ready for the next stressor, and to move from effort to rest and back again.”

- *Drs. Amelia and Emily Nagoski,*

*“Burnout: The Secret to Unlocking the Stress Cycle”*

# Caring for yourself is...

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## ...Multimodal

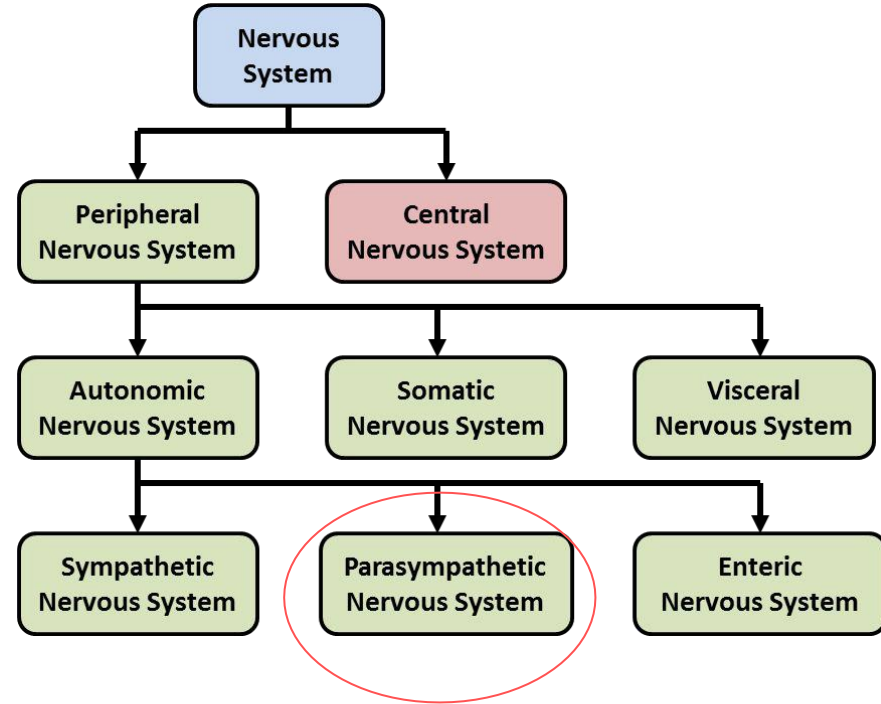


# Feeling Better

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Requires multimodal tools

- Skills to rewire your brain
- Self-compassion
- Complete stress response
- Sleep
- Nutrition

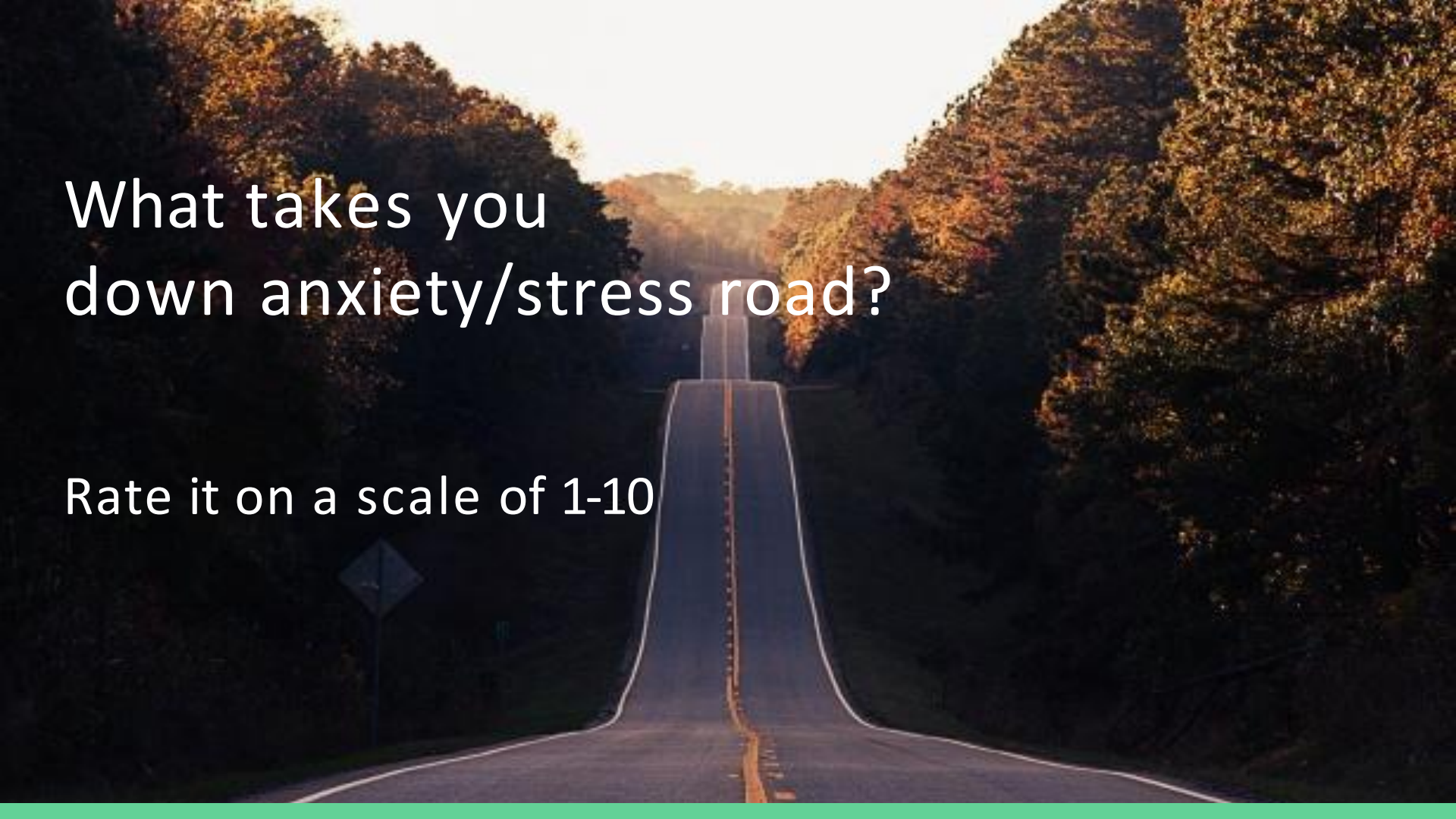


A photograph of a dense forest with tall, thin trees. Sunlight filters through the canopy, creating a dappled light effect on the forest floor. The trees are mostly bare, suggesting a late autumn or winter setting. The overall atmosphere is serene and natural.

# Nervous System Regulation

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A photograph of a paved road winding through a dense forest. The sun is low on the horizon, creating a warm, golden glow. A white outline of a person's body is superimposed on the road, appearing to walk away from the viewer. The text is overlaid on the left side of the image.

What takes you  
down anxiety/stress road?

Rate it on a scale of 1-10



# 1. Practice- Faster EFT

A photograph of a paved road with a yellow dashed center line and white edge lines, receding into a dense forest. The sun is low on the horizon, creating a warm, golden glow and long shadows. The trees are mostly dark green, with some showing autumnal colors. The overall mood is serene and contemplative.

Where are you now?

Rate it on a scale of 1-10

# Faster EFT

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- Uses acupressure points (Fox, 2013; Church et al., 2018)
- Aids in nervous system regulation and HRV (Bach et al., 2019)
- Reduces cortisol (Church et al. 2012)
- Significant reduction in anxiety (Clond, 2016) and depression (Nelms & Caste, 2016)



**2. Practice- Bilateral Stimulation**  
Rate 1-10

A photograph of a paved road with a yellow dashed center line and white edge lines, stretching into a dense forest. The sun is low on the horizon, creating a warm, golden glow and long shadows. The trees are mostly dark green, with some showing autumn colors. The road appears to lead into the distance, disappearing into the trees.

Where are you now?

Rate it on a scale of 1-10

# Bilateral Stimulation

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- Mimics slow wave sleep and calms the amygdala (Pagani et al., 2012; 2017)
- Reduces stress (Kaminska et al, 2020)



### **3. Practice- Panoramic/Peripheral Vision**

Rate 1-10



A photograph of a paved road with a yellow dashed center line and white edge lines, receding into a dense forest. The sun is low on the horizon, creating a warm, golden glow and long shadows. The trees are mostly dark green, with some showing autumn colors. The overall mood is serene and contemplative.

Where are you now?

Rate it on a scale of 1-10

# Peripheral/Panoramic Vision

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- Vision is bidirectional
- Expand the view of the world, activate the parasympathetic nervous system (PNS)
- Turns off stress mechanism (Wapner, 2020)

A photograph of a paved road with a yellow dashed center line and white edge lines, receding into a dense forest. The sun is low on the horizon, creating a warm, golden glow and long shadows. The trees are mostly dark green, with some showing autumnal colors. The overall mood is serene and contemplative.

Where are you now?

Rate it on a scale of 1-10



**4. Practice- Physiological Sigh**  
Rate 1-10

A photograph of a paved road with a yellow dashed center line and white edge lines, stretching into a dense forest. The sun is low on the horizon, creating a warm, golden glow and long shadows. The trees are mostly dark green, with some showing autumn colors. The road appears to lead into the distance, disappearing into the trees.

Where are you now?

Rate it on a scale of 1-10

# Physiological sigh

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- Double inhale through the nose, single exhale through the mouth
- Fastest way to bring nervous system arousal back to baseline (Balban et al., 2023)

# When to use these tools?

- Stressful event or feel anxious => Sigh, Tap, Bilateral, or Vision



# Self-Compassion





# Mindful Self-Compassion

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- *Self-compassion is a practice of goodwill, not good feelings... With self-compassion we mindfully accept that the moment is painful, and embrace ourselves with kindness and care in response, remembering that imperfection is part of the shared human experience. (Neff, 2019)*

# Mindful Self-Compassion

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- What emotions are here?
- What physical sensations?
- What would you tell your best friend?



# Mindful Self-Compassion

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- Place your hand on your heart
- Say something kind to yourself
  - It's ok to feel \_\_\_\_\_
  - I'm here for you no matter what
  - I see that you are trying so hard
  - Thank you

# Complete the Stress Response



# Complete the Stress Response

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- **Move.** Dance, run, swim, stomp, squeeze, shake
- **Laugh.** A pattern interrupt that releases stress
- **Cry.** A mechanisms to release cortisol
- **Hug.** A long (20 sec), strong hug or time with a furry friend, release trust and bonding hormones like oxytocin
- **Breathe.** Inhale, pause, exhale twice as long- Repeat 3-5 times. Regulates the parasympathetic nervous system

# Mental Rehearsal/Self-hypnosis



# Mental Rehearsal/Self-hypnosis

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- **Increases performance in athletics, cognition, and medical skills** (Fountouki et al., 2021; Nantaj and Gangali, 2018)

# Self-hypnosis for Less Anxiety



<https://bit.ly/feellessanxiety>



Sleep



# Sleep

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- Lack of sleep influences mood and anxiety  
(Palmer and Alfano, 2020)
- Light influences circadian rhythms, sleep,  
and mood (Blume et al, 2019)

# Improve Sleep

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- Regulate your nervous system
- 15 minutes of direct, natural morning light first thing
- No screens 1 hour before bed (Wahl, et al., 2019)
- Magnesium (Arab et al., 2023)

# Nutrition



# Nutrition

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- **We are/feel what we eat** (Knüppel et al.,2017; Martins et al., 2021; Parletta et al., 2017)
- **Sugar increases anxiety/depression** (Jacques et al., 2019; Mantantzis et al, 2019)

# Nutrition

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- Whole, unprocessed foods
  - Add in one extra vegetable a day
- Pumpkin seeds
  - high in magnesium (calming)



# Reflection & Integration

**How and where  
will you use these  
skills?**

A photograph of a dense forest with tall, thin trees and a dirt path leading through them. The scene is brightly lit, suggesting a sunny day. The trees are mostly deciduous with green foliage. A dirt path winds through the center of the forest, leading towards the background. The overall atmosphere is peaceful and natural.

Questions?

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# Thank You for Joining Us!

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