



Thank you for joining us!

Session 2: Self-care for Mental Health Providers

Trainer: Michelle Kelsey Mitchell
Director of Partnerships

Getting Started:

1. If you have any questions, please type them into the Q&A box.
2. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.



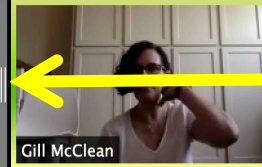
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Welcoming: **Mindful Minute**



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Gill McClean

To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.

Welcoming: **Mindful Minute**



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Self-Care for Mental Health Providers
Session 1

Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

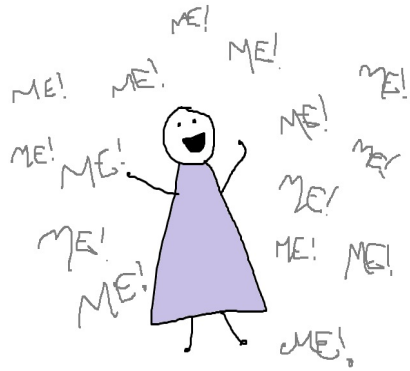
PEI also provides grants to national organizations that advance the work of whole child development & SEL.



Welcoming Activity: Synectics

“Self-talk” is like...

1



3



4



5



Because...

Home Practice Check In

Throughout your day, try to bring attention to:

How and what your **body is feeling?**

How what your **breath is doing?**

What do you notice in your body, breath, and mind?

Check specific times of the day, once a day:

Morning

Afternoon

Evening

Learning Objectives

- ❖ Discuss habit formation
 - ❖ Review Neuroplasticity
 - ❖ Experience **Brain Breaks** throughout, to increase awareness of the Body-Breath connection.
-

Self-care Practice



Breathe



Move



Rest



“

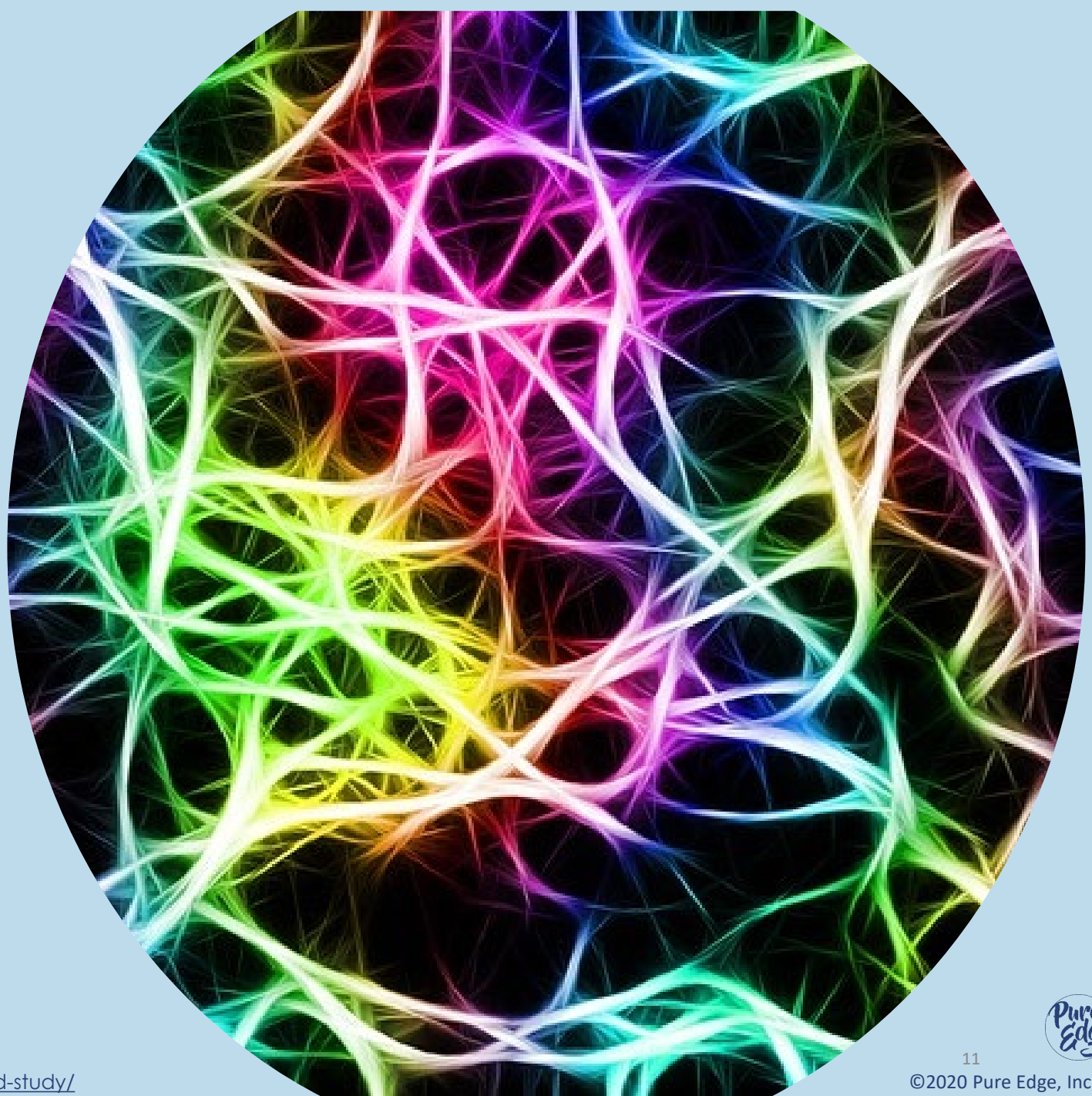
*When we are no longer able to
change a situation, we are
challenged to change ourselves.*

~Viktor Frankl

”

NEUROPLASTICITY

the brain's capacity to
change and rewire
according to environment
and experience



Creating Healthy Habits

Habits are actions we repeat so often that they become automatic.

- ❖ Sometimes we pick up habits based on who we spend time with and the circumstances we are in.
- ❖ When we commit ourselves to habits that support health and wellness, physiological changes can take place in the body, the brain, and the nervous system.

This is why it is important to incorporate activities that support positive physical, mental, and emotional flexibility into daily life.

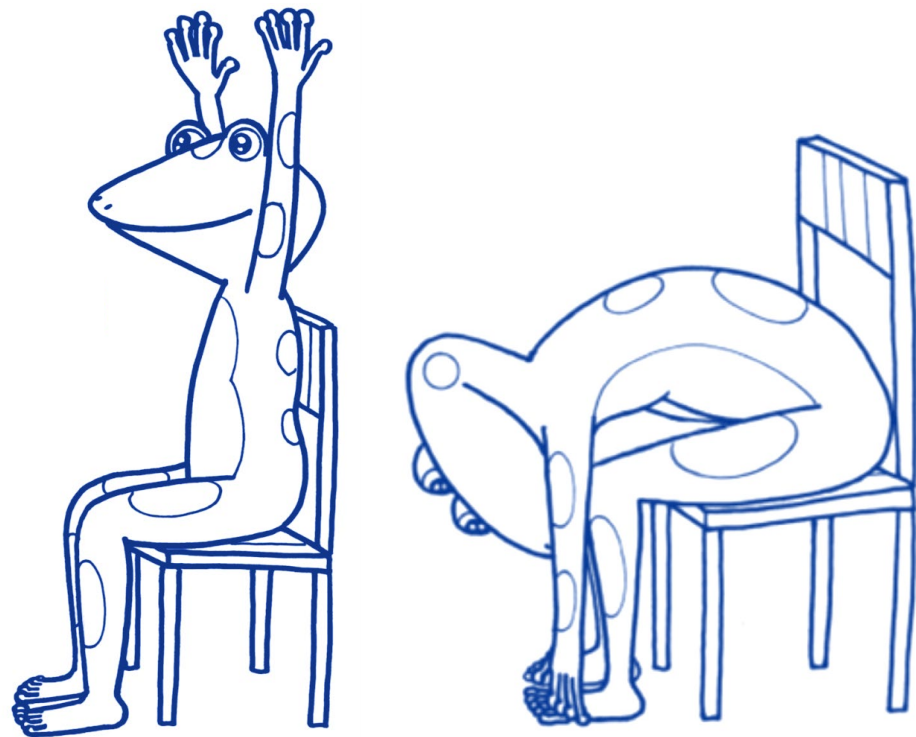


Engaging Activity: Alternate Nostril Breathing



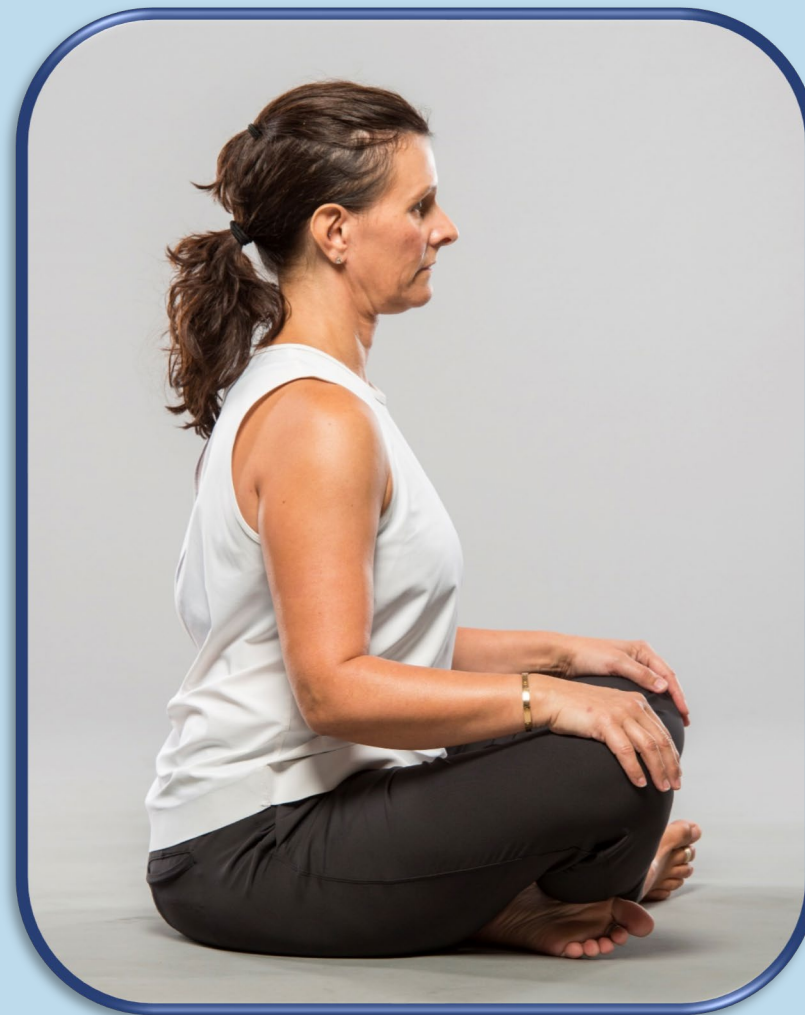


Engaging Activity: Chair Sunrise/Sunset





Engaging Activity: One Minute Reflection



Creating Healthy Habits

- ❖ Doing Meaningful things You Enjoy
 - Spirituality, hobbies, entertainment, and leisure
- ❖ Managing Your Thoughts
 - Positive self-talk, gratitude, and reappraisal
- ❖ Forgiveness
 - Having self-compassion; Giving ourselves permission to fail and forgive.



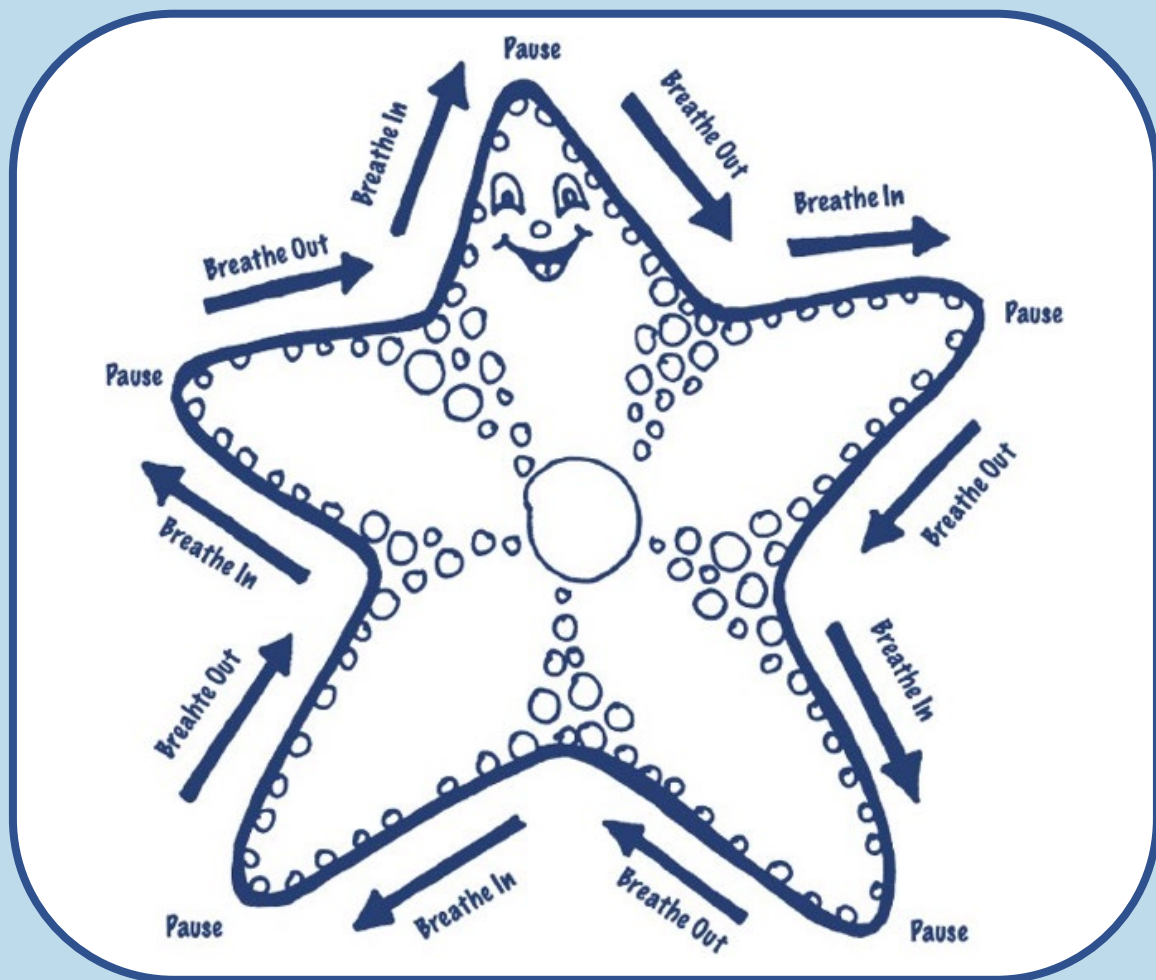
Creating Healthy Habits

- ❖ Physiological Regulation
 - Mindful breathing
- ❖ Self-care (Strong Immune System)
 - Sleep, nutrition, exercise
- ❖ Managing Your Life Smartly
 - Modifying and selecting situations to prevent stress; having routines and setting daily goals; problem-solving
- ❖ Healthy Relationships
 - Feeling safe, heard, and connected



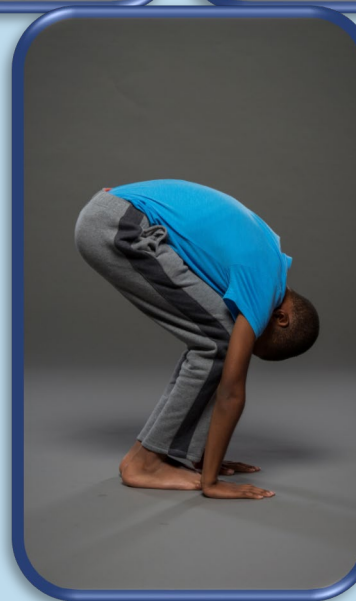
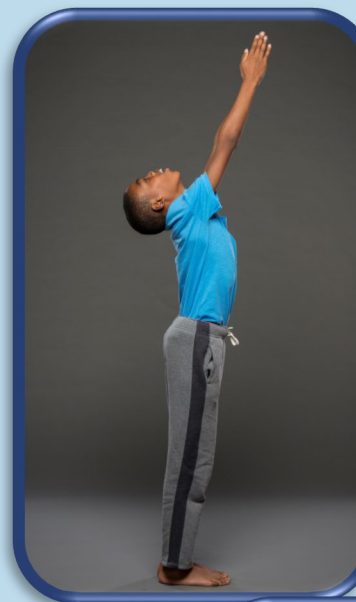
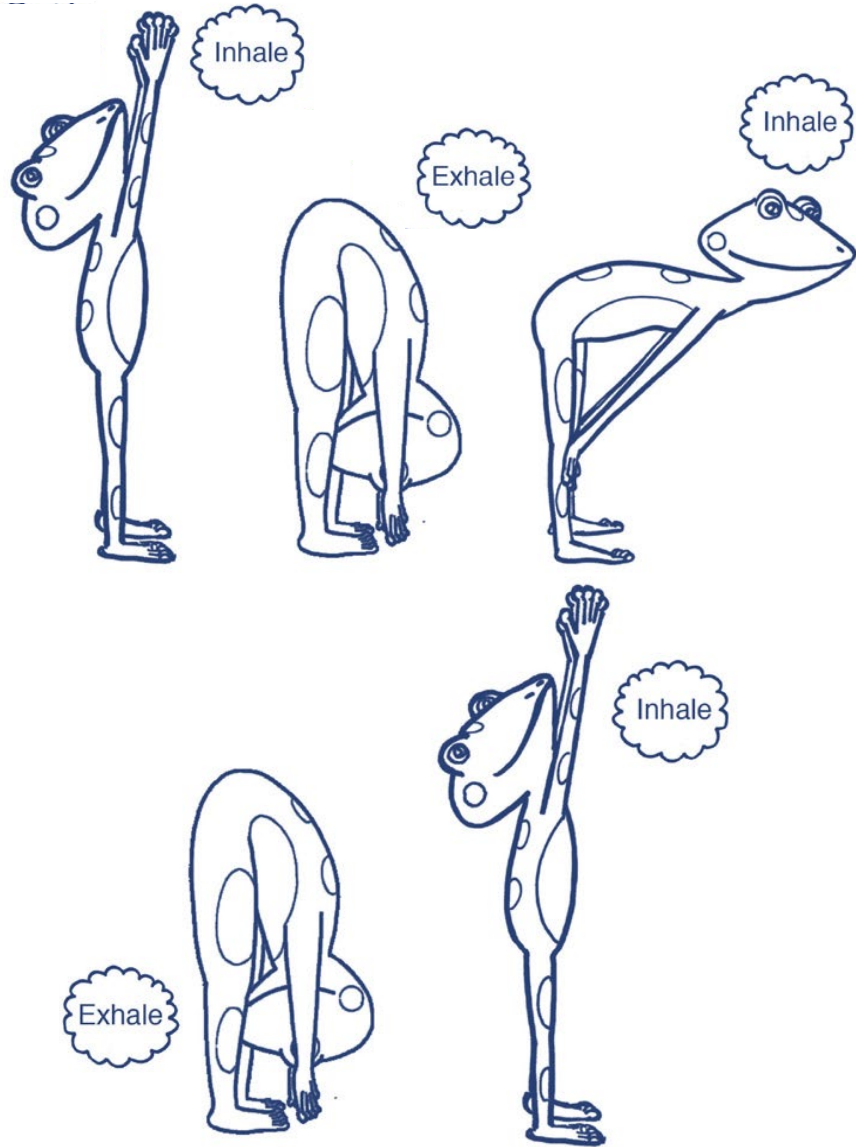


Engaging Activity: Starfish Breathing or Take Five



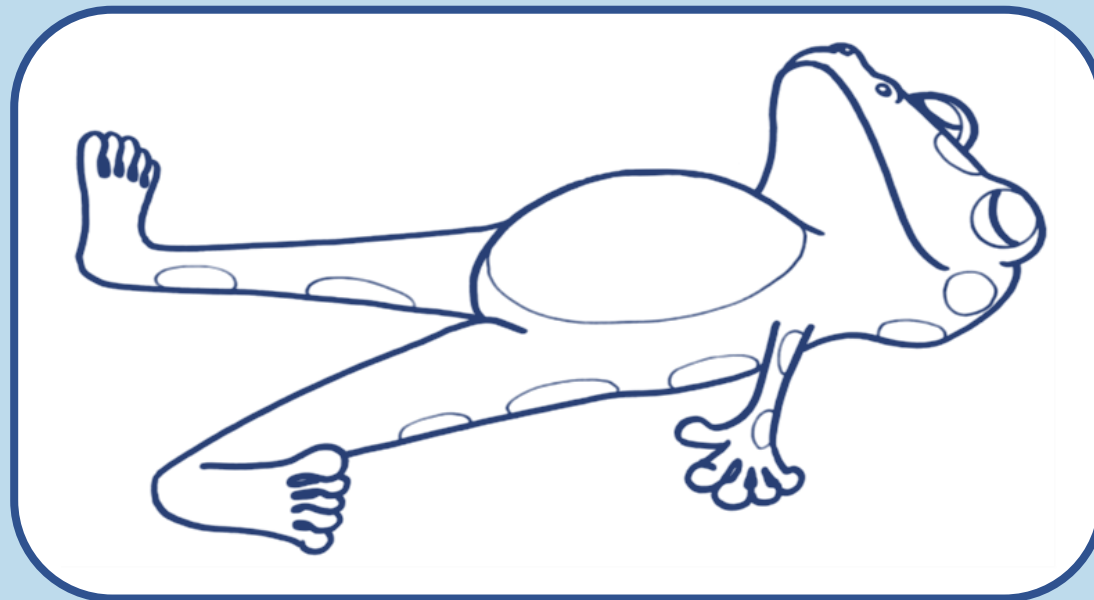


Engaging Activity: Recharge Sequence





Engaging Activity: Guided Rest / Body Scan



Brain Breaks Review



Breathe

- ❖ Alternate Nostril Breathing
- ❖ Starfish Breathing / Take Five
- ❖ Even In - Even Out
- ❖ Anchor Breathing



Move

- ❖ Chair Sunrise/Sunset
- ❖ Recharge Sequence
- ❖ Chair Cat/Cow
- ❖ Mountain/Chair Sequence



Rest

- ❖ One Minute Reflection
- ❖ Mindful Listening
- ❖ Guided Rest/Body Scan

Creating Healthy Habits



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Habit Development

Give yourself time to develop these new patterns/habits. There's a wide range (18-200+ days) in how long it takes to develop a new habit; average time being 66 days.

Implementation Tips

1. Establish A **Consistent** Routine
2. Start of Day/End of Day/Transitions
3. Start **Small**, Then Build
4. **Repeat, Repeat, Repeat**
5. Be Comfortable With the Exercises

Creating Healthy Habits

"I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am helpless.
It isn't my fault.
It takes forever to find a way out.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But, it isn't my fault.
It still takes me a long time to get out.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault. I get out immediately.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another street."

Optimistic Closure: My Next Step



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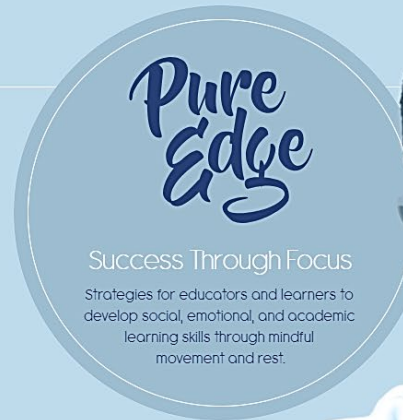
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•
breathe

•
move

•
rest





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