



## THE PURSUIT OF HOLISTIC WELL-BEING: BUILDING A PLAN TO BOOST RESILIENCY

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- Your person-centered plan.
- Understand the differences between social and emotional well-being.
- Identify techniques to boost resiliency.
- Review Mental Health First Aid as a tool and resource for working with military-connected communities.

## LEARNING OBJECTIVES

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## STEPS TO DEVELOP PERSON (YOU)-CENTEREDNESS

- 1**  
Discover your various aspirations, capacities and concerns.
- 2**  
Explore where you are, how you would like life to change and what bringing about that change might entail.
- 3**  
Identify and explore (booster) choices available to you.
- 4**  
Discover what is important to you and what is important for you for overall well-being.

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## Documenting Person-Centered Thinking & Planning

*Form for Providers & Families to Complete*

Things That Are Important TO Me

Things That Are Important FOR Me (Health & Safety)

Environmental Considerations

How You Can Support Me


Anything Else You Need to Know...

What You Love About Me

## Documenting Person-Centered Thinking & Planning

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**IF YOU WERE ON A  
DESERTED ISLAND...**

- Being alone and loneliness are related but different.
- Isolation is the objective separation from others.
- Loneliness is the subjective feeling of not being connected with others.
- You can be lonely in a room full of people OR be alone and not feel lonely at all.
- Loneliness is something we all probably experience from time to time.
- Acute/situational versus chronic/developmental.

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**PROTECTIVE & RISK FACTORS**

**CONNECTEDNESS MAY HELP...**

- Promote longer life
- Boost mood
- Provide a sense of purpose

**LONELINESS MAY INCREASE RISK FOR...**

- Stress/Anxiety
- High blood pressure
- Obesity
- Depression
- Cognitive decline

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## SOCIAL DISTANCE IS NOT PHYSICAL DISTANCE

- Humans are “wired” for social connectedness.
  - May help counter negative effects of stress and anxiety.
  - Actual or perceived lack of connectedness may elicit feelings of mistrust or of being threatened.
- Physical isolation can still include social stimulation.
  - Social stimulation may be neural rewarding.
  - Prioritize meaningful, long-term connections.

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## SOCIAL (?) MEDIA

- Social media may only provide “easy” rewards, not true social connectedness.
- Time spent on social media may be associated with greater loneliness or perceived disconnectedness.
  - Are you really “connected” to someone you would not otherwise call, text, write, video chat, meet in person, etc.?
- Make social media affect long-term social connectedness.

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## RESULTS OF NEGLECTING STRESS

- Increased health problems
- Disrupted relationships
- Depression
- Decreased quality of care
  - Burnout



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## SIGNS OF DEPRESSION

- Loss of pleasure in activities
- Pervasive sadness
- Appetite changes
- Sleep difficulties
- Fatigue/loss of energy
- Abnormal restlessness
- Decreased concentration/ decision-making
- Low self-esteem
- Preoccupation with thoughts of suicide

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### STEPS TO MANAGING STRESS

1. Recognize warning signs EARLY.
2. Identify sources of stress.
3. Identify what YOU can and cannot change.
4. Take action.

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### COMPLETE THESE STATEMENTS...

1

My warning signs of stress are \_\_\_\_\_.

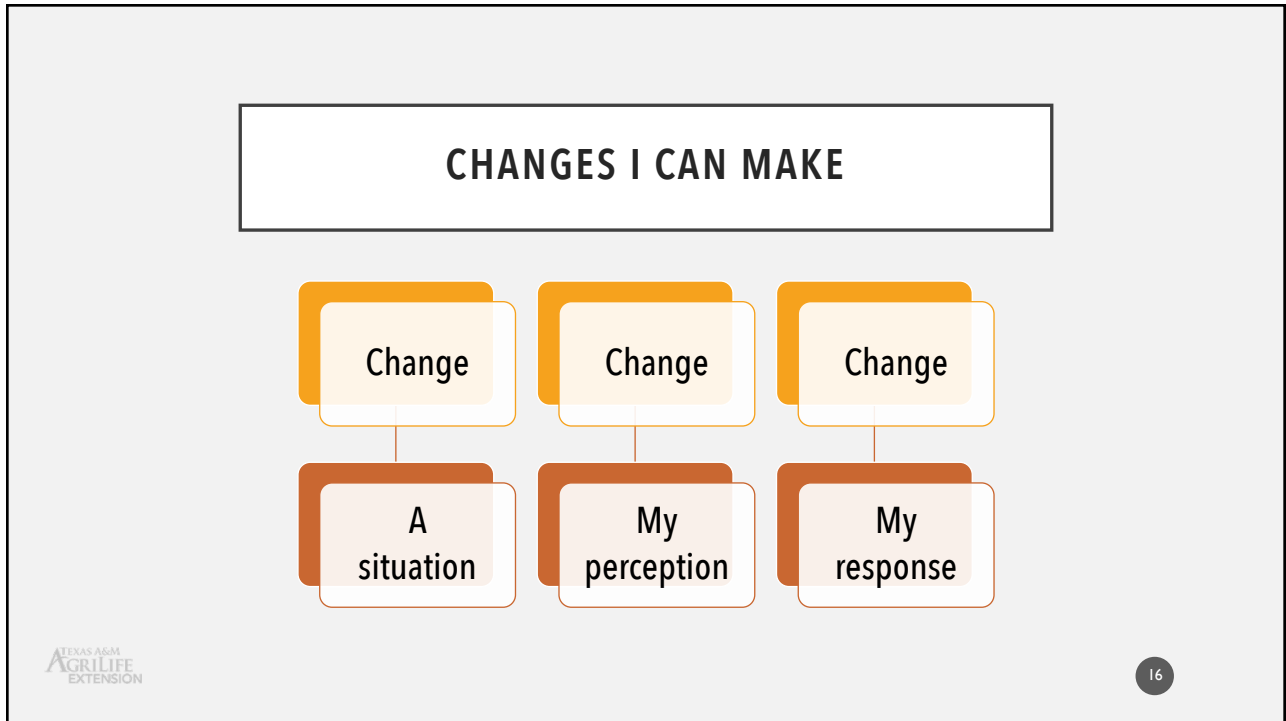
2

Sources of stress for me are \_\_\_\_\_.

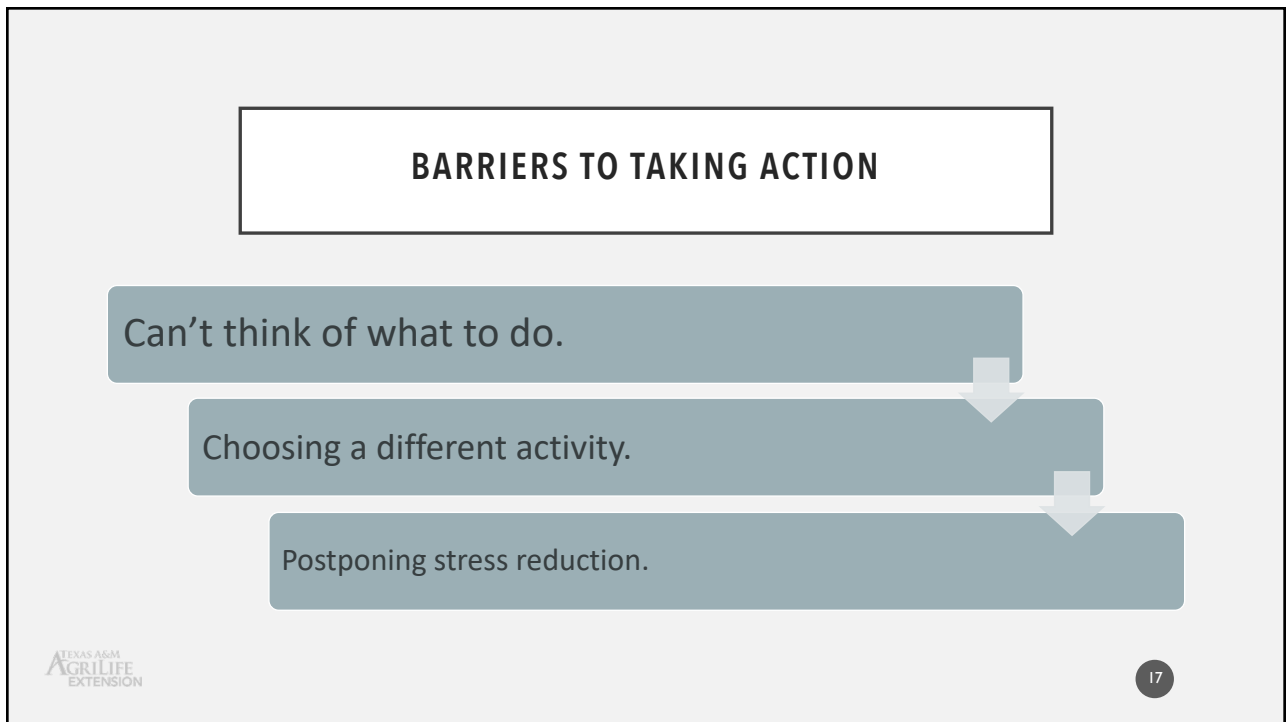
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## QUESTIONS TO CONSIDER

1. What are some challenges faced by students and professionals?
2. What are some examples of self-care?



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## MANAGING SELF-CARE MEANS...

- 01  
Take responsibility.
- 02  
Have realistic expectations.
- 03  
Focus on "what I can do."
- 04  
Communicate effectively with others.
- 05  
Deal with our emotions.
- 06  
Set goals and work toward them.

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## WHAT IS RESILIENCE?

- “Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.”

*(American Psychological Association)*

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**RESILIENCE IS...**

The thought process that prompts you to say the “yes buts” and “oks.”

Yes, but let’s look at the bright side.

Yes, but it could have been worse.

Yes, but I am sure it will get better.

Yes, but I have hope.

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Ok, that didn’t work, let’s try something different.

Ok, not doing that again now or in the future.

Ok, will try again tomorrow.

Ok, will give into my emotion now (tears, anger, words) but I will need to calm down.

Ok, done my best, will now have to wait and see what happens.

Ultimately, resilience is whatever stops one from actually going through with the action of attempting or committing suicide.

**RESILIENCE IS...**

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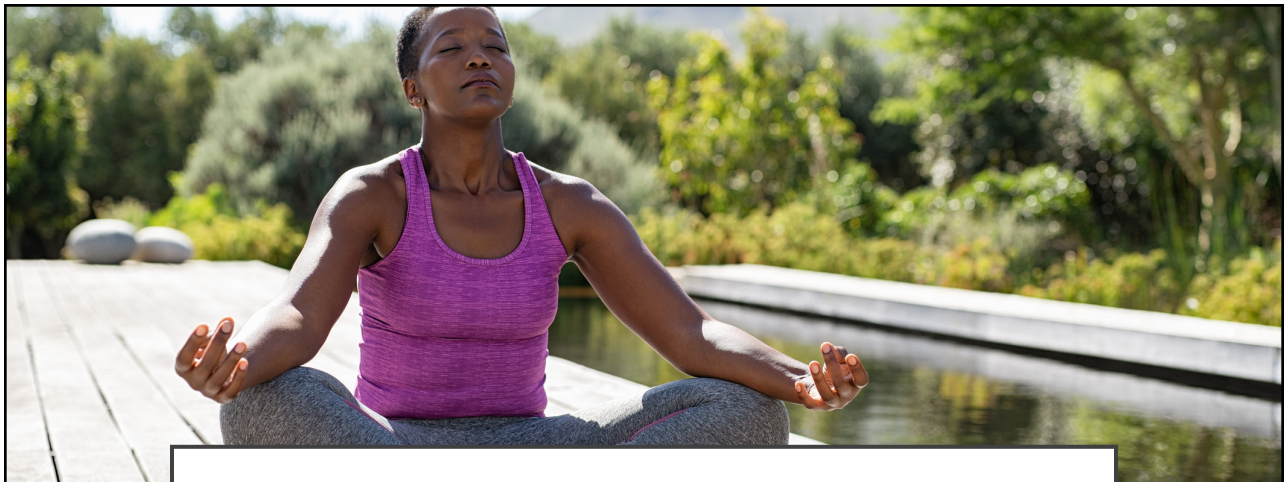
## CAN I BECOME MORE RESILIENT?

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- Yes.
- We need to get out of this moment and to the next.
- Use your senses – taste, touch, smell, hearing, seeing, to detract from thinking.
  - Look at tomorrow's or even the next week's calendar.
  - Talk to your child or pat your pet.
  - Take a deep breath (inhale four seconds by counting in your mind and exhale).
  - Squeeze a stress ball.
  - Write or type a journal note.
- Know and internalize that "This too shall pass" is not just a saying.
- Practice mindfulness.

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## MINDFUL MEDITATION TECHNIQUES

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## DESCRIBE A MAGICAL MOMENT? - POLL

Let's take a minute to think – when I ask, "describe a magical moment."

What comes to your mind?

Were you alone?

With people?

- One other person?
- Small group of people?
- Large group of people?

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## NOTE...

- Researchers from the University of California, Los Angeles and Carnegie Mellon University in Pittsburgh found that older adults who participated in an eight-week program of mindfulness-based stress reduction reported a reduced sense of loneliness on an established ratings scale.
- J. David Creswell, director of the Health and Human Performance Laboratory at Carnegie Mellon - "I think meditation training can help [people] develop a new relationship to feelings of stress - it may be targeting the stress component of loneliness such that it doesn't blow itself out of proportion."
- A University of Pennsylvania scientist, Dr. Andrew Newberg, writes, "When people lose their sense of self [in meditation], feeling a sense of oneness, [this] results in a blurring of the boundary between self and others...[with] no sense of space or passage of time."

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## MINDFULNESS

- Find a quiet space.
- Practice recognizing your thoughts and naming them – for e.g. “I felt tired just then.”; “I feel lonely now.”
- Feel what you feel without self-recrimination or judgment.
- Don’t just “shut off” or “stop” the thought.
- Make a mental note.
- If time permits, process the feeling then let it go or “table” it.
- Use meditation techniques to minimize the impact of your feelings.

mind full  
or  
mindful  
?

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## BREATHING

**Technique:**

1. Close your eyes.
2. Inhale - deep breath while counting to 4 in your mind.
3. Hold for a second.
4. Exhale – elongated breath while counting to 8 in your mind.
5. Repeat for up to a minute.

*Activates the relaxation response, lowers heart rate and blood pressure. Long exhales signals rest and prevents fight, flight or freeze.*

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## "S.T.O.P" COGNITIVE PROCESSING

- **S:** Stop and take stock. What is my experience right now? Thoughts? Feelings? Physical sensations?
- **T:** Take a breath. Use breathing technique above.
- **O:** Observe your experience.
  - Examine thoughts, feelings and emotions. Remind yourself that these thoughts are not facts, they are not permanent.
  - Examine physical sensations. Tensions, body pains, slumped in chair, rigid shoulders, clenched jaw, shallow breathing.
  - Look around you again with fresh eyes. Observe without expectations of outcomes and with openness and curiosity to what might come next.
- **P:** Proceed with something that further supports you. Walk around, drink a beverage, look outside the window, pet your dog.

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## CLENCH & UNCLENCH

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    graph TD
      A[Sit back in your chair or lie on a flat surface.] --> B[Notice all physical sensations.]
      B --> C[Deliberately tighten your muscles – clench your fists, close your eyes, bring tension to your limbs, head, neck, torso, hold your breath – count to 10.]
      C --> D[Now let go. Unclench everything.]
      D --> E[Repeat twice.]
      E --> F[Notice the difference between when you are clenched and when you unclench.]
      F --> G[Are there some parts of your body that continue to stay tense?]
      G --> H[Practice breathing as above to fully unclench.]
  
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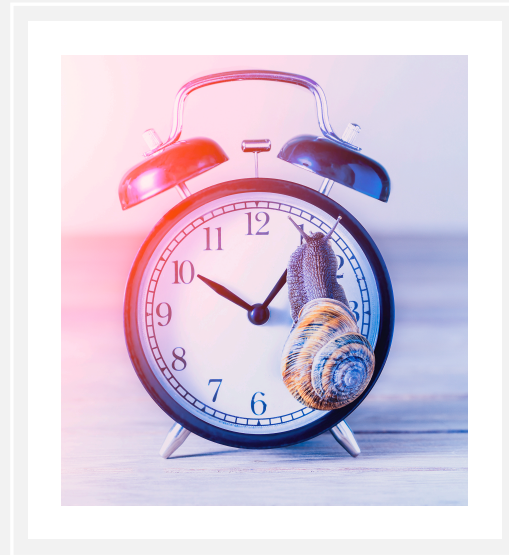
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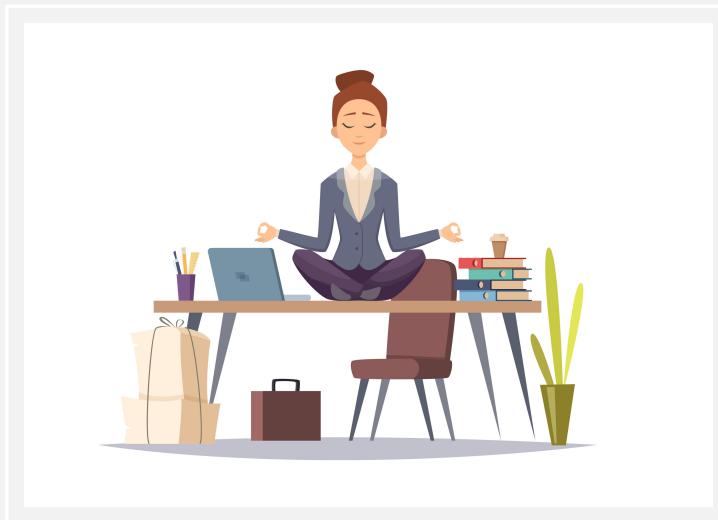
## ACCELERATE TO DECELERATE

- Practice this technique for when you feel most stress, anxiety or panic.
- Physical symptoms might include racing heart, quick shallow breaths, pounding in your ears.
  1. Get up.
  2. Run or quick jog in spot or across the room if possible.
  3. Try to make your heart accelerate faster.
  4. When you feel the pounding is louder – slow down your steps and stop.
  5. Now practice breathing to slow your heart rate and return to normal.



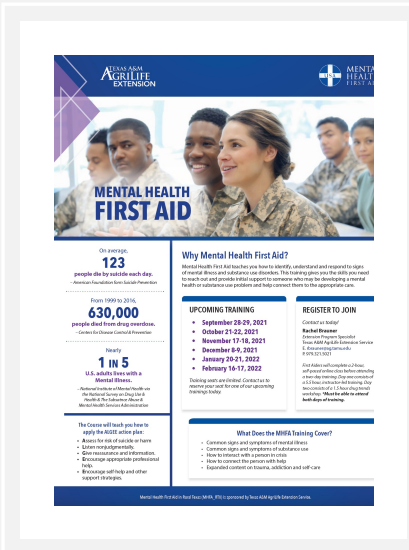
## ADDITIONAL RESOURCES

- With Mindfulness, Life's in the Moment  
<https://news.harvard.edu/gazette/story/2018/04/less-stress-clearer-thoughts-with-mindfulness-meditation/>
- Benefits of Mindfulness  
<https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>
- How Often to Meditate  
<https://www.medicalnewstoday.com/articles/320392#how-often-to-meditate>
- Mindful Mental Health  
<https://www.mindful.org/category/health/mental-health/>




## MENTAL HEALTH FIRST AID (FOR ADULTS)

- 8-hour face to face OR blended/virtual
- 2-year certification as a Mental Health First Aider (MHFA)
- Low or no-cost
- State of the art curriculum
- Interactive
- Encourages real-time knowledge to practice applications
- Allows for challenge by choice



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## ABOUT MHFA

Mental Health First Aid – Adults takes the fear and hesitation out of starting conversations with peers, colleagues or loved ones about mental health and substance use problems. It aims to reduce stigma, promote hope and reiterates that recovery is possible.

Mental Health First Aiders are trained to:

1. Recognize signs and symptoms of mental health challenges in people they work with or care about.
2. Understand that they are not diagnosing, but simply being cognizant of a possible concern.
3. Know that recovery from mental health challenges is possible and that the earlier someone seeks help the better.
4. Be patient, calm, nonjudgmental, reassuring and to provide “hope with facts” when supporting someone through a mental health crisis or challenge.
5. Use an action plan to provide timely MHFA that can prevent situations such as suicidal thoughts, non-suicidal self-injury, psychotic episodes, substance use from becoming crises.

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# QUESTIONS?

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## CONTACT US!

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