




Understanding why we all feel so
terrible and what to do about it

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theminddeconstructed.org



**me giving
mental health
advice**

**my mental
health**

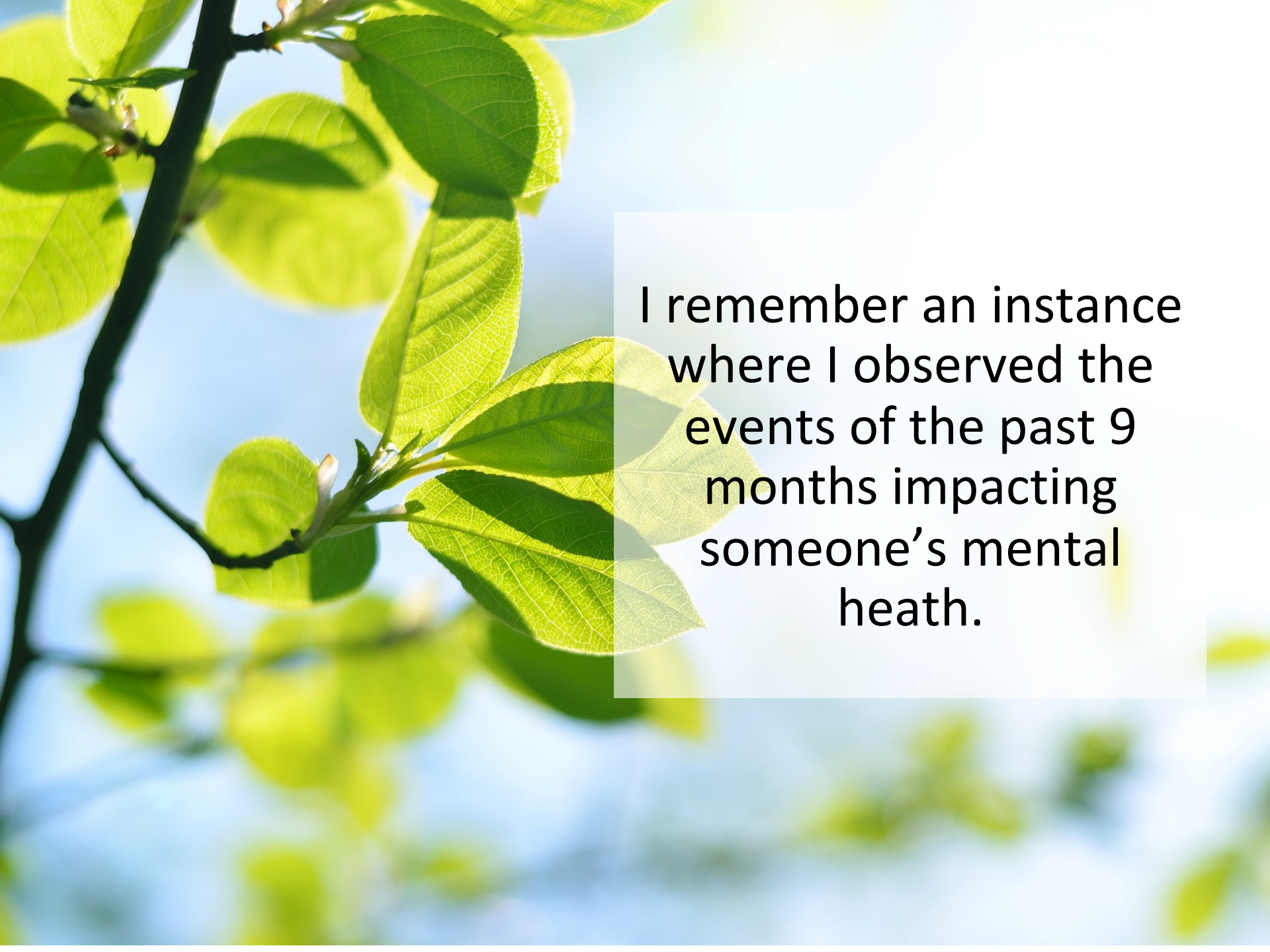
Learning Objectives:

Upon completion of this learning activity, the participant will:

- 1) Describe the impact of acute and chronic stress on cognitive function.
- 2) Examine the nature and degree to which chronic stress impacts professional and personal needs.
- 3) Develop a strategy to identify specific skills to address and meet varying professional and personal needs.



I remember...

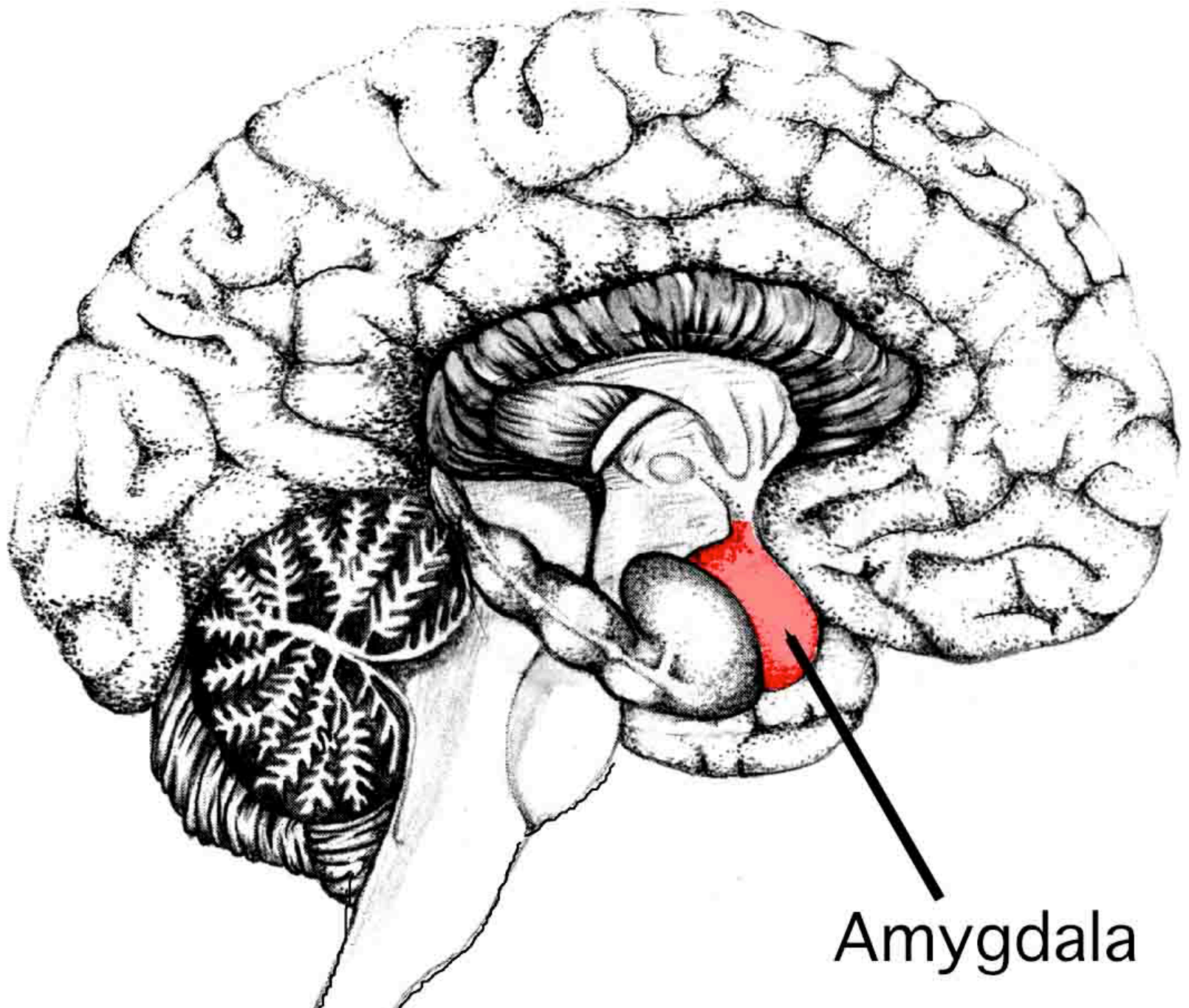


I remember an instance where I observed the events of the past 9 months impacting someone's mental health.

Maslow's Hierarchy of Needs



By Nathalie Martinek with Khurram Jahangir. Model originally adapted by Eva Migdal.



Amygdala



SKILLS

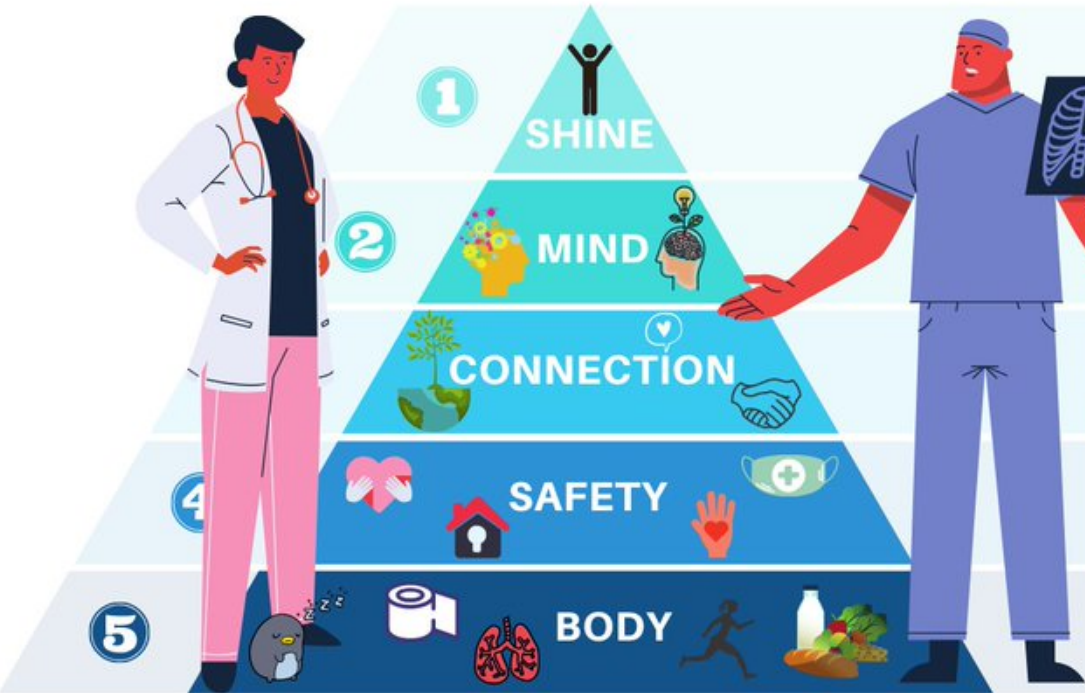
creativity autonomy contribution purpose

curiosity vulnerability mindfulness identity
 organization discernment meaning behavioural insights

self-regulation collaboration community spirituality
 empathy humour passion love nature belonging

boundaries assertiveness trust & intuition self-soothing
 ask for support staying safe

eat drink breathe move sleep excrete
 medicate



by Nathalie Martinek with Khurram Jahangir. Model originally adapted by Eva Migdal.

Stimulate your vagus nerve!

Paced Breathing:

In – 2 – 3 – 4

Out – 2 – 3 – 4 – 5 – 6 – 7 – 8

Repeat

Ice or ice-water on the face



ON AIR

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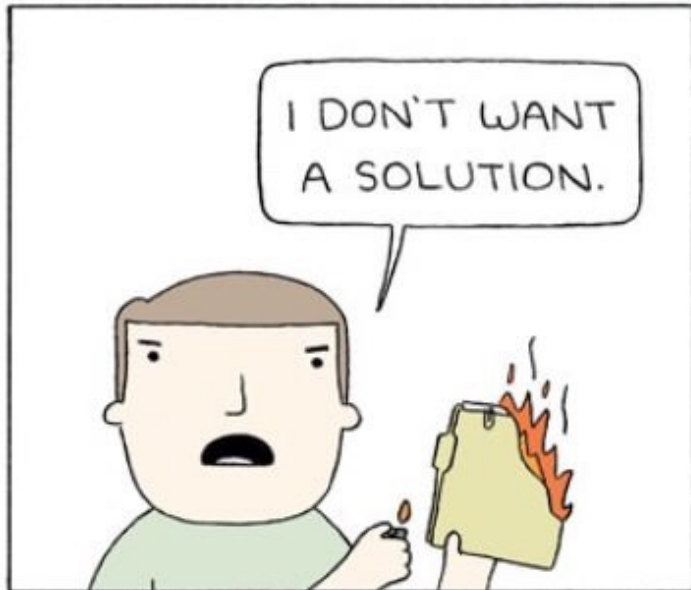
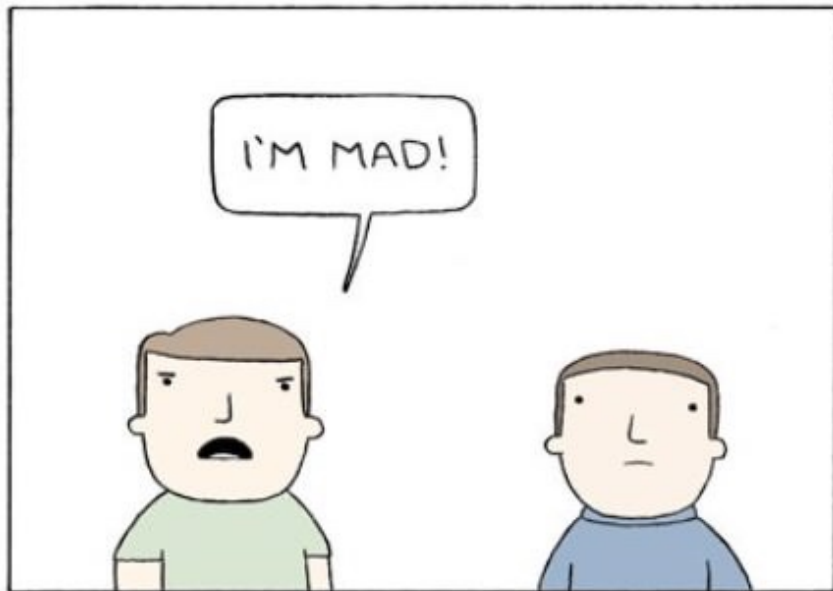
Discussion

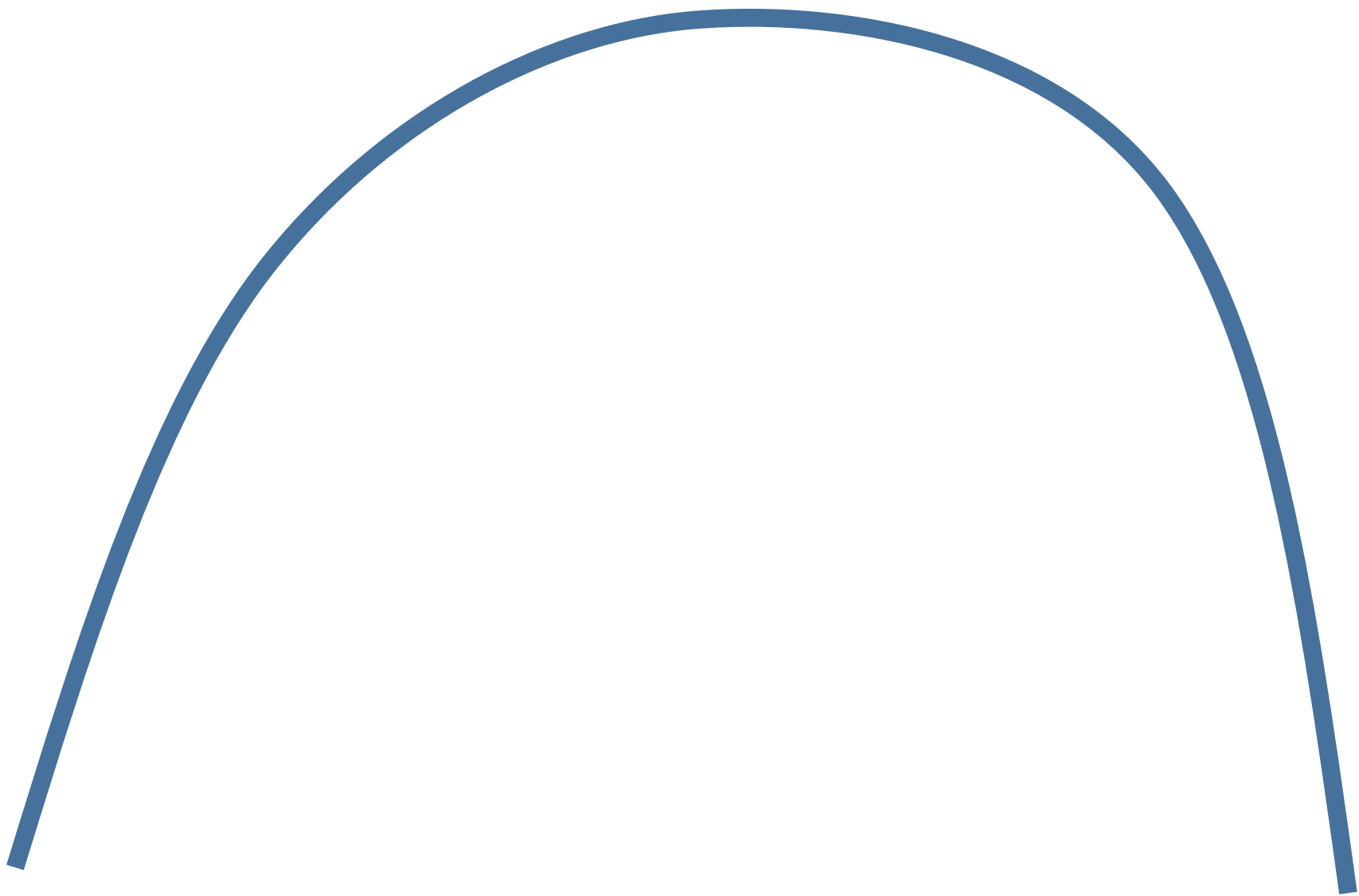
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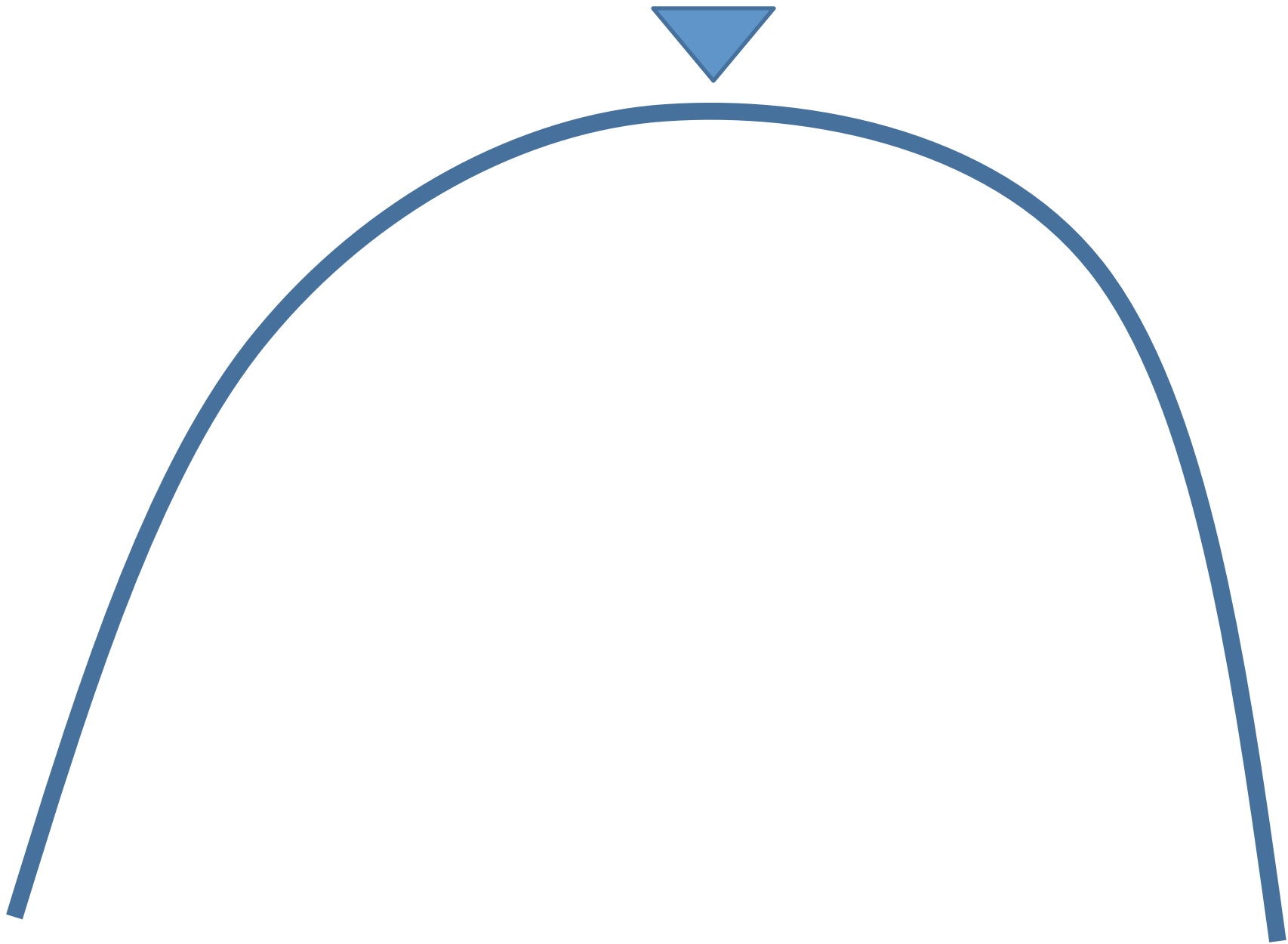
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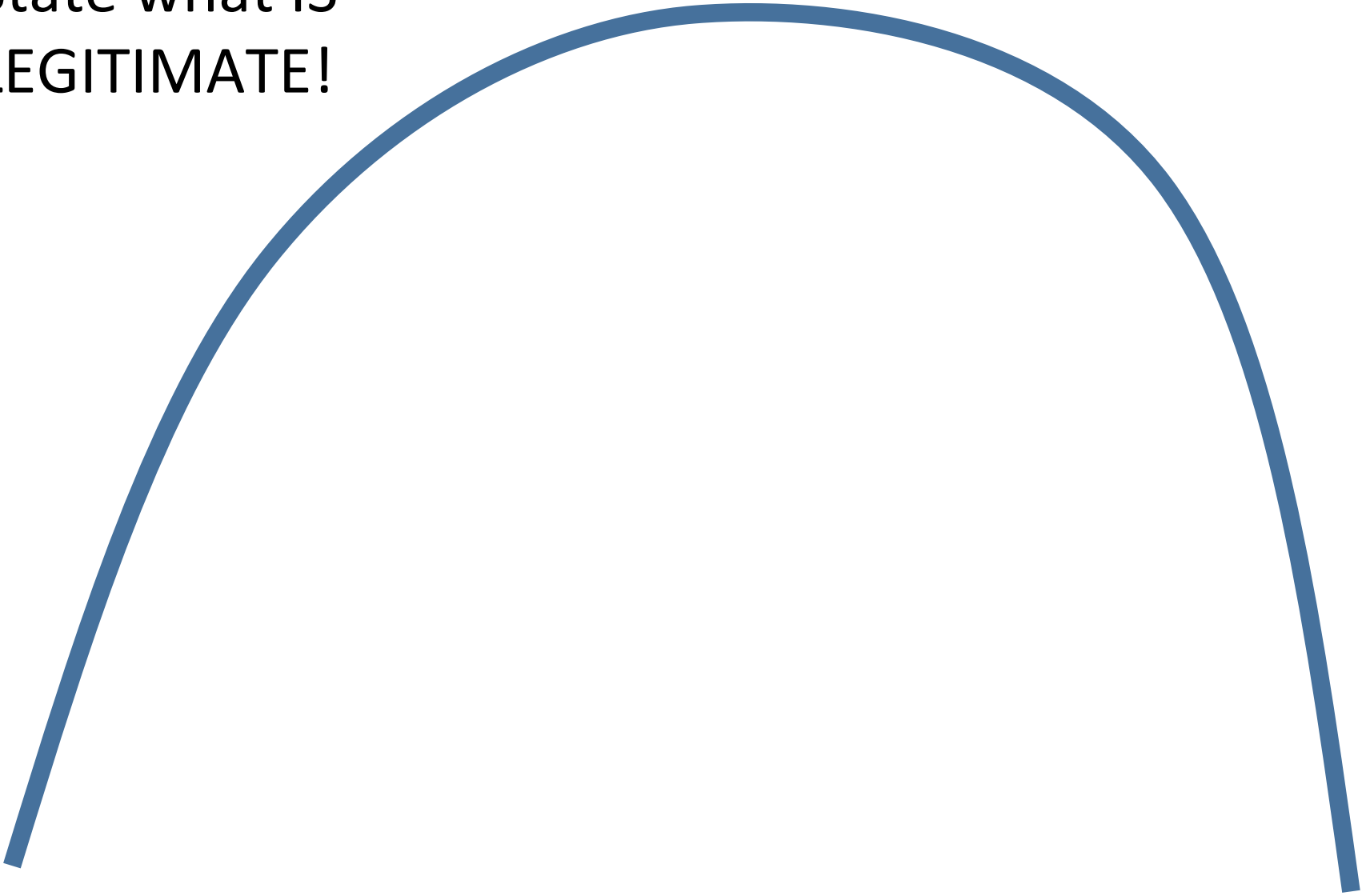
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State what IS
LEGITIMATE!



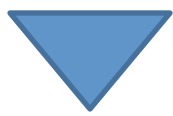


State what IS
LEGITIMATE!

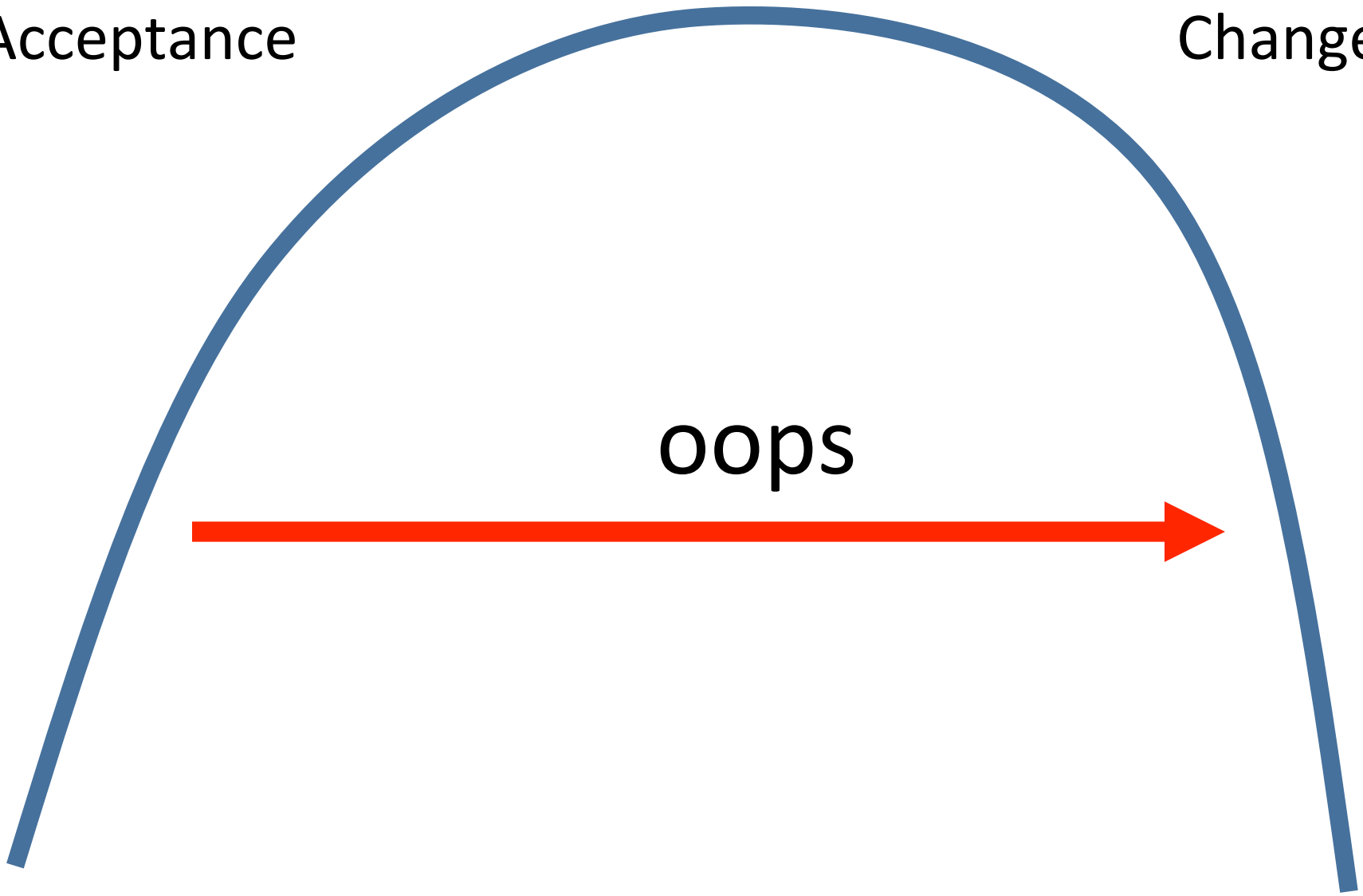
State your
feelings,
opinion, say
“no”, say
“yes”, etc.

Acceptance

Change



oops

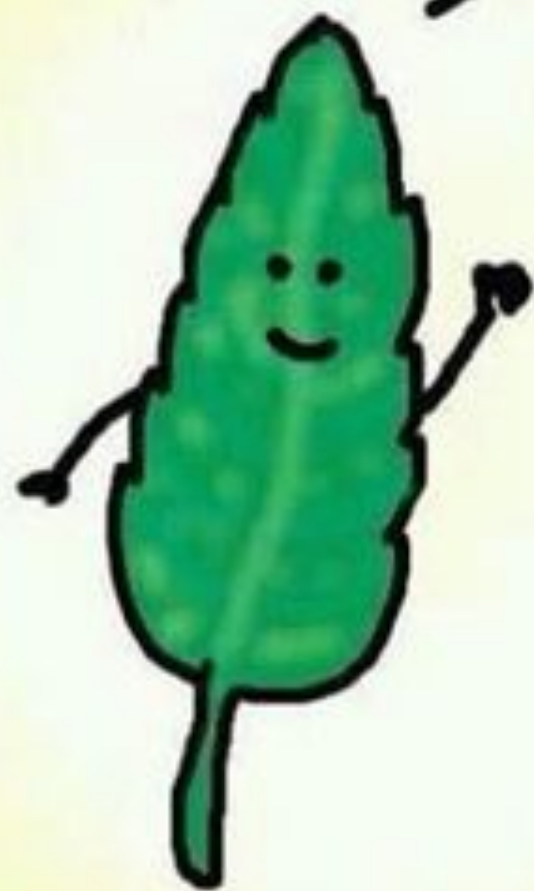


- Felt
- Found
- Feel

Assumptions about people

- People are doing the best that they can.
- People want to improve
- People must learn new behaviors in the context of their day-to-day life.
- People cannot fail in complex systems
- People may not have caused all of their problems, but they have to solve them anyway.
- People need to do better, try harder and be more motivated to change.
- When people report they are facing something unbearable, they are to be believed

- (Adapted from Marsha Linehan, PhD, Dialectical Behavior Therapy)



- you can do it!

you've got
this!

encourage mint