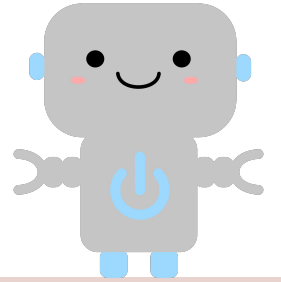
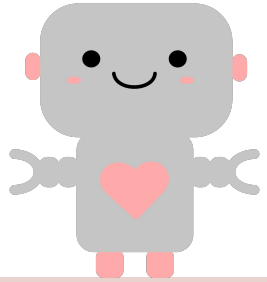


Self Care & Mental Health Workshop



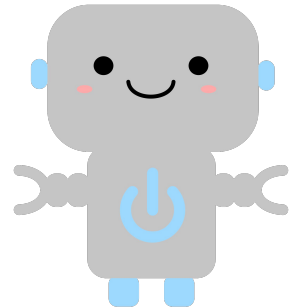
SOS Outreach_2024

Introductions

- Fernanda Landeros – SOS Alumni Liaison
 - flanderos@sosoutreach.org
- Alison Canavan – SOS Operations and Volunteer Manager
 - acanavan@sosoutreach.org

Why is mental health and self care important?

- Winter can be very lonely and isolating for some
- Unresolved stress can negatively impact our lives, our work, our self esteem, and our relationships
- Your mind is part of your body: your body can't be well if your mind is not either
- Easier said than done, *but talk to someone!!!*



Symptoms of being Overwhelmed & Trauma

People can experience a few or many symptoms based on our coping defenses and have different reactions to stress

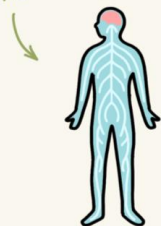
Complicated feelings



OVERCOMING OVERWHELM & TRANSFORMING TRAUMA

with The Trauma Stewardship Institute

here's me, feeling good



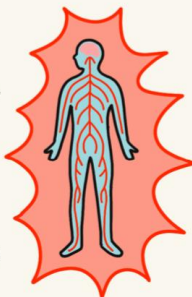
Ideally our nervous system & brain = spacious and regulated, so we're present & responsive, not ruminating & reactive.

But, stress can saturate us, including, but certainly not limited to:



And once saturated, we rupture.

Internally (i.e. anxious, exhausted, overwhelmed, ill, obsessive)



Externally (i.e. edgy, irritable, aggressive, impatient, toxic behavior)

One cost of being saturated & rupturing is living in fight/flight/freeze/fawn. When not necessary, it becomes maladaptive & can result in:



What to do?!

#1 In an effort to sustain ourselves, avoid...

- unmindful social media
- excessive/unproductive news consumption
- unhealthy relationships



our attempt at portraying a protective force field

other threats to the nervous system

#2 Metabolize accumulated saturation through...

engage our bodies/minds (i.e. movement, meditation, working out, prayer, yoga)

gratitude (notice what's going well)

nervous system resets (i.e. rest/sleep, being/looking outside, acupuncture, alternate being warm/cold)



humor (laughter & reframing = powerful forces)

connection (i.e. to loved ones & strangers, animals, art/music/nature)

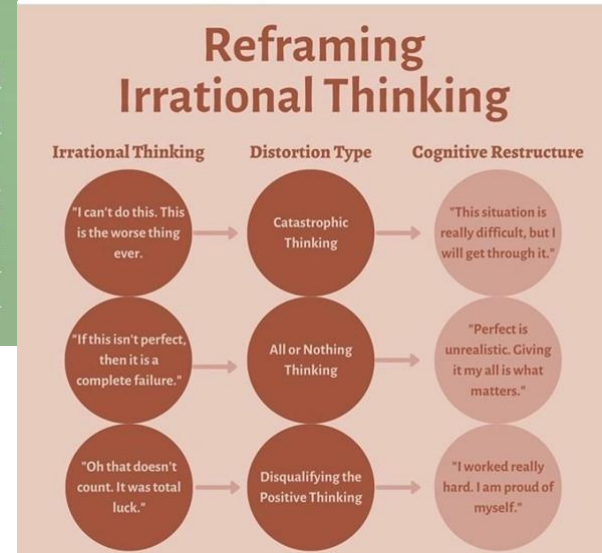
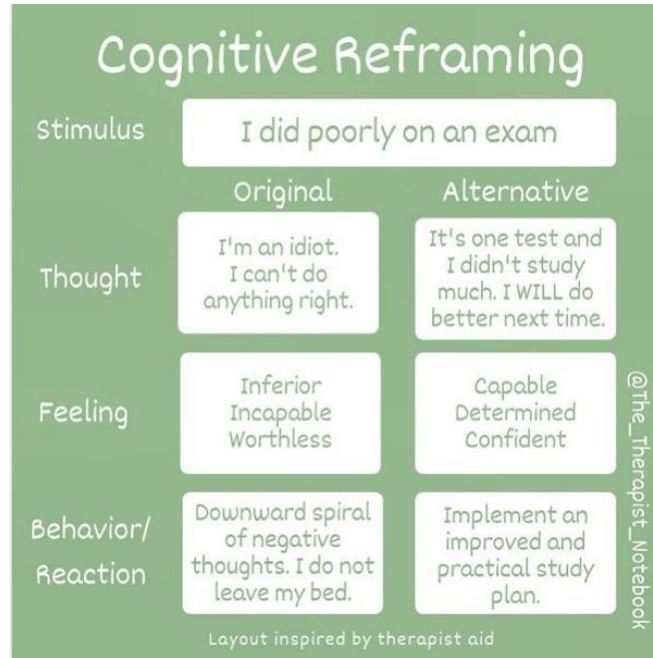
With all that is unfolding in ourselves/our lives/our world, let's tend to ourselves & each other with grace & humility. Pace ourselves, not take ourselves too seriously, and bring the best parts of ourselves to the fore. However we define leaving the world a better place, through the minute moments to the grandest efforts, let's never underestimate our ability to ease suffering & contribute to both the communal repair of our world and the subsequent awe of what it means to be alive.

when talking about our nervous system, we mean both our individual nervous systems but we also believe where we live has a nervous system, as do our schools & workplaces, our communities & country, etc. So this refers to our collective nervous systems, too!

Cognitive Reframing

We have a tendency to be negative when something doesn't workout.

One way to build up our self esteem is by reframing our thoughts



- ❑ Take a brief walk
- ❑ Schedule time to do nothing
- ❑ Read a book for fun
- ❑ Listen to music you enjoy/find relaxing
- ❑ Go look at something in nature that brings you joy
- ❑ Spend time with a pet or friend
- ❑ Color a picture
- ❑ Light your favorite candle
- ❑ Breathing exercises
- ❑ Smile and laugh
- ❑ Take a nap
- ❑ Get up and stretch
- ❑ Start an affirmation jar
- ❑ Keep a journal
- ❑ Call a friend/loved one (don't text)
- ❑ Get food with a friend/loved one
- ❑ Do something you enjoy

Tiny SURVIVAL GUIDE

THE TRAUMA STEWARDSHIP INSTITUTE'S

PROTECT YOUR MORNINGS

[or whenever you wake up]
less cortisol, more intentionality.



GO OUTSIDE

[or look outside]
perspective, context +
something larger than this.



BE ACTIVE

[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS

those that are edifying + healthy.

NURTURE GRATITUDE

what is one thing, right now,
that is going well?



DETOX

if navigating addictions
be wise + safe
limit news + social media.

SPEND TIME WITH ANIMALS

↓ stress hormones, ↑ comfort.



METABOLIZE ALL YOU ARE EXPERIENCING

re-regulate your nervous
system.

SIMPLIFY

[less is more]
be aware of decision
fatigue + cognitive overload.



ADMIRE ART

the gift of feeling transported.



LAUGH

pure humor = a sustaining force.

FOSTER HUMILITY & EXTEND GRACE

self-righteousness
+ hubris = unhelpful.

SLEEP

to cleanse + repair brain + body.



CLARIFY INTENTIONS

how can i refrain from causing harm,
how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE

[with yourself]
be mindful of the quality of your
presence. it means so much
to others.



RESPONDER STRESS CONTINUUM

READY

Sense Of Mission
Spiritually &
Emotionally Healthy
Physically Healthy
Emotionally Available
Healthy Sleep
Gratitude
Vitality
Room For Complexity

REACTING

Sleep Loss
Change In Attitude
Criticism
Avoidance
Loss Of Interest
Distance
From Others
Short Fuse
Cutting Corners
Loss Of Creativity
Lack Of Motivation
Fatigue

INJURED

Sleep Issues
Emotional Numbness
Burnout
Nightmares
Disengaged
Exhausted
Physical Symptoms
Feeling Trapped
Relationships
Suffering
Isolation

CRITICAL

Insomnia
Hopelessness
Anxiety & Panic
Depression
Intrusive Thoughts
Feeling Lost Or
Out Of Control
Blame
Hiding Out
Broken Relationships
Thoughts Of Suicide

~Exercise: Guided Box Breathing~

4 in, 4 hold, 4 out, 4 hold

1. Inhale slowly through your nose for 4 counts
2. Hold your breath for 4 counts
3. Exhale slowly through your mouth for 4 counts
4. Hold your breath for 4 counts

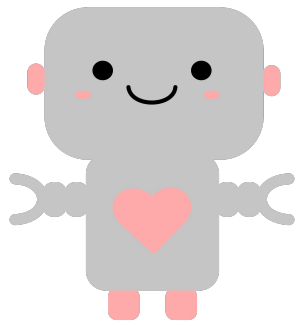
Repeat until you feel calmer

Mental Health Resources

- Suicide and Crisis Lifeline - 988
- Cleveland Clinic - Stress Management and Emotional Health
- Speak up Reach out - Eagle County
- Somebody's Thinking About You - Salt Lake
- Responder Alliance Stress Continuum
- Trauma Stewardship - free handouts

If you need someone to talk to to get connected to more resources, reach out to SOS for more help or any of the resources above

Questions, comments, or concerns?



Thank you for your time!