



# Improve your Stress Management and Well-being through Self-Care

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# Today's Presenter

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# Objectives

**Define**

burnout, stress and stressors

**Understand**

warning signs of stress and burnout

**Learn**

best practices for responding to stress  
and recognizing your triggers

**Discover**

your own self care plan and additional  
wellness resources

# Burnout



Physical, emotional and mental exhaustion caused by **long-term** involvement in emotionally demanding situations

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# Burnout an "occupational phenomenon"

The World Health Organization describes burnout as:

- feelings of energy depletion or exhaustion;
- increased mental distance from one's job;
- feelings of negativism or cynicism related to one's job; and
- reduced professional efficacy.

# Do these sound familiar?

I'll use my free time  
to take care of  
that problem

There aren't  
enough hours in the  
day

UGH! I don't have  
time to be sick! Who  
will take care of...

I'll get to  
that tomorrow...

My {insert need here}  
is just going to have to  
wait...

My  
doctor's appointment  
can wait until...

# Audience question

What are some signs you aren't prioritizing your self-care?

# Signs you Aren't Taking Care of Yourself

- Drag yourself out of bed and have trouble getting started
- Become cynical or critical
- Irritable or impatient with friends, family or co-workers
- Lack of energy
- Lack satisfaction from your achievements
- Using food, drugs or alcohol to feel better or to simply not feel
- Sleep habits or appetite changed
- Headaches, muscle pain or other physical complaints



# Risk Factors of Burnout

- Inadequate health and safety policies
- Poor communication and management practices
- Limited participation in decision-making or low control over one's area of work
- Low levels of support for employees
- Inflexible working hours
- Unclear tasks or organizational objectives



# THE STRESS ARC

*maintaining motivation without burnout*



***Stress occurs when perceived pressure on an individual exceeds ability to maintain resilience***

# Audience question

What are some examples of events at work or home that cause stress?

# Stressors vs. Stress

**STRESSORS** are what activate the stress response in your body. They can be anything you see, hear, smell, touch, taste, or imagine could do you harm.

**External stressors**—work, money, family, time, cultural norms and expectations, experiences of discrimination, and so on.

**Internal stressors**—self-criticism, body image, identity, memories and The Future.

# Stressors vs. Stress

**STRESS** is the neurological and physiological shift that happens in your body when you encounter one of these threats.

It's an evolutionary adaptive **response** that helps us cope with things like, say, being chased by a hippo. When your brain notices the hippo, it activates a generic “stress response” to help you survive.

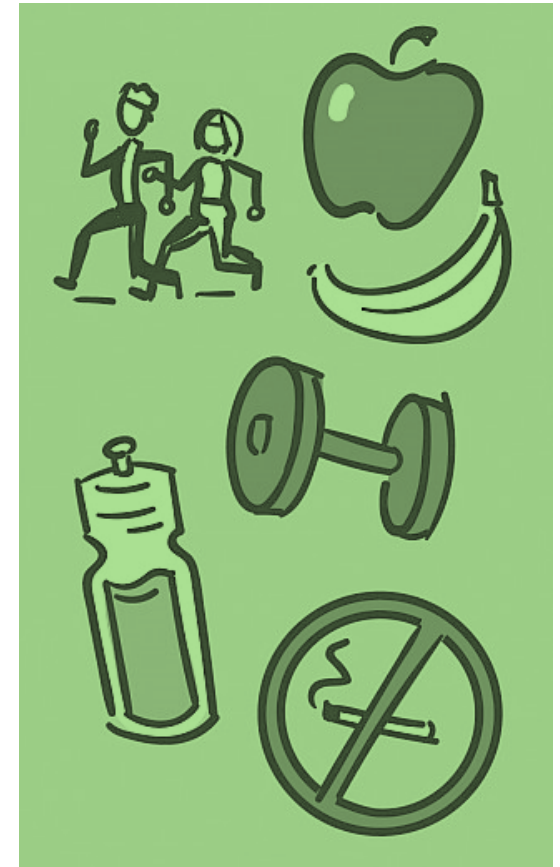
# Self-Care Tool Box



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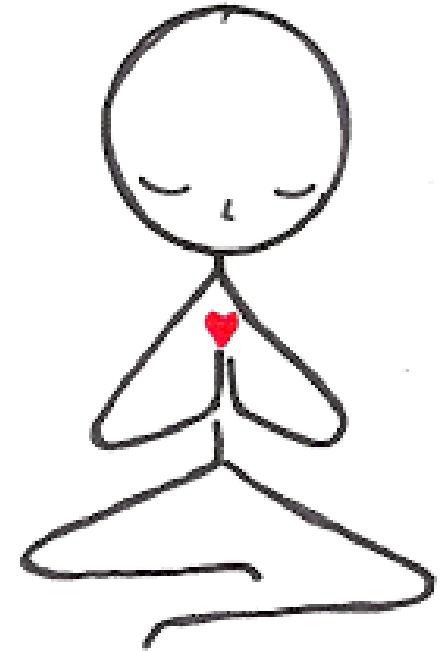
# Physical Activity

- If you experience stress most days, then you have to move your body.
- You need to run, swim, dance, walk! Any type of physical movement for 20 minutes to 60 minutes every day.



# Deep Breathing/Seeking Solitude

- Deep, slow breaths
- Finding some solitude (like taking a walk alone) to just think





# Positive Social Interactions/Helping Others

- Participate in positive social relationships that provide a sense of belonging
- Do good for others daily. It can be big, or it can be small.



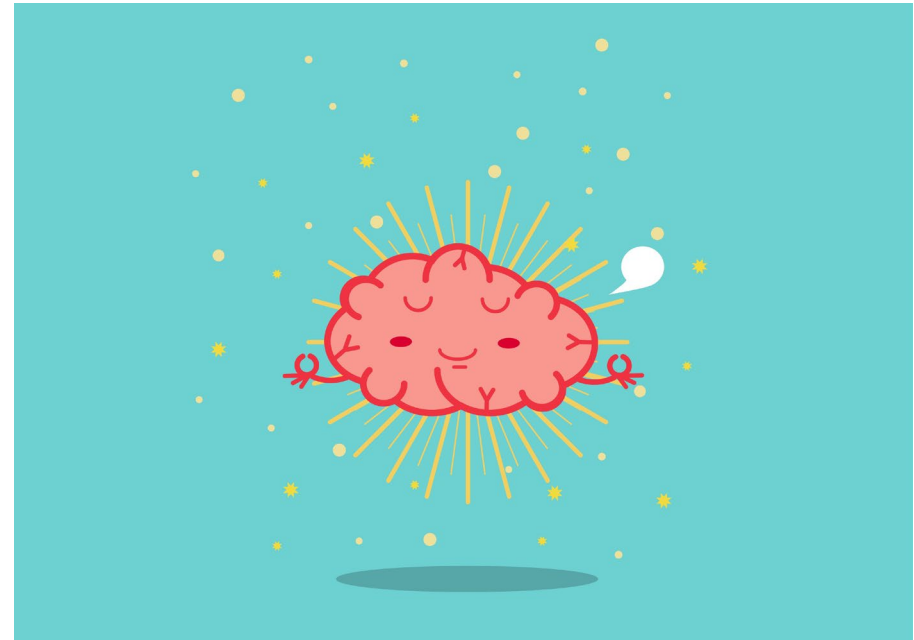
# Emotional Self-Care

- Laughter
- Affection
- Crying

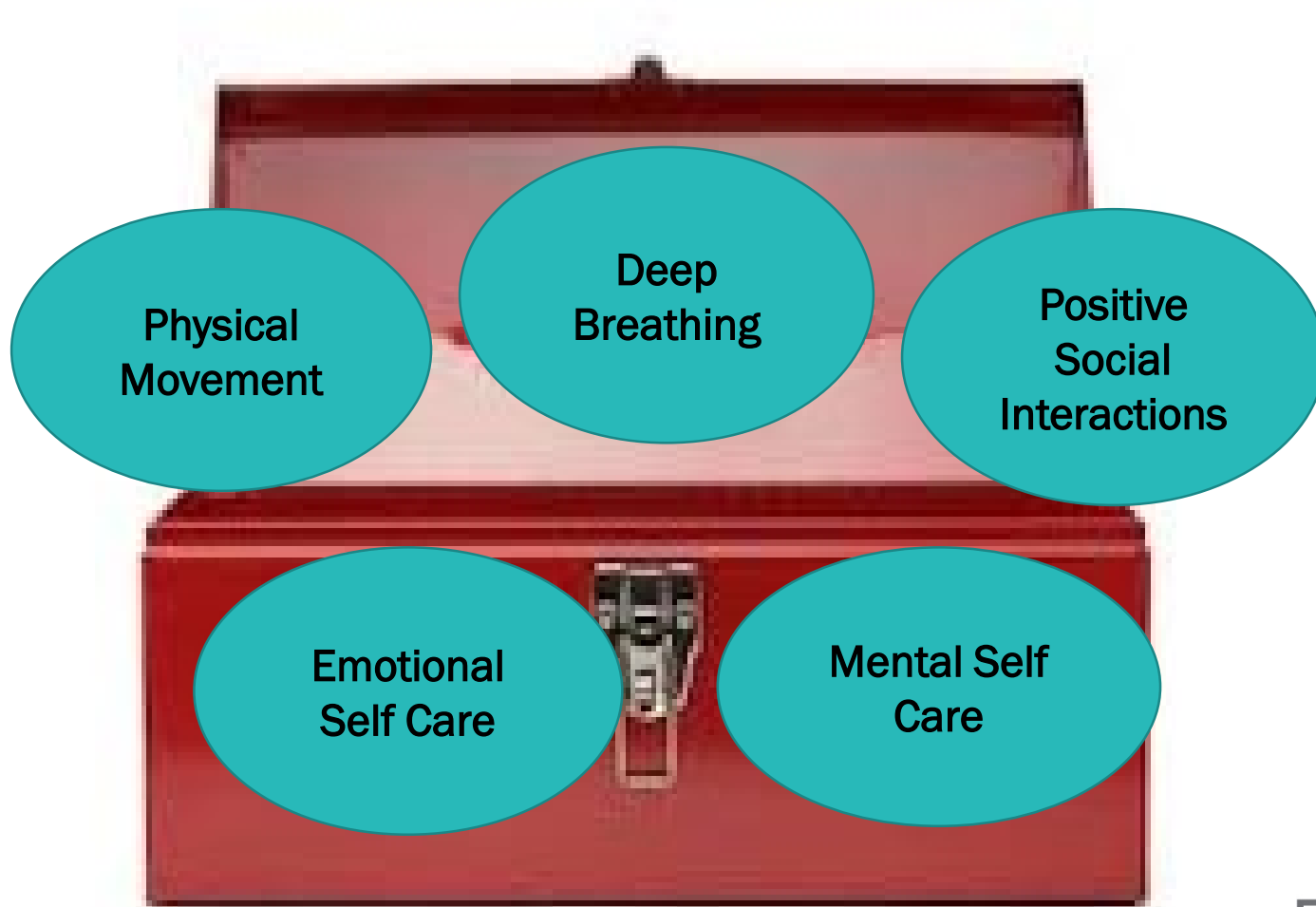


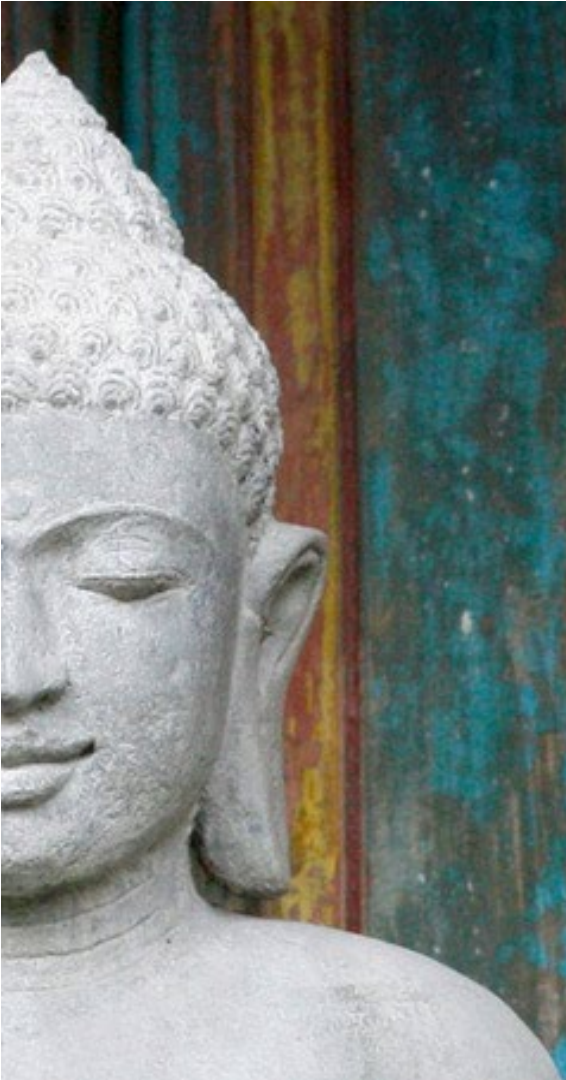
# Mental Self-Care

- Activities that help you feel clear-headed and able to engage in the different aspects of your life
- Creative Expression
- Make Time for Hobbies



# Self-Care Tool Box





IF YOUR COMPASSION  
DOES NOT INCLUDE YOURSELF,  
IT IS INCOMPLETE.

BUDDHA

FOR QUOTES

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# What does self-care look like for you?

SELF-CARE		
BODY * MIND * SOUL		
BODY	MIND	SOUL

# Self Care Challenge

## TODAY

1. Identify ONE thing you can do each day
2. Identify ONE thing you could do to make that change happen – Add it as an appointment in your schedule
3. Take a deep breath and start!
4. If it doesn't work, try something else
5. Lather, Rinse, Repeat Steps 1 – 4

## Mental Health Resources

- Montgomery County Hotline
  - 301-738-2255
- American Foundation for Suicide Prevention
  - [afsp.org](http://afsp.org)
- Centers for Disease Control and Prevention (CDC)
  - [cdc.gov](http://cdc.gov)
- Mental Health America
  - [mhanational.org](http://mhanational.org)
- National Alliance on Mental Illness (NAMI)
  - [nami.org/home](http://nami.org/home)
- Substance Abuse and Mental Health Services Administration
  - [samhsa.gov](http://samhsa.gov)



# Workplace Health Initiatives

- [Workplace Health Resource Center](#)
- [Worksite Health ScoreCard](#)
- [Center for Workplace Mental Health: Employer Resources](#)
- [American Heart Association Workplace Mental Health Resources](#)

# References

<https://my.clevelandclinic.org/health/articles/11874-stress>

<https://www.apa.org/helpcenter/stress-kinds>

<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

<http://www.gostress.com/stress-and-the-stress-definition-experiment/>

Ryan Holiday, Meditations on Strategy and Life

Burnout, The Secret to Unlocking the Stress Cycle, Emily Nagoski, PhD, Amelia Nagoksi, DMA

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# Evaluation

## 4 Steps to Reading QR Codes



Open your device's camera app.



Hold up the camera so that the QR code steadily appears in the viewfinder.  
(Do not take a picture!)



Wait 2-3 seconds for the on-screen notification that will pop up when your device automatically recognizes the QR code.



Tap the notification and you will be taken to the destination of the QR code.

