

Self-Care and Mental Health



Brian Moore MSW LISW-S

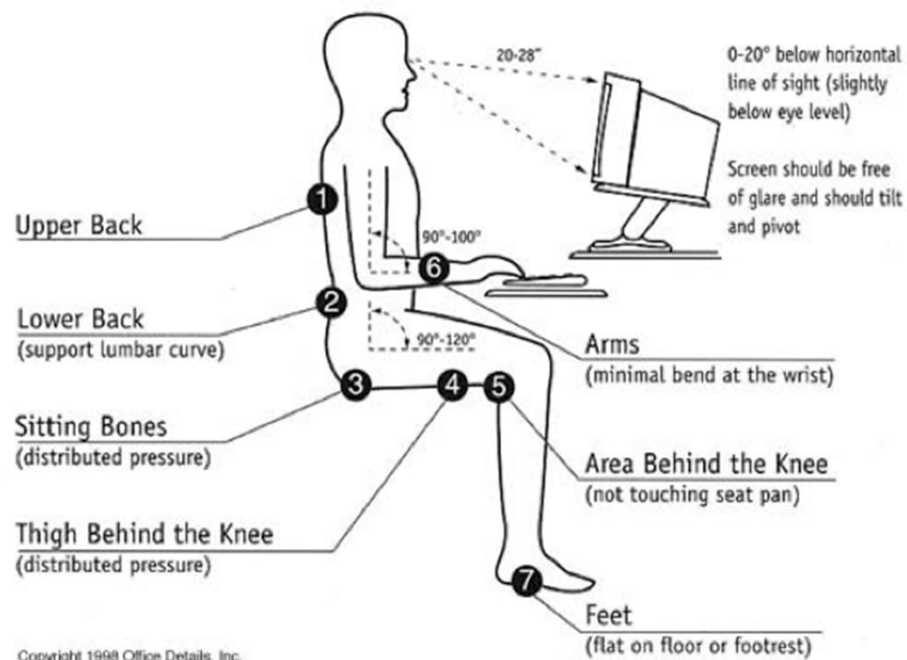
Brian.Moore@campqualityusa.org

Mindfulness

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations,



Computer posture



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Self-regulation- what is within our control?

What are your go-to coping mechanisms? Your personal tool kit that works for you. Write it down

Help others create a list of things to adjust their mood, reduce anxiety, stress, or anger.



Box breathing

BOX BREATHING EXERCISE



NAVY
SEAL
METHOD

REDUCE ANXIETY & STRESS



Music

Vitamin String Quartet





Sensory

Aroma therapy, soft blankets, warm bath,
comfort food

Solution Focused approach what works for you

ADD A FOOTER

Do what works for you

Revisit things you have done in the past that bring you comfort/joy

Animals

Zoom friends that make you smile

Read a book



Calm together

Sleeplessness

Cold dark quiet room, limit screen time,
limit caffeine.

Limit alcohol, remove visible alarm
clocks

Difficulty focusing

Reduce tasks to essential ones, make a list, rank them.

Pick the time of day to complete.

Be kind to yourself

Overload

Limit your consumption of news
Including social media

Current ways to cope during the pandemic



ADD A FOOTER

Pandemic coping methods

Rest assured you are not alone

Set time aside to breathe

Know it is OK to ask for help



Pandemic coping methods

Focus on the good and
provide acts of kindness

Find a mantra

Know timing is everything



Pandemic coping methods

Stay informed by using reliable sources

Focus on what you can do and accept the things you can't control

Find ways to stay socially connected and engaged



Pandemic coping methods

Set daily routines that include being creative

Explore apps that benefit mental health

Write it out.



Metaphors for our functioning

Bandwidth

RAM

Computer windows open

Help others

Share what you do with others who are still figuring out what works for them.

Sometimes it is helpful for you to highlight to someone what you see that helps them.



Thank you

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