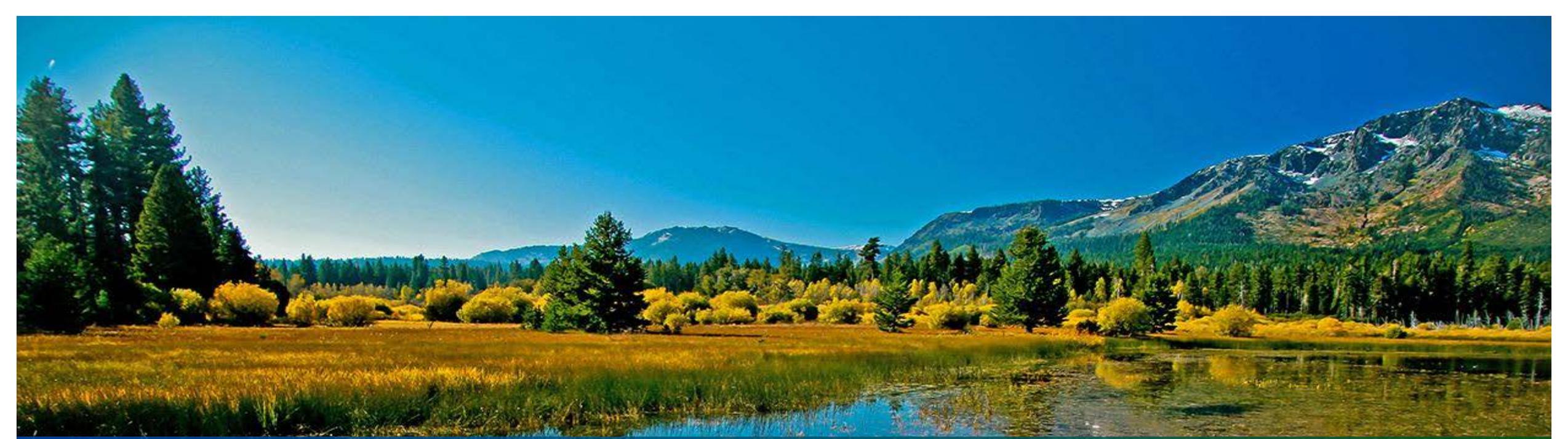




# Self Care and Mental Health



# Brian Moore MSW LISW-S

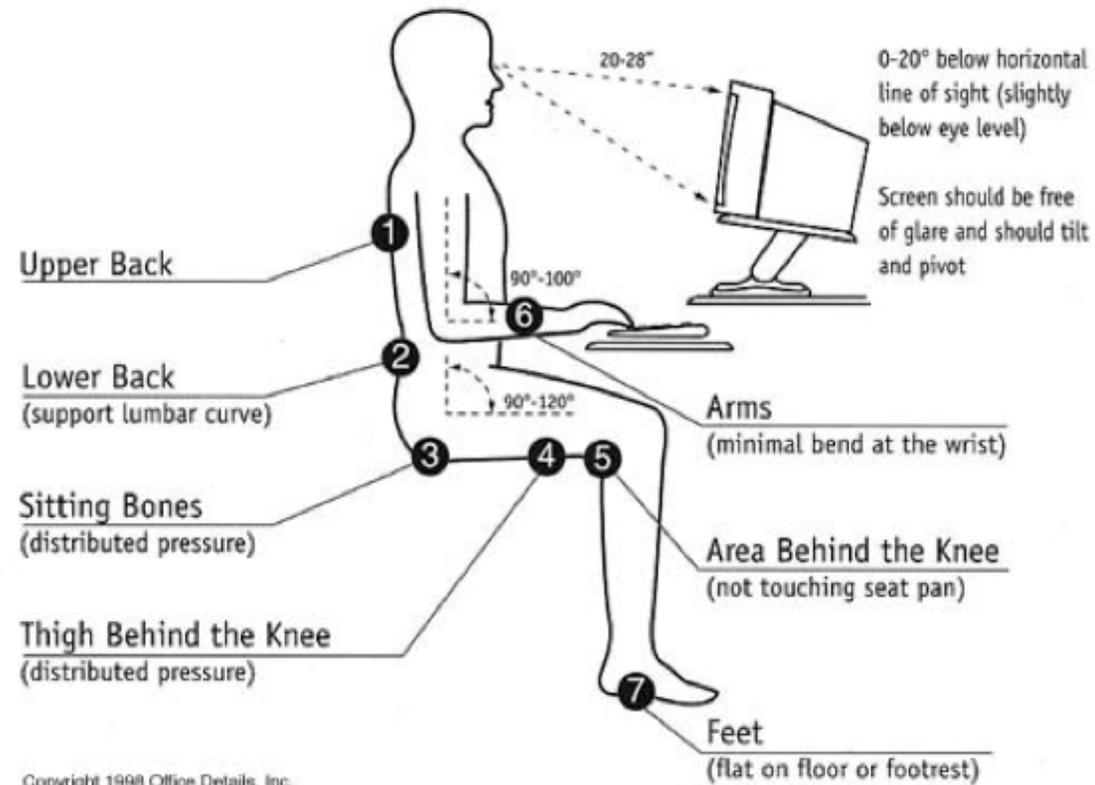
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# Mindfulness

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



# Selfregulation- what is within our control?

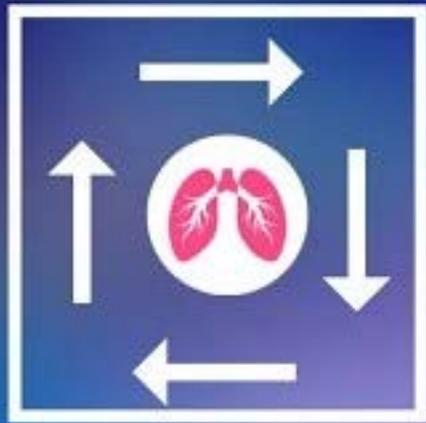
What are your go -to coping mechanisms? Your personal tool kit that works for you. Write it down

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



# Box breathing

**BOX BREATHING EXERCISE**



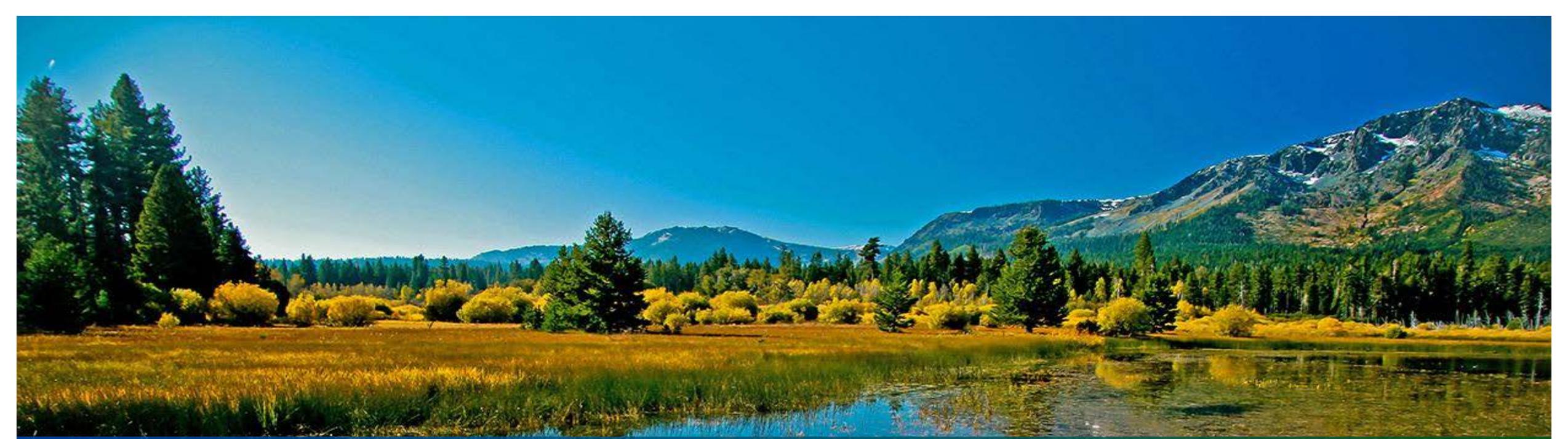
**NAVY  
SEAL  
METHOD**

**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

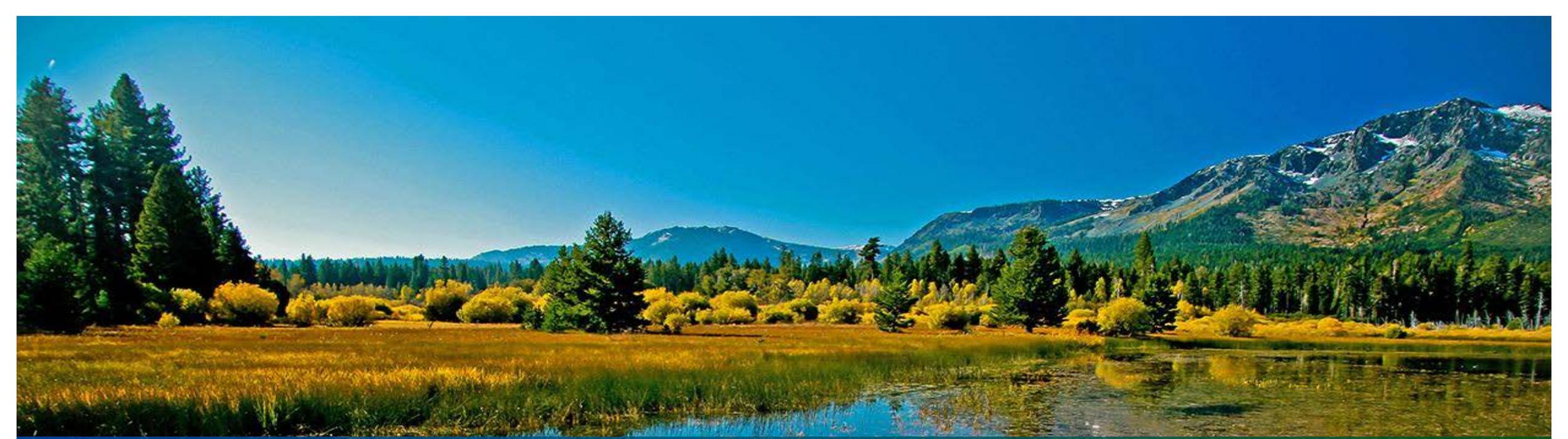
# Do what works for you

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

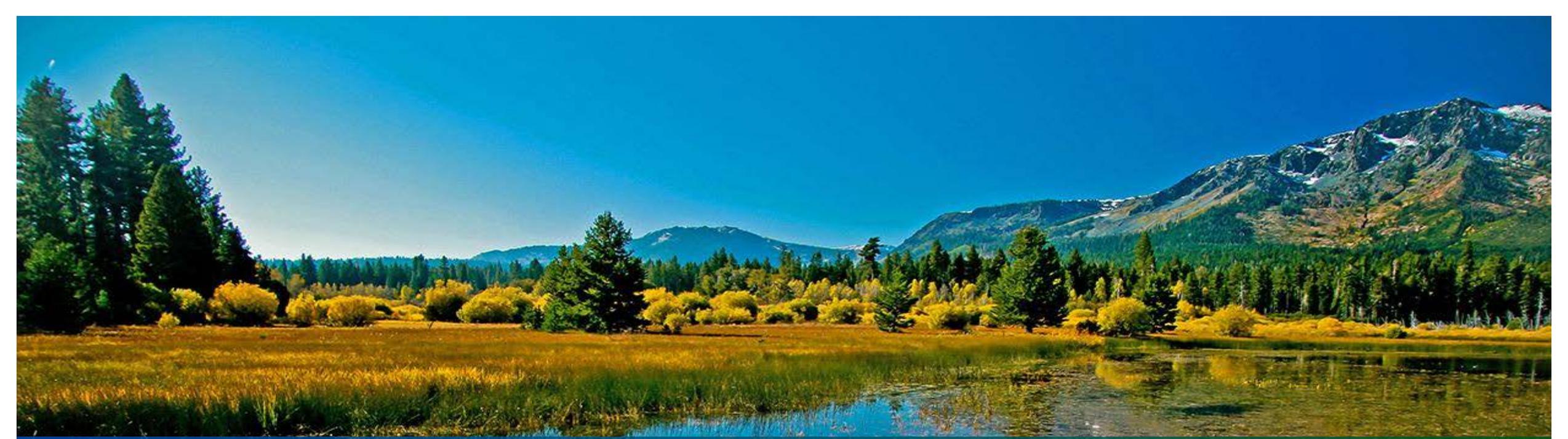
RAM

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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