



DHRHealth

Institute for Research
and Development

TO DISCOVER ♦ TO INNOVATE ♦ TO EXCEL

REGION ONE ESC

GEARUP



COLLEGE READY, CAREER SET!

REGION ONE ESC

GEARUP



COLLEGE NOW CAREER CONNECTED!



REGION ONE ESC

PATHS

PROJECT

PATHWAYS ALIGNED TO HEALTH SCIENCE

Mental Health **Matters**

Self-Care & Laughter Yoga

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Board-Approved Supervisor
Laughter Ambassador

- UTRGV School of Social Work
- Boys & Girls Clubs of Pharr Youth & Family Support Services
- Mujeres Unidas (Women Together)

Objectives

- Participants will understand the importance of balancing their stress management.
- Participants will reflect and identify factors influencing their mental health.
- Participants will learn and engage with self-care practices and techniques to improve work life balance.



@michellesolomonart



WHAT IS 1 WORD YOU USE TO DESCRIBE MH?

MENTAL HEALTH

~~STIGMA~~

5 THINGS YOU CAN DO TO REDUCE STIGMA

- | | |
|-----------------|--|
| Get | Get to Know the facts. Learn about mental health illnesses. |
| Be | Be aware of your own attitudes and behaviors. Examine your own judgmental thinking, reinforced by upbringing or society. |
| Choose | Choose your words carefully. The way we speak can affect the attitudes of others. |
| Focus on | Focus on the positive. Mental illness, including addictions, are only part of anyone's larger picture. |
| Treat | Treat everyone with dignity and respect; offer support and encouragement. |

MOST COMMON MENTAL HEALTH DISORDERS



Mental Health Conditions

- Based on the National Alliance on Mental Illness:
- [1 in 5](#) U.S. adults experience mental illness each year
- [1 in 20](#) U.S. adults experience serious mental illness each year
- [1 in 6](#) U.S. youth aged 6-17 experience a mental health disorder each year
- [50%](#) of all lifetime mental illness begins by age 14, and 75% by age 24

Treatment



Mental illnesses are not cured but can be treated.

Psychotherapy (talk therapy)

- Individual
- Family
- Group
- Peer support

Medication

- Psychiatrist
- Family Doctor

**side effects

**You are totally
replaceable at work.
You're not replaceable
at home.
Home is your real life.
Keep that perspective.
Always.**

Stress is...

- The way that you react physically, mentally and emotionally to various conditions, changes and demands.
- The threat, event or change are commonly called stressors.
- Stressors can be:
 - Internal (thoughts, beliefs, attitudes)
 - External (loss, tragedy, change).



Symptoms of Stress

Headaches

Nervous stomach

Change in appetite

Rapid breathing

Rapid heart rate

Sweaty palms

Irritability

Fatigue

Anxiety

Insomnia

Anger

Depression

Inability to concentrate



What causes Stress?



*Self-care is giving the
world the best of you,
instead of what's left
of you.*

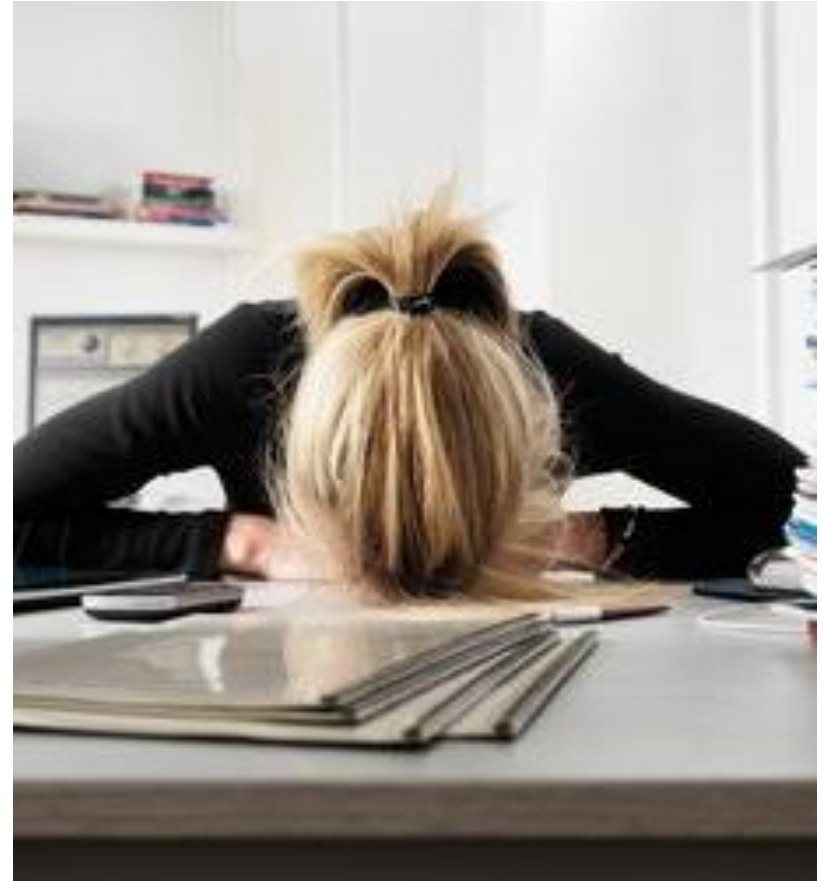
Katie Reed



*“Frank just up and exploded.
I hope I never get that burned
out.”*

ARE YOU ON THE ROAD TO BURNOUT?

- Every day is a bad day.
- Caring for both personal and professional may seem like a total waste of energy.
- Exhausted all the time.
- Feel like nothing you do makes a difference or is appreciated.



Signs of Secondary Traumatic Stress

It can impact all areas of your life (mild to debilitating).

- **Emotional** — feeling numb or detached; feeling overwhelmed or maybe even hopeless.
- **Physical** — having low energy or feeling fatigued.
- **Behavioral** — changing your routine or engaging in self-destructive coping mechanisms.
- **Professional** — experiencing low performance of job tasks and responsibilities; feeling low job morale.





THE ABILITY TO MAINTAIN PHYSICAL, EMOTIONAL,
RELATIONAL AND SPIRITUAL HEALTH IN TIMES OF STRESS.

Mental Health
Matters

Self-Care Assessment

Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

| | | |
|---|---------------------------------|---|
| 1 | I do this poorly | I do this rarely or not at all |
| 2 | I do this OK | I do this sometimes |
| 3 | I do this well | I do this often |
| ★ | I would like to improve at this | I would like to do this more frequently |

<https://www.therapistaid.com/worksheets/self-care-assessment.pdf>



Importance of Self-Care

- Part of the healing process
- It is unique for everyone
- Developing your own self-plan is the key
- Start with a couple of new ideas since it can be overwhelming to take on many new things at once.



Physical Self-Care

Activities that improve your physical health such as diet and exercise.



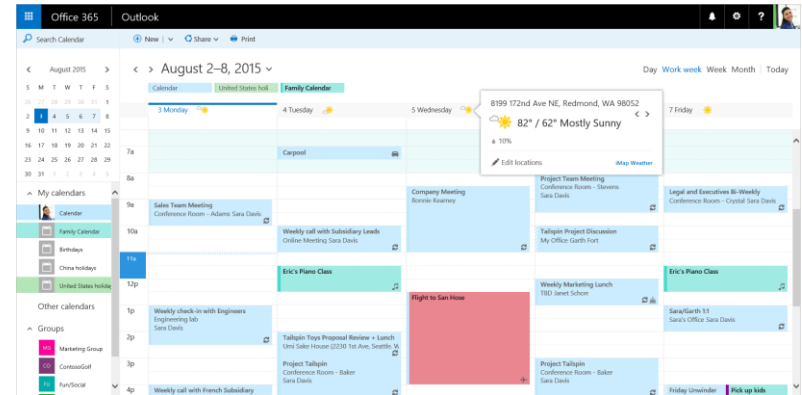
3 Stretches to Loosen Work-From-Home Body Stiffness

<https://www.youtube.com/watch?v=t2NUI7jM4tg>

Physical

Food

- Take a break, add it to your calendar.
- At times you may not be thinking clearly.
- It can lead to unhealthy patterns
 - E.g. skipping meals, fast food



Physical

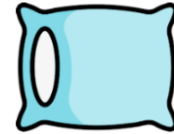
★ THINGS TO DO TONIGHT

Sleep

- Most people need between 6-10 hours of sleep per night.
- Sleep Diary
 - <https://www.therapistaid.com/worksheets/sleep-hygiene-handout.pdf>



Take a really **deep** breath. Go down your body, focusing on **relaxing** each muscle.



Create a comfortable and **relaxing** environment for yourself.



If you have a lot on your mind try **journaling** to calm your thoughts.



You made it another day. Be **proud** of yourself.



Go through your night time **routine** and do the things that **soothe** you.



Let go of what's **bothering** you. Take a deep breath and let go.

Blessing Manifesting

Mental Health
Matters

Physical

Medical care

- Taking care of our medical well being is essential in order for us to assist others without causing self-harm.
- When was the last time you told someone else to see a doctor?
- When was the last time that YOU saw a doctor?



Mental/Emotional Self-Care



SELF
CARE
ISN'T
SELFISH

Emotional self-care
will mean different
things for different
people.

Mental/Emotional

Keeping a Journal, Log, Blob of how you feel throughout your day and keeping it in a safe place (just focus on your emotions).





- Meditating or relaxation exercises
- Mindfulness
- Traditional Yoga
- Laughter Yoga

Key:

Thumb – tears, grief, emotional pain, feeling upset

Pointer/Index finger – fear, panic, feeling scared

Middle finger – anger, rage, resentment, feeling mad

Ring finger – worry, anxiety

Little finger – having self-doubts, not feeling good about ourselves or feeling bad



Fingerholds to Manage Emotions

<http://www.nationalcenterdvtraumamh.org/wp-content/uploads/2012/01/Fingerhold-Practice-for-Managing-Emotions-Stress-Final.pdf>

TRACE ALL 5 FINGERS



Spiritual

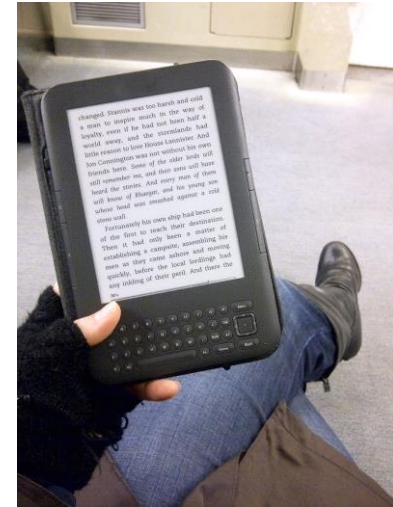
- Brings clarity to personal concepts such as personality, life, death, grieving, compassion and life's purpose.
- Acting upon things that will make you at harmony with yourself and others.
- Accept yourself!



Mental/Emotional

Use Humor

- Memes
- Be optimistic, see the positive side 😊
- Maintain healthy relationships.
- Set small goals: “Challenge yourself, don’t break yourself.”
- Express gratitude for small things.
- Ask for help! Its okay to do so...it is a strength!



Let's hear some music!

- Listen to each song.
- All from different genres.
- Write down how each song makes you feel.

1

2

3

4

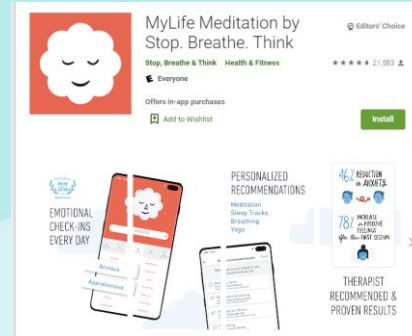
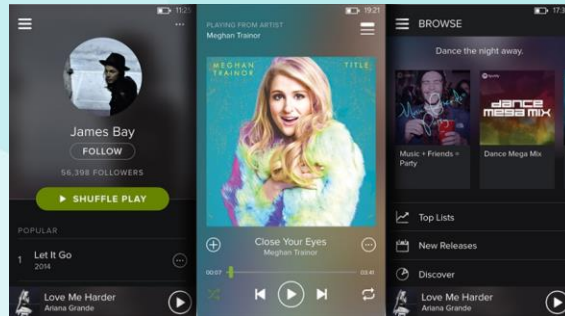
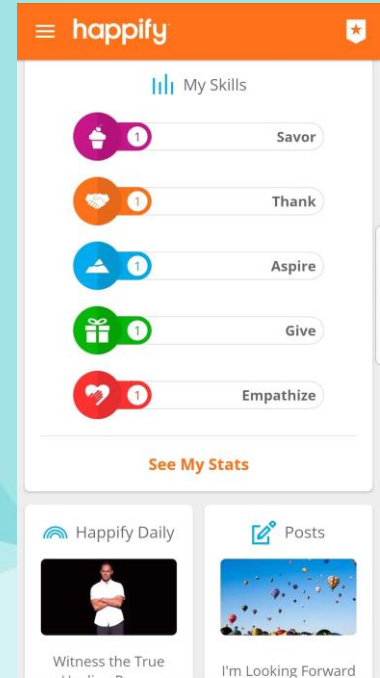
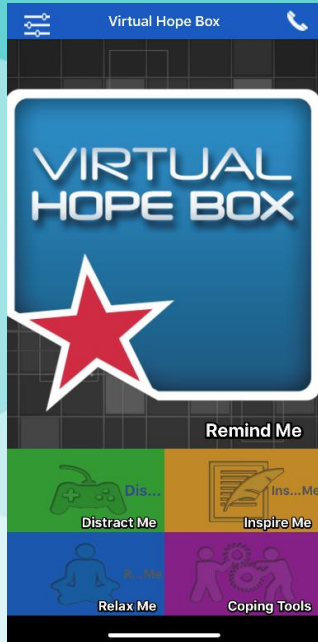
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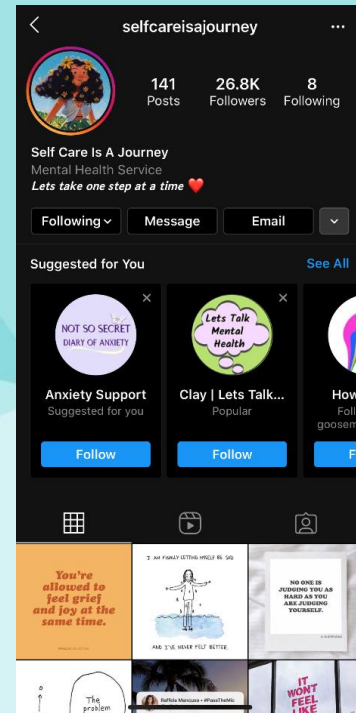
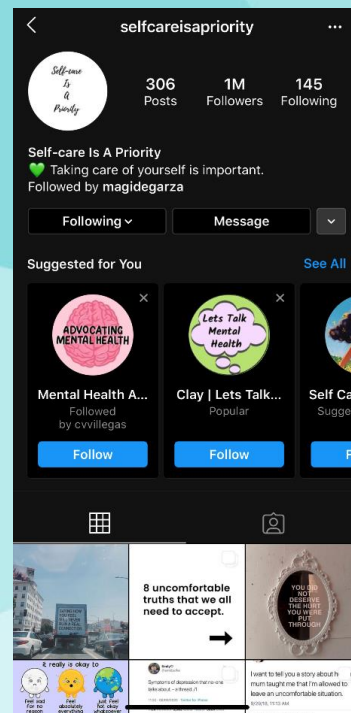
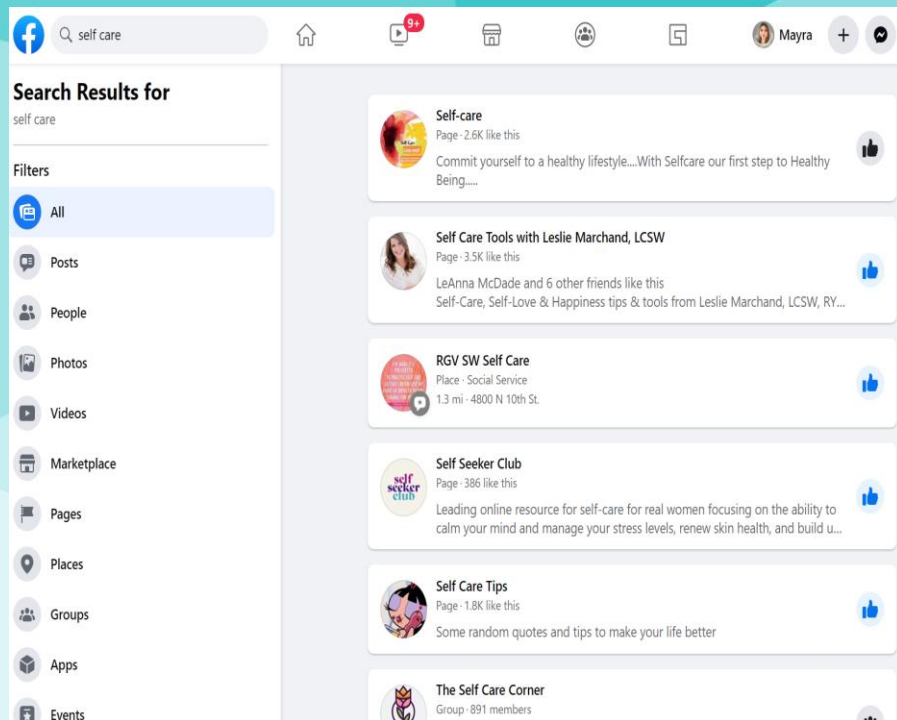
Answer the following:

- ❖ Did the song make you feel pumped?
- ❖ Did the song make you feel happy, sad, angry, energized?
- ❖ Did the song bring back positive or negative memories?
- ❖ Did the song give you a sense of hope, peace or a sense of calming energy?
- ❖ Did the song make you want to get up a dance or sing?
- ❖ Did the song annoy you or give you a sense of anxiety?

Phone Apps



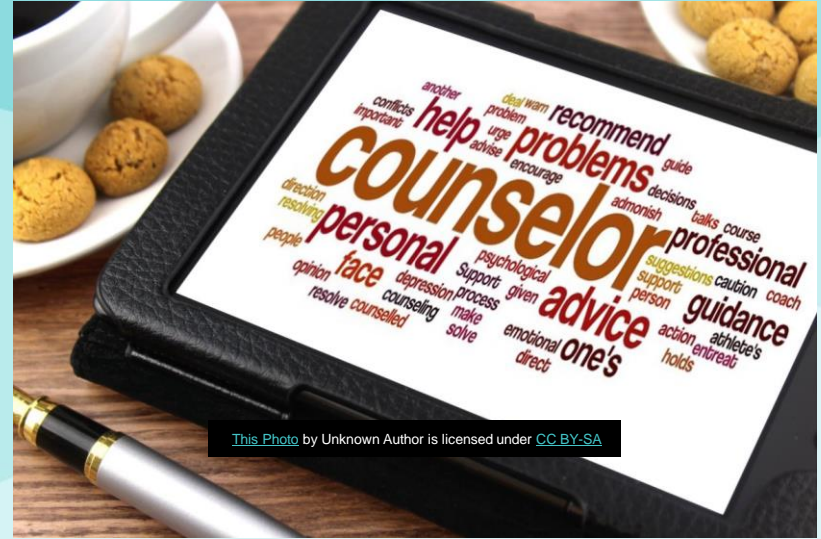
Connect on Social Media



**She refilled her pitcher,
and in doing so, she
was able to refresh
everyone around her.
-Queenisms**

COUNSELING...IS FOR EVERYONE!

- In-person or online
- Confidential
- Neutral person
- Online may be free





Are you ready to
laugh?



Officer M. Medrano

**“When you laugh, you
change and when you
change the whole
world changes.”**

-Dr. Madan Kataria



My Laughter Yoga Story

How it all
started...

- My Laughter
Yoga Story



Professional
Experience

- Counseling Groups
- Individual Sessions
- Laughter Clubs

Test Your Laughter Quotient



Please complete it AND BE AS HONEST AS POSSIBLE!

Where are you with laughter? Are you laughing enough? Is laughter all about laughing? – Not at all. Go through this questionnaire and find your Laughter Quotient (LQ). Once you know your LQ, it is time for you to make a strategy of how to bring more laughter and joy into your life and to the lives of people around you.

Find Your Laughter Quotient

The following questionnaire has been formulated according to the concept and philosophy of Laughter Yoga and it will help to determine your ability to laugh for no reason, your ability to express emotions, your communication skills and if you incorporate the 4 elements of joy like singing, dancing, playing and laughing in your life and other such parameters necessary to make life more joyful and happy.

Rate each question/statement on a scale of 1 to 5:

1 = Not at all true

2 = Slightly True

3 = Moderately True

4 = Mostly True

5 = Absolutely True

1. I laugh a lot everyday

1 2 3 4 5

2. My source of laughter is driven from my internal desire to laugh and have fun

1 2 3 4 5

3. I use humor daily to perceive, express and experience a given situation in a humorous way

1 2 3 4 5

4. I add physical playfulness and a playful mental attitude while interacting with others

1 2 3 4 5

5. I sing for no reason everyday

1 2 3 4 5

6. I dance for no reason everyday

1 2 3 4 5

7. Everyday, I express freely my positive and negative emotions

1 2 3 4 5

8. Everyday, I have a high percentage of positive thoughts

1 2 3 4 5

9. I am peaceful and calm often

1 2 3 4 5

10. Frequently I feel excited and passionate about life

1 2 3 4 5

11. I express myself as an extrovert often

1 2 3 4 5

12. I am satisfied and happy with life

1 2 3 4 5

13. My physical, mental & emotional well-being is relaxed often

1 2 3 4 5

14. I am able to communicate and interact with strangers easily

1 2 3 4 5

15. I often feel refreshed and energetic

1 2 3 4 5

16. I stay positive during challenging times

1 2 3 4 5

17. I am connected to a lot of friends

1 2 3 4 5

18. It is easy for me to laugh for no reason

1 2 3 4 5

19. I often perform random acts of kindness

1 2 3 4 5

20. I have the ability to be silly in the presence of others

1 2 3 4 5

SCORING SECTION:

80-100: You are a great laughter! Keep it up!!!

60-79: You are good at laughing but can do better!

40-59: You laugh very little and need to laugh more!

Under 40: You have a serious problem and need to do something to bring more laughter in your life!

Why Do We Need To Laugh More Today?

Scientifically Proven Benefits

- Clinical research conducted at Bangalore, India and USA
 - Laughter lowers the level of stress hormones in the blood
- Stress & Depression On The Rise
 - 70-80 percent of illnesses are related to stress
 - World is full of seriousness
 - Little or no laughter at workplaces



Dr. Madan Kataria, MD

Founder of Laughter Yoga

- Medical doctor in Mumbai, India was writing an article “Laughter-The Best Medicine”
- He discovered many modern scientific studies that described at great length the many proven benefits of laughter on the human mind and body.
- Impressed by Norman Cousins’ book “Anatomy of an Illness”



What is Laughter Yoga?

- LAUGHTER YOGA combines laughter exercises with yoga breathing which brings in more oxygen to the body and brain making one feel more energetic and healthier.
- Laughter is simulated as a body exercise in a group but with eye contact and childlike playfulness it turns into real and contagious laughter.
- Anyone can laugh without relying on humor, jokes and comedy.
- It is based on the scientific fact that the body cannot tell the difference between fake and real laughter, and one gets the same health benefits.



Benefits of Laughter Yoga



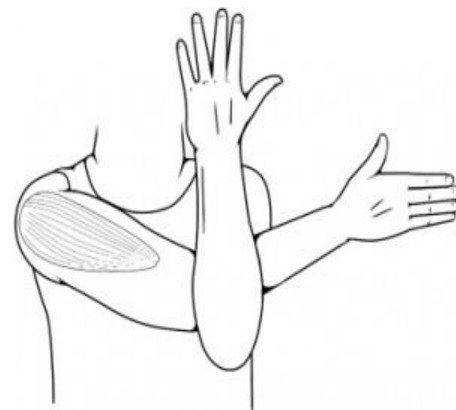
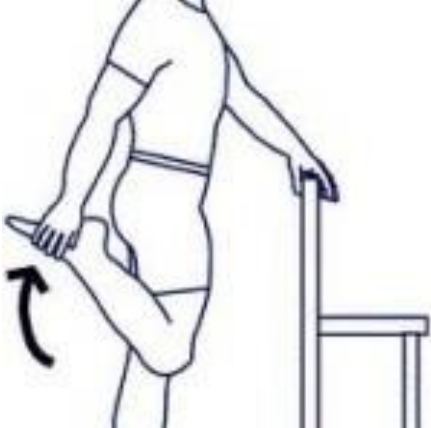
- **Health Benefits**
 - reduces stress hormones
- **Personal Life**
 - endorphins are released, making you feel better
- **Business Life**
 - enhances self-confidence, communication skills and productivity
- **Social Life**
 - provides a sense of emotional security
- **Laughing in the Face of Challenges**
 - positive mental attitude

HOW TO ADD LAUGHTER TO YOUR DAILY ROUTINES...



- Key Reminders
- Eye Contact
- Its okay to fake it!
- No new pain
- Just laughter, no talking
- Be enthusiastic 😊





REMEMBER:
Stretch



VERY GOOD, VERY GOOD
YAY 😊



LAUGHTER YOGA EXERCISES

- Greeting Laughter
- No Money Laughter
- Angry Laughter
 - Forgiveness Laughter
- Mental Filter Laughter

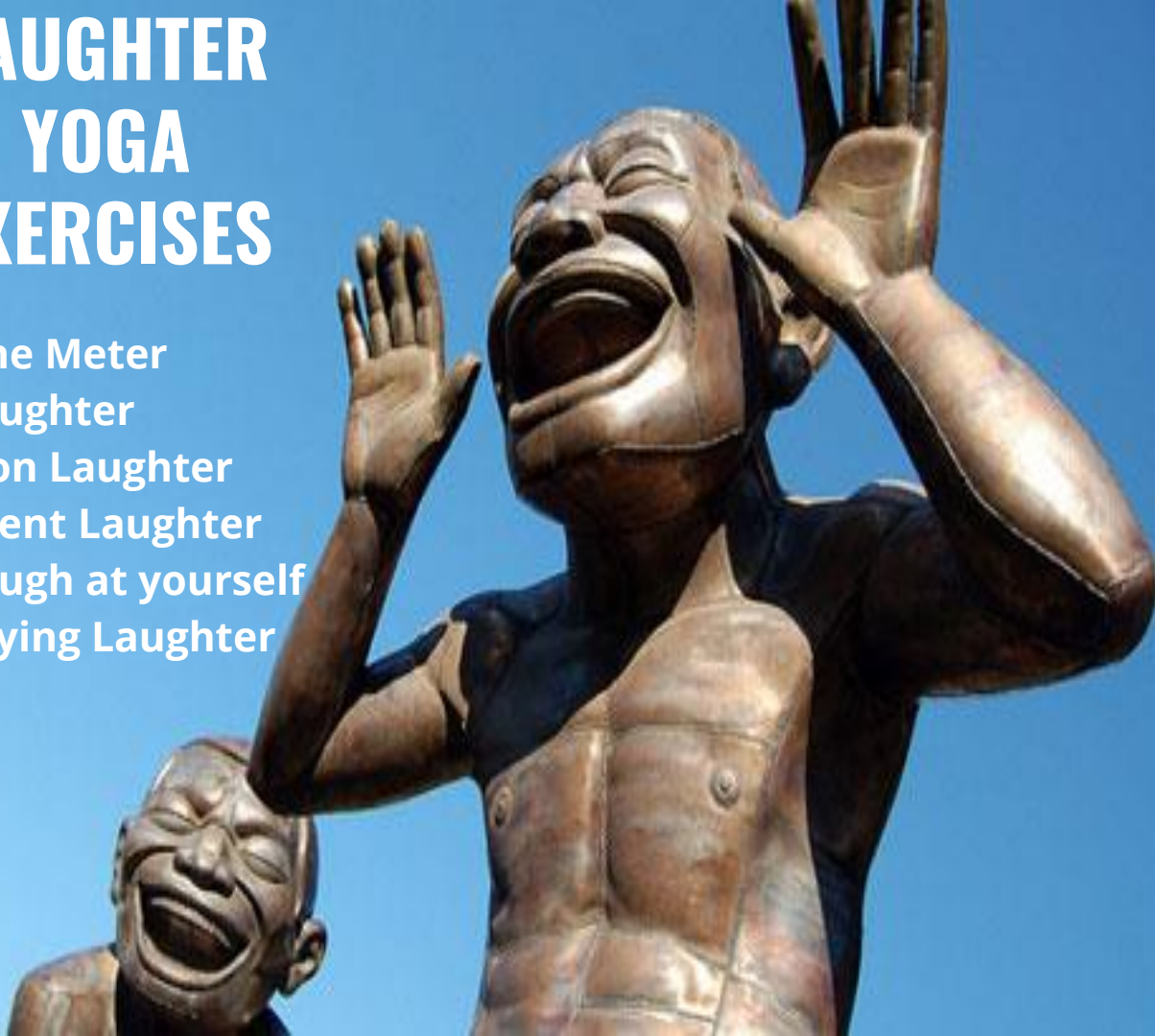


Take a Deep

Breath

LAUGHTER YOGA EXERCISES

- One Meter Laughter
- Lion Laughter
- Silent Laughter
- Laugh at yourself
- Crying Laughter



Take a Deep

Breath



HAWAII

Take a Deep

Breath



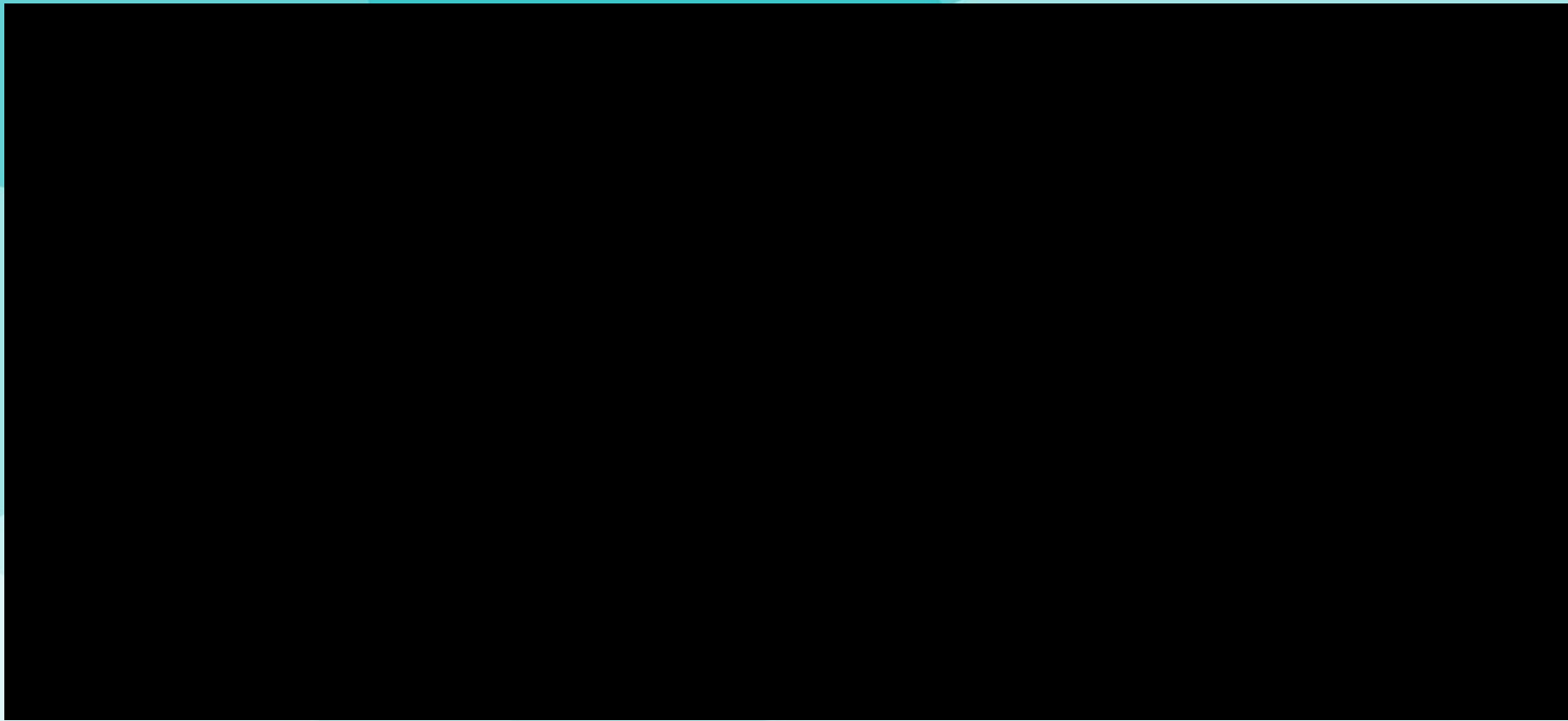
Laughter Clubs

Open to all -- FREE -- Meet on a weekly basis -- www.laughteryoga.org

WORKSHOPS & TRAININGS



- Online or in-person
- From 6-12 hours
- CEUs provided



This Film Shaped Everyone Matters: GRATITUDE by Louie Schwartzberg

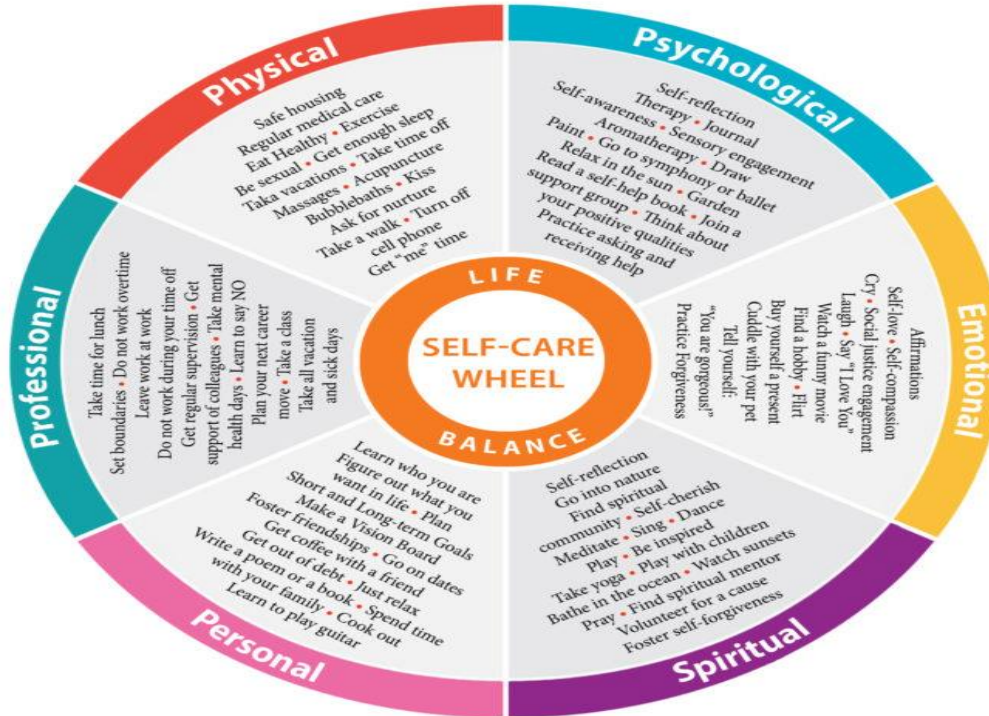
<https://www.youtube.com/watch?v=4115qFsdWKQ>

GRANT ME THE SERENITY

**TO ACCEPT THE THINGS
I CANNOT CHANGE,
THE COURAGE TO CHANGE
THE THINGS I CAN, AND
THE WISDOM TO KNOW
THE DIFFERENCE.**

-NIEBUHR-

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide. Copyright © 2013 Olga Phoenix, All Rights Reserved.

www.OlgaPhoenix.com



121 Employee Wellness Program Ideas For Your Office (+10 Bonus Ideas)



SNACKNATION

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121 Employee Wellness Program Ideas For Your Office

<https://www.snacknation.com/wp-content/uploads/2015/12/121-Corporate-Wellness-Program-Ideas-For-Your-Office-Bonus.pdf>

Mental Health
Matters

Release Anxiety Stress & Overthinking Guided Meditation 10 Minutes





nedratawwab



I am practicing self-care when I:

@NEDRATAWWAB

- honor my need for time alone
- sleep 8 hours
- sit in silence
- set my do not disturb
- take care of my skin
- stay hydrated
- read for pleasure
- say yes to things in line with my intentions
- ease into my day instead of hurrying
- ask instead of acting as if I know
- speak to myself gently
- accept myself
- intentionally quit things

www.nedratawwab.com



EMERGENCY CALL 911

National Suicide Prevention Lifeline: 988

Crisis Text Line: Text NAMI to 741741

HOPE PEER SUPPORT
WARMLINE

844-755-4673

THANK YOU



Do you have any questions?
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