



Have You Charged Your Battery? Prioritizing Mental Health During a Pandemic

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Mental Health in Perspective

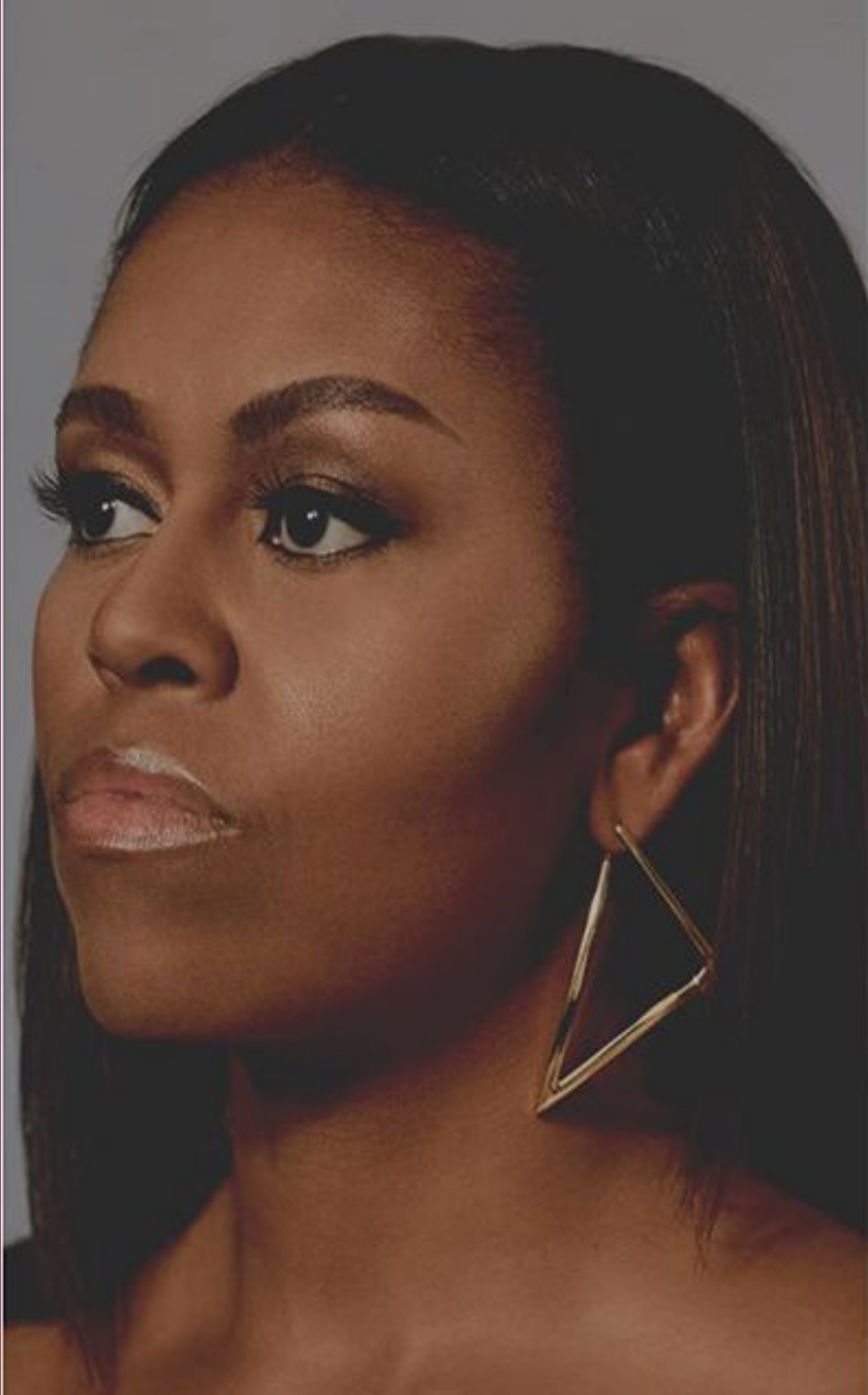
“At the root of this dilemma is the way we view mental health in this country.

Whether an illness affects your heart, your leg, or your brain,
IT IS STILL AN ILLNESS
and there should be no discrimination”

- Michelle Obama



People are Watching



“We need to teach our kids that mental illnesses are just like physical illnesses and deserve the same kind of care and compassion.”

MICHELLE OBAMA



Women in particular need to keep an eye on their physical and mental health, because if we're scurrying to and from appointments and errands, we don't have a lot of time to take care of ourselves. We need to do a better job of putting ourselves higher on our own 'to do' list.

(Michelle Obama)



Can You Relate?





Stress Warning Signs

Physical

- Dizziness
- General aches and pains
- Grinding teeth clenched jaw
- Headaches
- Indigestion or acid reflux
- Increase in or loss of appetite
- Muscle tension in neck, face or shoulders
- Racing heart
- Cold and sweaty palms
- Trembling/shaking
- Weight gain or loss
- Upset stomach, diarrhea
- Sexual difficulties

Emotional & Psychological

- Rapid and extreme mood swings
- Low self-confidence
- Increased irritability
- Focus issues
- Feeling nervous, on the edge
- Forgetfulness
- Problems sleeping
- Tiredness, exhaustion

8 Areas of Self-Care

Self-Care is choosing behaviors that balance the physical and emotional stress that life can bring.

Physical Self Care involves movement of the body, health, nutrition, sleep and rest.

Psychological Self Care involved learning new things, applying consequential thinking, engaging intrinsic motivation, practicing mindfulness and creativity.

Emotional Self Care involves enhancing emotional literacy, navigating emotions, increasing empathy, managing stress effectively, and developing compassion for self and others.

Social Self Care involves having a supportive group and network of relationships around you whom you trust and turn to when required.

Financial Self Care involved being responsible with your finances. Finances such as living expenses, income, insurances, and savings.

Spiritual Self Care involves the beliefs and values that are important to you and guide your life.

Environmental Self Care involves having an organized, well maintained and clutter-free work, business and home environment. Also minimizing waste and monitoring technology time.

Professional Self Care involves sharing your strengths and gifts, having clear professional boundaries

Maintaining Your Mental Charge

Acknowledge the Changes

Learn What Your Mind and Body Can Handle:
Set Boundaries!

Invest in Healthy Relationships

Rest Intentionally and Obtain Adequate Sleep

WILDCAT 13 157
"Not while I can prevent it will he take you from your father's home. Even at the risk of losing your friendship, which as I overrule your good will, I cannot stand by and permit this folly." Franz looked toward the young intern. "Neither, I think, will Toño."

The voice was so soft, so touched with sadness, the words came with such a depth of persuasiveness, that Drew found it hard to realize the stark hypocrisy behind that studied pose. And yet it was all so clear—with a single stroke Franz had adopted the role of Gloria's protector and was bringing down on Drew the implacable enmity of Don. Coldly and deliberately after was seeking to bring about some scene of violence that could only end disastrously for Drew—perhaps in his expulsion from the republic.

Drew saw all that, yet never in his life had he seen anything so suave as to drive his face with a suavely saddened face.

Gloria herself may have sensed the gathering storm, for again she appealed to Drew. "Please. I can't stand more of this. Take me away."

"Gloria *mí!*" from Tono came that anguished, unexpected cry. Every eye turned toward him. Beneath the short mustache his lips were moving; his clenched hand rose; and, seizing the door, he

Maintaining Your Mental Charge

Soothe Your Senses

Integrate Self-Compassion Breaks

Don't Avoid Your Thoughts and Feelings---
Relinquish Control

Keep Talking---There is Strength in Vulnerability

Seek Mental Health Treatment



Mental Wellness Resources

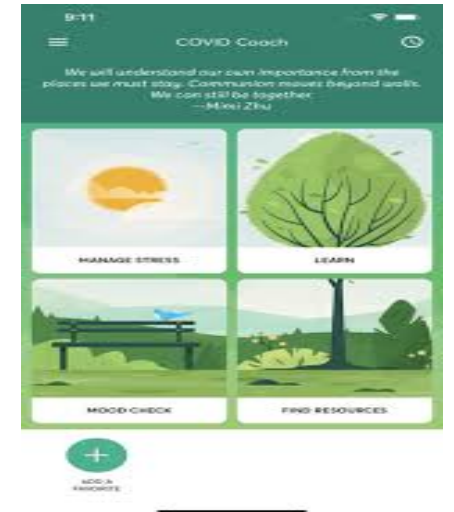
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WITH DR. KRISTIE

Therapy for Black Girls

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COVID Coach Smart Phone
Application

Affirmation

Today, I vow to be present in all things. I give myself permission to breathe in love. I give myself permission to breathe in peace. I give myself permission to breathe in gratitude despite what may come my way.





Thank You & Let's Stay Connected!

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