

Each Mind Matters Webinar for the California Department of Transportation

Self-Care During Physical Distancing



Welcome!

If you have a question, technical problem or comment, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel.





Introductions



Aubrey Lara
Sacramento



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Today's Objectives



- Provide an overview of how traumatic events (including COVID-19) impact mental health
- Discuss what self-care is and why it's important to prioritize
- Share self-care strategies for ourselves and others
- Review the Self-Care Resources from Each Mind Matters and more

Each Mind Matters

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health.





Our Initiatives



Pain Isn't Always Obvious



Suicide Is Preventable

El Sufrimiento No Siempre Se Nota



El Suicidio Es Prevenible

Learn more at www.EachMindMatters.org



Impact of Traumatic Events on Mental Health (Including COVID-19)

Impact Of Traumatic Events On Mental Health

Trauma can have lasting effects and can impact individuals, families, and whole communities.

The COVID-19 Pandemic is having a social, mental, and cultural impact that has the potential to lead to a mental health and substance use pandemic.





Impact Of Traumatic Events On Mental Health

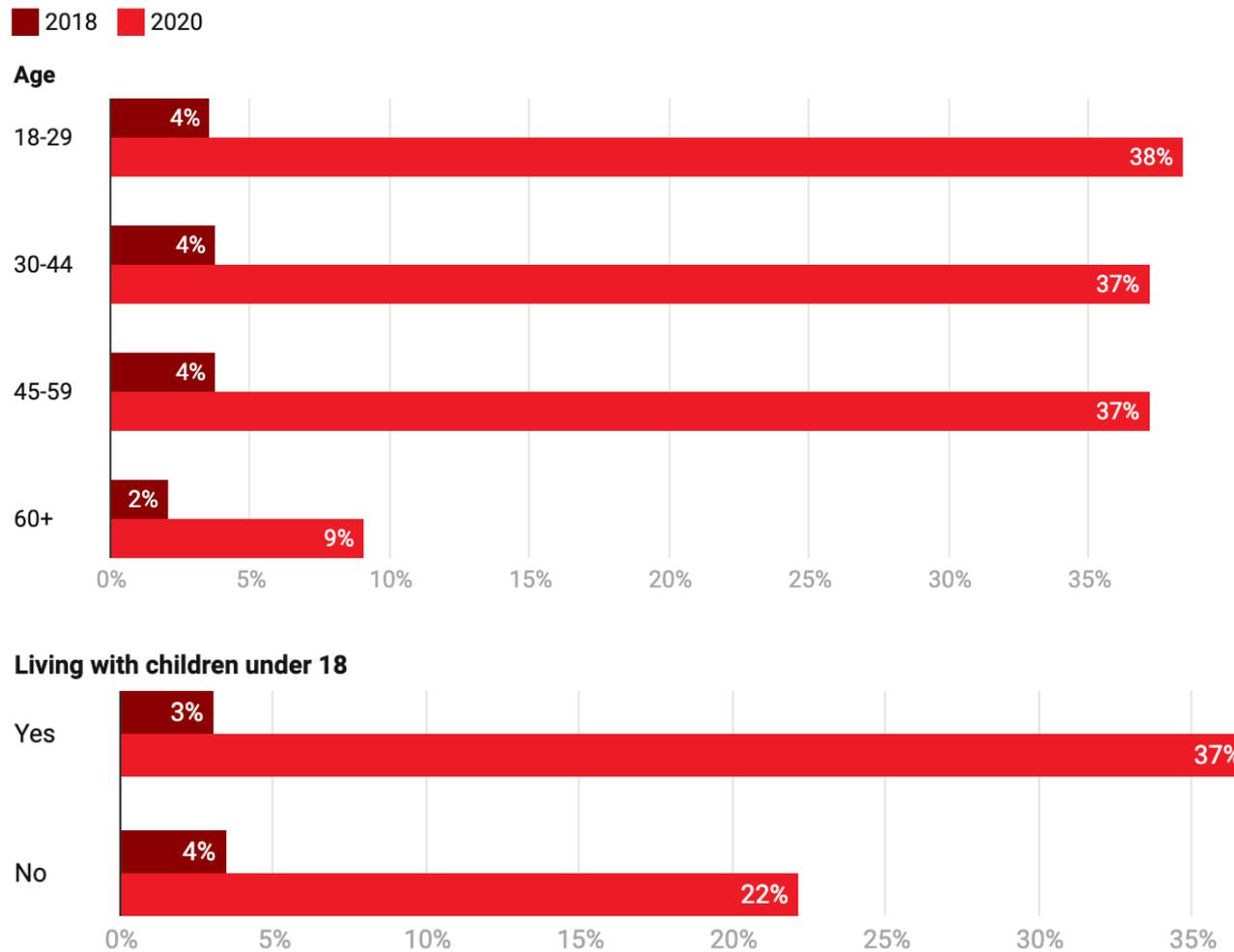


Chart: Elijah Wolfson for TIME •

Source: 2018: 2018 National Health Interview Survey; 2020: Luc.id/San Diego State University • Created with [Datawrapper](#)

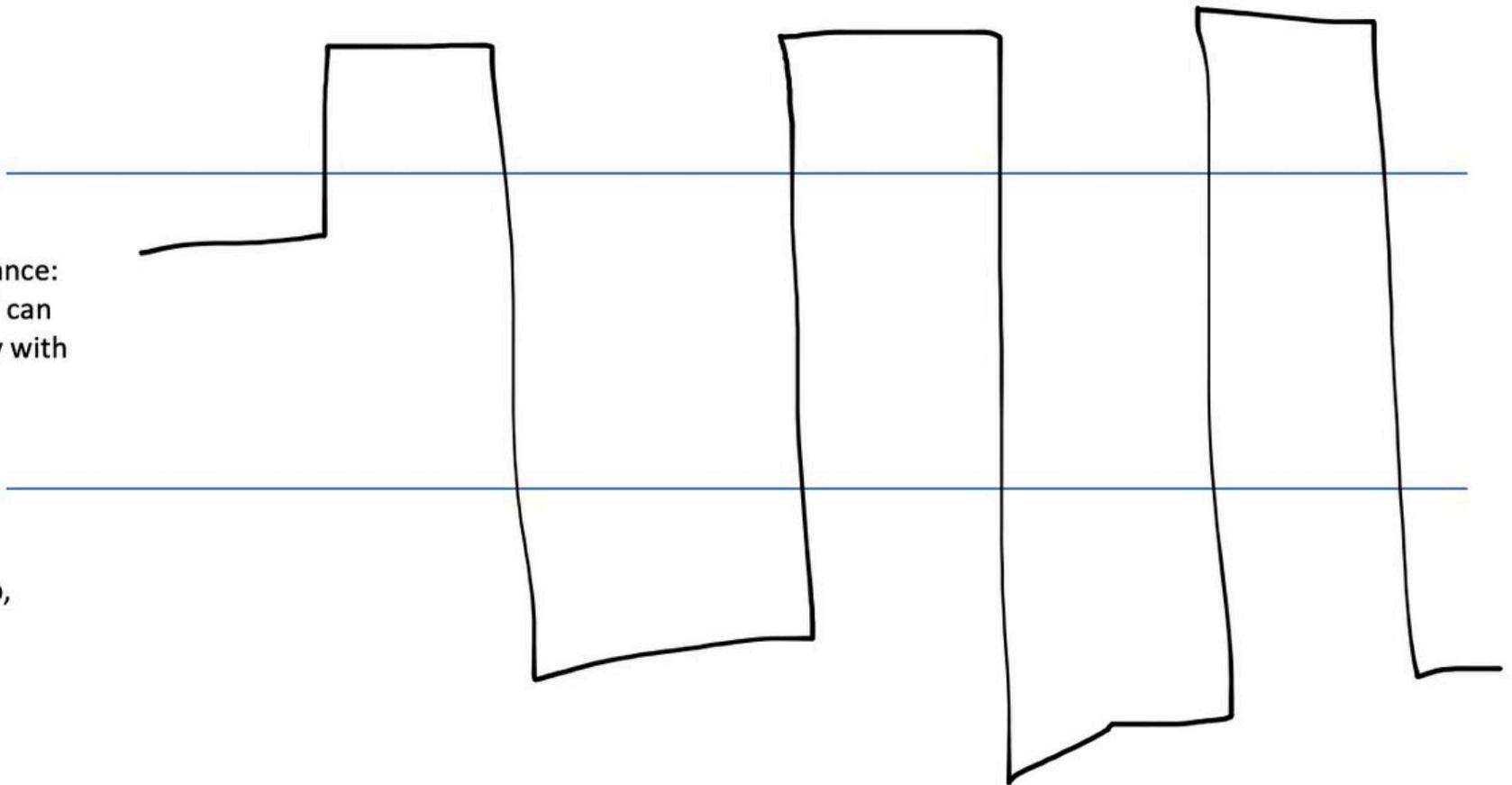


Impact Of Traumatic Events On Mental Health

High
Adrenaline,
Hypervigilant,
High Energy

Window of Tolerance:
the place where I can
respond normally with
stressors

Exhausted, Numb,
Apathetic, Angry



Impact Of Traumatic Events On Mental Health

What can we do about it?
Build resilience through better individual and community self-care.



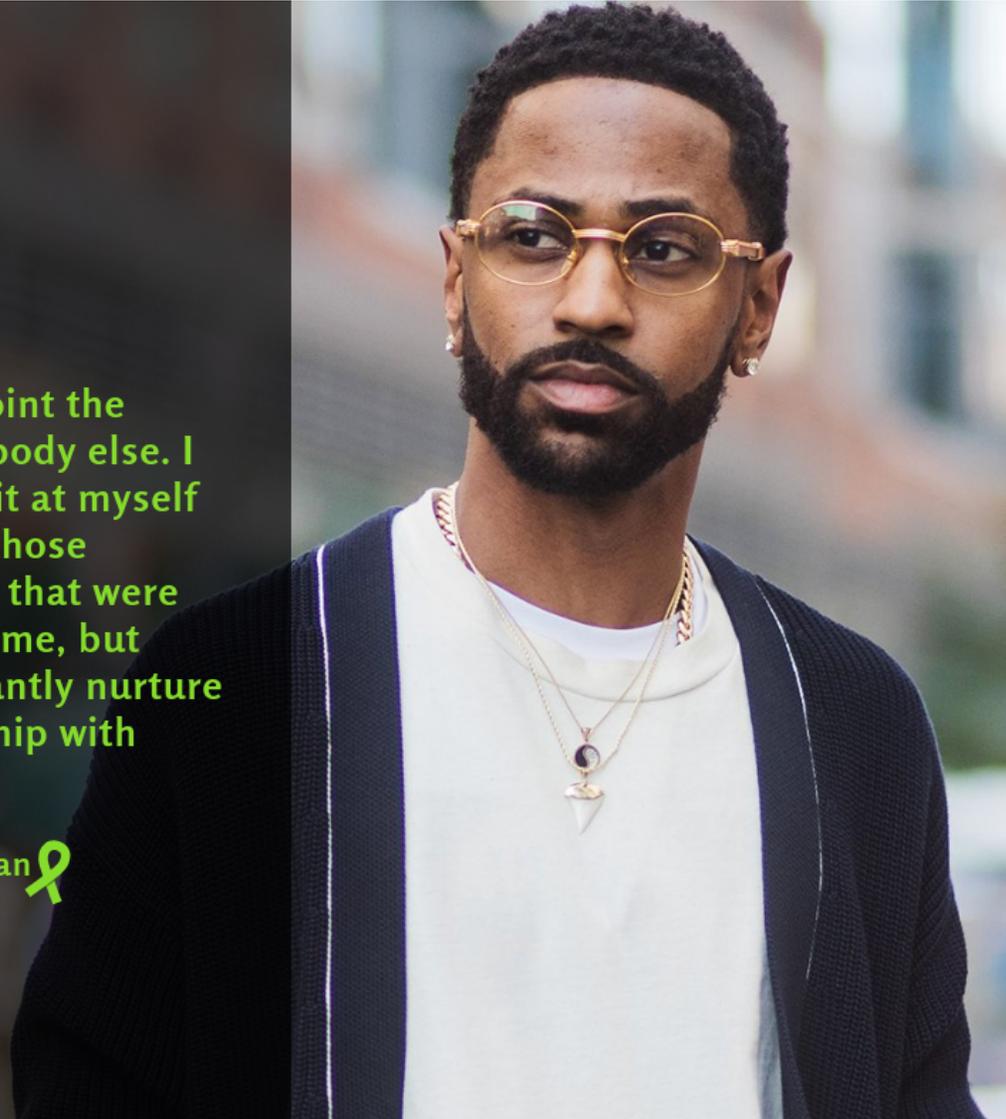


**Self-Care Practice:
Why prioritize it?
What is it?
How?**

What Does Self-Care Actually Mean?

"I couldn't point the finger at anybody else. I had to point it at myself and nurture those relationships that were important to me, but most importantly nurture the relationship with myself."

- Rapper Big Sean 





 It's OK to not be OK

*“It’s ok
to not be at your
most productive
during a global
pandemic.”*





Self-Care Practices

45 Simple Self-Care Practices for a Healthy Mind, Body, and Soul

By [Ellen Bard](#)



"There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of by myself." ~Brian Andreas



Self-Care Practices

Tips for Increased Self-Care During COVID-19

- Take breaks from watching, reading, or listening to news stories
- Take care of your body
- Make time to unwind
- Connect with others
- Call your healthcare provider if stress gets in the way of daily activities for several days in a row
- Talk to, listen to, and reassure family members and children
- Try to keep regular routines (update your regular routine to include additional self-care practices)
- Monitor your alcohol and other substance usage for signs of problematic use
- Support your loved ones, but not at the expense of taking care of your emotional health

Self-Care Practices

Tips for Increased Self-Care While Transitioning Out of Physical Distancing



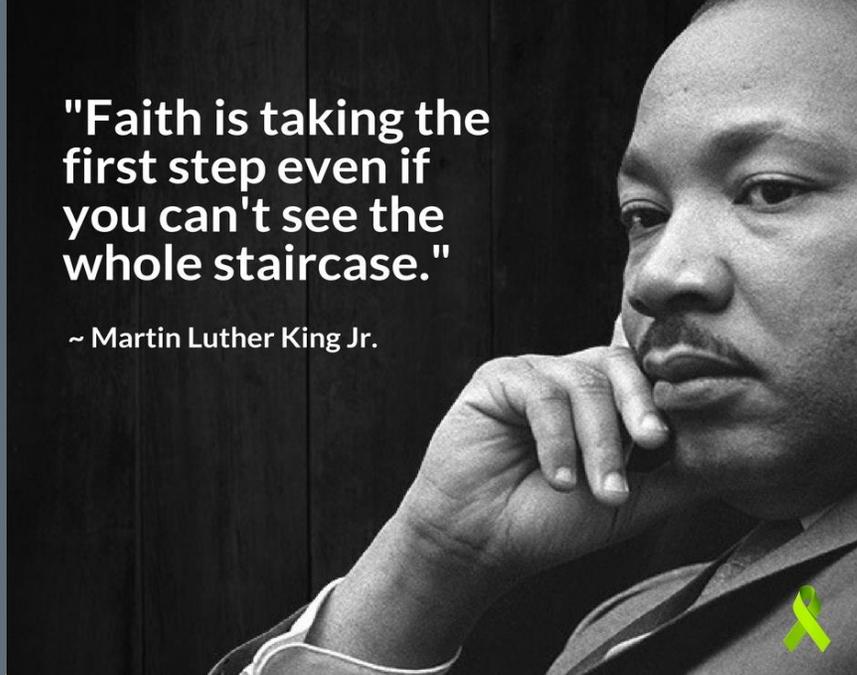
Self-Care Practices

Tips for Practices that Increase Resiliency

- Increase bonding with family and community
- Redefine or increase your values, sense of purpose, and meaning
- Redefine or reevaluate what is important to you
- Increase commitment to your personal mission
- Revise your priorities
- Increase charitable/kind acts, giving, and volunteerism



Build Your Self-Care Plan





Q&A





Strategies and Resources

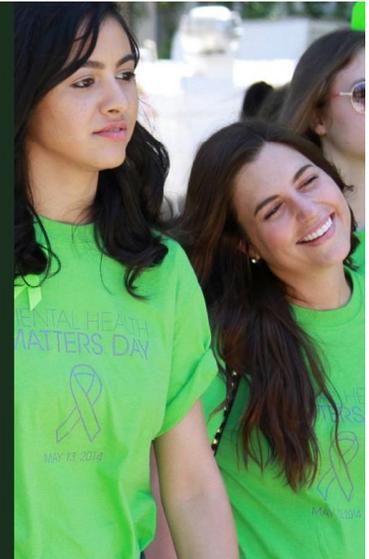


Sharing Self-Care Strategies With Others

IT'S OK
TO TAKE
A BREAK.



HELP RAISE
MENTAL HEALTH
AWARENESS IN
YOUR COMMUNITY





Self-Care Resources



Mental Health Support Guide

Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

- Exercise**
Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.
- Eat Healthy**
The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when restocking on groceries and pick up foods that boost your mood such as oatmeal, nuts, and even dark chocolate.
- Sleep**
Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.
- Learn and Explore**
Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.
- Structure and Routines**
Having regular times for eating, going to bed and rising in the morning, exercising, and working or studying can help maintain a sense of normalcy.
- Practice Mindfulness**
Take breaks throughout the day, first thing in the morning or before bed to slow down and be present. The practice of pausing, breathing, and just "being" is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhances feelings of resiliency.
- Talk with a Friend**
Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.

For mental health resources visit EachMindMatters.org

National Suicide Prevention Lifeline: **1.800.273.8255**
The Peer-Run Warm Line: **1.855.845.7415** for peer-run non-emergency emotional support.



Mental Health Awareness Month Activation Kit 2020

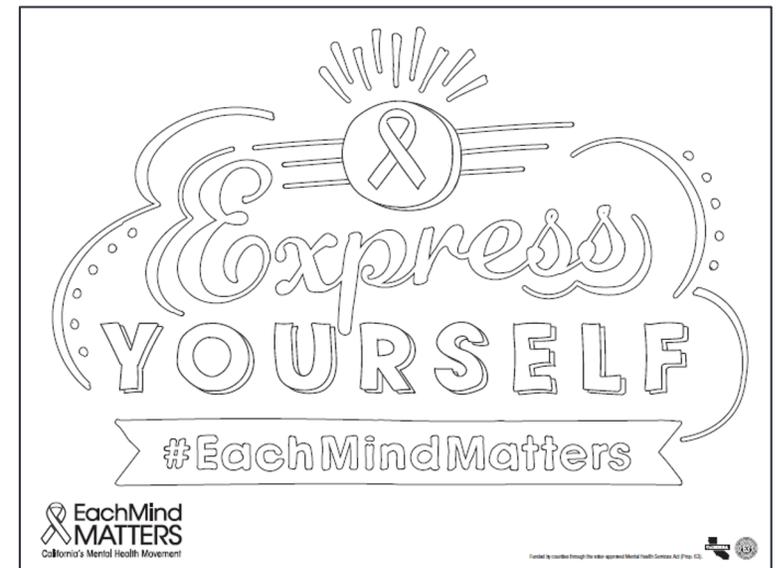
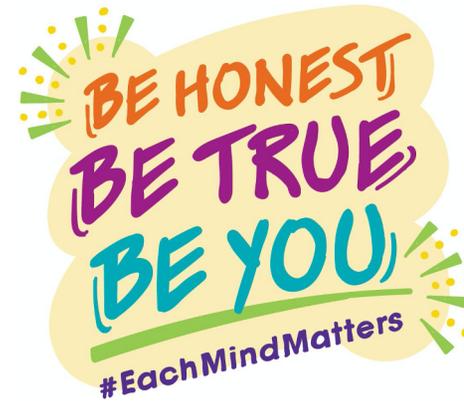
www.EMMresourcecenter.org

Self-Care Resources

May is Mental Health Awareness Month Resources

- Activity Guide with activities that can be done during physical distancing
- Gardening activity for self-care
- Social media guide and templates including images, pre-written posts, Instagram story templates, etc.
- Each Mind Matters Coloring Pages

www.eachmindmatters.org/May2020



Additional Self-Care Resources

- Interactive Online Self-Care Guide
https://philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html
- 45 Simple Self-Care Practices
<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>
- Self-Care Starter Kit from the University of Buffalo School of Social Work
<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>
- Wellness Recovery Action Plan Mobile App
<https://mentalhealthrecovery.com/wrapapp/>





Additional COVID-19 Resources

- SAMHSA Coronavirus Update
<https://www.samhsa.gov/coronavirus>
- CDC Coronavirus - Daily Life & Coping
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>
- WHO Mental Health Considerations
<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- California Immigrant Youth Justice Alliance - Resources for Undocumented People
https://ciyja.org/covid19/?fbclid=IwAR1FxdSGo4I3APBGH3Ifx9kk_ua6TtTfOFWqc1E8a5TWS1Gx9nUIUesy4SqM
- National Alliance for Mental Illness Resource Guide
<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- Suicide Prevention Resource Center - Resources to Support Mental Health
<http://www.sprc.org/covid19>



Additional Crisis and Support Resources

- 7 Cups provides free emotional support and low-cost counseling services online and via a mobile app. www.7cups.com
- Crisis Text Line provides free 24/7 support via text messaging with Crisis Counselors. Text “EMM” to 741741.
- SAMHSA’s Disaster Distress Line: 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- Teen Line: Text “TEEN” to 839863 between 6:00pm-9:00pm PST for teen-to-teen education and support or send an email using their website.
- The Peer-Run Warm Line: 855-845-7415 for peer-run non-emergency emotional support.
- Older Californians can stay connected during isolation and receive help accessing food or medical supplies by calling 833-544-2374.



Q&A





Join the Movement!



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Together.

Each Mind Matters is millions of individuals and thousands of organizations working to advance mental health. We are California's Mental Health Movement.

Get Involved

We all have mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



Speak Up

Share how you're part of the movement by taking a pledge to advance mental health in your own way.

[Take a pledge](#)



Spread the Word

Learn more about the movement and get tools to help inform others.

[More](#)



Share Your Story

We all have mental health, and we're inspired by each other's stories. Tell us why mental health matters to you by sharing your "lime green story".

[Share](#)

Stories

California's Mental Health Movement is made of up millions of people who believe that everyone experiencing a mental health challenge deserves the opportunity to live a healthy, happy and meaningful life. See what people are saying and sharing – and add your voice to the movement with your own commitment to advancing mental health.





Sign Up for Our Newsletters

Each Mind Matters Newsletter

The Each Mind Matters Newsletter is a monthly newsletter created for anyone interested in supporting the mental health movement in California. Each edition includes a recap of the top headlines in mental health and a wealth of resources to help spread the word about mental health.

Subscribe here: <http://www.eachmindmatters.org/get-involved/subscribe/>

Insider Newsletter

The Each Mind Matters Insider Newsletter is a monthly newsletter created specifically for service providers. It includes information about relevant resources, upcoming events, and opportunities for providers to get involved in California's Mental Health Movement.

Subscribe here: <http://emmresourcecenter.org/subscribe-newsletter>



Stay Connected on Social Media

Each Mind Matters Social Media Channels

Campaign Hashtags: #EachMindMatters
#SanaMente

 Instagram: [Instagram.com/EachMindMatters](https://www.instagram.com/EachMindMatters)

 Facebook: [Facebook.com/EachMindMatters](https://www.facebook.com/EachMindMatters)

 Twitter: [@EachMindMatters](https://twitter.com/EachMindMatters)





Further Reading

- <https://www.eachmindmatters.org/blog/>
- <http://gretchenschmelzer.com>
- <https://psychcentral.com/blog/the-covid-19-crisis-is-a-trauma-pandemic-in-the-making/>
- <https://psycnet.apa.org/fulltext/2020-25108-001.html>
- <https://www.ncbi.nlm.nih.gov/books/NBK207191/>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Q&A





Thank you!

