

Each Mind Matters Webinar

September 29, 2020

Supporting Self-Care for People With Children



Welcome!

Housekeeping Items

- This Zoom webinar call is being recorded.
- Type questions using the Chat feature and they will be answered during the Q&A section.
- A link to the recorded webinar and presentation slides will be made available after this webinar.



Introductions



Lisa Smusz, MS, LPCCC
(she/her)



Megan Sapigao
(she/her)



Nicole Jarred
(she/her)



Aubrey Lara
(she/her)



Emily Bender
(she/her)

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

Today's Learning Objectives

- **Understand the impact of stress on people caring for children, and its implications for children and communities**
- **Review neurological responses to stress and identify tactics for mitigating them**
- **Discuss how to apply this to your setting**
- **Access resources to share with people with children**

Discussion Group

In our small group breakout sessions we will brainstorm how to use this information locally.

Take note of how you might be able to apply this information, the techniques, or the resources in your setting and bring that information to share with your small group.



The Impact of Stress on People With Children



Impact Of Traumatic Events On Mental Health

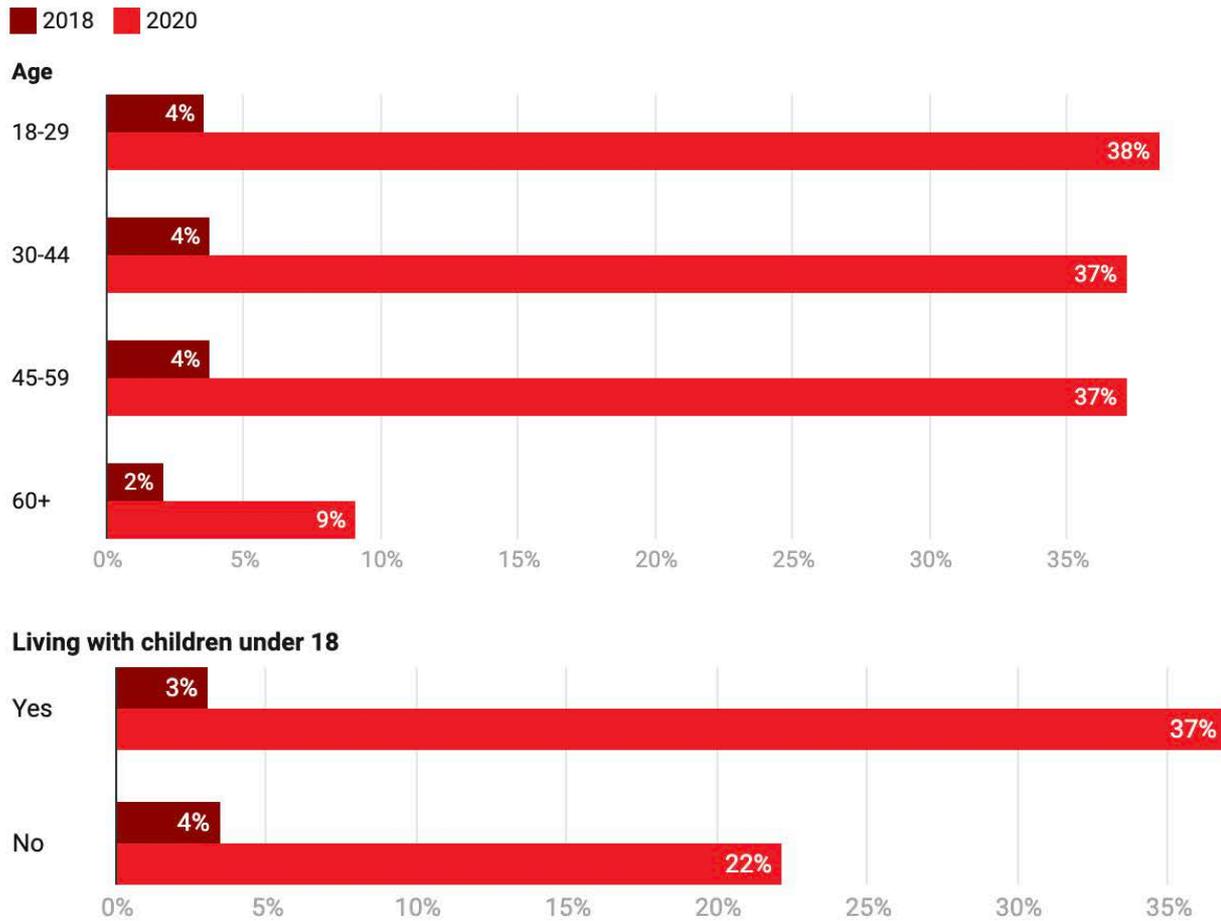
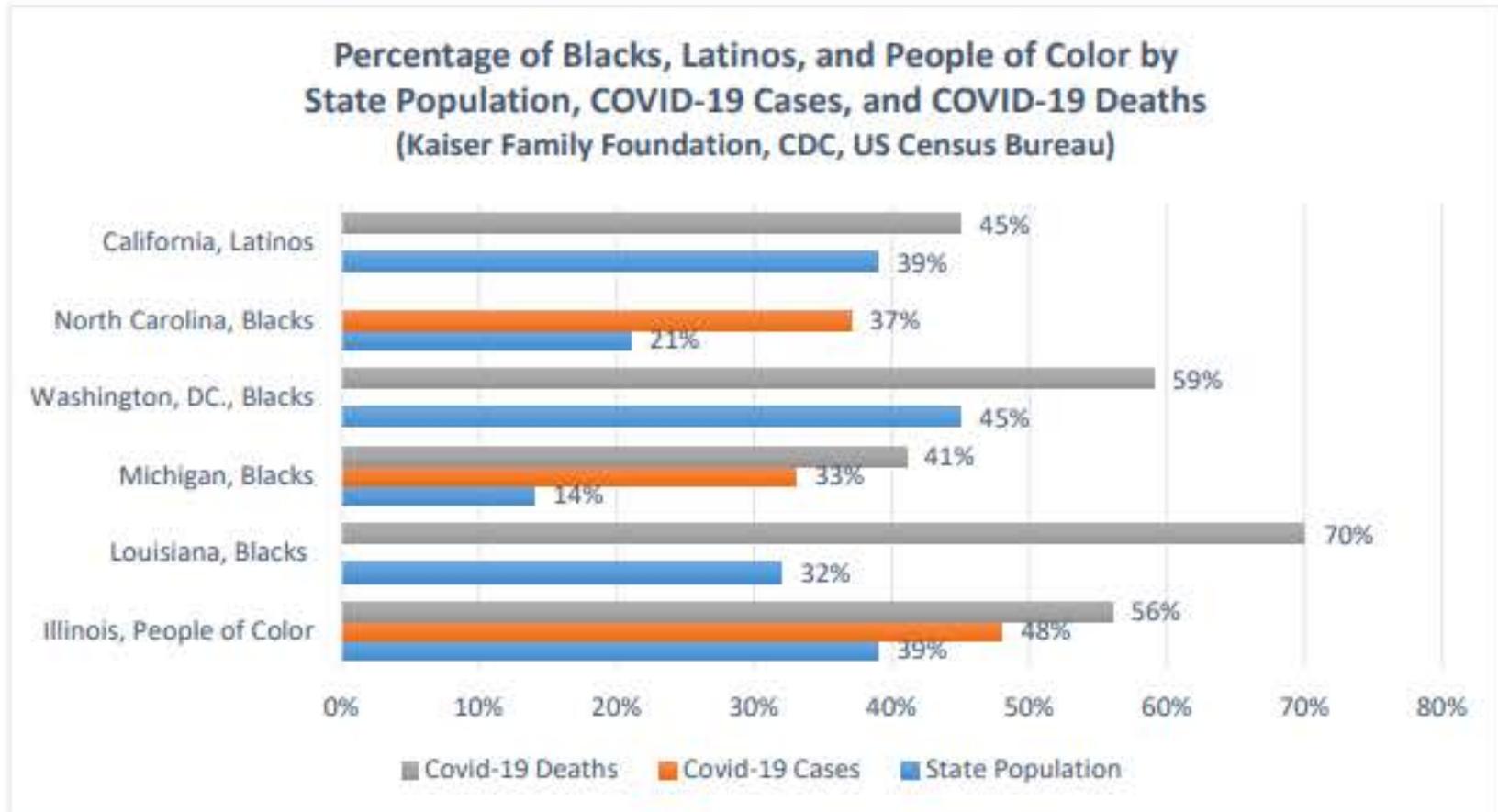


Chart: Elijah Wolfson for TIME •
Source: 2018: 2018 National Health Interview Survey; 2020: Luc.id/San Diego State University • Created with [Datawrapper](#)

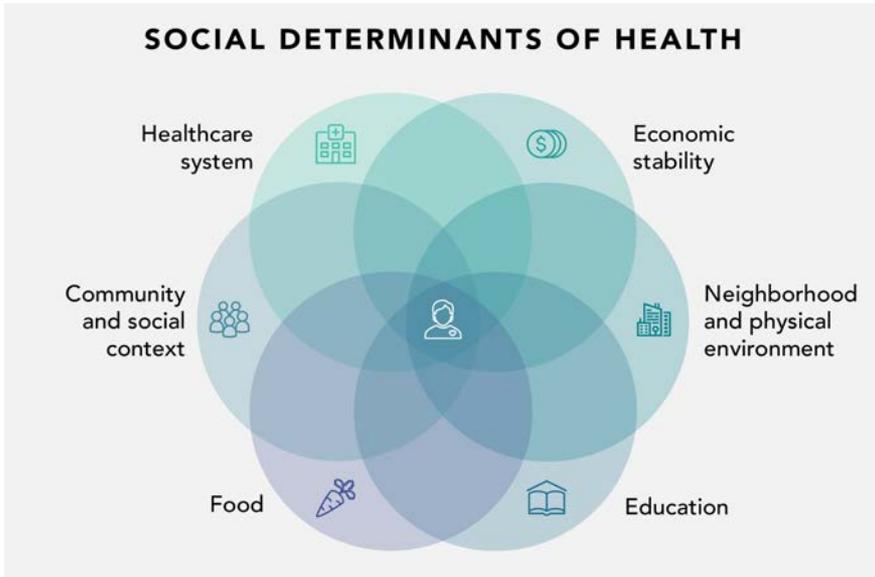


Racial and Ethnic Disparities of COVID-19



Source: [Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S.](#)

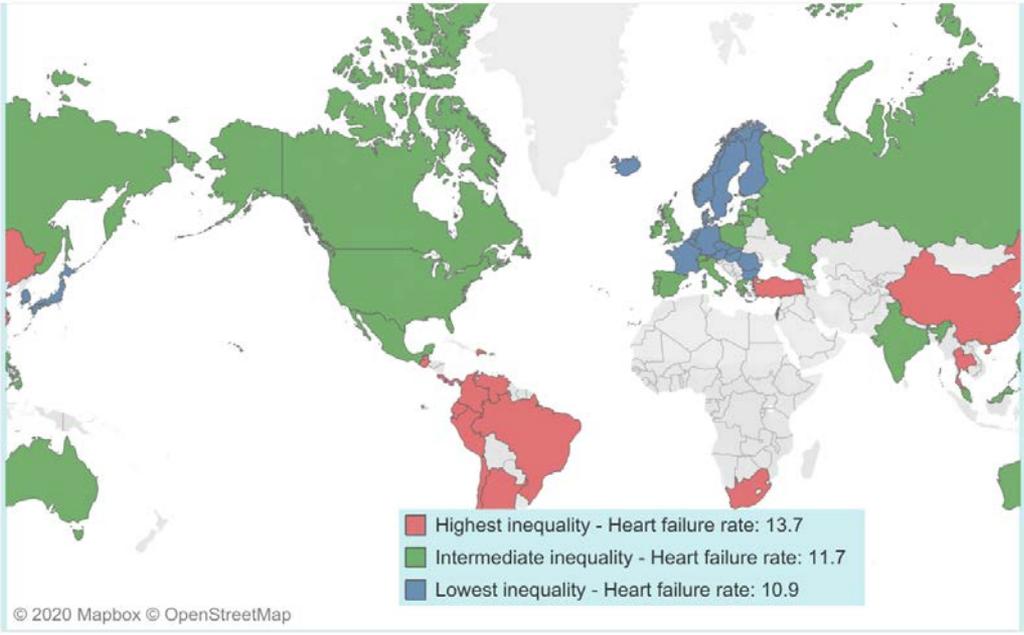
Social Determinants of Health



ECONOMIC STABILITY	NEIGHBORHOOD AND PHYSICAL ENVIRONMENT	EDUCATION	FOOD	COMMUNITY AND SOCIAL CONTEXT	HEALTH CARE SYSTEM
Employment	Housing	Literacy	Hunger	Social Integration	Health Provider Availability
Income	Transportation	Language	Access to Healthy Options	Support Systems	Provider Linguistic and Cultural Competency
Expenses	Safety	Early Childhood Education		Community Engagement	Quality of Care
Debt	Parks	Vocational Training		Discrimination	
Medical Bills	Playgrounds	Higher Education			
Support	Walkability				
HEALTHY OUTCOMES					
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations					

Toxic Stress Impacts Everyone

More Unequal Nations Have Higher Heart Failure Rates
Countries by inequality and cardiovascular deaths and hospitalizations per 100 person-years



Source: Journal of the American College of Cardiology

The Pair of ACEs

The Pair of ACEs

Adverse Childhood Experiences

Maternal Depression

Physical & Emotional Neglect

Emotional & Sexual Abuse

Divorce

Substance Abuse

Mental Illness

Domestic Violence

Homelessness

Incarceration

Adverse Community Environments

Poverty

Violence

Discrimination

Poor Housing Quality & Affordability

Community Disruption

Lack of Opportunity, Economic Mobility & Social Capital

Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



This work is licensed under the CC-BY-NC-SA 4.0 License. To view a copy of the license, visit <https://creativecommons.org/licenses/by-nc-sa/4.0/>. Noncommercial use of this material is allowed, including modification, with attribution to the license holder: Building Community Resilience, Redstone Global Center for Prevention and Wellness, Milken Institute School of Public Health, George Washington University. Visit go.gwu.edu/BCR for the original work.

Toxic Stress

POSITIVE STRESS

Mild/moderate and short-lived stress response necessary for healthy development

TOLERABLE STRESS

More severe stress response but limited in duration which allows for recovery

TOXIC STRESS

Extreme, frequent, or extended activation of the body's stress response without the buffering presence of a supportive adult



Intense, prolonged, repeated and unaddressed



Social-emotional buffering, parental resilience, early detection, and/or effective intervention

Your Role in Building Resiliency



Credit: Sidewalk Talk

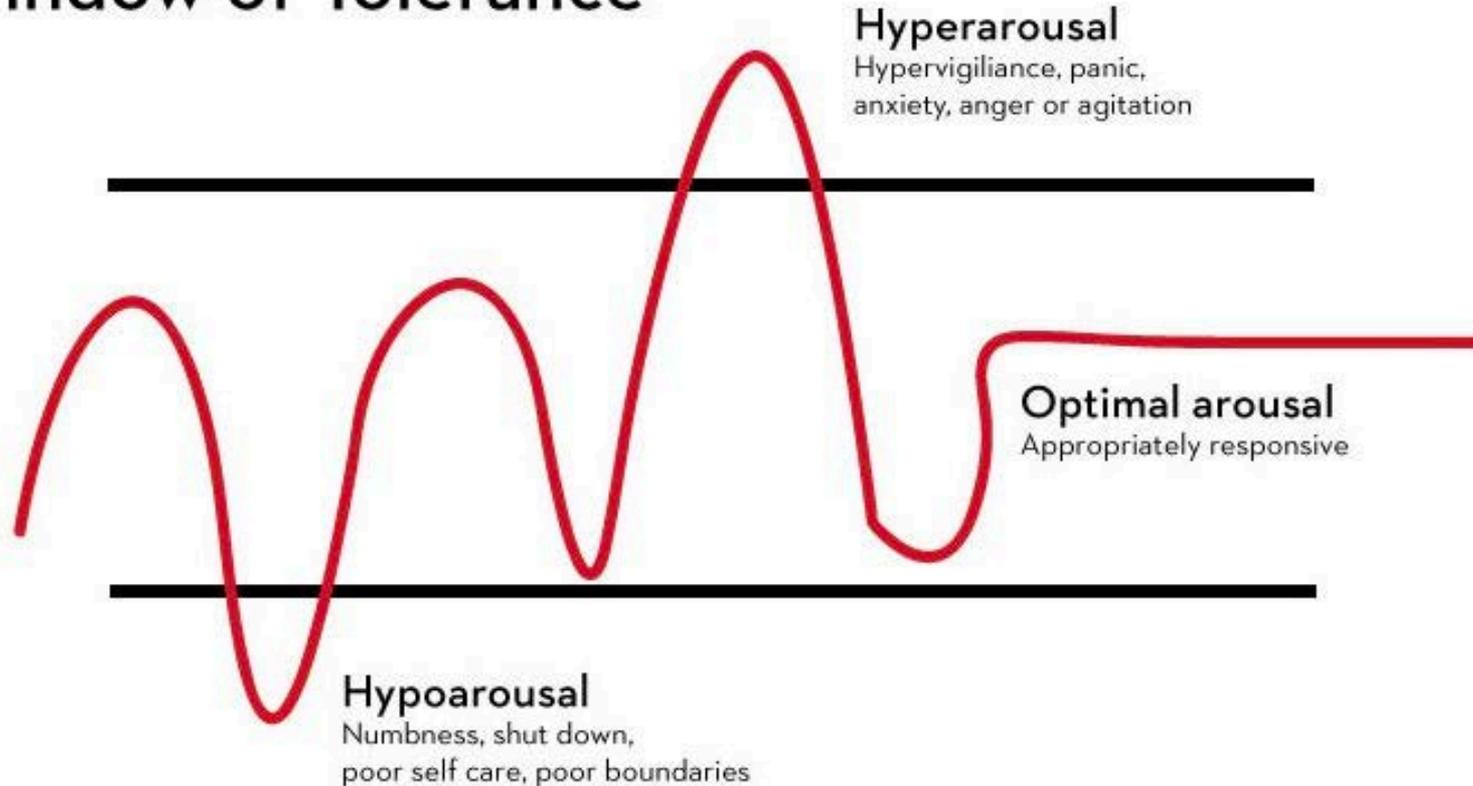


Understanding Stress Response and Building Resiliency



Stress and the Window of Tolerance

Window of Tolerance



Emotional Regulation

PREFRONTAL CORTEX

- Attention
- Concentration
- Focus

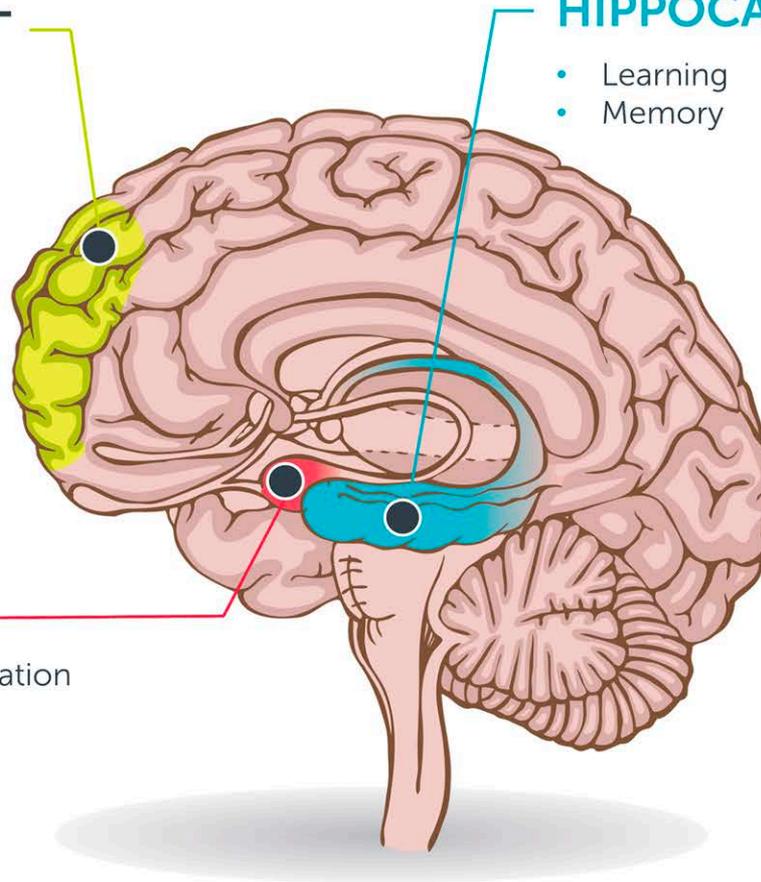
HIPPOCAMPUS

- Learning
- Memory

AMYGDALA

- Emotional Regulation
- Reactivity

LIMBIC SYSTEM





Increase Your Feeling Vocabulary



List of Emotions

Confusion	Sad	Strong	Happy	Anger	Energized
Uncertain	Depressed	Sure	Amused	Annoyed	Determined
Upset	Desperate	Certain	Delighted	Agitated	Inspired
Doubtful	Dejected	Unique	Glad	Fed up	Creative
Uncertain	Heavy	Dynamic	Pleased	Irritated	Healthy
Indecisive	Crushed	Tenacious	Charmed	Mad	Renewed
Perplexed	Disgusted	Hardy	Grateful	Critical	Vibrant
Embarrassed	Upset	Secure	Optimistic	Resentful	Strengthened
Hesitant	Hateful	Empowered	Content	Disgusted	Motivated
Shy	Sorrowful	Ambitious	Joyful	Outraged	Focused
Lost	Mournful	Powerful	Enthusiastic	Raging	Invigorated
Unsure	Weepy	Confident	Loving	Furious	Refreshed
Pessimistic	Frustrated	Bold	Marvelous	Livid	
Tense		Determined		Bitter	



Emotional Granularity

If words shape our thoughts

And thoughts lead to feelings

Expanding the number of words we have

Expands our possible range of emotions

Recategorization





Physical and Environmental Factors



Power and Predictability



Self-Care Tips for People With Children

How much time do you have?



5 minutes

Try a breathing exercise: Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat.

Dance or sing to a favorite song.



Change position: stretch your arms, legs, and back.

Take a quick walk outside.

Water your plants or garden.



15 minutes

Organize a small space in your home.

Play with your kids. Do something simple like color or draw with them.

Take a power nap.



Call a friend or family member to catch up and check in.

Take a bath or shower.



30 minutes

Download a free Mindful App like UCLA Mindful and choose from a meditation or podcast.



Play a game, work on a puzzle, or try a new online game.

Join a parent support group on [parentsanonymous.org](https://www.parentsanonymous.org).

Go for a jog, do tai chi, or any physical activity that makes you happy.



Self-Care Tips for People With Children



I've got nothing left...

Choose a good listener – a partner, family member, friend, or faith leader – and talk about your feelings. Peer supporters are also available 24/7 at mentalhealthsf.org/peer-run-warmline.



Read, watch, or listen to something inspiring or funny. Check out e-books and other resources from your local library.

Call the CA Parent Helpline at 1-855-4AParent (open every day, 8am-8pm).

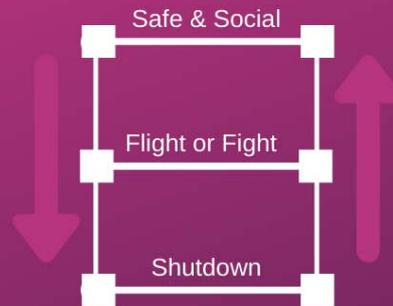


Turn off/silence electronics and enjoy quiet time without disruption. If your environment is noisy, use a fan or recorded nature sounds to create a more peaceful atmosphere.

Grab a journal and write what you're feeling until you naturally stop. Let your feelings go by disposing of what you wrote in a way that feels right to you.



Before you help others ...



If you want to help someone else move up the ladder, try this...

Take a timeout for yourself first. Are you in Safe & Social?
If not, you can't help anyone else get there.



Decrease danger cues & increase safety cues for them.

If you can, learn their unique danger and safety cues ahead of time. If you aren't sure of their specific cues, look to the common ones - food, water, temperature.

Allow them to move through sympathetic activation such as shaking, crying, dancing, running in place.



Offer them a Ventral Vagus stimulating activity such as a hug, singing a song together, making art, breathing together, looking at the sky.



Trauma Geek



Small Group Discussion

Photo by [Chris Montgomery](#) on [Unsplash](#)



Break Out Rooms

- We will now enter into break out rooms, where each small group will have a Facilitator (one of our presenters) lead a discussion on how to use this information with people with children. You can choose whether to share your video and **will need to mute/unmute yourself to participate.**
- We suggest you take notes during this part of the presentation of how you might be able to apply this information, the techniques, or the resources in your setting and communities.
- Groups will have approximately 10 minutes for this discussion.
- Afterwards, the Facilitators will share out key take-aways from each discussion with the entire group.
- **Please accept the invitation to enter into the break out room randomly assigned to you.**
- When the small group time is up, you'll be moved back in to the main presentation along with everyone.

Break Out Rooms

Welcome back.

Facilitators will share their small group take-aways.





Resources

Self-Care Resources

Self-Care Tips for Parents

As a parent, it's easy to fall into the pattern of putting your family first, often at the expense of your own needs. Self-care is an important step to making sure you are your best self. Below are helpful activities and tips to practice daily self-care.

How much time do you have?

-  **5 minutes**
-  **15 minutes**
-  **30 minutes**

- | | | |
|--|---|---|
| <p>Try a breathing exercise: Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat.</p> <p>Dance or sing to a favorite song.</p> <p>Change position: stretch your arms, legs, and back.</p> <p>Take a quick walk outside.</p> <p>Water your plants or garden.</p> | <p>Organize a small space in your home.</p> <p>Play with your kids. Do something simple like color or draw with them.</p> <p>Take a power nap.</p> <p>Call a friend or family member to catch up and check in.</p> <p>Take a bath or shower.</p> | <p>Download a free Mindful App like UCLA Mindful and choose from a meditation or podcast.</p> <p>Play a game, work on a puzzle, or try a new online game.</p> <p>Join a parent support group on parentsanonymous.org.</p> <p>Go for a jog, do tai chi, or any physical activity that makes you happy.</p> |
|--|---|---|

I've got nothing left...

- Choose a good listener** – a partner, family member, friend, or faith leader – and talk about your feelings. Peer supporters are also available 24/7 at mentalhealthsf.org/peer-run-warmline.
- Read, watch, or listen to something inspiring or funny.** Check out e-books and other resources from your local library.
- Call the CA Parent Helpline** at 1-855-4AParent (open every day, 8am-9pm).

-  **Turn off/silence electronics** and enjoy quiet time without disruption. If your environment is noisy, use a fan or recorded nature sounds to create a more peaceful atmosphere.
- Grab a journal and write** what you're feeling until you naturally stop. Let your feelings go by disposing of what you wrote in a way that feels right to you.



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63)

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.

Exercise

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.

Eat Healthy

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.

Sleep

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.

Learn and Explore

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.

Structure and Routines

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.

Practice Mindfulness

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.

Talk with a Friend

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.



Funded by counties through the Mental Health Services Act (Prop. 63)



Each Mind Matters

MAY IS MENTAL HEALTH MATTERS MONTH

#EachMindMatters

Resources

Lime green has emerged as the national color of mental health awareness, and EACH MIND MATTERS has adopted this vibrant color – symbolic of vigorous life and flourishing health – to represent our efforts to overcome the stereotypes, stigma, and discrimination associated with mental illness. Wear the lime green ribbon to take the movement everywhere you go.



Each Mind Matters Resource Center



[Initiatives](#)

[Collections](#)

[About Us](#)

[Contact Us](#)

[SEARCH RESOURCES](#)

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. Browse our initiatives, collections and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote student mental health.

Search Our Resources

[SEARCH](#)

[Advanced Search](#)

Featured

Mental Health Awareness Week Toolkit

A toolkit with resources for Mental Health Awareness Week.

[Explore >](#)

Explore Our Initiatives



Each Mind Matters

California's Mental Health Movement.

[EXPLORE >](#)



Know the Signs

Pain isn't always obvious. Suicide is preventable.

[EXPLORE >](#)



SanaMente

Movimiento de Salud Mental de California

[EXPLORE >](#)

emmresourcecenter.org

COVID-19 Resources

COLLECTIONS

COVID-19 Response



Use these resources to support individuals, communities, and create connection during COVID-19. Includes resources on self-care, social media, supporting communities during physical distancing, and more.



Responding to COVID-19 with Each Mind Matters Resources >

A webinar that highlights new Each Mind Matters resources, materials, and ideas in response to COVID-19.



Self-Care During Physical Distancing Webinar >

A webinar which reviews tips, strategies, and resources for self-care during and following COVID-19, and shares resources available from Each Mind Matters: California's Mental Health Movement.



Addressing Mental Health Disparities and Social Determinants of Health During and Following COVID-19 Webinar >

A webinar which discusses what health disparities and social determinants of health look like for our communities, why some communities see greater impacts, and resources available to help your

Search Our Resources

SEARCH [Advanced Search](#)

Join the Movement!



[About Us](#) | [Shop](#) | [Media](#) | [Contact](#) | [SanaMente](#) 

[Mental Health](#) | [Stories](#) | [Get Involved](#) | [Events](#) | [Resources](#) | [Blog](#)



Mental Health Matters Month

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.



www.eachmindmatters.org/get-involved/spread-the-word/

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)





Q&A



 Thank you!



For additional support and technical assistance,
please contact Emily Bender:
Emily@TheSocialChangery.com

Thank you for joining us!