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, LPCC (she/her)

Megan Sapigao (she/her)

Nicole Jarred (she/her)

Aubrey Lara (she/her)

Emily Bender (she/her)
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

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
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

Photo by Mick Haupt on Unsplash
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

**SOCIAL DETERMINANTS OF HEALTH**

- Healthcare system
- Economic stability
- Community and social context
- Neighborhood and physical environment
- Food
- Education

**HEALTHY OUTCOMES**
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

**ECONOMIC STABILITY**
- Employment
- Income
- Expenses
- Debt
- Medical Bills
- Support

**NEIGHBORHOOD AND PHYSICAL ENVIRONMENT**
- Housing
- Transportation
- Safety
- Parks
- Playgrounds
- Walkability

**EDUCATION**
- Literacy
- Language
- Early Childhood Education
- Vocational Training
- Higher Education

**FOOD**
- Hunger
- Access to Healthy Options

**COMMUNITY AND SOCIAL CONTEXT**
- Social Integration
- Support Systems
- Community Engagement
- Discrimination

**HEALTH CARE SYSTEM**
- Health Provider Availability
- Provider Linguistic and Cultural Competency
- Quality of Care

[https://www.healthedge.com/](https://www.healthedge.com/)
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

Adverse Childhood Experiences

- Maternal Depression
- Emotional & Sexual Abuse
- Substance Abuse
- Domestic Violence
- Homelessness

Adverse Community Environments

- Physical & Emotional Neglect
- Divorce
- Mental Illness
- Incarceration

Other factors:

- Poverty
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital
- Poor Housing Quality & Affordability
- Violence


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 qa.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

Source: [www.centerforyouthwellness.org](http://www.centerforyouthwellness.org)
Your Role in Building Resiliency

Credit: Sidewalk Talk
Understanding Stress Response and Building Resiliency
Stress and the Window of Tolerance

Window of Tolerance

Hyperarousal
Hypervigilance, panic, anxiety, anger or agitation

Optimal arousal
Appropriately responsive

Hypoarousal
Numbness, shut down, poor self care, poor boundaries

Image Credit: https://q4-consulting.com/getting-good-at-stress/window-of-tolerance/
### List of Emotions

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

www.englishstudyhere.com
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

Photo by Allie on Unsplash
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.
- Go for a jog, do tai chi, or any physical activity that makes you happy.

https://emmresourcecenter.org/resources/self-care-tips-people-kids
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.

https://emmresourcecenter.org/resources/self-care-tips-people-kids
Before you help others ...

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
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.
Welcome back.

Facilitators will share their small group take-aways.
Resources
Self-Care Tips for Parents

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

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 mentalhealthca.org/peer-run-warm-line.

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 855-4AParent (open every day, 8am-6pm).

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. 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**

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 mindful when selecting or preparing foods and pick up foods that boost your mood such as protein, nuts, and 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**

Think outside the box! Challenge your mind 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**

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

Twitter: @EachMindMatters

#EachMindMatters

May is Mental Health Matters Month
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.
Know The Signs campaign engages Californians to learn how to recognize warning signs, to talk to someone at risk, and to find local resources.

Available in 9 languages and a variety of materials and formats – print, broadcast, posters, pharmacy bags, and more.
Each Mind Matters Resource Center

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

Featured

Mental Health Awareness Week Toolkit
A toolkit with resources for Mental Health Awareness Week.

Explore Our Initiatives

Each Mind Matters
California’s Mental Health Movement.

Know the Signs
Pain isn’t always obvious. Suicide is preventable.

SanalMente
Movimiento de Salud Mental de California

emmresourcecenter.org
COVID-19 Resources

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
Join the Movement!

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
Facebook: Facebook.com/EachMindMatters
Twitter: @EachMindMatters
Q&A
Thank you!

For additional support and technical assistance, please contact Emily Bender: Emily@TheSocialChange.org

Thank you for joining us!