

Mindfulness Based Stress Reduction

CARE COUNSELING MISSION



*"Building a community to strengthen
the community"*



IMPORTANCE ON WELLBEING



Strain and drain are such natural responses in our mind and body ~ cultivating vitality is then integral to both our personhood and professional wellbeing.



IMPACT OF MENTAL HEALTH ON WORK & VITALITY



- On-the-job injuries
- Delay in project completion
- Experience of fatigue
- Emotionally drained
- Less engaged overall
- Strained work relationships
- Decreased life satisfaction
- Health & wellbeing concerns



EMBRACING MENTAL HEALTH AS A WORK COMMUNITY



- Reduces stigma and barriers in identifying and treating mental health
- Increases awareness of self and others
- Reduces risk for serious MH concerns
- Promotes occupational safety
- Builds empathy for all
- Creates a culture of understanding
- Has a ripple effect in other areas of life



WHAT IS MENTAL HEALTH?

- Natural response to stress
- Unique to each individual
- Whole person: emotional, cognitive, physical, social and cultural experience
- Encompassing: multi-generational, genetic, environmental, and social experiences



Whole Person Wellbeing



- **Age**
- **Disability status (developmental)**
- **Disability status (acquired)**
- **Religion/Spirituality**
- **Ethnicity/Race**
- **Socioeconomic status**
- **Sexual orientation**
- **Indigenous heritage**
- **National origin**
- **Gender**



SIGNS OF HEALTH & WELLBEING CONCERNS



- Headaches
- Appetite changes
- Digestive problems
- Chronic pain
- Muscle tension
- Restlessness
- Prolonged fatigue
- Heart/Respiratory problems
- Decline in overall physical health
- Difficulty focusing for periods of time
- Feeling emotionally overextended



SIGNS OF MENTAL HEALTH STRESS



- Sleep struggles
- Trouble concentrating
- Slowed efforts/movements
- Low feelings of personal accomplishments
- Less confidence or sense of ability
- Cynicism, pessimism
- Feeling indifferent or distant
- Feeling fragmented
- Responding in an impersonal way
- Difficulty “switching roles”
- Struggles separating from office and home
- Longer work hours
- Pleasing & caretaking
- Social withdrawal
- Increased substance use

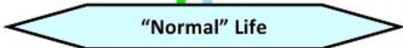
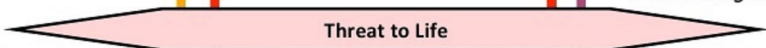


MIND-BODY APPROACHES



AUTONOMIC NERVOUS SYSTEM: PRECISION REGULATION

** WHAT TO LOOK FOR **

		LETHARGIC Parasympathetic I (PNS I)	CALM Parasympathetic II (PNS II) <i>Ventral Vagus</i>	ACTIVE/ALERT Sympathetic I (SNS I)	FLIGHT/FIGHT Sympathetic II (SNS II)	HYPER FREEZE Sympathetic III (SNS III)	HYPO FREEZE Parasympathetic III (PNS III) <i>Dorsal Vagus Collapse</i>
							
PRIMARY STATE		Apathy, Depression	Safe, Clear Thinking, Social Engagement	Alert, Ready to Act	React to Danger	Await Opportunity to Escape	Prepare for Death
AROUSAL		Too Low	Low	Moderate	High	Extreme Overload	Excessive Overwhelm Induces Hypoarousal
MUSCLES		Slack	Relaxed/toned	Toned	Tense	Rigid (deer in the headlights)	Flaccid
RESPIRATION		Shallow	Easy, often into belly	Increasing rate	Fast, often in upper chest	Hyperventilation	Hypo-ventilation
HEART RATE		Slow	Resting	Quicker or more forceful	Quick and/or forceful	Tachycardia (very fast)	Bradycardia (<i>very</i> slow)
BLOOD PRESSURE		Likely low	Normal	On the rise	Elevated	Significantly high	Significantly low
PUPILS, EYES, EYE LIDS		Pupils smaller, lids may be heavy	Pupils smaller, eyes moist, eye lids relaxed	Pupils widening, eyes less moist, eye lids toned	Pupils very dilated, eyes dry, eye lids tensed/raised	Pupils very small or dilated, eyes very dry, lids very tense	Lids drooping, eyes closed or open and fixed
SKIN TONE		Variable	Rosy hue, despite skin color (blood flows to skin)	Less rosy hue, despite skin color (blood flows to skin)	Pale hue, despite skin color (blood flow to muscles)	May be pale and/or flushed	Noticeably pale
HUMIDITY	Skin	Dry	Dry	Increased sweat	Increased sweat, may be cold	Cold sweat	Cold sweat
	Mouth	Variable	Moist	Less moist	Dry	Dry	Dry
HANDS & FEET (TEMPERATURE)		May be warm or cool	Warm	Cool	Cold	Extremes of cold & hot	Cold
DIGESTION		Variable	Increase	Decrease	Stops	Evacuate bowel & bladder	Stopped
EMOTIONS (LIKELY)		Grief, sadness, shame, disgust	Calm, pleasure, love, sexual arousal	Anger, shame, disgust, anxiety, excitement, sexual climax	Rage, fear	Terror, may be dissociation	May be too dissociated to feel anything
CONTACT WITH SELF & OTHERS		Withdrawn	Probable	Possible	Limited	Not likely	Impossible
FRONTAL CORTEX		May or may not be accessible	Should be accessible	Should be accessible	May or may not be accessible	Likely inaccessible	Inaccessible
INTEGRATION		Not likely	Likely	Likely	Not likely	Impossible	Impossible
RECOMMENDED INTERVENTION		Activate, Gently Increase Energy	Continue Therapy Direction	Continue Therapy Direction	Put on Brakes	<i>Slam on Brakes</i>	<i>Medical Emergency</i> CALL PARAMEDICS

***Observe client states: To modulate arousal with brakes. Adjust in yourself: To think clearly & prevent vicarious trauma & compassion fatigue.**

Five Senses Strategy

The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



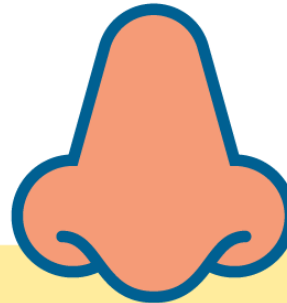
Acknowledge **5** things
that you can see
around you.



Acknowledge **4** things
that you can touch
around you.



Acknowledge **3** things
that you can hear
around you.

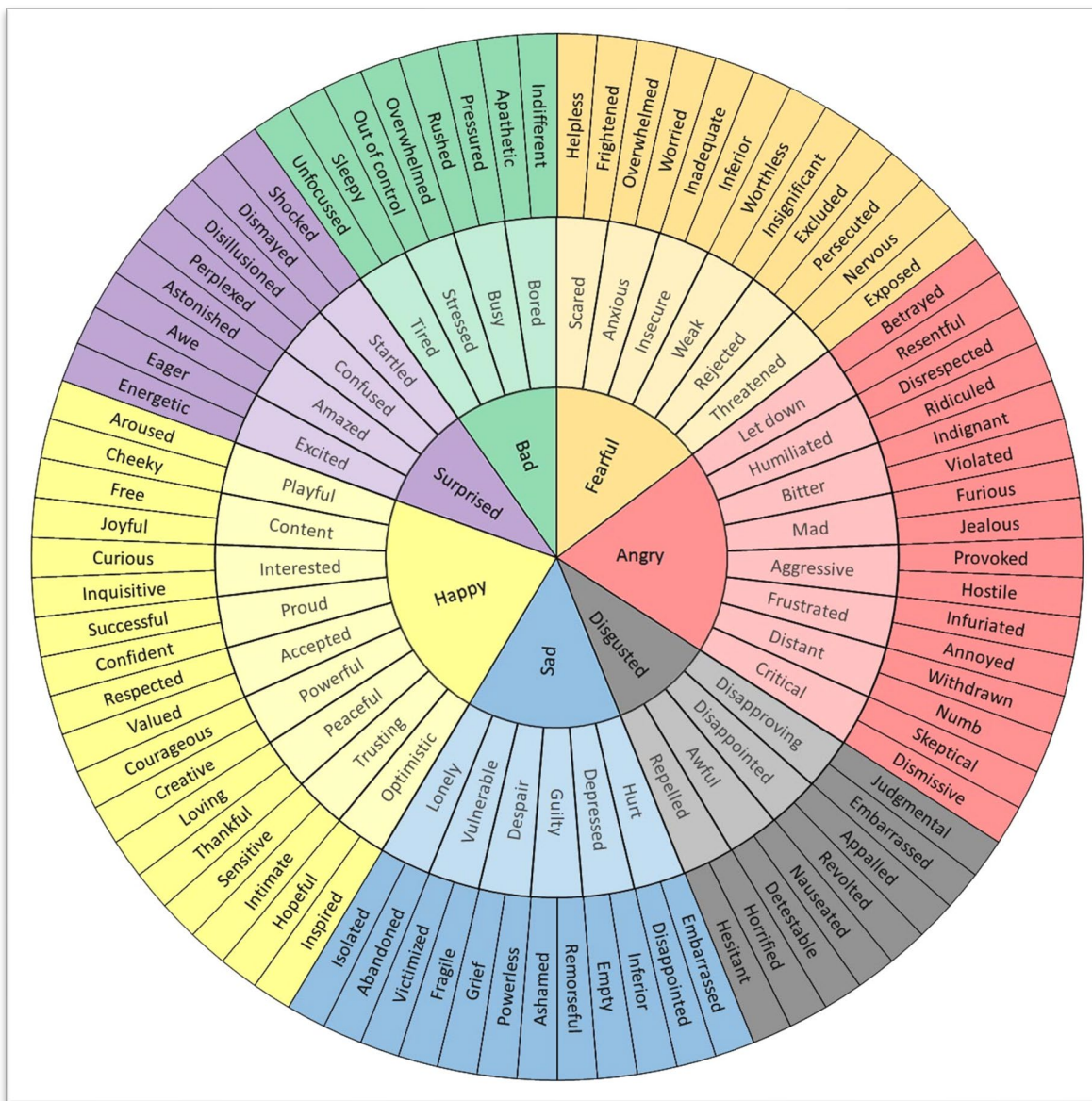


Acknowledge **2** things
that you can smell
around you.

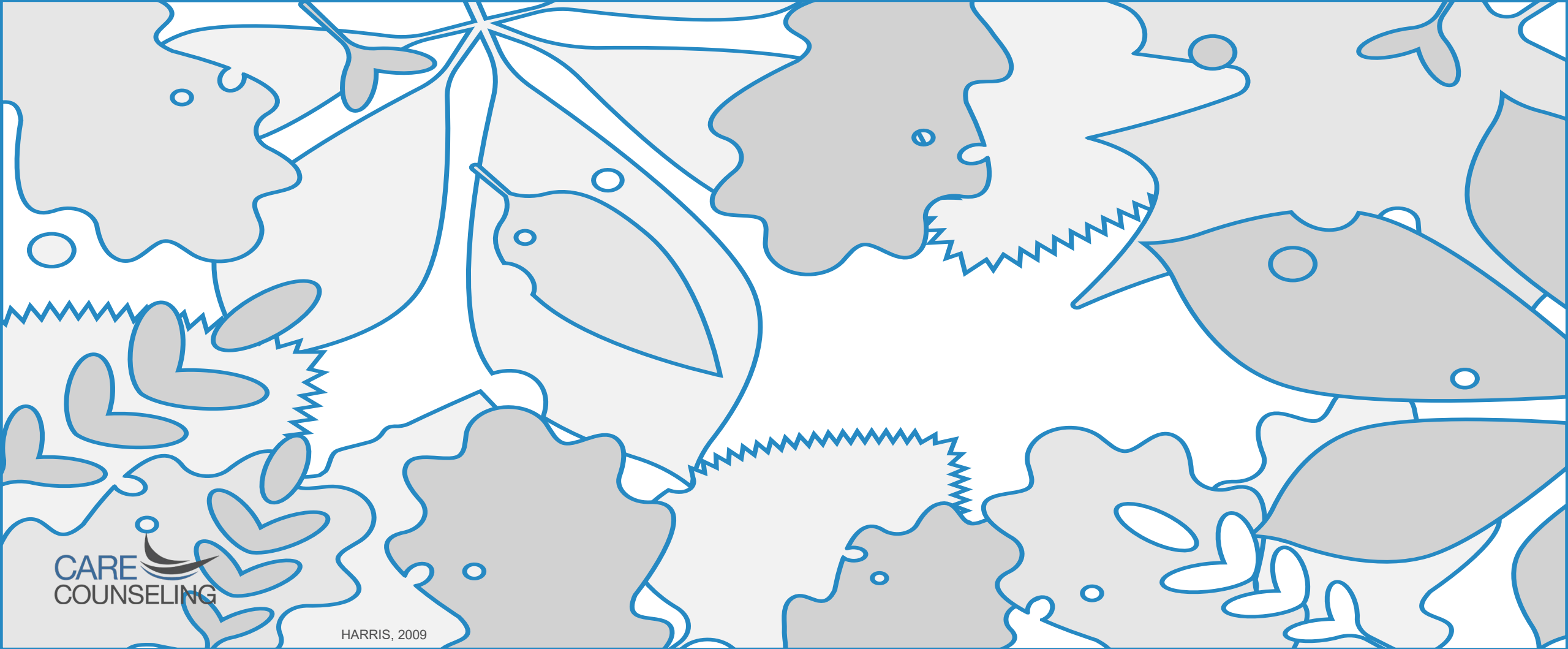


Acknowledge **1** thing
that you can taste
around you.

Emotions Wheel



Leaves on a Stream Strategy



DBT IMPROVE Strategy

IMAGERY

MEANING

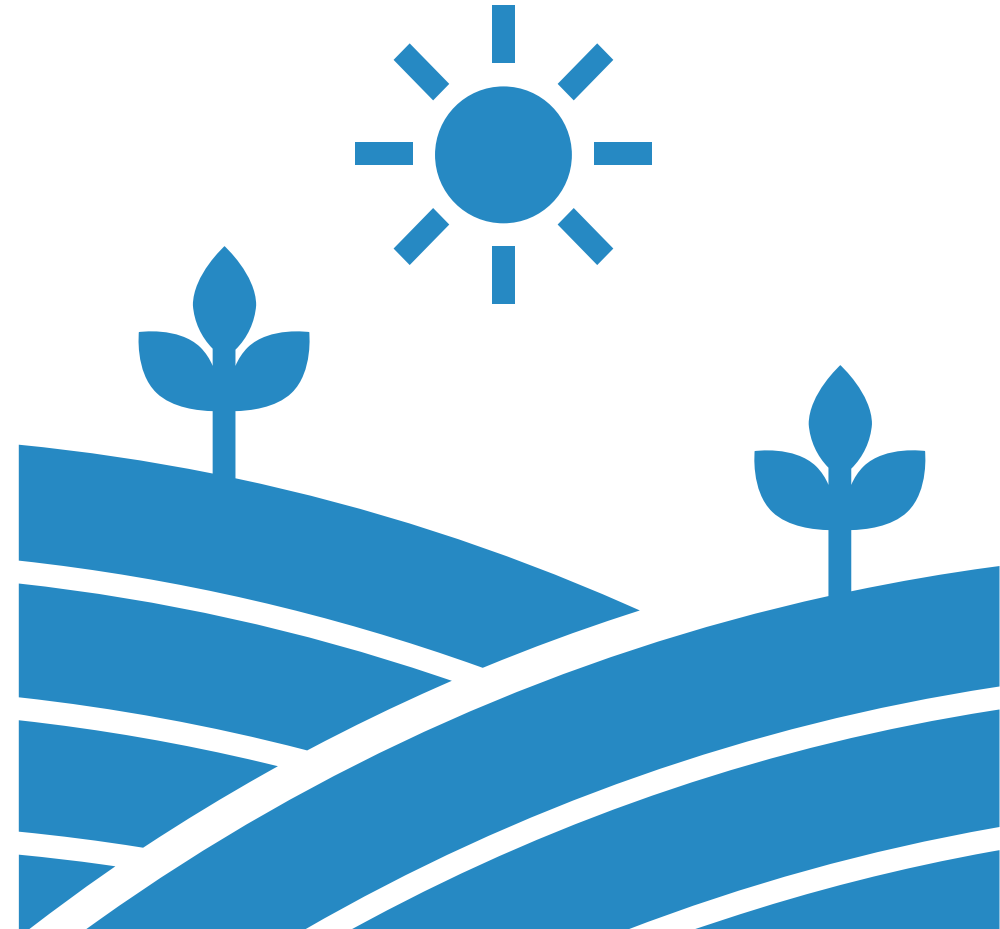
PAUSE

RELAXATION

ONE THING IN THE MOMENT

VACATION

ENCOURAGEMENT



Riding the Wave Strategy



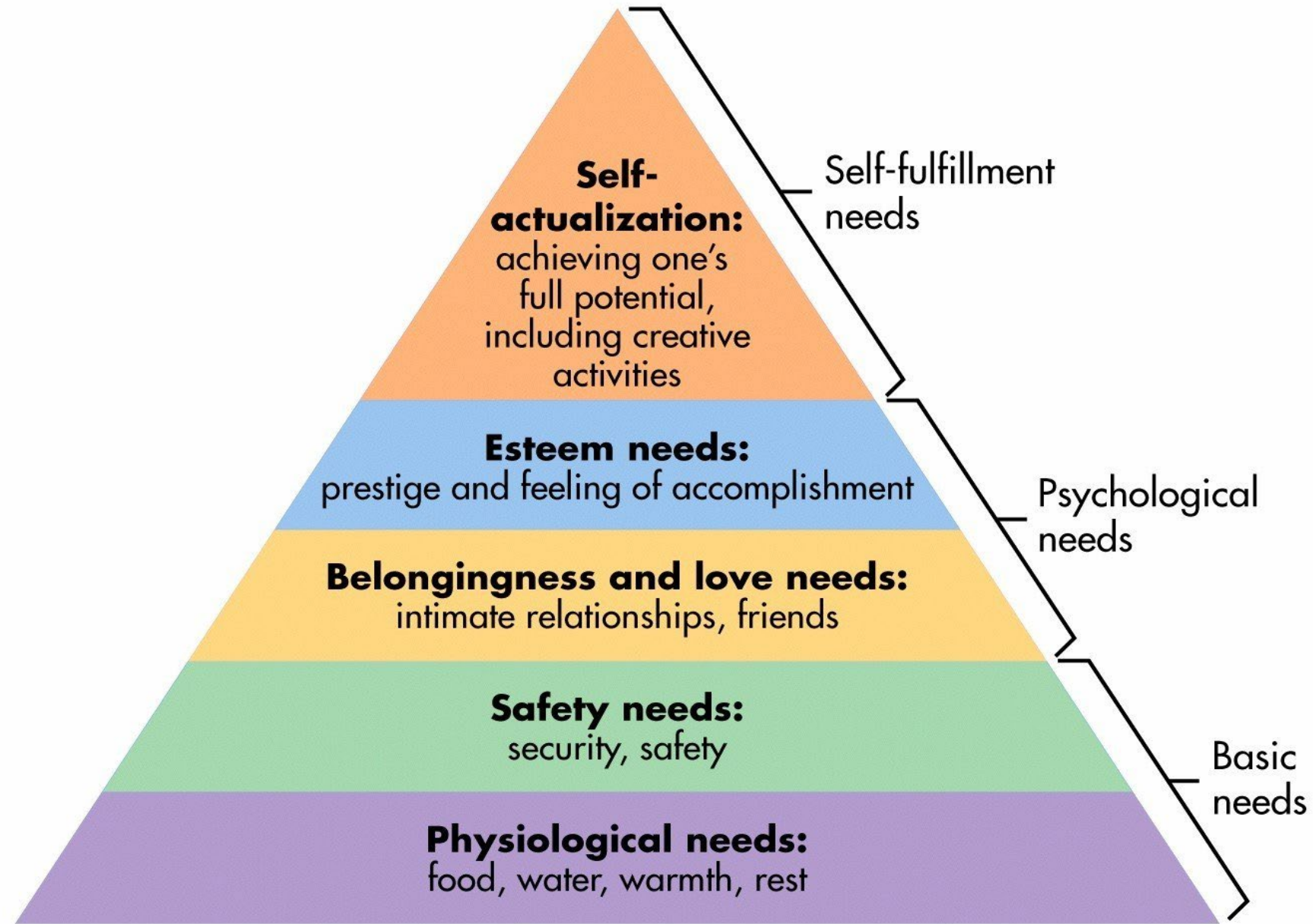
DIMEFF & LINEHAN, 2008



WELLBEING & VITALITY



MASLOW'S HIERARCHY OF NEEDS



SIGNS OF WELLBEING AND VITALITY

- Energy
- Higher vitality index
- Feeling rested
- Relaxed body
- Able to regulate body
- Increased laughter
- Strong sense of identity
- Resourcefulness
- Satisfaction with work
- Self-awareness
- Mindful attitude
- Body attunement
- Work-life balance
- Increased engagement in other areas



PERMA MODEL OF WELLBEING



Positive emotions

- Fulfillment, gratitude, grace, curiosity, hope, laughter, AWE



Engaging with meaning

- Being present in day-to-day, new hobbies/activities



Relational growth

- Build deep relationships at work and with partners/family



Meaning Making

- Contribute meaningfully to the world, finding the silver lining



Accomplishment

- Noticing what is going well (personal growth, mastery)

VITALITY-BUILDING STRATEGIES



- Taking a breath of fresh air
- Mindful breathing
- Drinking water
- Stretching
- Going for a walk
- Compilation of coping skills
- Connecting with a colleague
- Sharing about experiences that keep you going



Discussion & Wrap Up



Thank
you!

CARE COUNSELING

