



THE IMPORTANCE OF SELF-CARE IN FOSTERING MIND-BODY WELLNESS

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Objectives

- Define Mental wellness and self-care
- Understanding challenges to mental wellness
- Common manifestations of stress, depression, anxiety ptsd, grief - what it looks like, how to tell the difference
- Recognizing if/when additional support may be helpful
- The importance of self-care
- Ways to include self-care and foster overall wellness



Mental WELLNESS

A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.



It's OK to fall apart sometimes...

Tacos fall
apart
and we
still love
them.



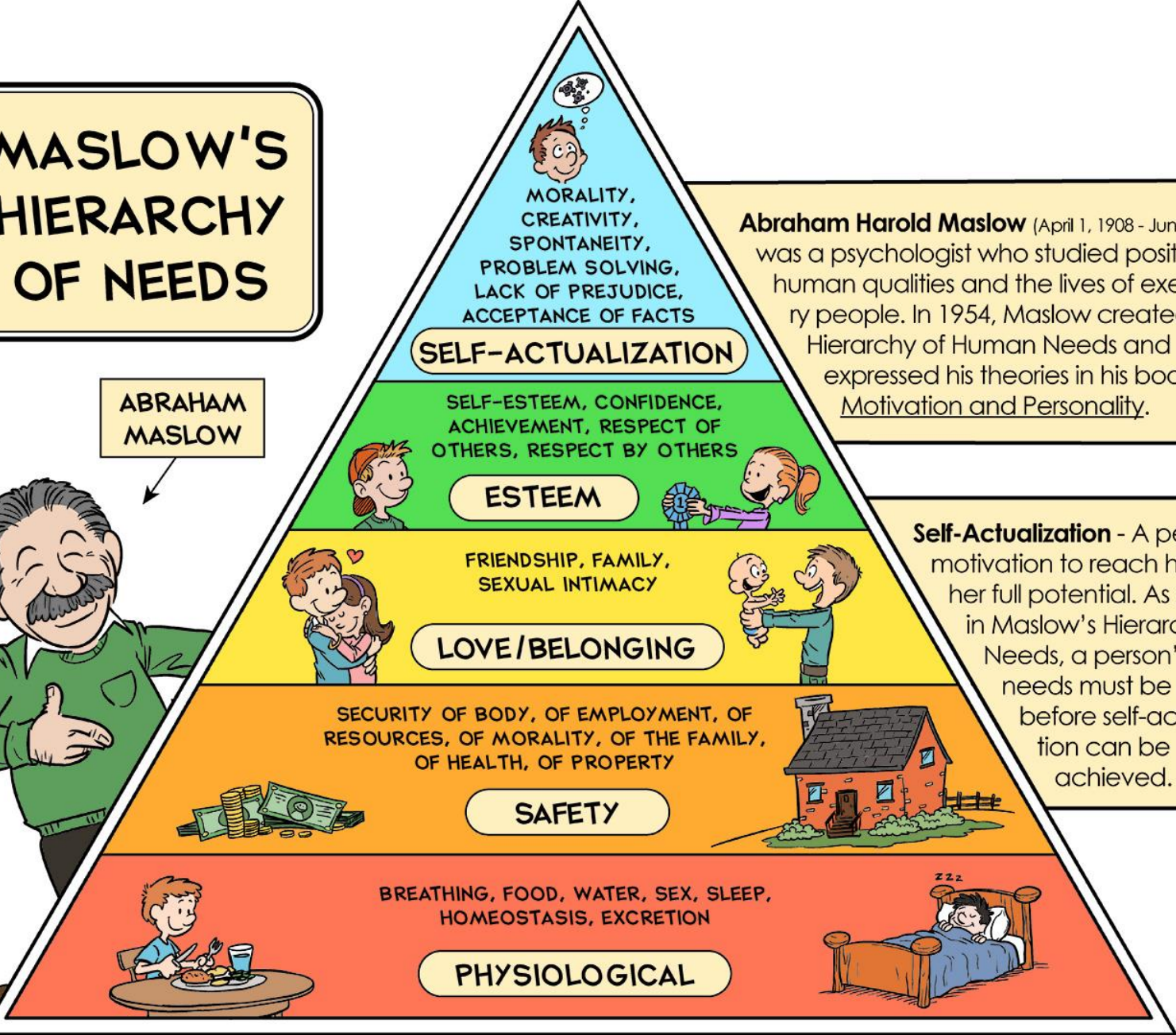
So what is mental wellness?

- Mental health is a continuum and includes our emotional, psychological, and social well-being.
- It is intertwined with our physical wellness
- It affects how we think, feel, act, handle stress, relate to others, view ourselves and make choices. These choices include how to set priorities and manage personal resources such as time, energy and degree of flexibility.

... the **serenity** to accept the things I cannot change, **courage** to change the things I can, and **wisdom** to know the difference.

MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, Motivation and Personality.

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

What is Stress?

Eustress

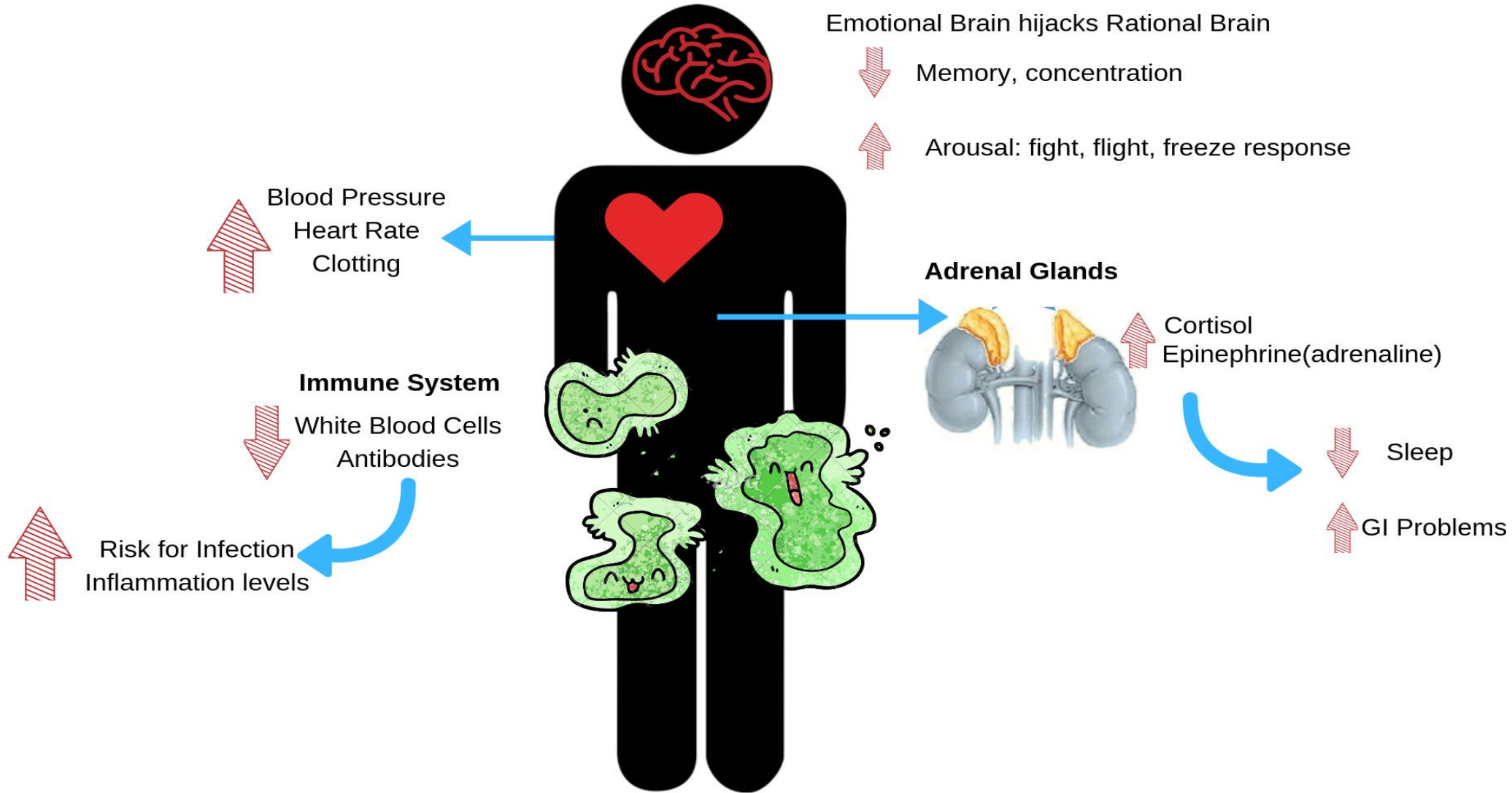
Distress

Dysfunction



Stress happens – It's how you manage it

The impact of stress, grief and trauma



EXPECTATIONS



REALITY



Threats to Mental Health/Wellness

- Loneliness
- Stigma – grief expression, mental health
- Lack of mental health education

Symptoms of Depression

- Feeling depressed for most of the day, almost every day.
- Lack of enjoyment of activities you once enjoyed, such as going to work or visiting friends.
- Weight changes (gaining or losing).
- Sleep problems (too much or too little).
- Feeling restless.
- Lacking energy, feeling easily fatigued.
- Feeling worthless or guilty.
- Trouble concentrating.
- Frequent thoughts of suicide

Symptoms of Anxiety

- Feelings of panic, fear, and uneasiness
 - Uncontrollable, obsessive thoughts
 - Repeated thoughts or flashbacks of traumatic experiences
 - Nightmares
 - Ritualistic behaviors, such as repeated hand washing
 - Problems sleeping
 - Cold or sweaty hands and/or feet
 - Shortness of breath
- Palpitations
 - An inability to be still and calm
 - Dry mouth
 - Numbness or tingling in the hands or feet
 - Nausea
 - Muscle tension
 - Dizziness
 - Fear you're going crazy

Symptoms of PTSD

Intrusion:

Unwanted upsetting memories; nightmares; flashbacks; emotional distress after exposure to traumatic reminders; physical reactivity after exposure to traumatic reminders

Avoidance:

Avoidance of trauma-related stimuli after the trauma. This can include avoiding people, places, thoughts, or situations that may remind a person of the trauma.

Negative alterations in cognitions/mood:

Inability to recall key features of the trauma; overly negative thoughts and assumptions about oneself or the world; exaggerated blame of self or others; negative affect; decreased interest in activities, feeling isolated; difficulty experiencing positive affect

Alterations in arousal/reactivity:

Irritability/aggression; risky/destructive behavior, hypervigilance, heightened startle reaction, difficulty concentrating, difficulty sleeping

Survivor's Guilt

A deep sense of guilt that comes when one survives something that another did not.

- You can experience survivor's guilt independent of a PTSD diagnosis.
- Common feeling, does not necessarily indicate a need for formal treatment.
- May indirectly increase risk for PTSD.

FACT

SURVIVOR'S GUILT FOR ORGAN RECIPIENTS IS COMMON.

Appreciation for your survival can co-exist with the grief you feel. They are not mutually exclusive.





What is Grief?

- An individualized, non-linear process of integrating major losses and life transitions into our sense of self and of our reality.
- An experience that is both universal and that differs from person to person, family to family, culture to culture
- Changes over time and is not time limited
- Transitional (crisis of meaning/purpose, changed view of the world)



What's the Difference?

Grief

PTSD

Anxiety

DEPRESSION

Long-term self-care/mental wellness

- Mindfulness/ Meditation
- Practice of gratitude
- Making space for tough emotions
- Challenge negative thoughts/Cognitive distortions
- Pain to purpose
- Finding those people we can relate to
- Creative expression
- Decrease social media and news exposure
- Exercise
- Healthy Eating Habits
- Prioritize Healthy Sleep Habits
- Unload in healthy ways/ ability to say 'no'

Illness changes who we are.
Illness teaches, yet it tarnishes.
It can define, but it prefers to refine.
Illness has potential to divide,
But it can reconcile.
You are not your illness,
Yet your illness will shape who you become.
Will you be filled with hope?
Or bold with bitterness?
Illness will change you.
How will you allow it to change your life?

Lisa Lopen





When to look for help

- Looking for an opportunity to learn and grow
- Grief experience has the following:
 - Chronic pushing away of painful feelings
 - Excessive avoidance of talking about or reminders of the person who has died
- Excessive use of substances/behaviors to numb
- Thoughts of suicide
- Distressing thoughts/symptoms
- Failure to provide for basic survival needs

Where to Look for help

MD Mind Health - Text 898-211

The Living Legacy Foundation

- Aftercare Program | griefsupport@thellf.org
- Community Grief Resources and Support
 - Website/Facebook – www.cgras.org

Professionally led support groups or counseling

- Psychologytoday.com
- EAP
- Pro-bono Counseling Project 410.825.1001

Self-Compassion – www.selfcompassion.org

Mindfulness - Mindful.org

Mental Health Apps –

- Breathe2Relax, PTSD Coach, Calm, Headspace, Moodtools, Happify, Whats up, etc.

Crisis Hotlines

- National Suicide Prevention Hotline: 1.800.273.8255
- Maryland Crisis Hotline: Dial 211 from a cell phone
- Crisis Text Line: Text CONNECT to 741741
- The Trevor Project (LGBTQ+) 1.866.488.7386

Virtual Counseling/Support

- Betterhelp.com
- Talkspace.com
- Doctorondemand.com
- www.7cups.com

“But you do know how to live in an uncertain world –
you’ve done it all your life.

You have not built your life around certainty; you have built it around values, priorities, and purpose. You look both ways before crossing the street. You button up your overcoat when the weather is cold. You give advice, hoping others will learn from your mistakes. Every day is a series of choices, a series of questions that you answer by going to work, by taking out the garbage, by hugging or kissing or fighting or walking away.

You cannot know for certain the answer to these questions, but you can live without those answers.

Coping with fear does not mean never being afraid.
It means acting with integrity even when you are afraid.
It means that your fear does not make the decision for you. You choose.”

The End.
Thank you!

Questions?
Comments?