



# Self-Care= Preventative Mental Health

Annie Paraison



# Objective

- To build an understanding of the role self-care plays in stress management and mental health
- To begin to connect self-care to spirituality



# During our time we will...

## ***Presentation***

1. The Biology of Stress
2. How your belief systems can hurt and aid your stress management
3. The connection between stress management and spirituality

## ***Connection***

1. Connect content to life experiences

## ***Questions and Final Thoughts***



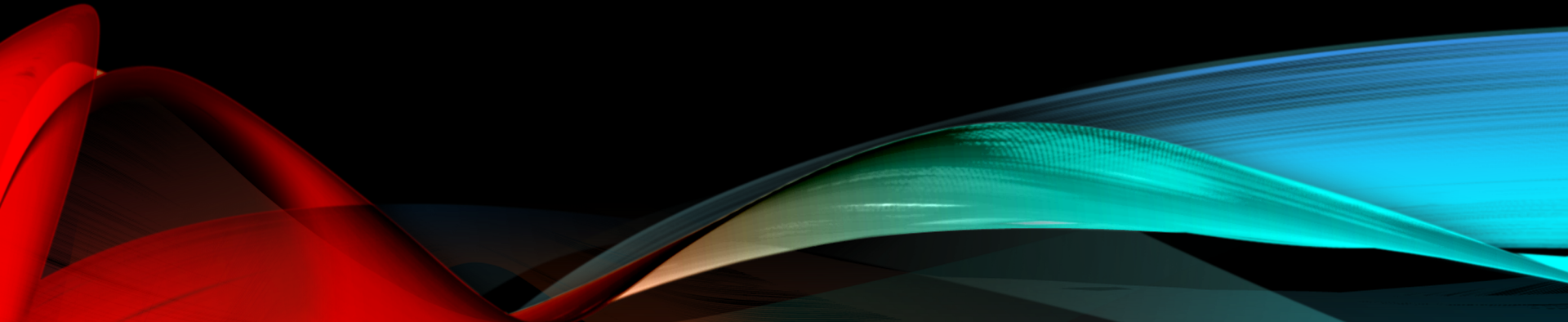
# Unite and Commit

60 seconds breathing exercise

What are you offering yourself during our time together?

# Part 1

## Biology of Stress



# Biology of Stress

Positive

Tolerable

Toxic



# Types of Stress

## Positive Stress



Short, stressful events like meeting new people or starting the first day of school are healthy for brain development. They prepare the brain and body for stressful situations later in life.

## Tolerable Stress



Tragic, unavoidable events like a natural disaster or losing a loved one aren't good for us. But if supportive caregivers are around to buffer the stress response, these events won't do lasting damage to the brain and body.

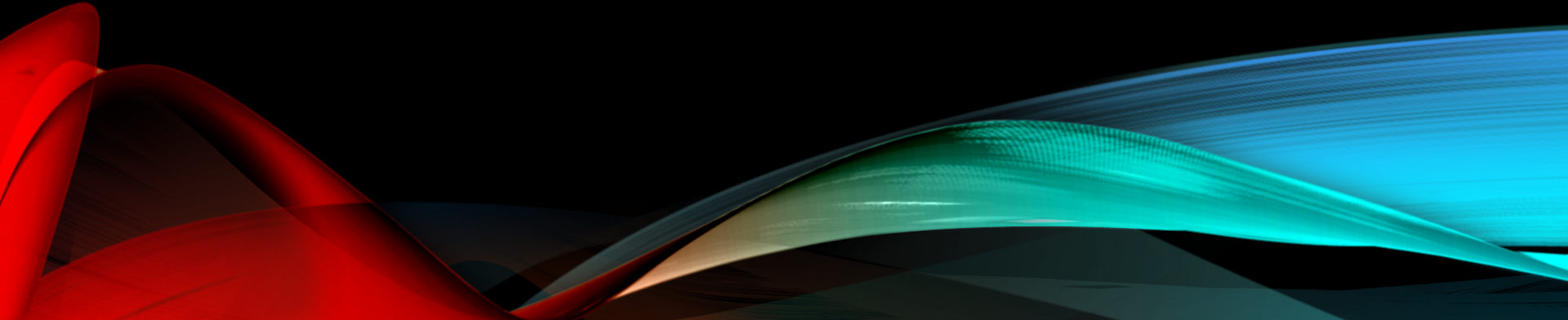
## Toxic Stress



Ongoing, repeated exposure to abuse or neglect is bad for brain development. If no supportive adults are present to help buffer the stress response, stress hormones will damage developing structures in the child's brain. The result is an increased vulnerability to lifelong physical and mental health problems, including addiction.

# Part 2

## Cycle of Socialization

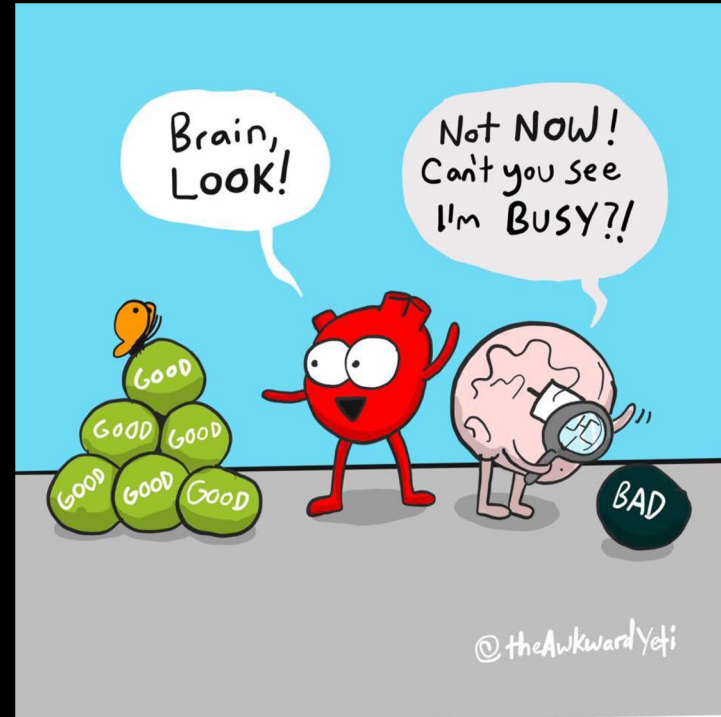




**What is your definition of self-care?**



# Our Societal Core



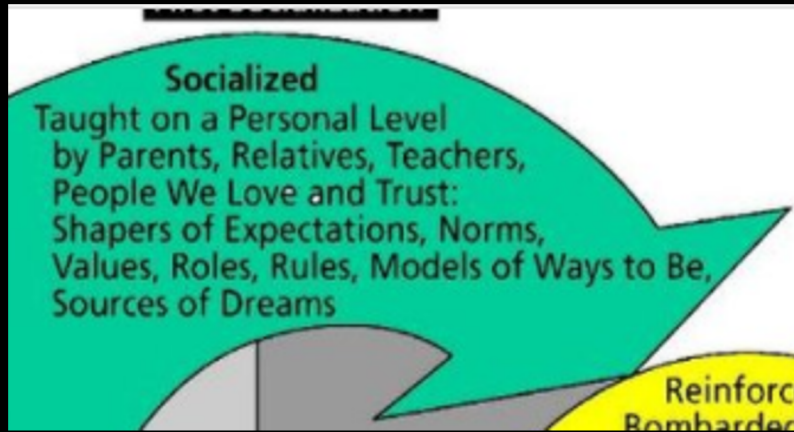


# Step One

Lambert Snodgrass, Lisa. (2018). Age and Aging in the US.

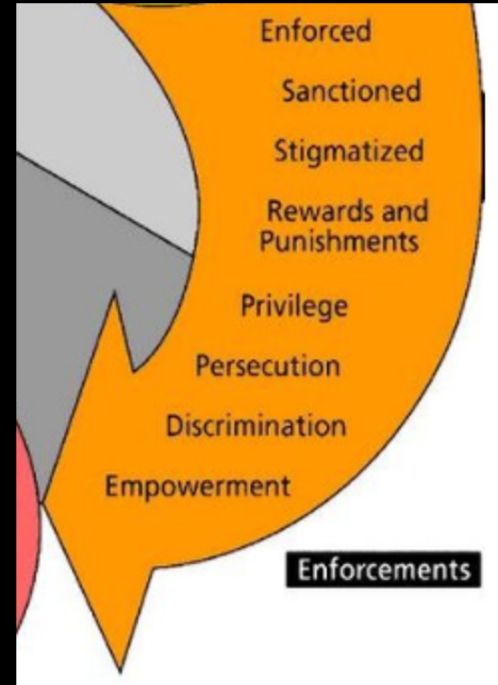
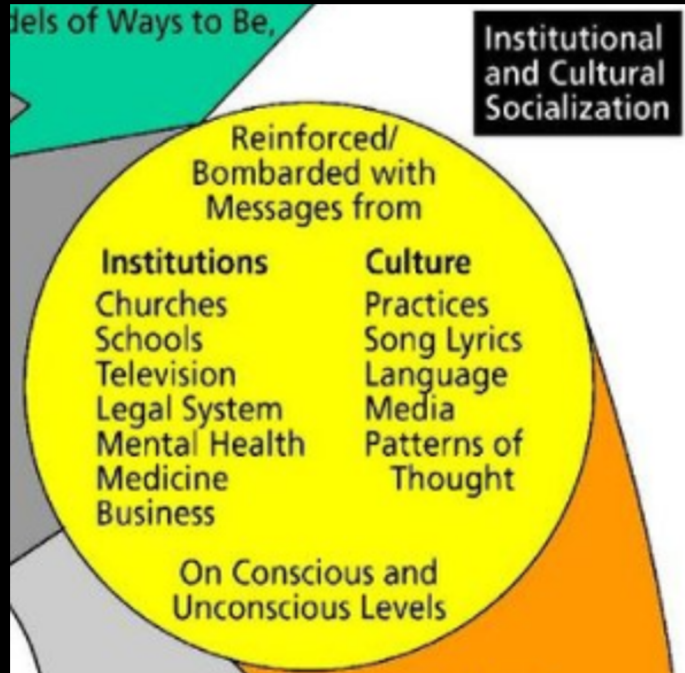


# Step two



Lambert Snodgrass, Lisa. (2018). Age and Aging in the US.

# Step Three

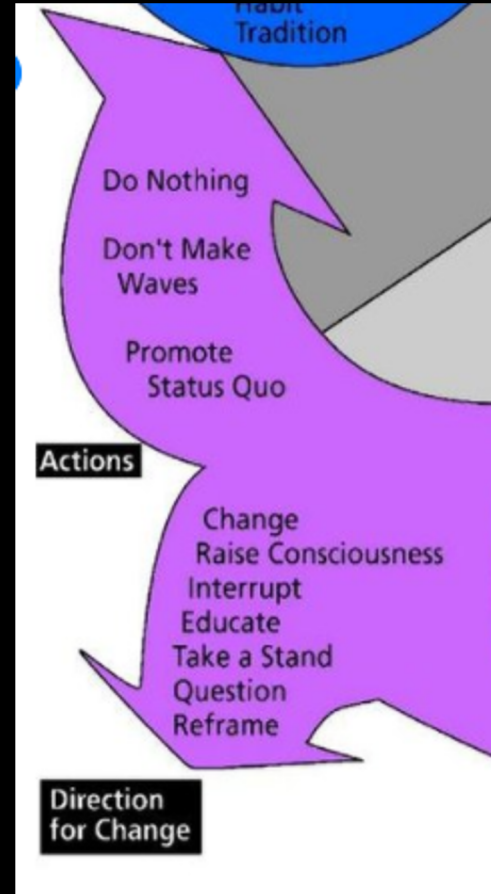


Lambert Snodgrass, Lisa. (2018). Age and Aging in the US.

# Step Four



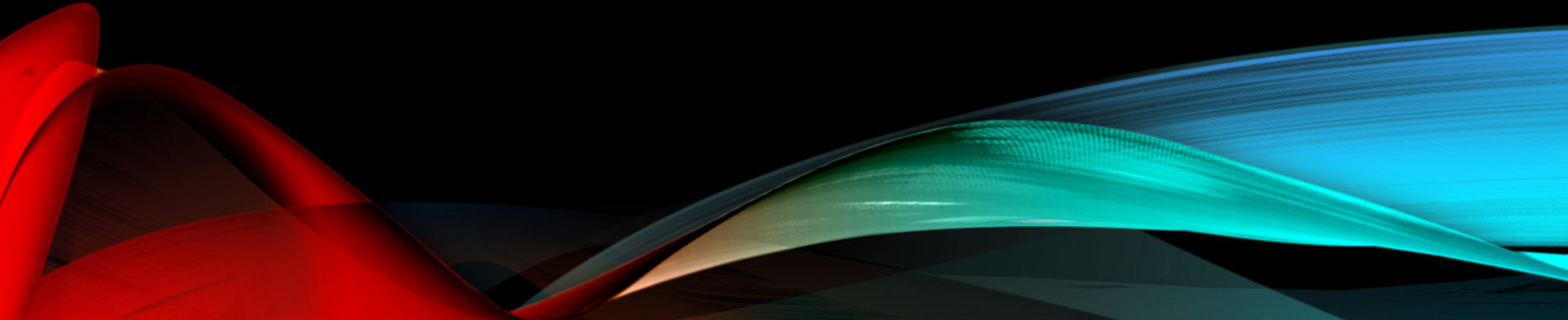
# Step Five



Lambert Snodgrass, Lisa. (2018). Age and Aging in the US.

# Part 3

**Connection between stress management and spirituality**



---

# Do you have a self-care routine?

- i. I do not have a self-care routine.
- ii. I have a self-care routine that involves activities that allow for self-pampering.
- iii. I have a self-care routine and understand how each part of it alleviates stress and supports optimal functioning.
- iv. I have a self-care routine and understand how each part supports optimal functioning and deepen my connection to the universe.

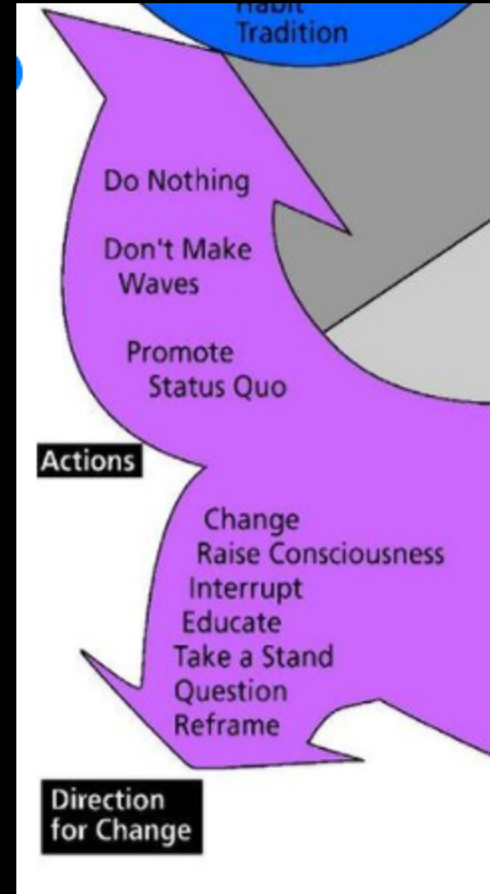


# Cycle of Socialization





# Step Five is your self-care



Lambert Snodgrass, Lisa. (2018). Age and Aging in the US.



# Self-Care is...

... your plan for healing from childhood hurts

... the plan for ongoing development of your understanding of the relationship you have with the world

... the journey back to yourself (INTEGRATING THE PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL)



# Brain Exercises

1. Smiling
2. Yawning
3. Connection (eye contact, touch, presence, in a playful situation)
4. Meditation
5. Consciously relaxing (breathing exercises)
6. Intellectual activity
7. Physical activity
8. Faith

# Faith is...

- a. a belief that everything unravels as it should regardless of discomfort.
- b. faith is hope and when you hope there's always something to look forward to
- c. Believing that “the struggle is the growth”



**What/Who do you give permission  
to control you?**



**POSITIVE**

**NEGATIVE**

# Moving in your power...



**Own your imperfections**

**Accept your reality**

**Honor your Higher Self**



**Own your emotions**

**Accept your humanity**

**Honor your journey**





**QUESTIONS**





# This Presentation...

- i. ... Did not offer me anything I can use in my personal and professional life.
- ii. ... Served me because I found one or more useful things to incorporate in my personal and professional practice.
- iii. ... Offered me a new perspective that will support the creation of a self-care routine that will support and grow me in my personal and professional life.

# Resources

Bennett, Matthew S. Connecting Paradigms: A Trauma-Informed and Neurobiological Framework for Motivational Interviewing Implementation. 2017.

Bennett, Matthew S. Talking About Trauma and Change. 2018.

Bailey, Becky. Conscious Discipline: Building Resilient Classrooms. 2018  
Explained: Coronavirus. Episode 3: How to Cope

Chopra, Deepak. Seven Spiritual Laws of Success. 1999

Heartmath Institute. 2017. [www.heartmath.com](http://www.heartmath.com)

Lambert Snodgrass, Lisa. (2018). Age and Aging in the US.

**I wish you love in the heart,  
health in the body, and  
peace in the mind**