

MENTAL HEALTH HYGIENE & SELF-CARE

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WELCOME!

- Ice breaker time :)
 - Name
 - What department you work in
 - Your favorite place



MENTAL HEALTH MATTERS

- 1 in 5 U.S. adults experience mental illness each year (NAMI, 2023)
- Depression is the leading cause of disability worldwide (WHO, 2023)
- Anxiety disorders affect ~31% of U.S. adults at some point in their lives (NIMH, 2023)
- Resources: Employee Assistance Programs (EAP), Counseling Centers, Individual Providers, 988 Suicide & Crisis Lifeline

BURNOUT & MEDIA OVERLOAD

- Signs & Symptoms: exhaustion, reduced performance, detachment
- Burnout ≠ just “stress”—it’s chronic, cumulative, and harmful
- Hidden contributors: social media overexposure, 24-hour news cycle



LET'S STRETCH & RESET!

- Where are your shoulders? Relax them.
- Neck stretches side to side
- Move eyes from side to side, and look around room
- Gentle torso twist (while seated)
- Physiological Sign (Two inhales, long exhale)



BUILDING A STRONG FOUNDATION

Must Haves...

- Rest
- Water
- Food
- Movement
- Connection



WHAT'S YOUR SCHEDULE
LIKE?

STRESS BUSTERS & MOOD REGULATORS

Micro-reset tools:

- Stretch break/breathing exercise
- Flow state activity/different task

Boundaries & Habits:

- Limit screen / media time
- Schedule in rest
- Practice saying “no.” Let’s practice together!

Social & Environmental Boosts:

- Connect with a friend, peer, or pet (text, in person, letter)
- Time in nature or sunlight
- Laugh, music, creative outlets

STRESS BUSTERS & MOOD REGULATORS

- Practicing gratitude
 - What are 3 things you're grateful for?
 - Who are 3 people you're grateful for?
 - What are 3 things you're grateful to have witnessed today?
- Conversation with your inner critic
 - Naming your inner critic
 - Noticing when they're speaking
 - Approaching their objections with curiosity
 - Relieving them of their authority/letting them have some time off :)

WHAT IS ONE SKILL THAT
YOU CAN TRY TODAY?

QUESTIONS/THOUGHTS?

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