

Mental Wellness: One Day at a Time

Leadership Advantage 2023

Dr. Amanda Katchur

Community Services Group

Introduction

- Dr. Amanda Katchur
- Community Services Group
 - Licensed Psychologist
 - Program Coordinator: School-Based Outpatient Therapy
- 2022 Graduate Leadership Lancaster Core Class
- Board Member: Touchstone Foundation, The Arc Lancaster Lebanon & Aaron's Acres
- Mom of two wildly adorable children



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Before we get Started... Let's take a moment



Goals for Today

- Participants will be able to talk about mental wellness and variables that contribute to mental wellness
- Participants will learn how to monitor their own mental wellness
- Participants will identify ways to build their mental wellness and support others on their mental wellness journey



Stress in America Survey (APA, 2022)

- 27% of adults reported that they were too stressed to function most days
- 76% of adults reported they had experienced at least one symptom in the last month as a result of stress
- 25% of adults reported that during the prior month, they very/fairly often felt difficulties were piling up so high that they could not overcome them.



Wellness in the Workplace Survey (MHA, 2022)

- Nationally:
 - 80% percent of employees agree that the stress from work affects their relationships with friends, family, and coworkers.
 - In 2021, 71% of employees reported difficulty focusing at work



What do you think of
when you hear the
phrase "Mental
Wellness?"



Mental Health or Mental Wellness?

(Global Wellness Institute, 2021)

Mental Health

- Language generally more clinically or treatment focused
- Often aligns or is referenced with a particular disorder or set of symptoms
- Symptoms may require intervention from a professional

Mental Wellness

- More than just the absence of mental illness
- Proactive strategy to strengthen our mental, emotional, social, and psychological resources.
- Can be utilized and capitalized upon by all people
- Personal, subjective

Remember

- Both mental health and mental wellness are important in everyday life
 - Monitoring both allows us to determine what set of interventions might be needed in that moment
 - Can help us find the language we need for ourselves or for supporting someone else
- Today's presentation will be primarily focused on mental wellness

Mental Wellness

- "Mental wellness is an internal resource that helps us think, feel, connect, and function; it is an active process that helps us to build resilience, grow, and flourish" (Global Wellness Institute, 2021)
- Dynamic
- Renewable
- Positive Process

Mental Wellness

- Requires:
 - Initiation
 - Intentional action
 - Revision as needed
- Consists of several domains
- Also may be called "mental wellbeing"



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Mental Wellness Check In

- Checking in with ourselves daily
- Questions:
 - How am I feeling today?
 - Am I providing my body with its basic needs?
 - How have I been sleeping?
 - What am I doing to bring myself joy?
 - What has been worrying me?
 - Who or what is in my corner or supporting me?



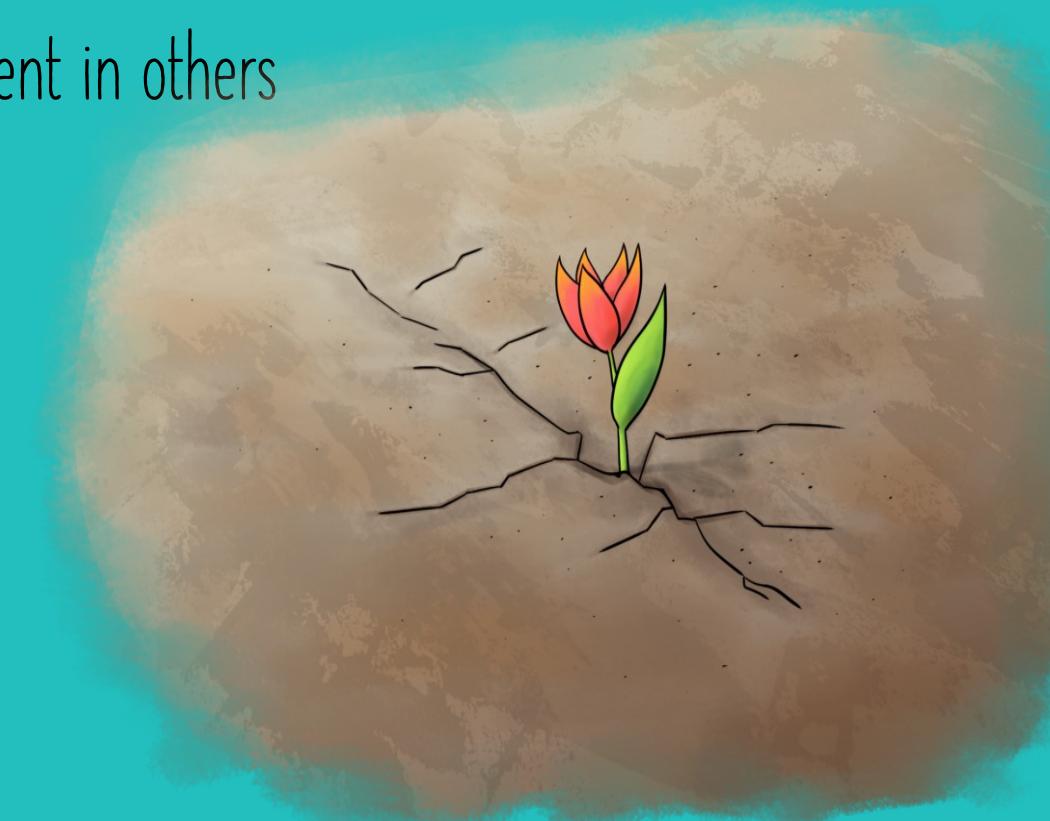
A close-up photograph of a blue lotus flower, showing its intricate blue petals and a vibrant yellow center with many stamens. The flower is set against a dark, out-of-focus background.

How Do I Improve Mental Wellness?

- Build resilience
- Reduce stress
- Connection
- Purpose and value
- Find happiness or joy

Building Resilience

- Resilience: The ability to adapt to and bounce back from challenges, setbacks, difficult times
- Possible to build within ourselves and support development in others
- Key components:
 - Acceptance
 - Learning from past experiences
 - Hope
 - Self-compassion



What is Self-Compassion?



Dr. Kristin Neff

Reduce Stress

- Know what energizes you, and what does not.
 - Protect that energy
- Increase healthy habits
 - Sleep
 - Physical Activity
 - Monitoring electronic use
 - Social media?
- Mindfulness
- Hobbies, activities
- Ask for or seek out help and support



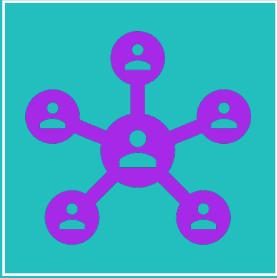
Image: Medium.com

Mindfulness

**Lost in
Thought?
Try Grounding**



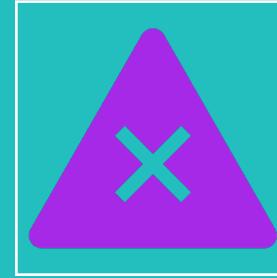
Connection



What does connection look
like in your life?



What kinds of connection feel
the best to you?



Are there certain boundaries
that need to be put into place?

Boundaries

- What does the word "boundary" mean to you?
- Who do you like to surround yourself with in day-to-day life?
- Boundary: a clear line that delineates your limits and what is acceptable
 - Not always intended to keep people out or away
 - Can actually allow people to come closer
 - Important in personal life and in the workplace

Purpose and Values

- Living in line with your purpose and values
- Self reflection about:
 - What is most important
 - How do you strive to live?
 - How are you prioritizing things in your life?
 - What behaviors encourage or threaten living into my values?
- Handout- Brené Brown's *Dare to Lead* List of Values



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What values are most
important to you?



Find Happiness or Joy

- Cultivate positive emotions
- Gratitude
- People, places, animals, things
- Trying something new
- Participate in something familiar or soothing
- Spiritual connection (whatever it looks like for you)



My Joy



Supporting Others' Mental Wellness

- Connection
- Being present
- Respecting boundaries
- Celebrate wins
- Knowing what being supportive looks like for that person

Thoughts or Questions?

Additional Resources

- Stress in America Survey

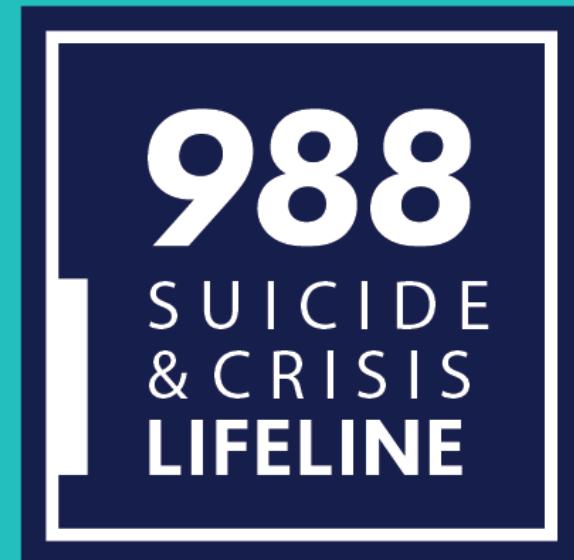
<https://www.apa.org/news/press/releases/stress>

- Brene Brown Dare to Lead Hub

<https://brenebrown.com/hubs/dare-to-lead/>

- Mental Health America (MHA) Mind The Workplace Report

<https://mhanational.org/get-involved/download-mind-workplace-2022-report>



Thank you!

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