

Mental Wellness: One Day at a Time

Leadership Advantage 2023

Dr. Amanda Katchur

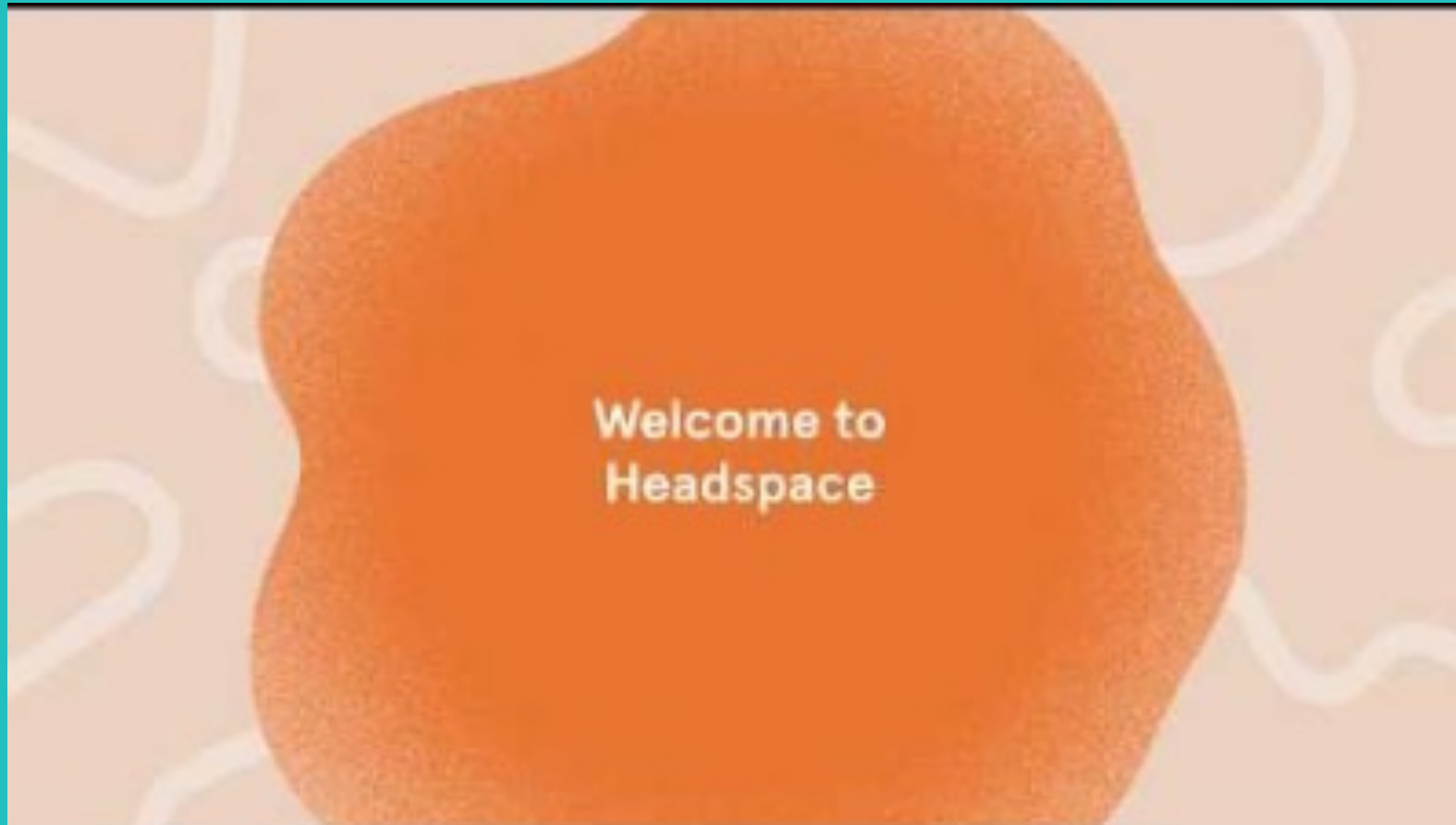
Community Services Group

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



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?



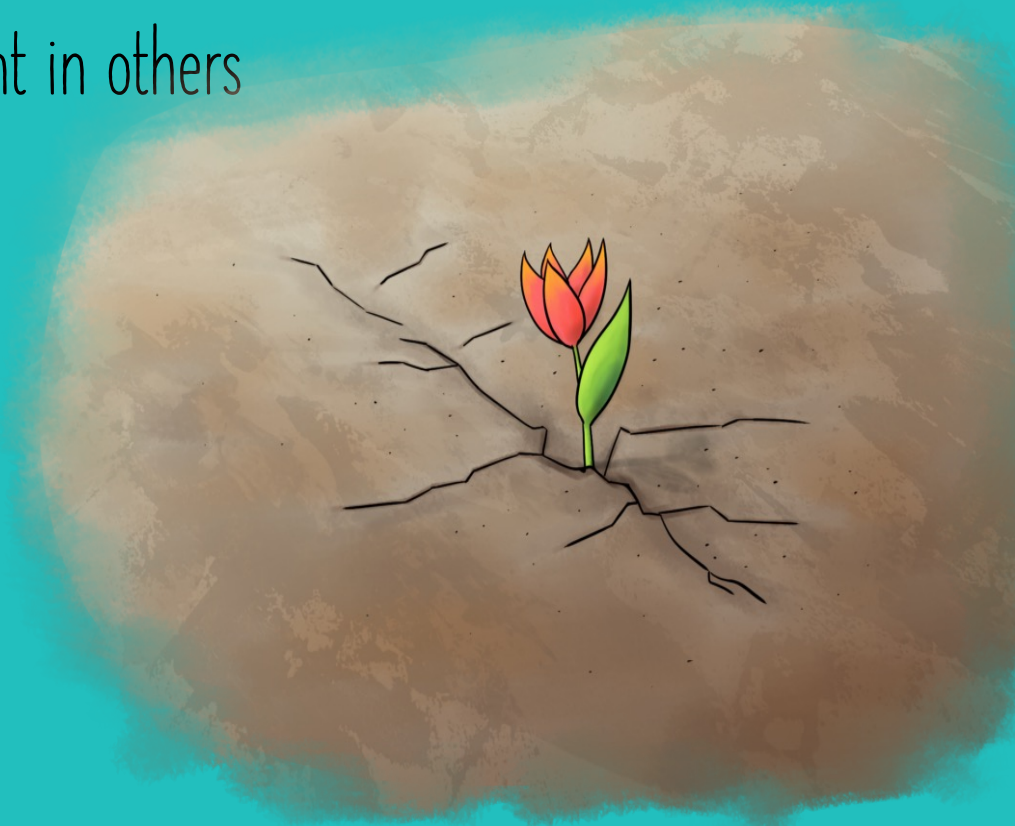


How Do I Improve Mental Wellness?

- 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

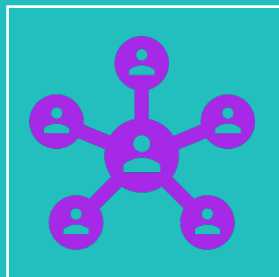
Mindfulness

**Lost in
Thought?**
Try Grounding



 headspace

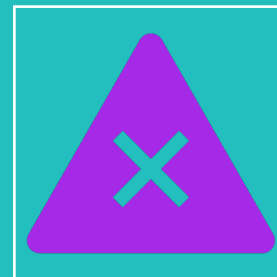
Connection



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

A photograph showing the silhouettes of a family of four (two adults and two children) standing on a beach, holding hands and raising them in the air. They are facing the ocean at sunset, with the sun low on the horizon creating a warm orange glow. The image is partially obscured by a white curved shape on the right side of the slide.

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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