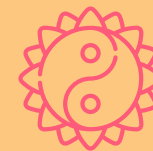


# The Intern Project Self-Care 101

Do not space out or run away! Enjoy the process



Inhale... Exhale... Inhale... Exhale... Repeat!

Let us begin on the importance of taking care of yourself

# Ice Breaker

What do you do to express your feelings?



# Agenda



1. Defining Mental Health
2. The Importance of Taking Care
3. Benefits of Caring for Mental Health
4. Ways/ Tools to Take Care

Feelings come and go like clouds in a windy sky



Conscious breathing is my anchor

# How would you define mental health?

Use own meaning/ what you think it is

# What is **mental health**?

**Our emotional, social, and psychological state of well being & state of mind**

- It is how we think, feel & act
- It helps determine how we handle stress, make healthy choices, etc.

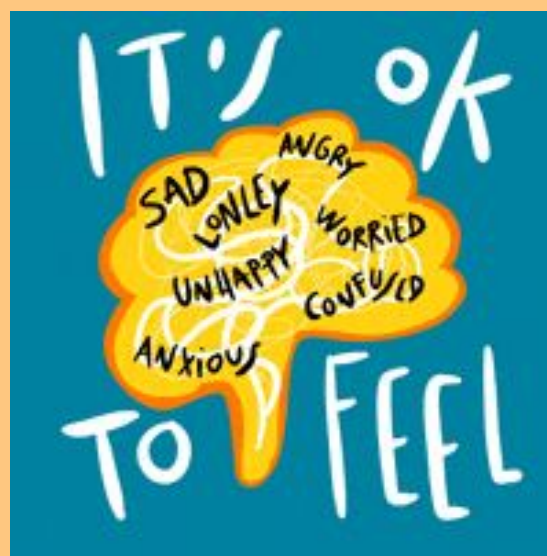
**Mental Health is:**

- **Important to take care of**
- **Real**
- **Complex**

# What Mental Health **IS NOT**

## Mental health is not:

- A sign of weakness
- A taboo
- Something Negative
- “All in your head”
- Something you decide to have
- The same as mental illness



To understand the immeasurable, the mind must be quiet, still...

You can enter a subtitle here if you need it

# Mental Health in Cultural Aspects

What is the  
perspective of  
mental health  
in your culture?

Your goal is not the battle with the mind, but to witness the mind

# Mental Health in Cultural Aspects

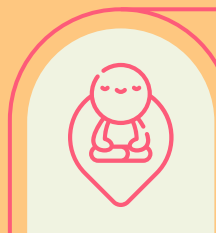
Mental health can sometimes be affected due to our culture and how we identify in terms of what cultural values we follow

Asian Households: Often neglected due to the stigma to mental illnesses

Hispanic/ Latinx household: Viewed as “not real” or “you’re making it up”

African household: A call for help is seen as a sign of weakness

Cultural aspects of mental health differ in how:



It is viewed



Experiences



How it is treated



Why is it important to take care of our mental health?

Ties into our physical health: Taking care of your mental health is an essential part of taking care of our overall health

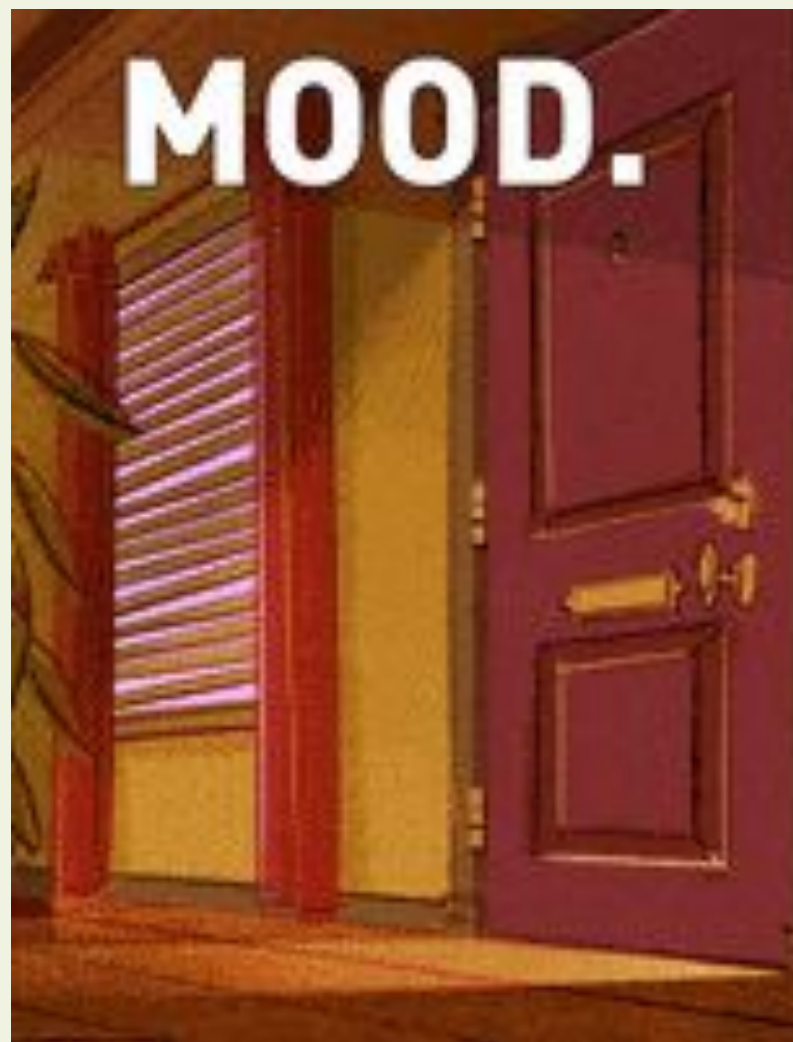


Being emotionally healthy can promote productivity and effectiveness in daily activities. It portrays an important role in your relationships, how you adapt to changes, and allows you to cope.

# 5 Minute Break



How can our mental health affect us in the work environment?



How would our mental health affect us in the **professional aspect of our life?**

By neglecting what is wrong you're not dealing with the issue & rather pushing it aside which can cause:

- Being distracted
- Not performing well in your work
- Becoming socially distant from colleagues, supervisor, etc.

# Why is it important to take care of MH in the workplace?

**It is crucial to feel motivated to work hard & contribute to job satisfaction. In order to keep a high performance there has to be encouragement in creating positive relationships between staff and the employee.**

The benefits of taking care of your mental health in a professional environment are:

- Increased productivity
- Good customer service
- Dedicated staff
- High workplace morale
- Positive atmosphere

# Scenario: Doug Burnout

## Situation:

Doug is currently a senior in high school who is involved in extracurricular activities such as ASB and arts club while balancing an internship after school. At first he was excited to be a part of the clubs in school because it allowed him to participate in school activities. After months of being in clubs and completing his internship there has been a lack of motivation to attend the ASB meetings. Teachers started to notice how Doug wouldn't concentrate during the meetings and started to be incapable to meeting important deadlines. His supervisor at his internship noted how he would show up exhausted and lash out at others due to the frustration.

**What are signs that  
Doug might be  
struggling?**



# Scenario: Doug Burnout

## Situation:

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**What can Doug do to  
prevent burn out?**

# Ways to Take Care in the Workplace

Several ways you can implement self-care at work include:

- Talk to HR and/ or supervisor
- Take breaks
- Socialize with your co-workers
- Learn to be present
- Accept your mistakes
- Have a clean workspace



# Coping Strategies

- Movement (Exercising)
- Artistic Expressive (journaling, dancing, drawing)
- Setting Boundaries (friends/family)
- Mindful leadership
- Small group support
- Stress management
- Meditation/ mindfulness

**What do you do for  
self-care?**

# Questions



# Reminders

- Use your student checklist to to keep track of events, virtual workshops and more
- Create your LinkedIn account and share with your coach
- Reach out if you have questions

# Work Readiness Badge

Dates to keep in mind:

-Intuit Workshop 7/18

-Resume/Cover Letter  
Workshop 7/25

-Mock Interview 8/1

Work  
Readiness  
Badge



My Support Network

Resume

Cover Letter or  
LinkedIn

Intuit Workshop

Mock Interview

Send any materials to  
your TIP Coach!

# UTA Field Trip



IN PERSON EVENT TO

*United Talent Agency*

