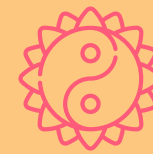


The Intern Project Self-Care 101

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

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.

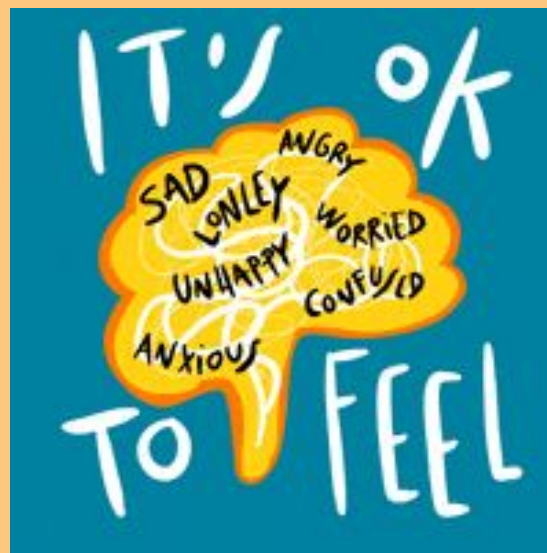
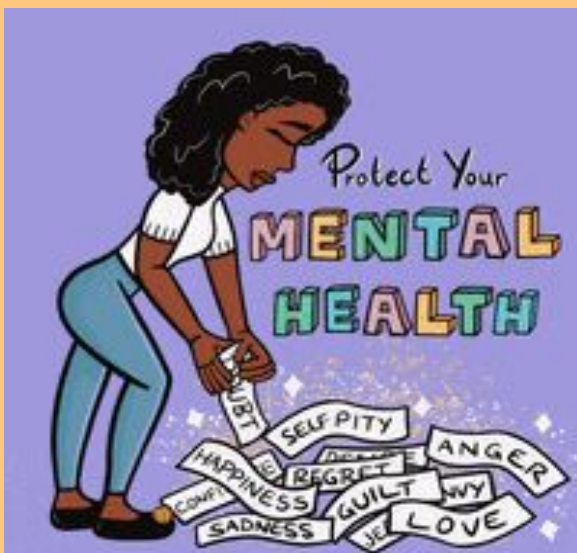
Mental Health is:

- **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

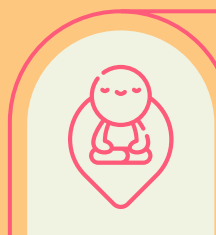
Mental health can sometimes be affected due to our culture and how we identify in terms of what cultural values we follow

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

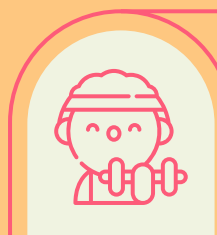
Hispanic/ Latinx household: Viewed as “not real” or “you’re making it up”

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.

Prioritizing Collective Well Being

Burnout, stress & exhaustion

Fact: Affect women more than men

Plan your self-care

- Create a self care plan
 - Identify your stressors
 - Plan what counts as self care for you
 - Prioritize your own needs

Most Common Barrier: Time

Make time for what matters

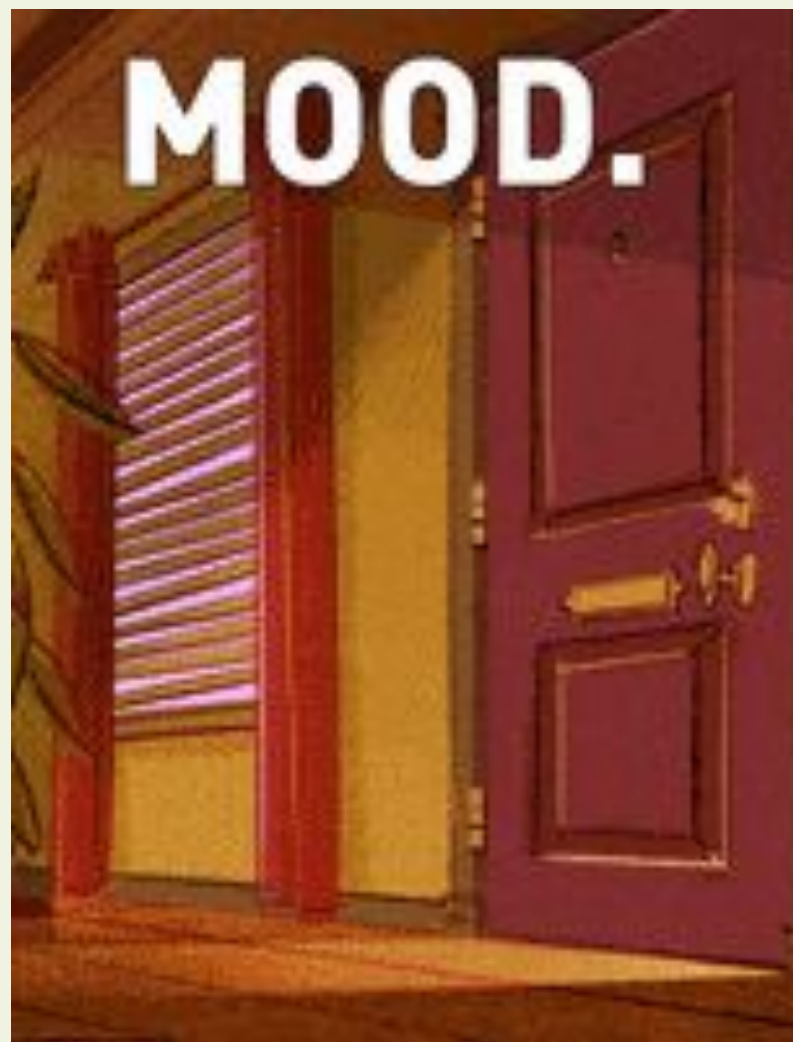
“I don’t have time” to “that’s not a current priority”

Create a sense of empowerment/ choice for yourself

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:

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 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
- Limit your responsibilities per day
- Take breaks
- Socialize with your co-workers
- Learn to be present
- Accept your mistakes
- Have a clean workspace



Benefits of Caring for MH

Good mental health not only affects our mental fitness but also our physical and emotional fitness. The benefits of practicing mental fitness helps us to achieve a state of being content:

- Better able to cope with difficult times
- Building better relationships
- Improving mood
- A desire to participate in daily activities
- Feeling motivated
- Setting realistic goals

I AM A WORK IN PROGRESS



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

