

Taking Care of Your Mental Health (Strategies for Wellness)



Agenda



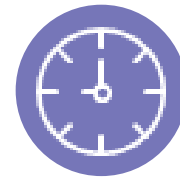
Small Business Challenges



When to practice Self-Care



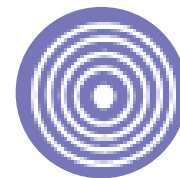
Small Business Goals for Improving Mental Health



Plant "SEEDS"



Personal Strategies for Home and Work



My Values



Small Business Challenges

Symptoms of stress

- Long hours to meet demand
- Feeling isolated
- Managing cash flow and finances
- Multiple roles
- Blurred boundaries between work and home
- Meeting legal obligations
- Managing self and others

When to practice Self-care

- How do you know that you need to focus on your self care?
- How do you recognise your business' symptoms of stress?
- Identify clues in your:
 - Body
 - Thoughts
 - Emotions
 - Behaviour



Early Warning Signs of Stress

- Finding it difficult to concentrate on tasks
- Feeling tired and fatigued
- Being unusually tearful or emotional
- Getting angry easily or frustrated with tasks or people
- Drinking alcohol to cope
- Finding it hard to make decisions
- Avoiding social situations
- Procrastinating



Common Reactions to Stress

Physical	Cognitive	Emotional	Behavioural
Headache Chest pain Heart palpitations Increased Heart Rate Increased Blood Pressure Decreased immunity Stomach upset Sleep problems Indigestion	Restlessness Worrying Lack of focus Indecisiveness Forgetfulness Negative thinking Internalisation	Anxiety (maybe for no reason) Irritability Depression Anger Insecurity Burn out Pressured	Appetite changes Sleep disturbance Angry outbursts Drug or alcohol abuse Increased smoking Social withdrawal Crying Relationship conflicts



Small Business Goals for Improving your Mental Health

- Review strategies to meet demands on time – routine, prioritise, organise your work space
- Manage cash flow and finances – talk with an accountant, network to expand business ideas
- Clarify multiple roles – consider extra training (business management or skills development)
- Understand legal obligations – use checklists to self-audit
- Define boundaries between work and home – family meeting, organise home
- Notice and understand your feelings
- Understand and Enjoy yourself and others – practice self-care strategies at work such as mindfulness, gratitude, affirmations, self-cheerleading, rewards



Early Self-care for optimal health & Resilience... Plant “SEEDS”

- Socialise
- Exercise
- Education
- Diet
- Sleep



Benefits of Socialising

- ↑ Calms nervous system
- ↑ Oxytocin (feel good hormone)
- ↓ Cortisol (less stress)
- ↑ Sense of connectedness
- ↑ Problem solving
- ↑ Attention
- ↑ Humour and fun
- ↑ Energy



Benefits of Exercise

- ↑ Calms nervous system
- ↑ Serotonin & Dopamine
- ↑ GABA (calm)
- ↑ Energy
- ↑ Growth of new brain cells
- ↑ Sleep
- ↑ Alertness & thinking

- ↑ Attention
- ↑ Opportunities to socialize
- ↑ Cardiovascular & physical strength
- ↑ Flexibility & endurance



Benefits of Education

- ↑ Ability to focus
- ↑ Sense of achievement
- ↑ Working memory
- ↑ Interest in life
- ↑ Novelty – willing to try new things
- ↑ Serotonin & Dopamine
- ↑ Social connectedness



Benefits of a Healthy Diet

- ↑ Calms nervous system
- ↑ Brain chemistry
- ↑ Brain clarity
- ↑ Mood
- ↑ Sleep
- ↑ Energy
- ↑ Alertness
- ↑ Concentration & ability to focus



Benefits of Sleep

- ↑ Hippocampus activity
- ↑ Memory
- ↑ Brain cell growth
- ↑ Serotonin
- ↑ Immune system
- ↑ Mood
- ↑ Energy
- ↑ Alertness
- ↑ Concentration





Personal Strategies

at home and work

Apply good business strategies

Develop your skills in your industry, business management skills and leadership skills to increase your confidence in these areas.

Have regular meetings to review your progress

Distraction Strategies

- Take a short break clean, go outside, watch TV, hobbies, reading, gardening, choose easy tasks first... then get back to work

Grounding Strategies

- Stress balls
- Fidget spinner
- Keep a sentimental object with you
- Deep Breathing
- Mindfulness (paying attention) - 5 4 3 2 1 Technique



Personal Strategies

at home and work

Processing Strategies

- Notice and understand your feelings and thoughts
 - Tune In to feelings and use them as a prompt to pay attention to something – If I am procrastinating, Why? Do I need more information? Who can I ask?
 - Adjust work tasks during mental health episodes - At work attempt less intense tasks to build progress and confidence
- Journalling Types
 - Dear Diary
 - Reflective Improvement
 - Pain/Stress Diary 1-10
 - Urge Diary (Stop Think Act)
 - Art Therapy Journal

Understand and Enjoy yourself and others – practice self-care strategies at work such as mindfulness, gratitude, affirmations, self-cheerleading, rewards

Mindfulness

Mindfulness is an intense awareness of your here and now experience. It is a paradox in that you are fully aware of your current experience and yet detached from it too by the very fact that you are observing yourself with openness, curiosity and receptiveness.

How to practice Mindfulness

Notice 5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

Why I Value my Business?

- Consider the next slide of Values
- Choose your top 3 Personal values. Is there a link or a common theme between your values and your business values?



Passion
Challenge
Health
Wisdom
Loyalty
Fun
Trust
Beauty
Nature
Support
Hope
Dignity
Inner Peace
Joy
Order

Love
Home
Acceptance
Independence
Courage
Adventure
Honesty
Leadership
Safety
Fairness
Freedom
Friendship
Consistency
Gratitude
Sensuality

Patience
Service
Respect
Encouragement
Happiness
Self-respect
Fulfilment
Nurture
Caring
Learning
Strength
Structure
Security
Connection

Additional Supports

Your EAP provides:
Free confidential counselling with Psychologists
and Social Workers

Manager Assist Program
1800 629 277

Lifeline 13 11 14

Suicide Callback 1300 659 467

When Danger is imminent: 000



My Support Plan		
Name		Date
My early warning signs of stress and triggers	<ul style="list-style-type: none"> • • • • • • • 	
My coping strategies	<ul style="list-style-type: none"> • • • • • • • 	
People who can help me cope	<ul style="list-style-type: none"> • • • • • • • <ul style="list-style-type: none"> • GP Medical Practice – • Lifeline – 13 11 14 • Beyond Blue – 1300 224 636 • MAX Solutions EAP – 1800 629 277 support@maxsolutions.com 	
My reasons to prioritise my health (My Values)	<ul style="list-style-type: none"> • • • • • 	

Thank you



Questions?

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