

WELEAD PRESENTS: MENTAL HEALTH TIPS FOR WORKING FROM HOME

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INTRODUCTION



Chelsea Ratcliff, Ph.D.

- Assistant Professor of Psychology
- Licensed clinical psychologist in Texas
- Current struggle: Balancing work with children in the absence of childcare!

Jaime Anderson, Ph.D.

- Assistant Professor of Psychology
- Licensed clinical psychologist in Texas
- Current struggle: Remaining motivated with reduced structure and greater boredom!



CURRENT CIRCUMSTANCES

Change in work environment

Increased responsibilities

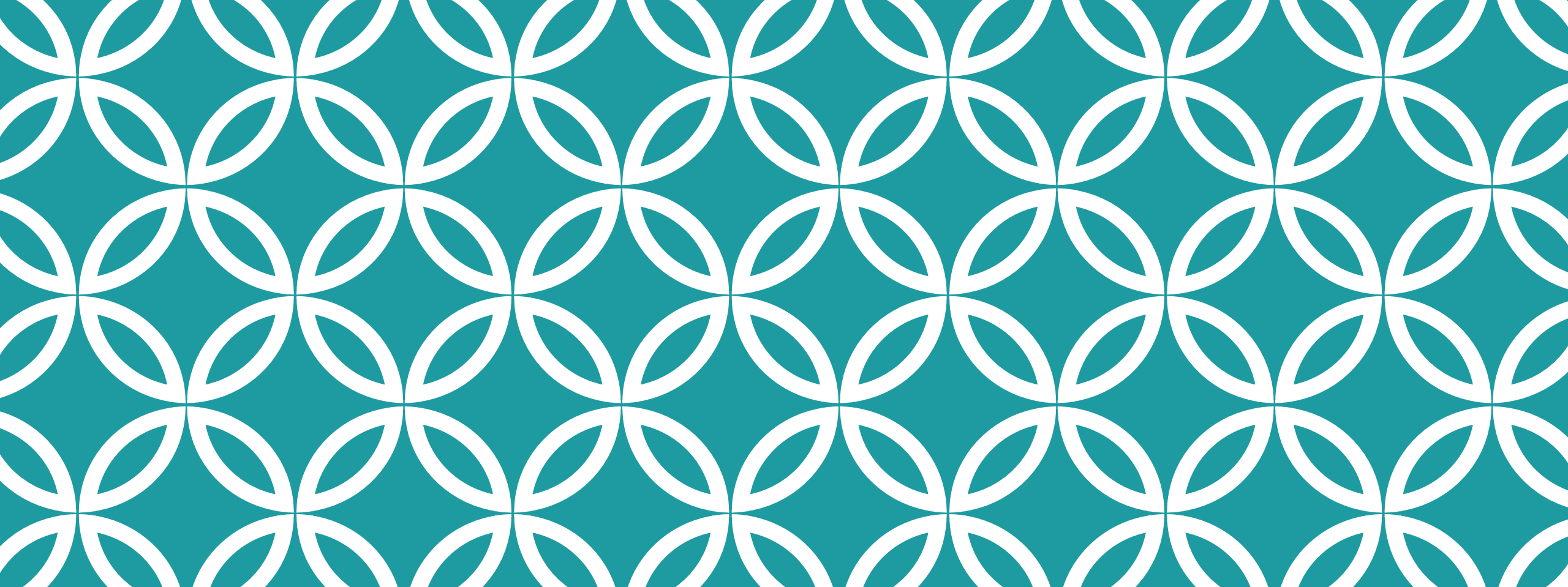
- This burden is generally greater for women!!

Decreased motivation

Increased stress

Decreased support and coping options





SO WHAT CAN YOU DO?! |

PSYCHOLOGICAL PRINCIPLES CAN HELP

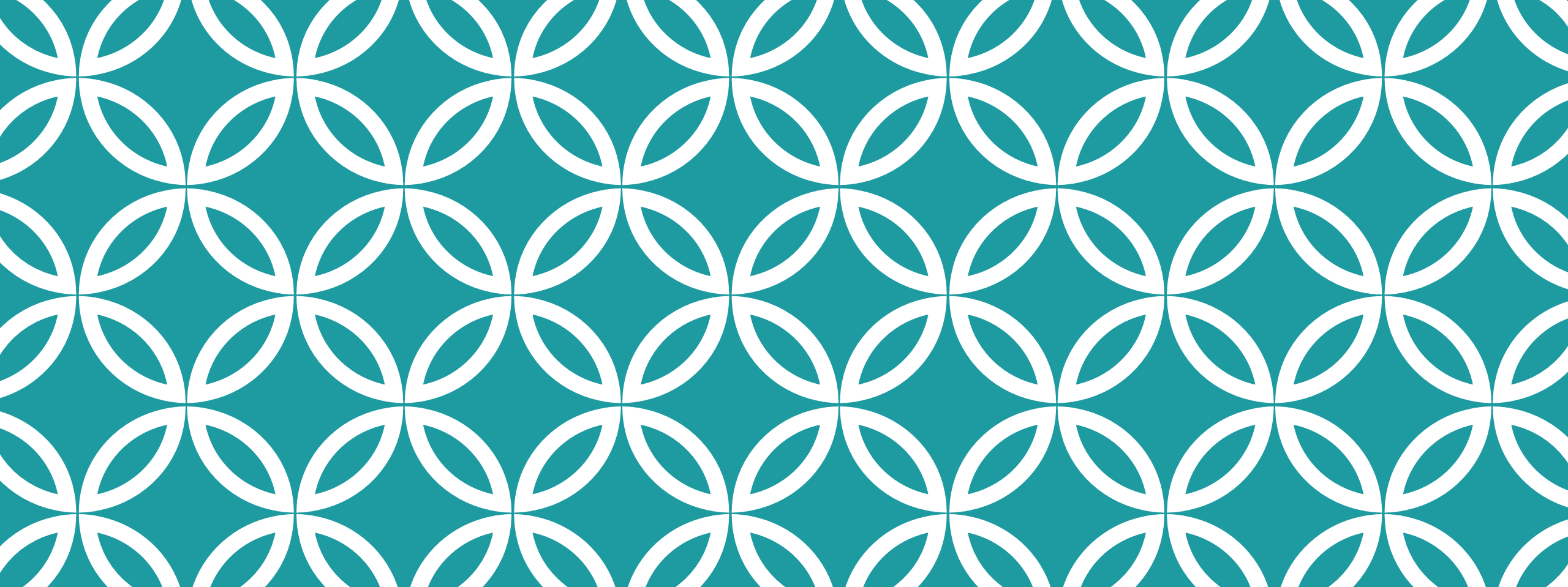
Mindfulness

Managing Emotions

Motivation

Acceptance





PRACTICING MINDFULNESS



MINDFULNESS

Mindfulness means bringing awareness to your here-and-now experience, with openness, interest, and receptiveness.

Regular mindfulness practice helps in relaxation, managing emotions, and maintaining focus



Mindfulness can simply mean bringing your full attention to a daily task, with curiosity and openness:

- Brushing teeth
- Washing dishes
- Bathing
- Eating

LET'S TRY IT!

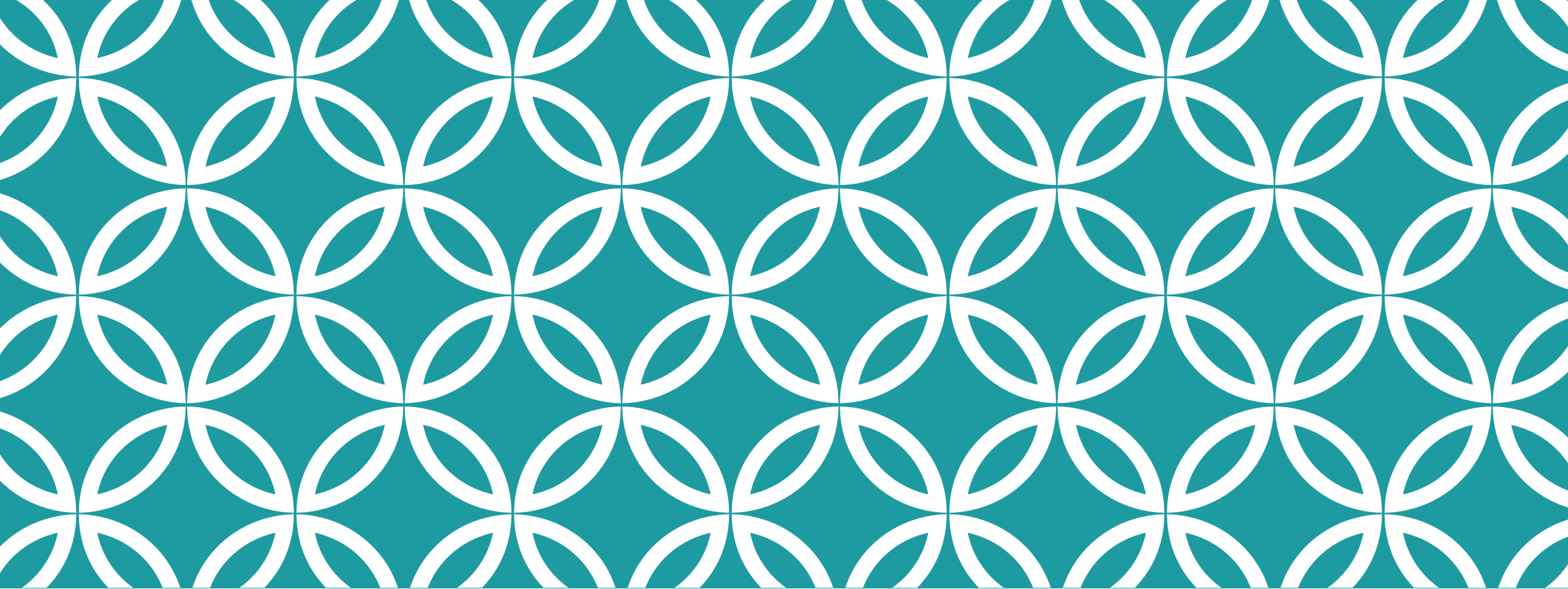
Wait - how is noticing my breath going to help me?!

It pulls out out of our “thought tornado” and into *this* moment – where life is happening!

So, let's practice being here now.



MINDFULNESS



MANAGING EMOTIONS



EMOTION REGULATION

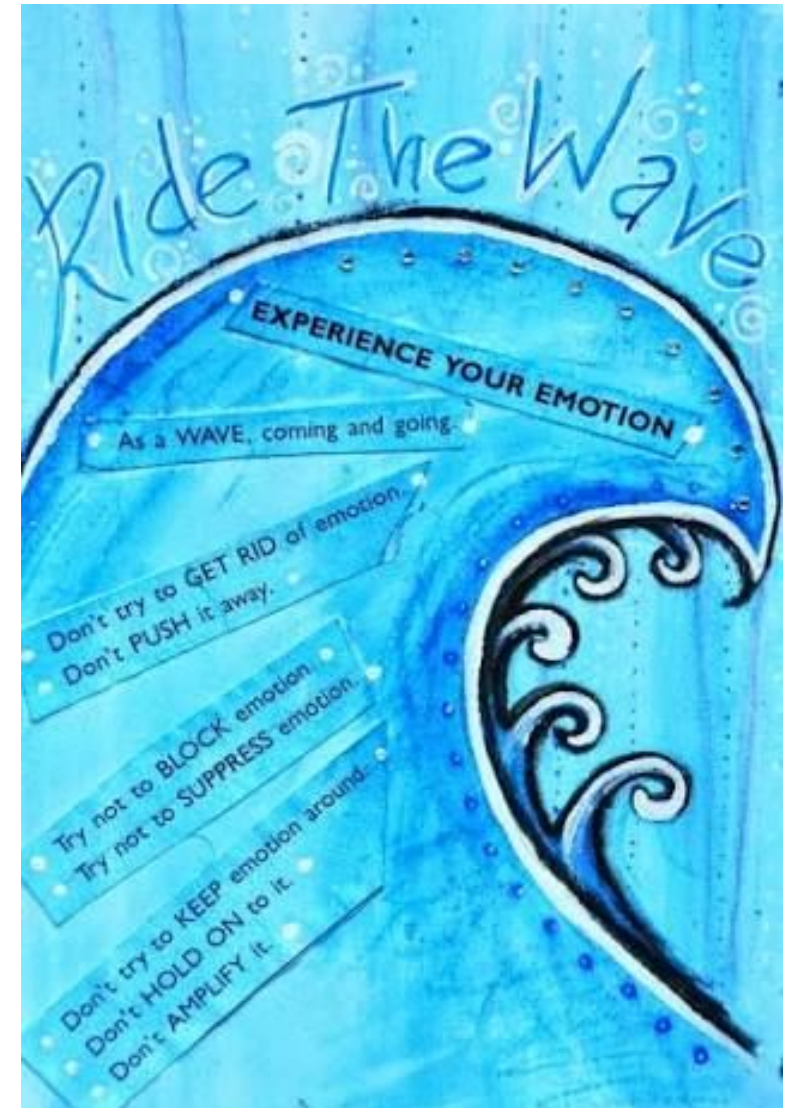
Recognizing your emotions helps you to regulate them

Try to communicate your emotional experiences effectively

- Acknowledge when you are struggling or need a break

Try to understand what brings you positive and negative emotions

- And balance your day accordingly!



DISTRESS TOLERANCE

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket



Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats



Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



Taste

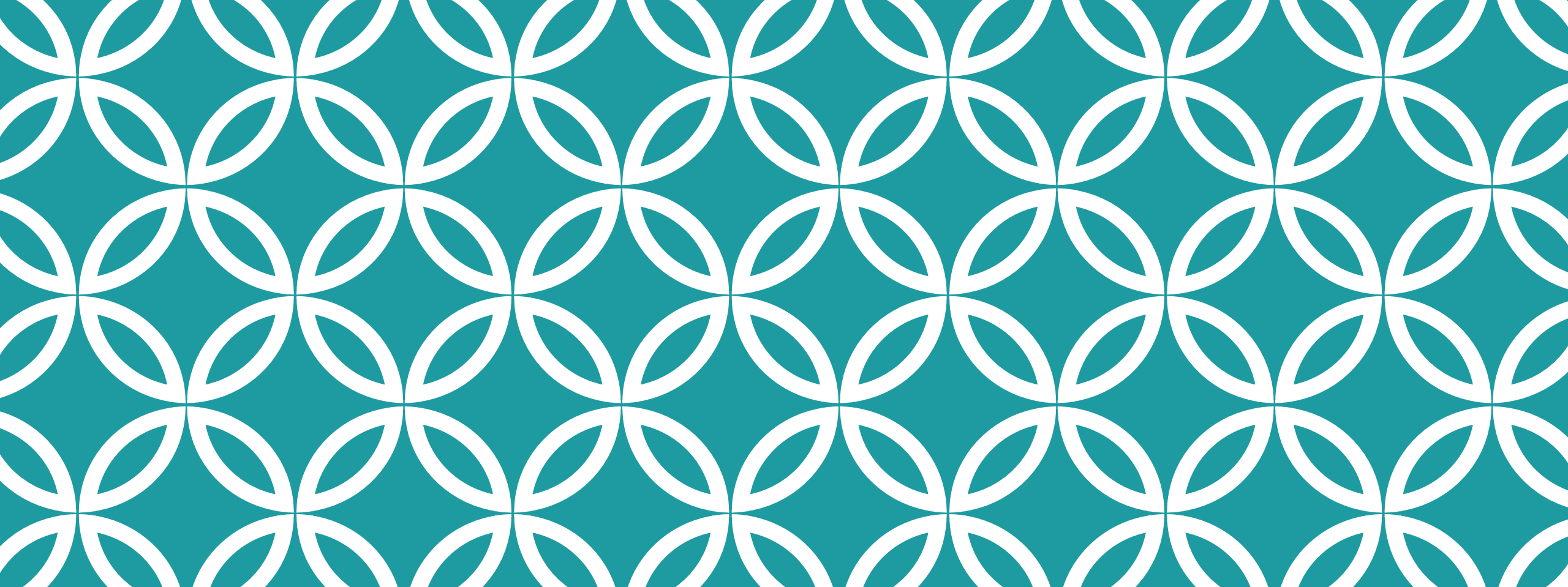
Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors



www.blessingmanifesting.com

When you find yourself experiencing negative emotions, take steps to manage those feelings

- Distract yourself
- Engage your senses in soothing activities
- Use relaxation or mindfulness techniques
- Remind yourself that you can do it, and that this will pass!



MOTIVATION |

BEHAVIORAL ACTIVATION



Inactivity is bad for our mental health!

- Under stress, it can be tempting to cut out pleasant or meaningful activities
- This can make the toll of stress even worse, leading to even poorer mood.

But, increasing activity improves mood!!

- Upward spiral— where you increase activity, mood increases, and motivation for more activity increases

GOAL SETTING

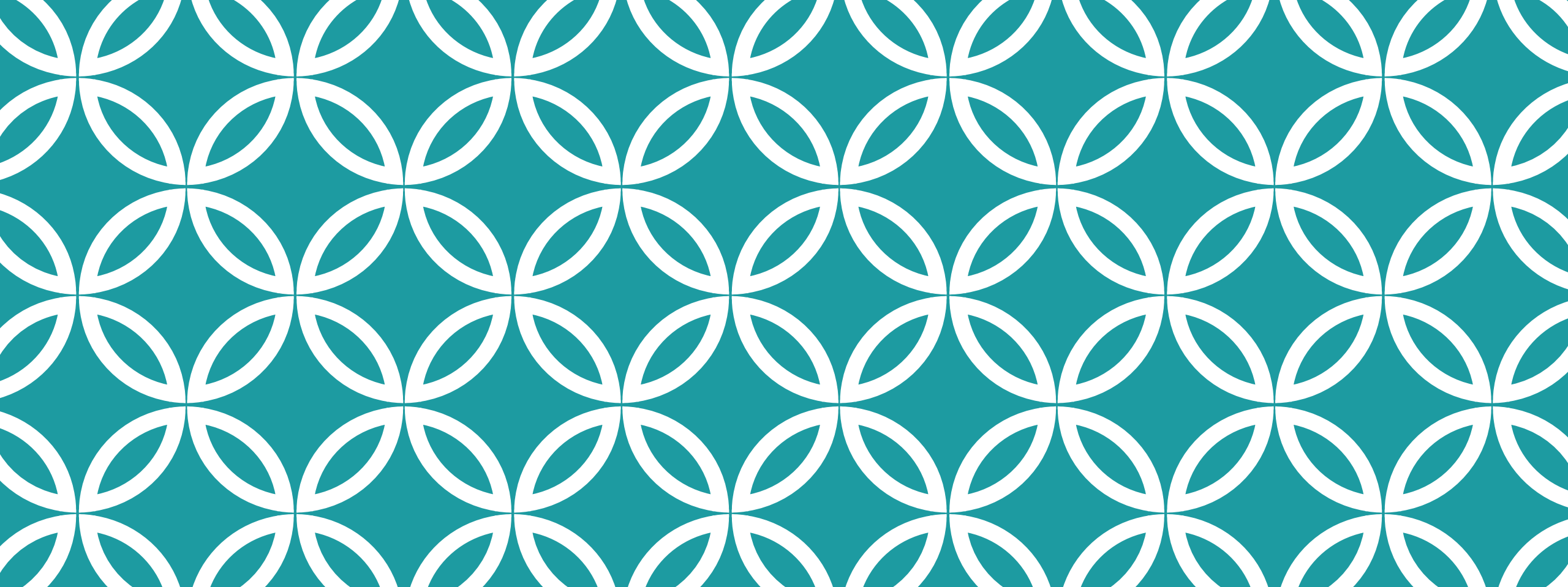
Trouble meeting goals??

You might want to re-think how you set and measure goals

- Smaller, measurable goals are best

Consider tracking your progress!!





ACCEPTANCE |

ACCEPTANCE



Radical Acceptance

Accepting reality as it is,
not as we wish it to be.

Recognize what is and is not in your control

- Circumstances have changed... should your expectations change along with it?

Forgive yourself for failures.

- You won't always set perfect goals, manage your emotions effectively, or be your most productive each day.
- That is OK!

Sit with the moment. Acknowledge your circumstances. Let yourself feel whatever that makes you feel. And choose acceptance.

GRATITUDE

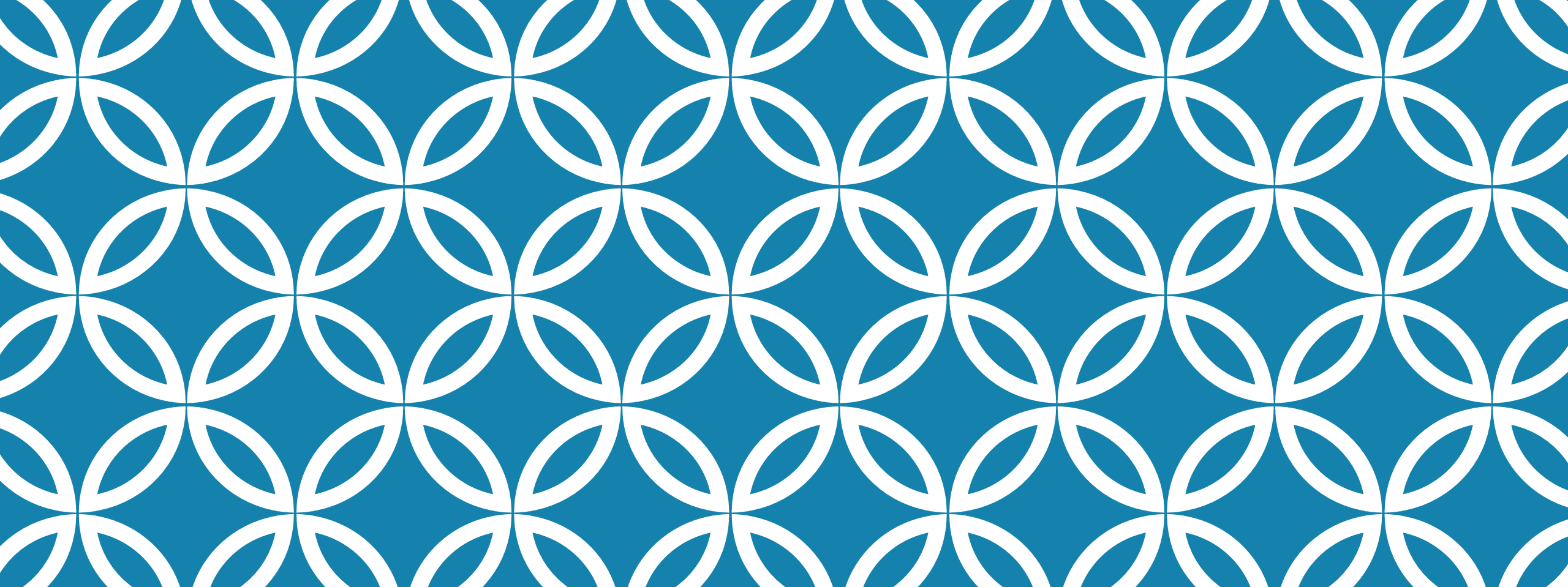


Gratitude is simple but powerful!

Participants who wrote three good things each day for 1 week reported greater happiness six *months* later!

Try to practice gratitude each day, even for the small things!

What are you grateful for today??



QUESTIONS??

