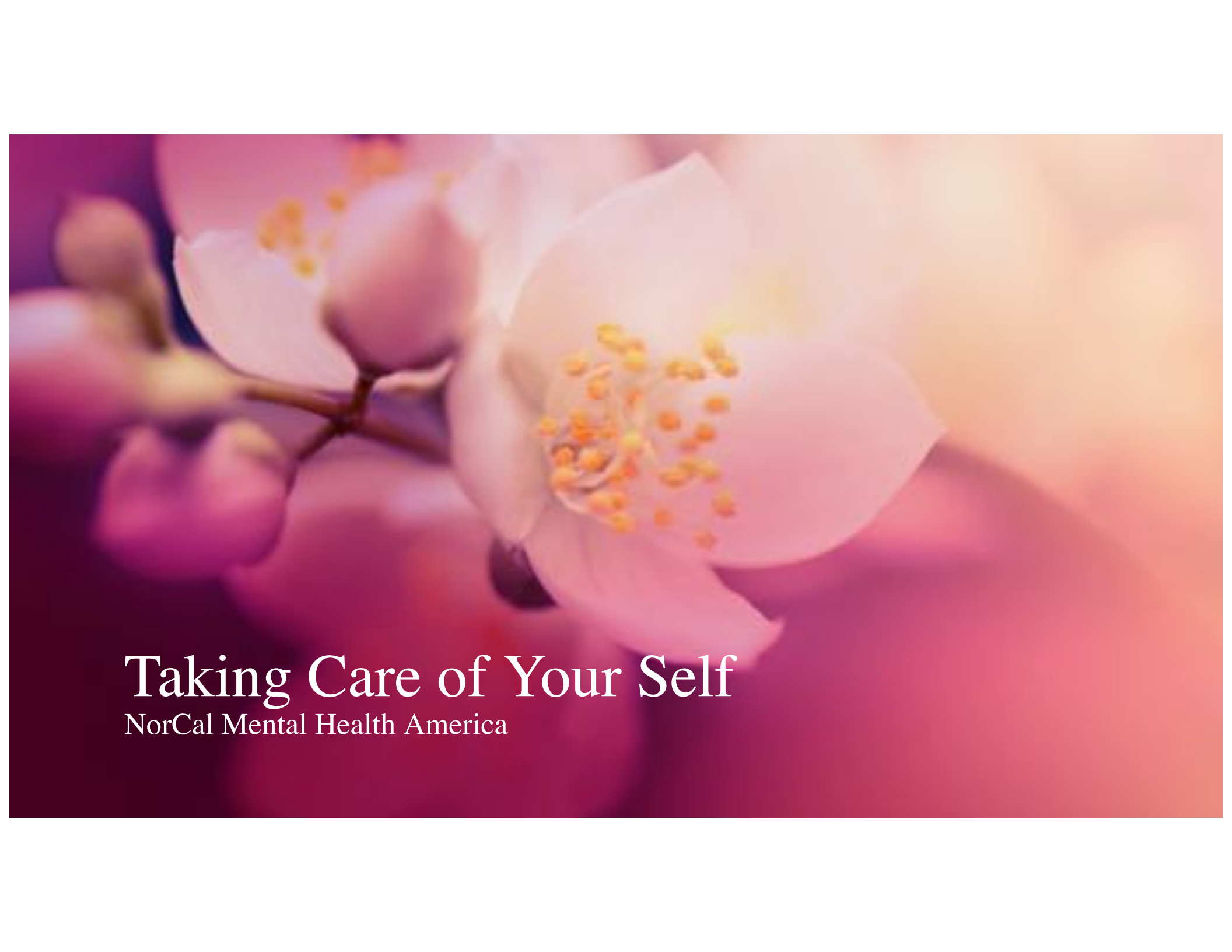




What you do today can
improve your tomorrows

Ralph Marston

Only I can Change My Life.....Carol Burnett



Taking Care of Your Self

NorCal Mental Health America

WELCOME

- Introductions
- Housekeeping



Taking Care of Yourself



So...Are you feeling stressed out?

Here are some tools that can help you to cope better:



- Connect with others
- Stay positive
- Get physically active
- Help Others
- Get enough rest
- Joy
- Eat right
- Take care of your spirit
- Dealing better with hard times

Problems are not stop
signs, they are guide
lines.....

How to connect with others

- Join a book club
- Hiking club
- Bowling league

Or any type of club or activity you might be interested in.



DID YOU KNOW?

Research suggests that people who feel connected are happier and healthier and may even live longer.



Stay Positive

Thinking negatively can drag your mood down and your health



Hey! but don't worry, experts say that you **CAN** learn to be less gloomy!



Here are some ways to stay positive

- Don't assume the worst
- Keep a gratitude journal
- Remember your achievements



GOOD NEWS

People who regularly focus on the positives in their lives are less upset by painful memories.



Keep your eyes on the stars and
your feet on the ground

Theodore Roosevelt



Get physically active

Our bodies are built to move, especially when they are pumping out stress-induced hormones.



Here are some ways to help you remember to exercise:

- Put it on your calendar, schedule physical activity as you would a Dr's appointment
- Work out with a friend
- Really run your errands, you can still find small ways to get active.
Park your car further away from the store and walk

Boost Your Mood

Exercise can help prevent heart disease, relieve insomnia, reduce anxiety and depression.



Help others

- If you help your neighbor, it is good for them as well as for you
- Volunteer with a community organization
- Volunteer a smile
- Tell someone what you admire about them

When you do good You feel good

Some research has shown that those who consistently help others experience less depression, greater calm and fewer pains.



Get enough rest

Sleep may seem like a waste of time when there is so much to do, but you will be more successful at your task if you are well rested

Helpful Hints:

1. No more caffeine
2. De-stress yourself before going to bed
3. Avoid frustration: if you can't fall asleep within 10 or 15 (minutes) go ahead and get up.

Create joy and satisfaction

- Listen to a humorous CD
- Do something you loved as a kid
 1. Finger paint
 2. Run through the sprinklers
 3. Swing on a swing at the playground

JUMP FOR JOY



Eat Well

- Our bodies as well as our brains need fuel to function to their fullest potential
- Eat regularly
- With eating healthy snacks (nuts, fresh vegetables etc)
- Strive for balance your brain needs stimulation also. So give it some positive stimulation with positive thinking



Tasty Tidbit

Eating healthy can boost your energy, which can lower your risk of certain diseases and help put in you in a good mood.



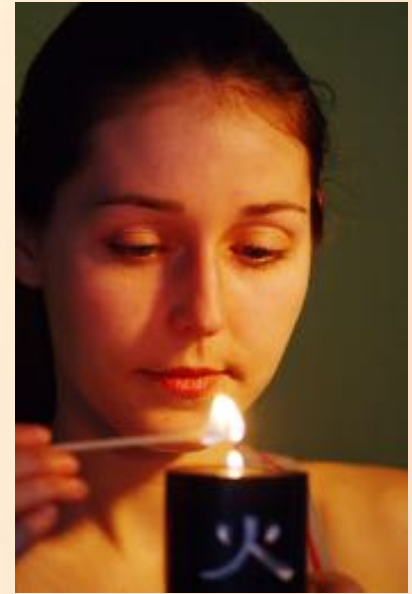
Take care of your spirit

Taking care of your spirit means connecting to whatever you consider meaningful and holy, whether that's God, nature, art or something deep within yourself.



Ways to connect with your spiritual side are

- Talk with others who share similar spiritual beliefs and learn from each other
- Read inspiring texts for insights that can enrich your life
- Pray, focus on your notion of God, with a prayer book or your heart



Inspiring tip

People who have strong spiritual lives may be healthier and live longer.

Spirituality seems to cut the stress that can contribute to disease.



Deal better with hard times

Most of us will face some particularly tough times in our lives, like a loss or divorce or a child with mental health and or behavioral challenges. Having ways to cope with these challenges can protect your health and well-being.

Ways to tackle the problem

- Instead of just worrying about it, make a list of possible solutions
- Get support from others who know what you are going through. They may be able to give you advise on how they worked things out
- Write out the problem. Sometimes seeing it in black and white can help you to processes the situation more clearly

The six pillars of Self-Esteem

- Live consciously
- Accept yourself
- Take responsibility
- Be assertive
- Live purposefully

Healthy self-esteem is

A blend of self-confidence and self-respect that must be firmly grounded in good character and individual accomplishments.



7 Ways to build self confidence

- Be careful about comparing yourself to others
- Make a list of your past successes
- Inventory your positive qualities
- Face a challenge and conquer it
- Learn something new
- Pursue activities that you love
- Take action

Setting Goals

- Setting goals can help you to do, be, and experience everything you want in life
- Successful and happy women have an idea of how their life should be and they set lots of goals. Long term goals and short term goals to help them reach their vision

Tips for setting goals

The six P's of goal setting:

1. Positive
2. Present tense
3. Personal
4. Precise
5. Possible
6. Powerful

7 Ways to Earn Self-Respect

- Clarify your values
- Be true to your self
- Strive for self-efficacy
- Give more of yourself
- Everyday do one specific thing to make the world a kinder, gentler place
- Moderate perfectionist tendencies
- Persevere

Positive

Goals must be stated in positive rather than negative terms.



Present Tense

Goals must be written as though they are happening now or have already happened. If you create goals in the future tense, your subconscious will never get there.



Personal

Goals must be about you, and under your control, not about someone else and what they may want for you.



Precise

Goals must be clear
and describe exactly
what you want to do.



Possible

Goals must be realistic
and within the certain
realm of possibility to
achieve



Powerful

Use words that convey
action and emotion

Write these goals down
where you will be able to
see them at least twice a
day

As you read them
visualize what you are



Reference

- www.mentalhealthamerican.net
- www.heartmath.com
- www.womensmedia.com

Acknowledgments

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If you can dream it
You can do it.
Walt Disney