

Healthy Start Virtual Grantees' Meeting

Mental Health Support for Healthy Start Staff

Wendy Davis, PhD, PMH-C
Postpartum Support International

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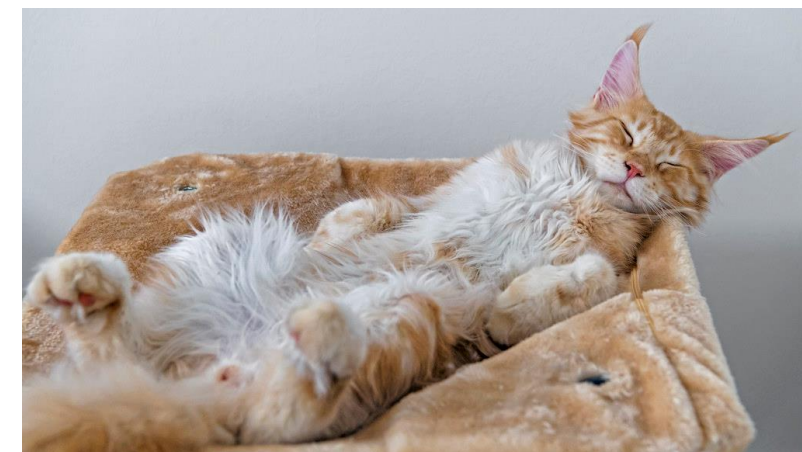


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(PSI)



Mental Health and Self Care

How's that going for you ... in 2020?



Why Am I So tired?

Fatigue and Burn-Out

- Stress due to vigilance/anxiety
- Constant adaptation to unexpected
- Social burdens: racism + insecurity
- In 2019, the WHO categorized "Burn Out" as an ICD medical condition
- Coping mechanisms to "do our best"
- Managing overwhelm



Stress Signals: Fake News or True Fact?

- Don't second-guess true signals
- Identify the stress symptom
- Take action to shift + center
- If rest doesn't help, try energy
- Schedule time off



Rising to Meet the Moment



What if rising to the meet the moment does not mean striving to achieve your best, but instead...

- *Reckoning with grief and disappointment*
- *Being mindful about news and sources*
- *Being vulnerable with those who can help*
- *Nurturing your soul in the ways you know best*
- *Reaching out for spiritual and emotional support*
- *Supporting the needs and nurturing your body and brain*
- *Practicing radical acceptance of your limits, and those of your loved ones*



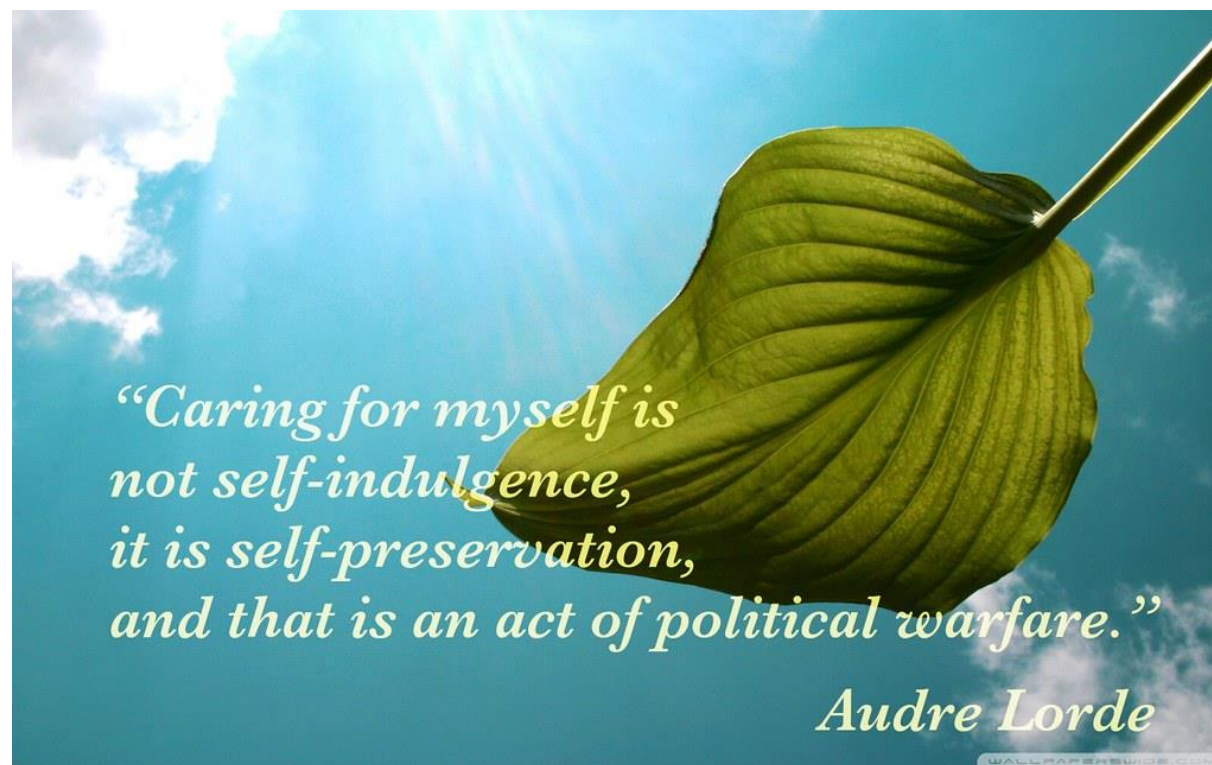
Self-Care is Not a Luxury

Or a silly thing



Caring for Yourself

- Self-Awareness
 - Stressors
 - Traumas/Triggers
- What is my role vs. What do they need?
- Where is your support?
- Where can you access information?
- Using supervision



Self-Care Strategies



- Supportive relationships
- Connection
- Healthy nutrition
- Physical activity
- Sleep/rest



- Take breaks
- Positive coping strategies
- Stress-reduction techniques
- Reach out for help (practical and supportive)



What Replenishes You?

Engaging the relaxation response

- Slow Breath
- Music
- Movement
- Meditation
- Prayer
- Mindfulness
- Compassion
- Humor
- Naps



“Red Meditation” by James Brewer



Resilience



- Creativity
- Adaptability
- Radical Acceptance
- Get centered with truth
- Vulnerability
- Repair

Goals for Families – Goals for You



- Confidence
- Dignity
- Respect
- Community
- Security



Drawing from the Well

"My humanity is bound up in yours, for we can only be human together."

Desmond Tutu

Empathy and compassion is empowering. Start with yourself and move outward.





**A person is a
person because
he recognizes
others as persons.**

Archbishop Desmond Tutu

Where Is Your Light From?

"For while the tale of how we suffer, and how we are delighted, and how we may triumph is never new, it always must be heard. There isn't any other tale to tell, it's the only light we've got in all this darkness."

James Baldwin



Contact Information



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Help Map www.postpartum.net/get-help/locations/



Up Next



Healthy Start Data Systems & Resources (including CAREWare!)

