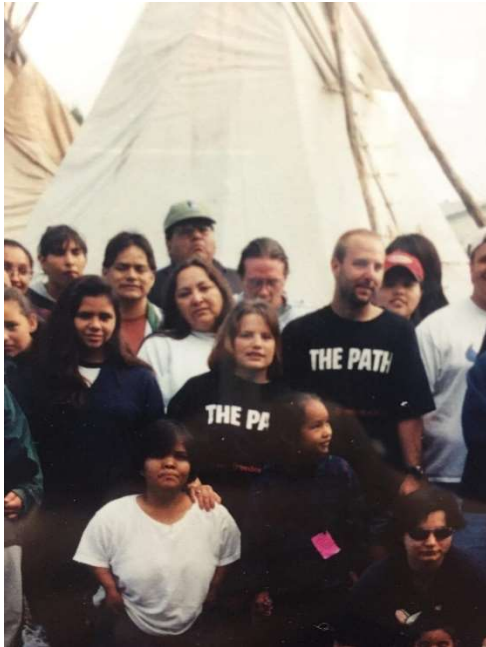


## Walking the Road to Better Mental Health with Dr. Kelly



Mental and emotional health is scary. Symptoms that show that you may be on a rocky road of mental health include:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness or pessimism, or irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping or oversleeping
- Appetite or weight changes (or both)
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause

You are likely familiar with PTSD.

---

P \_\_\_\_\_

T \_\_\_\_\_

S \_\_\_\_\_

D \_\_\_\_\_

Have you heard of Secondary Traumatic Stress Disorder? Sounds serious, eh?! Well, this is a syndrome of symptoms almost identical to Post Traumatic Stress Disorder. This is common among indigenous populations. However, I believe that there may be another culprit.

### Vicarious Traumatization

In my opinion, this may be a category that many of us in this room may fall into.

### Signs & Symptoms of Vicarious Traumatization

---

- Exhaustion
- Reduced ability to feel sympathy and empathy
- Anger and irritability
- Increased use of alcohol and drugs
- Dread of being around certain people
- Diminished sense of enjoyment of life
- Heightened anxiety or irrational fears
- Intrusive imagery or dissociation
- Hypersensitivity or the opposite...an insensitivity to emotional things
- Absenteeism – missing school or work, taking many sick days
- Inability to make decisions
- Problems with feeling close to others and personal relationships

## EMOTIONAL WELLNESS

This is also known as emotional health or emotional wellbeing, is a person's ability to handle their emotions and the varied experiences they encounter in life.

Nurturing your body, brain, and social connections can help you bounce back from stress. Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

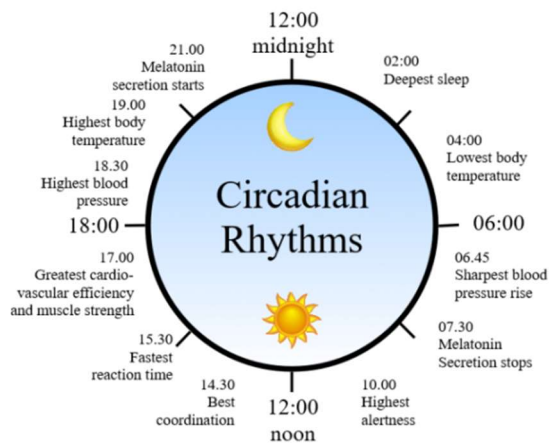
### Practical Ways to Build Resilience



Olympian Jim Thorpe

### SLEEP!

- Boosts immunity
- Reduces Stress
- Heals
- Repairs



### Practice Gratitude

Take time to note things to be thankful for each day.

“Gratefulness and rebellion cannot cohabitate.” Dr. Kelly

### Practice Purpose

Find the meaning and purpose of life.

Seek the Creator's purpose for your life.

Think about how to guide your life by the principles that are important to you.

Surround yourself with positive, healthy people.

Notes:

### Communicate

Acknowledge to yourself and to others what you feel helps when you are in an emotional spiral or feel stressed. Many stressful situations can't easily be changed by one person you may need the help of others.

### Find Your People



## Find Your Strengths

Stress can cause wear and tear on the body and brain. Chronic stress has been linked to an increased risk of many health conditions. These include depression and anxiety.

Note that resilience isn't just about eliminating stress. It's also about tapping into your strengths.

Researchers call these protective factors. Protective factors can buffer and minimize stress and promote wellness and well-being.

## SET BOUNDARIES



### Benefits of Boundaries

- Decreases resentment.
- Reduces emotional fatigue.
- Protects what we love.
- Improved understanding of those you love, care for and spend time with.
- Provides a cushion for stress.
- Better performance outcomes.

## Protective Factors

Other protective factors involve nurturing your body. You can manage your stress and this is the KEY to resilience because a healthy body is going to deal with stress much better.

## HOW TO PROTECT YOURSELF

Express Your Emotions! This is a tool of resilience! Express your feelings rather than bottling them up.

### You have 3 choices with your emotions:

R\_\_\_\_\_ This is denial.

S\_\_\_\_\_ This is resistance.

E\_\_\_\_\_ This is honesty!

**As a man thinks in his heart so is he.**  
**Proverbs 23:7**

THOUGHTS become....

↓  
A \_\_\_\_\_  
↓  
H \_\_\_\_\_  
↓  
A \_\_\_\_\_  
↓  
L \_\_\_\_\_

HURT turns to...

↓  
A \_\_\_\_\_  
↓  
B \_\_\_\_\_  
↓  
W \_\_\_\_\_  
↓  
M \_\_\_\_\_  
↓  
M \_\_\_\_\_

