

Managing Your Mental Health During the Holidays

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About us

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Learning Outcomes

By the end of this webinar:

- You will be able to identify basic feelings
- You will practice discerning between thoughts and feelings
- You will generate ideas on how to manage boundaries within the dimensions of wellness
- You will inventory your current self-care and identify ways to schedule more of it

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A focus on the holidays

- Think about the added stressors that occur around the holidays. What comes to mind? Write a list.
- Connectedness is important for overall health (Holt-Lunstad, 2017; Thoits, 2011).
 - Better cope with stress
 - Improve sleep quality
 - Improve mood and life satisfaction

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What's on the Tube

- Understanding basic feeling words and how they manifest through our five senses
- Recognizing the difference between a thought and a feeling

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Basic Feeling Words

Anger	Anticipation	Disgust	Fear
Joy	Sadness	Surprise	Trust

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Your Five Senses and Body Sensations

Sight

Hearing

Touch

Smell

Taste

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Activity: 5-4-3-2-1 (Five Senses)

Identify 5 things you can see.

Identify 4 things you can touch.

Identify 3 things you can hear.

Identify 2 things you can smell.

Identify 1 thing you can taste.

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Thoughts and Feelings

- What do you think is the difference between a thought and a feeling?
- You may catch yourself disguising a thought as a feeling.
 - "I feel like making homemade cranberry sauce."
 - "I feel like they're arriving late on purpose."
 - "I feel like they take it for granted."

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Practicing Mindfulness

- Defining mindfulness
- Scenario
- Now what?



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Activity: Three Mindfulness Practices

What are your [values](#)?
(Miller & Rollnick, 2012)

- Mindful walking
- Mindful breathing
- Mindful reflection

(Shattell & Johnson, 2017)



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Activity: Recipe for a Crucial Conversation

- Start with your heart
- I-statement
- A summary of the issue
- What you need.

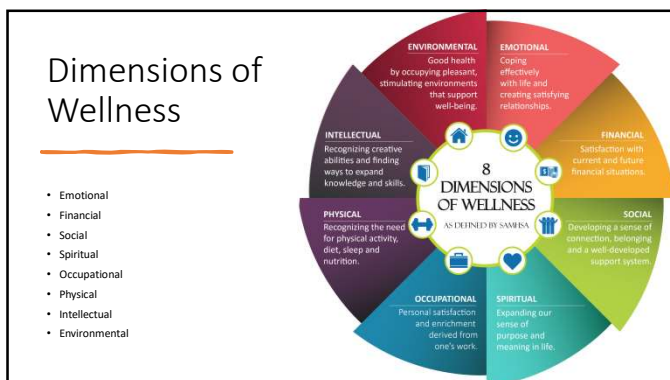
(Grenny, 2021)



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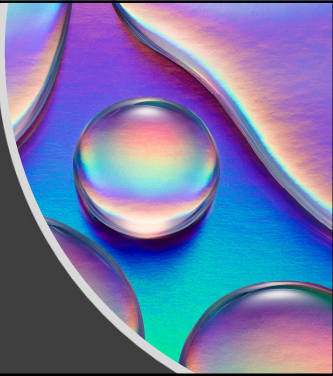
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Five Types of Boundaries

- Physical
- Time
- Conversational
- Relationship
- Personal



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Practicing Setting Boundaries

"Let me think about that."

"I'll get back to you."

"That won't work for me."

"I'm not going to take that on right now"

"Thank you for asking, but I am not able to commit to that right now."

"I need help with this."

"I would love to but I am not able to take that on right now"

"Will you take care of dinner tonight?"

"I've changed my mind."

"Let's talk about it next month."

"I'm not comfortable with that."



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Self-care: a Tuning in, not a Tuning Out

The importance of taking care of yourself

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The Importance of Taking Care of Yourself

Oxygen Mask Metaphor

Why is it Important?

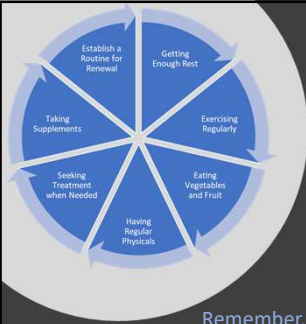
Risks of Not Taking Care of Yourself

Are you Experiencing Symptoms?

Helpers Need to Replenish Their Energy



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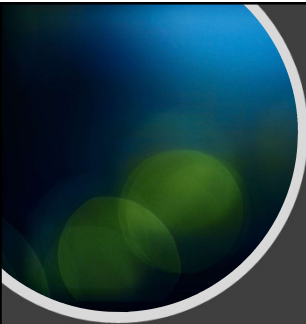


Letting Go of Guilt

- Watching squirrels or birds outside
- Reading an inspiring book
- Writing in your journal
- Engaging in a hobby
- Laughing to reduce stress
- Reading comics
- Watching a funny television show
- Playing a game with a friend

Remember, it is not selfish to take care of yourself, it's necessary!

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Wellness monitoring



Self-Monitoring

Professional Quality of Life Scale (ProQOL-V)
Self-Care Assessment



Connections

Personal Professional Associations

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0	PEACEFUL - No problems
1	GOOD - Maybe something is off
2	BOTHERED - Not too noticeable
3	UPSET - You notice something is not right
4	WORRIED - Can handle it, but can't ignore the feeling
5	UNCOMFORTABLE - Unpleasant feelings but manageable
6	BAD - Something should be done about the feeling
7	FREAK OUT (beginning) - Can't stop talking
8	FREAK OUT (for sure) - Hard to control
9	DESPERATE - Getting scared of what you might do
10	UNBEARABLE - Out of control, overwhelmed, stop talking to everyone

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Myths and Facts About Counseling

- MYTH #1: Counseling is only for people with severe problems
- MYTH #2: Seeking counseling is a sign of weakness
- MYTH #3: Going to counseling means I am out of control
- MYTH #4: Counseling is a last resort
- MYTH #5: I have a great family and supportive friends, so I don't need to talk to a counselor
- MYTH #6: The counselor will tell me what to do and how to fix my problems

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Thank you

Any questions?




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References

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Shattell, M., & Johnson, A. (2017). Three Simple Mindfulness Practices to Manage Holiday Stress. *Journal of Psychosocial Nursing & Mental Health Services*, 55(12), 2-4. <https://doi.org/10.3928/02793695-20171117-01>

Thoits, P.A. (2011). Mechanisms linking social ties and support to physical and mental health. *Journal of Health and Social Behavior*, 52, 145- 161. doi:10.1177/0022146510395592