



EMOTIONAL HEALTH AND RESILIENCE

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**“ The world breaks everyone and
afterward many are strong at
the broken places. ”**

ERNEST HEMINGWAY





Surge Capacity (Ann Masten, PhD)

- Surge capacity is a collection of adaptive systems — mental and physical — that humans draw on for short-term survival in acutely stressful situations, such as natural disasters.

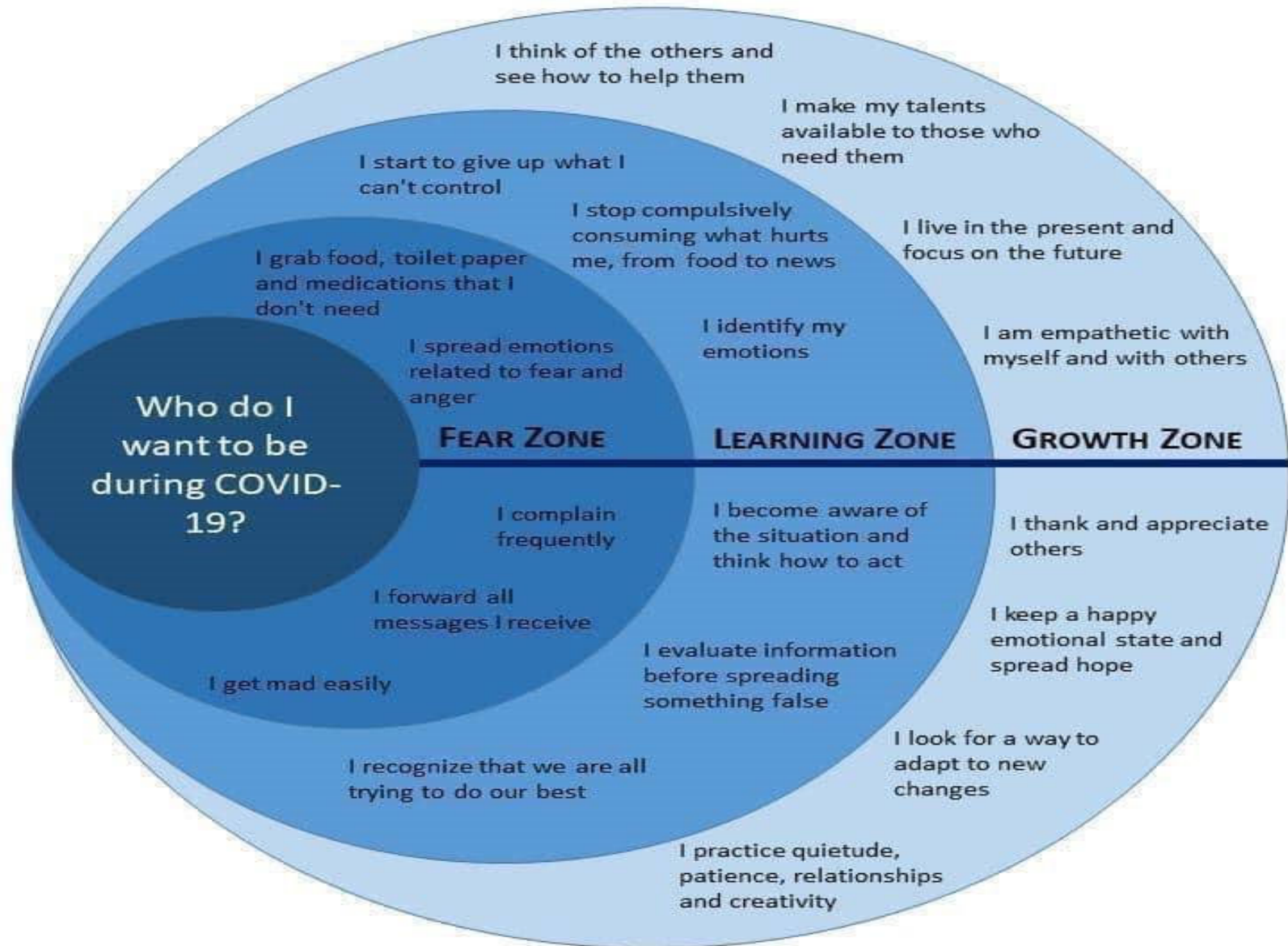




Cultivating Resiliency

- Self-Care
- Mindfulness
- Purpose
- Social Support





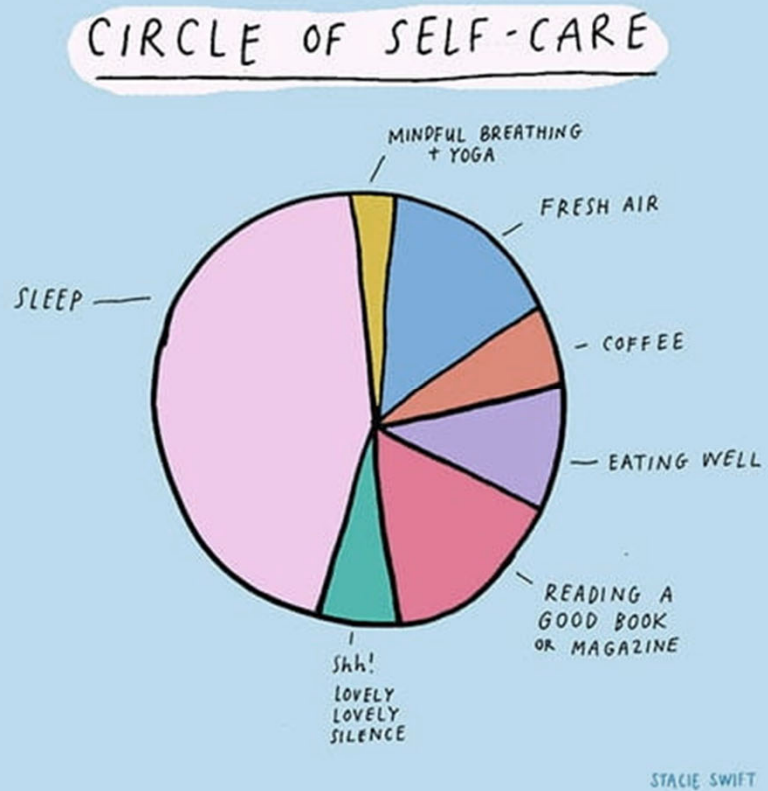


#growthmindset

- Carol Dweck, PhD, author of Mindset
- Belief and Focus
- Effort
- Challenge
- Mistakes
- Feedback



Self-Care



- Sleep
- Exercise
- Nutrition
- Self-compassion
- Spiritual wellness
- Detachment (respite)

Maddaus (2020)

www.stacieswift.com





Mindfulness

- Breath Work
- Self-monitoring
- Meditation
- Radical Acceptance
- Gratitude



5 Mindfulness Exercises You Can Do Anywhere



**BODY
SCAN**



**MINDFUL
SEEING**



**MINDFUL
LISTENING**



**MINDFUL
BREATHING**



**5 SENSES
EXERCISE**



PositivePsychology.com



Purpose

- Values Card Sort
 - http://www.motivationalinterviewing.org/sites/default/files/valuescardsort_0.pdf
- Understanding and living your WHY with GRIT
- Commitment (100% of your 60%)
- Serve others





Social Support

- Trust and Vulnerability
- Depth and Empathy
- Affirm and Nurture





Spotify:

<https://open.spotify.com/show/1OQlfBRg6Vog8YeiMDmNgM>

Google Podcasts:

<https://www.google.com/podcasts?feed=aHRocHM6LyghbmNob3luZmovcy8zOGE2YjRmOC9wb2RjYXNoL3Jzcw==>





Understand the continuum of care in your community

Traditional outpatient therapy for...

- children, teens, & adults
- individuals, couples, & families
- problems including:

depression, anxiety, self-harm, ADHD, & adjustment disorders

The next level of care...

- Intensive Outpatient Programs for Adults
- Day Treatment Programs for Children and Teens

*a step up in care from outpatient, before the need for hospitalization
or stepping down from hospitalization*



Q & A

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