



A New Year

Seven steps to re-focus on mental health in 2021

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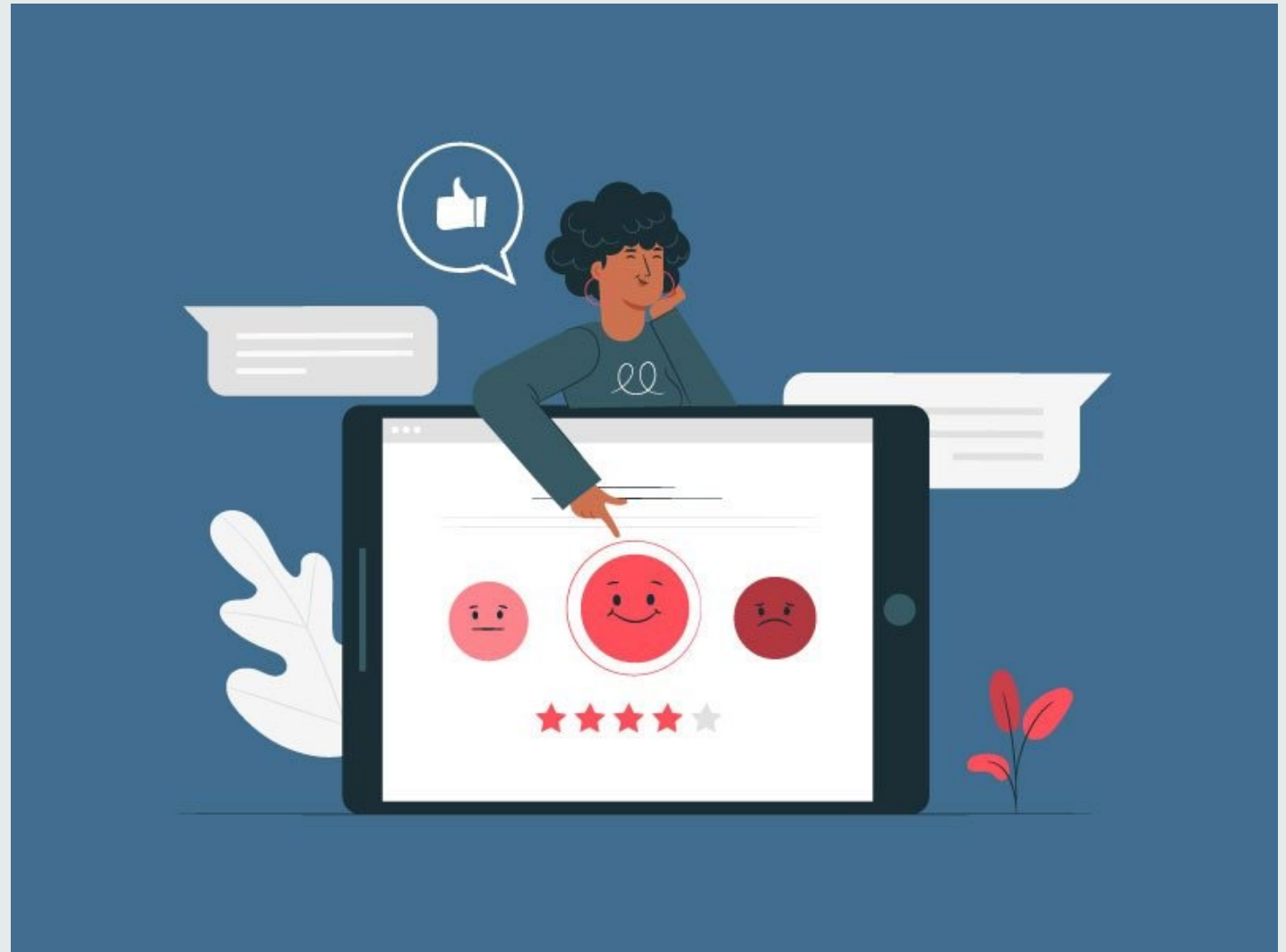
Agenda for the morning

- I. Setting Intentions and Ask the Audience
- II. Quick Snapshot of Where We Are Now**
- III. Barriers to taking care of ourselves**
- IV. Seven real-life strategies to refocus on our total wellbeing**
- V. Questions and wrap-up

Ask the Audience

Which element of your own wellbeing needs your time and attention?

- Physical (exercise, sleep, nutrition)
- Emotional (good boundaries, taking time for yourself)
- Mental (resiliency, stress reduction)
- Spiritual (gratitude practice, meditation, or religious community)



Quick snapshot: January 2021

- Vermont cases are rising and some restrictions are back in place
- Vaccines are being distributed but we're not in the home stretch yet
- Political upheaval may be adding to your stress level
- Many are struggling with both financial and emotional burdens

LET'S TALK ABOUT THE BARRIERS TO WELLBEING

1. Time
2. Money
3. Guilt
4. Feelings of being overwhelmed
5. Different for each person

TOP TWO PIECES OF ADVICE

1. Write it down. Start with daily or weekly, and make your goals very small and doable.
2. Ask for a care buddy. This may be a spouse, friend, colleague, or online buddy/virtual support group.

#1

Setting Your Own Intentions

Before setting an intention, pause and center yourself.

Where are my feet? Can I slow down my breath?

Come from a place of radical self-acceptance

Remember gratitude for your own self and things around you





#2

Stick to a routine

- Go to sleep and wake up at a reasonable time
- Do other building blocks of the day that really do help
- Write a schedule for each day or week, allowing for variety and the unexpected, and includes time for just you

...including our own powerful thoughts!

#3

Focus on what we
can control



HOW TO CREATE BOUNDARIES

- 1 Be assertive
- 2 Learn to say no
- 3 Safeguard your spaces
- 4 Get support



Remember: "Saying no to others means saying yes to yourself."

#4

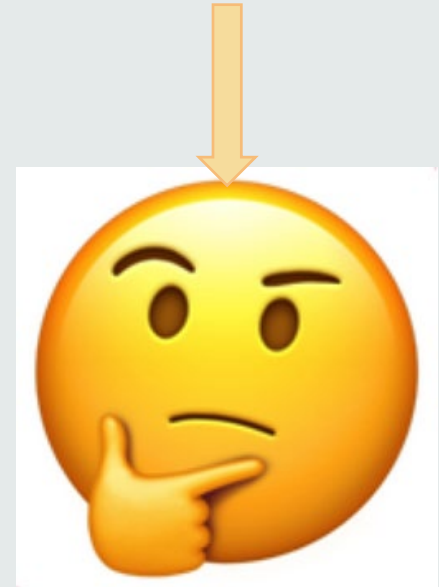
**Knowing your
self-worth and
setting good
boundaries**

#5

Know your red
flags or triggers

...and what to do when they appear!

- “Practice the pause”
- Internally name what you’re feeling and notice your reaction
- Get curious with yourself and don’t fight it
- Take a break in whatever way possible
- Finding a mantra to recite when you feel triggered can be helpful. “I trust myself to do my best.” Or “This is tough, but so am I.”





#6

Develop a self-care toolkit

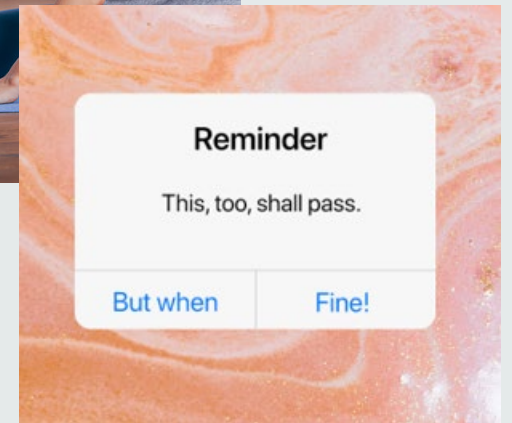
#7

Develop
connections (and
gentle
accountability)

We need each other.

Find ways to connect that might be new
(mocktails over Zoom!) or old (writing letters
to your best friend).

*Bonus:
encourage
each other!*





Remember:

This is not forever.

Questions or a story to share?

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