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# **Easing Stress The Mind Body Connection**

*Melinda DuBois, MHA executive director*

*“You can’t stop the waves,  
But you can learn to surf”*

Jon Kabat-Zinn

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# MIND THE WORKPLACE 2022

## EMPLOYEE MENTAL HEALTH IMPACT

**4 IN 5**

EMPLOYEES REPORT THAT WORKPLACE STRESS AFFECTS THEIR RELATIONSHIPS WITH FRIENDS, FAMILY, AND COWORKERS.

**56%**

COMPARED TO

**40%**

OF ALL SURVEYED EMPLOYEES SPENT TIME LOOKING FOR A NEW POSITION,

OF EMPLOYEES SURVEYED IN 2018.

## COMPANY LEADERSHIP INVESTMENT

**40%**

OF EMPLOYEES AGREE THAT THEIR COMPANY INVESTS IN DEVELOPING SUPPORTIVE MANAGERS.

**34%**

OF EMPLOYEES STATE THAT THEIR COMPANY'S LEADERSHIP SPEAKS OPENLY ABOUT MENTAL HEALTH.

## MANAGERIAL SUPPORT

**3 IN 5**

EMPLOYEES AGREE THAT THEIR MANAGER CARES ABOUT THEIR WELL-BEING.

**2 IN 5**

EMPLOYEES REPORT THAT THEIR MANAGER ENCOURAGES THEM TO TAKE OFF TIME WHEN NEEDED.

## EMPLOYEE EMPOWERMENT

**2 IN 3**

EMPLOYEES ARE NOT COMFORTABLE PROVIDING FEEDBACK TO THEIR MANAGER.

**47%**

BUT ONLY

**38%**

OF EMPLOYEES KNOW ABOUT THEIR COMPANY'S MENTAL HEALTH SERVICES,

WOULD BE COMFORTABLE USING THEIR COMPANY'S SERVICES.

Download the full Mind the Workplace 2022 Report for more information and recommendations at: [mhanational.org/mind-workplace](https://mhanational.org/mind-workplace).



# STRESS



*“Stress is the neurological and physiological shift that happens in your body when you encounter a threat.”*

*\*Burnout – Emily and Amelia Nagoski*

## ANXIETY STARTS IN THE BODY



# MIND BODY CONNECTION

# TRAUMA STRESS RESPONSE

## FIGHT

- TEMPER AND ANGRY OUTBURSTS
- AGGRESSIVE
- DOMINATES AND CONTROLS OTHERS
- DEMANDS PERFECTION FROM OTHERS
- PURSUES POWER AND CONTROL
- IMPULSIVE DECISION MAKING
- ASSERTIVE - "BULLY"
- INCESSANT CRITICIZING AND RAGING

## FLIGHT

- FEELINGS OF PANIC AND ANXIETY
- "WORKAHOLIC"
- OBSESSIVE AND/OR COMPULSIVE BEHAVIORS
- ALWAYS ON THE GO AND STAYING BUSY
- OVER WORRYING
- PERFECTIONIST & OVER ACHIEVER
- HYPERACTIVE
- OVER ANALYTICAL

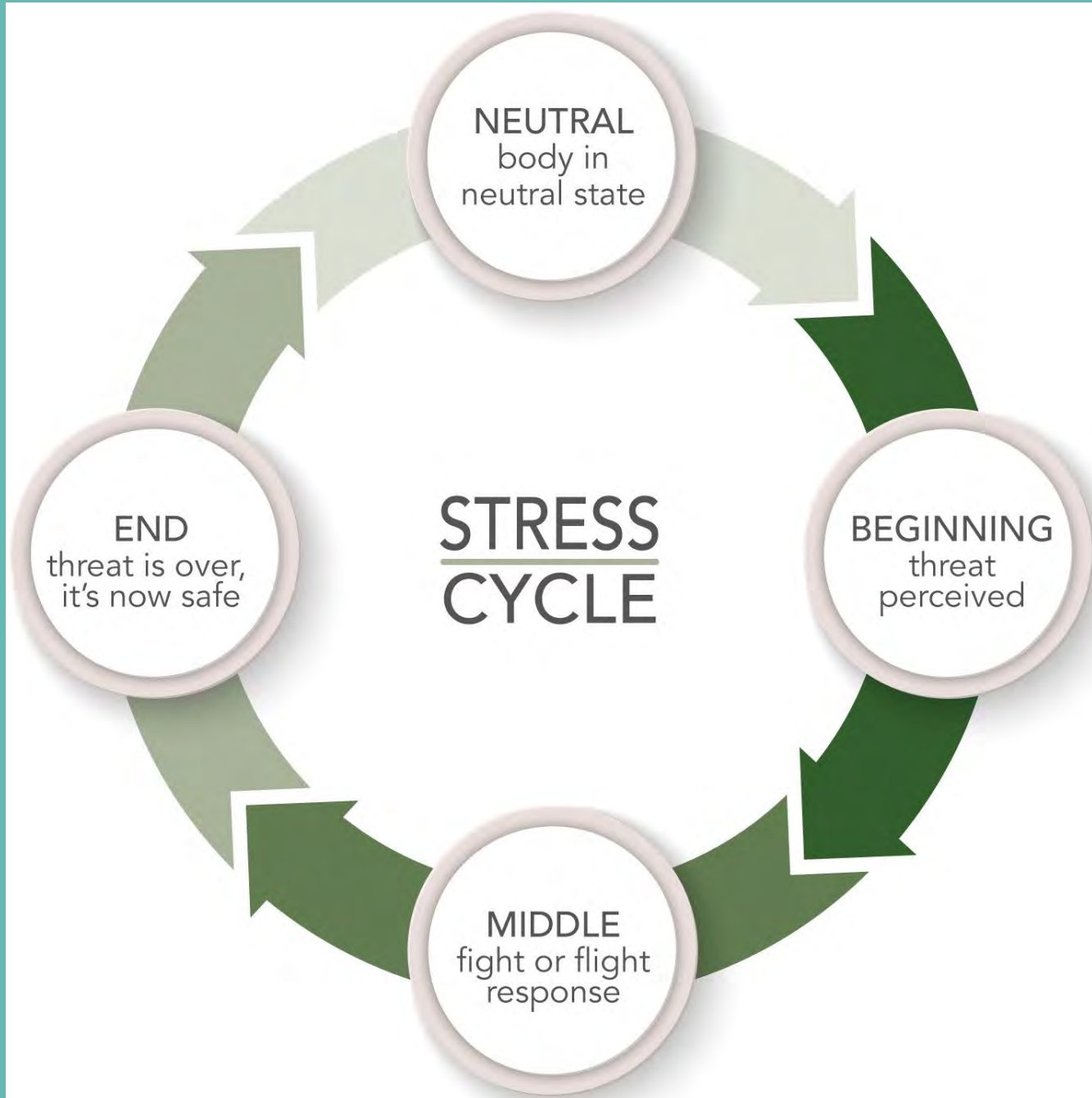
## FREEZE

- DEPRESSION
- DISSOCIATION
- BRAIN FOG
- AVOIDS HUMAN CONTACT
- DETACHED
- STRUGGLES WITH MAKING DECISIONS
- HIBERNATING
- LIFELESS/FEELING DEAD INSIDE
- FEELING SPACED OUT
- ISOLATION

## FAWN

- PEOPLE PLEASING
- CO-DEPENDENT
- HAS A HARD TIME STANDING UP FOR THEMSELVES OR SAYING "NO"
- LACK OF BOUNDARIES
- DEFERS TO OTHERS IN DECISION MAKING
- AVOIDS CONFLICT
- HIGHLY CONCERNED WITH FITTING IN







# WAYS TO COMPLETE THE STRESS CYCLE

- MOVE
- BREATHE
- POSITIVE SOCIAL INTERACTION
- LAUGH
- HUG
- CRY
- CREATIVE EXPRESSION





*just  
breathe*

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Self-care is not selfish.  
You cannot serve from  
an empty vessel.

- Via(The Minds Journal)



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# HEALING YOUR GUT

Eating well is not just good for your body...



# SLEEP

- Sleep is essential to mental *and* physical health
- Ease your parasympathetic nervous system into relaxation state
- Avoid alcohol and caffeine
- Consistent bedtime
- Establish a nighttime routine
- Avoid technology
- Meditate



“Mindfulness means  
paying attention  
in a particular way;  
On purpose, in  
the present moment,  
and non-judgmentally.”

Jon Kabat-Zinn





- STOP
- TAKE A BREATH
- OBSERVE *(what's going on inside)*
- PROCEED *(in a helpful way)*

[www.BanniBuntingMindfulness.com](http://www.BanniBuntingMindfulness.com)

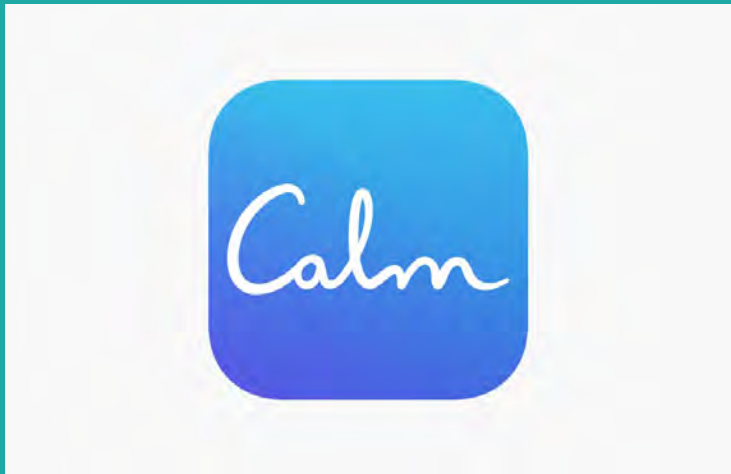
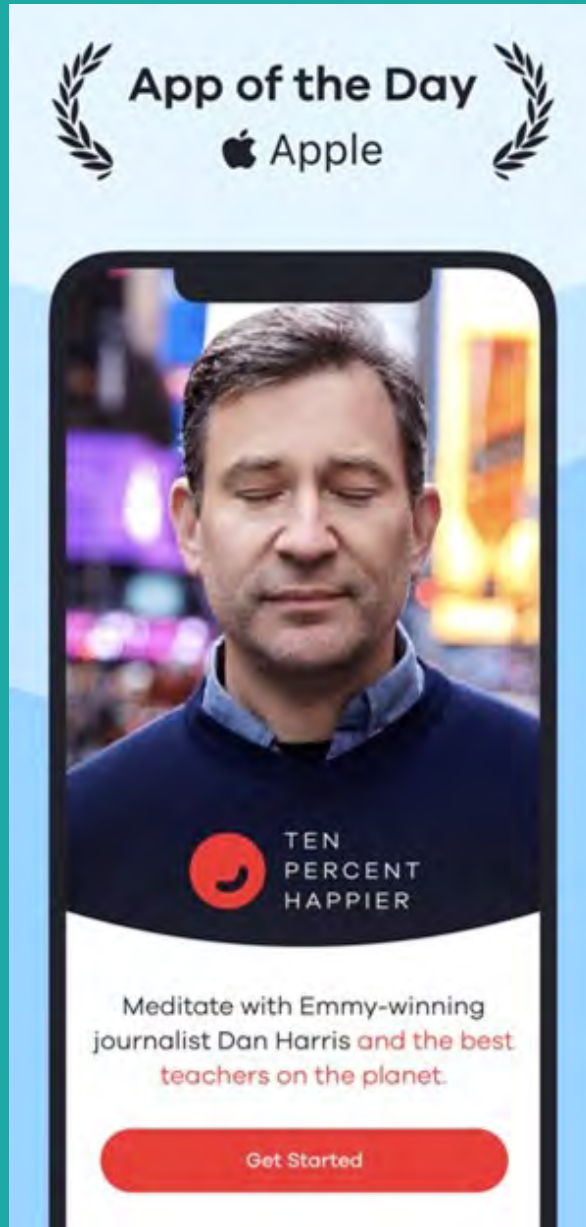
**Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.**

VIKTOR FRANKL

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# MOVE YOUR BODY

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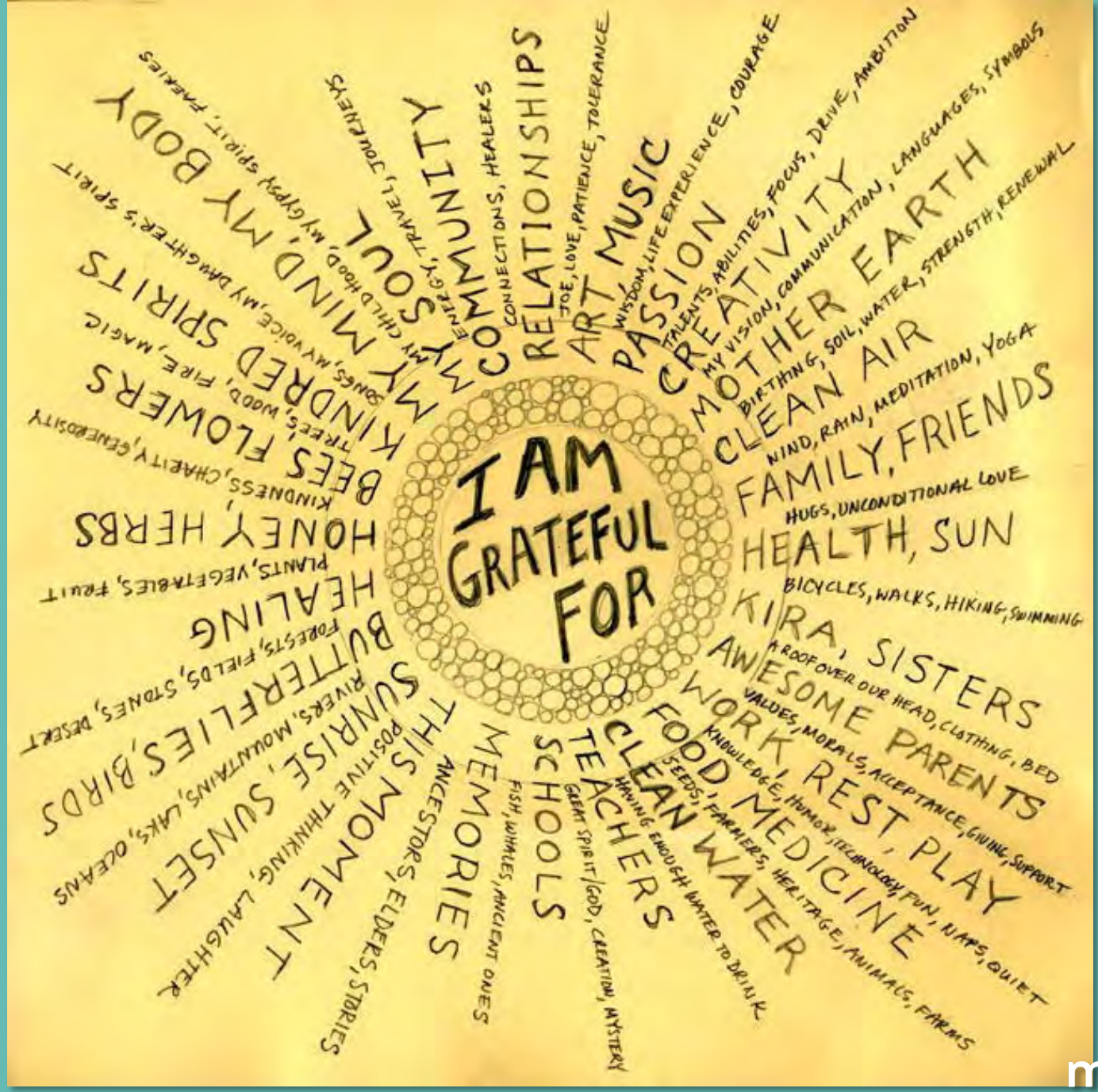
**Short moments,  
many times is how we  
build **NEW HABITS.****

UNWINDING ANXIETY | Judson Brewer, MD, PhD | #unwindinganxiety



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Do  
what  
you  
love

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"Essential . . . Rest is a necessary step in reclaiming our power to resist systemic oppression."  
—IBRAM X. KENDI, author of *How to Be an Antiracist* and *Stamped from the Beginning*

# REST IS RESISTANCE

## A MANIFESTO

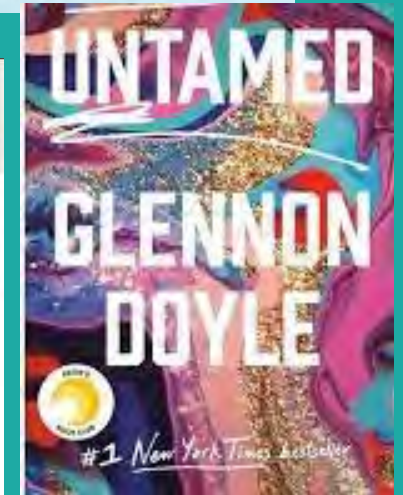
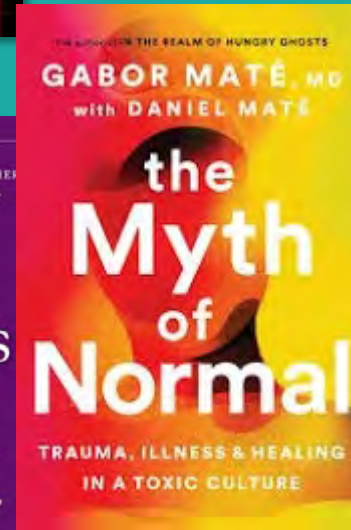
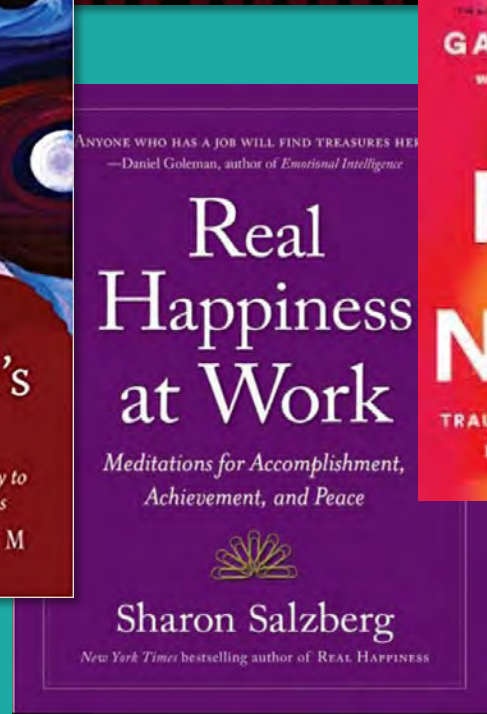
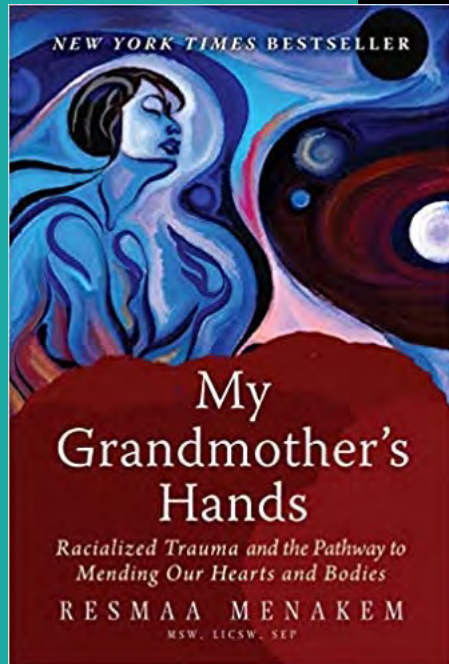
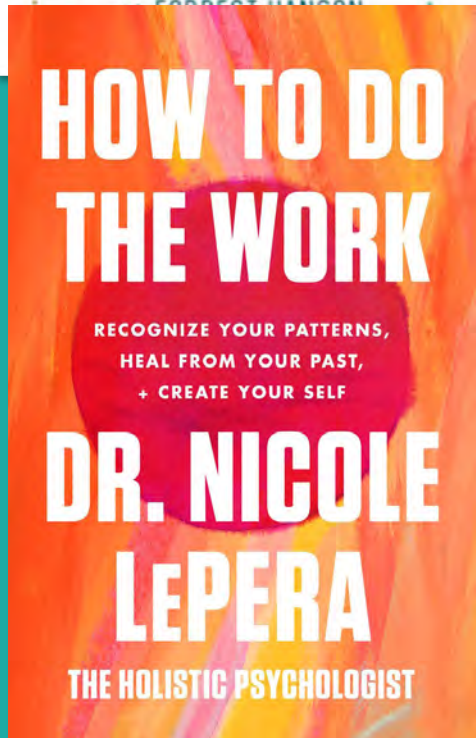
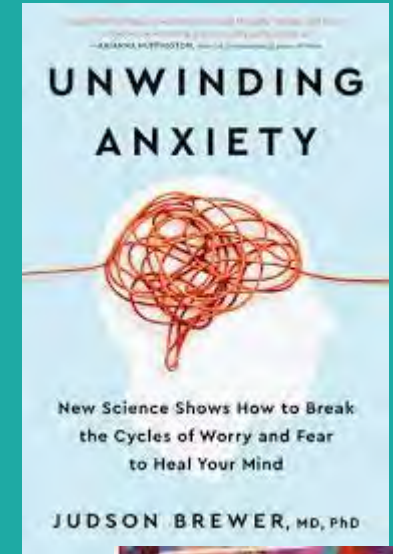
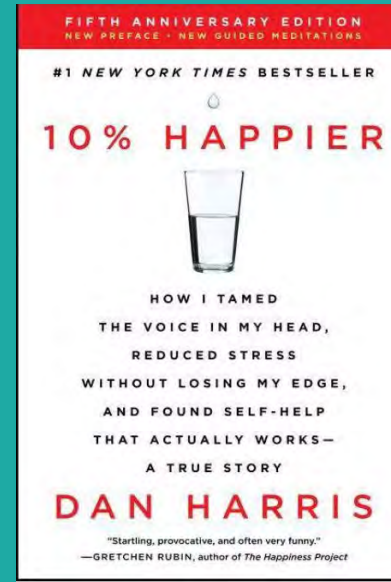
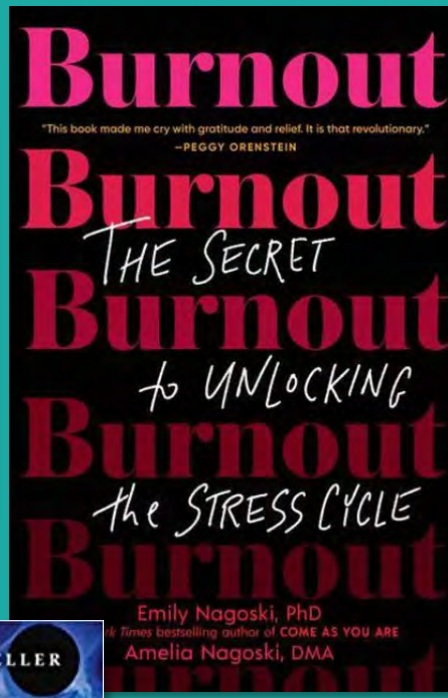
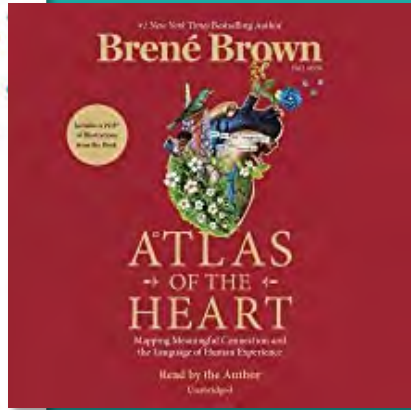
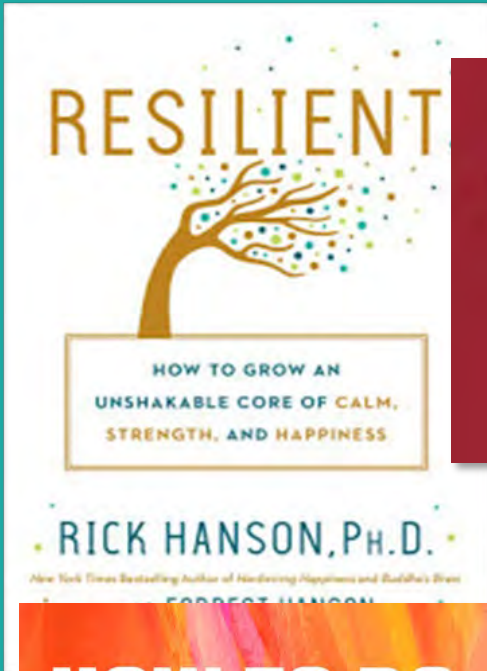
### TRICIA HERSEY

FOUNDER OF  
THE NAP MINISTRY

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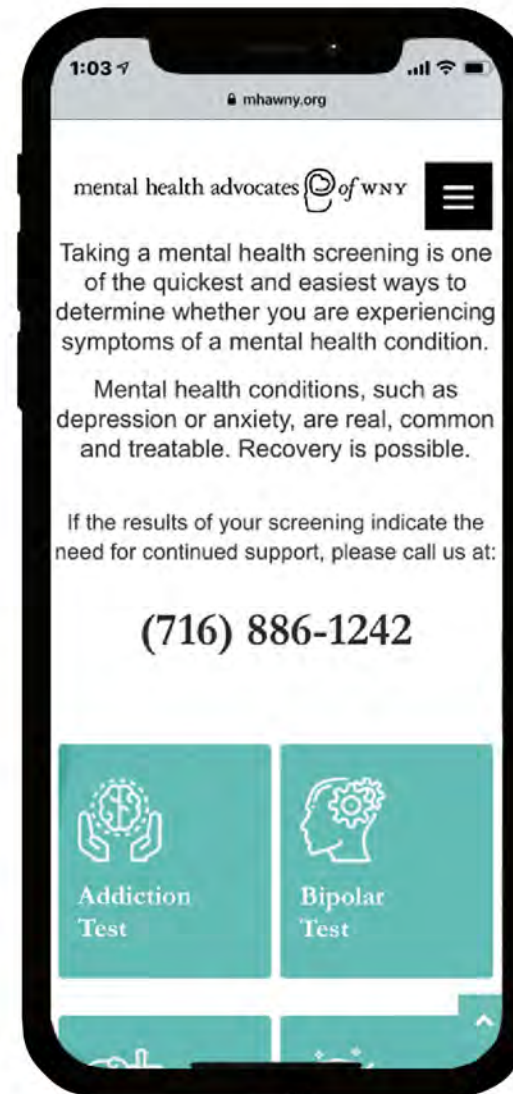
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# TAKE A MENTAL HEALTH TEST

Screening is a tool you  
can use as you work  
on your mental health.

VISIT [MHAWNY.ORG/SCREENING](https://mhawny.org/screening)  
TO CHECK YOUR SYMPTOMS.  
IT'S FREE, ANONYMOUS,  
AND CONFIDENTIAL.



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Need Crisis Help Now?



What We Do Get Help Search for Support Give Help Calendar Contact Us



# Start simple. Just tell one.

Talking about your needs with someone you trust is the first step to making a positive change.

I need help with ...

Find support on your schedule →

justtellone.org



WE SET FORTH, WE STRUGGLE  
WE LOSE OUR BALANCE  
AND THEN REALIZING IT  
WE BEGIN AGAIN

*Sharon Salzberg*

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# **Easing Stress** **The Mind Body Connection**

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