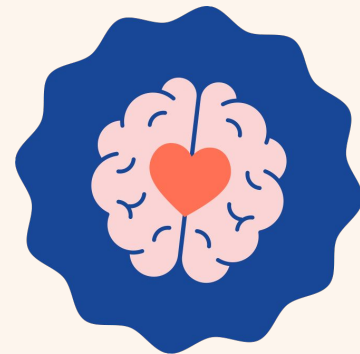


**Be kind to
your
mind**

Self Love: The Key to Unlocking Your True Potential

***Mental Health KC Conference
May 11, 2023***

Country Crossroads Counseling, LLC





MENTAL HEALTH KC CONFERENCE 2023

MAY 11 & 12, 2023

Thank you for joining us!

Disclaimer: The views and opinions presented are those of the speaker and do not necessarily represent the opinions of Metro Council.



***Please use the QR code to access
our presentation***



Introduction

Jessica Janis, LPC

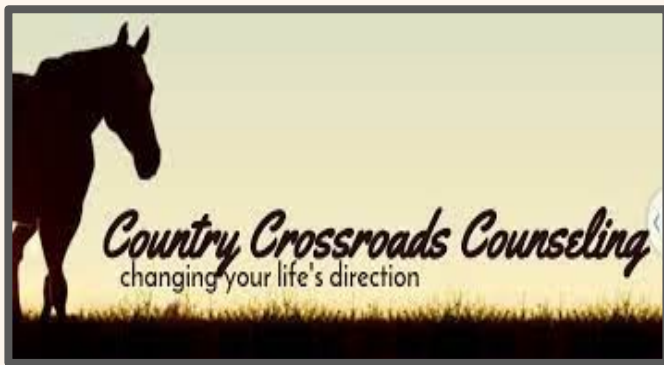


Suzie Seitz, LPC



Heather Wilson, LPC





**Locations: Kingsville, Lone Jack,
Warrensburg, Pleasant Hill, Blue
Springs, Higginsville**

Services Offered:

**Individual, Couples, & Family
Therapy**



**EMDR, Play Therapy, DBT,
CBT, other specialties**

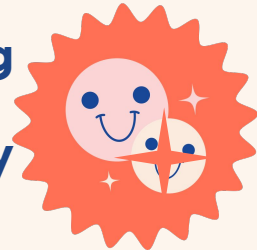
Animal Assisted Therapy

Behavior Consulting

**Workplace trainings on various
topics**

Motivational Speaking

School Based Therapy





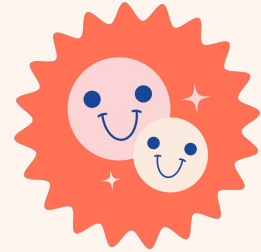
***Toby, Licensed
Therapy Dog***



School Based Therapy:

Currently providing services in 13 school districts.

- Grain Valley
- Knob Noster
- Crestridge
- Lone Jack
- Pleasant Hill
- Kingsville
- Warrensburg
- Holden
- Fort Osage
- Versailles
- Clinton
- Norborne
- Chilhowee

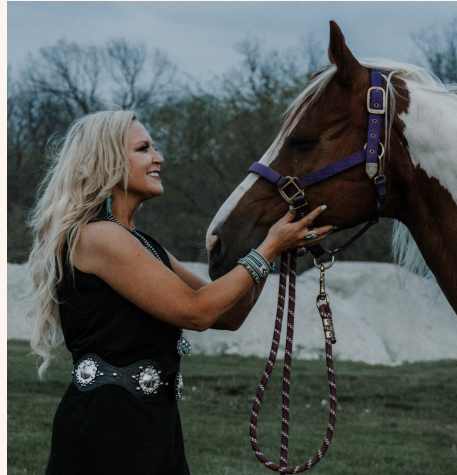


Country Crossroads Cares

Non-profit organization that provides pro bono sessions to people going through financial hardships

Country Crossroads Critters

Using animal assisted therapy to provide numerous benefits such as: decreased stress levels, reduced anger and aggression, improved social interaction, and self empowerment.





Objectives

- ***The Work of Helpers***
- ***Self Coaching for Self Love*** ✨
- ***Techniques to increase Self Love***
- ***What is MOTIVATION??***
- ***3 Keys to lasting motivation***
- ***Fine tuning your FOCUS***
- ***Prioritizing yourself***



The★Work of Helpers

★ Many “helping professionals”
identify with multiple of the
following traits:

- Rescuers, Hero or Caregiver children
- Over responsive to stress
- Struggles with healthy boundaries,
- Perfectionistic tendencies
- Judge self based on productivity
- Codependent traits

The work of ALL helpers is to learn to love and take care of themselves as well as they do others– this is true for your clients and YOU!





Self-Coaching for Self-Love

Do you talk to yourself in a way that helps regulate your central nervous system?


Do you repeat false negative stories about yourself?

Do you try to achieve to make yourself proud or do you chase outside validation?

Flawed Self-Evaluation: What is “good enough”?

We have to be able to view ourselves in a balanced light in order to work through our own healing journey.

You can only take clients as far as you can take yourself.



Techniques to increase Self-Love

Remember, anger and anxiety are mirrors!

Reduce rescuing habits

Everyone's journey's are their own. You can join them on it, but you can't take their steps away from them.

Forcing "help" can cause resentment in personal relationships and feelings of ineffectiveness.

Setting boundaries models self respect and teaches others what is unwanted



Techniques to Increase Self-Love

- **Focus on your own mirror**
- **Detachment Imagery: Use a visualization exercise to help with detachment**
- **1 to 1 Self-Care**
- **Evaluate self on process and level of self-compassion**
- **Strengths Assessment**
- **By modeling self love you become a force of good in this world!**



What is this thing called ***MOTIVATION?!?***

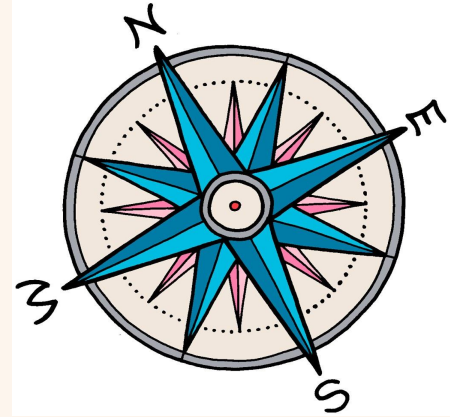
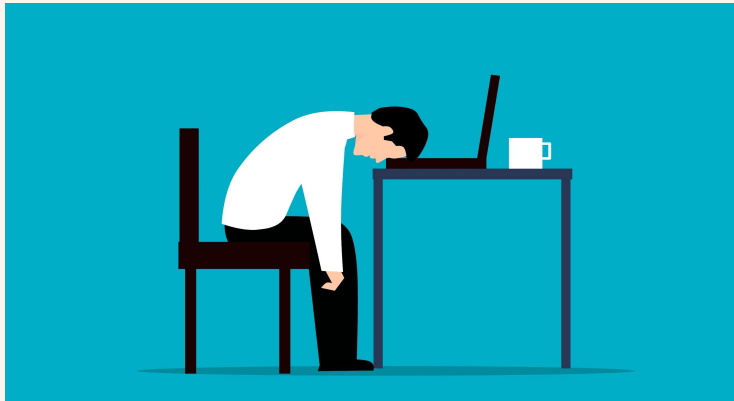
- ★ Motivation is our energetic impulse to do anything!
- ★ Every action is preceded by a motive.
- ★ Finding ways to show up for ourselves and others.

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Motivation Abandonment!?!

- ★ Where did you go my friend?
- ★ How much have I neglected myself?
- ★ Fatigue!
- ★ What am I CHOOSING to do?
- ★ What is DRIVE and WHY am I STUCK?





MOTIVATION is the FOUNDATION of DISCIPLINE!



- ★ Motivation is the foundation of discipline!
- ★ Motivation is the cause behind everything we do.
- ★ If you do it then you HAD motivation.
- ★ Motivation DOES NOT always feel good!



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3 Keys to Lasting Motivation:

- 1) Raise Ambition**
- 2) Positive Expectancy**
- 3) Progress Principle**



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Inertia:

★ ***We are just fancy OBJECTS!***

○

★ ***How do we build **ENERGY?*****

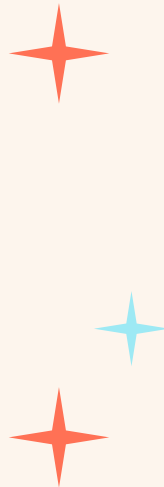
○ ***Movement!!!***





My Challenge for You!

- ★ Identify 3 Simple Actions that you will do today.
 - Things that will help move you forward and help you feel good!
 - Be deliberate in what you are choosing to do.
 - Do this for yourself EVERYDAY!!!





Build a Morning Routine!



Movement!

- Exercise
- Stretching
- Yoga
- Walk



Goal Setting

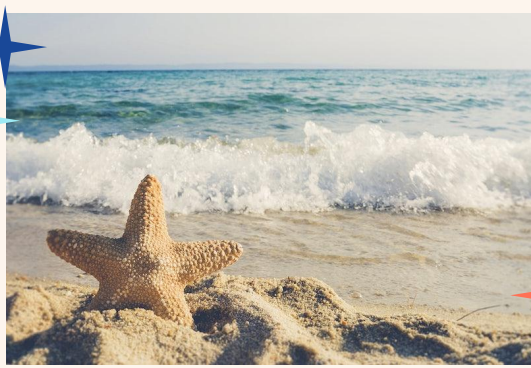


Reading

- What you first put into your brain in the morning has the power to set the tone for your entire day.

Making Motivation LAST!

- ★ You don't just find motivation, you summon it. Don't let it get buried under shame and burnout.
- ★ Engage in a positive peer support. Talk about your goals and how to best support one another.
- ★ Vocal praise—speak words of affirmation out loud!
- ★ Momentum tracking—if you don't measure it, you will stop trying.
- ★ Ignore the voice that tells you that you cannot do it!
 - ***NAME IT TO TAME IT!***

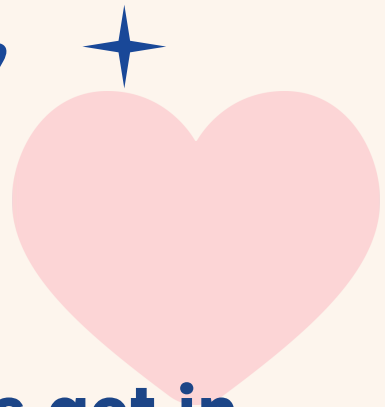


How **MOTIVATION** works for me!





Focusing on YOU!



- **Letting so many distractions get in your way. (social media, TV, etc.)**
- **Focusing on the person you USED to be**
- **Getting stuck in the past and focusing on past mistakes or what others said you could not do**





**Identify things that matter to you and find a
REASON to be focused!**

- **“Fine Tune” your focus**
- **What areas of your life do you want to prioritize?**

Family

Physical Health

Finances

Adventure

Learning

Friends

Mental Health

Spirit

Growth

Personal Mission

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Now Make a Plan



- **Performance Planning:** This can be weekly or monthly. Plan out your time in advance. Make sure you block time for your goals and areas you want to focus on. You will soon begin to realize that the more you plan, the more free you will feel.
- **Health Optimism:** Distraction can be driven by fatigue and fear. Stay up on your MEDS—meditation, exercise, diet, sleep. RX – relaxation and medication.
- **When feeling overwhelmed,** take 5–10 minutes to practice RELEASE (take a deep breath and then say the word Release over and over).
- **Peer Consequences:** Share your goals for accountability. Tell someone every day what your focus is.

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Meditation

Exercise



Diet



Sleep



Relationships



Medicine



MEDS RX

Prioritizing Yourself



Find ways to include rest, movement, joy, and self-care into your schedule. When you are having times of increased stress, you will likely need more rest. If you anticipate something stressful occurring, be sure to plot out some extra self-care activities.

EXAMPLE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Sleep in	affirmations	stretch	affirmations	stretch	affirmations	Sleep in
Mid-day	Garden/ activity that brings joy	Close eyes for 15 min	journal	Tech free lunch	Close eyes for 15 min	Tech free lunch	Hike/ activity that brings joy
Evening	Meal prep	walk	Sleep meditation	Try new dinner recipe	Self-care activity	Carry out	Movie night



- **Learn about HABIT formation. Create a daily routine. Identify things that can trigger a reminder to do something. (doorway)**
- **Capture your daily learning and progress in your journal. What did you achieve today? What did you learn today?**
- **It's okay to celebrate your failures!**



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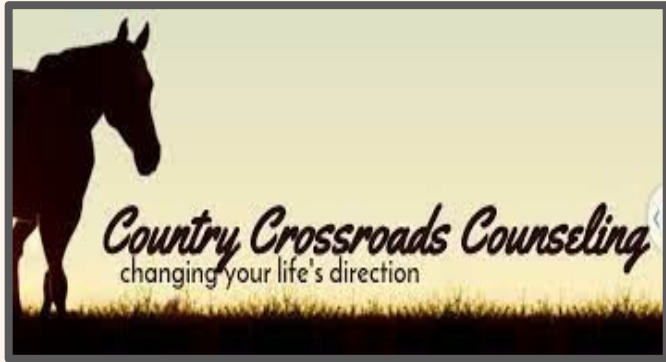
Questions?



***Feeling
Good!***

***Thank
You!***

Contact us!



<https://www.countrycrossroadscounseling.com/>

816-308-0246

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Burchard, Brendon. (2022). *The 6 Habits of Growth: Get Unstuck and Create the Life of Your Dreams*. Audible Studios on Brilliance Radio.

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