



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.



LIVING A POSITIVE AND PRODUCTIVE LIFE

BEING YOUR “BEST SELF” AS A MENTAL HEALTH PROVIDER

SUSIE ARBO, COUNTRY CROSSROADS COUNSELING



I'M SUSIE ARBO

- Licensed Professional Counselor & Certified Reciprocal Drug and Alcohol Counselor
- Motivational Speaker & Company Trainer
- Group Practice Owner
- Goal Setter & Animal Lover



ARE THERE ANY CHIEFS FANS HERE?

- 13 years in the NFL
- Kansas City Chiefs brought me to KC



COUNTRY CROSSROADS COUNSELING



- Group private practice
- Speaking engagements
- Company trainings
- Tele-Health
- EMDR, Play therapy
- Animal Assisted Therapy
- Individual, family, and couples therapy

WHAT ARE WE GOING TO LEARN TODAY?

TOPICS COVERED

- Stress Reduction
- Time Management
- Attitude & Outlook
- Self-Care & Life Balance

LEARNING OBJECTIVES

- After participating in the session, attendees will have learned 3 self care strategies.
- After participating in this session, attendees will learn 5 coping strategies to manage stress and their time effectively.
- After participating in this session, attendees will learn 5 techniques to help them identify balance between personal and their professional life.

ANYBODY FEELING STRESSED OR OVERWHELMED IN THIS FIELD?



ENDING A 14 HOUR WORK DAY LIKE THIS...

Why yes, I am a bit stressed.



Why do you ask?

sometimes i feel like i have my life
together and then im like

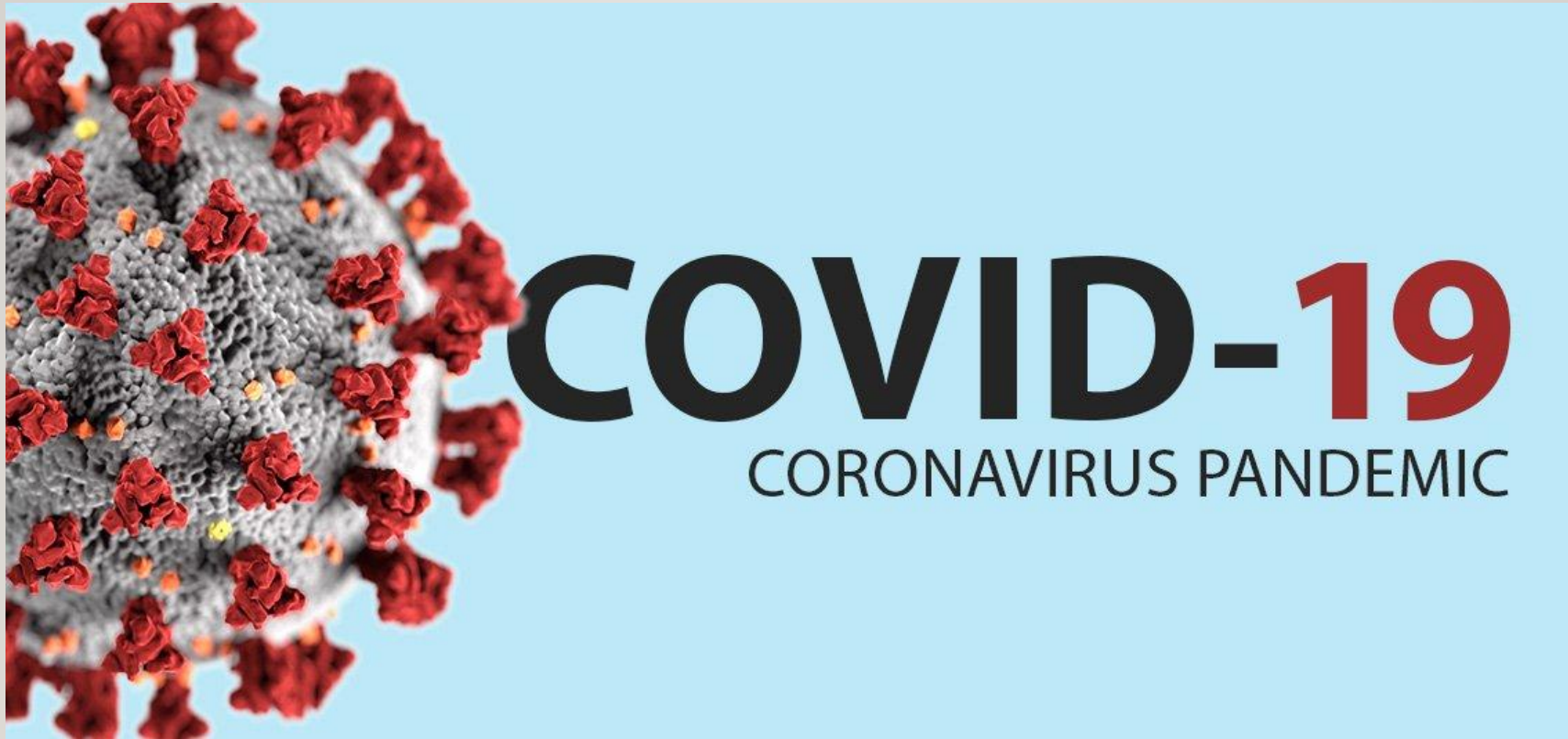
WOW

that was a really nice 45 seconds



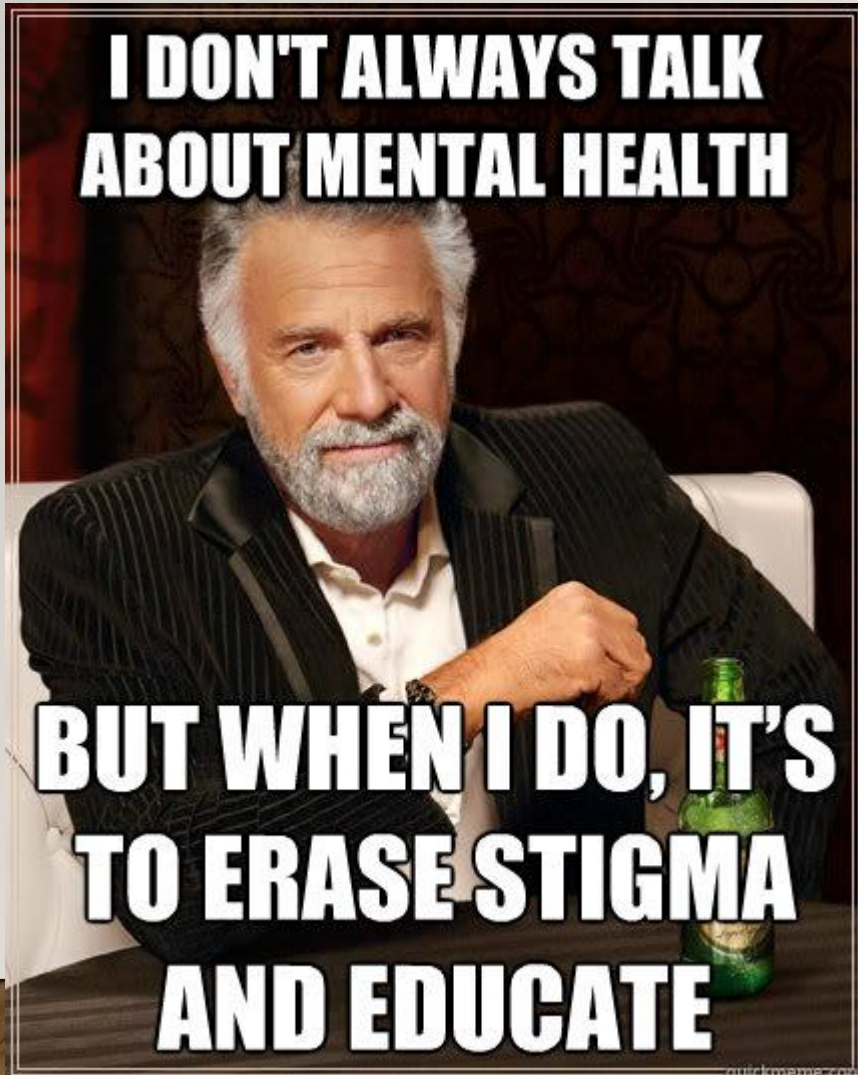
STILL DEALING WITH THE AFTERMATH

AFFECTS EVERYONE'S MENTAL HEALTH



National Institute of Health, 2021 Study

THE ONE GOOD THING.....

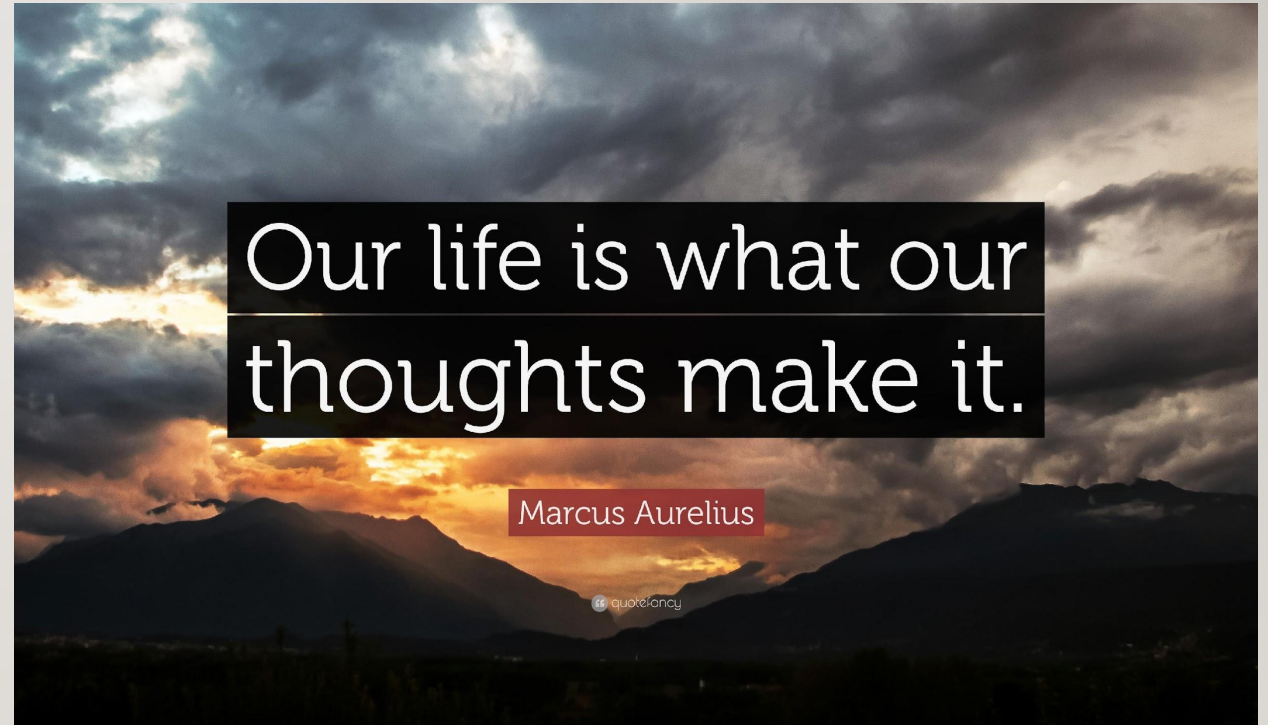


STRESS IS A PERCEPTION

What is the narrative you are telling yourself?

What's your first thought in the am?

You are completely capable of learning how to manage it!



**“REMEMBER THAT STRESS DOESN'T COME FROM WHAT'S
GOING ON IN YOUR LIFE. IT COMES FROM YOUR
THOUGHTS ABOUT WHAT'S GOING ON IN YOUR LIFE.”
ANDREW J. BERNSTEIN**



77% of people said that they have experienced burnout in their current job!

Burnout

A graphic showing a person's silhouette from the waist up. Inside the torso area, there is a bright, intense fire with orange and yellow flames, surrounded by grey smoke. The fire appears to be consuming the person, symbolizing the concept of burnout.

Burnout is **a form of exhaustion caused by constantly feeling swamped**. It's a result of excessive and prolonged emotional, physical, and mental stress. In many cases, burnout is related to one's job.

Burnout happens when you're overwhelmed, emotionally drained, and unable to keep up with life's demands.

THE “GREAT RESIGNATION”



TREAT BURNOUT AND MAXIMIZE YOUR SUCCESS

Self care

Stress reduction

Talk/journal about what's bothering you

Learn to manage your time & be productive

Relaxation techniques

CALEDNARING YOU TIME



STRESS ACTIVITY

1. Write down what is currently “stressing you out!”
2. Is it in your control or out of your control?
3. What is one small thing you could do to reduce that stressor?



EMOTION SCALE (WE ARE USING STRESS)

10

9

Emotional Reaction

8

7

6

5

Cognitive Reaction

4

3

2

1



**18 I BIG, 2 BABY, OUT SLOW
4,7,8**

TAKE A BREAK!

**5 MIN, 5 HOUR, 5 WEEK OR 5 YEAR
PROBLEM?**

WILL THIS MAKE THE 6:00 PM NEWS?

**LISTEN TO MUSIC, WATCH A VIDEO,
HEALTHY DISTRACTION**


COME UP WITH A SOLUTION TO TRY



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“THOUGHT STOPPING” CHANGE THAT 2ND THOUGHT.... “NOT HELPFUL”



A dirt road winding through a forest with tall grass and trees.

**Time is your most
precious resource; make
every minute count.**

Brian Tracy

TIME MANAGEMENT

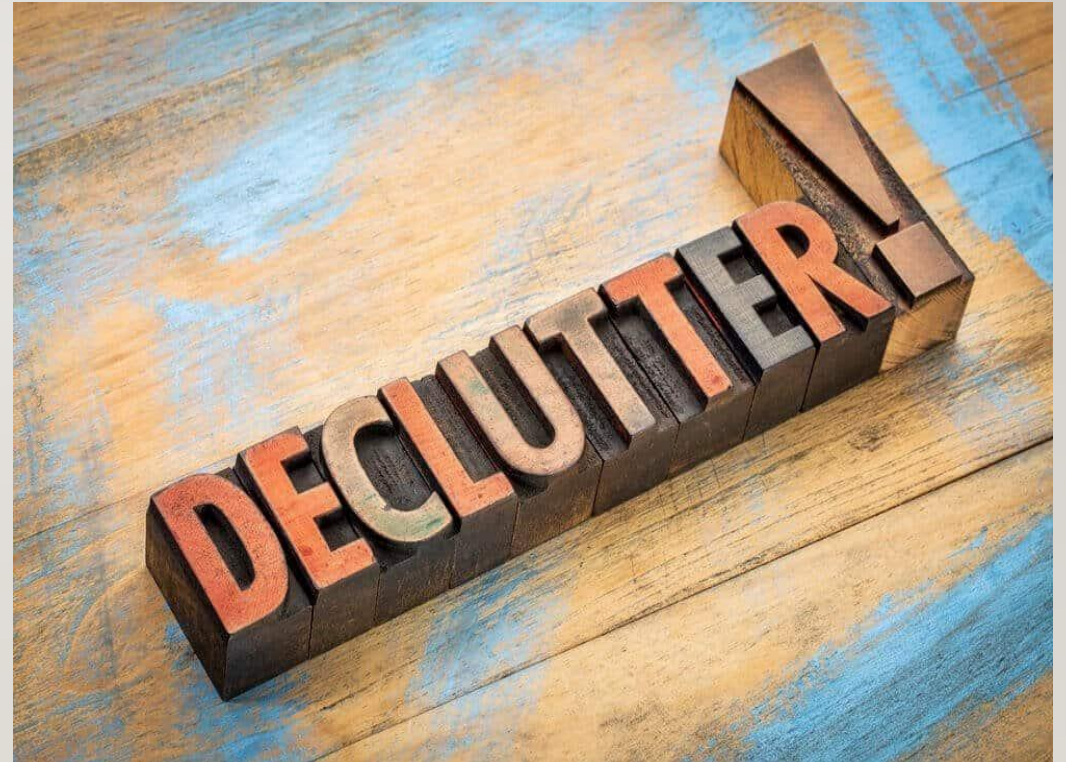
- Do the dreaded thing first “Eat that Frog”
- Fake deadlines
- Limit multitasking
- Have a start/stop time
- Most productive time of the day
- Check email/texts at certain times



documentation

GET ORGANIZED!

- Declutter
 - Everything has a spot
 - Clean car
 - Organize
-
- We spend an hour a a day searching for things!



QUADRANTS: PRIORITIZE

		Urgent	Not Urgent
Not Important	Important	I Activities Crises Pressing problems Deadline-driven projects	II Activities Work that is not urgent yet Prevention, improvement Relationship building Recognizing new opportunities Planning, recreation
	Not Important	III Activities Interruptions, some calls Some mail, some reports Some meetings Proximate, pressing matters Popular activities	IV Activities Trivia, busy work Some mail Some phone calls Time wasters Pleasant activities

WHAT ARE SOME OF YOUR “TIME WASTERS”?

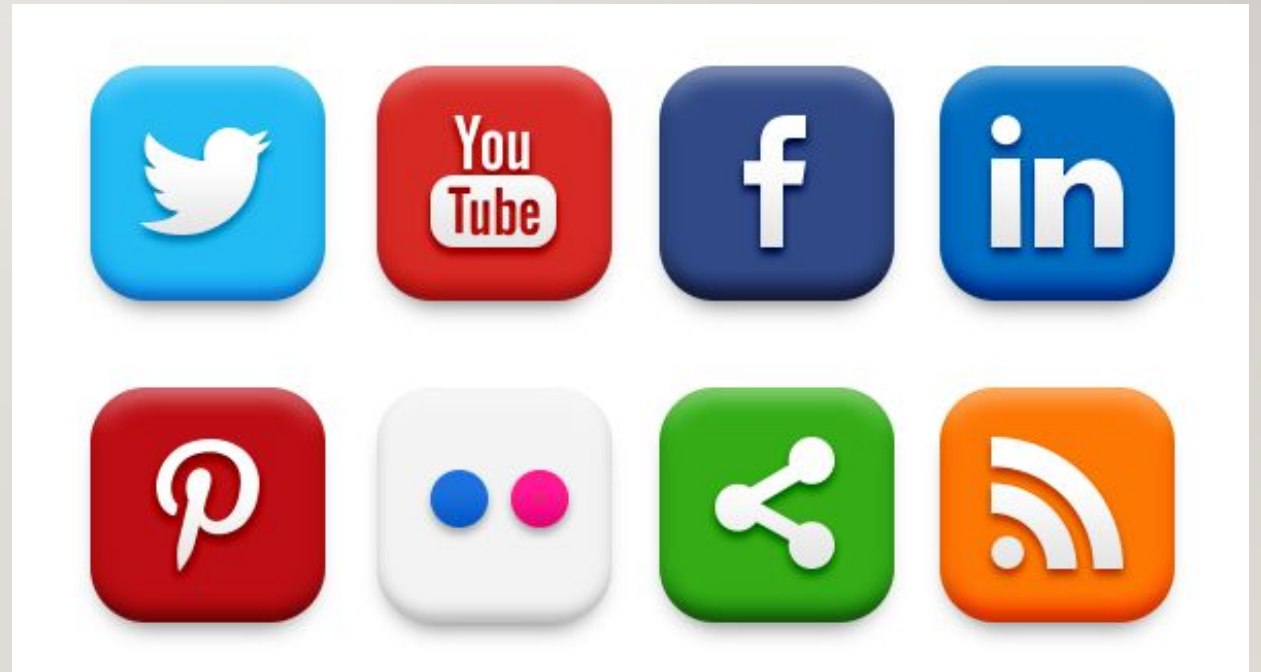
- Social media
- Video games
- Surfing the internet with no purpose
- Netflix/TV
- Turn off notifications!
 - 17 minutes to redirect





SOCIAL MEDIA

- STOP COMPARING YOURSELF
- More negative feelings
- The “like” is addictive
- Filters
- Virtual friends
- In moderation

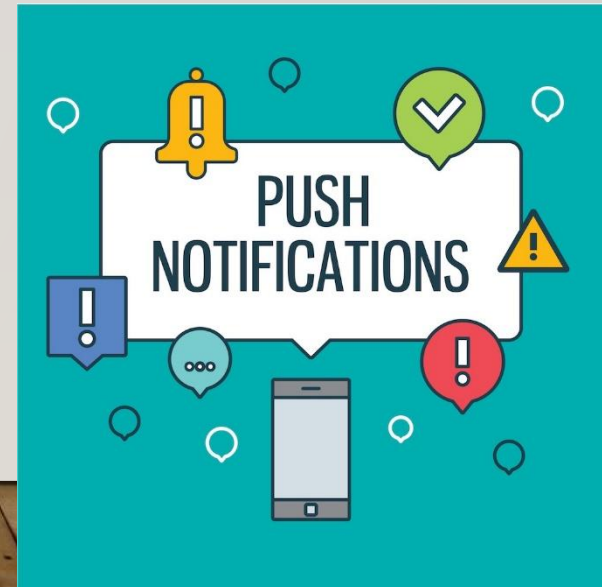




Cut out what causes you stress



Instagram



THE “TO DO” LIST & THE PLANNER



- Getting it out onto paper clears your mind
- Change your worrying thoughts into planning thoughts
- *I should've done this, I should've done that...*
- Make a plan in your planner, get it done!
- Calendar your time!

audible ORIGINAL

THE 6 HABITS OF GROWTH

GET UNSTUCK AND
CREATE THE LIFE
OF YOUR DREAMS

BRENDON
BURCHARD

ONLY FROM
audible

30 TRANSITIONS & FOCUS

- Think about, what is your intention for your next event?
- Transitions
 - Meetings
 - Lunches
 - Projects
 - Interactions with others
- What do you need to focus on at work?
- What do you need to focus on in your personal life?

Taken from "The Six Habits of Growth" Brendon Burchard 2022

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ENERGY

- What energy are you putting into the universe right now?
- Its contagious!
- Your partner feels it, your coworkers feel it.
- You attract good things with good energy.

Taken from "The Six Habits of Growth" Brendon Burchard, 2022

The logo for 'VIBIN'' features the word in a playful, rounded, bubble-style font. Each letter is a different color: 'V' is orange, 'I' is teal, 'B' is yellow, 'I' is orange, 'N' is teal, and the apostrophe is yellow.A rectangular sign with a light beige, textured background. The words 'GOOD', 'VIBES', and 'ONLY' are stacked vertically in a large, black, serif typeface.

32 MOTIVATION

I “can” be motivated

- Hang out with motivated people.
- What motivates you?
- What is your WHY?
- Tell people and write it down!
- Its normal to lose motivation!
- Momentum builds momentum (Just get started! :)

Taken from "The Six Habits of Growth" Brendon Burchard
2022

MORNING ROUTINE

- Read something positive or listen to an audible
- Journal or reflections
- Move your body
- Set a goal or intention for the day
- Get up earlier then you have to



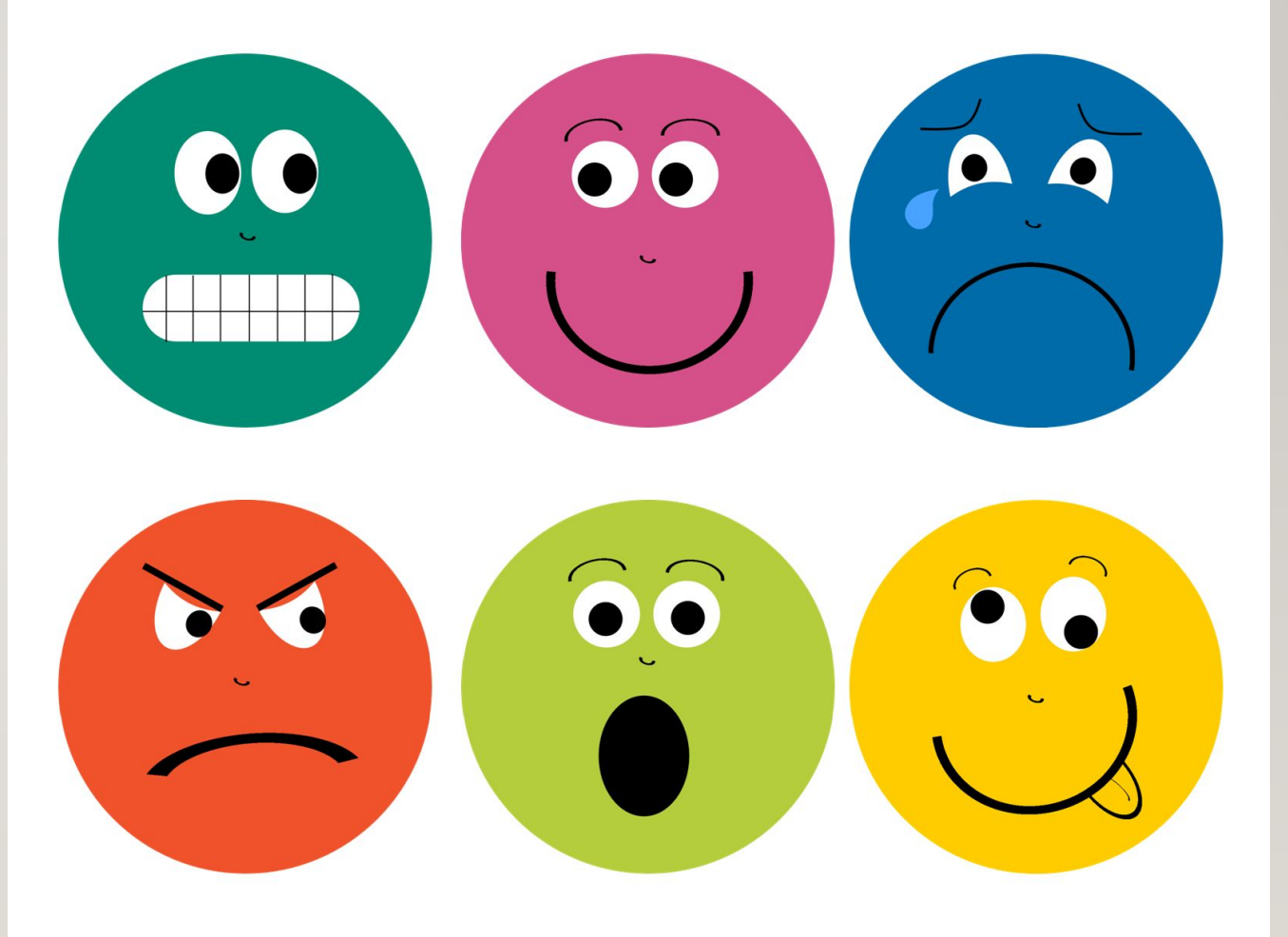
SELF-CARE

Self Care: the practice of taking action to preserve or improve one's own health. The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.



TAKING CARE OF YOURSELF IS EMOTIONAL!

- Guilt
- Overwhelmed
- Stressed
- Frustration



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WHAT IS DRAINING YOU? WHAT IS CHARGING YOU UP?



CARE AS MUCH ABOUT YOUR BODY AS YOU DO ANYTHING ELSE!

- You **NEED** to exercise!
- You **NEED** to eat right!
- You **NEED** to get sleep!
- You **NEED** to drink lots of water!
- You **HAVE** to make this a priority!



SELF-CARE IDEAS



Bake your favorite treat!



Have a laugh!



Learn something new!



Color!



Play a board game with a friend!



Listen to music or your favorite podcast!



Travel & explore new places!



Treat yourself!



Love on an animal!



Get some rest!



Celebrate the small wins!



Exercise!



Plant a garden!



Disconnect from the internet!



Strike a yoga pose!



Sit in nature!



Journal!

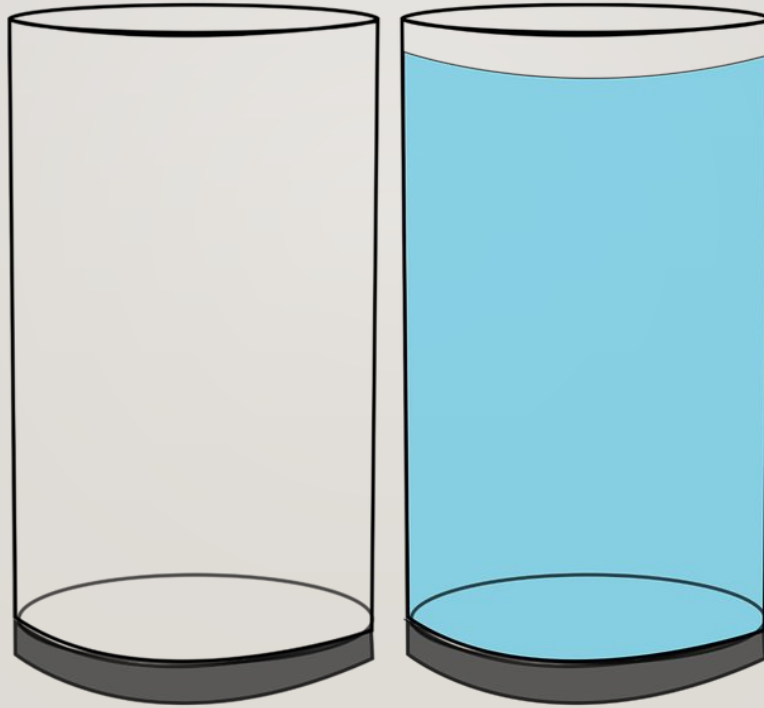


Stay Hydrated!



Read a book!

FULL CUP MEANS MORE TO GIVE



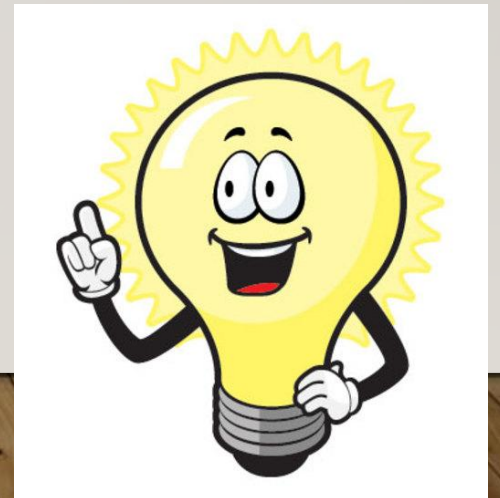
A B C

TIPS FOR WORK/LIFE BALANCE



A STANDS FOR AWARENESS

- Being aware of what part of your life needs to improve.
- Inventory your current lifestyle choices and make necessary changes. Do you get enough sleep? Do you allow yourself downtime? Do you exercise regularly?
- Recognize negative coping skills and avoid them.



B STANDS FOR BALANCE & BOUNDARIES

- Maintain clear work boundaries.
- Avoid working so much overtime.
- Avoid discussing the negative aspects of your job and find the positives!
- Choose a leisure activity unrelated to your job.



C IS FOR CONNECTION WITH OTHERS

- Listen to colleagues, friends, and family members. Ask them about life!
- Avoid isolation.
- Develop support systems. Be a part of a peer support group, seek out a mentor, or be a mentor to someone else.
- Seek training to improve skills.

RATE YOURSELF 1-10

EMOTIONAL AND MENTAL
HEALTH

FAMILY
&
SOCIAL

PHYSICAL HEALTH &
WELLNESS

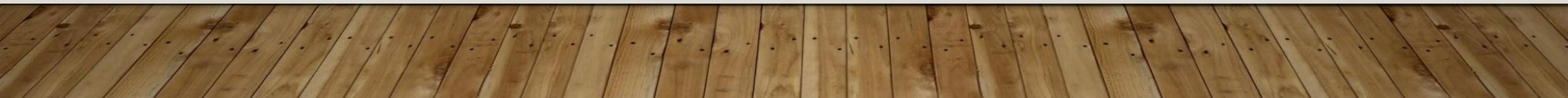
SPIRITUALITY

FINANCIAL
&
CAREER

3 WORDS YOU ASPIRE
TO BE



**You will only gain in
life if you keep
learning and
investing in
yourself!**



CALENDAR YOUR TIME EACH WEEK FOR SELF CARE.

SET A GOAL FOR YOURSELF! WHAT IS AN ACTION STEP YOU CAN TAKE TO BETTER YOURSELF?



SELF REFLECTION



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**THANK YOU FOR HAVING ME!
ANY QUESTIONS?**

Reach out to me! Follow us on FB at Country Crossroads Counseling, Susie Arbo LPC

www.countrycrossroadscounseling.com

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HOW TO WIN YOUR DAY



- Write down 5 things each day you wish to accomplish
- Laundry, reading, playing a game with children, work task, work out
- If you did those 5 things you have WON your day!