




Welcome Support Specialists and Supervisors!

KELECHI UBOZOH | Presenter

- Nigerian-American mental health advocate, facilitator, and coach.
- Decade+ of experience working in the California mental health system in the areas of peer support, community engagement, and suicide prevention.
- Her story of surviving a suicide attempt is featured in *The S Word* documentary, *O, The Oprah Magazine* and *CBS This Morning with Gayle King*.
- Her book with LD Green, *We've Been Too Patient: Voices from Radical Mental Health*, elevates marginalized voices of lived experience and is featured curriculum at Boston University and New York University.
- Learn more at kelechiubozoh.com.



IT'S OKAY IF
"PROGRESS"
LOOKS
DIFFERENT
IN THIS
SEASON

MHN

Self-Care & Nourishment Session

CalHOPE Staff
September 21, 2023



BREATHE

RIGHT HERE
IN THE MIDDLE
OF IT ALL

MHN

*Let's take a moment to breathe
and connect with our bodies*

Collective Space Goals & Dreams

- Build a container that supports self-nourishment and explore self-care in real time
- Slow down and breathe; create spaciousness
- Share insight on burnout and self-care
- Learn some tools and strategies for self-care

Questions about what we are doing today?





Self-Care Reminders

- Take what resonates and leave the rest
- Keep an open mind
- Take care of your body/spirit
- Pay attention to your thoughts and feelings and take notes for yourself
- Practice active listening
- You always have a choice

Welcome + Check in Question

Please share your name,
pronouns, where you are
zooming in from and what
was the last caring thing you
did for yourself?



Reflective Intro + The Importance of Self-Care

- Self-care in a 'caring for others setting' is about learning to love, accept, and nurture oneself as a precursor to taking care of others.' [Cox & Steiner 2013]
- What do I need to 'unlearn' to make space for myself?
- Self-care doesn't happen in a vacuum, culture and workplace environment also impact our views and how we experience self-care
- We can acknowledge the complexities of all of the above, and still have a conversation about what we can do as individuals.





Zoom Board Self-Care Activity

What does self-care mean to you?

What has your culture taught you about self-care?

What gets in the way of your self care?

You can add images and/or words to respond.*

What is Burnout?

- 52% of Americans are reporting they are feeling burned out
- Feelings of energy depletion or exhaustion
- Increased mental distance from one's job, feelings of negativity or cynicism related to one's job
- Reduced professional efficacy

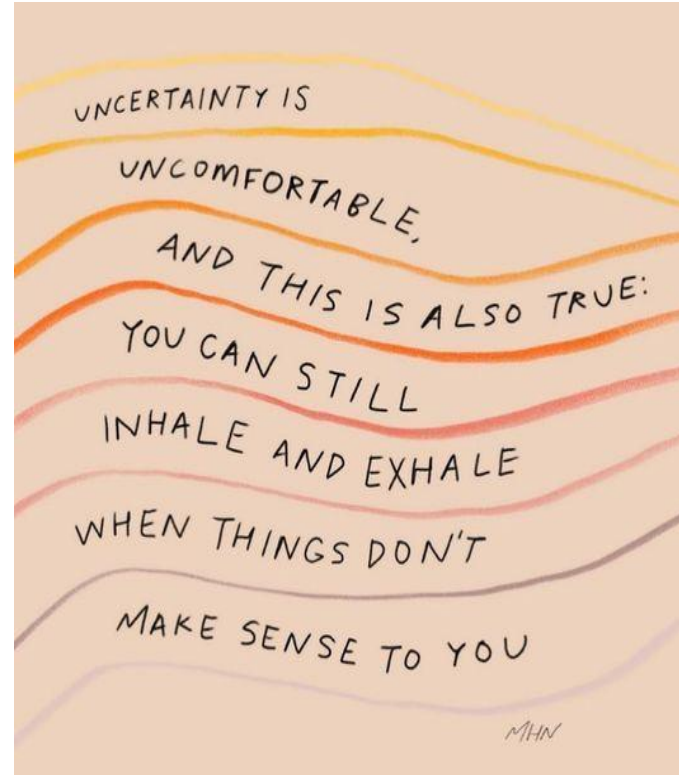
(World Health Organization)



What is Compassion Fatigue ?

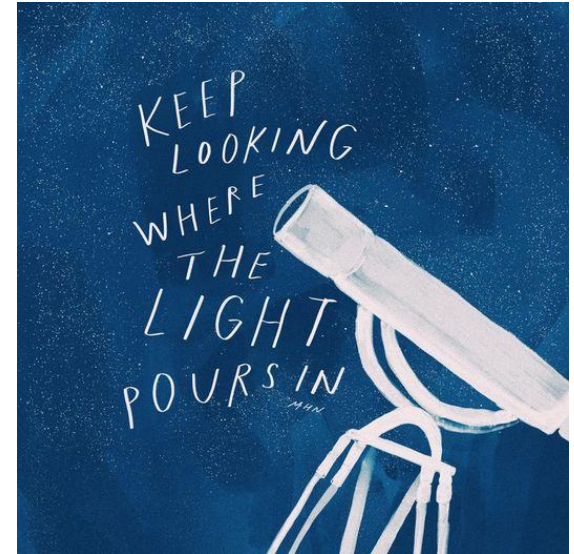
“A set of physical and psychological symptoms appearing in those who are exposed to client suffering that occurs as a result of traumatizing events...”

(Figley 2005)



16 Warning Signs of Trauma Exposure

- Feeling helpless and hopeless
- A sense that no one can ever do enough
- Inability to embrace complexity
- Hypervigilance
- Diminished creativity
- Minimizing
- Addictions
- Chronic Exhaustion/Physical Ailments
- Inability to listen/deliberate avoidance
- Dissociative Moments
- Sense of Persecution
- Guilt
- Fear
- Anger and Cynicism
Grandiosity
- Inability to Empathize/Numbing



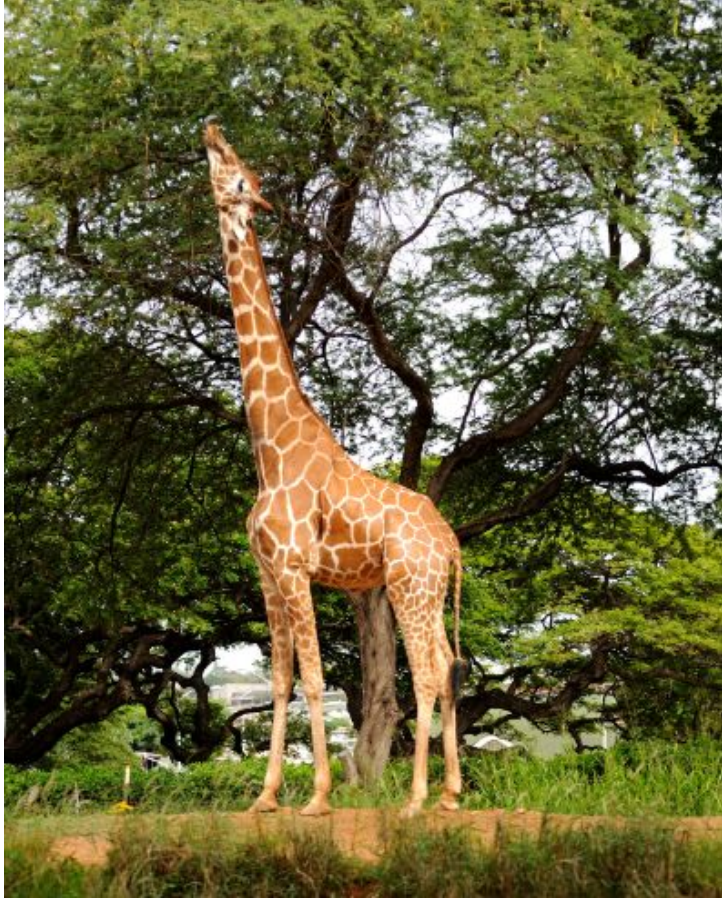


Wisdom from Yolo Akili about Martyr Nurturing

“Martyr Nurturing is a caring style that centers the desecration and denial of self as a mechanism for both supporting and maintaining control over others.”

– Yolo Akili

**Yolo Akili, Executive Director of
Black Emotional and Mental
Health Collective (BEAM)**



Stretch Break!