



Self Care & Mental Health Wellness

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OPEN HEART
LEADERS

About Open Heart Leaders



- Open Heart Leaders is the only African American female-led organization in San Diego providing full wraparound services focused on mental health and education. We are an organization who shifts with the climate, adapting to current needs, while maintaining our commitment to mental health wellness. At Open Heart Leaders, we welcome everyone to participate and benefit from what we offer. Our unique whole-self approach and solutions-focused mindset are breaking down the barriers constructed from generational cycles, statistically proven to be destructive.
- As a leading community partner for resources, accountability, and healing, we collaborate with local businesses and agencies to funnel lost resources and networks back into the communities. We offer a diverse range of programs and services that help combat communities and people who have been heavily impacted through systemic trauma. We deliver an eclectic approach to healing and growth through a combination of therapeutic assistance for individuals and families, wraparound services, professional and life-skills workshops, and course facilitation. In conjunction with our tailored community forums and interactive discussions, we rebuild, restore, and empower people and neighborhoods. We are transforming the world, one open heart leader at a time.

What Do we Offer?



Open Heart Leaders Offers programs and services from four different sectors within the organization.

- OHL Life - Programs & Services centered around mental health, advocacy community service, social services & health & public safety
- OHL Reform - Programs & Services centered around reentry, rehabilitation, restorative practices and/or reconciliation through advocacy for incarcerated , families of those incarcerated and our formerly incarcerated population
- OHL Build - Programs & Services centered around leadership and development
- OHL Educate - Programs & Services centered around easy access to advanced educational resources

*NOW That We Covered The
Basics...*

Let's Get Into It!!!

*Through this presentation
we are going to get real
and learn somethings
about Self Care and
Mental Health.*



What is Self-care & Mental Health Wellness?



- Mental Health & Self-care is defined as caring for yourself, meaning maintaining your health - mentally, physically, emotionally, spiritually and financially.
 - **Many people tend to think of this as common sense, however in times of crisis (financial, health, divorce, loss of job, or currently a worldwide pandemic such as Covid-19), one of these 5 key elements to being healthy and whole is usually the first thing people tend to let slide**
- Self-care is extremely important to individual's health, especially in a society that prioritizes productivity and working hard,
 - **Feeling overwhelmed and burnt out is common which can lead to significant health consequences, poor judgement, lack of energy and to the extreme in some cases death.**

Common Issues People Face regarding Self Care and Mental Health



- Lack of time is one of the biggest issues people face when trying to participate in self-care & mental health
 - Whether you have 30 minutes or 5 minutes, that's okay
 - **The key is to participate in self-care intentionally and consistently in order to maximize the impact it can have on your life**
- Lack of money
 - Self care does not have to cost a thing or even require you to leave your home, something beneficial during this pandemic with the current social distancing restrictions in place



Additional Common Issues People Face regarding Self Care and Mental Health



- Individuals run into problems when they try a self-care method they've learned from a friend or read about on the internet and it doesn't bring immediate relief
 - Self-care is different for everyone
 - Some self-care methods, like meditation, take time to learn or be effective
 - **Practice makes perfect**
 - **Consistency is key**
- Some individuals, people with pre-existing mental illness, may find it harder to participate in self-care at all, especially during COVID-19

Let's Chat about this for a second...Next Slide

People Living With Mental Illness through Covid-19



- People who have pre-existing issues with their mental health are at greater risk of experiencing worsening symptoms due to COVID-19
- Mental Health conditions are isolating in nature, creating a wellness plan during this time can help drastically... One additional MAJOR KEY IS
 - **Make sure the person has enough medication on hand**
 - Refill them on the first possible day which can reduce possible stress of running out or not being able to fill it a certain date/time
 - Create a routine or keep routines that you already have that make you feel good, and try to alter the ones you can
 - **Find an accountability and support buddy**

Holiday Blues (especially during Covid-19)



- The holidays are often a stressful and depressing time for people. Demands increase as people must shop, cook, entertain and host guests or family, or the opposite cannot be with friends or family during holidays (especially with the current pandemic) bringing feelings of isolation and depression
- **Here are some healthy tips to prevent the holiday stress and depression**
 - **Acknowledge your feelings**
 - **Reach out**
 - **Don't abandon healthy habits**
 - **Take a breather**
 - **Learn to say no**
 - **Stick to a budget**

Common Self-Care Methods & Tips



- Reach out to Friends & Family

- **With covid-19, people are feeling extremely isolated, stay connected**

- Schedule zoom calls or phone calls with friends and family on a schedule reasonable to you
- Share what's on your mind honestly, try to be direct about you need, listen to others

- Relaxation Training

- **Methodically tensing and relaxing certain muscle groups can help you voluntarily relax when anxiety is running high**

- Exercise & Eating Healthy

- **Getting up and moving for at least 30 minutes a day**

- Eat healthy, avoid drugs and alcohol, get 7-9 hours of sleep



Common Self-Care Methods & Tips



- Take breaks from watching, reading, or listening to the news which can be highly triggering for people
 - Instead, take time to read a book or listen to a podcast that you enjoy & that can give something back to you
 - Also take intentional breaks from social media platforms
- **Spiritual Wellness.**
 - Learning to clear your mind through meditation can help alleviate anxiety and stay present.
 - Nonjudgmentally evaluating your thoughts as they come into your mind
 - Be mindful, Pray, Reflect
- Know your boundaries, respect them, and have others respect them
 - ***YOU ARE ALLOWED TO SAY NO!***

That's all Folks!

Any Questions?

How Can You Contact Us?



Open Heart Leaders

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Our website is in the process of being revamped to include all our new changes