

The Power of Mindfulness and Gratitude



**Canadian Mental
Health Association**
Waterloo Wellington

**Association canadienne
pour la santé mentale**
Waterloo Wellington

Land Acknowledgement



About the Presenter

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Content

1

Aware

What is mental health and how is it related to our happiness.

2

Explore

How mindfulness and gratitude impacts our mental health and improves our wellbeing.

3

Act

Learn different, simple strategies we can implement into our daily lives.

Poll



What percent of the population is affected by mental health?

- a. 20%
- b. 50%
- c. 85%
- d. 100%



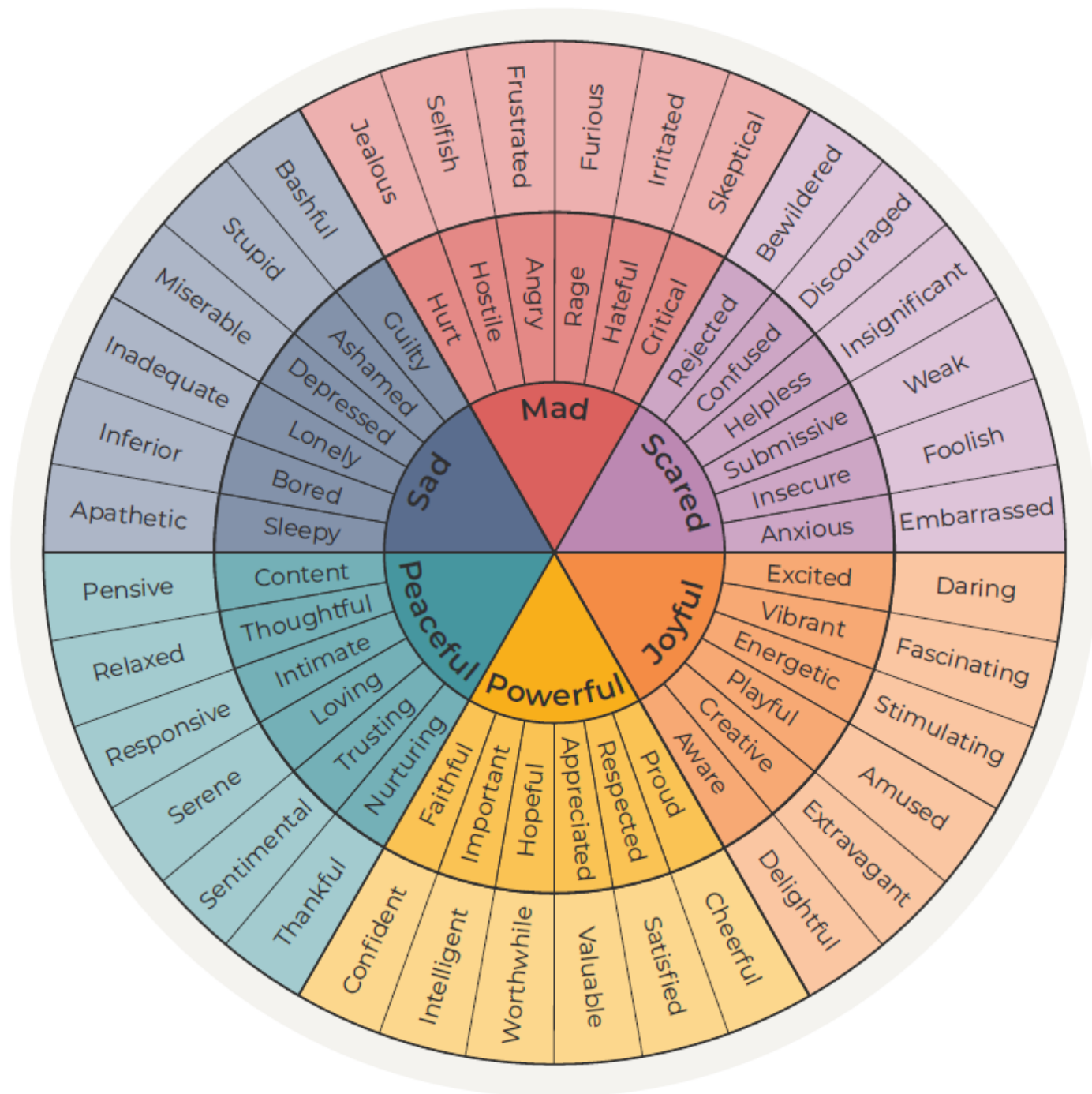
Poll



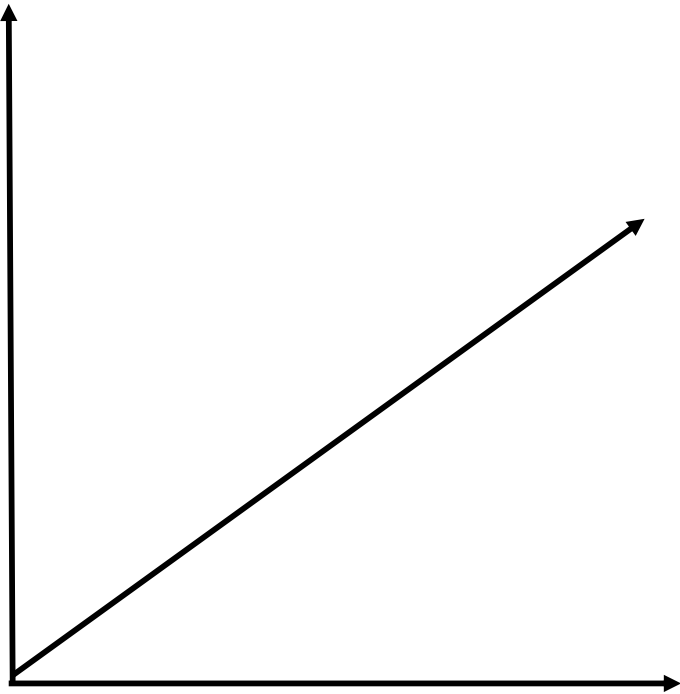
How are you feeling right now?

- a. Good
- b. Fine
- b. Not so great
- c. Awesome

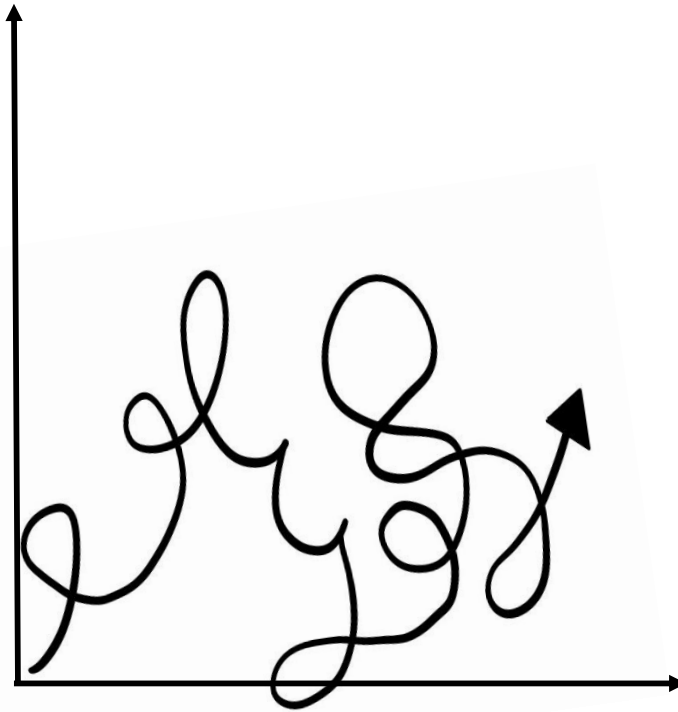




How are you feeling?



What I planned



What happened

My Life

What is Mental Health?

How a person thinks, feels, and acts when faced with life situations.

Affects how people evaluate challenges and problems, explore choices, make decisions, and handle stress.

Includes how people view themselves, the world around them, and how they relate to other people.

HAPPINESS MYTHS:

- 1) \$ = happiness
- 2) <3 = happiness
- 3) happiness < age
- 4) ☺ ☺ ☺ ONLY





Connection

- Positive mood and thinking increases our ability to manage stress in healthy ways
- Physical and mental wellness contributes to our levels of happiness and well-being
- Physical activity releases endorphins-chemicals that reduce pain and boost mood

Unhealthy/Harmful Coping Strategies

- Drug or alcohol abuse/ misuse
- Isolation (Withdrawal, Avoidance, Excessive activities)
- Risk taking
- Lashing out
- Poor eating habits
- Poor sleeping habits
- Self-harm



Regain a sense of control:

- Be aware of what you can't control, and what you can
- Make choices
- Be proactive
- Be as prepared as you can be



What if someone told you...

You have nowhere to be

You have nothing to do

You simply have time

To breathe,

To just be.

How would that feel?

Mindfulness

...paying attention to the present moment experiencing it with openness, curiosity, and a willingness to be with what is - with a non-judgmental and compassionate attitude.

Mindfulness Exercise

https://members.tripod.com/lion_roar/Games.html

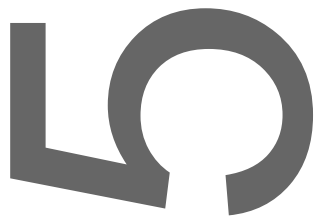
Benefits of Mindfulness

Physical

- Reduces stress and stress related conditions (BP, inflammation associated with Cancer, Diabetes, Arthritis, Alzheimer's, Auto Immune)
- Boosts immune system
- Enhances athletic performance
- Improves endurance
- Helps with pain management
- Better mind/body connection

Mental

- Improves attention & helps us be more present
- Helps cultivate self awareness, emotional regulation & reduces negative emotions
- Helps improve relationships, increases intimacy (giving your all)
- Improves confidence
- Better at goal-setting
- Helps us to not get caught up in ruminations that lead to anxiety and depression



1

Sit in a comfortable position with both feet on the floor and your hands resting in your lap

2

Close your eyes or find a spot on the floor or in your lap where you can rest your eyes when you get distracted

3

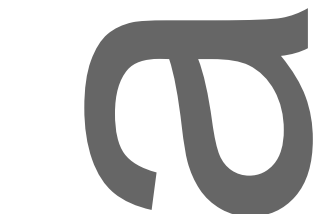
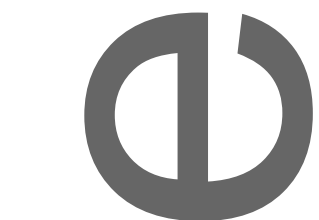
Turn one palm so that it is facing the ceiling. You'll use this hand for counting

4

Gently inhale through your nose until your lungs are full and then slowly exhale through your mouth

5

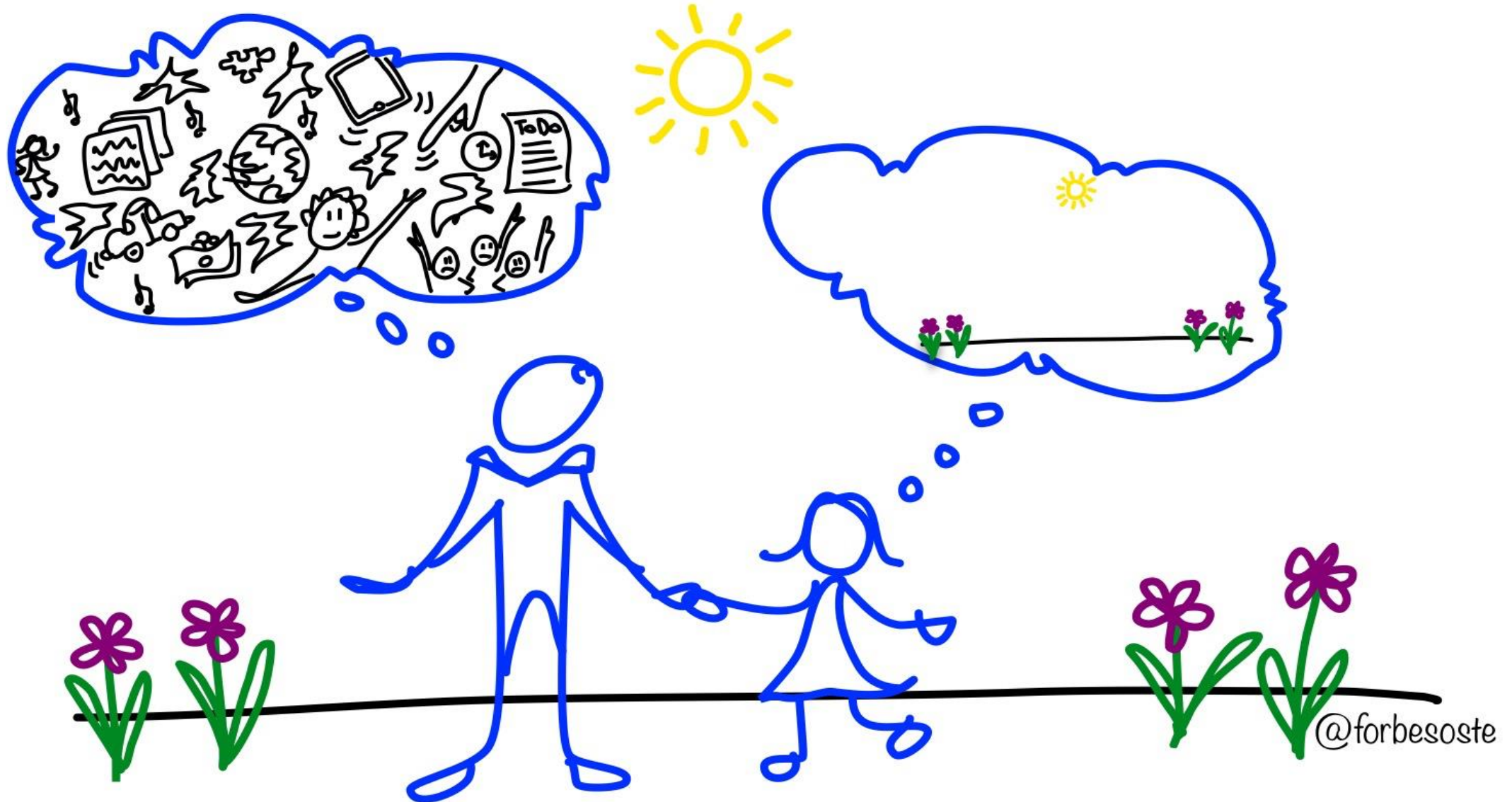
Tuck your finger into your palm and continue with breathing until all five fingers are folded in

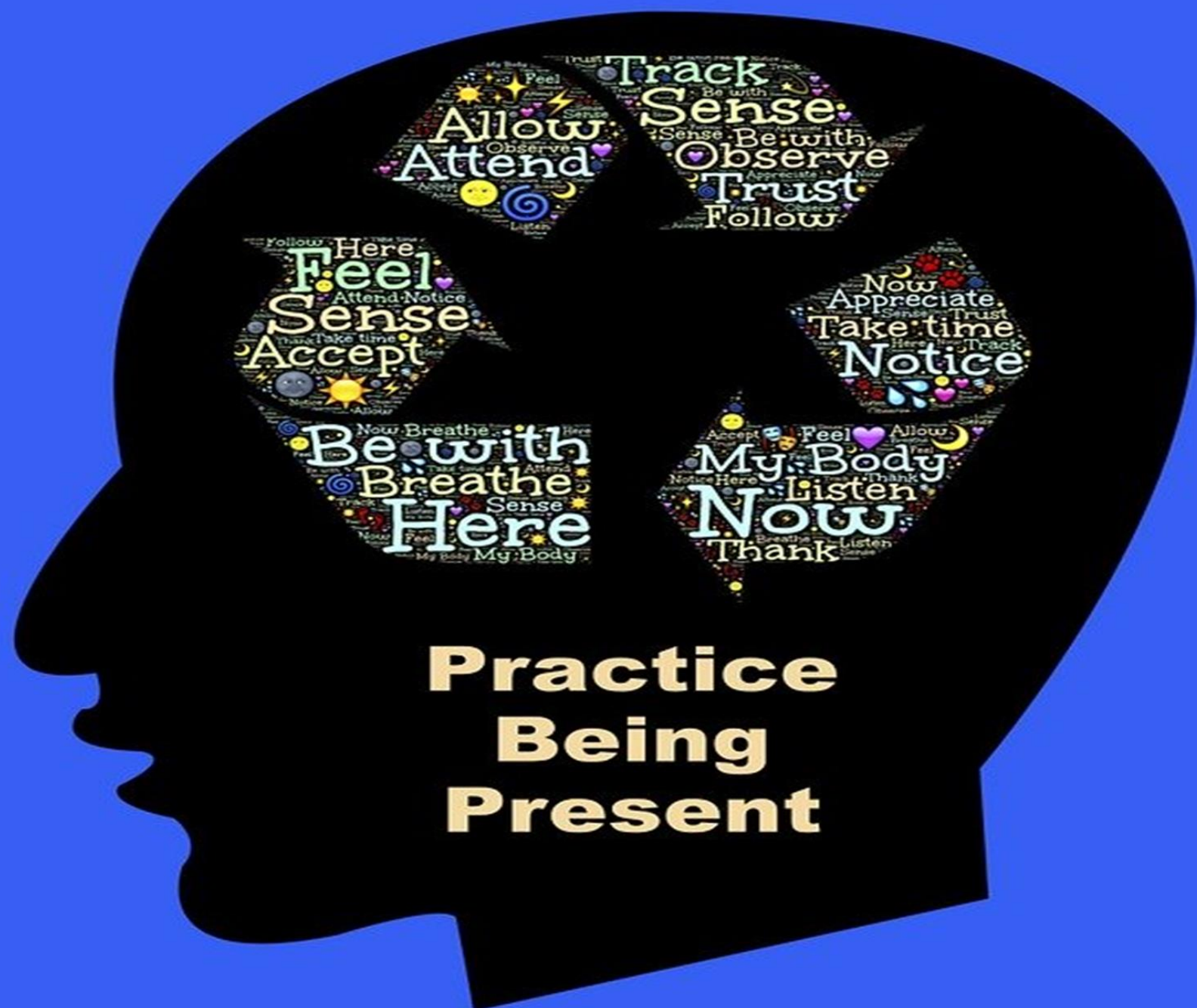


Breathing Exercise

<https://www.connectedbreath.co/>

Mind Full, or Mindful?





**Practice
Being
Present**

The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



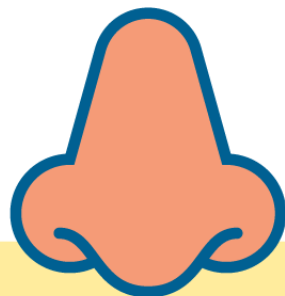
Acknowledge **5** things
that you can see
around you.



Acknowledge **4** things
that you can touch
around you.



Acknowledge **3** things
that you can hear
around you.



Acknowledge **2** things
that you can smell
around you.



Acknowledge **1** thing
that you can taste
around you.

Mindfulness Grounding Technique



Poll



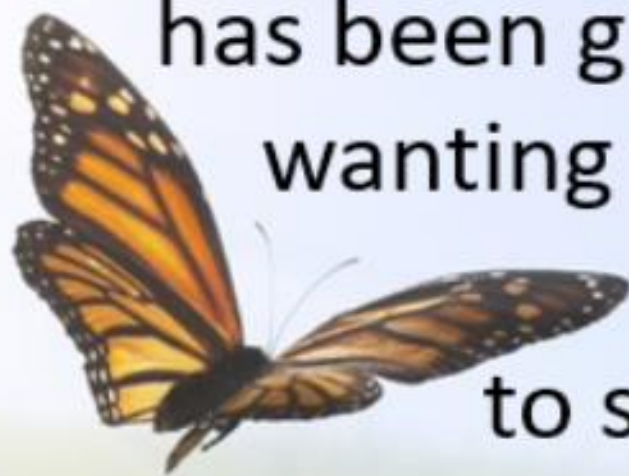
Are you a glass half-full or half-empty type of person?

- a. Half-full
- b. Half-empty
- c. Depends on the day



Gratitude

Gratitude is a state of feeling appreciative for a kindness which has been granted or given, and (very often) of wanting to give something in return. ... The act of showing it is to be **grateful**— to show **gratitude** is to thank.



Benefits of Practicing Gratitude

- Transforms the brain – when we feel happiness the CNS is affected – we feel more peaceful, patient and optimistic, less reactive, less resistance
- We feel better/happier - want to exercise more, sleep better & feel more refreshed upon wake up
- Better physical and mental health
 - Decreases anxiety and depression, decreases cellular inflammation
- Feel more connected to others, improves our relationships
- Reverses our priorities and reminds us to enjoy what we have, rather than desiring what we don't
- More energy and positive outlook on life
- Increased self-esteem
- Better grades

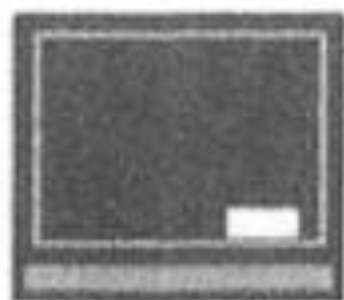


Gratitude turns what we have

into enough



I am grateful
for



Monday

Gratitude
Greetings

Tuesday

Thank-You
Notes

Wednesday

Gratitude
Wall of Fame

Thursday

Thankful
Thinking

Friday

Gratitude
Journals

Gratitude Journal

NAME: _____

DATE: _____

Practicing gratitude is very important as it helps to balance out negative emotions. By listing things that are important to us, and that we are thankful for, we will hopefully be able to engage our feelings of gratitude and combat negative thoughts with positive thoughts. Let's practice below

WHAT IS SOMETHING THAT MADE YOU SMILE TODAY?

WHAT IS SOMETHING THAT MADE YOU LAUGH?

WHAT IS ONE KIND OR THOUGHTFUL THING SOMEONE DID FOR YOU TODAY?

WHAT IS ONE PERSONALITY TRAIT THAT YOU ARE GRATEFUL FOR HAVING?

WHAT IS ONE THING YOU ARE PROUD OF YOURSELF FOR?



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Gratitude Lists

NAME: _____

DATE: _____

Practicing gratitude is very important as it helps to balance out negative emotions. By listing things that are important to us, and that we are thankful for, we will hopefully be able to engage our feelings of gratitude and combat negative thoughts with positive thoughts. Let's practice below.

LIST 5 PEOPLE THAT YOU CAN ALWAYS
RELY ON.

- 1.
- 2.
- 3.
- 4.
- 5.

LIST 5 OF YOUR FAVOURITE HOBBIES,
SPORTS, AND/OR ACTIVITIES.

- 1.
- 2.
- 3.
- 4.
- 5.

LIST 5 MOVIES OR TV SHOWS THAT MAKE
YOU LAUGH.

- 1.
- 2.
- 3.
- 4.
- 5.

LIST 5 OF YOUR FAVOURITE SONGS,
BOOKS, POEMS, OR PODCASTS.

- 1.
- 2.
- 3.
- 4.
- 5.



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Practice

Practice

Practice

Practice

During the day – small ways to stay grounded:

- Here are a few items folks keep in their desks for that little pick-me-up during a busy day:
 - Tea
 - Chocolate
 - Protein boost (nuts, granola bar)
 - Floss
 - Healthy snacks
 - Thank you notes
 - Stress ball

- Got a few minutes in between meetings/projects/activities?
Some two-minute strategies to take care of yourself:
 - Do a few yoga poses or stretches to get your blood moving
 - Get out of the building for some fresh air and a change of scenery
 - Take a mindful moment and pay attention to your breathing to center yourself



make Today
Beautiful



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services

Waterloo-Wellington



COVID-19: HERE4HELP

- **Here4Help.ca**

- Resources, information, and guidance to support mental health as we navigate this new and temporary normal
- Sections specific to children, youth, parents, and guardians, adults, seniors and caregivers, employees and employers, and healthcare workers.

 **BounceBack[®]**
reclaim your health

A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1.866.345.0224



- **Free**, guided, self-help program, grounded in cognitive behavioural therapy (CBT) to help **adults and youth 15+** learn skills to better manage low mood, mild to moderate depression and anxiety, stress or worry
- Offers two forms of support:
 1. **Telephone coaching using skill-building workbooks** (referral needed by a primary care provider or self-referral with primary care information)
 2. **Online videos** provide practical tips at: bouncebackvideo.ca (access code: bbtodayon) (no referral needed)
- Participants are contacted within **5 business days** of referral being submitted
- Telephone coaching available in **multiple languages**
- **No travelling required.** Participants receive support in the comfort of their home at a time that's convenient for them

For more information, visit: bouncebackontario.ca.

If you're a healthcare professional seeking resources, email:

bounceback@ontario.cmha.ca



Helpful Apps



- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe. Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier

Other Websites



- camh.net
- wrspc.ca
- mentalhealthhelpline.ca
- mentalhealthcommission.ca
- 211Ontario.ca
- ccohs.ca
- www.isfglobal.org
- Wellness Together Canada | Home (portal.gs)

Need mental health or substance use support?

Help is just a call or click away.

Call: 1-866-585-0445

Visit: wellnesstogether.ca

Text: Adults text **WELLNESS** to 741 741
Youth text **WELLNESS** to 686 868
Front line workers text **FRONTLINE** to 741 741

App Stores: PocketWell



**Indigenous Peoples –
Hope for Wellness Help Line:**

1-855-242-3310

hopeforwellness.ca

Suicide Prevention Service: 1-833-456-4566

Quebec: 1-866-277-3553 (1 866-APPELLE)

If you are in immediate danger, call 911 or your local emergency line.

CANADA.CA/HEALTH

Canada

Introducing PocketWell

A companion app to the Wellness Together Portal

- Supporting the mental health and well-being of Canadians, as we continue to face the uncertainty and challenges from COVID-19 and its variants, is a Government of Canada priority. Through PocketWell, a free app to the Wellness Together Canada (WTC) online portal – Canadians can access new resources, including a self-assessment tool and tracker that monitors mood and mental well-being.
- PocketWell also connects seamlessly to the WTC portal, allowing access to free and confidential sessions with social workers, psychologists and other professionals, as well as other mental health and substance use services all from their phone. Call 1-866-585-0445, visit
- wellnesstogether.ca or download the PocketWell app today.

Mental Health is Important!

Learn How to Deal With Difficult Emotions (for Teens) - Nemours KidsHealth

<https://kidshealth.org/en/teens/stressful-feelings.html>

Practicing Mindfulness During Uncertain Times - CMHA YR

<https://cmha-yr.on.ca/learn/covid-19/practicing-mindfulness-during-uncertain-times/>

Take Away Science-based Insights for Meaningful Life - Mindfulness

<https://greatergood.berkeley.edu/topic/mindfulness/definition>

RESOURCES

Learn More about Window of Tolerance, Hyperarousal, Hypoarousal and Some Exercises -

<https://www.stmichaelshospital.com/pdf/programs/mast/mast-session1.pdf>

Check out Great a Therapist's Resources on Mental Health -

<https://lindsaybraman.com/emotional-regulation-pdf/>

Explore More About Mindfulness - Mindful

<https://www.mindful.org/what-is-mindfulness/>

Mindfulness - CMHA National

<https://cmha.ca/documents/mindfulness>

MyLife Meditation: Mindfulness (Free)-

Daily check-ins, daily recommendation, and activities (in-app purchases)

GREAT APPS

Down Dog (Free)-

Variety of different apps including one for sleep and calm, as well as yoga and other activities

Breethe (Free)-

Mindfulness and sleep (in-app purchases)

Insight Timer (Free)-

Meditation w/timer, live events, courses (in-app purchases)

Headspace (Free)-

Mindfulness and sleep (in-app purchases)

Ten Percent Happier Meditation (Free)-

Teaches ways to practice mindfulness in a humorous way

Calm (Free)-

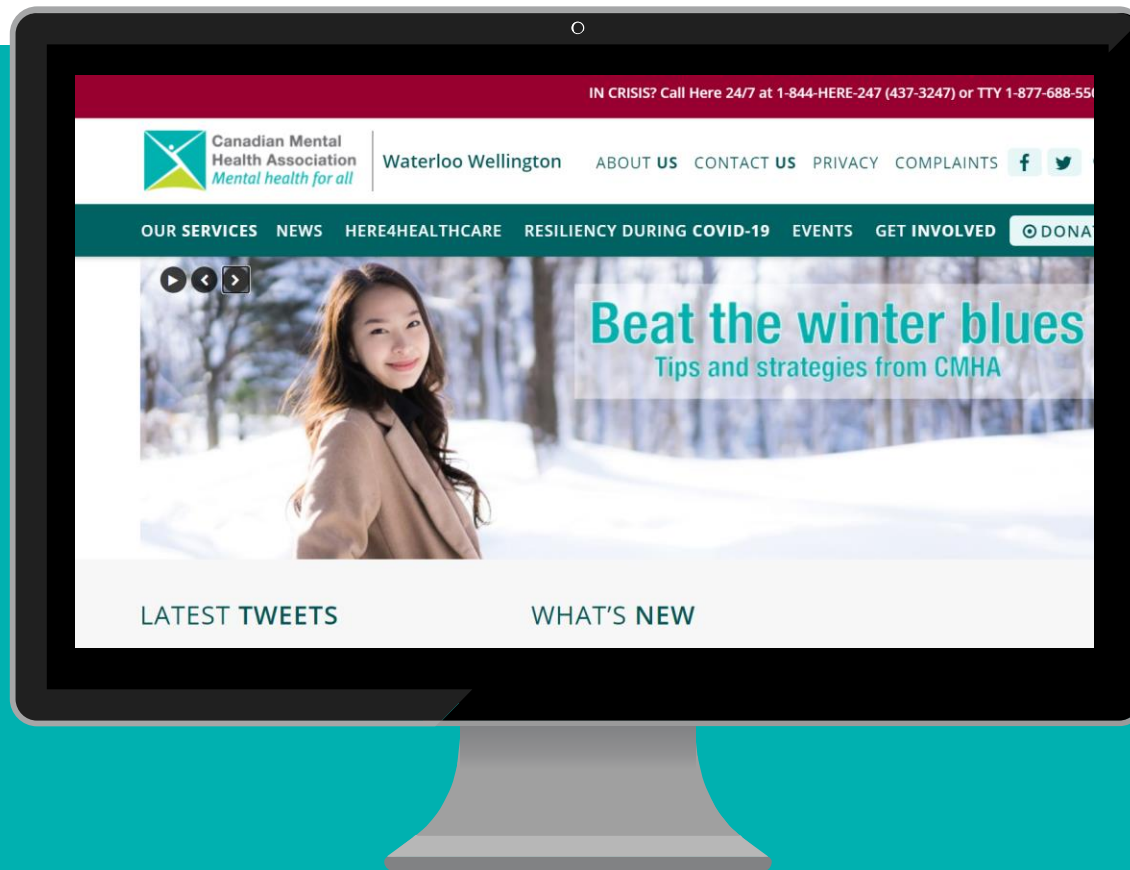
For better sleep, lower stress and less anxiety (in-app purchase)



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Visit us online
cmhaww.ca

Promoting Wellness at Work

To book a training or webinar on topics related to mental health for your organization or place of work, including Mental Health in the Workplace, or for consultation on implementing Psychological Health and Safety in the Workplace Standards contact:

education@cmhaww.ca

If you have questions for me around the information presented today please contact me directly at:

jschumacher@cmhaww.ca



Questions?



**Thank you
for joining
us today!**



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