

LunchChat

Connect. Inform. Help.



Mental Wellness – Reducing Stress For Yourself and Others

April 14, 2020

Hosted by Rockford Area Convention & Visitors Bureau

Panelists



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UnitedWayRRV.org/covid-19

OR

Text TOGETHER to 40403

Tammy Blount-Canavan



- Acknowledging grief
- Leadership is much needed
- Caring for our people
- Dealing with stress & anxiety
- Finding hope



Courage is resistance to fear, mastery
of fear, not absence of fear.

~ Mark Twain



Acknowledging Grief

Leadership is Much Needed

- 🔥 Keep calm, carry on
- 🔥 Educate, keep up to date
- 🔥 Respect emotions, Focus on fact
- 🔥 Be flexible
- 🔥 Show leadership in caring for others



Caring for our People



- 🔥 Speak the Truth
- 🔥 Give Hope
- 🔥 Listen & Involve
- 🔥 Chart a New Course
- 🔥 Serve & Shine

Dealing With Stress & Anxiety



MIND

Accept that you can't control everything

Put your stress in perspective

Take action

Put a plan in place and follow it – doing something relieves feelings of helplessness

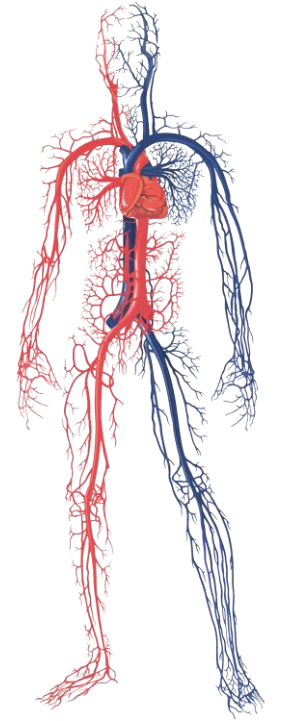
Maintain a positive attitude

Make an effort to replace negative thoughts with positive ones

Write it down

Acknowledge stressors, but also what you're grateful for

Dealing With Stress & Anxiety



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BODY

Limit alcohol and caffeine

Alcohol and caffeine can aggravate anxiety and trigger panic attacks

Keep your fuel clean

Don't skip meals, eat healthy and keep energy-boosting snacks on hand

Get enough sleep

When stressed, your body needs additional sleep and rest

Exercise daily

Exercise lowers your body's stress hormones, helps sleep and releases endorphins

Dealing With Stress & Anxiety



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ACTION

Take a time out

Practice mindfulness, meditation, yoga, deep breathing – all of these have a direct effect on your nervous system and stress response

Spend time with a pet

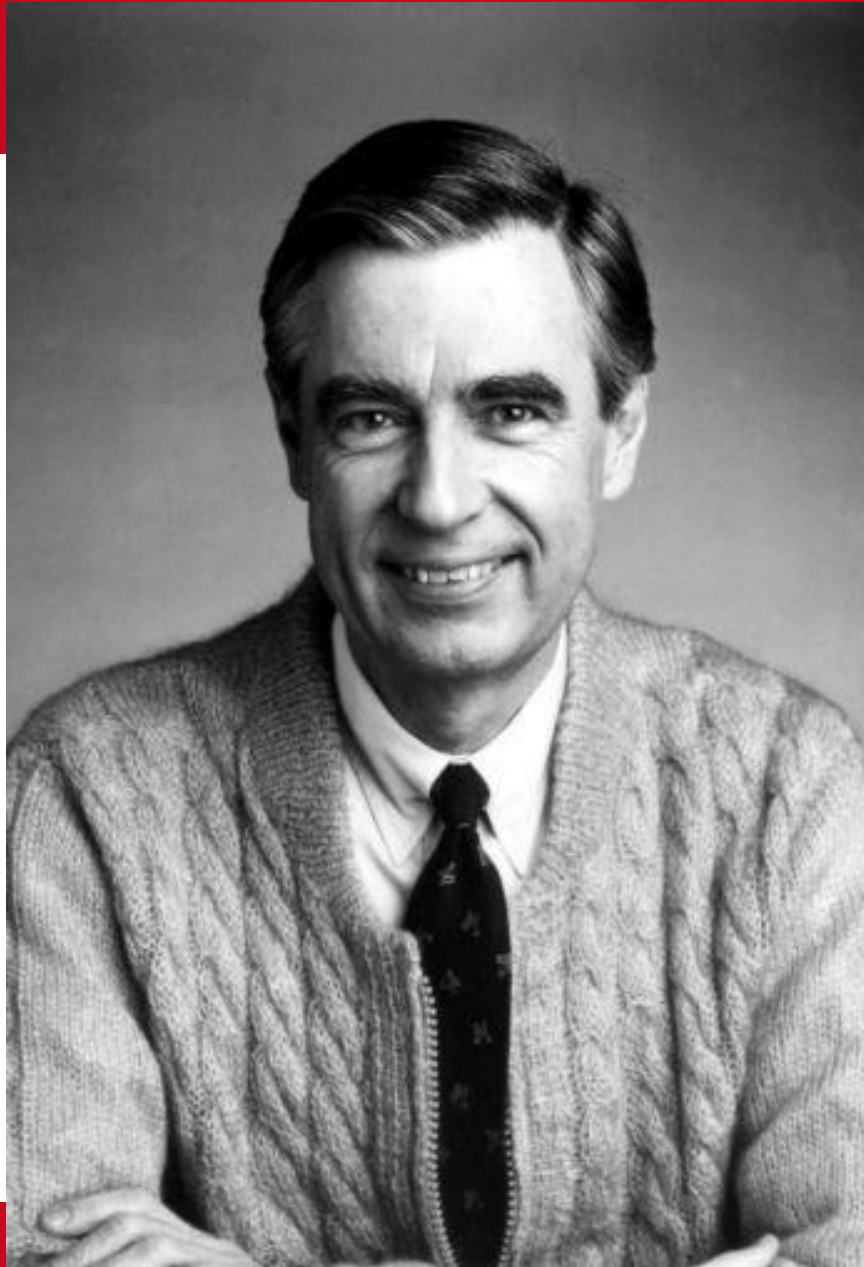
Interacting with pets can help release oxytocin, a brain chemical that promotes positive mood

Talk to someone

Tell someone you trust how you're feeling and let them know how they can help you.

A woman with long dark hair, wearing a pink t-shirt and dark shorts, stands on a rocky cliff edge. Her arms are raised in a gesture of triumph or joy. The background is a vast, hazy landscape under a bright, golden sky, suggesting a sunrise or sunset. The overall mood is one of hope and achievement.

Finding Hope



When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.”

To this day, especially in times of “disaster”, I remember my mother’s words and am always comforted by realizing that there are still so many helpers – so many caring people in this world.

~ Mr. Rogers



The best way to predict your future is
to create it.

~ Abraham Lincoln



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Sarra Reichwald & Jami Ditto



- Understanding when someone is struggling
- How to help others and yourself

Understanding When Someone is Struggling

Signs and Symptoms

- Anxiety
- Depression
- Self-Harm
- Increased use of alcohol and drugs



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How to Help Others and Yourself

- Validation of emotion
- Genuine Support
- Self-care tips and tricks



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Additional Resources

- Additional resources are available



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Q&A

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Tuesdays & Thursdays @ 12 noon

www.gorockford.com/lunchchat

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Rockford Area Resources

GoRockford.com/ResourceCenter

Information about local sites/attractions/restaurants, and resources for families and small businesses

GoRockford.com/LunchChat

Weekly webinars every Tuesday/Thursday



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Thank you!