

SF HIV FOG WINTER WELLNESS

Facilitated by RADR



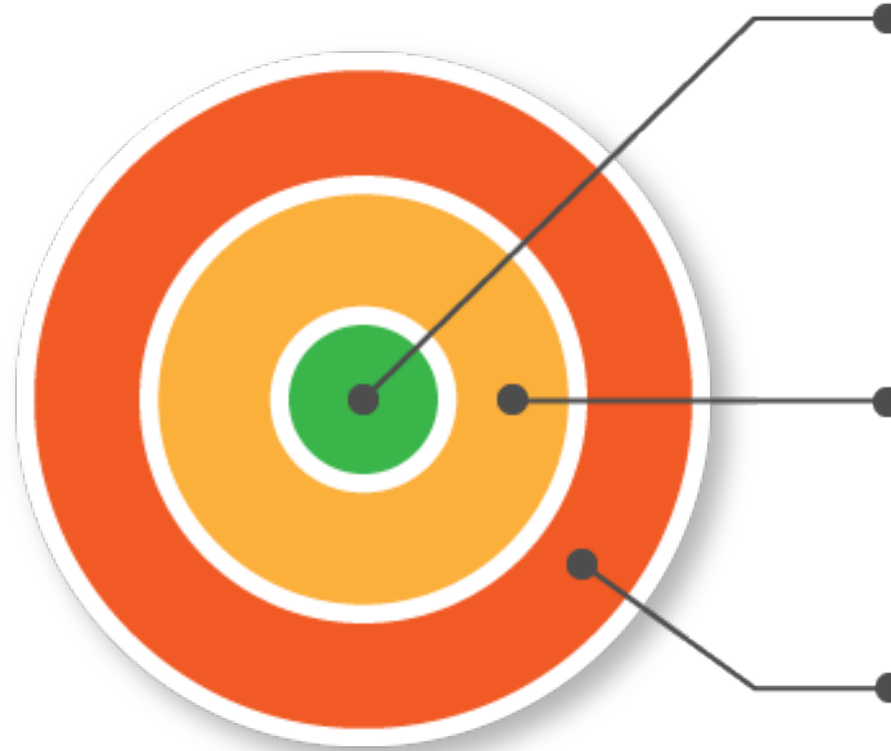


MANAGING HOLIDAY STRESS AT WORK

This Photo by Unknown author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-sa/4.0/).

STRESSORS

INTERNAL VS EXTERNAL



CIRCLE OF CONTROL

What we can directly impact through our thoughts, words and actions.

We have complete control over the outcome.

CIRCLE OF INFLUENCE

Usually involves other people, ranging from family, friends, and colleagues to complete strangers ... or reviewers.

We do not have control over the eventual outcome ... but we can potentially influence the outcome through what we are able to control.

CIRCLE OF CONCERN

Everything else: weather, politics, other peoples behaviour etc.

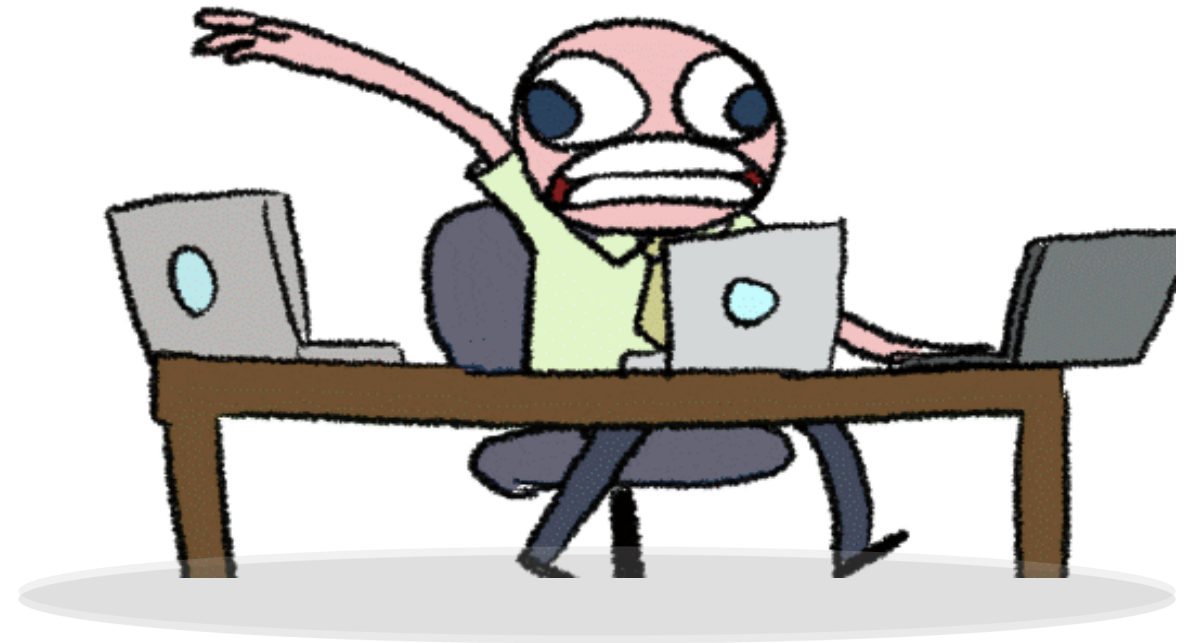
We have no control over the outcome.

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference”.

Reinhold Niebuhr

STRESSORS

INTERNAL
VS
EXTERNAL



BEST PRACTICES AS A TEAM

Offer **Flexibility**

Double Down on **Inclusivity**

Provide Mental Health
Support to your Teammates

Install a Strong Sense
of **Team Spirit**

Provide the Needed **Space**

Offer Flexibility

- Emotional awareness
- Ask preferred availability
- Do not assume



itsChAoS
BE KiND

Double down with Inclusivity

- Patience, understanding and open-mind attitude
- Set reminders: inclusivity & healthy dialogue



Sticker source: Be Kind Help GIF By Debbie Ridpath Ohi

Provide Mental Health Support to your Teammates



Sticker source: giphy.com Mental Health Medicine GIF By Doctors Under The Radar

- Assess team stress level
- Encourage everyone to voice their concern and struggle
- Share resourceful info (EAP)
- Encourage Self-care Training participation

Install Strong Sense of Team Spirit

- Let them know you care about them
- Create realistic goals and celebrate each success



Provide the Needed Space

- Not everyone wants to share their feelings
- Show your support



Sticker source: giphy.com Mtv Love GIF By INTO ACTION

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BEST PRACTICES FOR SELF & CLIENTS



Be Present

Set Boundaries

Practice Mindfulness

Set Spending budget

Ask for Help

Set Realistic Expectations

Practice Being Present

- Listening to yourself
- Exercise Well-Being
- Recognize signs of stress



Set Boundaries

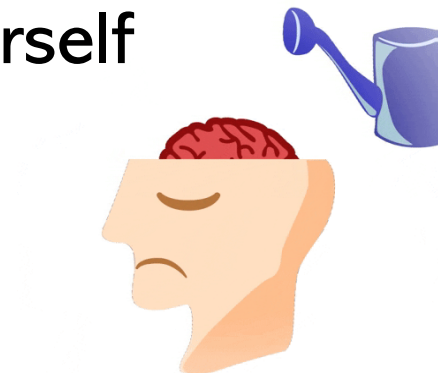
- Set Priorities (People and Projects)
- It's OK to say "NO"



Practice Mindfulness



- Embrace limitations
- Avoid procrastinating
- Organize and track task
- Disconnect for yourself
- Do something nice for yourself



Set Spending Budget

- Set list and goals
- Choose alternative
→ then spending \$



Ask For Help

- Know your limits – It's not weak to ask for help
- Offer help



Sticker Source: Friendship Help GIF By Demic

Set Realistic Expectations



Sticker Source: giphy.com - Run Running GIF

- Be honest to yourself
- Recognize expectations and address them
- Let your priorities and boundaries known



BEST PRACTICES FOR SELF & CLIENTS



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Set Spending budget

Ask for Help

Set Realistic Expectations

10 HEALTHY WAYS TO RELEASE RAGE

<https://mhanational.org/10-healthy-ways-release-rage>



**THROW OR BREAK
SOMETHING (SAFELY)**

Gif source: Tenor #got7 #innyoung #Park # meme



SCREAM – IN PRIVATE

Gif source: Tenor screaming sticker



SING IT OUT

Gif source: Tenor AGGRETUKO



DANCE IT OUT

Gif source: Tenor dance off sticker



DRAW OR PAINT

Gif source: Tenor stickers paint draw art



DO A TOUGH WORKOUT

Gif source: Tenor screaming sticker



JOURNAL

Gif source: Tenor Kermit dairy



**DESTROY A PHYSICAL
REPRESENTATION OF
YOUR ANGER**

Gif source: Tenor #scaredsim #Jack-Black



**VERBALIZE YOUR
ANGER**

Gif source: Tenor verbalize feelings



Before / After

**CHANGE
YOUR SURROUNDING**

Gif source: Tenor #before and after deco

Wellness Exercise

A Japanese Method to **Relax in 5 minutes**



Video source: <https://www.youtube.com/watch?v=m3-O7gPsQKO>

Wellness Exercise

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Coping Card

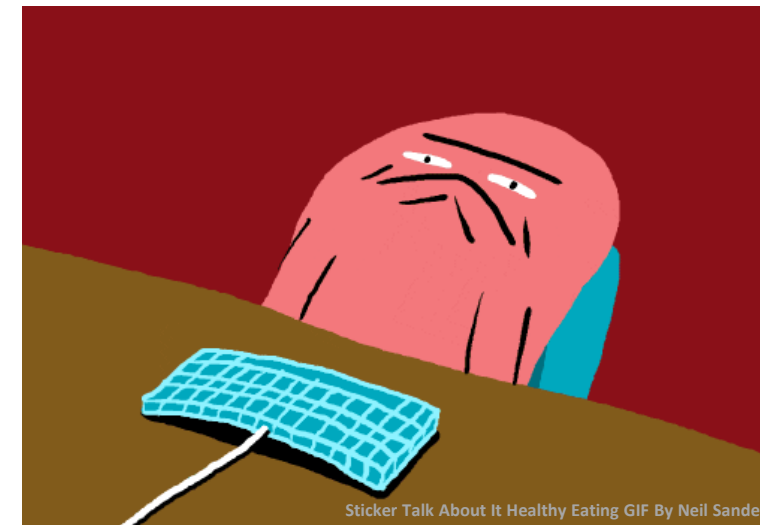
“When I am feeling _____
I will do the following:”

1. List 3-5 specific, realistic coping/grounding tools that you have quick access to.
2. Keep this card with you (e.g., in wallet or purse)
3. Review it often
4. You can make more than one with coping interventions tailored to specific problems (e.g., overwhelmed, triggered to drink, angry)

Example 1:

When I am feeling overwhelmed, I will do the following:

1. Go to a quiet place and breathe deeply for 3 minutes
2. Listen to my favorite song
3. Write a list of 10 things I am grateful for
4. Call a friend (Alex or Dane)
5. Say outloud, “This won’t last forever. It will be ok.”



GRATITUDE



Video source: <https://youtu.be/JMd1CcGZYwU>



Ways to Cultivate Gratitude

<ul style="list-style-type: none">• Write a thank-you note to someone	<ul style="list-style-type: none">• Leave yourself Notes
<ul style="list-style-type: none">• Thank someone mentally	<ul style="list-style-type: none">• Thank our loved Ones
<ul style="list-style-type: none">• Give thanks before meals	<ul style="list-style-type: none">• Pray
<ul style="list-style-type: none">• Keep a gratitude journal	<ul style="list-style-type: none">• Visual reminders
<ul style="list-style-type: none">• Count your blessings	<ul style="list-style-type: none">• Gratitude Jar
<ul style="list-style-type: none">• Share a compliments with others and yourself	<ul style="list-style-type: none">• Bedtime Thank You• Meditate

432 HZ

GRATITUDE MEDITATION

21 day transformation



Please fill out the survey!!



Thank you for coming!

May Peace be with you!



Content & Resources – Holiday Wellness

- ❑ 18 Ways to Cope with Frustration – [Mental Health America \(mhanational.org\)](https://mhanational.org)
- ❑ Setting Boundaries as a Health Care Worker – [Mental Health America \(mhanational.org\)](https://mhanational.org)
- ❑ Mental Health and Well-being Resources for Healthcare Workers – [The Schwartz Center \(theschwartzcenter.org\)](https://theschwartzcenter.org)
- ❑ After the Holiday: Managing Holiday Debt – [Managing holiday budget \(gotowebinar.com\)](https://gotowebinar.com)
- ❑ How to Set Boundaries When You've Never Been Taught How – [Greater Good Berkeley.edu](https://greatergood.berkeley.edu)
- ❑ Talks for when you feel totally burned out – [TED Talks playlists](https://ted.com/playlists)
- ❑ Find Essential Services in San Francisco - [SF Service Guide \(sf.serviceguide.org\)](https://sf.serviceguide.org)
- ❑ Coping with Stress – [CDC.gov](https://cdc.gov)
- ❑ Ways for Healthcare workers to manage Holiday Stress – [Healing Breaths.org](https://healingbreaths.org)

Content & Resources – Gratitude

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- Attitude of Gratitude - Science and psychology explains manage stress and remain calm - [by Kaiser -- akamaized.net](#)
- Giving Thanks can make you happier -- [by Health.harvard.edu](#)
- How gratitude can help you through hard times (w/video)-- [by GreaterGood.Berkeley.edu](#)
- How to practice Gratitude: 23 Tips – [by ChoosingTherapy.com](#)
- 5-simple-ways-to-practice-gratitude -- [by TomsOfMaine.com](#)
- 12 Powerful Gratitude Practices That Will Make You a Lot Happier -- [by TinyBuddha.com](#)
- Expressing Gratitude Recommended Read -- [by Harvard business Review: favorite-reads](#)
- Teen Health: 3 Ways to Practice Gratitude -- [by KidsHealth.org](#)
- 7 Simple Ways to Practice Gratitude in Your Everyday Life -- [by Reader's Digest @ rd.com](#)

Content & Resources – Gratitude video/audio

- What and Why Meditate with Deepak Chopra & Oprah Winfrey – [YouTube](#)
- Why Mindfulness is a Superpower? - by Twill -- [by Twill --YouTube](#)
- [Finding Peace During the Holidays \(Guided Meditation\) – YouTube](#)
- [Try to listen 10 minutes and life will change forever 🌸 He cures the whole body – YouTube](#)
- [432Hz- Tibetan Zen Sound Heals the Whole Body | Emotional, Physical, Mental and Spiritual Healing – YouTube](#)
- [Relaxing Harp Music with Ocean Sounds for Sleep, Studying, Meditation - Relax Flute, Piano, Harp – YouTube](#)
- [Sleep With Calm Harp Music & Water Sounds For 8 Hours – YouTube](#)
- 10 Minutes Meditation for Stress [Deep flute YouTube](#)

What and Why Meditate — with Deepak Chopra & Oprah Winfrey

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Video source: <https://www.youtube.com/watch?v=u58LCcxAEaA>



10-Minute Meditation For Anxiety

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Video source: [10-Minute Meditation For Anxiety - YouTube](#)