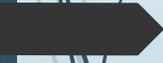


Finding Balance to Achieve Mental Wellness

Dr. Hillary Mennella, DNP, ANCC-BC
Associate Dean Student Health & Wellness
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Define Balance & Mental Wellness

What does balance and mental wellness mean to you?

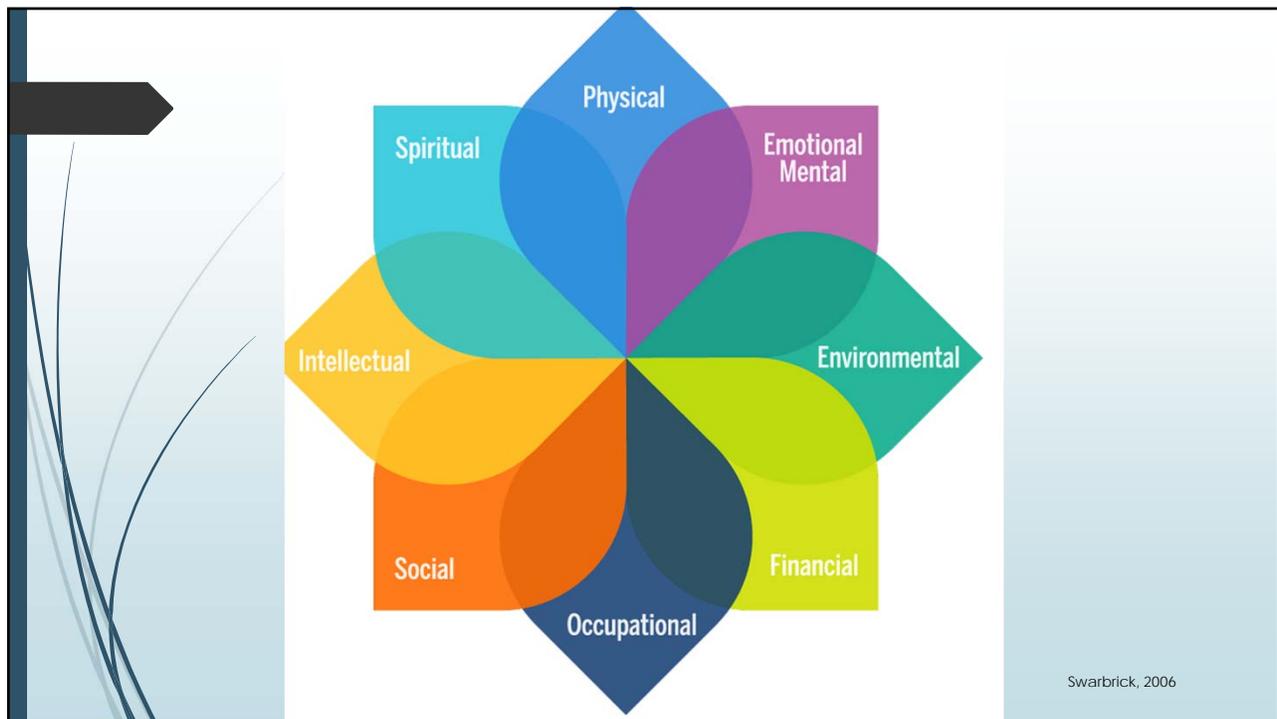
- ❖ **Balance** is the complete engagement in what we need or want to do without guilt or worry that we should be doing something else
- ❖ **Balance** requires understanding our own boundaries and needs for freedom to pursue all the various roles and identities we have or want to have in life
- ❖ **Balance** leads to greater life satisfaction and well-being—which improves our ability to find balance in the future



Mental Wellness

- ❖ Realize our full potential
- ❖ Cope with life stressors
- ❖ Work productively
- ❖ Make meaningful contributions to our communities
- ❖ Enjoy fulfilling relationships





Action Plan

"Owning our story and loving ourselves through that process is the bravest thing that we'll ever do." Brené Brown

- ▶ Which aspects of which dimensions are you ready and willing to work on?
- ▶ What are/would be the benefits of working on this behavior?
- ▶ What could get in the way of achieving your goal?
- ▶ How can you reward yourself for achieving your desired goal?
- ▶ What can help you achieve your goal? On what date will you start?

Tips for Action

- ❖ Small, attainable goals
- ❖ Concentrate on small actions
- ❖ Create a “Later List”
- ❖ Respect your limits
- ❖ Slow down and give yourself the time and space you need and deserve in order to function at your highest potential



On Campus Resources

Zumba

- Mondays & Wednesdays, 5 pm

Meditation

- Tuesdays, 12 - 1 pm

Yoga on the Lawn

- Tuesdays & Wednesdays 11-12 pm

Yoga

- Thursdays, 4:45 - 5:45 pm

SHS Website MH Resources

- Apps for Self-Care
- Kognito At-Risk

Employee Assistance Program

- 800-531-0200
- 24 hours a day, 7 days a week



Practicing Mindfulness at Work



- ▶ Start with the outcome
- ▶ Work in focused intervals
- ▶ Catch yourself multitasking
- ▶ Take purposeful breaks
- ▶ Take three breaths
- ▶ Reduces stress & anxiety
- ▶ Improves work creativity
- ▶ Improves work relationships
- ▶ Boosts overall performance
- ▶ Assists with prioritization

(The Mindful Day, Cameron, 2018)



