

Emotional Wellness “Check In”

**A Presentation for
the Academic Staff Advisory Committee**

Facilitator: Lisa M. Laughman, LMSW



How am I feeling about being here today?



Years of Service

- MSU Employee Assistance Counselor (10)
- MSU Health4U Program
Emotional Wellness Consultant (8)
- Breaking Free From Stress Instructor (14)
- Workplace Wellness Counselor (19)
- Clinical Social Worker (25)

Emotional Health



A “state of mind” that allows us to connect fully with the wise, creative flow of energy we call life

*Our **well** of **being***

Universal, always available to us

Emotional health is not contingent on our current circumstances, or past events

Emotional Resiliency

- The ability to **connect with** and **utilize** our emotional health
- The ability to be **psychologically flexible** and navigate change, trauma, and life transitions effectively - lined up with our core values
- The ability to experience the **full range of emotions** that are natural for humans to experience

The Good News About Resiliency

- Resiliency is a **set of skills** or **learned capacities**
- Resilience can be taught, **enhanced through educating people** about how they operate emotionally, psychologically, spiritually

Being able to ask yourself in a given moment, am I operating from my emotional health and wellbeing, RIGHT NOW?

WHAT THE HECK IS AN EMOTIONAL WELLNESS CHECK IN?

HINT: It's not what we think it is

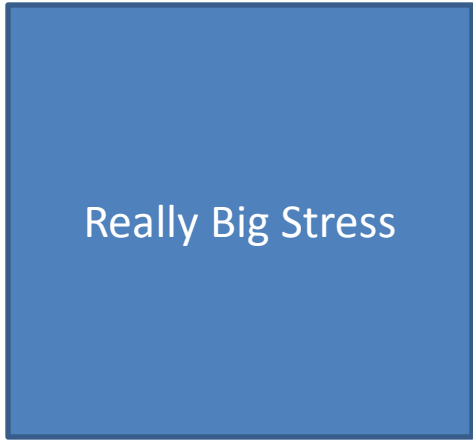
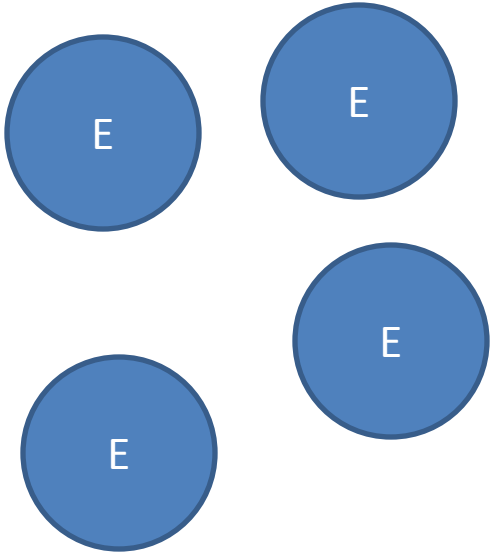
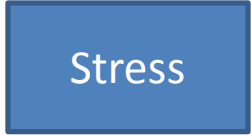
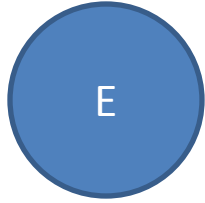
WHAT GETS IN THE WAY OF OUR EMOTIONAL HEALTH?

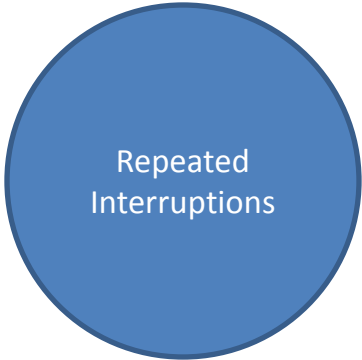
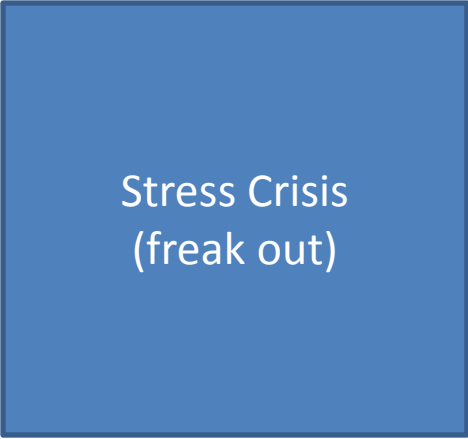
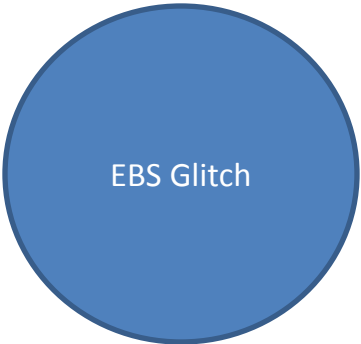
Most psychological suffering is caused by **resistance**. People resist **“unwanted personal experiences”**. We try to control everything so as to avoid a future unwanted personal experience. We even try to resist unwanted personal experiences we are already having.

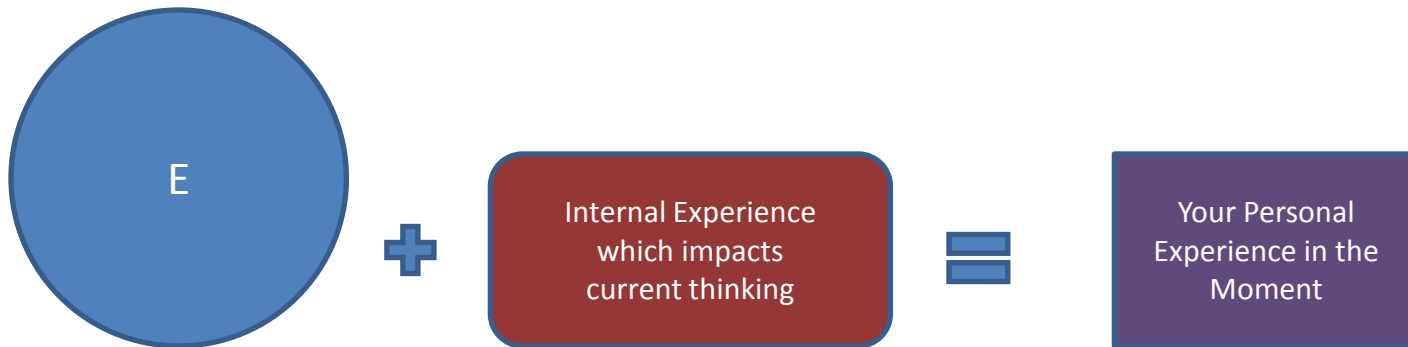
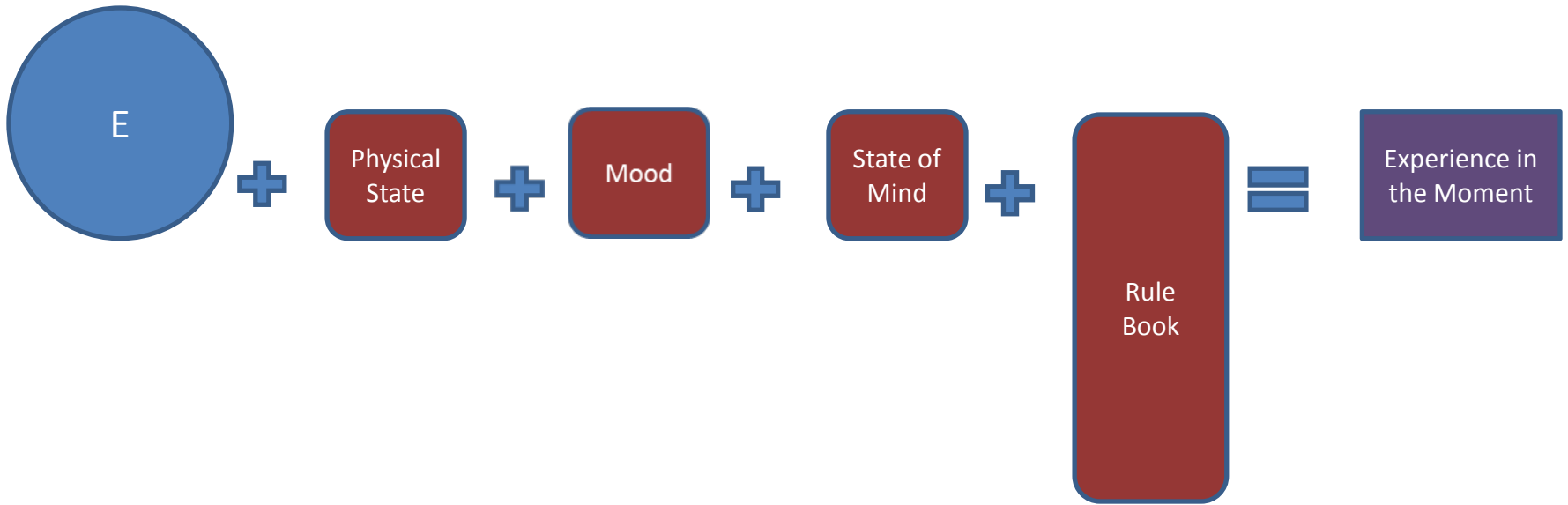
RESISTING WHAT IS.

Typical Responses to the Question: WHAT CAUSES YOU STRESS?

tenured faculty, plans of work, grant reporting, public speaking, traffic, technology, coworkers, bosses, illness, caregiving, kids, parents, spouse/partner, siblings, my body, politics, terrorism, bills, deadlines, too much to do, expectations, change, weather, stupid people, lazy people, rude people, judgmental people, bureaucracy, bad drivers, cell phones, the housing market, the stock market, waiting for trains, health diagnosis, airport security, construction, lack of parking, parking tickets, flat tires, discrimination, change, oppression, weddings, births, reappointment process, moving, \$, \$, \$, \$, \$, \$, natural disasters, taxes, death....







What's up with me, right now?

your ***personal reality*** is variable and changes moment to moment according to what is currently happening with these internal factors:

Physical
State

Mood

State of
Mind

Your
Personal
Rule Book

Check Yourself First – Physical Health

- What is happening for you physically
 - Hormones (hot flash?)
 - Blood sugar
 - Blood Pressure
 - Tension
 - Nauseous
 - Medicine reaction
 - Hung over
- Are you WELL fed?
- Are you WELL rested?
 - sleep/awake mental rest

Check Yourself First - Mood

- How does your mood impact your thoughts, feelings, reactions, and behaviors?
- Do you know when you are in a low mood?
- Every body experiences variations in their mood.
- “False happy” is a low mood too
- Happy does not = healthy

**It doesn't matter how low you go...
it is the bounce that counts.**

Linda Pransky, LMSW

3 Principle Facilitator

“There is no greater protective factor than realizing we are in a low mood and our thinking and perspective has been compromised.” * Lisa Laughman, LMSW

* based on practice - based evidence

Higher Mood States

Gratitude

Generosity, Kindness

Creativity, Insight

Appreciation, Compassion

Patience, Understanding

Sense of Humor

Satisfaction, Contentment

Cooperation, Flexibility

Interest, Curiosity

Lower Mood States

Impatience, Frustration

Boredom, Restlessness

Dissatisfaction

Defensiveness, Conflict

Blame, Judgement

Self-Righteousness

Stress, Burnout, Anxiety

Anger

Depression

Revenge, Hostility



UP

DOWN

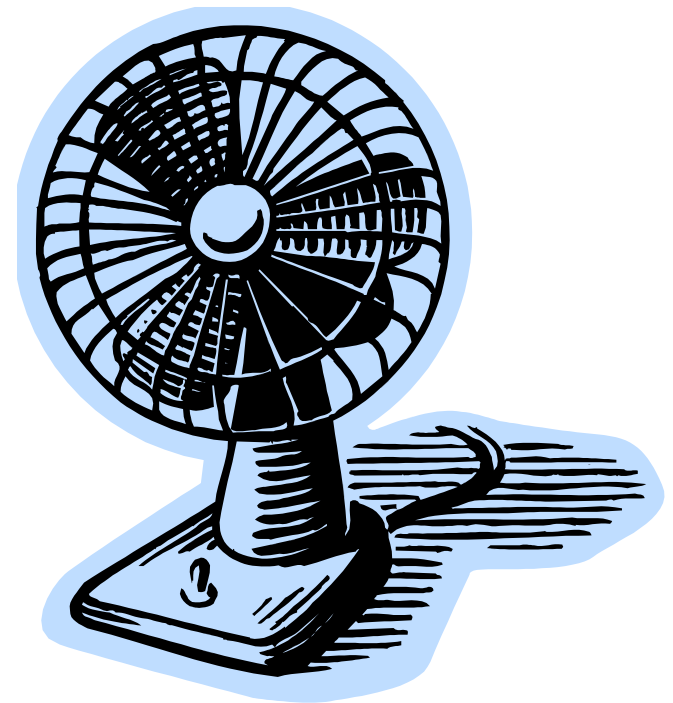


UP

DOWN

Check Yourself First – State of Mind

- What is the current condition of your thought world?
- How would you describe your state of mind?
blender brain, molasses, mud mind, foggy, “loading...”
- How busy minded are you?



Check Yourself First – Rule Book

- We collect our rules over the course of our life times. Who taught you how things were supposed to go?
- Who did the fact checking on your rules?
- Are you bumping up against one of your strongly held rules?
- Are you “shoulding” all over yourself?
- How attached to your own “personal reality” are you, right now?
- Are you shame triggered and responding in old, unhelpful ways?
- Is there any way on God’s green earth that the situation you are in and the rules you hold tightly to are compatible?

There is no “selective numbing”

FEEL MORE FULLY AND EFFECTIVELY

FEEL BETTER!

“Notice and Gently Self Correct”

WHEN YOU GET OFF COURSE...

Stop
Drop
(Reflect)
Roll

**WHAT ARE YOU SUPPOSED TO DO
WHEN YOU CATCH ON FIRE?**

Emotional Health Spartnership

The staff of the **MSU Health4U Program** and the **MSU EAP** want **YOU** to be more **RESILIENT** and be able to enhance and protect your **EMOTIONAL HEALTH**

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To join the **MSU Health4U** list serve

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or send an email to:

health4U@hc.msu.edu

