

Mental Health Virtual Town Hall

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***Parenting with
Purpose***

*A speaker series with practical tips to
empower and inspire*

***Minnetonka Mental
Health Advisory
Committee***

Navigating Well-being and Mental Health during COVID

JoAnne Hoffman Jecha, MD

Director of Mental Health Services





- Fight (anger, irritability)
- Flight (fear, anxiety)
- Freeze (withdrawal, depression)
- Manifestations in behavior and body

Comfort Zone

*Health is the
key to Mental
Health*

The truth about healthy lifestyles

- Sleep
- Exercise
- Diet
- Natural Light
- Connections



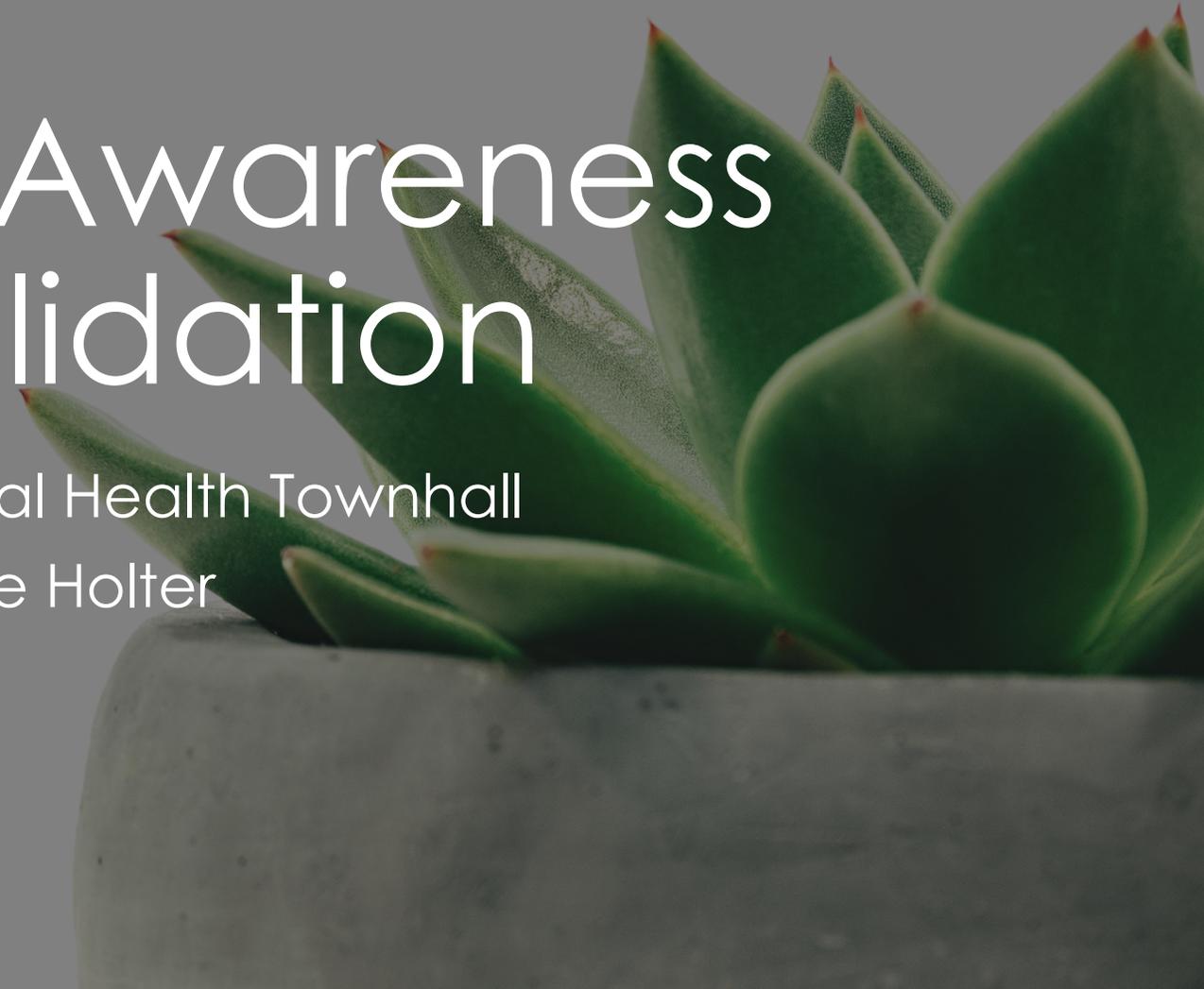
Impairment

- When to seek help
- Asking questions
- Next steps

Emotional Awareness and Validation

Minnetonka Mental Health Townhall

Dr. Katie Holter



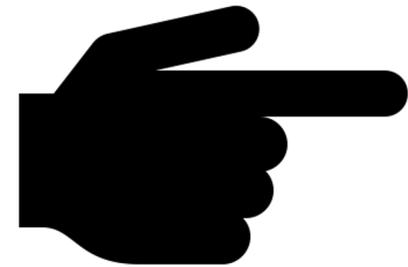
No Bad Emotions



Emotions are not the problem



Emotions serves a purpose



Behaviors have Consequences

Emotion Myths

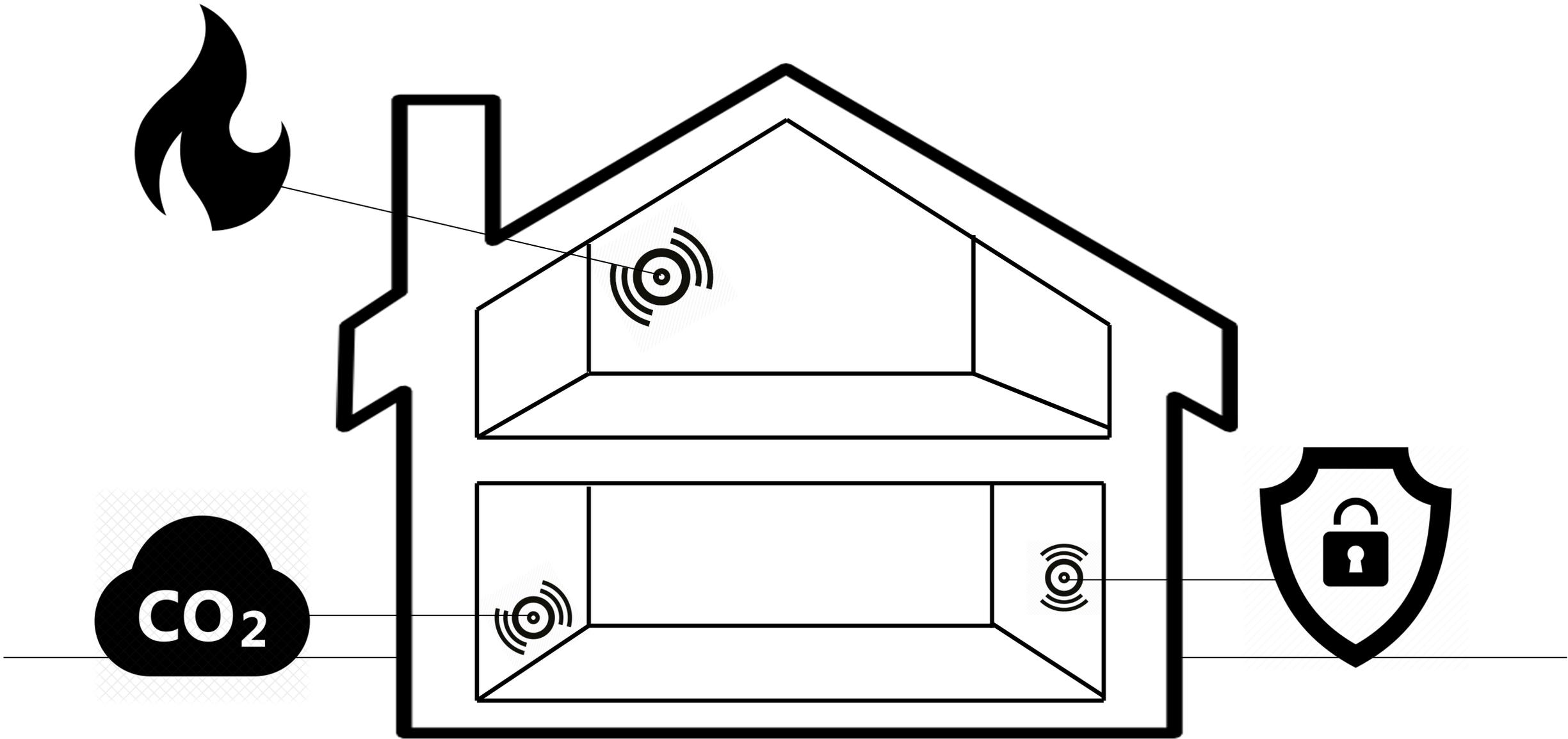
There is a right way to feel in every situation.

Negative feelings are bad and destructive.

Letting others know that I am feeling bad is a weakness.

Painful emotions are not important and should be ignored.

Emotions can happen for no reason.



Purpose of Emotions

FEAR

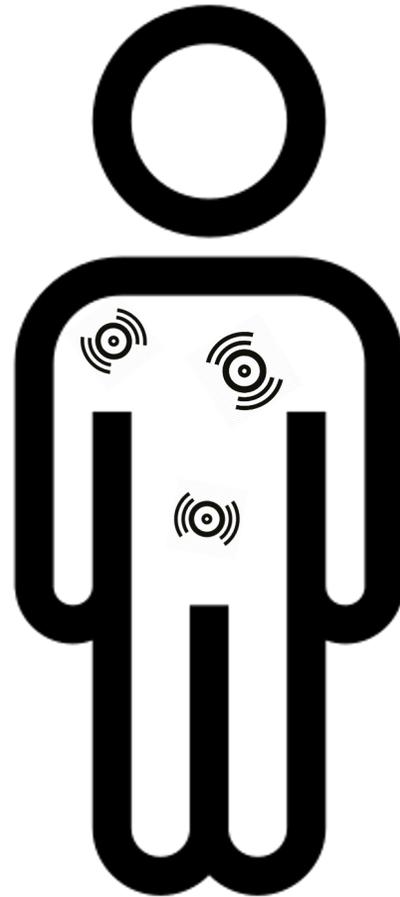
Warns of a threat to:
Safety, Health, or Wellbeing

ANGER

Goal is blocked
Being verbally or physically attacked

SADNESS

Experienced a loss
Something is not as you hoped or expected



GUILT

Our behavior goes against our
values or moral code

SHAME

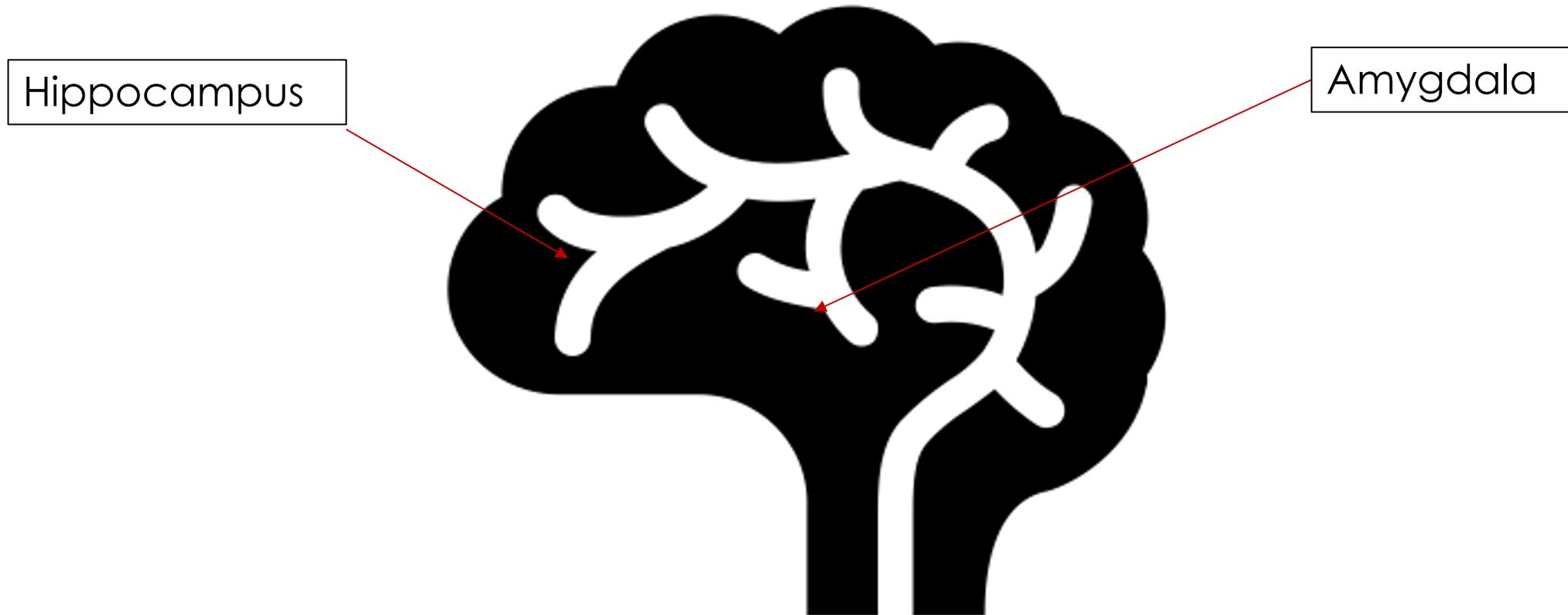
We will be rejected by a person or
group if characteristics or behavior
is made public

MOOD METER

How are you feeling?



Emotion Regulation



Emotion Regulation

Emotion Regulation is not:

Not feeling emotions

Exerting control over what you feel

Not feeling unpleasant emotions

Only feeling pleasant emotions

Emotion Regulation is:

Allowing ourselves (and others) to feel our emotions... all of them

Validation

Examples of Invalidation

ORDERING SOMEONE TO FEEL DIFFERENTLY

Don't be so sensitive
Stop complaining
Don't get angry

MINIMIZING

It can't be that bad
At least it's not...
It could be worse
Don't worry, it's nothing

PROBLEM SOLVING

You just need to....

Validation

It makes sense you feel (Emotion) when (Event)

Validation

It makes sense you feel (Emotion) when (Event)

and

What do you think would be helpful to do next?

Are you open to problem solving?

Would you like some suggestions?

What do you need from me right now?

No Bad Emotions



Emotions are not the problem



Emotions serves a purpose



Validating our emotions is an important step in creating and maintain emotional and relational health

Thank You

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FAMILY STRESSORS & SELF-CARE DURING COVID



Sandy Mangle MA, LMFT



FAMILY AND PARENTING STRESSORS

- Parents are finding themselves in multiple roles of parent, teacher, professional, and playmate all in one space
- Dealing with your child's stress, fears, and anxieties and how to find the right words
- Experiencing your own grief and loss that many areas of your life are not the same anymore
- Social distancing and limiting contact with others we care about results in feeling isolated
- Kids are having more behavioral issues, creating more stress in an already stressed household
- Dealing with bored, lonely, and fighting children is not easy! (Not to mention - will the internet hold up for everyone?)

FAMILY AND PARENTING STRESSORS

- Having to make decisions about get-togethers, playdates, sleepovers, etc. creates daily stress for parent and child interactions due to not agreeing
- Constant comparisons between what others are doing or not doing creates daily distress
- Ongoing indecision about whether to keep dental appointments, well-child visits, or should you accept that dinner invitation?
- Navigating day care expectations and restrictions
- Financial strain
- Baseline anxiety leaks into daily life, affecting the whole family system
- Suffering from your own feelings of depressed mood and anxiety, while needing to manage your children's

FAMILY AND PARENTING STRESSORS

- Never feeling that you're able to give 100% to your family or your job, resulting in constant frustration
- Day to day life routines changed abruptly, impacting family routines and expectations
- Guilt that you're not feeling happy or grateful for what you do have
- Worries/fears about your own parents living in isolation, and feeling you're not doing enough for them
- Feeling smothered by not having enough alone time is real, and a reminder that alone time can be rejuvenating
- Marriages and partnerships are under heavy strain with the extra stressors and unknowns ahead
- Different parenting perspectives are highlighted in relationship and can cause additional stress in parenting
- Heightened stress can lead to health problems and burnout since stress impacts our immune system

BUILDING STRENGTH & RESILIENCE

- Connect to feelings, in order to avoid shutting down
- Accept what you can't control so that you can free up and devote energy to things that you do have control over
- Give yourself permission to stop worrying about the past and things you can't control
- Gain confidence by looking at ways you have successfully coped with uncertain and stressful times in the past
- Reach out to others – connecting to family and friends eases stress and boosts mood
- Focus on your inner circle of people closest to you and prioritize and deepen your relationships with them

INVEST IN SELF-CARE

- Don't withdraw and prioritize relationships that matter the most
- Manage worries by putting a daily time limit on them and then be done
- Make a list of all your tasks and responsibilities and schedule time to accomplish them
- Avoid those people that tend to be negative and draining of your energy
- Reflect on your values – consider what matters most to you
- Find ways to express what you value most in life to others – a card, a call, volunteering...
- Limit news and social media
- Avoid comparing your decisions to others in your social circle
- Deal with big problems one step at a time
- Find alone time to rejuvenate and recharge

INVEST IN SELF-CARE

- Try to be purposeful about being hopeful and positive
- Express gratitude
- Be kind to yourself – you're doing your best
- Give back and volunteer – it allows us to help others and feel in control
- Access worship services online
- Play music all day
- Hold regular family meetings so everyone feels heard and can share in calm ways
- Access telehealth therapy
- Exercise – it releases endorphins to ease tension in mind and body
- Practice mind-body relaxation (can do as a family). Try the yoga-meditation CALM app for adults and kids
- Prioritize sleep and eating well

POSITIVE TAKE-AWAYS

- Deeper connections with those we value most
- Deeper reflection on our values and what matters
- Family dinners
- More family conversations
- Game night
- Quality time together

CONTACT US



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Meetings are virtual (right now).

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