

# #TOOLS4RESILIENCE

Virtual Education Series  
Celebrating **Mental Health Awareness Month 2022**

## Somewhere Over the Rainbow

Presented by: Cynthia J. Petersen



North Country  
Community Mental Health

# Somewhere Over the Rainbow

Speaker: Cynthia Petersen, 231-935-3099

# In Search of Health, Humor and Happiness



Who were the  
characters in  
the movie?

What were  
they  
searching  
for??



# How do you get a healthy heart, brain, find the courage to move forward and find happiness?

- The Scarecrow was searching for a brain?
- The Tin Man was searching for a heart?
- The Lion was searching for courage?





- Reading –Book Clubs
- Puzzles –Crossword-Sudoku
- Virtual Adventures to Art Galleries, Zoos, Concerts
- New classes on-line, community college, school
- Painting, Art, Music, learn new skills

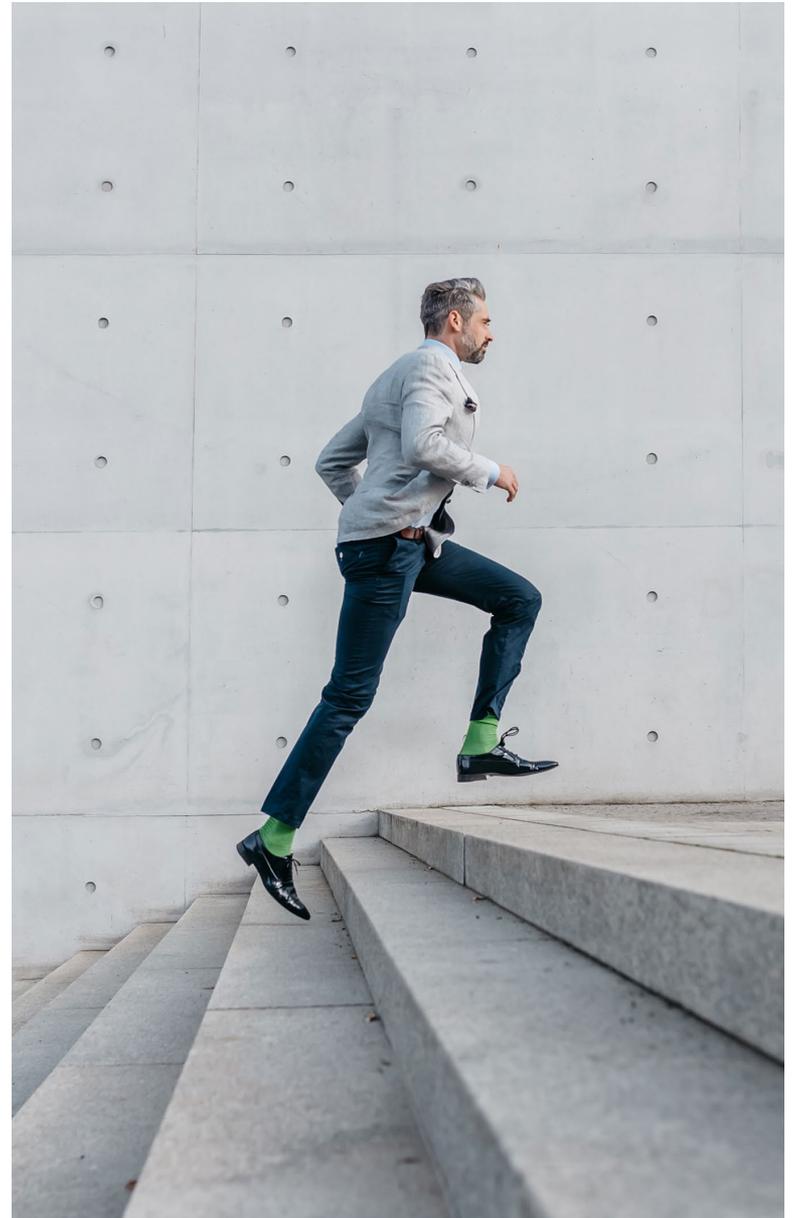
# What Keeps the Heart Healthy?

- **Stretching in AM**
- **Work Out Programs**
- **Moving to Music**
- **Dancing**
- **Chair Exercise**
- **Nature Walk, walking your pet**
- **Meditation**



# How Do You Find Courage to Take the Next Step?

- Who is your Cheer Leader that encourages you?
- Can you brainstorm a plan of action?
- Can you take just one step towards change?
- How do you stop the negative self talk?
- How do you reward yourself in making the change?



# 3 Greatest Immobilizers that Keep You from Being Positive

➤ Fear

➤ Doubt

➤ Worry



# Searching for Happiness



- Quickly list the first five things that come to your mind when asked what makes you happy?
- Share your list with others.

Gratitude

**Searching For Hope  
It is found in your attitude.**



# Laughter is the Best Medicine

- Laughter should be on your self-care list.
- Laughter helps with your mood, mental health, heart health and more.
- Laughter is an “Instant Vacation” for your brain.



# Reasons to Laugh

- “Laughter is the physical manifestation of finding something funny, and it can help reduce inflammation and stress hormones, improve circulation, and enhance the immune system.” Everyday Health Wellness
- Dr. Hanna says “To bring the funny to your life, you don’t even need to laugh out loud. Just finding something funny or amusing can have the same benefits. It’s not about making difficult things funny or ignoring pain and suffering but allowing ourselves to also see the lighter side of life more often to release the tension and recharge our own battery.”

# Doomscrolling

- This is the name given for the tendency to consume endless negative news. Given the year we have had, we can all benefit from moments of laughter right now.
- Search out laughable apps <https://laughable.com/> in which you can sign up for podcasts or view funny people.
- Take a laugh break like watching something funny on YouTube or a quick click of something from late-night TV.
- Set you alarm or phone for a “fun break” because a well –planned 15-minute break for humor increases productivity according to the Journal of Business and Psychology.



# Gratitude Journal

- You have heard about the gratitude journal where you write down three or more good things that happened that day.
- A humor journal works the same way, where you reflect and write down three funny or amusing things that happened at the end of the day, or week.
- Keep a joke book in the bathroom to lighten up.



# How to laugh more every day



- Be able to see humor in everyday situations. Humor is not a talent; it is a habit.
- Laugh, laugh, laugh . If you find something funny, don't hold back and simply smile to yourself.

# Laughter is the best medicine

- **Who Can Tell a Great Joke?**
- **Who Can Tell a Funny Story?**
- **Who Makes You Smile and Laugh**



Put on a Smile

# How do you spell RELIEF??

- Let's Look at Coping Strategies
- Relax Your Stress Triangle
- Neck Roll
- Shoulder Shrug
- Pick Fruit
- Massage Yourself
- Standing Body Roll



# NESTLES

makes the  
very best...

Nutrition

Exercise

Sleep

Think positive thoughts

Laugh & smile often

Express yourself to a friend

Solution rather than  
problem focused



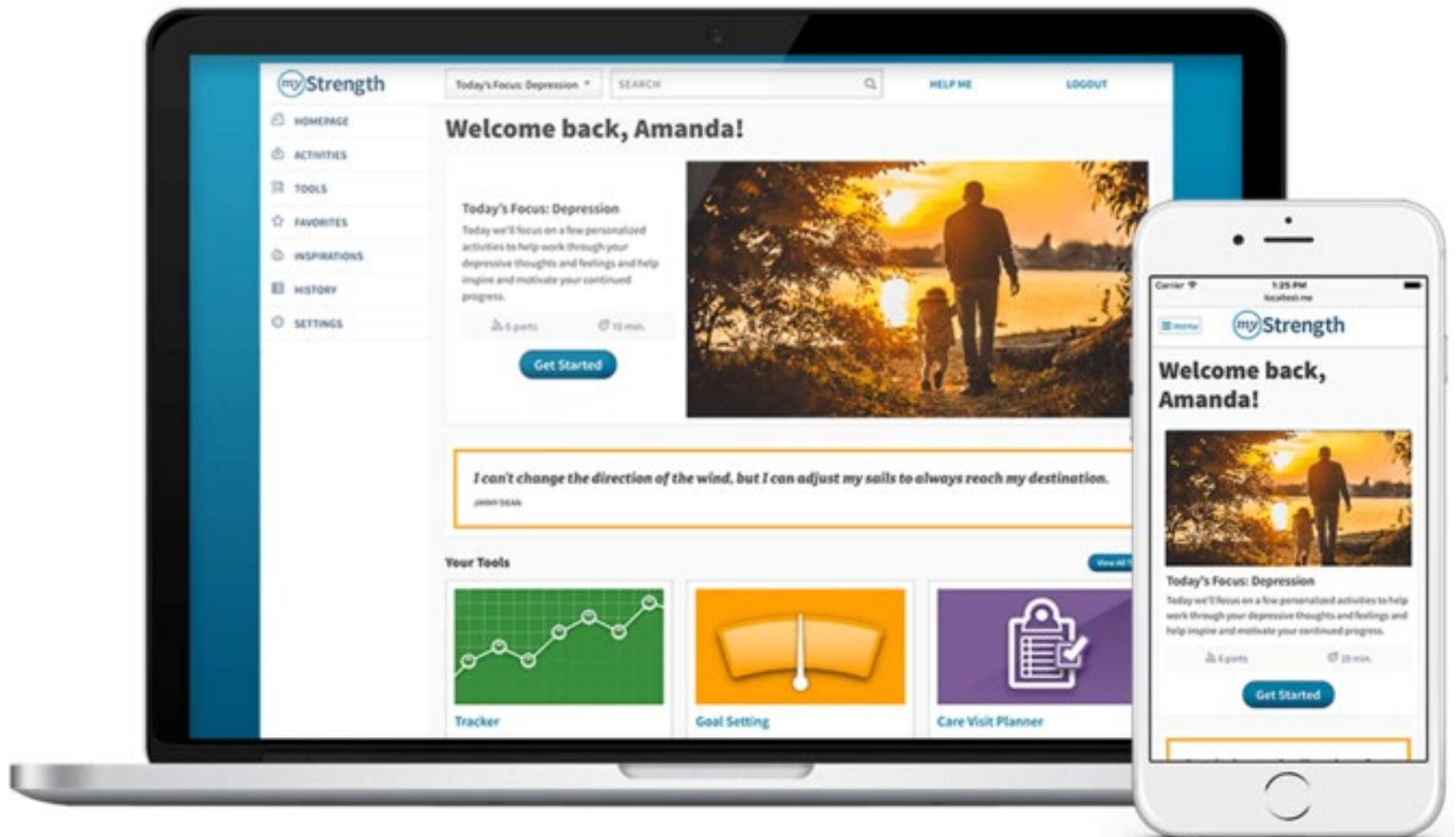
# Somewhere over the Rainbow

- What was Dorothy Searching for??



# Mindfulness 101

# myStrength is evidence-based, self-help resources.



# Resources available

- **Guided programs and videos on**
- **Managing Depression**
- **Controlling Anxiety**
- **Drug or Alcohol Recovery**
- **Managing Chronic Pain**
- **Reducing Stress**
- **Decreasing tobacco use**
- **Early Parenting**

# How do myStrength programs help?



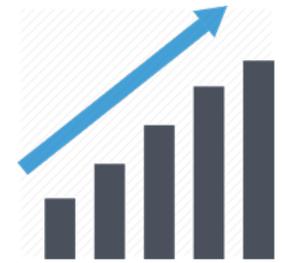
Evidence-based

MINDBODY.

Multi-condition  
and holistic



Web-responsive  
& mobile tool  
for your toolbox



Demonstrated  
results



Personal  
and relevant



Interactive,  
available  
24/7/365



Safe & Secure



Hopeful  
and helpful

# Video on Resilience

- We have a video on building resilience which is one of the resources through myStrength
- It is very easy to access any topic or video with using the search bar
- Current education articles are added to web site



# Building Resilience

“What lies behind us and what lies before us are tiny matters  
compared to what lies within us.”  
Ralph Waldo Emerson





# Need Primary Health Care?

Northern Lakes Integrated Health Clinic offers primary health care to improve your health, wellness and quality of life.

Northern Lakes Integrated Health Clinic is open to all and is accepting new patients, regardless of insurance, including Medicaid.

**Call 231-935-3062  
for an appointment!**



# Northern Lakes Integrated Health Clinic

**Physical Health + Mental Health  
= Maximum Health!**

## ➤ **Physical Health Services**

- Primary Care
- Includes management of chronic conditions such as diabetes, high blood pressure, heart disease
- Coordination of care and help with referrals to specialists
- CLIA certified lab
- Four days in Traverse City, one day in Grayling

## ➤ **Mental Health Services**

- Outpatient therapy for people who do not meet criteria for NLCMHA mental health services
- Brief mental health and substance use disorder assessments for each new patient, with additional periodic evaluations
- Brief interventions when acute need is identified

**Call 231-935-3062 for an appointment**



# Services for everyone

- • Crisis services 24/7
- • Information and referral
- • Community education, Mental Health First Aid
- • myStrength wellness app
- • Drop-in Centers



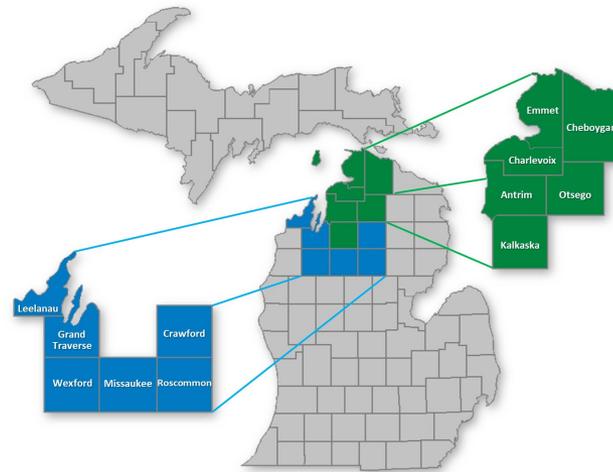




Free for our communities!



MyStrength Code  
**NLCMHcommunity**



North Country  
Community Mental Health

MyStrength Code  
**NCCMHcomm**

**Any Questions?**

Thank you for listening.

Do you have any questions?