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MENTAL WELL BEING

BEHAVIORAL HEALTH VIDEO LIBRARY

10TH ANNUAL SCHOOL WELLNESS SUMMIT

OCTOBER, 2023



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery

**Mental health
includes our
emotional,
psychological, and
social well being.**





**There is a cost to
caring.**

-Charles Figley



S E L F

C A R E



What is Self-Care?

According to the National Institute of Mental Illness (NAMI), there are six elements to self-care:

Physical
Psychological
Emotional
Spiritual
Social
Professional



**Why is self care
challenging for
educators?**

SELF CARE
IS NOT LUXURY.
IT'S NECESSITY.





Growing Self Care Skills



**Sometimes the
smallest moment
away from a
situation can give
a brand new
perspective.**



Video Library



What is Mental Health?

Santa Barbara Response Network

Chair Yoga

Sol Seek Yoga



What is Self Care?

Santa Barbara Response Network

Outdoor Time with Animals

Martha's Farm Animal Sancturay



Headspace Meditation Exercises

Headspace

What is School Anxiety

Mental Wellness Center



And more!



[Letting Go of Effort](#)

THANK YOU!

