PRESENTED BY SUZANNE GRIMMESEY, MFT

MENTAL WELLBEING

BEHAVIORAL HEALTH VIDEO LIBRARY

10TH ANNUAL SCHOOL WELLNESS SUMMIT

OCTOBER, 2023





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





There is a cost to caring.

-Charles Figley







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

Physical
Psychological
Emotional
Spiritual
Social
Profesional

Why is self care challenging for ecucators?





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



Sol Seek Yoga



What is Self Care?

Santa Barbara Response Network

Outdoor Time with Animals

Martha's Farm Animal Sancturay

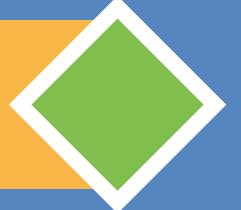


Headspace Meditation Exercises

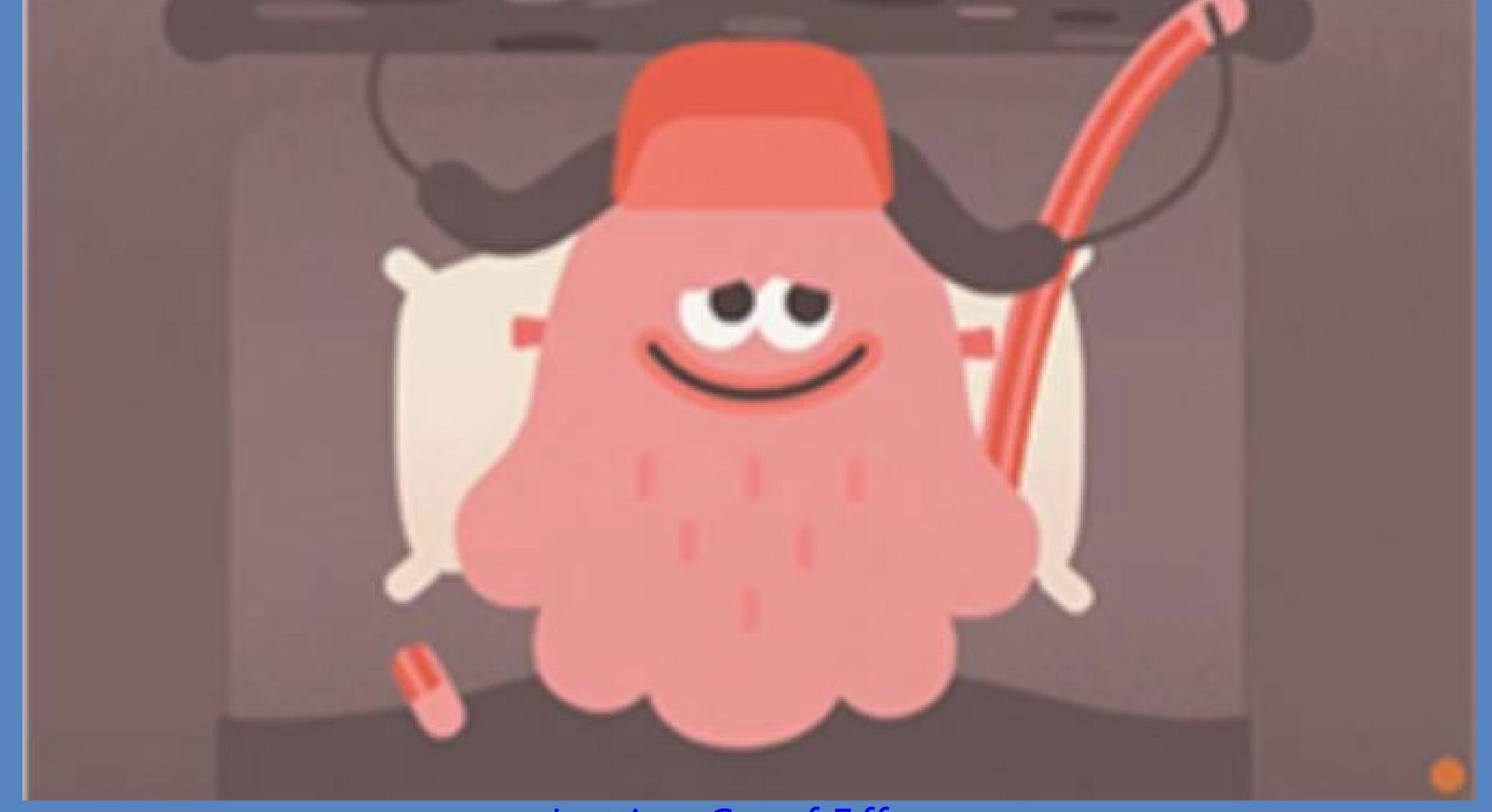
Headspace

What is School Anxiety

Mental Wellness Center



And more!



Letting Go of Effort

THANK YOU!

