



# SELF-CARE AND MENTAL WELLNESS

## Youth Wellness Summit

- **Suzanne Pearlman, MA, She/Her**

### ***Learning Objectives for this session:***

- 1. Understand how risk and protective factors influence our mental well-being.*
- 2. Learn practical skills to implement right away.*
- 3. Develop a self-care plan to take with you throughout the conference and beyond.*



**Staying healthy in mind and body is essential, especially in this current state of the world.**



Taking good care of ourselves can help us move from simply getting through, to thriving and growing during difficult times.

**I will practice self-care when...**

# Risk and Protective Factors



**What puts us at risk?**

**FAMILY  
HISTORY**

**POVERTY**

**ABUSE**

**SUBSTANCE  
MISUSE**

**MEDICAL  
CONDITIONS**

**STRESSFUL  
LIFE EVENTS**

**ISOLATION**

**TRAUMA**

**HARSH  
FAMILY LIFE**

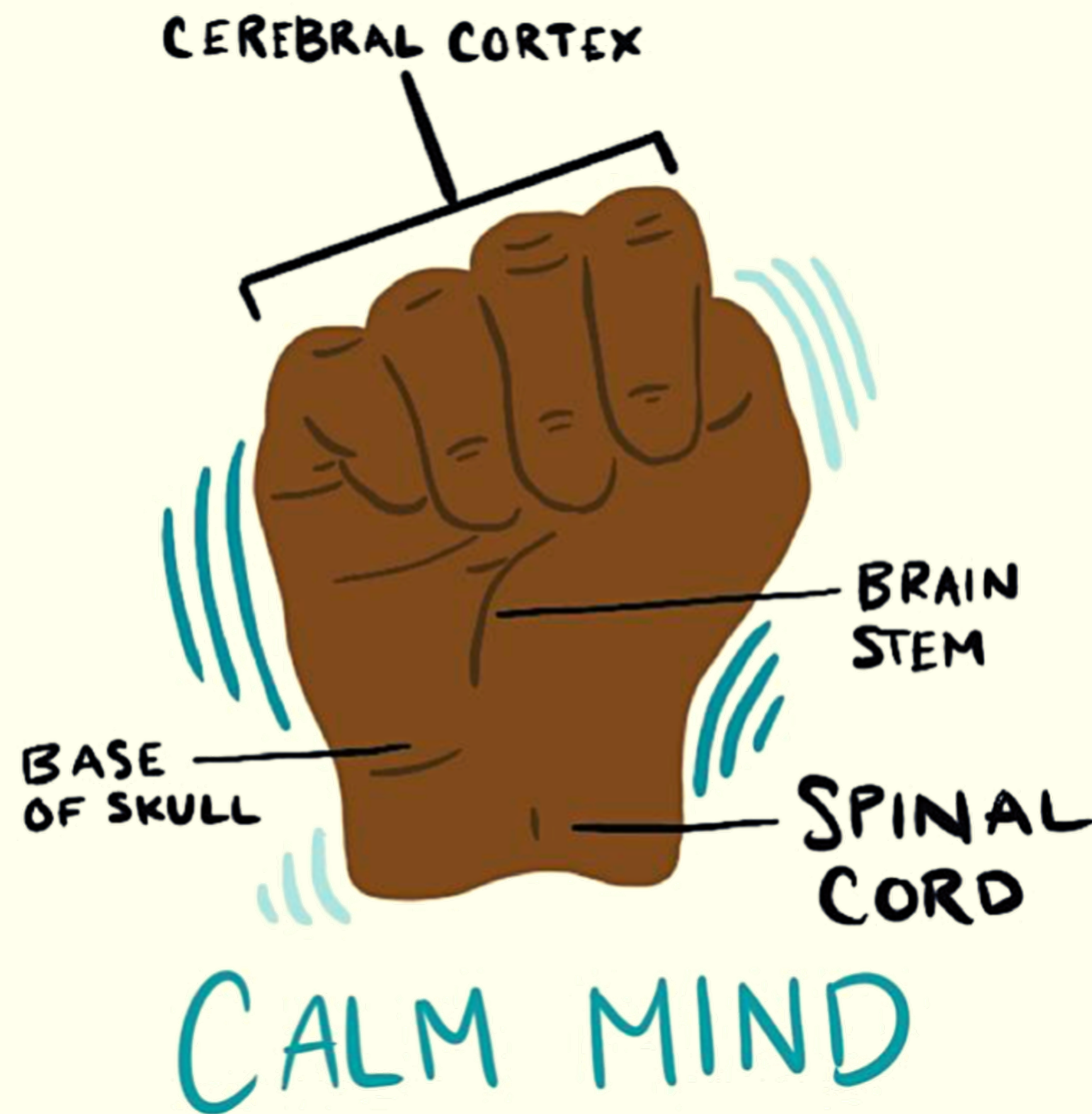
**MEDICAL  
MISTRUST**

**STIGMA**

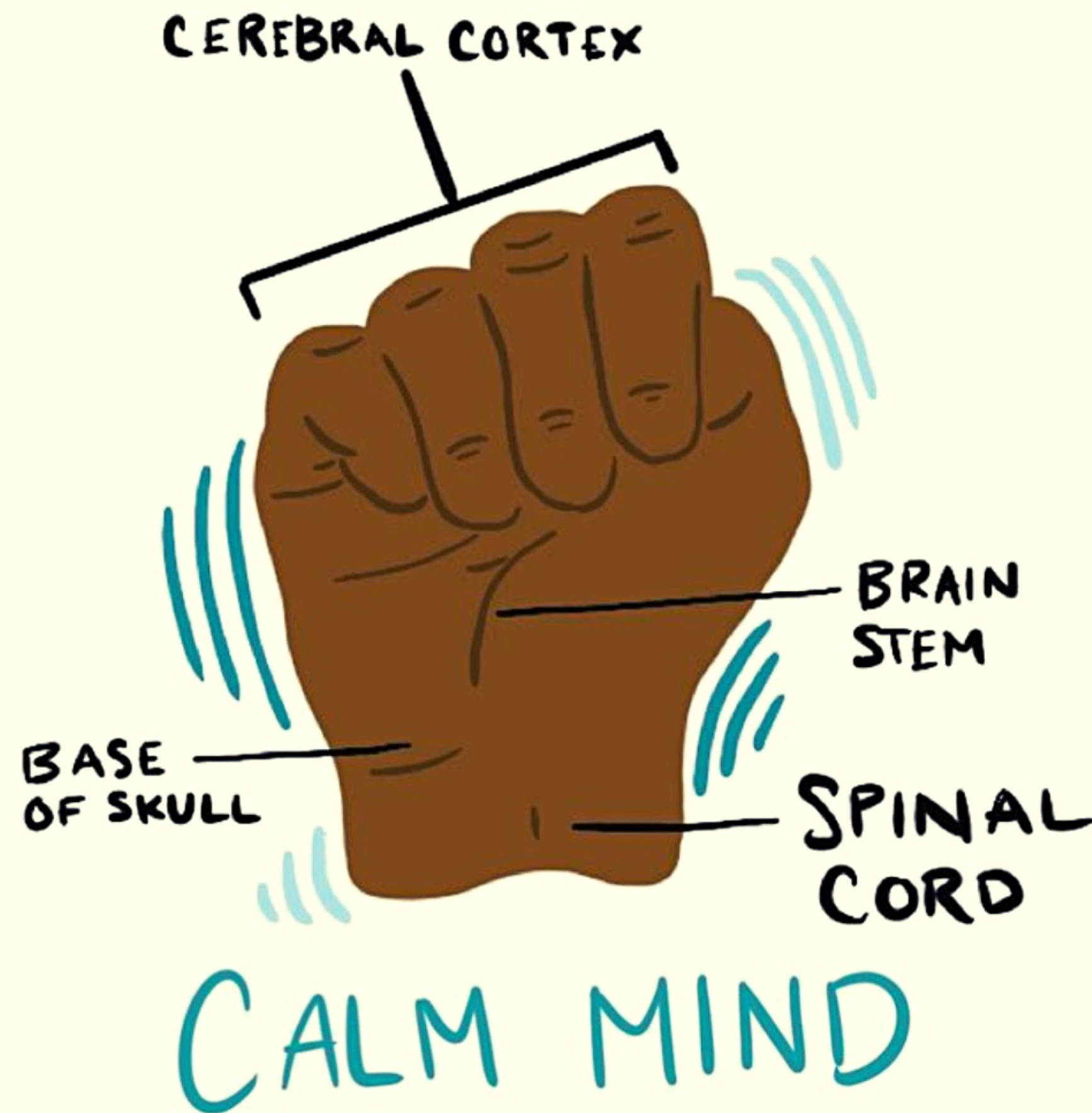
**POOR PEER  
RELATIONSHIPS**

**GLOBAL  
PANDEMIC**





- **Brain Stem (near wrist):** breathing, heart pumping, etc.
- **Amygdala (thumb):** senses danger
- **Cerebral Cortex (fingers):** make thoughtful decisions, manage emotions



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When we sense danger the amygdala (thumb) **sounds the alarm** and...



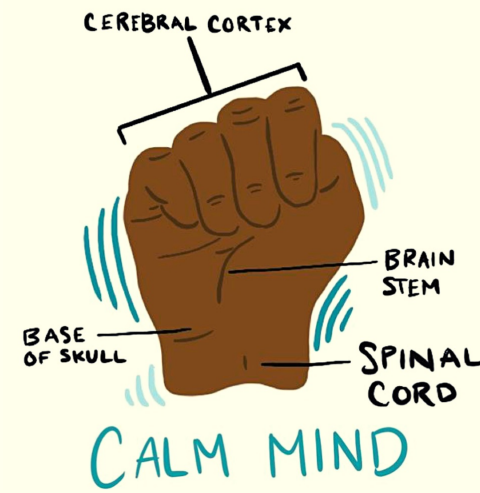
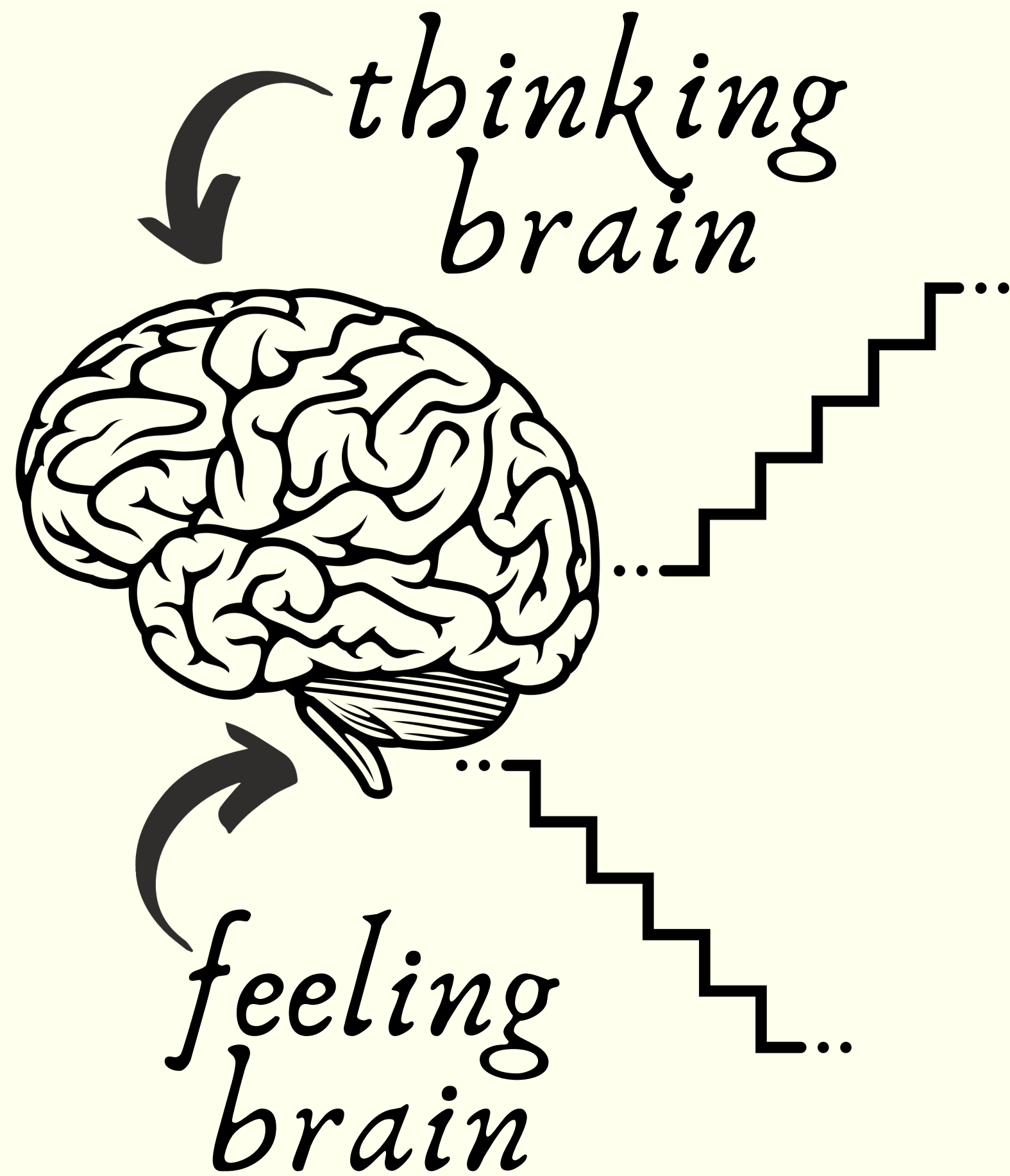
**Our lid has "flipped" and we react.**

- This means our "fight, flight, freeze" response for a danger or threat is engaged.
- This part of our brain also stores old memories of past danger.

**What are examples of things that flip our lid?**

**Do you think it's possible to stop ourselves from "flipping our lid"?**





How do I know I'm about to "flip my lid"?

One strategy I want to try when I notice the warning signs...





# What is self-care or self-love?

Any activity we actively choose to do to take care of our physical, mental and emotional well-being.

Why do so many people think we have to earn it, or use it as a reward?

## What are protective factors?

**GOOD  
NUTRITION**

**ACTIVITIES  
OUTSIDE OF HOME**

**GOOD  
SELF-ESTEEM**

**HEALTHY  
DEVELOPMENT**

**CULTURAL  
TRADITIONS**

**REGULAR  
EXERCISE**

**SPIRITUALITY/  
CONNECTEDNESS**

**REGULATE  
EMOTIONS**

**CONSISTENT  
FAMILY LIFE**

**CULTURAL  
BELONGING**

**GOOD SOCIAL  
SUPPORTS**

**ECONOMIC  
SECURITY**

**COPING  
STRATEGIES**

# Why do we need to practice self-care?



01

Our well-being is important no matter the circumstance or state of the world.

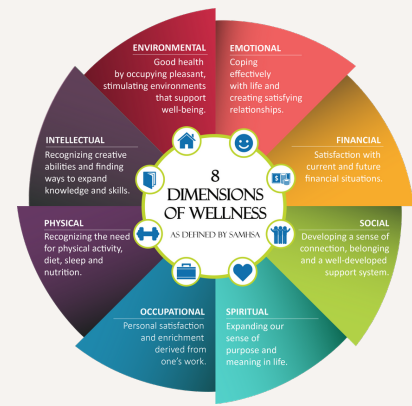
02

Self-care helps us to manage stress better and allows us to be more productive in the ways we want to be.

03

Taking care of ourselves helps us keep a good life balance for ourselves and means we can better care for our family, friends and community.

# Some Areas of Self-Care...



## Intellectual (our mind)

Tending to your mind by practicing mindfulness and learning continuously.

## Emotional

Staying in touch or fully engaging with your emotions and feelings.

## Physical

Tending to your physical body and keeping it healthy.

## Social

Staying connected with family, friends and community.





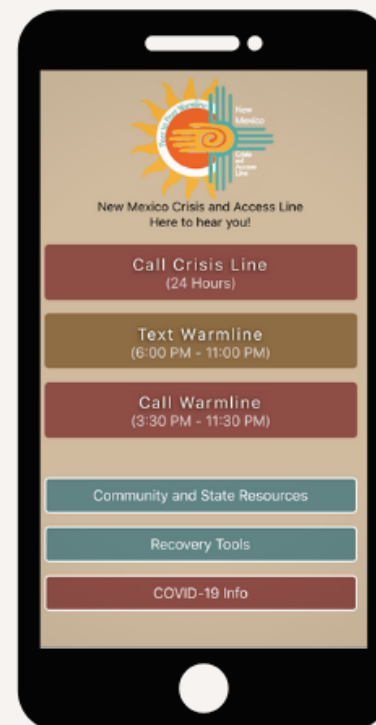
# How does social media impact mental well-being?



# SUMMIT SELF-CARE Checklist:



NMConnect



In crisis?  
Text **NATIVE**  
to 741741.

Free, 24/7, confidential  
crisis support by text.

CRISIS TEXT LINE |

1



PERSON



ACTIVITY



RESOURCE

My Summit Self-care Checklist:

- ☒ Water and snacks
- ☒ Notepad
- ☒ My person/people I can call on
- ☒ Activity: walk, stretch, breathe, music, art, senses (sound, smell, light)
- ☒ Resources: Summit Safe Space, NMCAL, Crisis Text Line

All Check!



# AFTER THE SUMMIT SELF-CARE ACTION PLAN:

## SELF-CARE

Self-care is the practice of taking action to preserve or improve one's own health or mental health. Or...  
Anything you do for yourself that is nourishing.



## SOME TYPES OF SELF-CARE \*



**BODY**



**MIND**



**SOCIAL**

## FRIENDS \*



**TAELO**

San Ildefonso Pueblo



**QUAYE**

Ohkay Owingeh



**ADELINA**

Pueblo of Isleta



**JADE**

Picuris Pueblo



**DANTE**

Zia Pueblo



**EVANGELINE**

Pueblo of Acoma



**KAYLA**

Puyallup Tribe