

Mental Wellbeing Rx

Experiential
learning to
elevate our
mind, body,
and spirit



Brittany Cano

Holistic Nurse Coach

WellBeing Retreat
Facilitator

Speaker



May 13, 2023 | Nurses Week at Kyle G's

Loving Reminders



Holistic Nurse Coaches
Elevated WellBeing

01 This is the 1st & last Friday.

02 Remember why you became a nurse & why you came here tonight. There's power in our "Why."

03 Set an intention for the rest of the night & your weekend.

Learning Agenda

What's on the late night menu.....



01

Holistic
Approach to
Mental Health

02

Stress 101

03

Mindset
Management

04

Work Life
Harmony

05

Tools to
Elevate
Mental
Wellbeing



A little about me & why I am talking to you about mental wellbeing tonight.....

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My intention is to inspire you to unite more deeply with your heart & to prioritize your wellbeing and the wellbeing of your community. I am known as a compassionate & kind creator of safe space. I excel at guiding others to take inspired action and create positive forward moving change.

More Common than You Think

1 in 5 adults experienced a mental health concern in the past year.

On a scale of 1 (poor) to 10 (excellent), nurses rated their current mental health and well-being at an average of 5.8, compared to an average of 7.8 before Covid-19, representing a decline of 26%. They also reported a range of physical and mental health issues as a result of the pandemic, including burnout, compassion fatigue, and depression according to StatNews.



A Holistic Approach to Mental Health



BioPsychoSocialSpiritual



Bio (Physical) Wellbeing

- Nervous System Regulation
- Promotion of Physical Health
- Nutrition & Exercise
- Sleep & Rest Promotion
- Medication & Disease Management

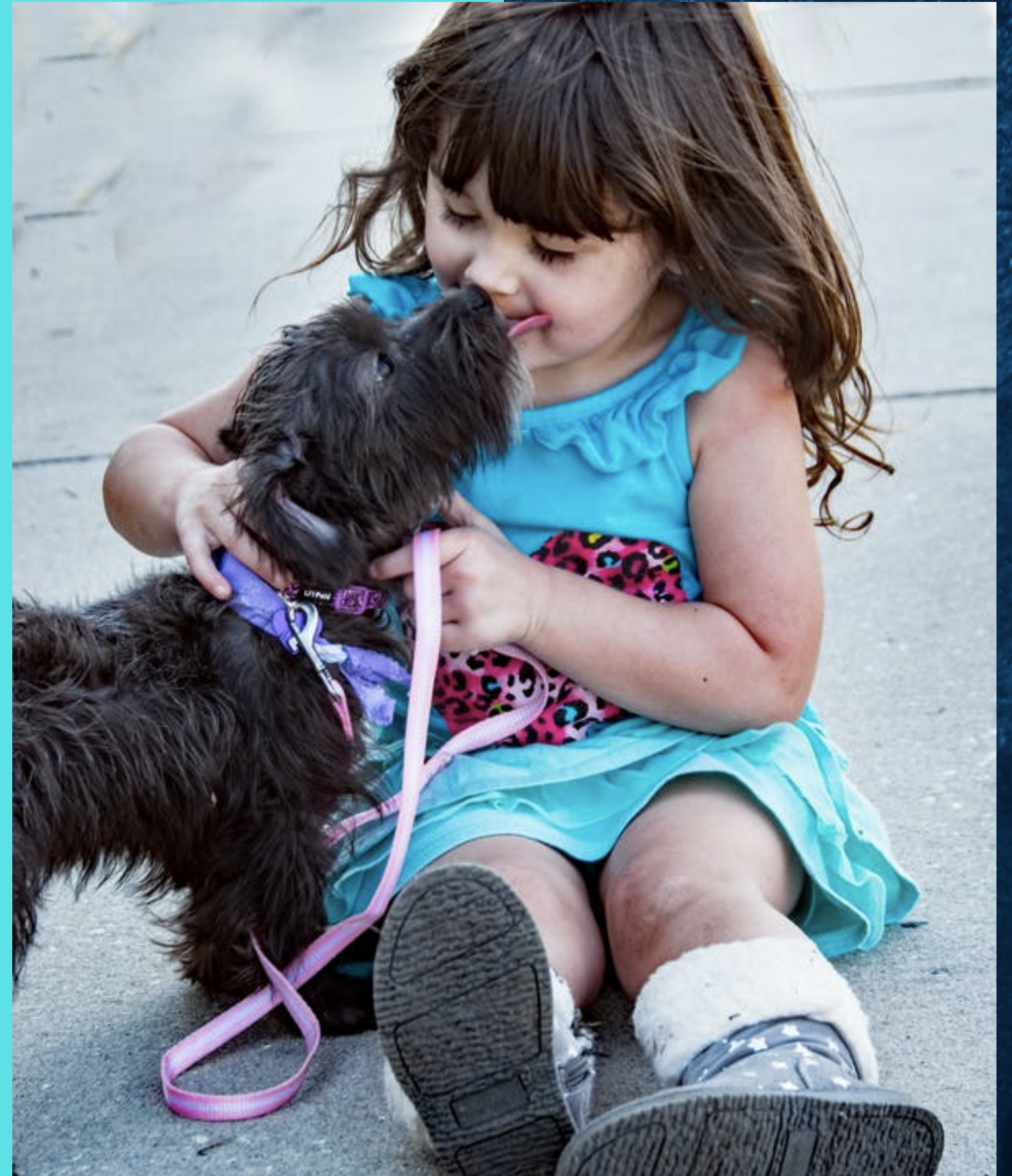
Psychological (Mental) Wellbeing

- Beliefs
- Thoughts
- Feelings
- Stress Level & Management
- Coping Mechanisms
- Your "Intake"



Social Wellbeing

- Family & Friends
- Community
- Work life
- Pets
- Access to Care
- Culture
- Hobbies
- Sense of Belonging



- Connection to a Higher Power or Something Greater than Self
- Connection to Self, Others and the Environment Around Us
- Sense of Purpose
- Sense of Meaning
- A Clear Sense of Right and Wrong, and Acting Accordingly
- Being able to practice forgiveness and compassion in life



Spiritual Wellbeing



Stress 101

Stress: a normal reaction the body has when changes occur, resulting in physical, emotional and intellectual responses.

Stress Management & Routine: Manage your Pressure & Manage your Capacity

In The Strengths-Based Workbook for Stress Relief, Dr. Ryan Niemiec states Stress created the following equation: **Stress = Pressure minus Capacity.**

It is important to note that stress is essential to growth. Using the stress of exercise as an example, the body must be put under stress in order to increase strength or improve fitness; the same is true for emotional stress.

- Too little pressure coupled with excess capacity, or resilience, can lead to boredom and becoming disengaged.
- Too much pressure coupled with insufficient capacity causes feelings of being overwhelmed.
- An ideal equation is when the amount of pressure equates to the amount of capacity – this is referred to as flow or being ‘in the zone’.

**FIGHT
SYMPATHETIC
NS**

Anger Outburst
Controlling
"The Bully"
Narcissistic
Explosive Behavior
Moving Outward

Workaholic
Over-Thinker
Anxiety, Panic, OCD
Perfectionism
Difficulty sitting still

**FLIGHT
SYMPATHETIC
NS**

TRAUMA RESPONSES

**FREEZE
DORSAL
VAGAL**

Stuck-ness
Immobilization
Numb
Isolating
Dissociation
Depression
Shame

People-Pleasing
Avoiding Conflict
Prioritizing Others
Needs
over own
Difficulty saying No
Boundary Setting is
hard

FAWN

WINDOW OF TOLERANCE

The window of tolerance and different states that affect you



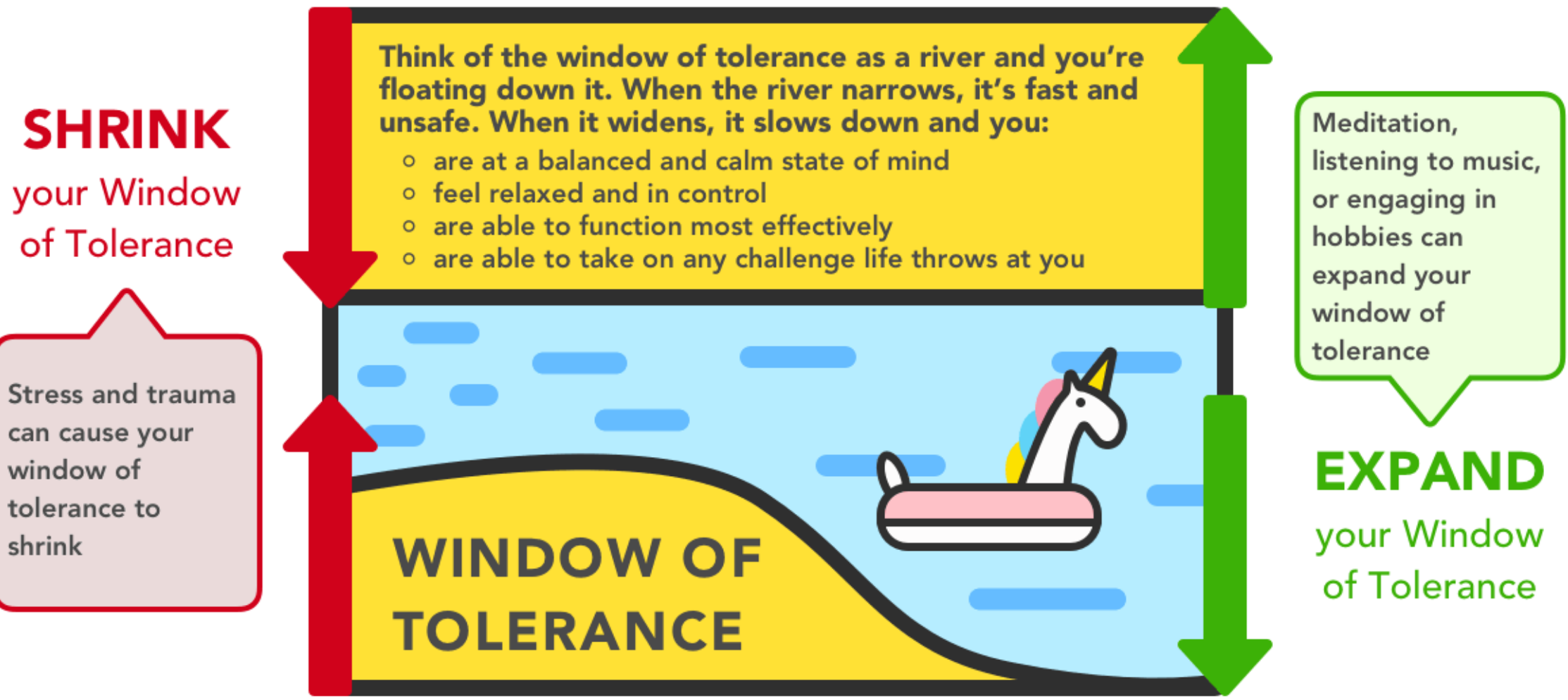
HYPERAROUSAL

- Abnormal state of increased responsiveness
- Feeling anxious, angry and out of control
- You may experience wanting to fight or run away



DYSREGULATION

- When you start to deviate outside your window of tolerance you start to feel agitated, anxious, or angry
- You do not feel comfortable but you are not out of control yet



Mindset Management



"Change the way you look at things and the things you look at change." Wayne Dyer

Cognitive Behavior Therapy (CBT) Model



Work Life Harmony



"76% of U.S. workers reported at least one symptom of a mental health condition.

84% of respondents said their workplace conditions had contributed to at least one mental health challenge.

81% of workers reported that they will be looking for workplaces that support mental health in the future."

Source: Mind Share Partners' 2021 Mental Health at Work Report

Work Life Harmony

- **Clarity**
- **Flexibility**
- **Autonomy**
- **Healthy Boundaries**



Tools to Elevate Mental Wellbeing



**Take a deep
breath, then relax.**



**Embrace the
five senses.**



**Be in touch with
your thoughts and
feelings.**

What's your Mental Wellbeing 'Script'?



- Mindfulness
- Prayer
- Nature
- Rest
- EFT (Emotional Freedom Technique)
- EMDR ((Eye Movement Desensitization & Reprocessing)
- Grounding Techniques
- Vagus Nerve Exercises
- Therapy, Hypnotherapy
- Coaching
- Exercise
- Nourishing Foods
- Aromatherapy
- Music
- Happiness Triggers
- Pomodoro Technique
- Your Tribe
- Meditation, Ketamine Tx., Plant medicine, therapy, IV vitamin hydration
- Passion Projects
- Yoga

Don't hesitate to seek professional help. You're never alone.

- call 988
- <https://www.samhsa.gov/>
- EAP resources, local therapist, BetterHelp
- Support Groups



**1:1 Holistic
Wellness
Coaching**



**Brittany
Cano**

HolisticNurseCoaches.com

**Wellbeing
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Elevated WellBeing

Text Name & Email to:

217-474-0646

**Elevate Your Wellbeing: 7
Tools to Regulate Your
Nervous System & Elevate
Your Wellbeing
on Zoom May 18 at 7 PM**

Thank you!

with love & gratitude

Brittany Cano

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