



Essential Mental Health Information for Life Transition

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Agenda

Stress & Resilience: The importance of remaining intentional about managing stress and recognizing when you or a loved one would benefit from help

Quick Mental Health Tips: What you need to survive and thrive

Resources to Support Your Resilience and Wellbeing



How Am I Doing?

The Stress Continuum Model Helps us Identify Stress Early and Move it to the More Manageable 'Colors' of the Continuum



READY	REACTING	INJURED	ILL
Definition <ul style="list-style-type: none">• Rested• Restored• Relaxed Causes <ul style="list-style-type: none">• Fulfilling roles• Time for self care• Rest & Relaxation• Plenty of resources Your Role <ul style="list-style-type: none">• Accessing wellbeing resources• Self care• Other care	Definition <ul style="list-style-type: none">• Strained• Able to recover Causes <ul style="list-style-type: none">• Normal daily stress• Not being pushed too far or too hard Your Role <ul style="list-style-type: none">• Alternate exertion with rest• Monitor your own well-being	Definition <ul style="list-style-type: none">• Harmed by stress• Pain Causes <ul style="list-style-type: none">• Wear and tear• Loss• Moral injury• Overwhelming stress Your Role <ul style="list-style-type: none">• Recognize stress injuries early• Get support/care	Definition <ul style="list-style-type: none">• Impairment in functioning• Disease• Loss of quality of life Causes <ul style="list-style-type: none">• Unhealed Orange Zone Stress injuries• Secondary conditions Your Role <ul style="list-style-type: none">• Link into care• Recover• Return

Self-assessment question: Think about your stress level. Where do you sit on the stress continuum with the corresponding color of green, yellow, orange or red?



Green= Rested and Ready to Support Others

Yellow = Feeling Some Stress

Orange= The Strain and Drain is Taking a Toll

Red= Not sure how much more I can take



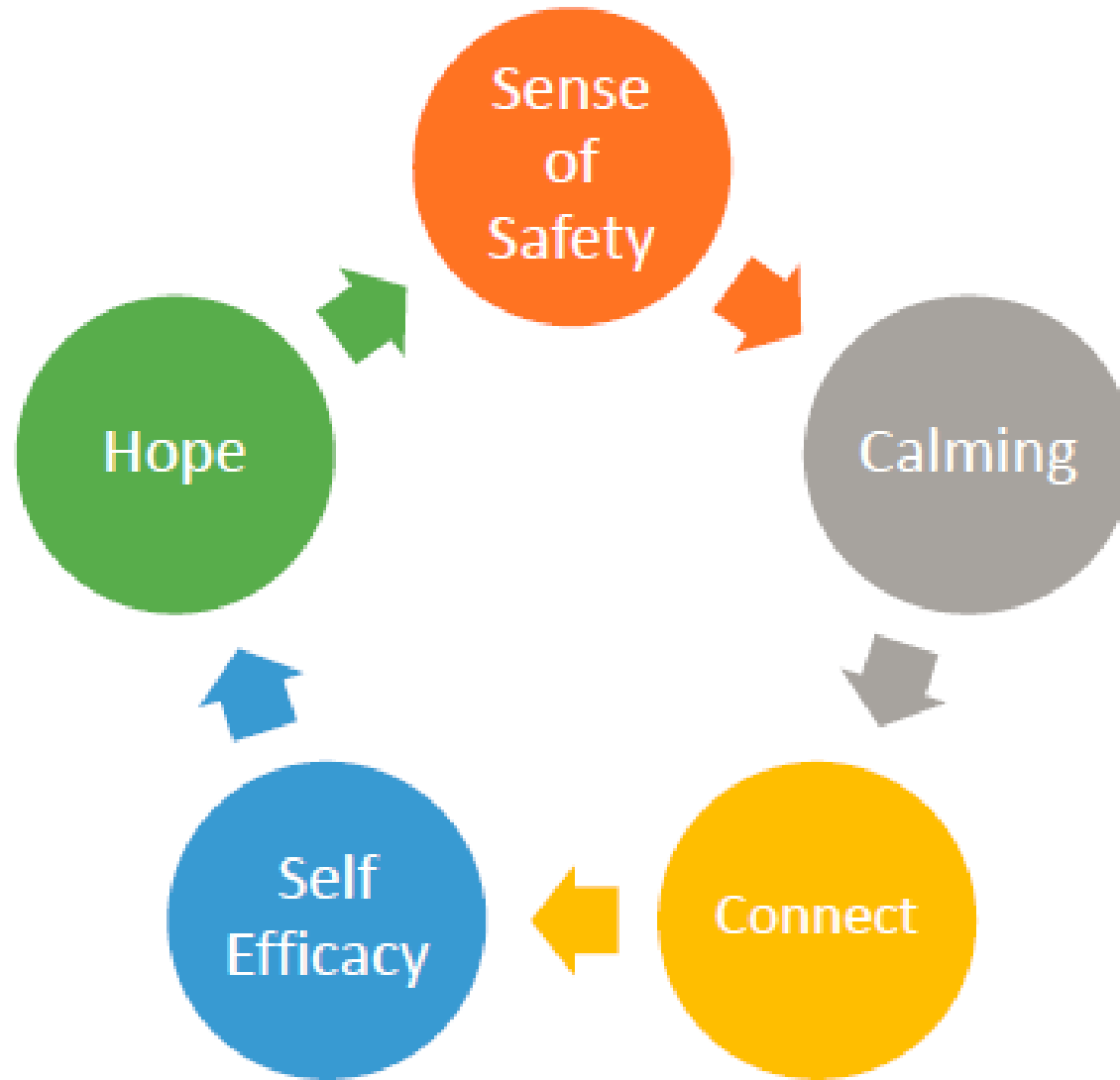
Four Causes of Stress Injury

Life Threat	Loss	Inner Conflict	Wear and Tear
<p><i>A traumatic injury</i> Due to the experience of or exposure to intense injury, horrific or gruesome experiences, or death.</p>	<p><i>A grief injury</i> Due to the loss of people, things or parts of oneself.</p>	<p><i>A moral injury</i> Due to behaviors or the witnessing of behaviors that violate moral values.</p>	<p><i>A fatigue injury</i> Due to the accumulation of stress from all sources over time without sufficient rest and recovery.</p>



*“Resilience is the process of adapting well in the face of adversity, tragedy, threats or significant sources of stress....It is neither lucky nor passive....**It takes deliberate effort**....and can be strengthened with practice.”*

Five Pillars of Recovery from Stress

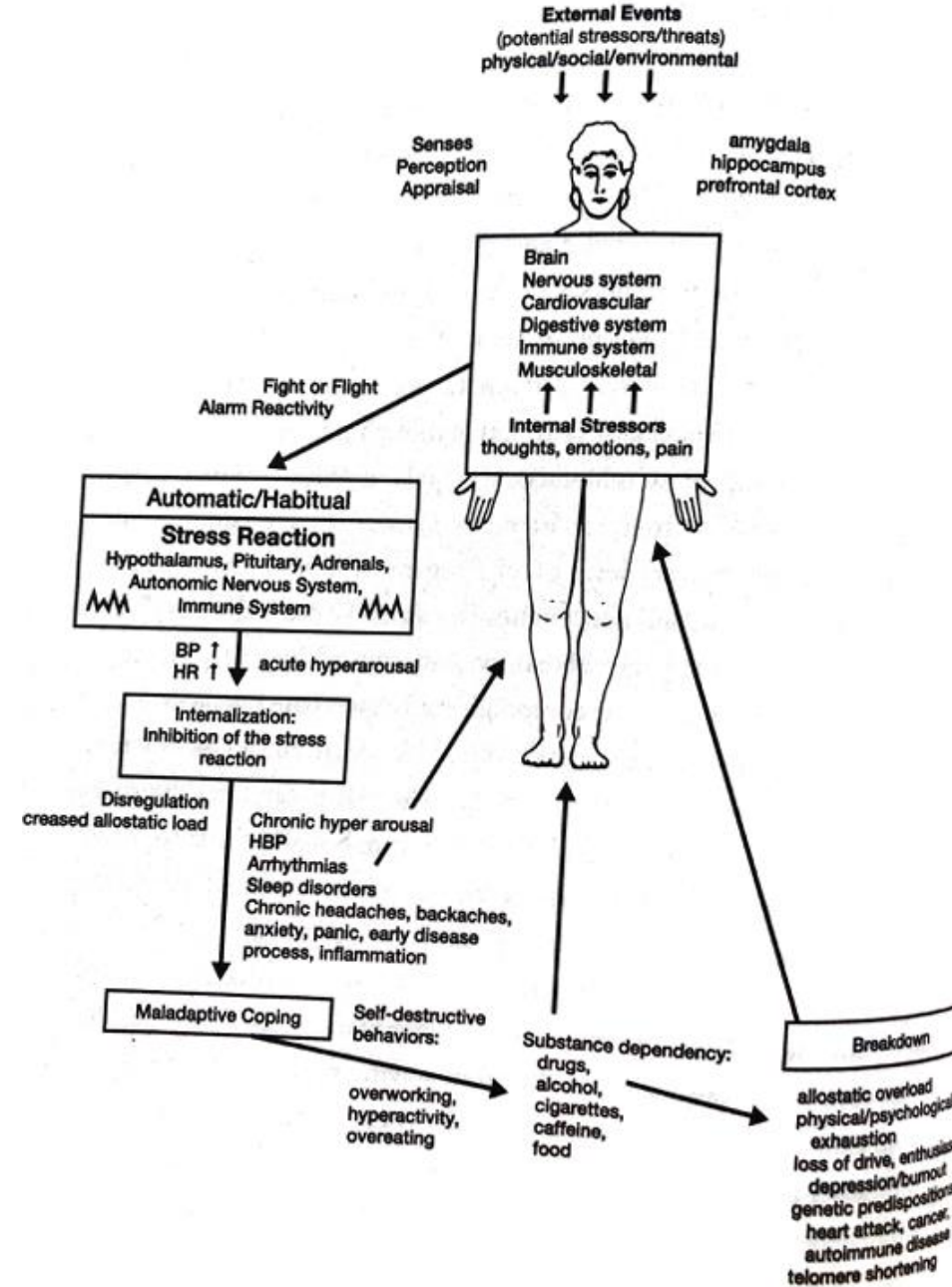


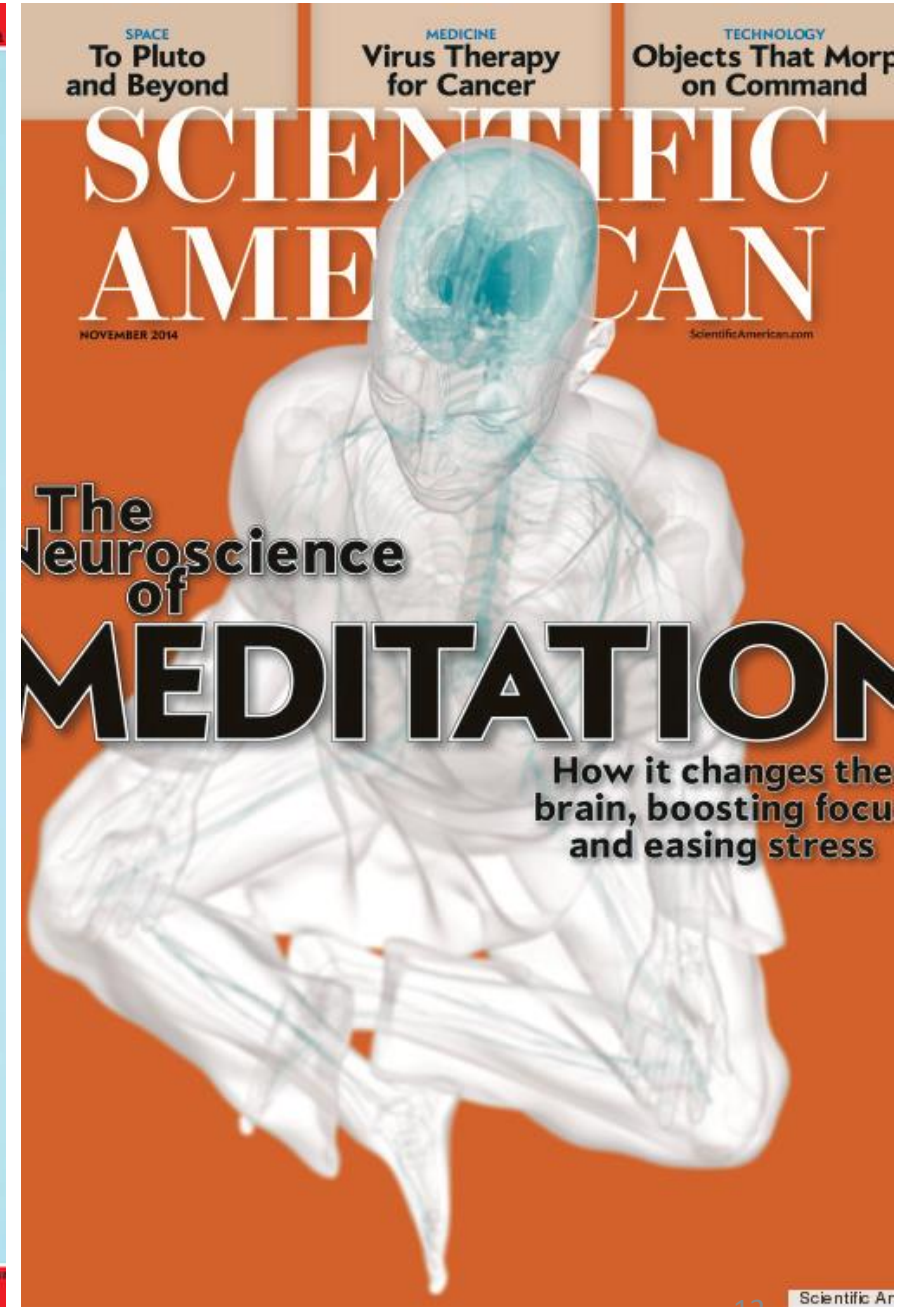
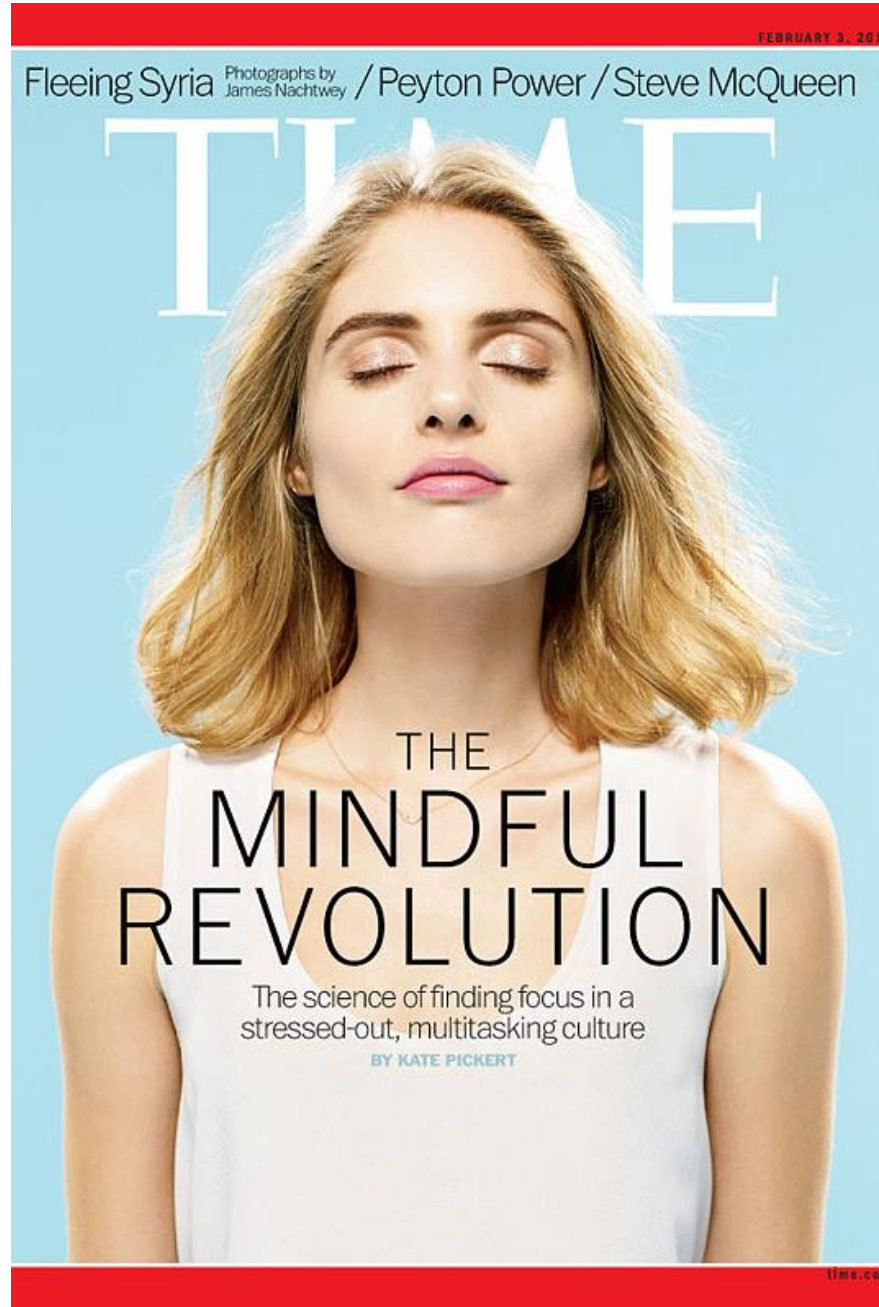
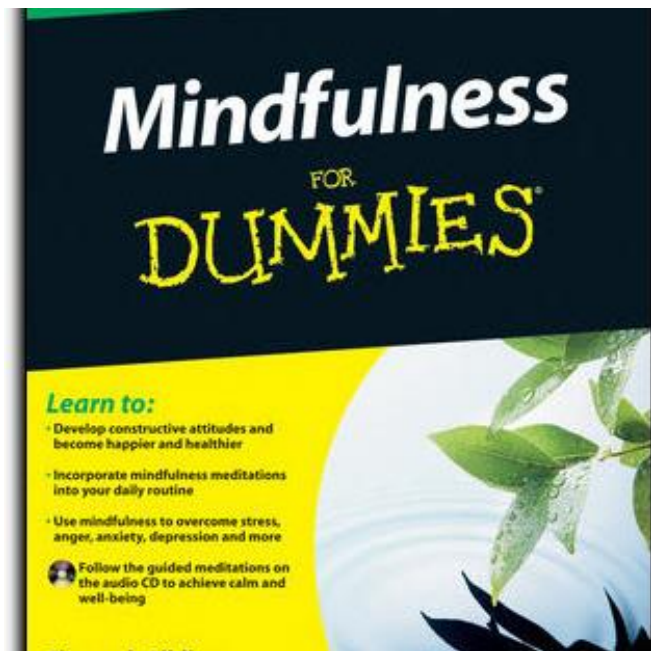
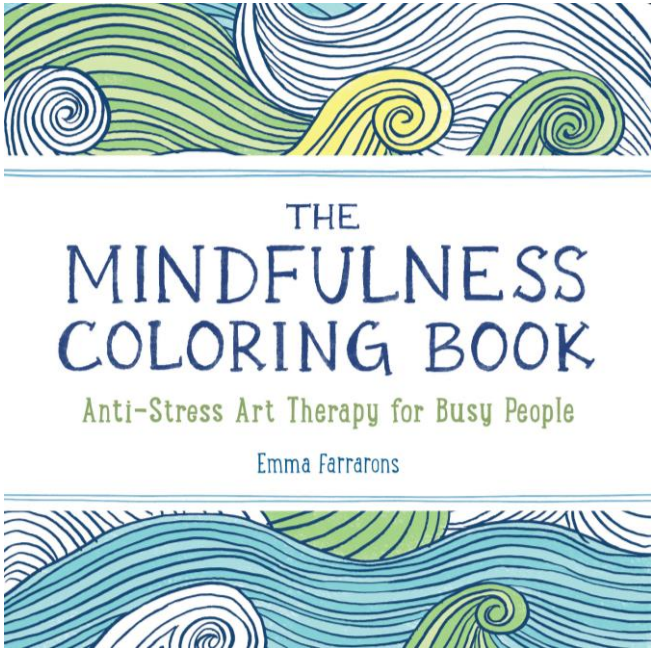
FIND YOUR
CENTER.

One Size Does Not Fit All



THE STRESS-REACTION CYCLE (Automatic/Habitual)

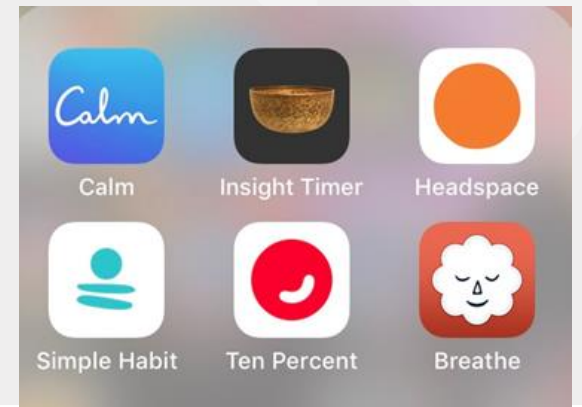




What is Mindfulness?

Creating space to experience/be aware of aspects of your life without getting overwhelmed by them

- The intentional, accepting, non-judgmental focus of one's attention on emotions, thoughts and sensations in the present moment which can be trained by meditation practice –Jon Kabat Zinn
- Being aware of thoughts, sensations and emotions without overidentifying or being possessed by them – Kristen Neff





BEING IN
your THOUGHTS



OBSERVING
your THOUGHTS



BEING IN your
THOUGHTS



OBSERVING your
THOUGHTS

@revelatori 🌱

When you are stabilized and grounded in calmness and moment-to-moment awareness, you are more likely to be creative and to see new options and openings where the moment before there didn't seem to be any...It will be easier for you to maintain your balance and sense of perspective in trying circumstances" –Jon Kabat Zinn

@Revelatori (Instagram)

Shifting Our Perspective: Reminding Ourselves of the Blue Sky



Everyday Mindfulness
@MindfulEveryday



Meditation isn't a way of getting somewhere. The truth is,
you are already there.

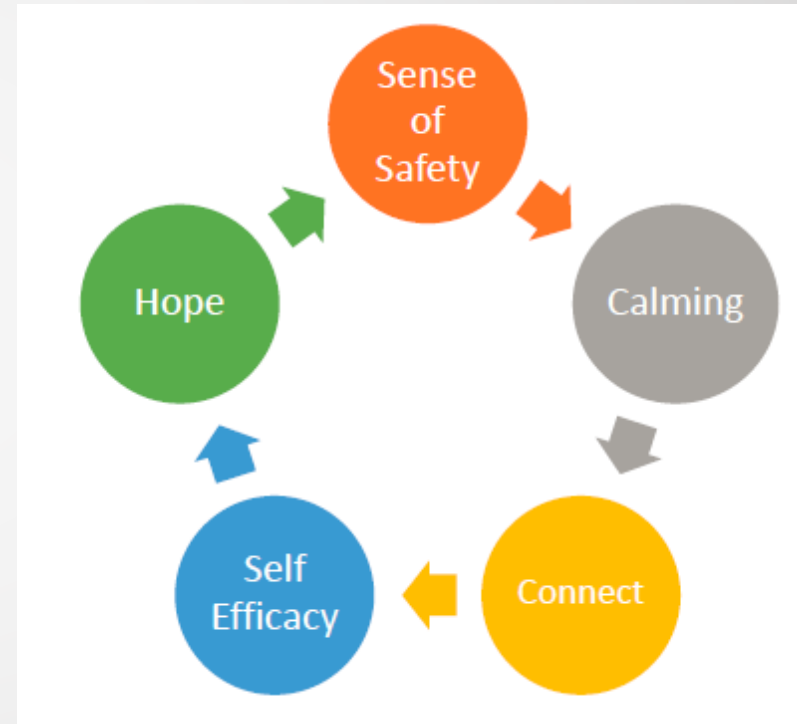
[#mindfulness](#)

The RAIN of Stress Reduction

- R Recognize
- A Allow / Accept
- I Investigate with kindness
- N Nurture / Nourish

When we dwell in focused attention, our true needs can shine through

tarabrach.com/rain/



Take 5 - When Stressed



Activities to Cultivate Mindfulness and Reconnect with the Five Pillars of Recovery

- Meditation (Start with 3-5 minutes a day)
- Journaling (Writing about thoughts, feelings and events help create mental space)
- Yoga, Qi Gong, Tai Chi, Mindful Exercise (Any physical activity can be done mindfully)
- Counseling, Psychotherapy or Coaching (A professional can teach how to cope with stress)
- Art and Creative Practices (The creative process is a very mindful one)
- Talking things out with a friend, family member, co-worker (connecting and getting perspective)
- Reading/Self-Help for Mindfulness
- What activities help you?

Signs You or a Family Member Might Need Extra Support

- Notable changes in your mood, sleep, appetite, sexual desire and motivation, inability to focus/distractibility
- Excessive sadness, guilt, anxiety, inability to relax, ruminating/persistent thoughts or images that are distressing
- Reduction in your ability to be productive in your school, work or other obligations and withdrawing from loved ones
- Unexplained physical symptoms, aches and pains, headaches, chest or gastrointestinal distress (get a full medical work up)
- Overusing substances such as prescription or non-prescription drugs, alcohol, caffeine, etc.
- Think about suicide or death more often

More Info:

nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms

Resources for Help With Mental Health

- Your Health Insurance Provider can link you to a qualified therapist or you can seek a referral through your Primary Care Physician
- If you do not have Health Insurance or a PCP, see if you qualify through the NYS State of Health: nystateofhealth.ny.gov or call 1-855-355-5777
- You can obtain free short-term counseling and linkage to care through hotlines such as the Long Island Crisis Center: 24/7 Crisis Hotline: (516) 679-1111 - longislandcrisiscenter.org
- NYC Residents can call 311 or NYC Well 1-888-692-9355
- These hotlines offer texting and online chat options

Other Hotlines and Services

Disaster Distress Helpline (SAMHSA) – 1-800-985-5990 or TEXT TalkWithUs to 66746

National Suicide Prevention Lifeline – 800-273-8255

National Domestic Violence Hotline – 1-800-799-7233 or TTY 1-800-787-3224

For the Frontlines (24/7 Crisis Text-line) – TEXT FRONTLINE to 741741

NYS COVID Emotional Support Helpline: 1-844-863-9314

National Alliance on Mental Illness Helpline: 1-800-950-6264

Nassau County Department of Social Services: 516-227-8519

Nassau County Mental Health Mobile Crisis Team: 516-227-8255

Suffolk County Mental Health Mobile Crisis Team: 631-952-3333

Your Local Library Can Also Find You More Resources

Contact Me

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