



# Healthy Start Virtual Grantees' Meeting

## Mental Health Support for Healthy Start Staff

Wendy Davis, PhD, PMH-C  
Postpartum Support International

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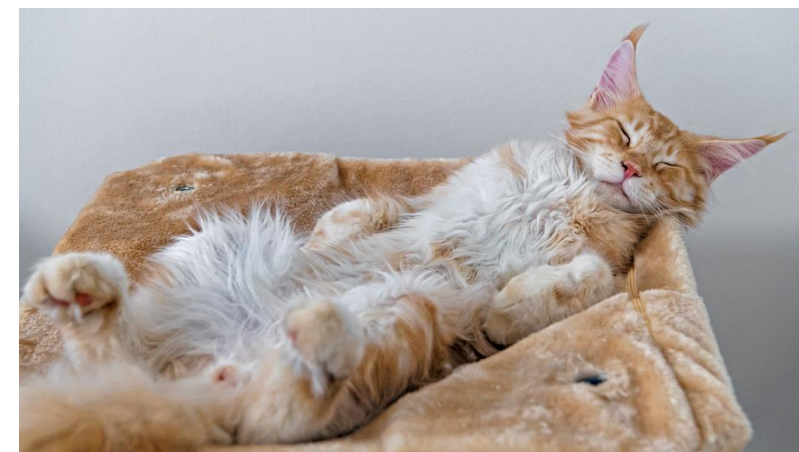


Wendy Davis, PhD, PMH-C  
Postpartum Support International  
(PSI)



# Mental Health and Self Care

*How's that going for you ... in 2020?*



# Why Am I So tired?

## Fatigue and Burn-Out

- Stress due to vigilance/anxiety
- Constant adaptation to unexpected
- Social burdens: racism + insecurity
- In 2019, the WHO categorized "Burn Out" as an ICD medical condition
- Coping mechanisms to "do our best"
- Managing overwhelm



# Stress Signals: Fake News or True Fact?

- Don't second-guess true signals
- Identify the stress symptom
- Take action to shift + center
- If rest doesn't help, try energy
- Schedule time off



# Rising to Meet the Moment



***What if rising to the meet the moment does not mean striving to achieve your best, but instead...***

- *Reckoning with grief and disappointment*
- *Being mindful about news and sources*
- *Being vulnerable with those who can help*
- *Nurturing your soul in the ways you know best*
- *Reaching out for spiritual and emotional support*
- *Supporting the needs and nurturing your body and brain*
- *Practicing radical acceptance of your limits, and those of your loved ones*



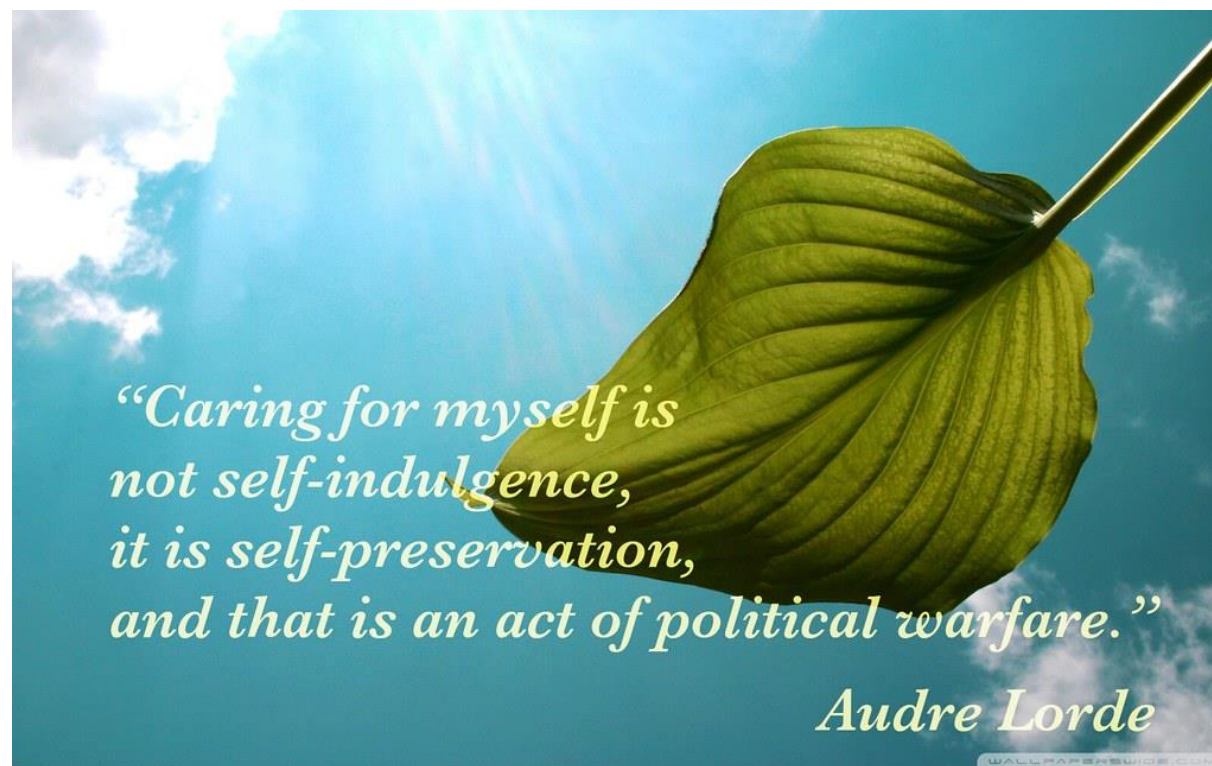
# Self-Care is Not a Luxury

*Or a silly thing*



# Caring for Yourself

- Self-Awareness
  - Stressors
  - Traumas/Triggers
- What is my role vs. What do they need?
- Where is your support?
- Where can you access information?
- Using supervision







# Self-Care Strategies

- Supportive relationships
- Connection
- Healthy nutrition
- Physical activity
- Sleep/rest



- Take breaks
- Positive coping strategies
- Stress-reduction techniques
- Reach out for help (practical and supportive)



# What Replenishes You?

## Engaging the relaxation response

- Slow Breath
- Music
- Movement
- Meditation
- Prayer
- Mindfulness
- Compassion
- Humor
- Naps



“Red Meditation” by James Brewer



# Resilience



- Creativity
- Adaptability
- Radical Acceptance
- Get centered with truth
- Vulnerability
- Repair

# Goals for Families – Goals for You

- Confidence
- Dignity
- Respect
- Community
- Security



# Drawing from the Well

***“My humanity is bound up in yours, for we can only be human together.”***

**Desmond Tutu**

Empathy and compassion is empowering. Start with yourself and move outward.





**A person is a  
person because  
he recognizes  
others as persons.**

*Archbishop Desmond Tutu*

# Where Is Your Light From?

*"For while the tale of how we suffer, and how we are delighted, and how we may triumph is never new, it always must be heard. There isn't any other tale to tell, it's the only light we've got in all this darkness."*

James Baldwin



# Contact Information



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**Help Map** [www.postpartum.net/get-help/locations/](http://www.postpartum.net/get-help/locations/)





Up Next



# Healthy Start Data Systems & Resources (including CAREWare!)

