



# Welcome to Essential Tools for Mental Health

## SELF-CARE

By, Martha Klein, LCSW

## Group Confidentiality Agreement



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# Defining SELF-CARE

- ▶ Any activity that we do *deliberately* in order to take care of our MIND, BODY, and SPIRIT.

(Willingness and Choice are KEY)

# Barriers to Self-Care

- ▶ Expectations of self and others.
- ▶ Time.... or is it that we don't make time?
- ▶ Guilt
- ▶ The core belief of "I'm selfish if I focus on my-self".

# Lack of self-care comes at what cost?

- ▶ **MIND:** Racing thoughts, heightened anxious thoughts & negative thoughts, & lack of focus/concentration
- ▶ **BODY:** Fatigue, increased chronic pain, poor sleep and eating habits.
- ▶ **SPIRIT:** lost sense of self, not pursuing passions, dreams or goals.

▶ Turning CARE towards self is pivotal to our wellness.

▶ What are actions we can take to turn Care towards self?



# Practice Relaxation

(Deep breathing, guided imagery or body scan):

- ▶ Practice Relaxation (Deep breathing, guided imagery or body scan):
- ▶ Kaiser Resource:  
<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/tools-resources>
- ▶ Mobile App: Calm App (for iPhone and Android)
- ▶ Mobile App: Ease Breathe Calm App (for Android)

# Practice Mindfulness

- ▶ Focus on staying in the present moment, ungluing any judgments about the moment.



# Set realistic goals



What behavior are you wanting to increase or decrease?



Set a Targeted behavioral goal that is specific, observable and measurable.



Break your goal into small, obtainable steps.

# Maintain healthy eating habits

- ▶ Limit/monitor sugar and caffeine intake. Have a cut off time for caffeine.
- ▶ Eat 5 meals a day at set times.

## Adequate rest

- ▶ Create a regimented sleep routine.
- ▶ Go to be and wake up at a set time.
- ▶ Turn ALL electronic devices off at least an hour before bedtime.
- ▶ Take inventory of your room space. Does your room convey a message of rest or chaos?

# Stay aware of your thoughts

- ▶ Thoughts will affect our mood and relationships with self and others.
- ▶ What running themes occur in your thoughts (i.e., shame, self-criticism, fear etc.)
- ▶ Withdraw and Deposit: While working to withdraw negative thoughts we want to work to deposit more affirming, positive thoughts.

# Compassion

- ▶ Being a good friend to *self* is KEY.
- ▶ Being a good friend to others entail many things i.e. giving friends room to grow, giving compliments, respecting friends, not putting friends down when they feel hurt and so much more.
- ▶ Consider how you might turn being a good friend to others INWARD.

# Communication

- ▶ Assert needs, wants, desires clearly.
- ▶ Say “NO” as needed. Are you a “yes’er”?

# Support System



Take inventory of your support system.



Are they emotionally health or are they toxic?



Do they love you even when you're feeling down?



Do they support needs, wants, desires?



Do they hold you accountable to be the best version of you in a non-judgmental way?



\*\* Remember some folks are "willing" but not all have the skills set.

# Identify Warning Signs

► What are your warning signs for the Mind (i.e. increased negative thoughts)?

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# Identify Warning Signs

► What are your warning signs for the Body (i.e. lack of sleep, not eating etc.)?

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# Identify Warning Signs

► What are your warning signs for the Spirit (i.e. not spending time with nature/outdoors, not pursuing passions, goals)?

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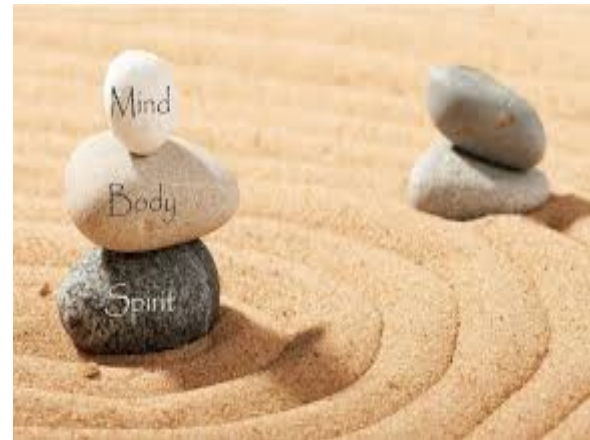
# SELF-CARE: MIND

- ▶ What are steps you can take to attend to your Mind (i.e. Affirmations)?

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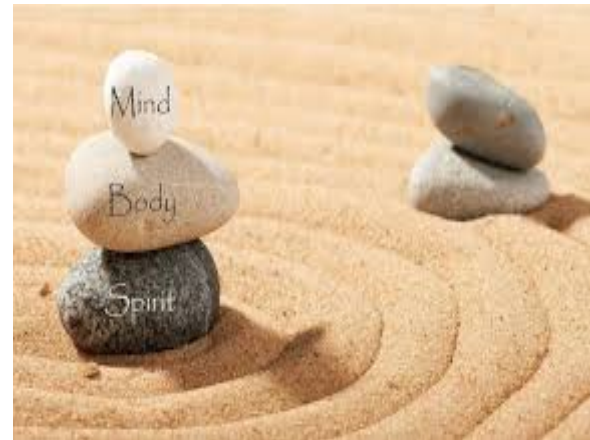
# SELF-CARE: BODY

- ▶ What are steps you can take to attend to your Body (i.e. Exercise, Follow up with your PCP, Relaxation)?

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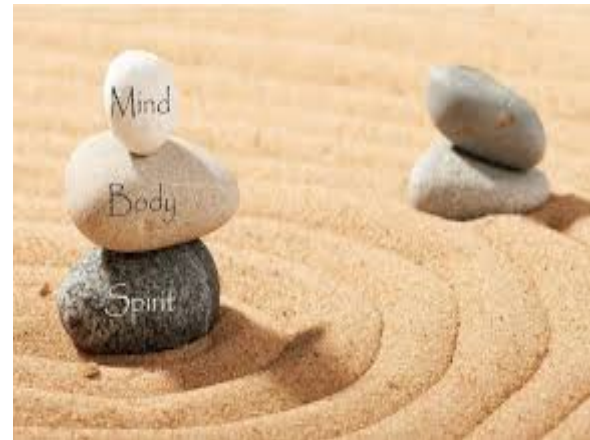
# SELF-CARE: SPIRIT

- ▶ What are steps you can take to attend to your Spirit (i.e. Pursuing passions, spending time with Nature, Meditation)?

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# A Dream without a Plan is simply just a Dream.....

SELF-CARE	MIND	BODY	SPIRIT
MONDAY	i.e.: using affirmations	i.e.: go for a walk	i.e.: meditate
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



Photo Credit: <https://stock.adobe.com/sk/search?k=the%20end>



# Welcome to Essential Tools for Mental Health

~Depression & Anxiety Overview

By, Martha Klein, LCSW



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# WHAT IS DEPRESSION?

- ▶ Depression is characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

Credited [www.mayoclinic.org](http://www.mayoclinic.org)

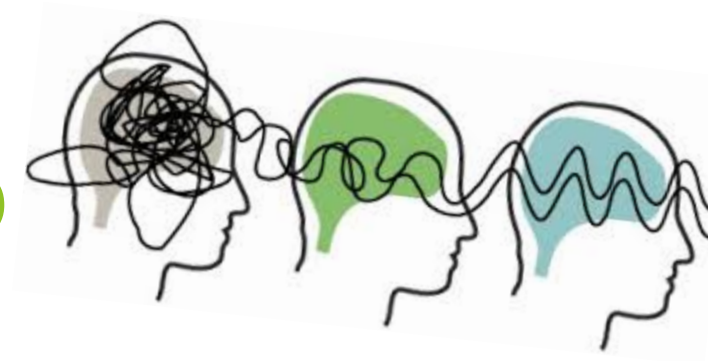
# Who is at risk for Depression?

- ▶ Family history
- ▶ Psycho-social factors: i.e. trauma, loss, severe stress etc.
- ▶ Substances
- ▶ Medical Illnesses & Medications
- ▶ Hormones: i.e. hypothyroidism, post partum depression



# Modalities of Treatment

## Psychotherapy (Cognitive Behavioral Therapy)



- ▶ CBT works by changing self-defeating thoughts and behaviors.
  - ▶ Thoughts + Emotions + Behavior
- ▶ CBT has been found to be equally, if not more effective than medicine in many cases.
- ▶ CBT is the most researched form of psychotherapy for depression.

Photo Credit: <https://balancedtx.com/blog/2018/1/16/10-most-common-cognitive-distortions>

# Modalities of Treatment

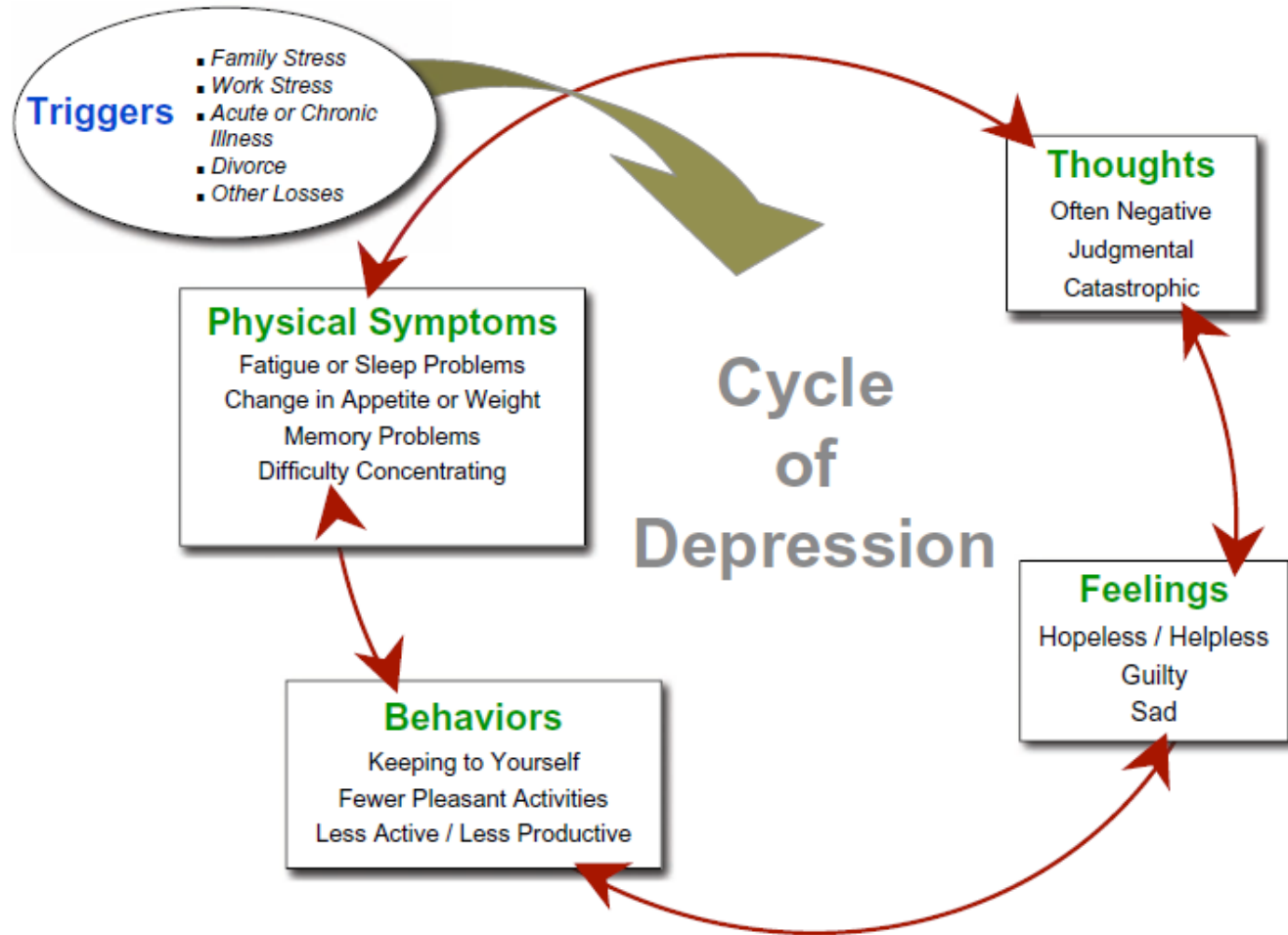
## Medication

- ▶ Medication
- ▶ SSRIs increase the level of serotonin (a chemical related to depression) in the brain.
- ▶ Studies suggest that SSRIs are the most effective when used to treat severe depression.
- ▶ SSRIs don't work overnight—it might take up to 6 weeks before they reach their full effect.

Photo credit: [medicalnewstoday.com](http://medicalnewstoday.com)



# Cycle of Depression



# What is Anxiety?

- ▶ A mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities.

(Mayo Clinic)

Which Is It?	
Everyday Anxiety	Anxiety Disorder
Worry about paying bills, landing a job, a romantic breakup, or other important life events	Constant and unsubstantiated worry that causes significant distress and interferes with daily life
Embarrassment or self-consciousness in an uncomfortable or awkward social situation	Avoiding social situations for fear of being judged, embarrassed, or humiliated
A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event	Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one
Realistic fear of a dangerous object, place, or situation	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger
Anxiety, sadness, or difficulty sleeping immediately after a traumatic event	Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

# FEAR vs ANXIETY...two different states.

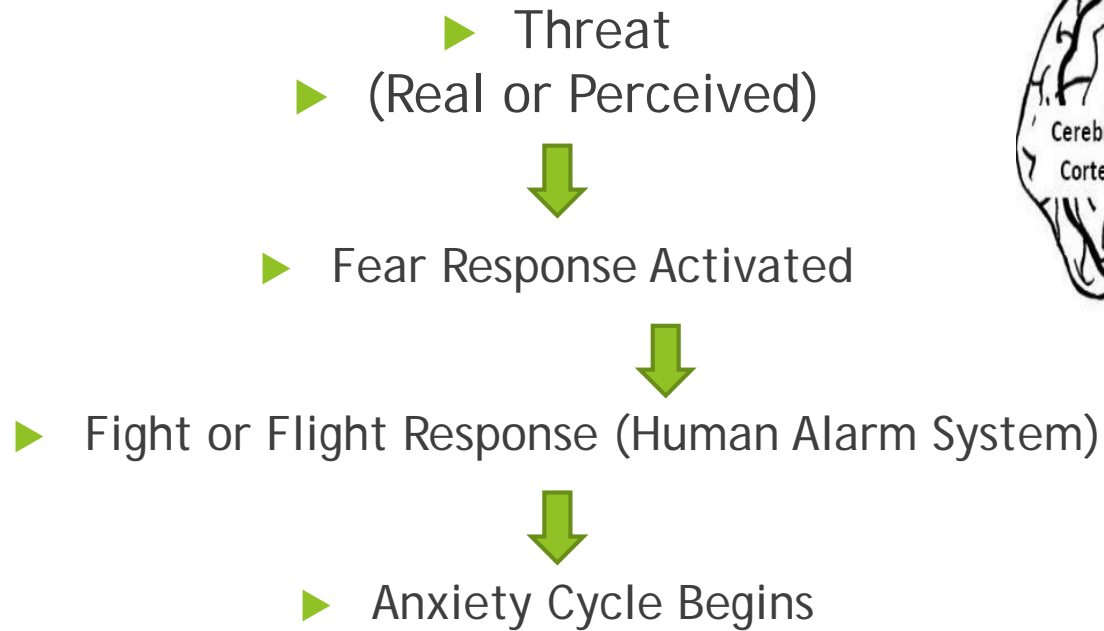
- ▶ Fear is present oriented and is designed to protect you from perceived *immediate threats*. (credited Kaiser)
- ▶ Fear motivates us to engage in defensive behavior and is the emotional manifestation of Flight or Fight Response. (credited Kaiser)
- ▶ **Anxiety** is the emotion you feel in response to anticipated threats.
- ▶ Anxiety is Future Oriented and is designed to keep you aware and ready to act should an immediate threat come around.
- ▶ Anxiety motivates us to engage in preventative behavior i.e. hide or avoid.
  - ▶ Example of Fear vs Anxiety: Roller-coaster



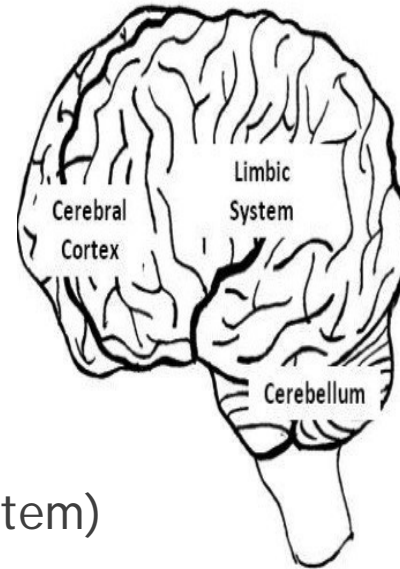
# Common Anxiety Symptoms

- ▶ Feeling nervous, restless or tense
- ▶ Heart palpitations
- ▶ Shaking, trembling
- ▶ Muscle aches, pains, muscle Tension
- ▶ Ruminating
- ▶ Stomach discomfort, butterflies, diarrhea, nausea
- ▶ Tingling, numbness
- ▶ Shortness of breath
- ▶ More easily startled or irritated

# Our Built-in Human Alarm System



## The “3-Brain” Brain Complex

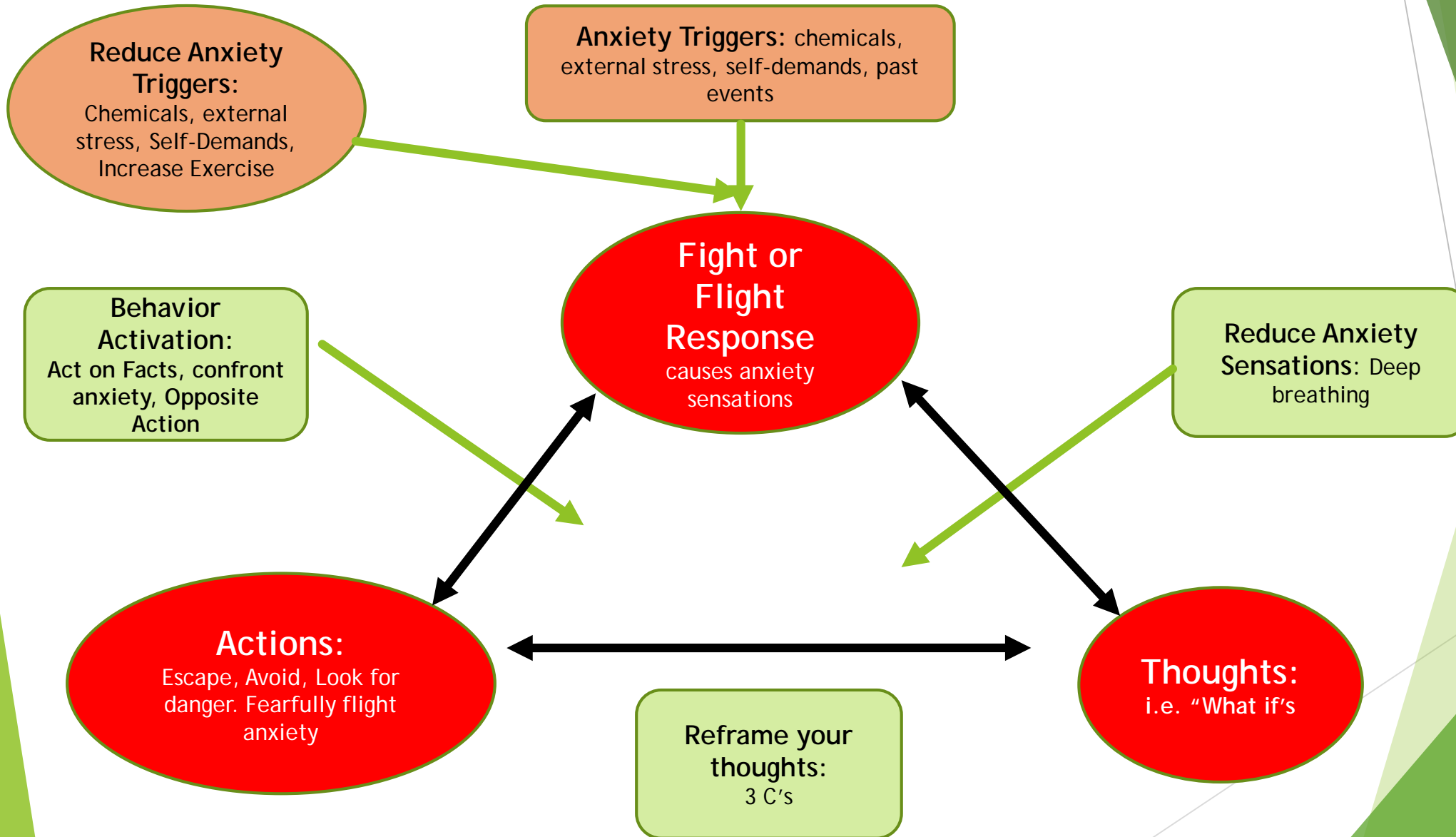


**Cerebellum** – the “motor control” part of our brains: *breathing, heartbeat and motor skills*

**Limbic System** – the “reactionary” part of our brains: *emotions, fight-or-flight, pleasure/reward and pain* ★

**Cerebral Cortex** – the “thinking” part of our brains: *reasoning, judgment, motivation, perception, memory and learning*

# ANXIETY CYCLE



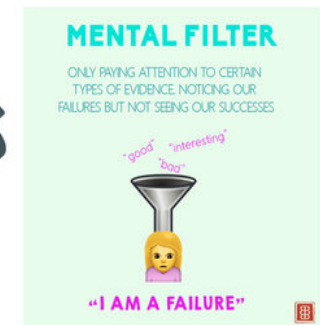
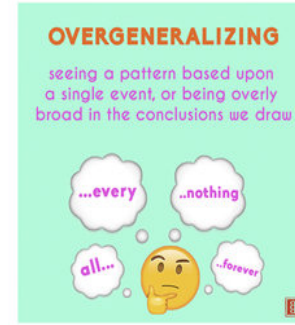
# Fight or Flight Response: What Happens?

The fight or flight response is a *healthy, harmless* response designed to save your life, preparing you to run or fight if the reacting brain feels you're threatened.

What you Notice	Why it Happens
Palpitations	The heart is pumping more blood to the fighting muscles.
Faster Breathing	To get more oxygen to the muscles.
Stomach discomfort, nausea, diarrhea	The blood moves to the fighting muscles and away from the digestive system.
More easily irritated	You're being prepared to fight or flee.
Trouble sleeping, restless	You're alert for danger.

# Cognitive Distortions

- ▶ Cognitive distortions are exaggerated or irrational thought patterns.
- ▶ In every distortion is a kernel of truth.
- ▶ Skill: 3C's.
- ▶ Catch: the distortion i.e. the negative thought
- ▶ Challenge: Identify Facts FOR and AGAINST the distortion. (remember in every distortion there is a kernel of truth)
- ▶ Change: AKA REFRAME the thought sticking with: 1) #Facts only; 2) Taking a non-judgmental stance; 3) Validating your emotions #nomorenoless.



# Depression & Anxiety Skills

- ▶ **Challenging Negative Thinking:** Utilize the 3 C's and Stick with the FACTS!

## 3'C's.....

- ▶ **Catch:** the distortion i.e. the negative thought
- ▶ **Challenge:** Identify Facts FOR and AGAINST the distortion. (remember in every distortion there is a kernel of truth)
- ▶ **Change:** AKA REFRAAME the thought ensuring it adheres to the following: 1) #Facts only; 2) Taking a non-judgmental stance; 3) Validating your emotions #nomore-noles.

# Depression & Anxiety Skills Cont.

- ▶ **Opposite Action/Opposite Emotion Paired with Mindfulness:** Do the opposite of the urge. Do something “activating” when feeling down.
  - a. Listening to upbeat music; watching a “feel good” movie; your favorite comedian; get out of bed etc. Practice taking a non-judgmental stance, i.e. unglue the judgement.
- ▶ **Emotion Tank:** Too many negative events can drain you. Plan intentional pleasant activities to counteract and “refill” your emotional tank.
  - a. May also include limiting contact with negative people or events that trigger negative emotions until you can refill your tank.

# Depression & Anxiety Skills Cont.

- ▶ **Get Connected:**
  - ▶ a. Utilize social support networks; family or friends or even online
  
- ▶ **6. Get moving! Exercise is effective. Research shows 3x a week, 45mins.**
  - ▶ Start walking; gardening; swimming; home exercise tapes; watching YouTube exercise videos; lifting light weights; dancing to your favorite song; going to the gym;
  - ▶ Do what you can with what you've got.
  
- ▶ **7. Remember your accomplishments and practice gratitude:**
  - ▶ Give yourself a pat on the back for one thing you are proud of each day. What have you done well so far?
  - ▶ What are you grateful for in your life?
  
- ▶ **8. Work towards meaningful life goals:** Create a life worth living. Set specific, observable behavioral goals that are obtainable.



# Depression & Anxiety Skills Cont.

- ▶ Schedule worry time: Worry skillfully and not destructively.
- ▶ Make stress work for you: Organize by keeping a calendar, create environments that decrease stress.
- ▶ H.A.L.T.:
  - ▶ Hungry?
  - ▶ Angry?
  - ▶ Lonely?
  - ▶ Tired?

# Depression & Anxiety Skills

- ▶ Relaxation:
  - ▶ Exercise
  - ▶ Practice deep breathing
  - ▶ Self-Soothe with the 5 Senses
  - ▶ Paced Deep Breathing (Ease Breathe app or Calm app)



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~MINDFULNESS

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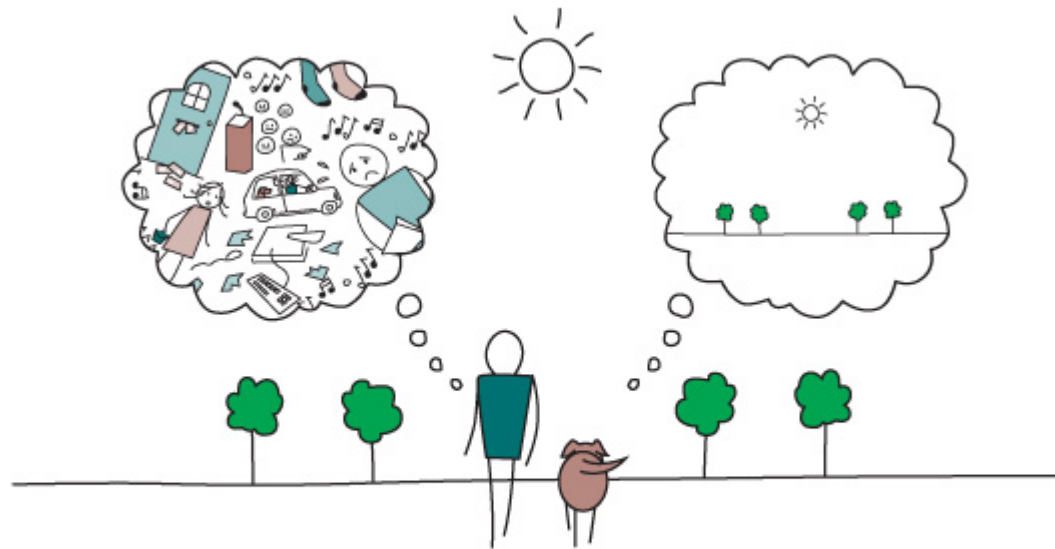
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# What is Mindfulness

- ▶ A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.
- ▶ The quality or state of being conscious or aware of something.

# Why Mindfulness



Mind Full, or Mindful?

# Why Mindfulness?

- ▶ Mindfulness has positive effects on managing stress, self-control, chronic pain and emotional pain and increases enrichment in our relationships with others.
- ▶ Mindfulness helps us to slow down and take inventory as to what's around us (externally and internally).
- ▶ Mindfulness helps us to look at things objectively vs reacted too subjectively.



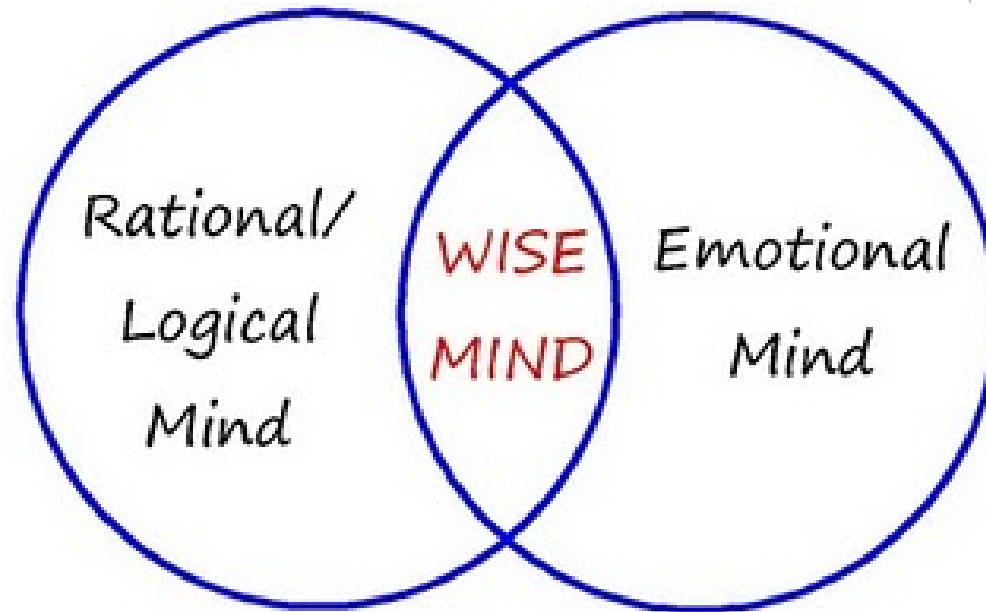
# Why Mindfulness?

- ▶ Mindfulness helps us to break down habitual behavior.
- ▶ Mindfulness helps us to approach ourselves and others from a non-judgmental stance.
- ▶ Mindfulness reminds us that we are more than just our emotions, pain and or circumstances.
- ▶ Mindfulness decreases suffering.

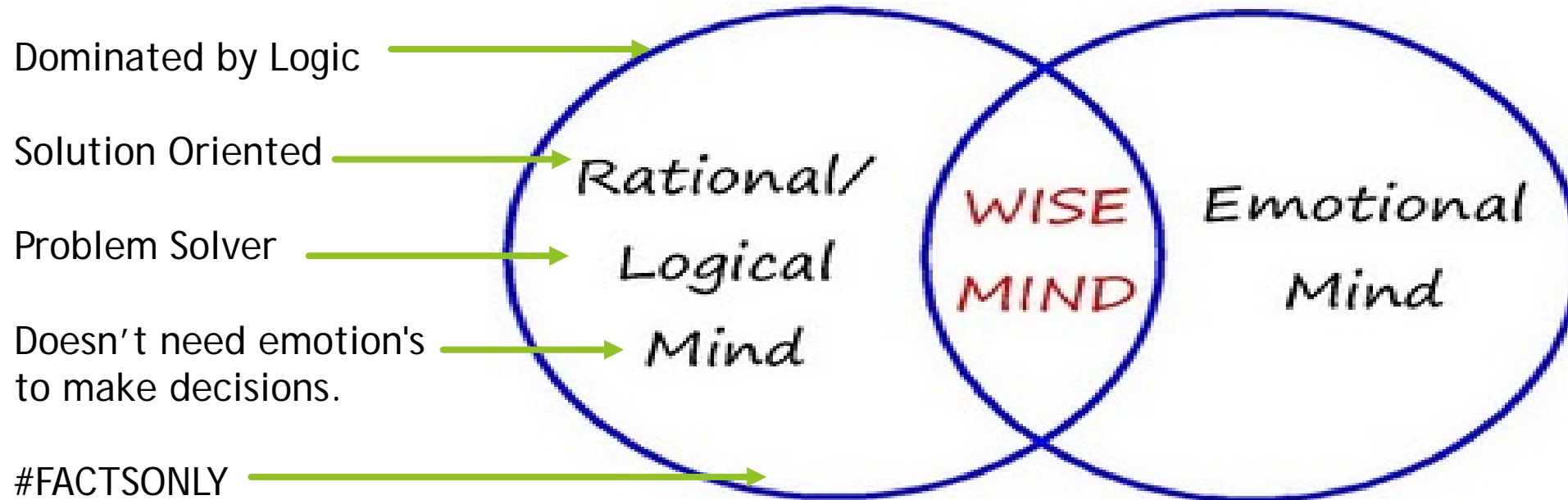
# States of Mind

1) What State of Mind  
am I in?

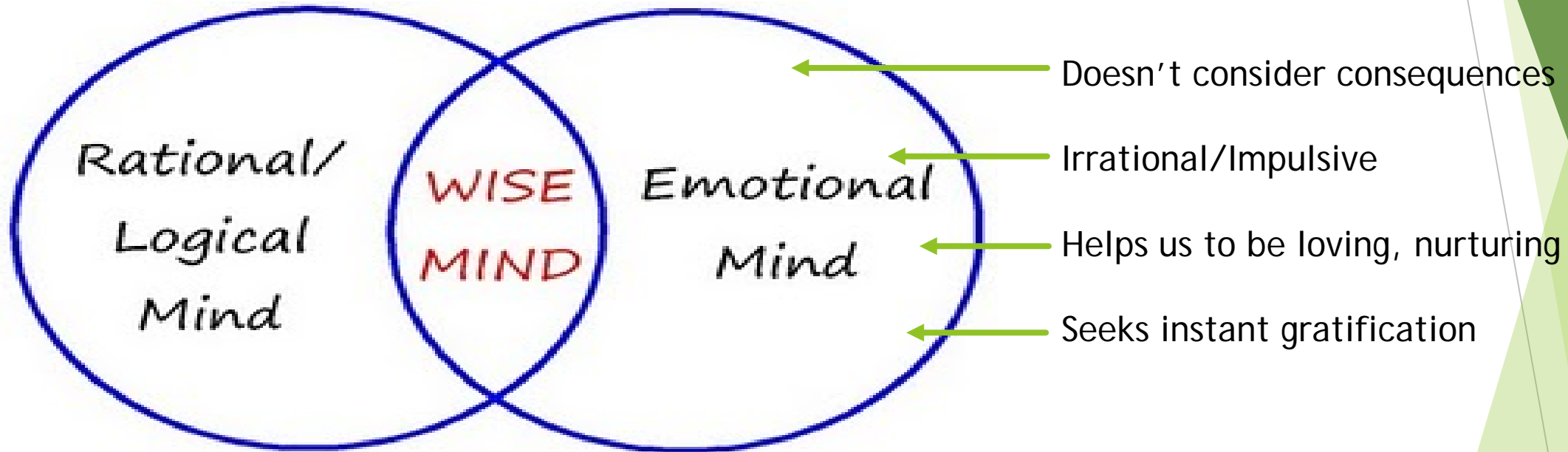
2) Is it Effective?



# States of Mind



# States of Mind



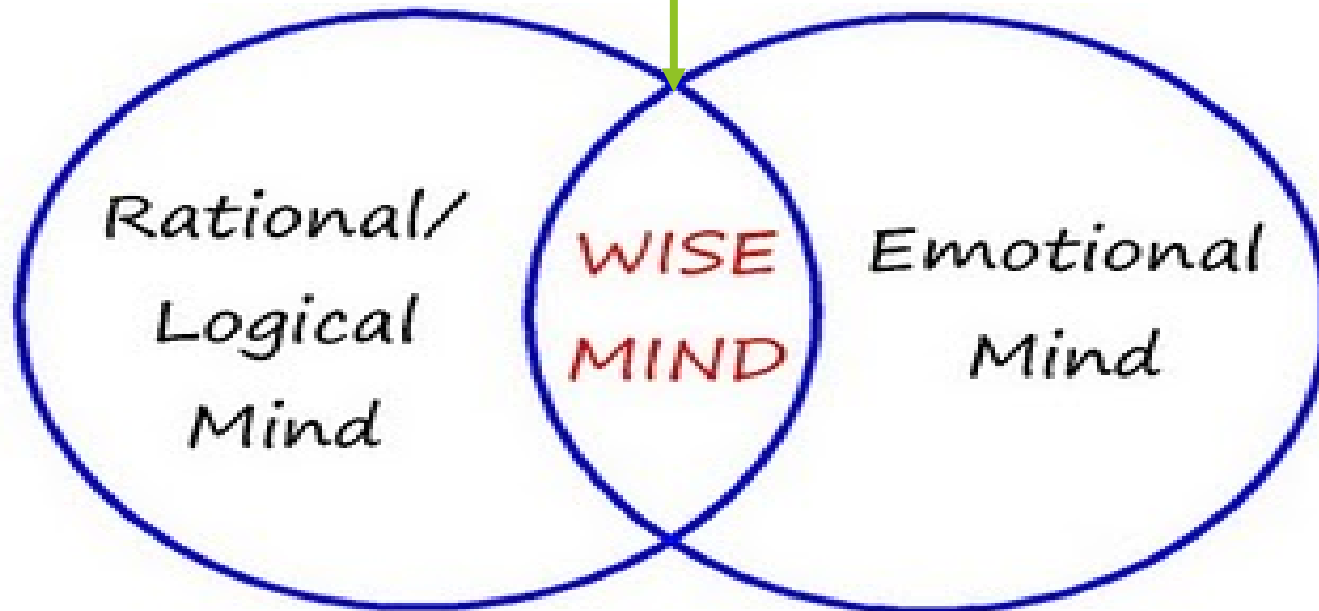
# States of Mind

Keeps us centered, grounded, neutral.

Keeps me/others safe.

Looks out for my long-term best interest.

Balance of rational and emotion mind.





The “What” skills These are *what you can do with your mind that is mind-full*. They include *Observe, Describe, and Participate*.

- ▶ Slow down
- ▶ Pay attention
- ▶ Be Curious
- ▶ Look without reacting
- ▶ Look at urges (i.e. the urge to yell, scream, avoid)



## Describe

This is putting words on our experience. First, we look to see where we are, and then we briefly put words on the experience.

- ▶ **We label without:**
  - ▶ Analyzing
  - ▶ Questioning
  - ▶ Interpreting
  - ▶ Adding information (catastrophizing)
  - ▶ Subtracting information (denial or avoiding)
  
- ▶ **We label by:**
  - ▶ Taking a non-judgmental stance
  - ▶ Not assuming or predicting
  - ▶ Sticking only with the facts

# Participate

Participate is  
about being in  
the **NOW**.

Only using the  
mind when we  
need it and when  
it's effective.



Your body is present.



Is your mind?



Past

Present

Future



Don Williams



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The next section of mindfulness contains the three “How” skills: One-mindfully, Non-judgmentally, and Effectively.

## One-Mindfully

One-Mindfully is trying to only do one thing at a time.

One-Mindfully decreases our suffering

One-Mindfully is not multi-tasking.

One-Mindfully is not being on autopilot. This can make us vulnerable to all our old habits and ways of thinking, many of which increase our suffering.

Mindfulness is simply  
being aware of what is happening right  
now without wishing it were different.

Enjoying the pleasant without  
holding on when it changes.  
(which it will)

Being with the unpleasant without  
fearing it will always be this way.  
(which it won't)

- James Baraz

Non Judgemental



Photo Credit: <https://au.toluna.com>

# Non- judgmentally

- ▶ Non-judgmentally is accepting *what is, as it is, because it is*.
- ▶ The only realistic attitude toward the present moment is one of acceptance.
- ▶ This is the core of the Non-judgmentally skill.

Pain + Suffering  
=  
Non-Acceptance

# Pain is inevitable but suffering is optional.

- ▶ Suffering is what we do with the pain.
- ▶ Does your behavior or things you say make your pain worse or does it help you to maintain?
- ▶ The goal is to ride the wave so long as the wave is here; without making it any more or any less than what it is.
- ▶ The fire represents the pain (burning just fine all on its own).
- ▶ The lighter fluid represents things we say or do that increase our suffering (A.K.A. making the pain bigger than what it needs/factually is).



# Non-Acceptance

- ▶ Denying your reality.
- ▶ What Reality are you denying?
- ▶ How is this impacting your moods and relationships?
- ▶ Is this effective?



# Acceptance

- ▶ Suffering is what we do with that pain. When we say to the pain, “No, this should not be,” or “I can’t stand this pain...make it go away,” we increase our suffering. Even trying to hang on to good things can cause suffering. Grasping and hanging on too tightly to people or things can cause suffering.

# Acceptance

- ▶ Acknowledging your reality...Saying yes to my reality.....
  - ❖ For what it is, as it is, because it is.....
  - ❖ **#NOMORENOLESS**
- ▶ Not contingent on whether we like our reality, agree, disagree with our reality, but because it is.
- ▶ Working towards ungluing our judgment.
- ▶ The greater the pain, the harder it is to accept. We practice Radical Acceptance moment by moment; **#NOMORENOLESS**

The Non-judgmentally skill is about finding a way to an open acceptance of whatever is right in front of us. It is trying to stay open to the pleasures and pain of life, as they naturally rise and fall, without creating more suffering through hanging on or pushing away.

Now, acceptance doesn't mean compliance or rolling over and playing dead to whatever happens in life. However, when we say, "I hate this. This should not be this way. They shouldn't be doing that, etc.," we tend to reinforce a blaming stance that implies that someone else needs to change. This can often close down effective change, because we then look to someone or something else to fix things.

To sum up, Non-judgmentally is approaching each moment with acceptance and with an open heart. To do that we have to let go of grasping at what we want or pushing away what we don't want. It is a very powerful skill, and often a very difficult one as well.

# ~~in~~effective

- ▶ Effectively is about focusing on what works.
- ▶ It is about asking in the moment, “Hey, what is going to work here.
- ▶ What is going to be effective to get my long-term goals?”
- ▶ It is a great skill because it can empower you to take responsibility to make change happen, which can decrease your suffering.
- ▶ If the situation can’t be changed, it can lead you to more acceptances, which can also decrease your suffering.
- ▶ This skill also helps reinforce the idea of **acceptance first**, and then change. “Things are as they are. Okay, then what am I going to do about it? What is going to be effective?”

Effectively is about focusing on what works.

What is going to be effective to get my long-term goals met?"

It is a great skill because it can empower you to take responsibility to make change happen, which can decrease your suffering.

If the situation can't be changed, it can lead you to more acceptances, which can also decrease your suffering.

This skill also helps reinforce the idea of **acceptance first, and then change**. "Things are as they are. Okay, then what am I going to do about it? What is going to be effective?"



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# Welcome to Essential Tools for Mental Health

## Communication

By, Martha Klein, LCSW

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Disrespecting Self



Respecting Both



Disrespecting Others

## Assertive Communication

Communicating assertively means clearly and calmly expressing what you want without either being too passive or too aggressive. Learning to communicate assertively doesn't guarantee you will have your needs met but it makes it more likely, and it can improve your relationships with other people.



Thinking your needs don't matter at all	Recognising that your needs matter as much as anyone else's	Thinking that only your needs matter
Give in	Compromise	Take
Not talking, not being heard	Talking and listening	Talking over people
Trying to keep the peace	Making sure things are fair - for you and others	Looking out for yourself
Allowing yourself to be bullied	Standing up for yourself	Bullying others
Not saying what you think, or not saying anything	Express your point clearly and confidently	Can lead to shouting, aggression or violence
Damages relationships - other people respect you less	Enhances relationships - other people know where they stand	Damages relationships - other people don't like aggression
Damages your self-esteem	Builds your self-esteem	Damages others self-esteem

### Tips for communicating assertively

Use "I" statements

Be clear and direct:

*"I would like you to give me a refund"*

*"I think what you have done is good, but I would like to see more of..."*

Describe how another person's *behaviour* makes you *feel*

This makes other people aware of the consequences of their actions:

*"When you raise your voice it makes me scared ... I would like you to speak softly"*

*"When you don't tell me what you are feeling it makes me confused"*

Stick to your guns - the broken record technique

This involves thinking about what you want, preparing what you might say, then repeating it as necessary:

*"I would like a refund ... Yes, but I would still like a refund ... I've heard what you have said but I still want a refund"*



# Traits of Assertive Communication



Clearly state  
needs and wants



Eye contact



Listens to others  
without  
interruption



Appropriate  
speaking volume



Steady tone of  
voice



Confident body  
Language

# Assertiveness Tips

1

Respect yourself: Your needs, wants, and rights are as important as anyone else's.

2

Express your thoughts and feelings Calmly: Don't give the silent treatment, or yell, threaten or shame.  
Take responsibility for your own emotions using "I" Statements.

3

Plan what you're going to say.  
Stay on point.

4

Say "No" when you need to.

# Reflective Listening



Photo Credit: youtube.com

# Reflective Listening

Helps us to become better listeners.

Shows that you didn't just hear the other person, but rather are trying to understand them.

Communicates to the other person they have your full attention.

Decreases misunderstandings.

- ▶ Be mindful of tone of voice.
- ▶ Try and reflect emotions, even if the person you're listening to didn't clearly describe them. Try and pick up on their tone of voice and or body language.
- ▶ Switch up your reflection statements.
  - ▶ Examples:
    - 1) "I hear you saying that..."
    - 2) "It sounds like you feel..."
    - 3) "You're telling me that ...."

\*Focus on the main points.\*



## Listening Skills

### Clarify

- Ask questions. Make sure you understand what the speaker is saying. Check for understanding.

### Reflective Listening

- "So what you're saying is..." Rephrasing or summarizing.

### Empathy

- Show other person you relate to their feelings. Don't pass judgment on the speakers attitudes or actions.

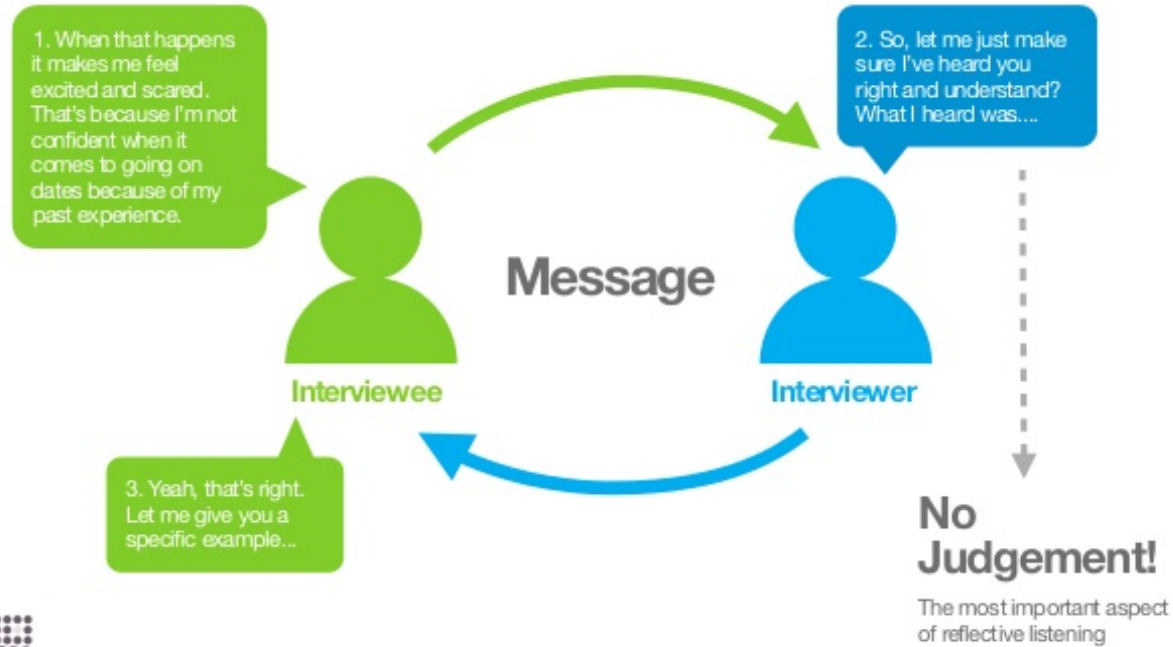
### Encouragement

- Signs you are following what the speaker is saying and listening to them. Face the speaker and make eye contact. Nod or make comments: "I see", "Go on".



# Reflective listening

To clarify what you've heard







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## ~CODEPENDENCY

# What is





- ▶ Codependency is a behavioral condition in a relationship where one person enables another person's addiction, poor mental health, immaturity, and or under achievement. Among the core characteristics of codependency is an excessive reliance on other people for approval and sense of identity. An imbalanced sense of responsibility to rescue, fix and help another *(Meier Clinics, Richardson, TX)*
- ▶ A codependent person is one who lets another person's behavior affect them and who is obsessed with controlling that person's behavior. *(Melody Beattie in Codependent No More)*
- ▶ The person in the codependence life could be a healthy or unhealthy person or group of people. The codependent responds to this person's feelings, emotions, dependencies, problems or actions with the following: Anxiety, shame, worry, guilt, the desire to fix it, have difficulty saying no, sleep problems and or other emotional and behavioral reactions.

# How to Recognize Unhealthy Boundaries

Going against personal values or rights to please others.

Giving for the sake of giving.

Letting others define you.

Expecting others to fill your needs automatically.

Feeling bad or guilty when you say "No".

Not speaking up when you are treated poorly.

Falling apart so someone can take care of you.

Falling "in love" with someone you barely know who reaches out to you.

Excepting advances i.e. touching and sex that you do not want

Overreact to things OUTSIDE of them

Underreact to things INSIDE of them

# Signs of Healthy Boundaries

Saying "No".

Asking for what you want or need.

Taking care of yourself.

Saying "Yes" because you want to, not out of obligation or to please others.

Behaving according to your own values and beliefs.

Feeling safe to express difficult emotions and have disagreements.

Feeling supported to pursue own goals.

Taking responsibility for your unhappiness.

Not being all responsible for someone else's happiness.

Being in tune with your own feelings.

Knowing who you are, what you believe, what you like.



Photo Credit:youtube.com

Think of two people in two boats equipped with oars. They are in calm water. Their mission is to row upstream. Mary is in one boat, and John is in the other. Mary lovingly gazes over to see how John is doing.

John is standing up in his boat; only one of his oars is in the water, and he is going nowhere. Mary, trying to be helpful, calls over to John, instructing him to sit down and row correctly.

After observing for a period of time, Mary sees that although John has followed some of her directions, he continues to have only one oar in the water and has not gone anywhere.





As time goes on, Mary feels she should be more helpful in her efforts to get John on his way upstream. She decides that the best way to help is to get into John's boat, to be closer to him and to be more available to him. While in his boat, she continues to tell him how to row and what to do.

Finally, in frustration, Mary takes over the oars of John's boat, leaving her own boat adrift and going nowhere. Mary does not concern herself with her boat; she spends all her energy rowing John's boat. She notices that the load is quite heavy with two in the boat and that she is working very hard as the boat progresses upstream, Mary begins to feel resentful, watching John sit and ride.



However, she still feels it is better for her to row she thinks to herself, "if John would appreciate all my work, then I would not mind rowing for two." But as they progress upstream, John becomes critical, not complementary, of Mary.

Eventually he asks her to get out of his boat. At this point Mary is devastated as well as astonished by John's request. She argues with him, to no avail, and he again asks her to leave his boat.

Mary now realizes that she does not know where her boat is and that she is completely confused about how to find it. People like Mary often reach out for help at times like these.



# Strategies to Enforce your Boundaries

- ▶ Start being Honest with yourself and others.
- ▶ Catch the lies! (IE Distorted Thinking, Unjustified Guilt)
- ▶ Rely on support from others who will honor your boundaries.
- ▶ Give yourself permission to not give an answer.
- ▶ Practice Asserting your rights!
- ▶ Plan a daily/weekly calendar. Start with one thing you are going to commit doing for yourself daily that solely benefits you.



# Strategies to Enforce your Boundaries

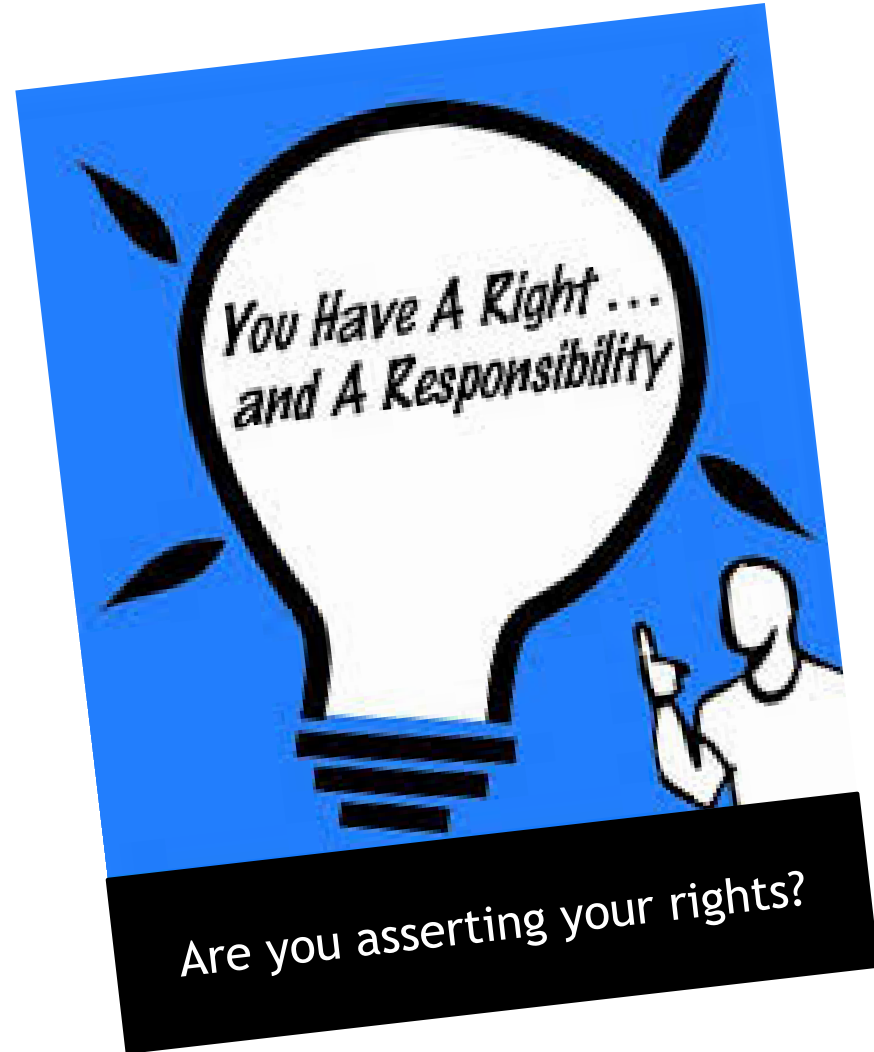
- ▶ Ask yourself. "Is this person asking for my help?" or "Is this person asking for my advice?"
- ▶ Use 4 ways to say "No":
- ▶ "No"
- ▶ "That's a wonderful question, I will get back to you by..... and let you know."
- ▶ "That won't work for me; you might try Aunt Betsy."
- ▶ "That won't work for me this weekend; however, I can help you out the following weekend".



- ▶ Write down examples of Co-Dependency in your own life. (Think of What/How this plays out in your relationships.)
- ▶ What is one boundary I am willing to enforce for Mind, Body & Spirit?:
- ▶ Example for Mind: Saying “No” or disengaging in toxic discussions with others.
- ▶ Example for Body: Prioritizing health, limiting time with toxic people.
- ▶ Example for Spirit: Make time to pursue my own dreams.

**YOU ARE NOT  
REQUIRED TO  
SET YOURSELF  
ON FIRE TO KEEP  
OTHER PEOPLE  
WARM.**

# Personal Rights



- ▶ I have the right to be treated with dignity, compassion, and respect at all times.
- ▶ I have the right to make my own decisions about the course of my life.
- ▶ I have the right to have dreams-and to work toward making these dreams come true.
- ▶ I have the right to feel good about myself.
- ▶ I have the right to choose who will be my friends, whom I will spend time with, and whom I will confide in.



# Personal Rights

- ▶ I have the right to make mistakes.
- ▶ I have the right to change my mind.
- ▶ I have the right to be happy.
- ▶ I have the right to ask for what I want.
- ▶ I have the right to follow my own values and standards.
- ▶ I have the right to express all of my feelings, both comfortable and uncomfortable.
- ▶ I have the right to say "no".

# Personal Rights



- ▶ I have the right to determine my own priorities.
- ▶ I have the right not to be responsible for others' behavior, actions, feelings, or problems.
- ▶ I have the right to my own needs for personal space and time.
- ▶ I have the right to be in a non-abusive environment.
- ▶ I have the right to change and grow.
- ▶ I have the right to have my needs and wants respected by others.
- ▶ I have the right to be uniquely myself.





Photo credit: Brene Brown



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