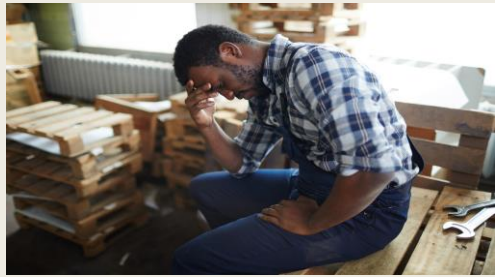


Rise. Reclaim. Restore.

Creative Ways to Avoid Burn-Out and Minimize Stress



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A Look Into African History



African Culture-Music, Dancing and Coming together had a vital role in people's ability to communicate and celebrate events. They have Marriage rituals, healing rituals, rainmaking rituals, coming of age and many others. African Dance-was not for entertainment, rather to tell a story (teaching). Narrate history. Transfer emotions. They have traditions that were handed down from generation to generation and it was an honor to use the ancestral practices.

Rise!

1. Therapy is for _____ people.
2. Others will think I am _____ if I tell them I am seeking therapy.
3. I feel _____ if I ask for help.



Reclaim.



I'm Cranky!

I'm Exhausted 24/7!

I'm not enjoying my life!

I Can't Focus!

I'm Beyond STRESSED!

I'm going in a 1000 directions.

Restore.



I'm Energized!
I'm Focused!
I'm Happy!
I'm Rested!
I'm Enjoying My Life!

Be willing to explore cognitive blocks that may be preventing you from embracing restoration.

A background image of a spa setting. On the right, there is a stack of three folded white towels. In the foreground, a lit candle in a glass holder is visible on the left, and a wooden clothespin is at the bottom. The background is softly blurred, showing more towels and a white ceramic container.

Self-Care

Relax With Spa Treatments

Drink/Eat Healthy

Exercise/Stretch/Walk

Incorporate Things You Enjoy

Do Say NO

Overwhelmed-Talk to someone

A Few Psychological and Emotional Signs of Excess Stress.

- ✓ Depression or anxiety.
- ✓ Anger, irritability, or restlessness.
- ✓ Feeling overwhelmed, unmotivated, or unfocused.
- ✓ Trouble sleeping or sleeping too much.
- ✓ Racing thoughts or constant worry.
- ✓ Problems with your memory or concentration.
- ✓ Making bad decisions.



Ways to Avoid Burn-Out and Minimize Stress.

1. Don't say **YES** to everything.
2. Do a 2-5minute mental reset at your desk by listening to music/meditation.
3. Practice Deep Breathing.
4. Go for a 5-minute walk after dealing with a stressful, tough situation.
5. Step into the bathroom for 3 minutes and listen to a calming sound on your phone (FREE App on Apple; Ocean Sounds, Soothing Sleep Sounds)
6. Stretching is very helpful at reducing stress.
7. If you feel alone, think of ways to create community-reach out, talk to someone.



Note: If you are the “go to person” Mr./Mrs. Strong-You can be strong and vulnerable. If you have a friend, co-worker that is known as the “strong one”, check on them.

Video Verbiage???

How to avoid Burn-out and minimize stress!

Today I touched on a few traditions and practices of our African ancestors. I wanted to draw attention to the fact that-As a people they had rituals for healing, celebrations, and resolving conflict. They used dance, song, and communicated openly as a community. There were elders who taught and counseled the younger men and women of their tribe to create unity within. Our ancestor's practices are still embraced today.

Rise above your former thoughts regarding mental health, for you are worthy. Reclaim-power over your life. Afterall, it is your life. Restore-make time to unwind, relax, rejuvenate.

Get out there and dance, sing, grab an instrument. If you feel lonely, consider finding an instant community while doing your favorite activities.

Be Well.

You are worthy.