



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

Taking Care of Yourself So You Can Take Care of Others

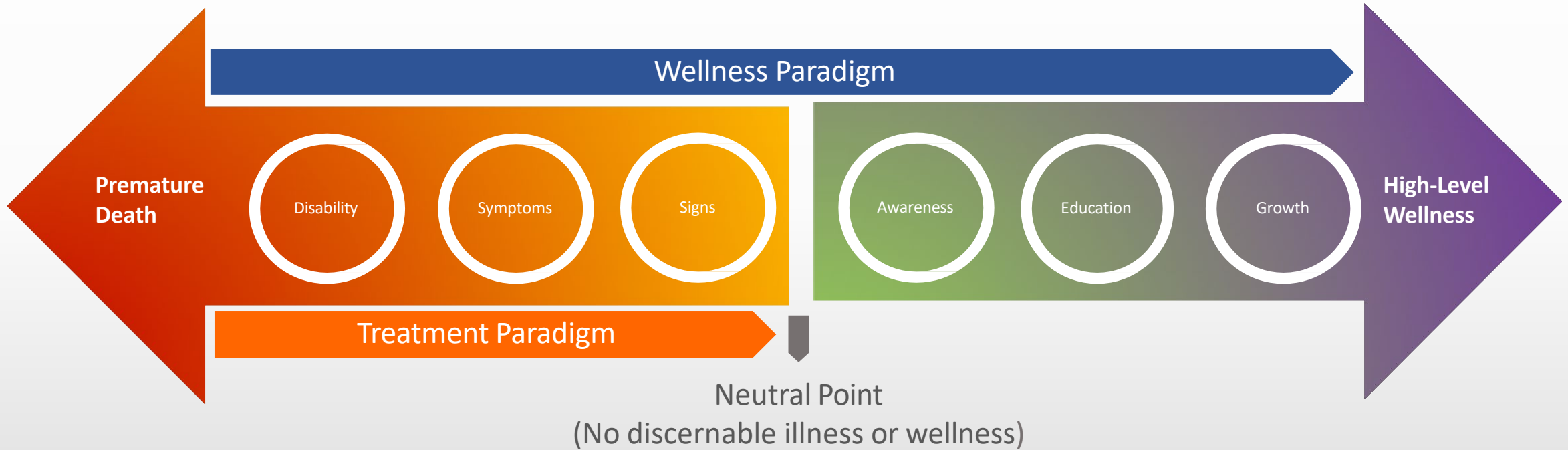
Kristin Davis
Senior Program Specialist
September 11, 2024

What is Wellness?



Illness-Wellness Continuum

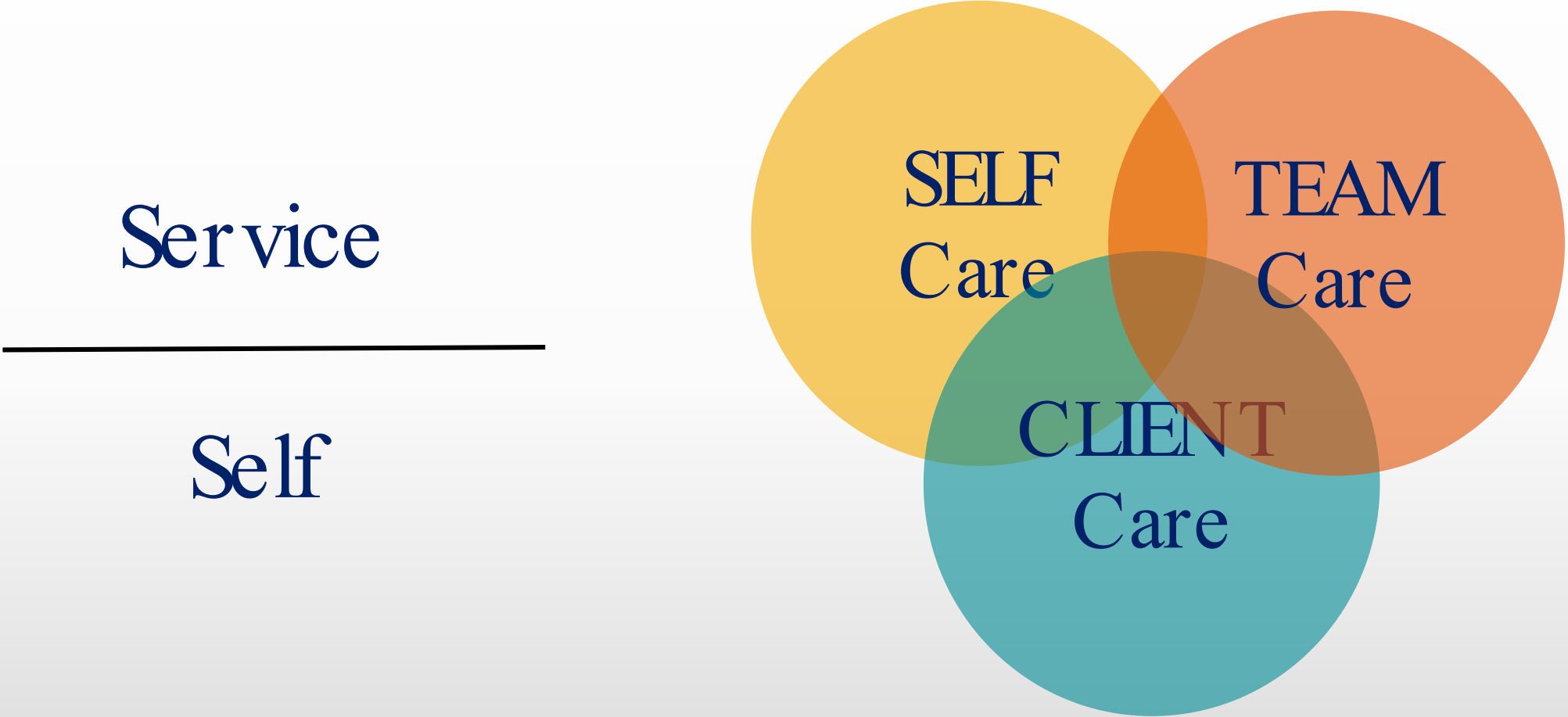
(Travis, 1972; 1988; 2004)



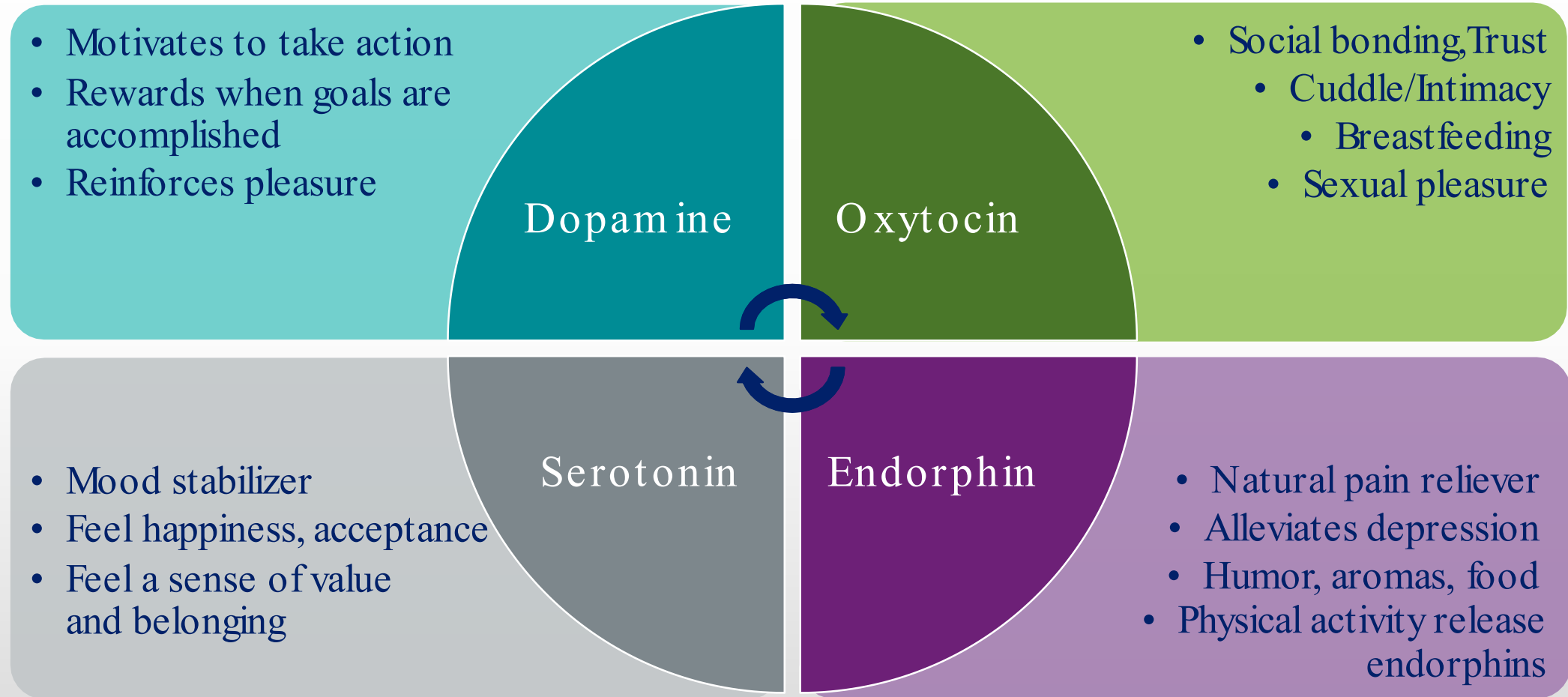


How can you
ensure your own
wellness?

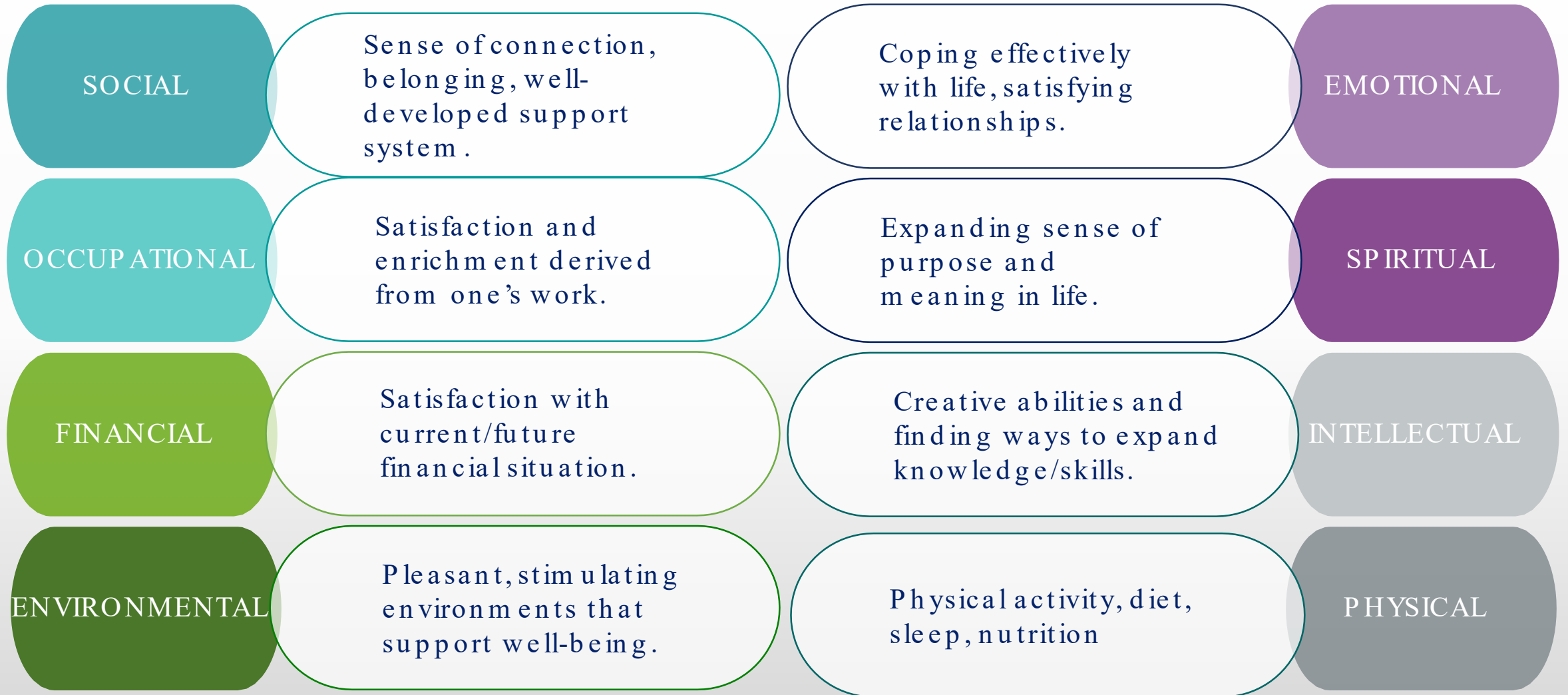
Shift the perspective



Your brain needs a “DOSE” of positive chemicals



The Eight Dimensions of Wellness





“But I don’t have
time!”

Maybe you do...

- Think about the amount of time you spend on other priorities instead of yourself.
- Wellness practices can take less than 5 minutes a day.
- The time you invest in your own wellness can save you more time handling problems throughout the day.

Building Resilience and Protective Factors

Eat. Sleep. Exercise.

Family, Friends & Supports

Hobbies & Interests

Practice Emotional Health

Learn new things that don't involve your job

Get professional help if necessary

Breath Work

Stretch, Movement, Posture Work

5 Senses Grounding
Sight, Sound, Touch, Taste, Smell

Mindfulness & Meditation

Spiritual Health Practices

Wellness Education

Set & Maintain Boundaries

Create Self-Care Plan

Use annual leave and employee benefits



Supportive Coworkers Can Promote Wellness

Vicarious resilience

Vicarious Transformation

Weaving Wellness in ...



Use a 5-Strand Braid approach and weave these elements into your day-to-day practice:

- Nourishment
- Movement
- Rest
- Wellness Education
- Connections

How Midwesterners Talk about Mental Health



Midwest vs. Everybody 

@midwestern_ope

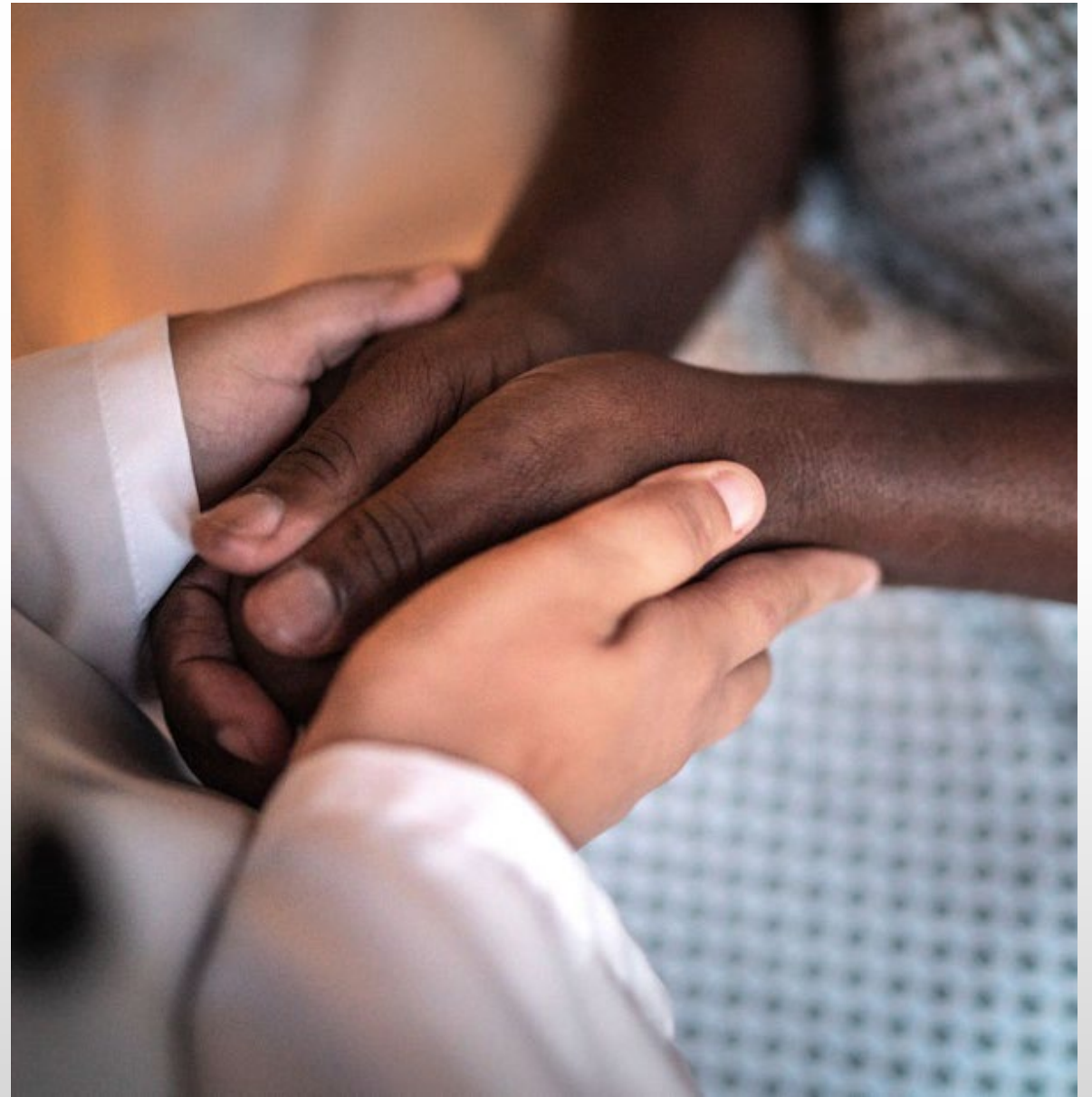
Phrases that indicate a Midwesterner is fighting for their life:

“Living the dream” = kindly push me off a grain elevator

“All good no worries” = not good, so many worries

“Hanging in there” = by the tiniest thread

Creating an
Environment that
Promotes Wellness
and Mental Health
Awareness



Why Older Adults May Be Dealing with Mental Health Issues

- Chronic Health Conditions
- Caregiving responsibilities
- Death of family or friends (grief)
- Social Isolation or Loneliness
- Financial Stress
- Loss of independence
- Change in housing or community situation

Signs of Potential Mental Health Issues

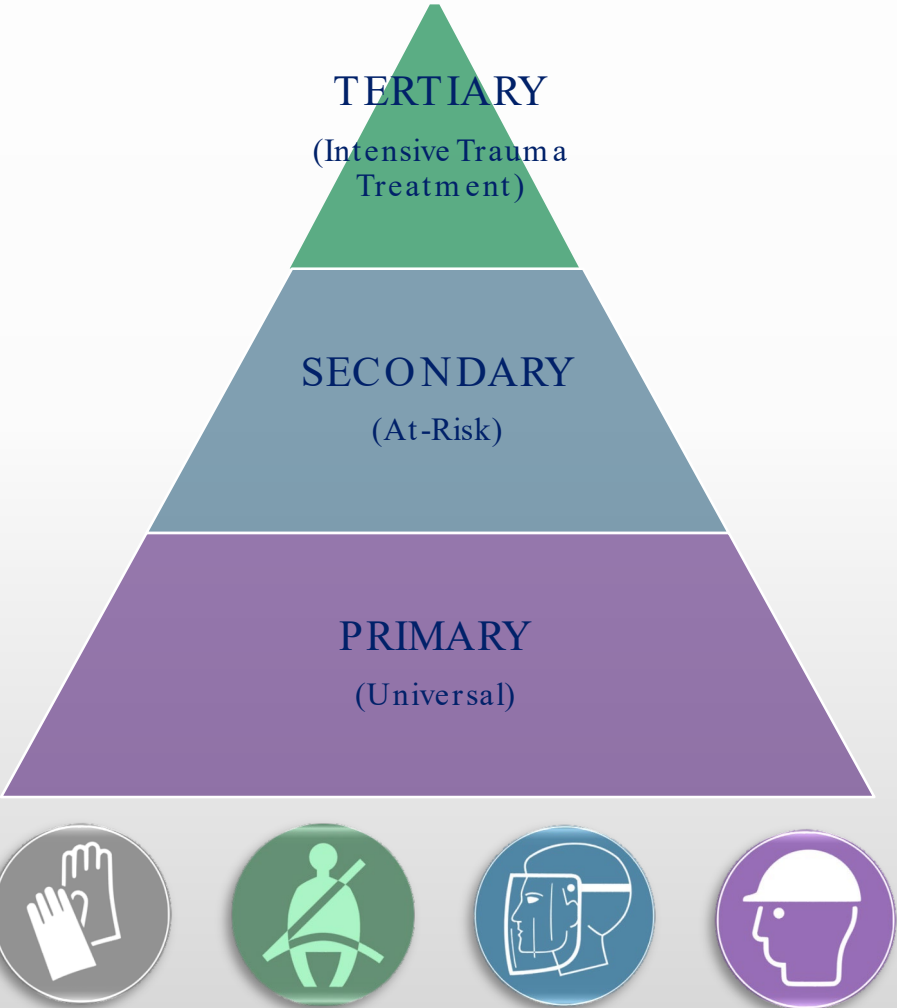
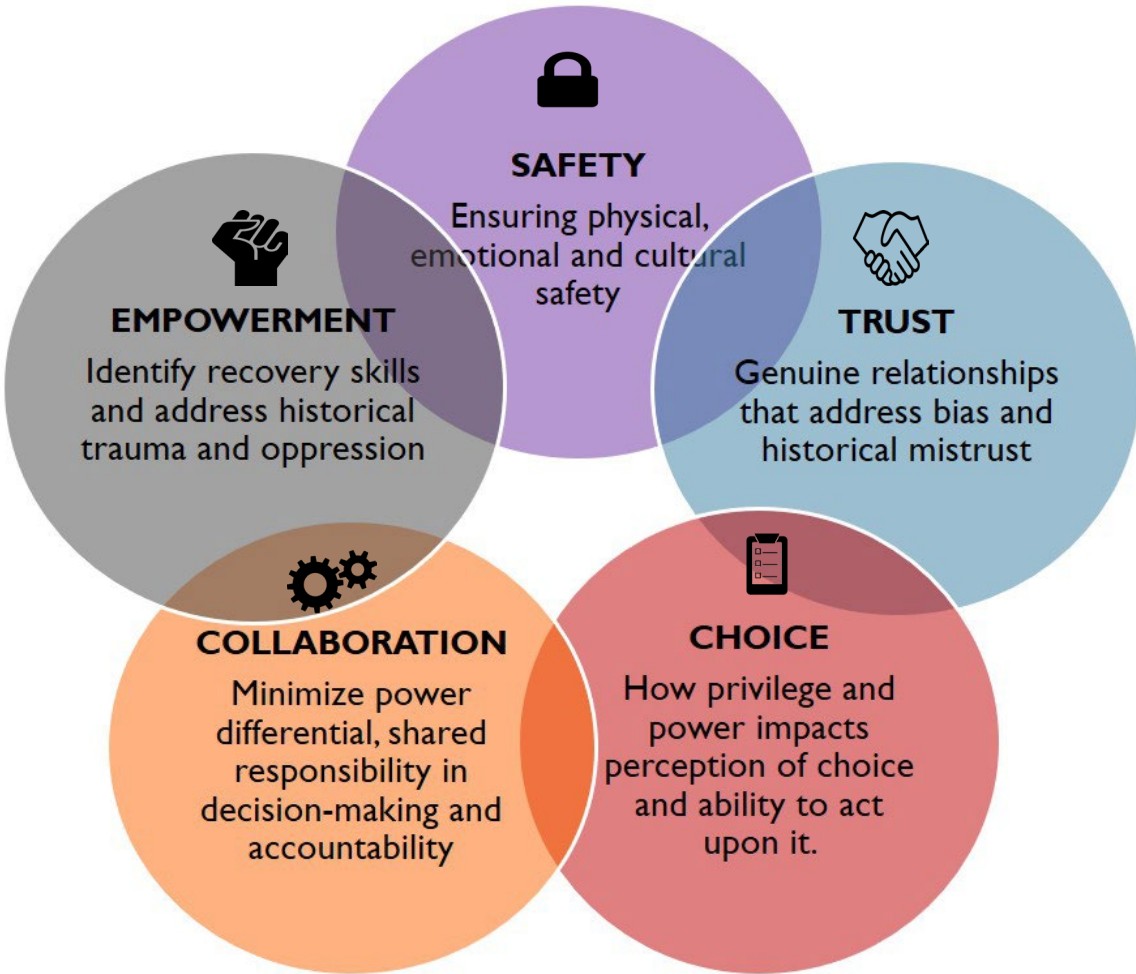
- Changes in mood, appetite, or energy
- Mental numbness/difficulty experiencing positive emotions
- Change in sleeping patterns
- Anxiety, worry, stress
- Anger or irritability
- Frequent headaches
- Misusing substances
- Sadness or feelings of hopelessness
- Suicidal thoughts
- Risky or uncharacteristic behaviors



Putting Mental Health at the Forefront

- Signage at the Center or Workplace
- Educational opportunities
- Opportunities for one-on-one conversations
- Check in with people

Using a Trauma Informed Approach



Having the Conversation

- Be present
- Be engaged
- Ask how you can help
- Practice empathy

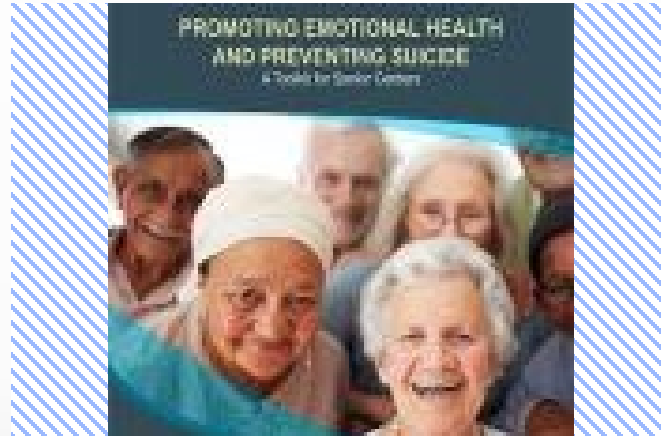


Resources



Missouri 988

Available 24/7 as a call, text, chat or videophone service. For the individual or someone who is concerned.



Promoting Emotional Health and Preventing Suicide— A Toolkit for Senior Centers

A publication from SAMHSA (Substance Abuse and Mental Health Services Administration)



National Council on Aging Behavioral Health

NCOA has several behavioral health related articles addressing chronic pain, talking to your health care provider, loneliness, etc.



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

QUESTIONS?



Kristin.Davis@health.mo.gov



573-526-4389



[https://health.mo.gov/seniors/aaa/
index.php](https://health.mo.gov/seniors/aaa/index.php)