*2016 School and Campus Safety Training Forum, Hampton VA*

**You Matter Too! Practical Self-Care and Humor Skills**

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Introductions

**Self-Care** -includes any intentional actions you take to care for your physical, mental & emotional health.

Good self-care is a challenge for many people.

**Happiness Research and Positive Psychology**

**TED Talk** – search “Shawn Achor Happiness TED Talk” 12 minutes – very funny

<http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en>

Dr. Achor’s 21 Day Challenge: Take two minutes every day and do these things:

1.  Write down three new things that you're grateful for each day.

2.  Journal about one positive experience you've had in the last 24 hours.

3. Send your first email to thank or praise someone… spread the happy!

**AND**

4. Practice Mindfulness meditation for a moment or a few minutes.

5. Exercise

Helpful YOUTUBES

**Stress & Anxiety** : Search “Stress Response: Savior to Killer”

<https://www.youtube.com/watch?v=sPS7GnromGo>

**Automatic Thoughts**

Search: “Automatic Thoughts by Watchwellcast”

<https://www.youtube.com/results?search_query=automatic+thoughts+wellcast>

**Mindfulness**

Search: Anderson Cooper Mindfulness 5 minutes

<https://www.youtube.com/watch?v=7wbfWAU7ah0>

Search: Dan Harris Mindfulness Summary

<https://www.youtube.com/watch?v=Ni2Mxk0YAY0>

Search: “Just Breathe by Julie and Josh Salzman” from www.mindfulschools.org

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

Search: “Never, Ever Give up Never, Ever Give Up. Arthur's Inspirational Transformation!

<https://www.youtube.com/watch?v=qX9FSZJu448>

**Free apps Free Trial use of app**

Buddhify Omvana

Calm.com Headspace

**Book:** 10% Happier by Dan Harris

**Humor is a tool.** It’s taking your job seriously but yourself lightly. You can improve your humor quotient!

**Humor and gratitude** are skills that can be learned. Both we and our students benefit from these skills.

*THANKS for all you do for young people!*