

You matter too!

Practical Self-care and Humor Skills

Linda Hancock, FNP, PhD

lhancock@vcu.edu

VCU Wellness Resource Center


FIRST THINGS FIRST

- CONGRATULATIONS
- Young people need what you do!
- THANKS

Why me?



This year I will celebrate 29 years of
working with college students!



She who
laughs
lasts!

WARNING -- I don't look like a college student...



but I talk like one!

Self-Care

Includes any intentional actions
you take to care for your
physical,
mental &
emotional health.

12 minute TED Talk on Happiness

The image shows a screenshot of a web browser displaying a TED talk page. The browser's address bar shows the URL: www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en. The TED logo is in the top left, followed by navigation links: Watch, Discover, Attend, Participate, and About. A search bar is in the top right. The main content area features a video player with a large play button overlay. The video title is "The happy secret to better work" by Shawn Achor. Below the title, it says "TEDxBloomington · 12:20 · Filmed May 2011" and "Subtitles available in 43 languages". There is a link to "View interactive transcript". At the bottom, there are social sharing icons for Twitter, Facebook, Email, Code, and a more options menu. The view count is "11,347,949 Total views" and there is a prompt to "Share this talk and track your influence!".

www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en







TED Watch Discover Attend Participate About Search...

Shawn Achor:

The happy secret to better work

TEDxBloomington · 12:20 · Filmed May 2011
Subtitles available in 43 languages

[View interactive transcript](#)

Share this idea      **11,347,949** Total views  Share this talk and track your influence!

You don't get happy by achieving success.

You achieve success by getting happy.

- Dopamine, which your brain makes when you're happy, has an important side effect:
- It makes you smarter.
- A positive brain is 31% more productive.

21 DAY CHALLENGE

- Take two minutes every day and do these things:
- 1. Write down 3 new things you are grateful for that day.
- 2. Journal about one positive experience you've had in the last 24 hours.
- 3. Use the first email you write every day to praise or thank someone you know. Spread the happy.

AND

- 4. Meditation
- 5. Exercise

Pair and Share with a buddy

What 3 things you
are grateful for...

The POINT – Gratitude and Happiness are actually self-care skills we can learn and teach!

The POINT...

Gratitude & Happiness
are actually self-care skills
we can learn and teach!

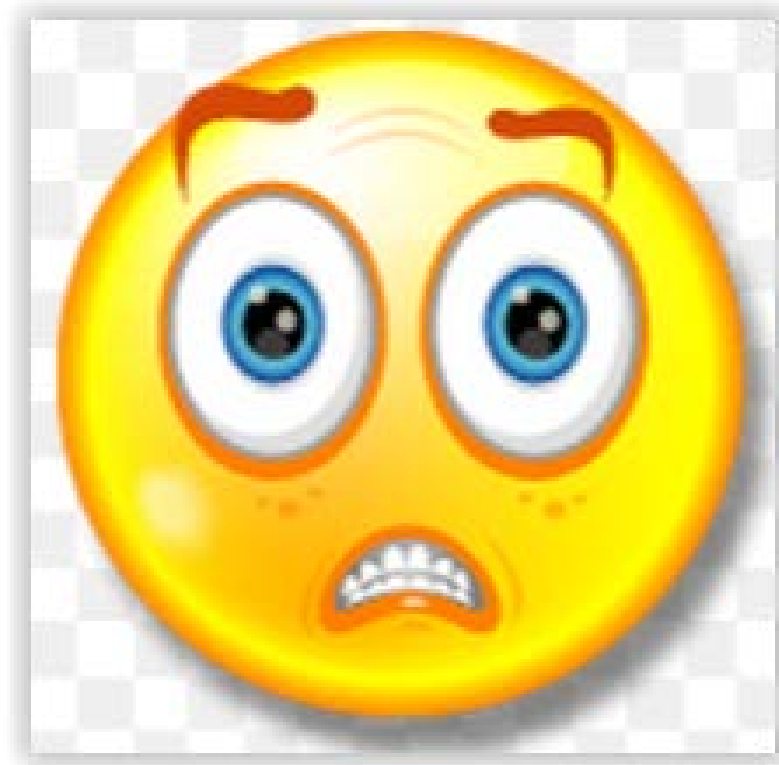
How stressed are you at work these days?



Not much



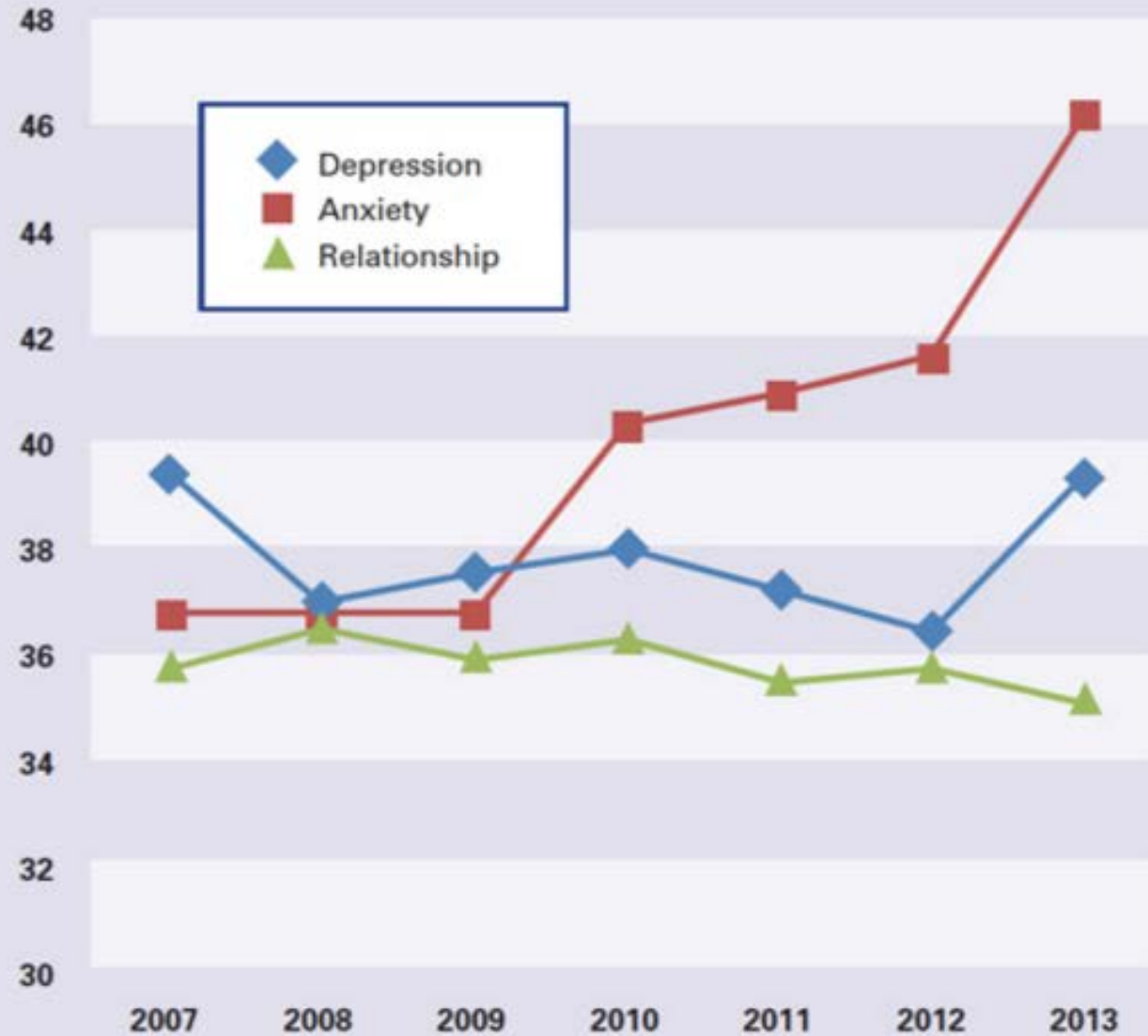
Why learn
about anxiety?
Why help youth
to deal with it?



Anxiety Trends in College

College and university counseling center presenting concerns

Percentage of students who presented with depression, anxiety or a relationship problem as their main reason for seeking help at a counseling center.



Source: Association for University and College Counseling Center Directors



TIME

THE
MINDFUL
REVOLUTION

The science of finding focus in a
stressed-out, multitasking culture

BY KATE PICKERT

Anxiety has a purpose.

I

YOUTUBE

STRESS RESPONSE:

Savior to Killer

by Robert Sopolsky



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

Think about how our bodies developed over millennia



An observation about stress...

- Hold up an arm....



Unrelenting Stress?



SHORT BREAKS MAKE YOU MORE RESILIENT!

Your body works reflexively



Smile



Practical skills:
chest vs. belly
breathing





If you carry all the baggage from the past and all the worries of the future, it crushes you in the present.



What is “mindfulness”?

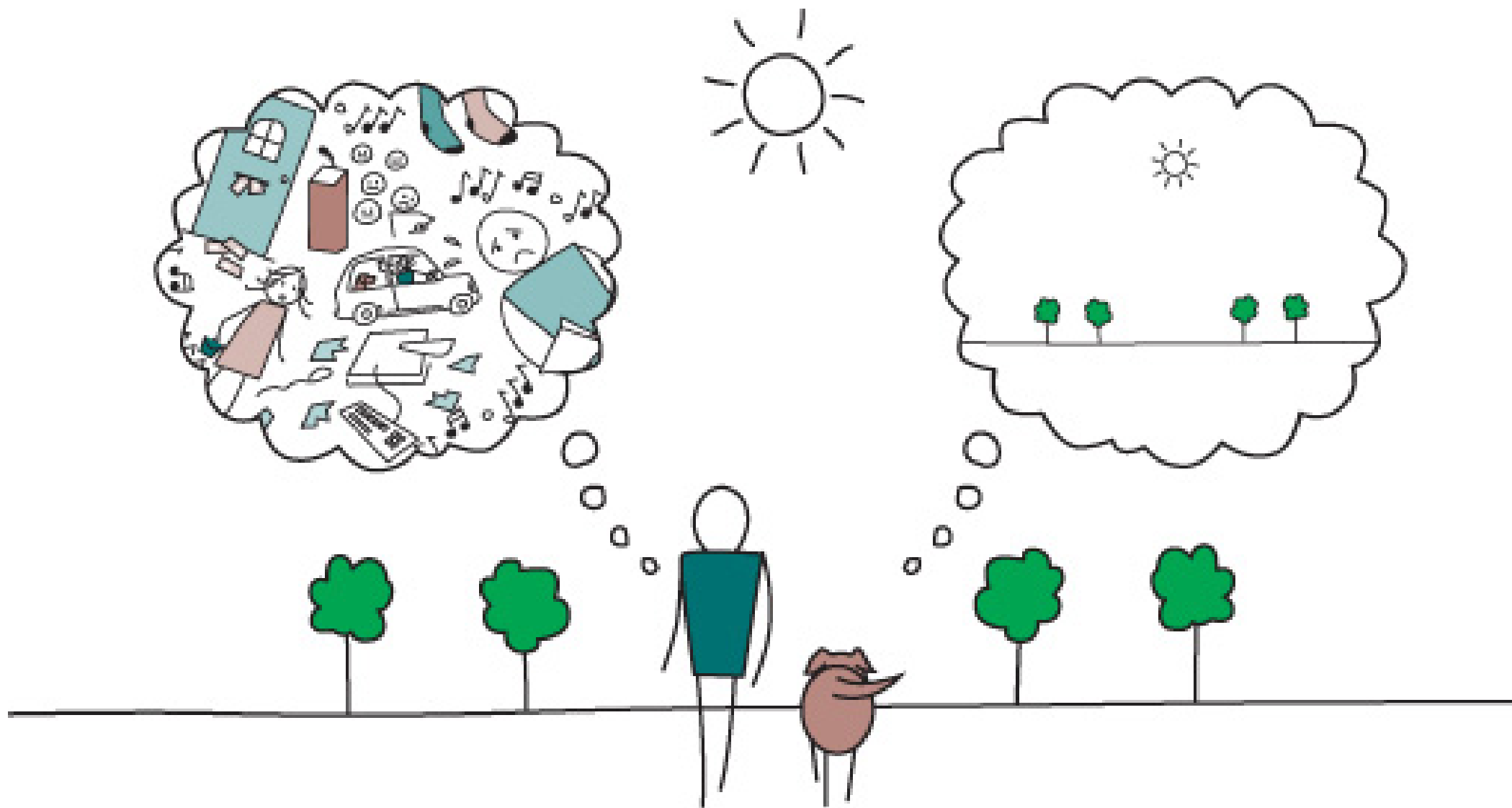


Mindfulness means paying attention
in a particular way: on purpose, in
the present moment, and
non-judgmentally.

— *Jon Kabat-Zinn* —

Radical but true concept....

**YOU are NOT
your thoughts!**



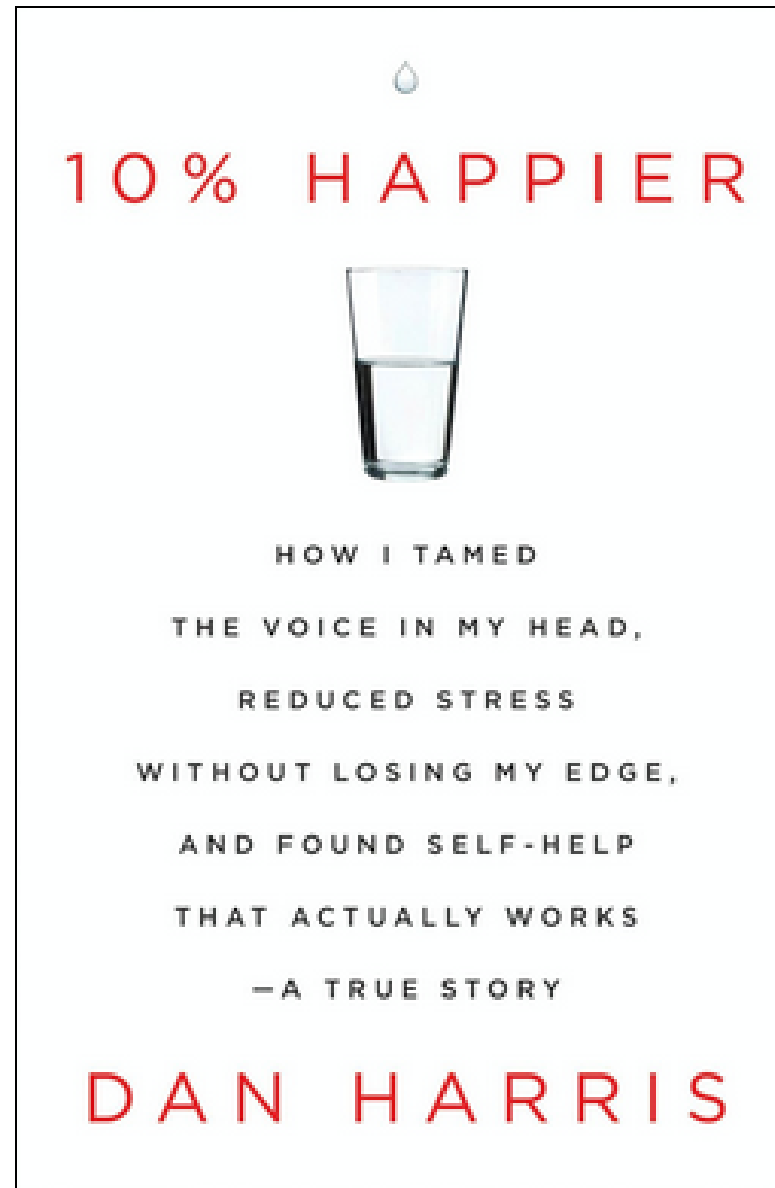
Mind Full, or Mindful?

Mindfulness for Health Professionals



Stop. Breathe. Be.

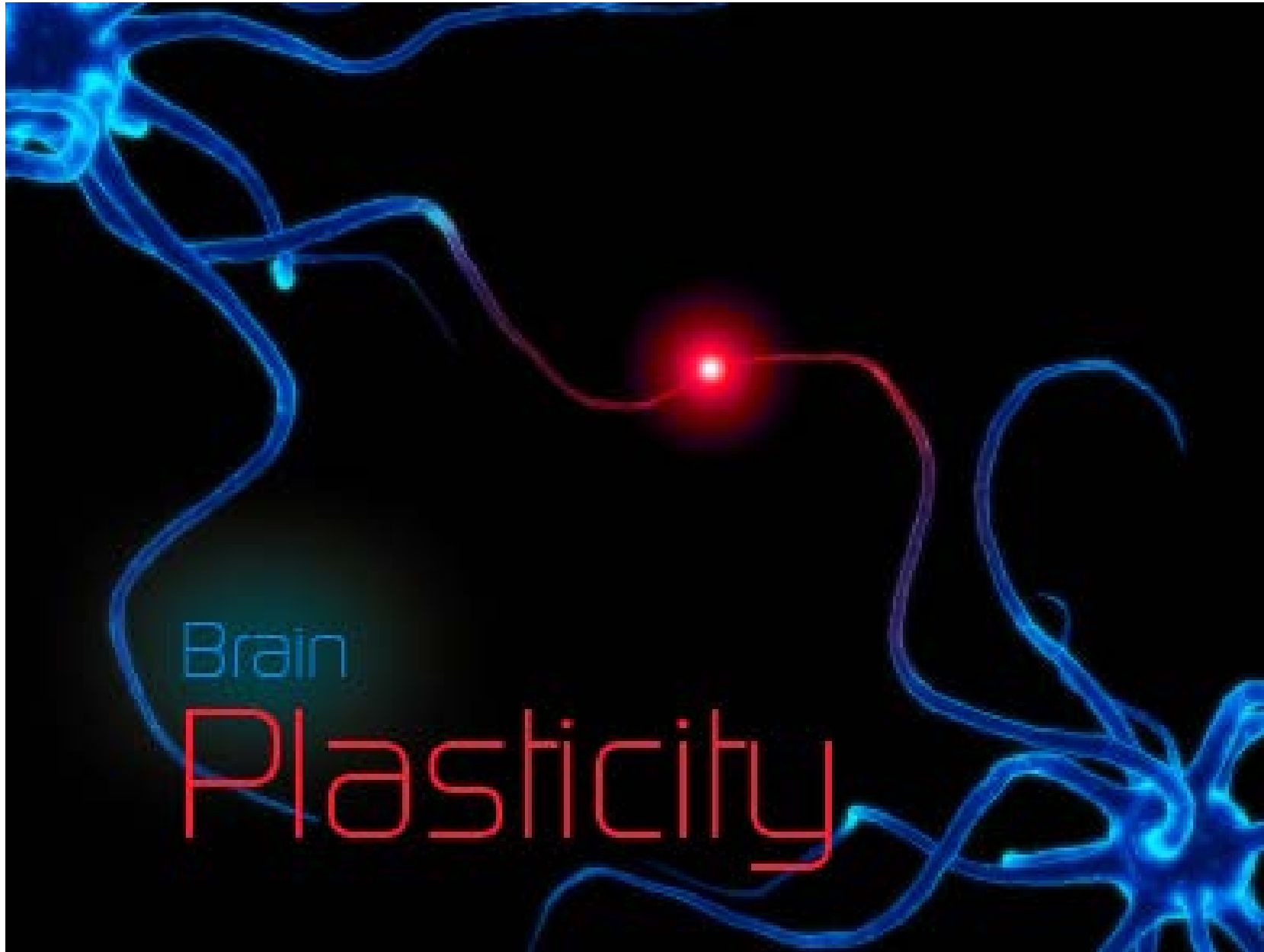
STRESS is the health issue that **MOST negatively** impacts academic success!



Why mindfulness is a superpower.

By Dan Harris Happify

Normal people & the brain's plasticity

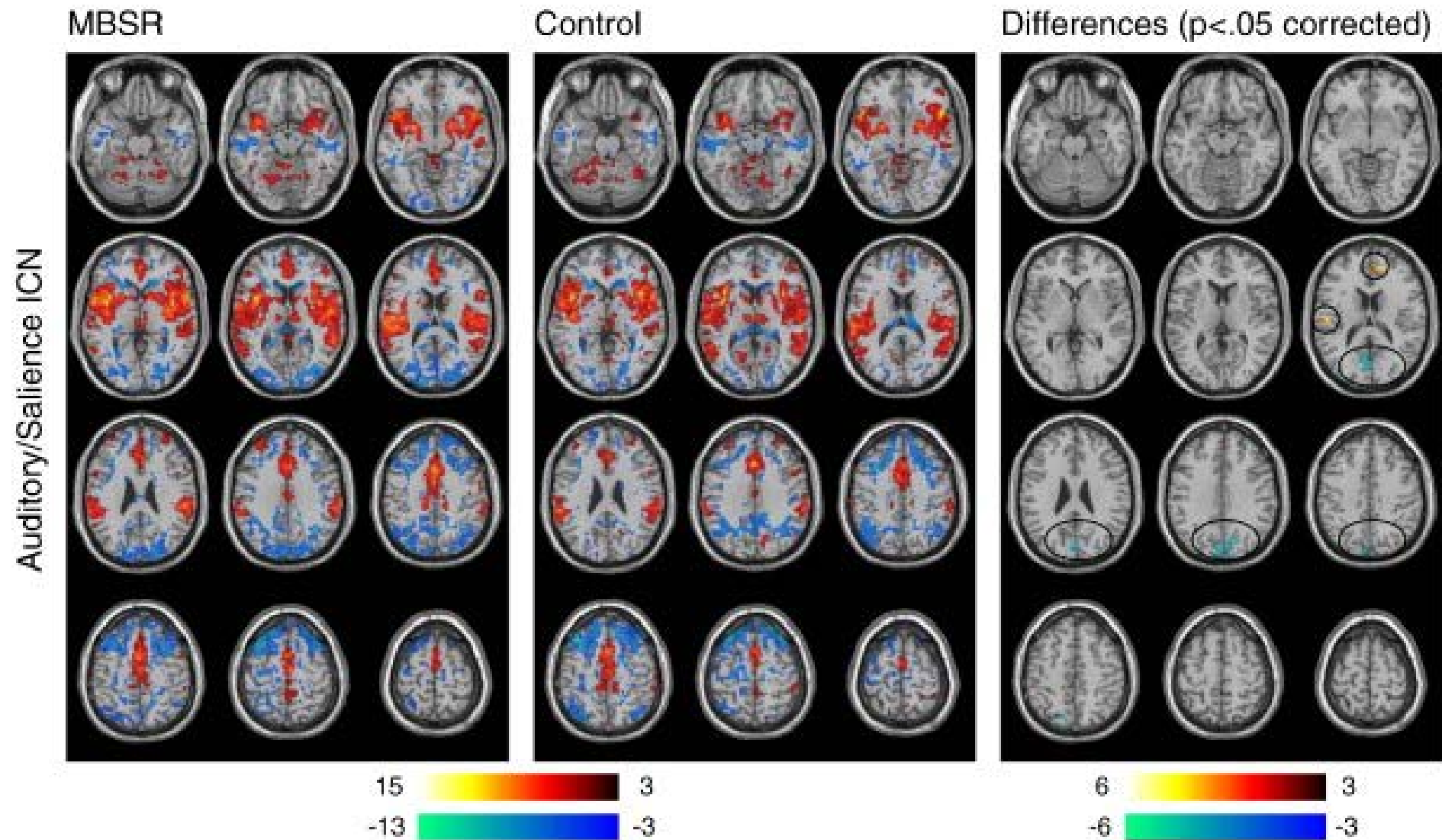


Eight weeks to a better brain

Meditation study shows changes associated with awareness, stress

Participating in an eight-week mindfulness meditation program appears to make measurable changes in brain regions associated with memory, sense of self, empathy, and stress. In a study that will appear in the Jan. 30 issue of [Psychiatry Research: Neuroimaging](#), a team led by Harvard-affiliated researchers at [Massachusetts General Hospital \(MGH\)](#) reported the results of their study, the first to document meditation-produced changes over time in the brain's gray matter.

MRI scans showing 8 weeks of mindfulness based stress reduction changes the brain



Stimulus



Reaction

Stimulus

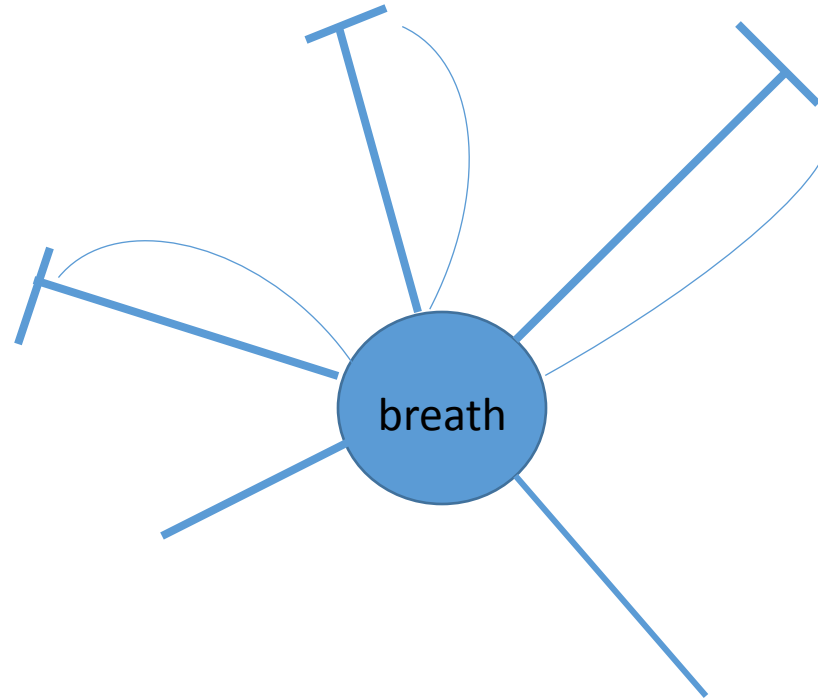


Mindful
Awareness



Response

Meditation Misconceptions



The Daisy Pattern is normal.

Not judging, just noticing and returning to the breath yields awareness.

www.mindfulschools.org



The screenshot shows the homepage of Mindful Schools. At the top left is the logo, which consists of a stylized blue and green circular graphic followed by the text "Mindful SCHOOLS". To the right of the logo is a navigation menu with the following items: "Home" (highlighted with a teal background), "About", "Courses", "Explore", social media icons for Facebook and Twitter, and a "Course Login" link. Further right is a search bar with the text "Search" and a magnifying glass icon. Below the navigation is a dark blue banner with the white text: "educators integrate mindfulness into their lives and their work with youth." Below the banner is a white section with a thin blue horizontal line. This section contains three columns of text: "SINCE 2007" in large blue font on the left; "Mindful Schools trained educators have impacted more than" in black font in the center; and "300,000 STUDENTS WORLDWIDE" in large blue font on the right.

Mindful SCHOOLS

Home About Courses Explore |   Course Login

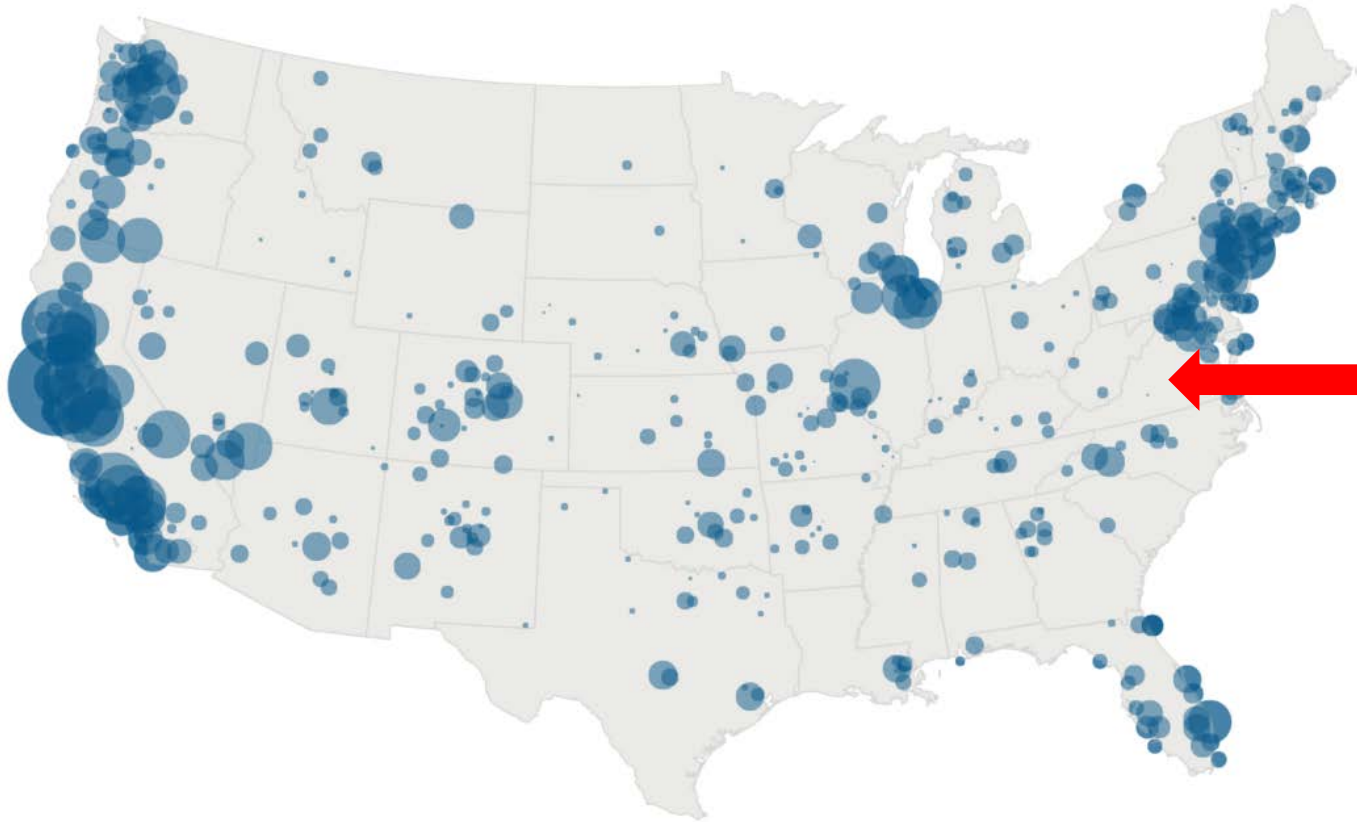
Search 

educators integrate mindfulness into their lives
and their work with youth.

SINCE
2007

Mindful Schools
trained educators have
impacted more than

300,000
STUDENTS
WORLDWIDE



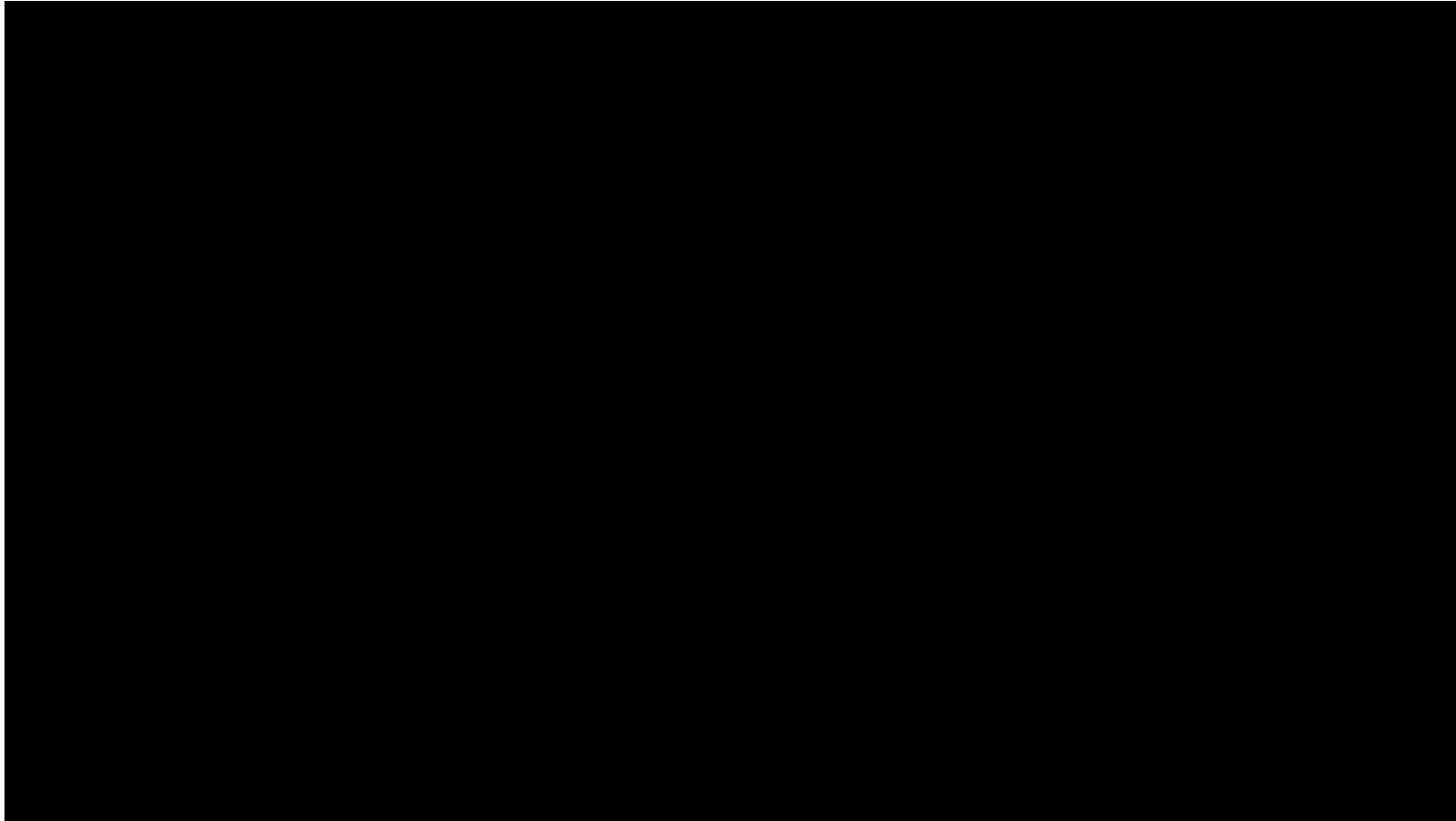
?

WHAT EDUCATORS SAW IN THEIR STUDENTS

	 94% Saw Improved Focus	 96% Saw Better Emotional Regulation	 86% Saw More Compassion	 57% Saw Improved Grades
---	--	---	---	---

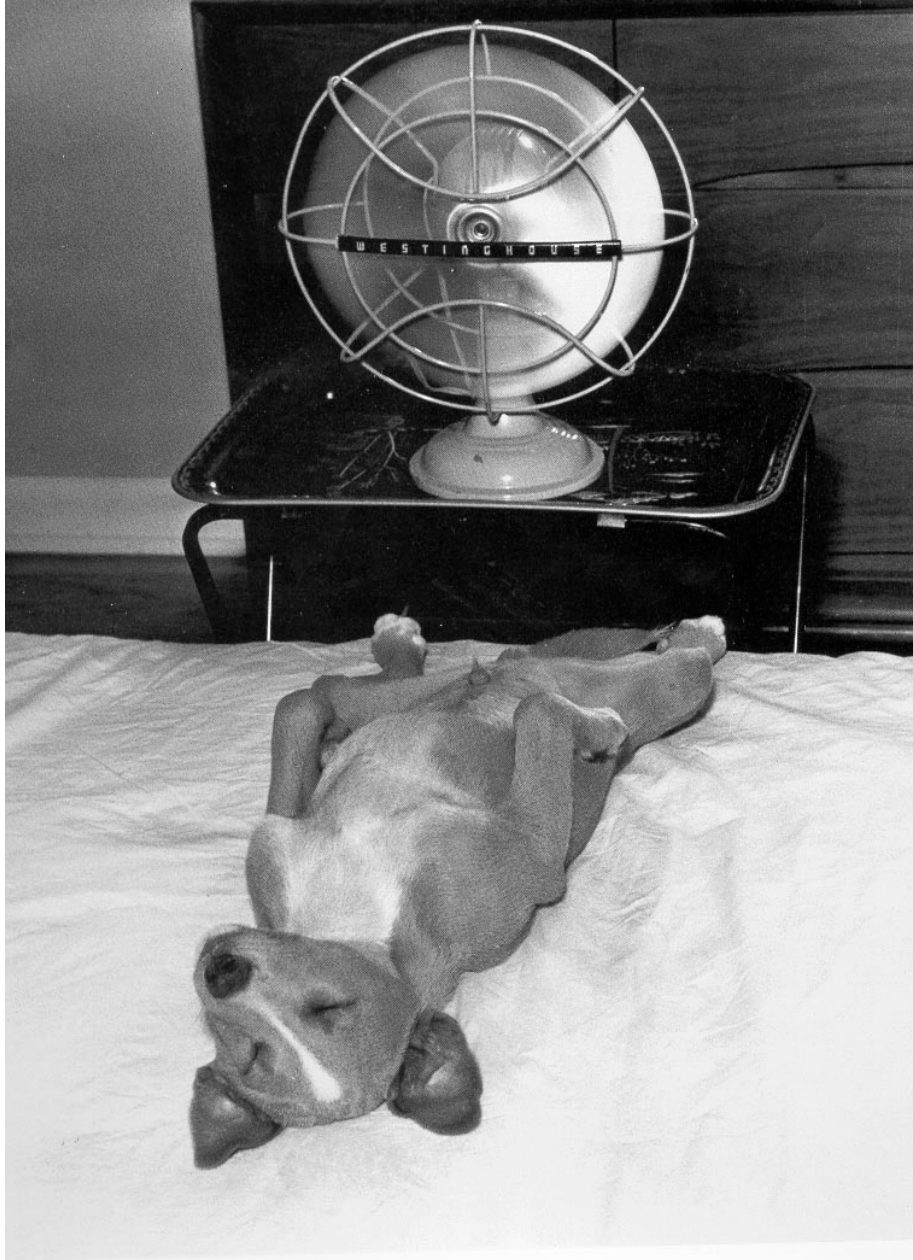
www.Mindfulschools.org

Youtube: Just Breathe by Salzman



3 main types of Mindfulness Exercises

- **Focused awareness**
 - Usually on breath
- **Unfocused Awareness**
 - Just noticing and letting go
- **Heart Practices**
 - Practicing compassion



What
relaxes you
the most?

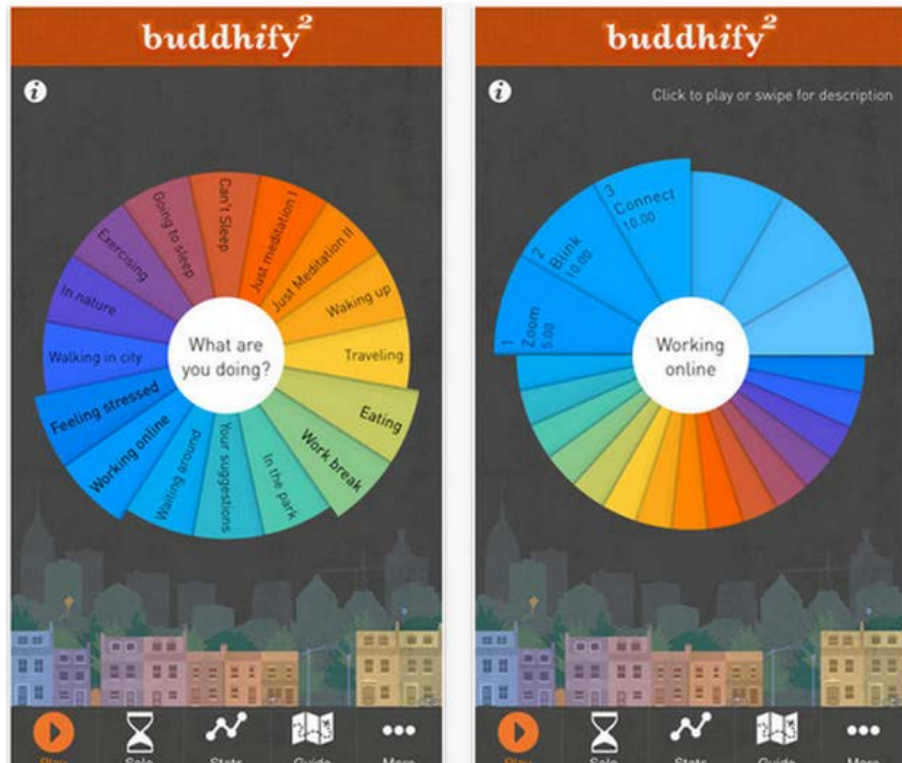
Mindfulness helps you keep perspective



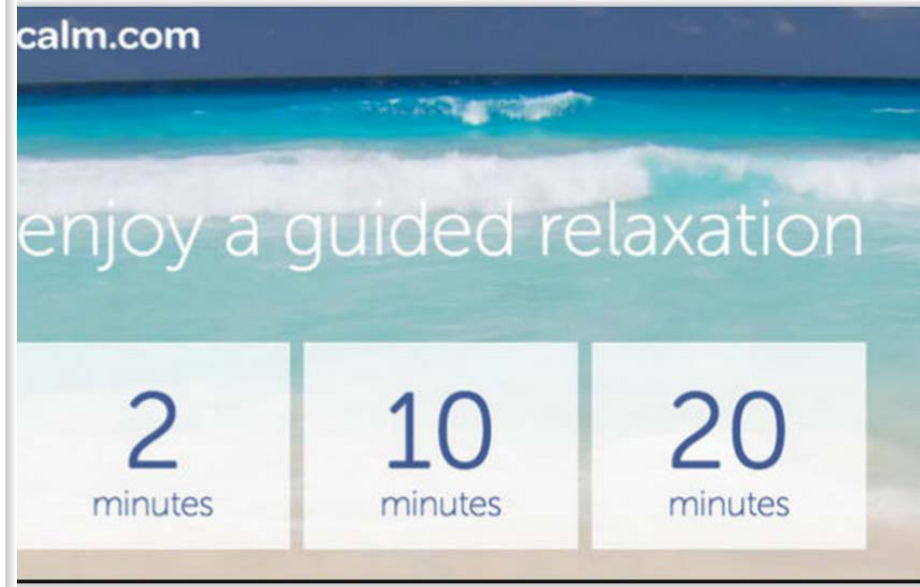
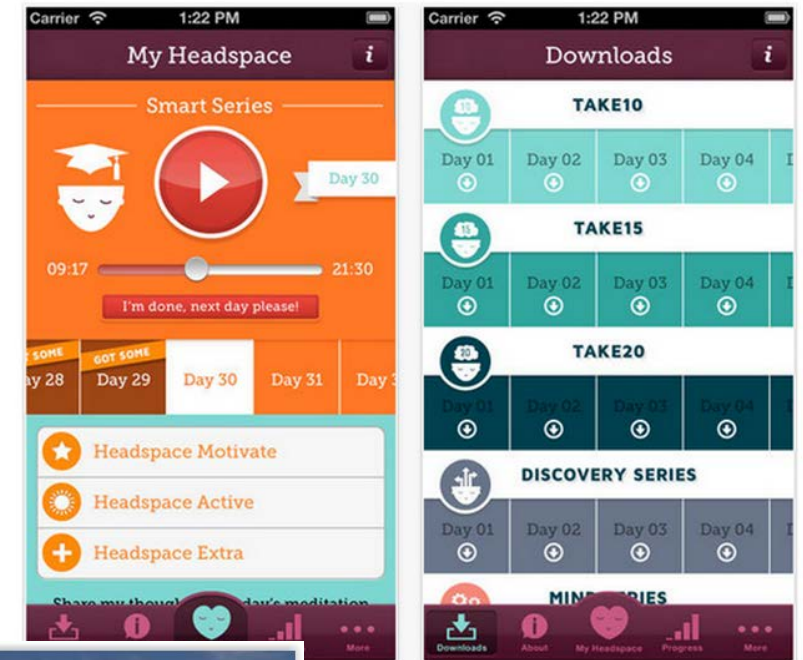
Apps for Mindfulness

Headspace
Buddify
Calm.com

For **meditation** in different scenarios
and on the move: Buddify 2



For getting started with meditation:
Headspace



Mindfulness – many, many practices

- Meditation is one type of mindfulness
- 3 deep breaths
- Stop. Breathe. Be.
- Walking mindfully – chi gong, Tai Chi
- Yoga
- Running with awareness
- Centering Prayer
- And more!

I believe humor is a form of mindful self-care



Humor is the most important tool I have

What is humor?

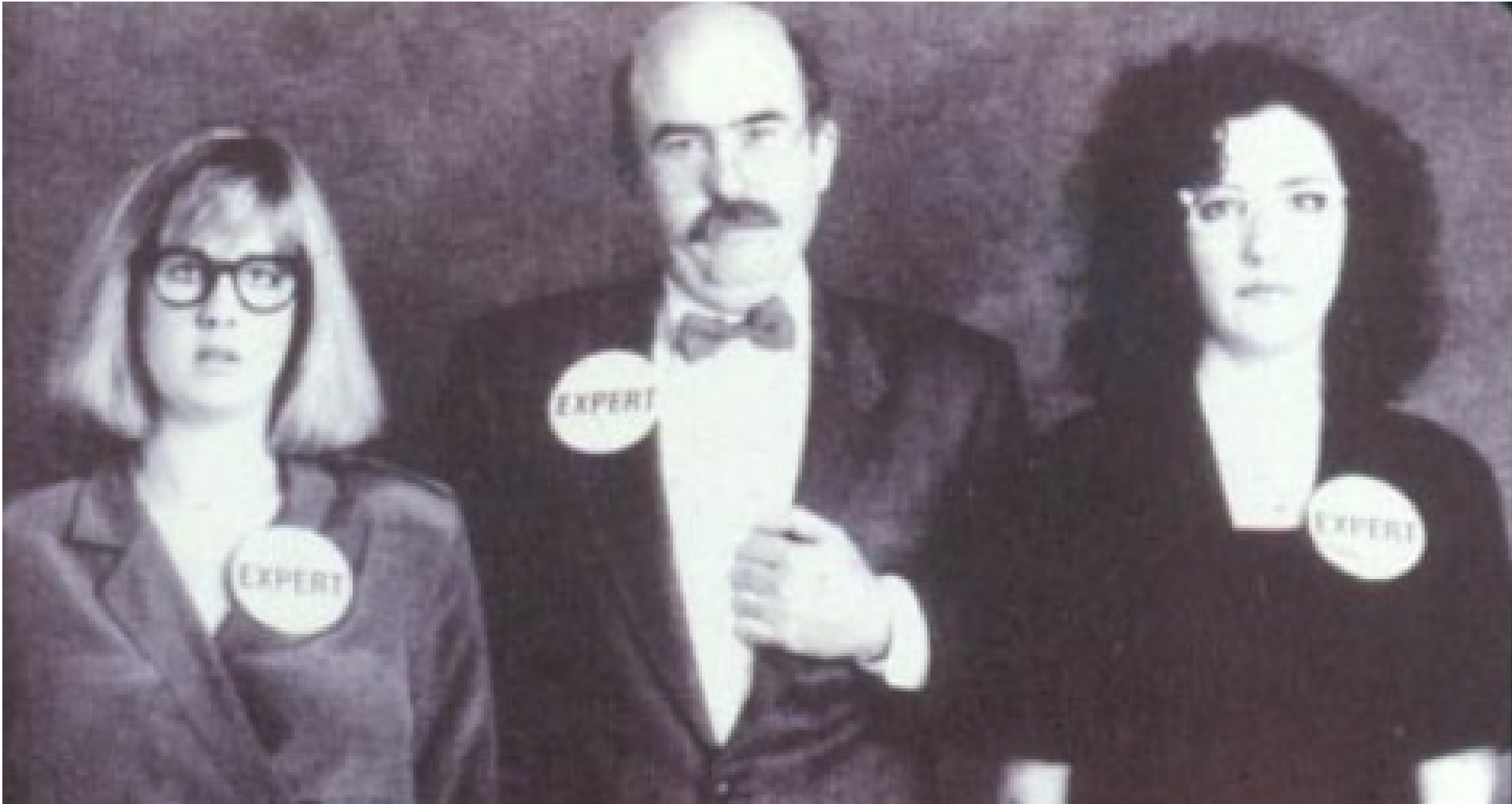
- An attitude toward life.
- Taking your job seriously...
but yourself lightly.
- Humor is healthy.
- Humor connects us to others.
- Everyone can increase their use and enjoyment of humor!
- SET A MENTAL CHANNEL

People are NOT born funny...



Smile study:

- Waitresses
- Nurses
- 7-11 Clerks
- School Staff?



“The shortest distance between two people...
is a smile.”

-Victor Borge

Humor can be used with any issue...

Just remember to use the

A T & T Principle of humor:

Is it... **Appropriate**
Timely, and
Tasteful?

“If it is sincere and from the heart, it will usually be greeted with appreciation.”

(Allen Klein)

Using humor

- Communicates that you care.
- Makes messages much more memorable



You need to be aware of the culture gap.



The youth
culture
sees things
differently



Learning & Laughter



LAUGH AND LEARN

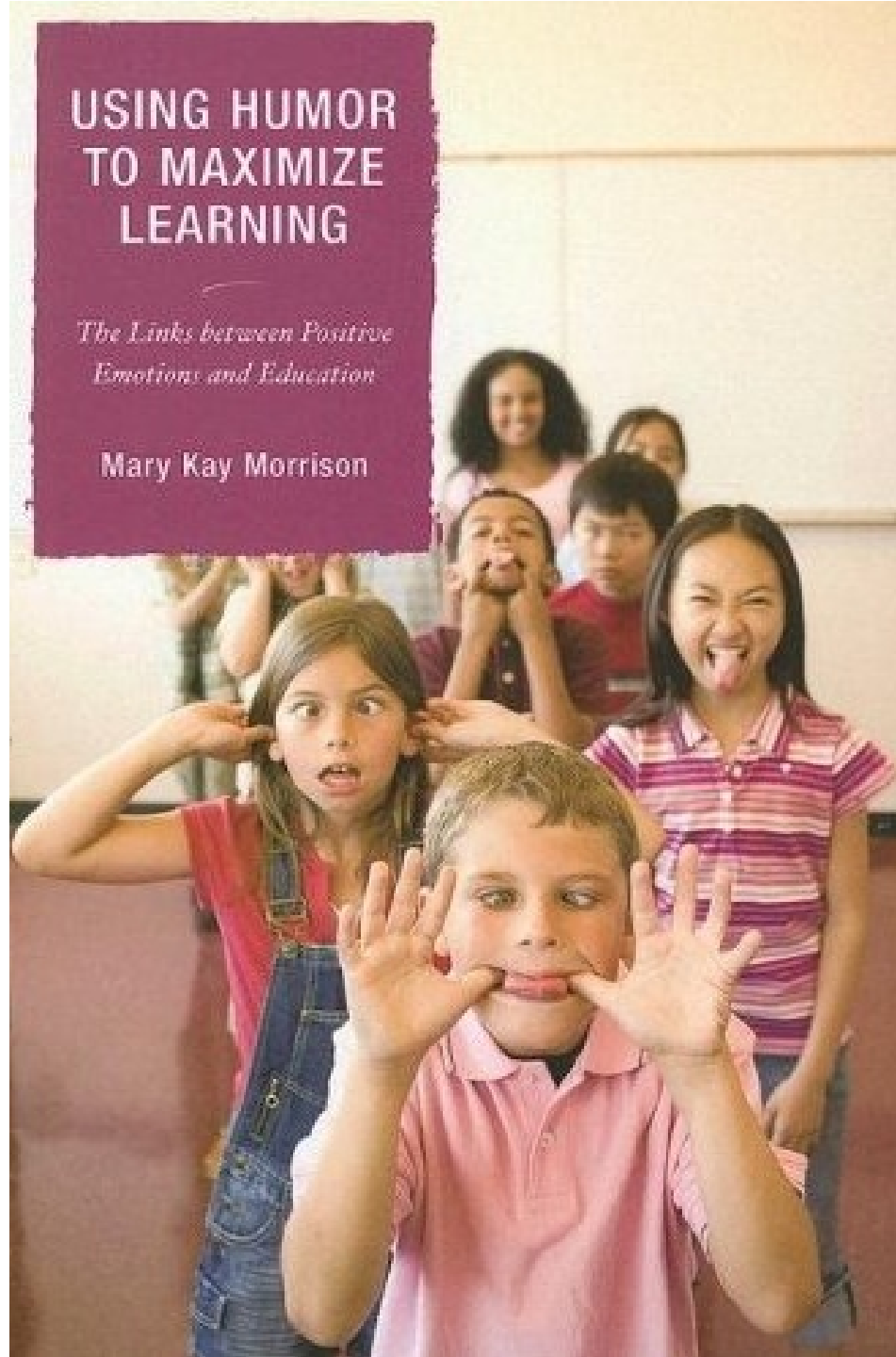
95 WAYS TO USE
HUMOR FOR MORE
EFFECTIVE TEACHING
AND TRAINING

DONI TAMBLYN

USING HUMOR TO MAXIMIZE LEARNING

*The Links between Positive
Emotions and Education*

Mary Kay Morrison



Why don't people use humor?

FEAR....

“I might bomb!”

Humor is not just
JOKES



Although some people are gifted joke tellers!

Humor Tools

(and Norman)

- Verbal

- Jokes
- Anecdotes
- Quotes
- Definitions
- Lists

- Visual

- Cartoons
- Greeting Cards
- Funny Pictures
- Props
- Internet pics

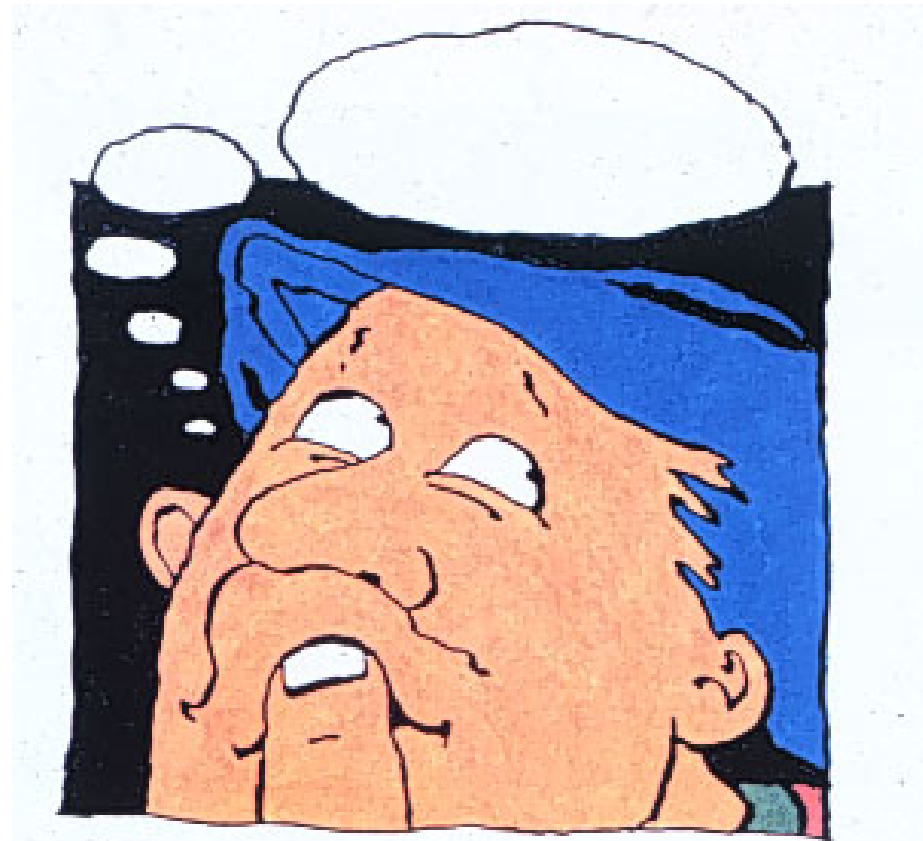
BOMB PROOF
your humor...

Make it Relevant!
Borrow it!
Poke fun at yourself!

Anecdotes

- Let's play...

Anecdote, Anecdote, whose
got the anecdote?



Start
a
humor file

And use it
frequently!



Why is humor so important?

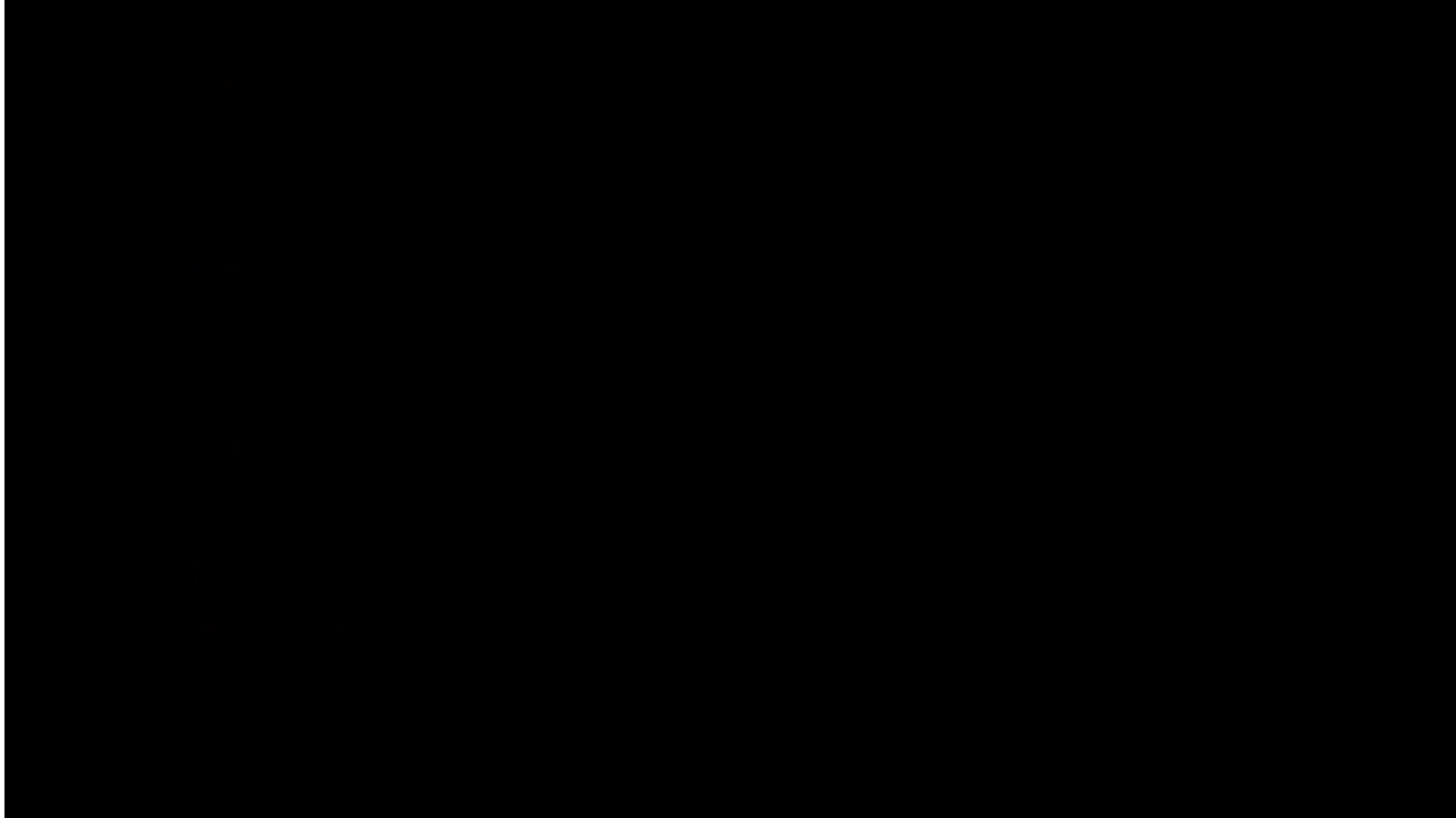
Because over time what you say fades
but RELATIONSHIP REMAINS.

Go ahead...

Jump in
and start
using humor
skills!



Never, ever give up – Self-care matters!





“You can’t
stop the
waves...
but you
can learn
to surf!”

-Jon Kabat-Zinn

Tomorrow

Adventures in an Uncertain World



BRADLEY TREVOR GREIVE

The #1 Best-selling Author of *The Blue Day Book* and *Priceless*



After long and thoughtful consideration,
I have come to a rather interesting conclusion.



Even though the global population is soaring into the billions, with thousands of religions, languages, philosophies and cultures represented,



ultimately, there are only two kinds of people.



There are those that are certain the world is going to hell in a hand basket,



and those that believe the best is yet to come.