

# HOW TO MAINTAIN EMOTIONAL HEALTH IN A STRESSED-OUT WORLD

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STEPHEN DOUCET CAMPBELL MA RP





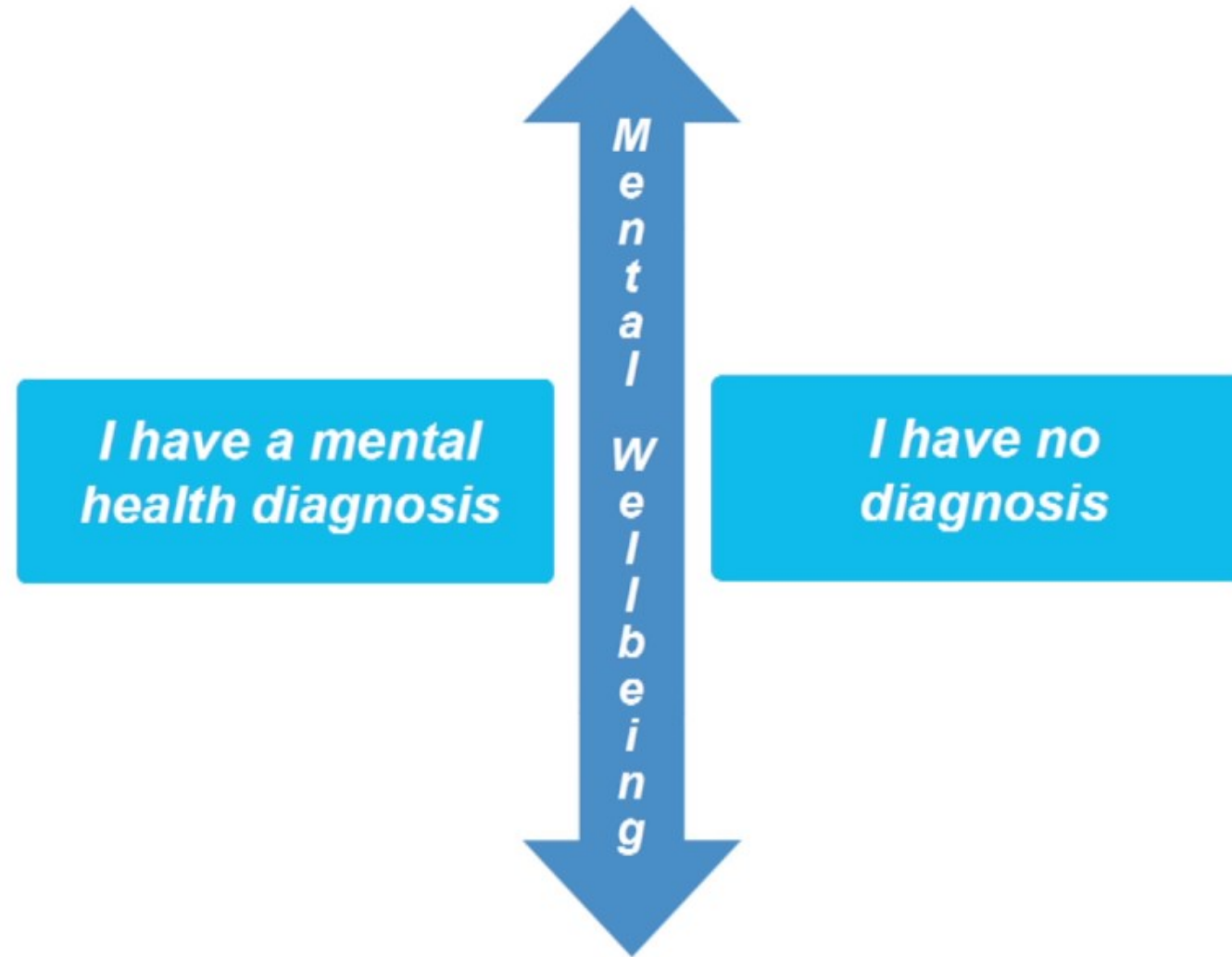
Mental Health:

Your general state of well-being & state of mind. Something that should be looked after

Mental Illness:

Something that disrupts your mental state and interrupts how you feel, think, communicate and behave

*Good wellbeing*



*Poor wellbeing*



Agree  
or  
Disagree

Canadian Mental Health Association

1. I often dwell on past experiences and daydream about different outcomes.
2. I recognize that some things can't be changed.
3. If life is a juggling act, then I think I'm a pretty good juggler.
4. I exercise regularly and eat right, even when life gets busy or stressful.



5. There aren't enough hours in the day to accomplish everything I want to do.
6. I know what my strengths are and I work to develop them.
7. Life is smoother when I keep my emotions level at all times.
8. I always make time for my hobbies.
9. I have a great support network.







# Life Events:

## Learn to Flourish Under Fire



# Life Transitions



# I. Practice gratitude

- ❖ See the good in the bad (i.e. “silver-linings”)
- ❖ Train your brain to recognize things you can be thankful for everyday (e.g. food, a song, a person, health)
- ❖ When we lack gratitude we see limitations
- ❖ It’s not just about money
- ❖ Gratitude journal
- ❖ Practice intentional thankfulness
- ❖ Encourages an outward focus
- ❖ Beware of ”woe is me” (feeling like a victim)





## 2. Pursue your interests

- ❖ Happy people know what they enjoy and they spend time doing it.
- ❖ What did you enjoy as a child?
- ❖ Doesn't need to be something you do well
- ❖ Don't let money limit you
- ❖ Think intellectually, physically, spiritually, practically, impractically, socially
- ❖ Build competency, confidence & creativity
- ❖ What do you want to learn or master?





### 3. Develop a routine that works for you (and your family)

- ❖ Structure is good for you.
- ❖ Plan ahead to decrease your mental load (e.g. dinner/lunches, clothing, route, etc.).
- ❖ Stop will-power fatigue
- ❖ Strive for “balance” between sleep, work, fitness, family, friends (Pick Three-Randi Zuckerberg)
- ❖ Schedule “down-time”, as well.
- ❖ Leave time for fun.
- ❖ Don't spend too much time online.



## 4. Physical health is important

- ❖ Sleep hygiene
- ❖ Build movement into your day (less is more).
- ❖ Accept your limitations.
- ❖ Find what works for you (i.e. stretching, yoga, cycling, walking the dog, playing with kids).
- ❖ You are what you eat.
- ❖ Learn to cook.
- ❖ Examine your relationship with alcohol & other substances (psychoactive).



## 5. Serve & give to others (generosity)

- ❖ Encourages connection with others
- ❖ Decreases isolation
- ❖ Increases sense of purpose
- ❖ Increases worldview
- ❖ Increases empathy for others
- ❖ Increases teamwork
- ❖ Get informed & identify social values





## 6. Spend time with supportive people

- ❖ We are wired for connection.
- ❖ Ideally we each have two or three people to confide in.
- ❖ We need healthy social bonding.
- ❖ Loneliness epidemic (e.g. Social Prescribing)
- ❖ Dependence on others is okay (i.e. ask for help)
- ❖ School, work, faith-community, meet-ups, advocacy, activities, support groups, community groups, etc.
- ❖ Limit time with people who drain you (set limits).





# 7. Stay Organized

- ❖ Make lists to reduce mental load (“worry list”).
- ❖ Use technology...or don't
- ❖ Budget money AND time
- ❖ Be intentional with your time
- ❖ Prioritize and/or give-up certain things
- ❖ Be realistic about what you can do
- ❖ De-clutter
- ❖ Don't micromanage
- ❖ Delegate



## 8. Know Your Values

- ❖ Identify what's important to you.
- ❖ The Miracle Question: If you had a million dollars and a year off what would you do?
- ❖ What do you wish you could spend more energy on?
- ❖ When we continually act outside of our value system we feel inner tension.
- ❖ Values naturally lead to action.





# 9. Increase Your Emotional Intelligence

- ❖ Emotional awareness is important (27 distinct emotions?).
- ❖ Emotions provide information about how we're interacting with the world around us.
- ❖ Learn to recognize and accept how you feel, rather than judge whether the feeling is valid or not.
- ❖ Honor your emotions (validation).
- ❖ Emotions can cause us to feel out of control but they are **NOT** a sign of weakness.



# Emotions continued...

- ❖ Surface emotions (i.e. anger, happiness) vs. deeper feelings
- ❖ Honour your emotions. (validation)
- ❖ Thoughts>>>Feelings>>>Behaviour
- ❖ We all have our limits (emotional dysregulation). Learn to ride the emotional wave.
- ❖ Emotional displays often seen as feminine. (i.e. not masculine)
- ❖ Feelings are often seen as irrational.
- ❖ Can be described as “uncomfortable and comfortable” rather than “positive or negative”.



# Name that emotion

- ❖ Butterflies in stomach
- ❖ Pounding heart
- ❖ Sweating
- ❖ Difficulty sleeping
- ❖ Racing thoughts
- ❖ Pent up energy
- ❖ Dizziness
- ❖ Muscle tension





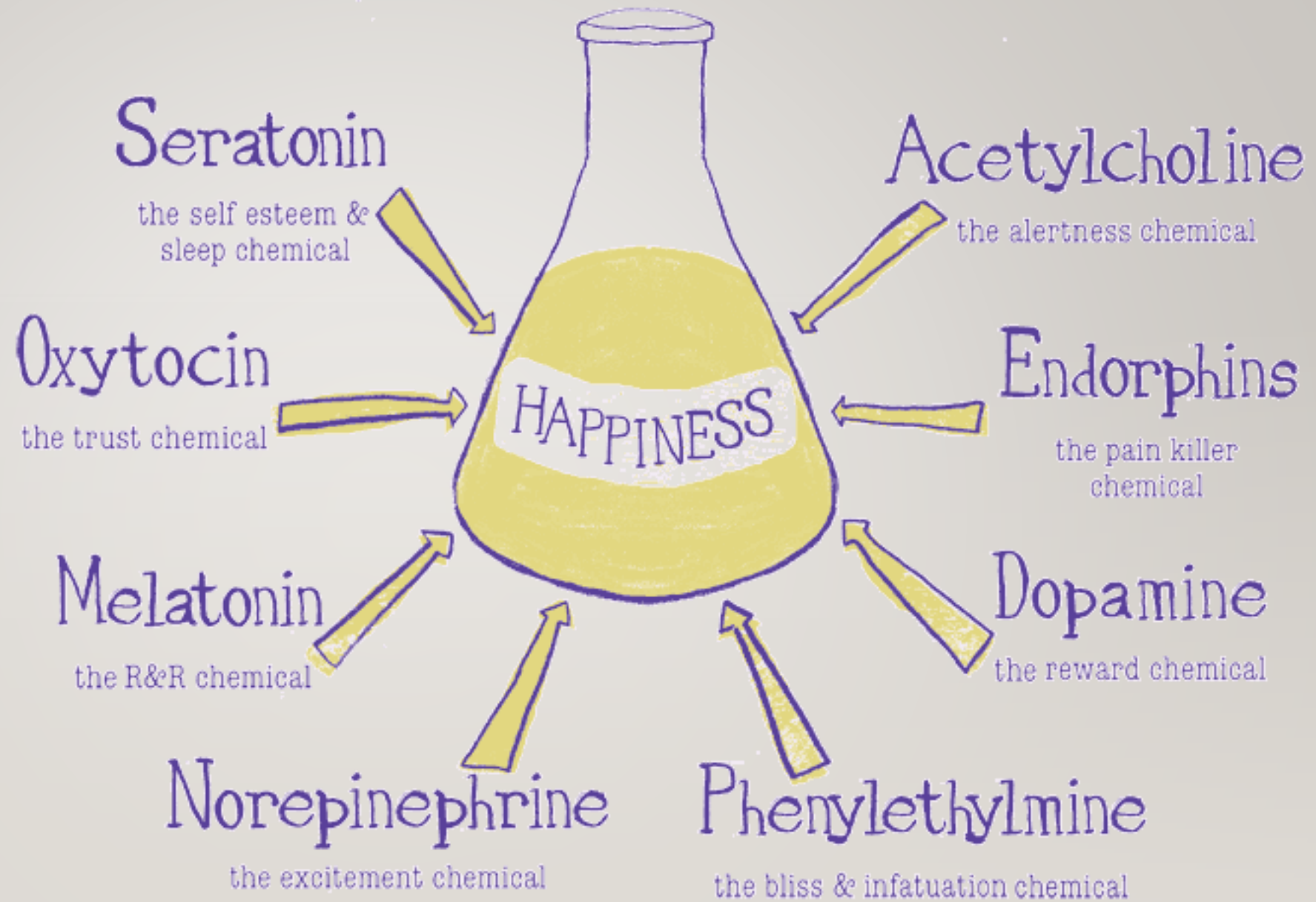
Happiness is not achieved by the conscious pursuit of happiness; it is generally the by-product of other activities.

(Aldous Huxley)

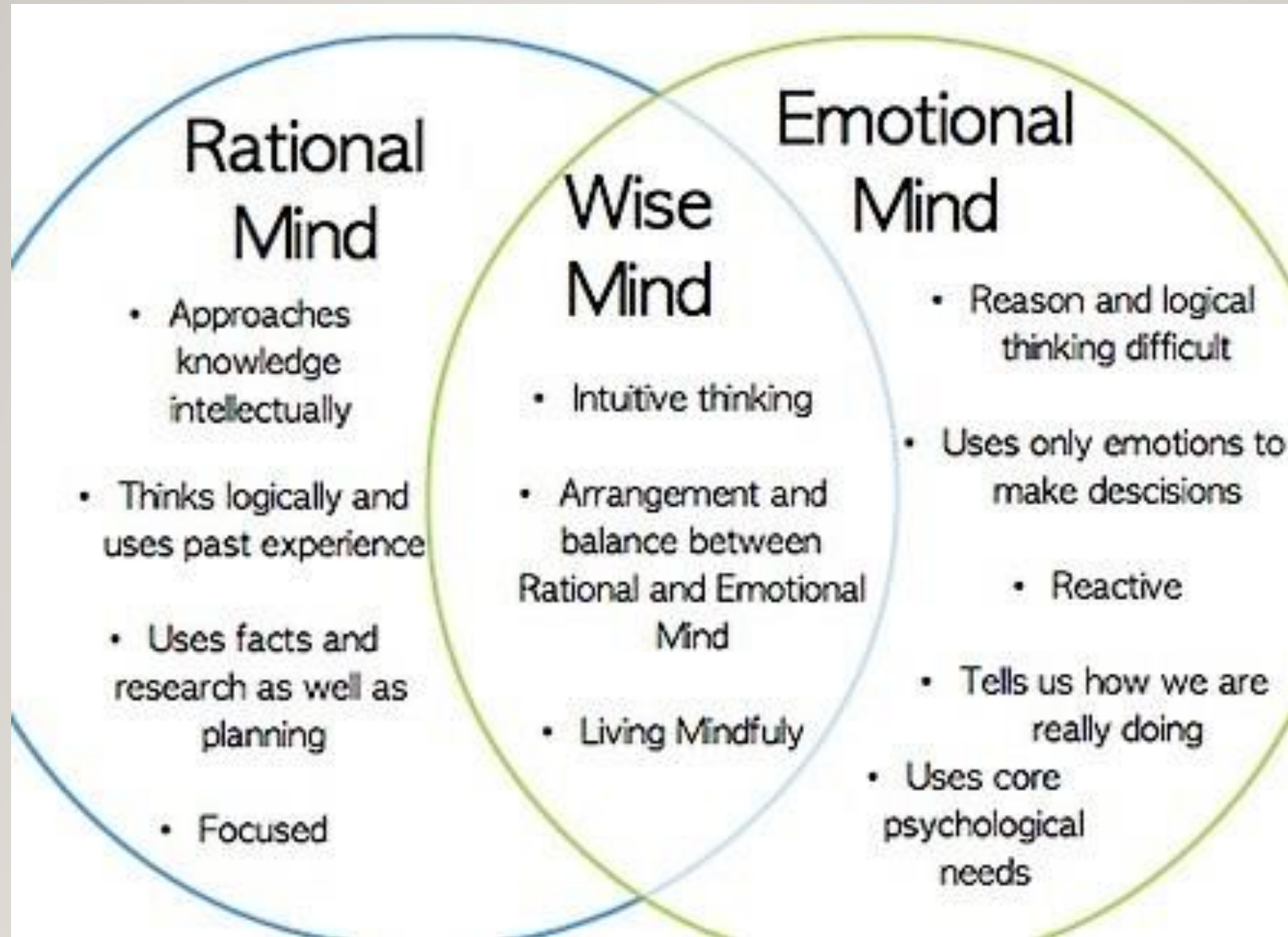
[izquotes.com](http://izquotes.com)



# The Happiness Myth









Mind Full, or Mindful?

# Five Senses Grounding Exercise

5 things you can see

4 things you can hear

3 things you can touch

2 things you can smell

1 thing you can taste







# The Balance Myth





**Go Easy On Yourself.**

**Understand that  
nothing can be perfect.**





Find and use available  
resources. It's okay to  
ask for help.



# Thank you

Stephen Doucet Campbell MA RP  
Clinical Therapist

[stephendc@shalemnetwork.org](mailto:stephendc@shalemnetwork.org)

866-347-0041

[www.shalemnetwork.org](http://www.shalemnetwork.org)

