



Mental Hygiene:

Prioritizing Self-care to Increase Emotional Resilience

Presented By
LaBarron Burwell
Hol fruit Consulting LLC

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Objectives



Define the concept of mental hygiene and identify its relevance in maximizing organizational performance.



Analyze the impact of daily mental hygiene practices on overall emotional resilience and cognitive function.



Apply practical techniques introduced during the session to create a personalized mental hygiene toolbox, tailored to individual needs and preferences.



Check-in

1. Overall Wellness Score 1.0 - 5.0
2. What is something you've done that you are proud of in the last 7-10 days?
3. What is something you are looking forward to in the next 7-10 days?



Mental Hygiene

Science of maintaining mental health and preventing disorders to help people function at their full mental potential. It includes all measures taken to promote and preserve mental health: rehabilitation of the mentally disturbed, prevention of mental illness, and aid in coping in a stressful world.

Nothing New Here

"That the training of school children in all grades by thoroughly qualified teachers in the subjects of personal hygiene and the inculcation of proper habits during school life are perhaps the most important undeveloped measures for permanently improving the health and contributing to the welfare of the people."

- JW Bridges Associate Professor of Psychology, McGill University (1928)

Hygienic Norms

- Canadian Dental Association (CDA, 2018) recommends brushing twice daily, for a minimum of 2 min each time, to prevent gingival disease and to encourage oral health-promoting behaviors.
- Sleep Foundation (2021) recommends 7 to 9 hours of sleep per night for the average adult, along with the avoidance of nicotine, alcohol, or caffeine prior to bedtime as part of sleep hygiene.
- The Heart and Stroke Foundation of Canada (2017), as well as the World Health Organization (WHO, 2017), recommends 150 min per week of moderate to vigorous physical activity (PA) to promote cardiovascular hygiene.
- Hand hygiene recommendations have also been instrumental in reducing communicable diseases (WHO, 2009).

Tremblay, G., Rodrigues, N. C., & Gulati, S. (2021). Mental Hygiene: What It Is, Implications, and Future Directions. *Journal of Prevention and Health Promotion*, 2(1), 3-31.
<https://doi.org/10.1177/26320770211000376>

Hmm, Something's Not Right

Oral Hygiene



Mental Hygiene





“Chemicals React, Humans Respond”

Reacting is an instinctive, emotional response to a situation. It's often impulsive and can be influenced by our past experiences or fears. On the other hand, responding is a thoughtful and deliberate action. It involves considering the situation, weighing the options, and making a conscious decision.



Stigma

“A study of Effects of COVID-19 on College Students’ Mental Health in the United States published by NIH states “participants described several barriers to seeking help, such as lack of trust in counseling services and low comfort levels in sharing mental health issues with others, which may be indicative of stigma. Perceiving social stigma as a barrier to seeking help and availing counseling services and other support is common.”

Son C, Hegde S, Smith A, Wang X, Sasangohar F. Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study. J Med Internet Res. 2020 Sep 3;22(9):e21279. doi: 10.2196/21279. PMID: 32805704; PMCID: PMC7473764.

Why Mental Hygiene?

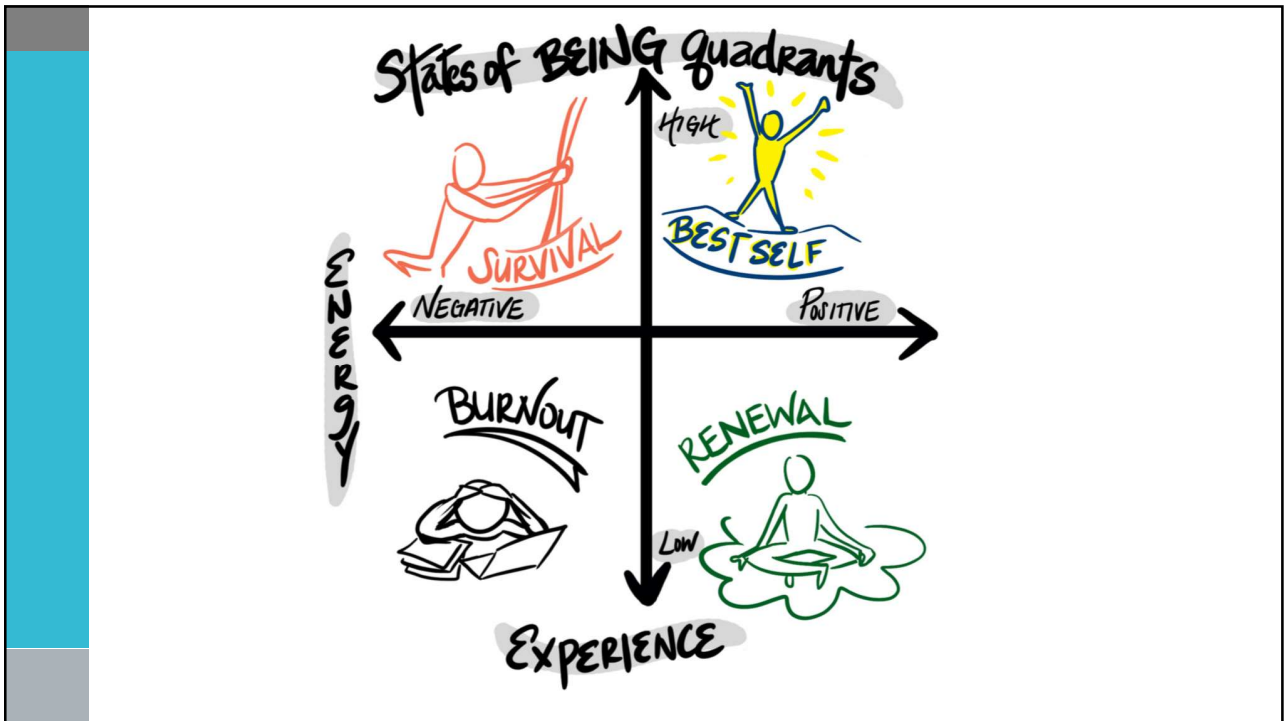


Tiny Habits

Tiny Habits is a concept introduced by behavior scientist BJ Fogg, which focuses on making small, incremental changes to one's behavior to achieve long-term goals. The impact of implementing "tiny habits" can be significant, particularly in terms of personal development, productivity, and well-being.

"Practicing Tiny Habits and participating in the 5-Day Program can significantly increase gratitude in the short term and focusing specifically on gratitude during this process can sustain the increase in gratitude for up to 1 month. Implementation is quick, simple, and free. This has significant implications for healthcare education stakeholders."

Hollingsworth JC, Redden DT. Tiny Habits® for Gratitude-Implications for Healthcare Education Stakeholders. Front Public Health. 2022 May 16;10:866992. doi: 10.3389/fpubh.2022.866992. PMID: 35651860; PMCID: PMC9149079.



Mental Hygiene “Math”

Condition
Mental Hygiene Technique
+ Intended Outcome
= Mental Hygiene Practice

Mental Hygiene Techniques

- **Mindful Eating:** Cultivates awareness of food choices and promotes healthier eating habits.
- **Taking Regular Breaks:** Increases productivity and prevents mental fatigue.
- **Establishing a Routine:** Provides structure and reduces feelings of chaos or disorganization.
- **Seeking Social Support:** Fosters a sense of belonging and reduces feelings of isolation.
- **Engaging in Physical Activity:** Boosts mood and improves overall well-being.
- **Expressing Emotions:** Promotes emotional release and reduces internal tension.
- **Practicing Forgiveness:** Releases resentment and promotes emotional healing.
- **Limiting News Consumption:** Reduces exposure to negative information and maintains mental well-being.
- **Deep Breathing:** Promotes relaxation and reduces stress and anxiety.
- **Mindfulness Meditation:** Increases present-moment awareness and reduces rumination.
- **Progressive Muscle Relaxation:** Relieves muscle tension and promotes relaxation.
- **Gratitude Journaling:** Cultivates a positive mindset and enhances overall well-being.
- **Positive Affirmations:** Boosts self-esteem and fosters a positive self-image.

Box Breathing



Affirmations

- Choose a negative thought and write its positive opposite.
- Make your affirmations short in length.
- Start your affirmations with “I” or “My.”
- Write your affirmations in the present tense.
- Write as though you're grateful for already having and being what you want
- Make sure all of your affirmations are positive statements.
- Add emotion to your affirmations by inserting, “I am [emotion] about . . .” or “I feel [emotion].”

If you don't believe your statement, you'll take timid actions and be hesitant, certain that you won't be able to succeed. If you write an affirmation that is truly difficult for you to believe, write another one that starts with, “I am open to . . .” or “I am willing to believe I could . . . ing.”

Mental Hygiene Toolbox

Condition/Rule

1. When I am nervous before I drive...
- 2.
- 3.

Intended Outcome

1. ...to create a peace of mind
- 2.
- 3.

Mental Hygiene Practice

1. When I'm nervous before I drive, I take 3 deep breaths, to create a peace of mind.
- 2.
- 3.



Thank you!

LaBarron Burwell

MSA, MHFA, CWP

Hol fruit Consulting LLC

571.733.3589 | honcho@holfruit.com

labarronburwell.com

National Wellness Institute (NWI) • NationalWellness.org • NWI@nationalwellness.org • 715-342-2969