

Protecting Your Peace in the Middle of the Storm: Creating Balance in Managing Your Mental Health and Wellness



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Overview

What is Therapy?

Personal and Professional Trauma and Mental Health

Recharge and Replenish

Self Care Planning

Protecting your Peace



What do we know about Therapy?

What is Therapy?

Therapy is a form of treatment aimed at relieving emotional distress and mental health concerns.

Therapy is provided by, **and for** a variety of trained professionals such as: psychiatrists, psychologists, licensed counselors, or licensed social workers.

Therapy involves examining and gaining insight into life choices and difficulties faced by individuals, couples, or families.

Therapy encouraged you to step outside of your comfort zone, challenge your beliefs and behaviors, and assist you with creating and maintaining healthy balance in your life.

Why Therapy?

Personal and Professional Trauma

Trauma- *is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel a full range of emotions and experiences.*

What are some examples of personal trauma?

What are some examples of professional trauma?

Trauma in the Workplace

Workplace trauma occurs when employees experience a trauma at work. This can be a one-time traumatic event such as a workplace accident. Example: A client dies by suicide

It's also ongoing stressful events (i.e., unrealistic expectations, being overworked and underpaid, or an abusive supervisor)

Trauma in the Workplace

Mental Health Concerns

- Stress and unhealthy coping mechanisms
- Increased Anxiety
- Increased Depression
- Challenges with emotional regulation

Physical Health Concerns

- Exhaustion
- Sleep Issues
- Decreased Energy
- Physical Pain



Why Therapy?

Personal and Professional and Trauma

Belief Systems- *Stories you continue to tell yourself*

Learned Behaviors- *I can only repeat what I know*

Living through Trauma- *Repeating what I experienced*

Remain Comfortable- *Doing the same, yet expecting different results*

Heal and Deal- *Being willing to become comfortable being uncomfortable*

Your Belief System

$$2+2=5$$

$$2+2=4$$

Are you ready and willing to challenge or change your belief system?

Challenge Accepted!

$$2+2=5$$

Belief

$$2+2=4$$

Fact



The Belief Model

Belief

Behavior

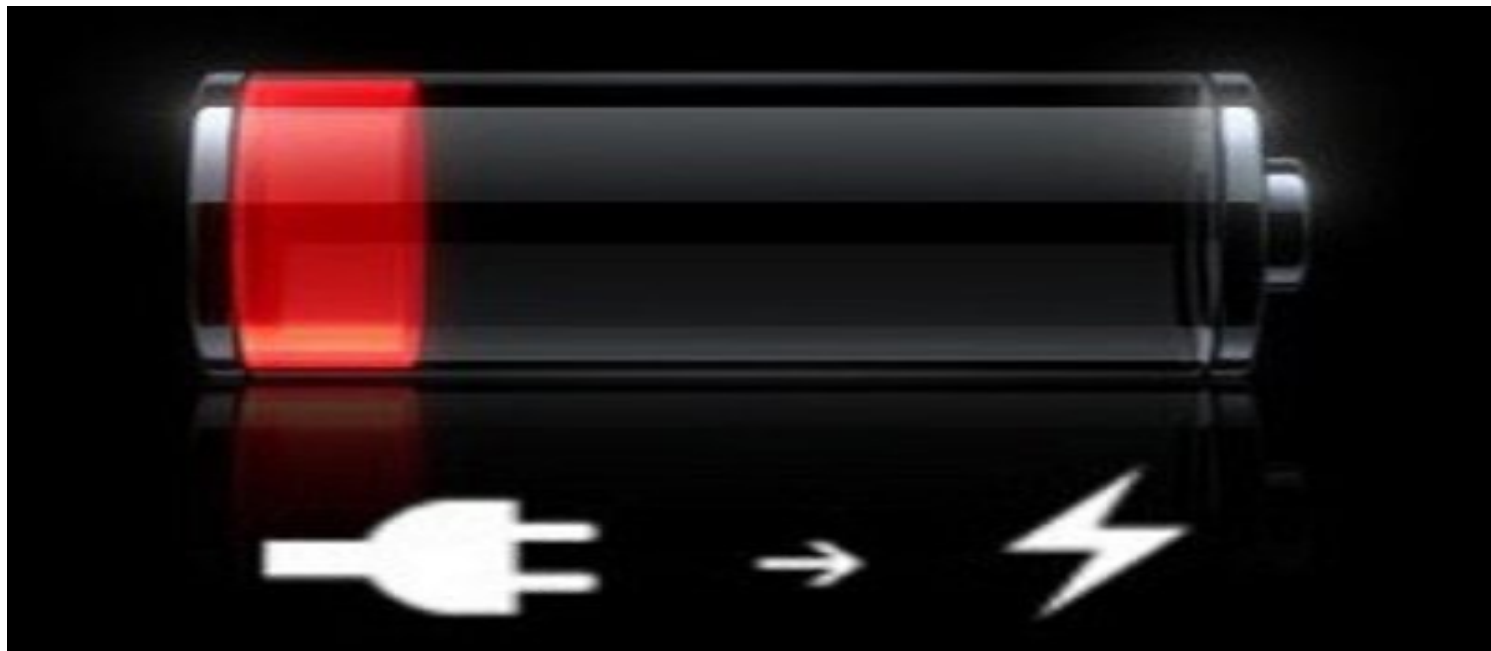
Habit

Lifestyle

SUPERMAN MENTALITY



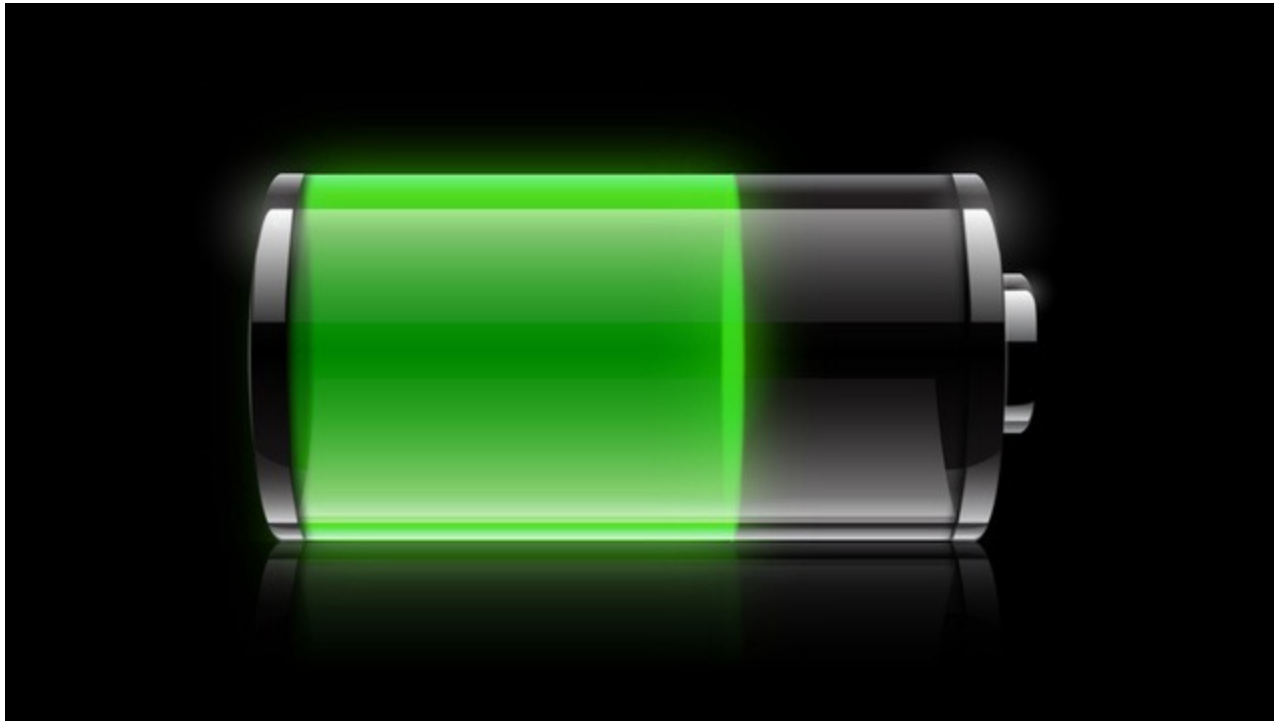
Drained from being Everything to Everyone (Dead Battery)





Self Care

How do you currently Recharge?



FORTRESS OF SOLITUDE

Giant Key (Boundaries)

Giant Steel Diary (Journal)

Robots (Delegate)

Red Sun Chamber (Place of Refuge)

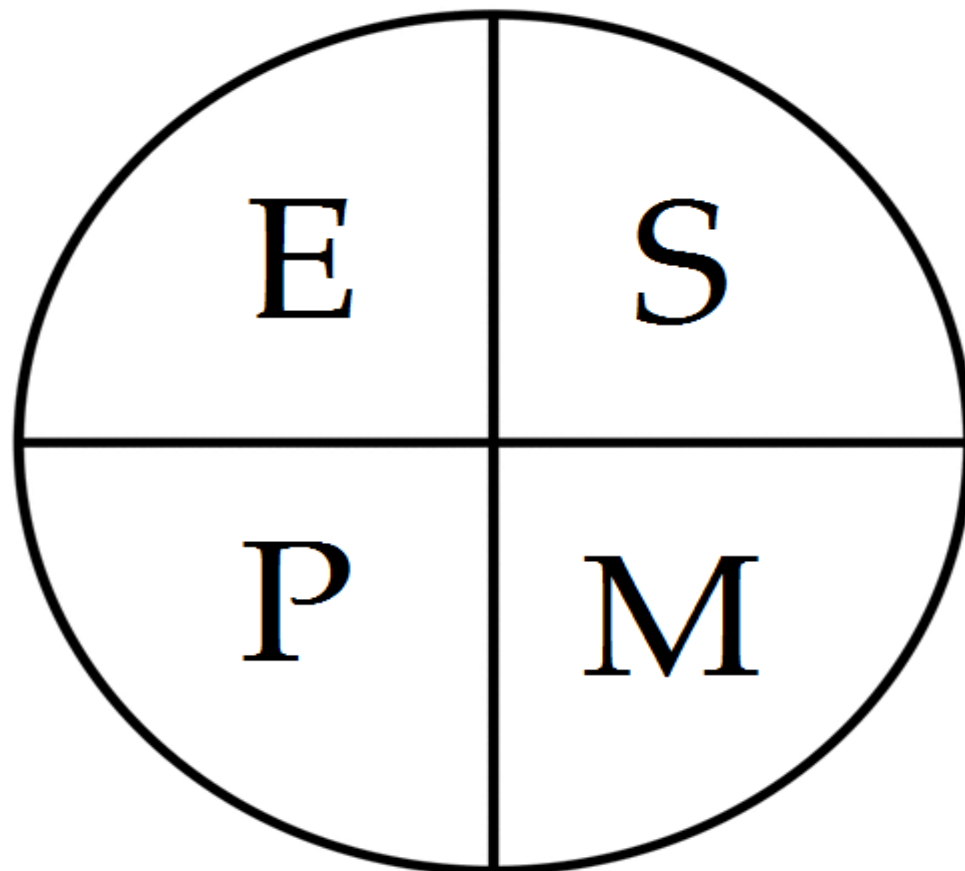
Kryptonian Battlesuit (Armor for Battle)





E.S.P.M

E.S.P.M. Model for Self-Care



Self Care Assessment

Emotional

E

25%

Spiritual

S

25%

Physical

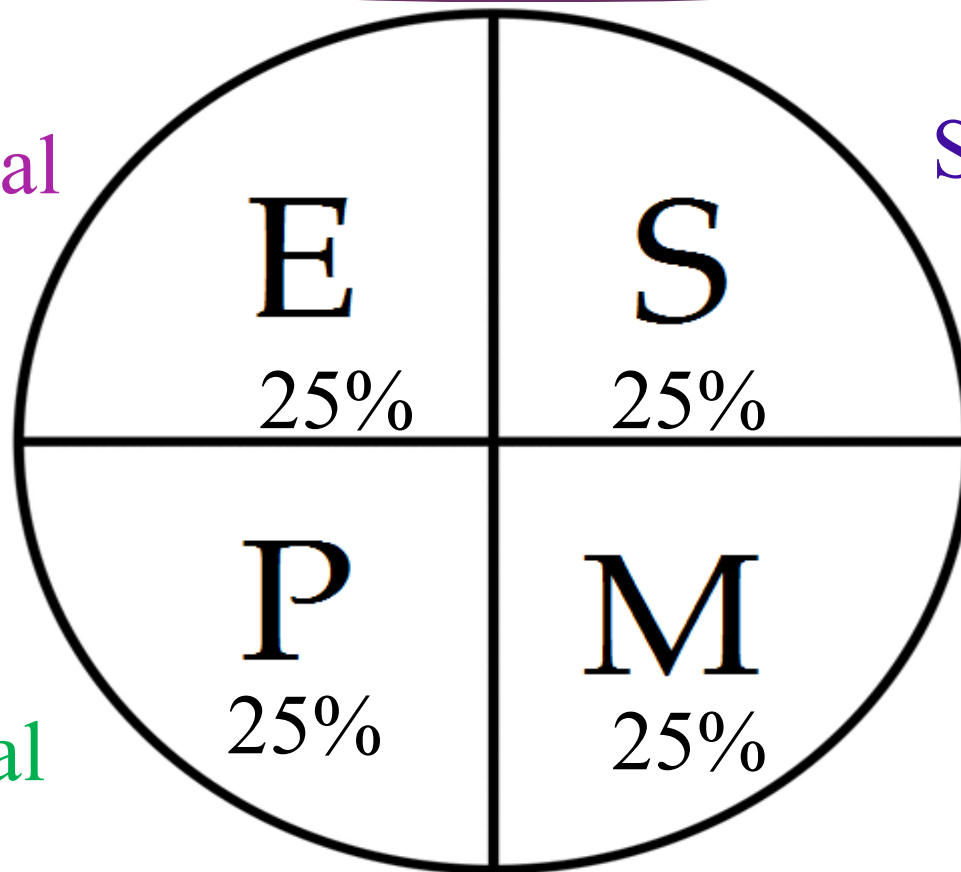
P

25%

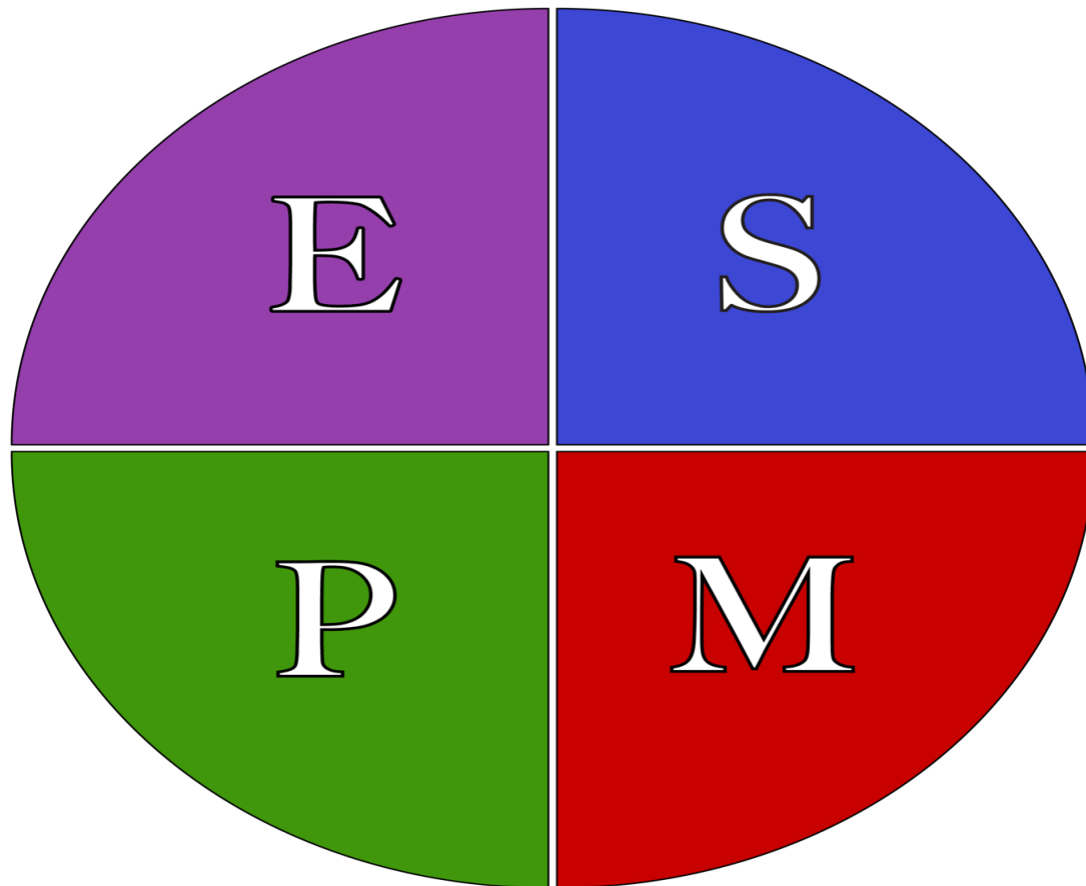
Mental

M

25%



Target Goal
100%



Cha Ching!!!

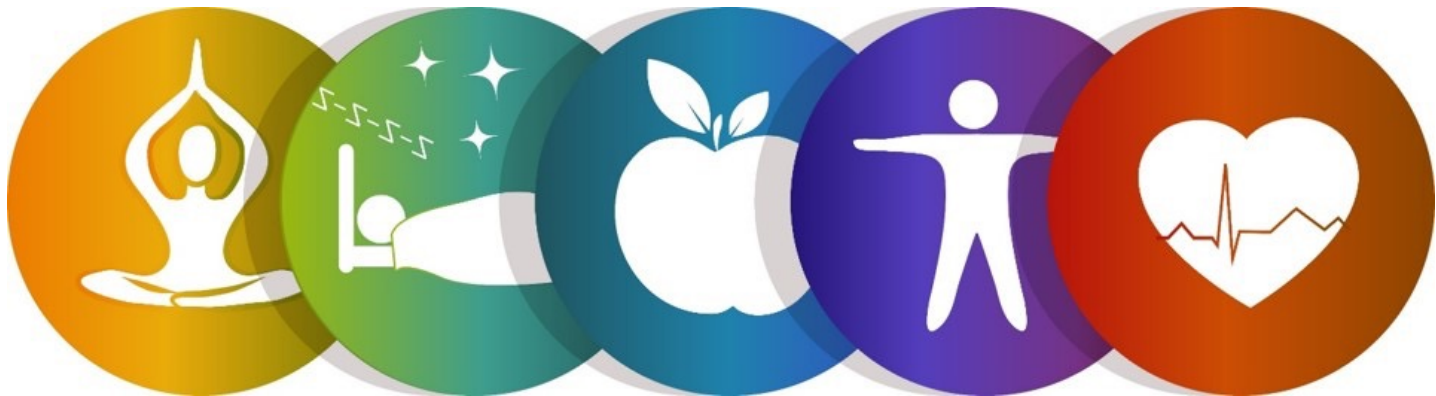


Recharged and Restored!



But.....how long does it last!?

Only One Day!



Investing more in Self



“You will always earn 100% return on your investments. When you invest in yourself.”

Dr. Jason Branch

Protecting Your Peace

- Be willing to step outside of your comfort zone
- Take a break from news and social media outlets
- Block, delete, unfollow, and unfriend
- Find your tribe and connect
- Set and maintain healthy boundaries
- Be mindful of what you can control vs. what you cannot
- When you are ready, challenge yourself to have a few difficult conversations
- No need to apologize or being exactly who you are
- You are not a Tree.....You can always Leave!

Protecting Your Peace Cont.

- Practice more Self-Care
(You Can't Pour from an Empty Cup)
- Increase Self-Awareness and Self-Discovery
(Get Over Yourself & Get Out of Your Own Way)
- Balance and Build/Rebuild Healthy Relationships
(Make it Right/Ask for Forgiveness/Be Willing to Forgive)
- Accept People for Who They Are and Not Who You Want Them to Be
(We are All doing the Best we can with what we Have)
- Become Willing to Ask/Seek Professional Help
(Share with others the facts you learned today!)

Additional Resources

Psychology Today

www.psychologytoday.com

Therapy for Black Girls

<https://therapyforblackgirls.com>

Therapy for Black Men

<https://therapyforblackmen.org>

Black Female Therapists

<https://blackfemaletherapists.com>

Black Men Heal

<https://blackmenheal.org>

Telehealth Counseling Services

Talkspace

<https://www.talkspace.com>

Betterhelp

<https://www.betterhelp.com>

Ayana Therapy

<https://www.ayanatherapy.com>



Questions?

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