

# Taking Care of Yourself and Others During Times of Crisis

Presented by the Teen Suicide Awareness and Prevention Program (TSAPP)



In this day and age, we as people have to remember that it is important to continue to take care of our mental and emotional health.



# Why is caring for our mental health so important?...

Creates healthier lifestyles

- ▶ Greater productivity
- ▶ Better physical health
- ▶ Better relationships
- ▶ Improved quality of life



**A huge component of mental health is self care!**

LIFE CAN GET HECTIC SOMETIMES

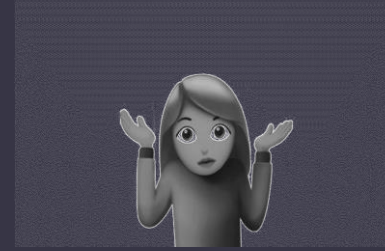


# What is Self Care?

Self-care is any activity that we do deliberately to take care of ourselves to help us feel better



# What's the Point of Self Care?



- ▶ Cope with stressful events and sadness
- ▶ Maintain positive connections with others
- ▶ Achieve goals
- ▶ Increase enjoyment in life



# Self Care Activities & Strategies

Know what's best for you!!!

## Activities for Calmness

- ▶ Arts & crafts and/or drawing
- ▶ Guided meditation
  - ▶ Breathing exercises
- ▶ Journaling
- ▶ Reading
- ▶ Listening to music or podcasts
- ▶ Watching movies and your favorite TV shows







# Self Care Activities & Strategies cont.


Other examples include:

- ▶ Exercise or physical activity
- ▶ Set up daily routine
- ▶ Gratitude (daily reflection, gratitude jar/box, a diary)
  - ▶ Self-awareness and reflective practice
- ▶ Nurturing relationships
  - ▶ Stay connected with others



# There's an app for that!

*There's an app for that!*



**Sanvello**  
Teaches mindfulness skills and provides mood and health tracking tools

**Smiling Mind**  
Works to make mindfulness meditation accessible to all

**Stop, Breathe, Think**  
Guides people through meditations for mindfulness & compassion

**Daylio**  
Micro-diary that allows you to track your mood & activities



**365 Gratitude Journal**  
Provides daily prompts and daily inspirational questions

**ThinkUp**  
build a positive mindset and motivation through self-talk and affirmations

**shine**  
Daily meditations paired with motivational messages to get you through the day

**Happify**  
Effective tools and programs to help control your emotional wellbeing

**Riverside University HEALTH SYSTEM**  
Public Health

**Suicide Prevention Hotline: 1.800.273.8255**

# STAY AT HOME BINGO

Cross off 10 or more boxes and receive a gift from the TSAPP team.  
To claim your prize, email: [tsapp4life@gmail.com](mailto:tsapp4life@gmail.com)

SLEEP IN	DISINFECT SURFACE	FACETIME FRIENDS	START A HOBBY	ZUMBA/DANCE
CALL FAMILY	GO FOR A WALK	YOUTUBE AT-HOME WORKOUTS	YOGA/STRETCH	FINISH A PUZZLE
READ A BOOK	WATCH A MOVIE	FREE SPACE	TEXT OR CALL YOUR NEIGHBOR	AVOID TOUCH YOUR FACE
PRACTICE SOCIAL DISTANCING	SPRING CLEANING	COVER COUGH OR SNEEZE	COLOR/DRAW	LISTEN TO MUSIC
COOK/BAKE	LISTEN TO A PODCAST	WAVE AND SAY "HI"	WASH HANDS OFTEN	JOURNAL

**Join others in the QUARANTINE fun!  
Share this Bingo Sheet with fellow  
advisors and students through social  
media and google classroom. 👍**

**-TSAPP Team**

Lets play bingo!

# Social Impact of Self-Care

Another form of self-care for people can be helping others who are also going through the same life challenges

Being a support system for others can make them feel:

- ▶ Encouraged
- ▶ Motivated to achieve life goals
- ▶ Positive
- ▶ Ownership of well-being
- ▶ Sense of Belonging
- ▶ Increase help-seeking and self care behaviors



“The main concern for wholehearted men and women is living a life defined by courage, compassion and connection.”

- Brené Brown

# How to Help Others in Times of Crisis

- ▶ **Step 1. Be Alert**
  - ▶ Know the signs ( see, hear, sense, learn)

- ▶ **Step 2. Find the Words**

- ▶ **Step 3. Active Listening**

- ▶ **Step 4. Reach Out**



# Be Alert

## Signs - SEE (ACTIONS)

### ▶ Care-less

- ▶ Doesn't care about things that used to be important to them
- ▶ Reckless behavior

### ▶ Moody

- ▶ Drastic change of moods that last for 3 or more days

### ▶ Withdrawing

- ▶ Doesn't want to participate in activities they once enjoyed

### ▶ Alcohol/drug misuse

- ▶ Use of alcohol or misuse of any type of drug



# Be Alert

## Signs - HEAR (TALK)

### ▶ Alone

- ▶ “I just want to be by myself leave me alone”

### ▶ Burden

- ▶ “If it wasn't for me you wouldn't have to worry about money or you'd stop fighting so much”

### ▶ No purpose

- ▶ “I just don't care about anything anymore”

### ▶ Escape

- ▶ “I just want to go to sleep and not wake up anymore”  
“I just want to get away from everyone forever”



# Be Alert

## Signs - SENSE (FEELINGS)

### ▶ Desperate

- ▶ Seems uncomfortable, has restless nights, can't sleep well

### ▶ Hopeless

- ▶ Less motivated
- ▶ Loses interest in goals

### ▶ Numb

- ▶ Shows no emotion (positive or negative)

### ▶ Ashamed

- ▶ Doesn't have that ability or trust to have a conversation about what they are feeling





# Be Alert

## Signs - LEARN (LIFE SITUATIONS)

### ▶ Abuse

- ▶ Personal Experience or Exposed to Abuse (sexual, physical, emotional)

### ▶ Rejection

- ▶ Failed relationships, rejection by peers, etc.

### ▶ Losses

- ▶ Loss of a loved one (family, friends, pets)

### ▶ Suicide experience

- ▶ Previous personal Experience with suicide
- ▶ Loss of loved one to suicide



# Find The Words

- ▶ Start the conversation
  - ▶ Be prepared with resources
- ▶ Mention the signs that have worried you
  - ▶ What have you seen, heard, or sensed
- ▶ Directly ask about suicide
  - ▶ “Are you thinking about suicide?”
  - ▶ “Are you thinking about ending your life?”

**Tips for supporting someone online**

**“Are you thinking of suicide?”**  
Don't be afraid to ask - you won't put the idea into their head.

**Do you want to chat?**  
They may not want to, but knowing you are there helps.

**Don't promise to keep secrets**  
If they are in danger, you might need to contact someone without their permission.

**Ask them to draw on their own experiences**  
Have they felt this way before?  
What did they do to cope or get through it?

**Encourage them to seek out “real life” help**  
Ask them to talk to family, whānau, friends or professionals they know and trust.

For more information, see [www.mentalhealth.org.nz/suicideprevention](http://www.mentalhealth.org.nz/suicideprevention)

# Active Listening

- ▶ **Be a good listener - IMPORTANT STEP!**
  - ▶ Pay attention
  - ▶ Let the person express their reasons for living and dying
    - ▶ Try not to interrupt
  - ▶ Ask questions
  - ▶ Visualize what is being said
  - ▶ Through listening, it can lead to de-escalation of suicidal thoughts



**Let the person know you care!**

# Reach Out

- ▶ We have some many different ways to get help for someone. It may look different right now but it is still possible
- ▶ Those ways are...
  - ▶ Phone and Video Call ( e.g. Zoom, Google Hangouts, Skype, FaceTime)
  - ▶ Text messaging





**STOP!**

**IN CASE OF  
EMERGENCY  
Call 911**

# Virtual Resources

## Peer to Peer Programs

### Operation SafeHouse:

- ▶ Serving: All Regions of Riverside County
  - ▶ Contact: 760-285-1740

### Victor Community Support Services:

- ▶ Serving: Mid-County Region
  - ▶ Contact: 951-436-5312

### Rainbow Pride Youth Alliance Social Support:

- ▶ 951.435.1564



# Virtual Resources cont.

## Online and Telephone Support

### Riverside County Help Line

- ▶ (951) 686-HELP(4357)

### National Suicide Prevention Hotline

- ▶ 1-800-273-TALK(8255)
- ▶ Text line: 741741

### What's Up SafeHouse 24/7 line -

- ▶ text SHHELP Hi to 274637

### TREVOR Project: 866-4-U-TREVOR

- ▶ (488-7386) (LGBTQ)

### Hearing Impaired:

- ▶ Impaired:1-800-799-4TTY (4889)

### CA Youth Crisis Line

- ▶ 1(800) 843-5200

### Take My Hand - 24/7 Peer support chat

- ▶ Visit: [www.takemyhand.co](http://www.takemyhand.co)



# Virtual Resources cont.

## Mental Health Urgent Cares

### MHUC Riverside: Ages 18 and Over

- ▶ 951-509-2499

### MHUC Perris: Ages 13 and Over

- ▶ 951-349-4195

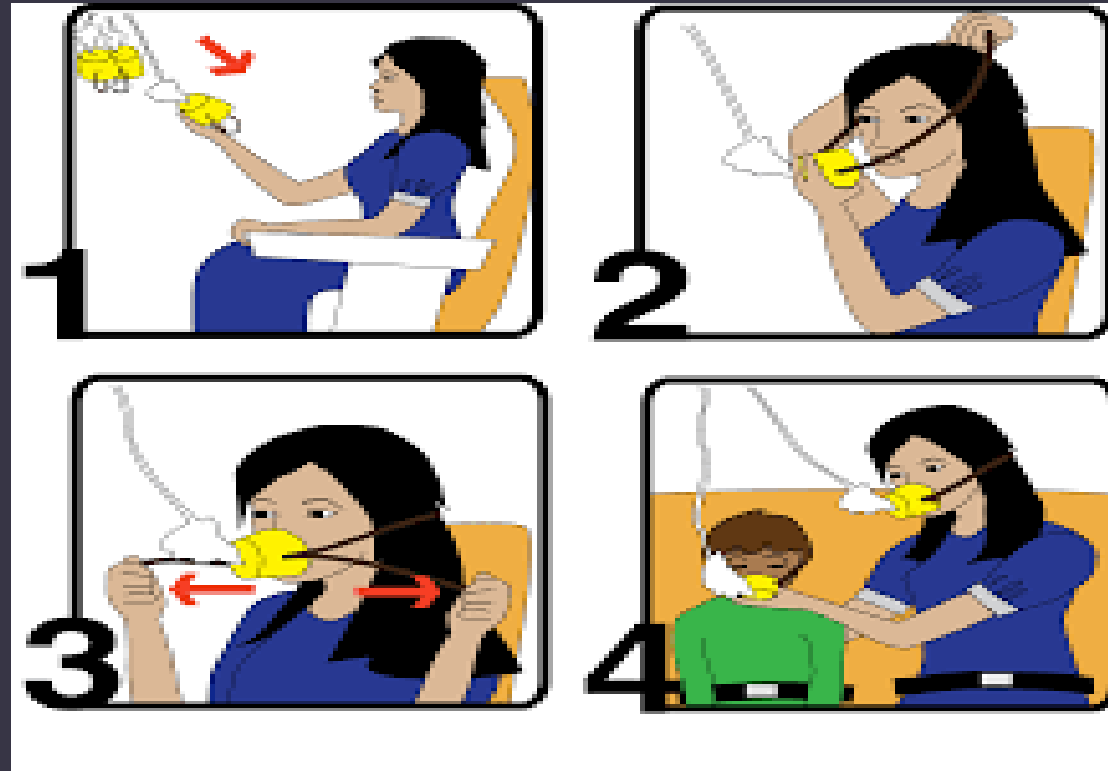
### MHUC Palm Springs: Ages 13 and Over

- ▶ 442-268-7000

### Addresses of MHUC

- ▶ 9980 County Farm Rd, Bldg. 2,  
Riverside 92503
- ▶ 85 Ramona Expressway, Ste. 1-3,  
Perris 92571
- ▶ 2500 N. Palm Canyon Dr., Ste. A4,  
Palm Springs 92571

# It's OK not to be OK!



You have to take care of yourself before you can take care of others!

# TSAPP Campaigns!

**You have the chance to be a mental health student advocate!**



# Directing Change!



**The Directing Change**  
Student Film Contest

Each Mind Matters  
Presents

CONNECT WITH  
DIRECTING CHANGE



@DirectingChangeCA

directingchange.org



**Riverside University**  
HEALTH SYSTEM  
Behavioral Health  
Prevention & Early Intervention

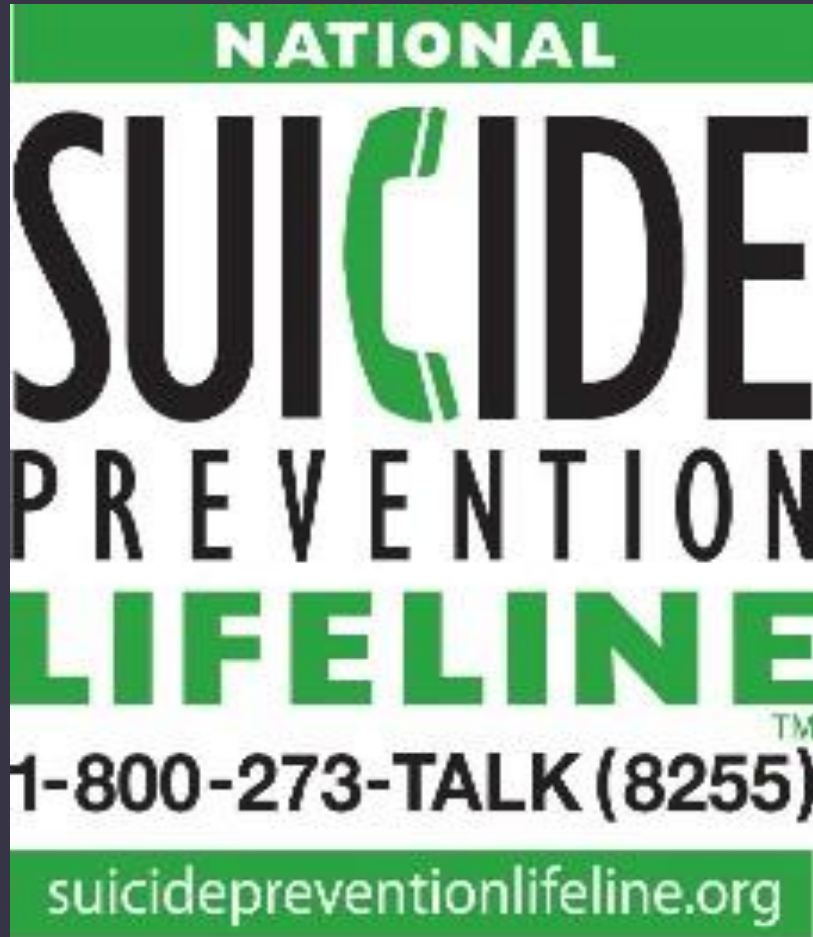
TWEET US.  
LIKE US.  
FOLLOW US.



@RUHSBH    RUHS-bh    @RUHSBH

www.redmh.org    RUHS- Behavioral Health -Prevention & Early Intervention

# Social Media Campaigns



#TSAPP2020 & #TSAPP4Life

# Virtual Peer to Peer Training



# Virtual Self-Care Fair



**HEALTH** AND **WELLNESS**  
**VIRTUAL FAIR**

# Thank You!

