

# Mental Wellbeing Rx

Experiential learning to elevate our mind, body, and spirit



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WellBeing Retreat Facilitator  
Speaker



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# Loving Reminders



**Holistic Nurse Coaches**  
*Elevated WellBeing*

- 01 This is the 1st & last Friday.

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- 02 Remember why you became a nurse & why you came here tonight. There's power in our "Why."

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- 03 Set an intention for the rest of the night & your weekend.

# Learning Agenda

What's on the late night menu.....



01

Holistic  
Approach to  
Mental Health

02

Stress 101

03

Mindset  
Management

04

Work Life  
Harmony

05

Tools to  
Elevate  
Mental  
Wellbeing



A little about me & why I am talking to you  
about mental wellbeing tonight.....

## Brittany Cano

Holistic Nurse Coach  
WellBeing Retreat Facilitator  
Speaker

My intention is to inspire you to unite more deeply with your heart & to prioritize your wellbeing and the wellbeing of your community. I am known as a compassionate & kind creator of safe space. I excel at guiding others to take inspired action and create positive forward moving change.

# More Common than You Think

**1 in 5 adults experienced a mental health concern in the past year.**

On a scale of 1 (poor) to 10 (excellent), nurses rated their current mental health and well-being at an average of 5.8, compared to an average of 7.8 before Covid-19, representing a decline of 26%. They also reported a range of physical and mental health issues as a result of the pandemic, including burnout, compassion fatigue, and depression according to StatNews.



# A Holistic Approach to Mental Health





# Bio (Physical) Wellbeing

- Nervous System Regulation
- Promotion of Physical Health
- Nutrition & Exercise
- Sleep & Rest Promotion
- Medication & Disease Management

# Psychological (Mental) Wellbeing



- Beliefs
- Thoughts
- Feelings
- Stress Level & Management
- Coping Mechanisms
- Your "Intake"

# Social Wellbeing

- Family & Friends
- Community
- Work life
- Pets
- Access to Care
- Culture
- Hobbies
- Sense of Belonging



- Connection to a Higher Power or Something Greater than Self
- Connection to Self, Others and the Environment Around Us
- Sense of Purpose
- Sense of Meaning
- A Clear Sense of Right and Wrong, and Acting Accordingly
- Being able to practice forgiveness and compassion in life



## Spiritual Wellbeing



# Stress 101

Stress: a normal reaction the body has when changes occur, resulting in physical, emotional and intellectual responses.

# Stress Management & Routine: Manage your Pressure & Manage your Capacity

In The Strengths-Based Workbook for Stress Relief, Dr. Ryan Niemiec states Stress created the following equation: **Stress = Pressure minus Capacity.**

***It is important to note that stress is essential to growth.*** Using the stress of exercise as an example, the body must be put under stress in order to increase strength or improve fitness; the same is true for emotional stress.

- Too little pressure coupled with excess capacity, or resilience, can lead to boredom and becoming disengaged.
- Too much pressure coupled with insufficient capacity causes feelings of being overwhelmed.
- An ideal equation is when the amount of pressure equates to the amount of capacity – this is referred to as flow or being ‘in the zone’.

# TRAUMA RESPONSES

**FREEZE**  
**DORSAL**  
**VAGAL**

Stuck-ness  
Immobilization  
Numb  
Isolating  
Dissociation  
Depression  
Shame

**FIGHT**  
**SYMPATHETIC**  
**NS**

Anger Outburst  
Controlling  
"The Bully"  
Narcissistic  
Explosive Behavior  
Moving Outward

Workaholic  
Over-Thinker  
Anxiety, Panic, OCD  
Perfectionism  
Difficulty sitting still

**FLIGHT**  
**SYMPATHETIC**  
**NS**

People-Pleasing  
Avoiding Conflict  
Prioritizing Others  
Needs  
over own  
Difficulty saying No  
Boundary Setting is  
hard

**FAWN**

# WINDOW OF TOLERANCE

The window of tolerance and different states that affect you



## HYPERAROUSAL

- Abnormal state of increased responsiveness
- Feeling anxious, angry and out of control
- You may experience wanting to fight or run away



## DYSREGULATION

- When you start to deviate outside your window of tolerance you start to feel agitated, anxious, or angry
- You do not feel comfortable but you are not out of control yet

**SHRINK**  
your Window  
of Tolerance

Stress and trauma  
can cause your  
window of  
tolerance to  
shrink

Think of the window of tolerance as a river and you're floating down it. When the river narrows, it's fast and unsafe. When it widens, it slows down and you:

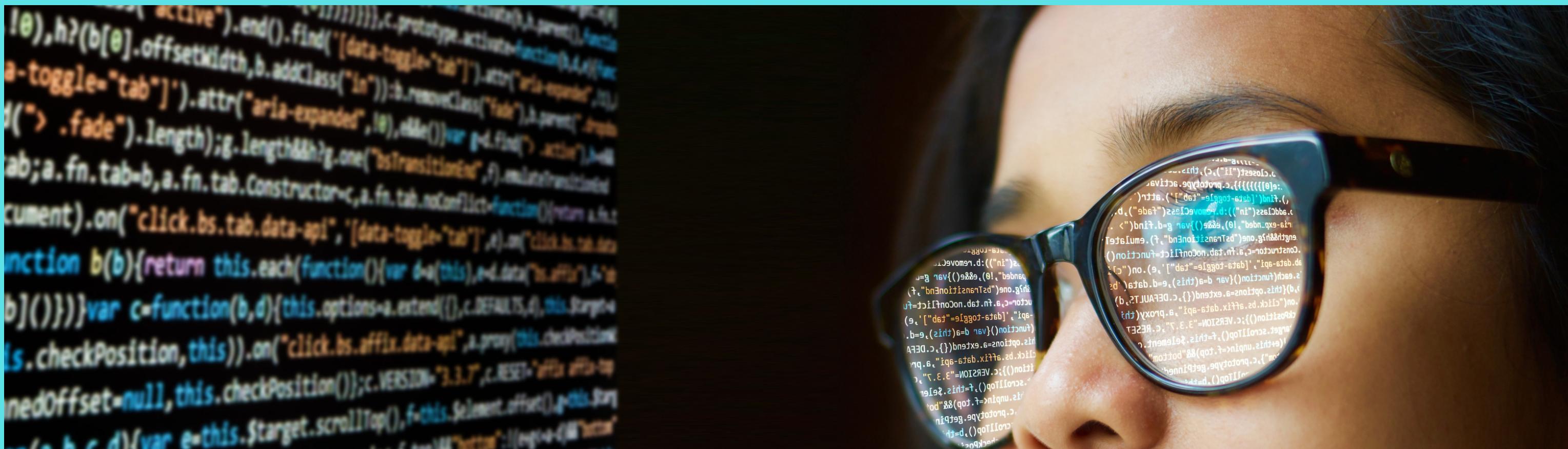
- are at a balanced and calm state of mind
- feel relaxed and in control
- are able to function most effectively
- are able to take on any challenge life throws at you

**WINDOW OF  
TOLERANCE**

Meditation,  
listening to music,  
or engaging in  
hobbies can  
expand your  
window of  
tolerance

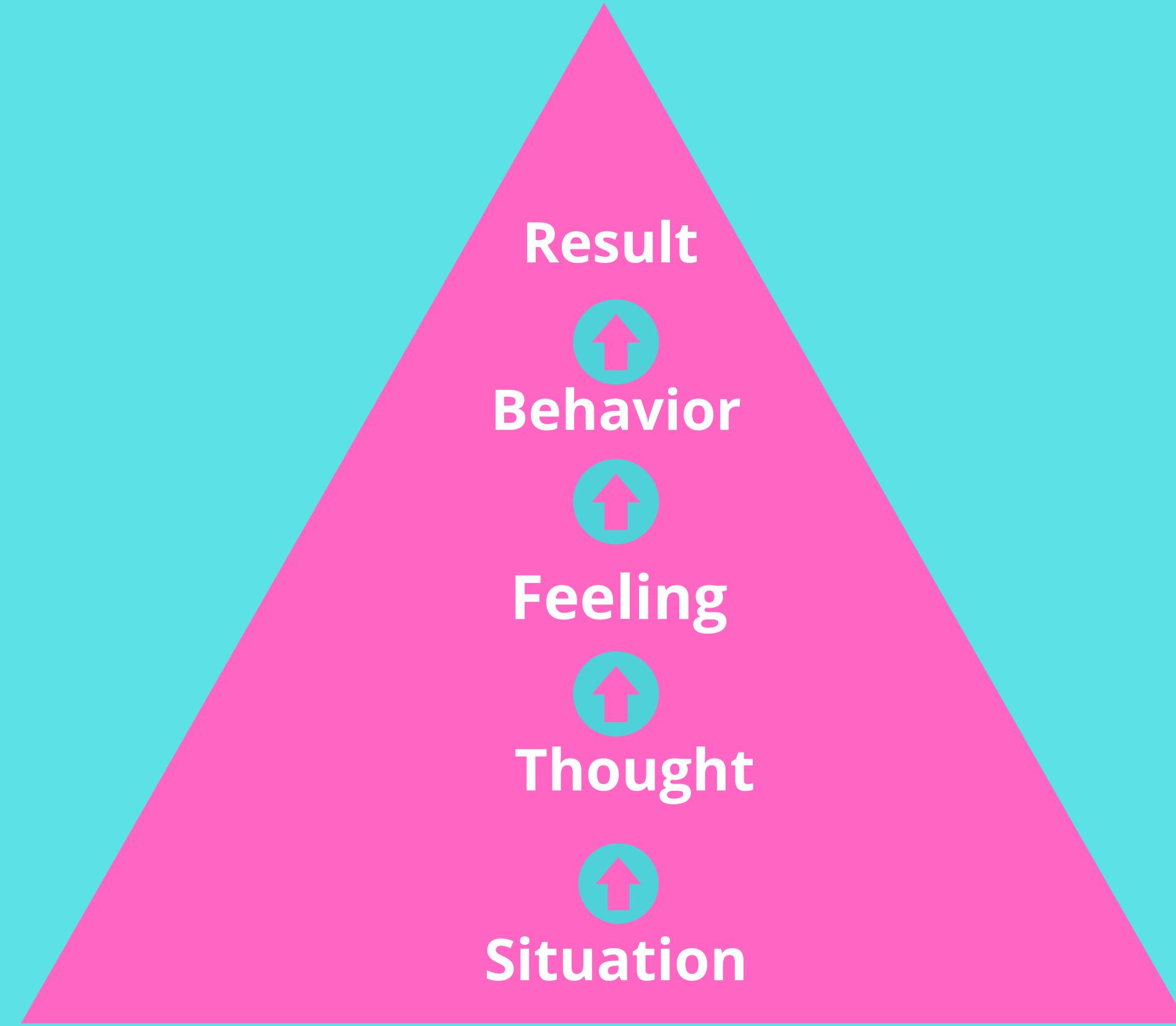
**EXPAND**  
your Window  
of Tolerance

# Mindset Management



**"Change the way you look at things and the things you look at change."** Wayne Dyer

# Cognitive Behavior Therapy (CBT) Model



# Work Life Harmony



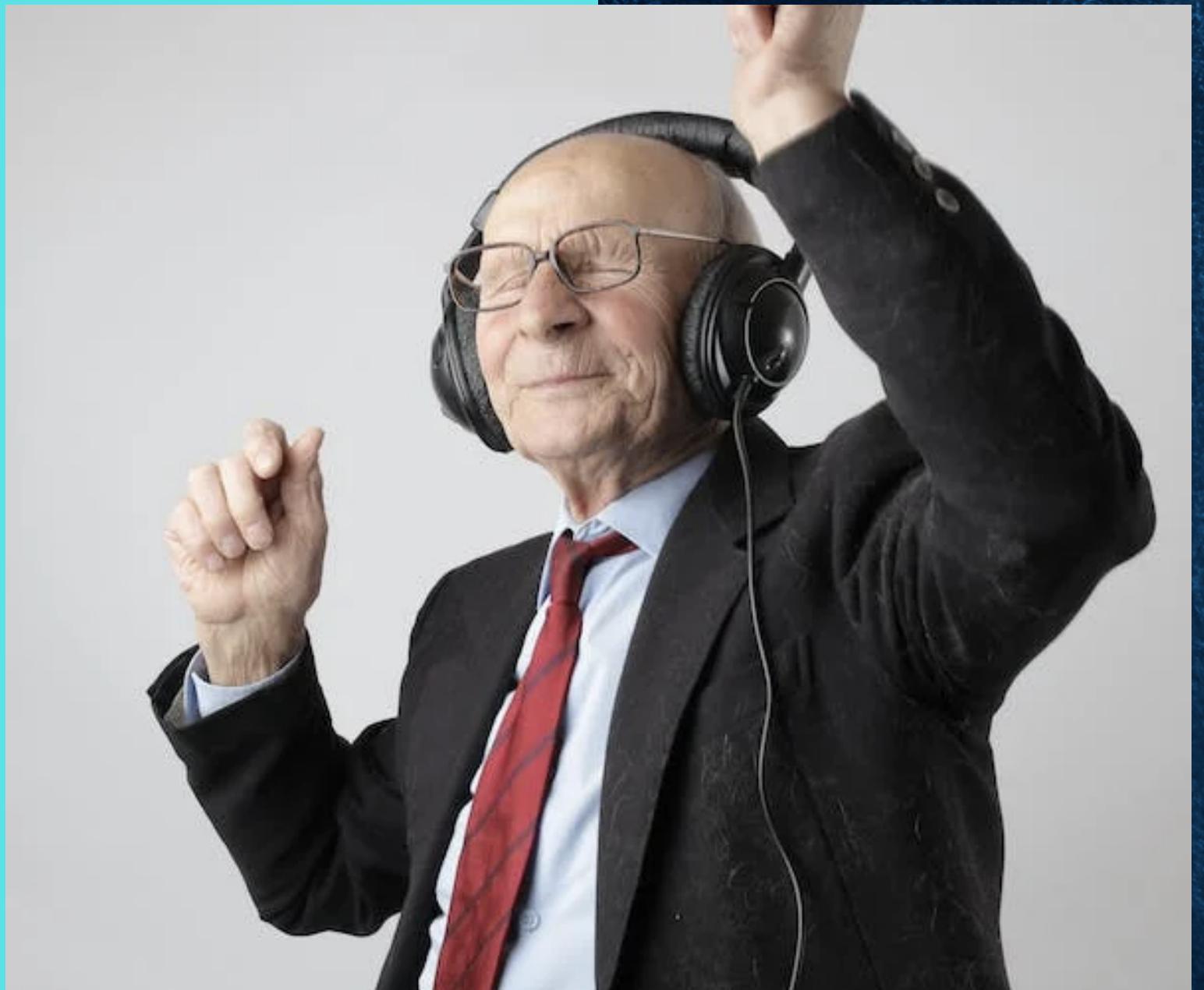
"76% of U.S. workers reported at least one symptom of a mental health condition.

84% of respondents said their workplace conditions had contributed to at least one mental health challenge.

81% of workers reported that they will be looking for workplaces that support mental health in the future."

# Work Life Harmony

- Clarity
- Flexibility
- Autonomy
- Healthy Boundaries



# Tools to Elevate Mental Wellbeing



**Take a deep breath, then relax.**



**Embrace the five senses.**



**Be in touch with your thoughts and feelings.**

# What's your Mental Wellbeing 'Script?



- Mindfulness
- Prayer
- Nature
- Rest
- EFT (Emotional Freedom Technique)
- EMDR ((Eye Movement Desensitization & Reprocessing)
- Grounding Techniques
- Vagus Nerve Exercises
- Therapy, Hypnotherapy
- Coaching
- Exercise
- Nourishing Foods
- Aromatherapy
- Music
- Happiness Triggers
- Pomodoro Technique
- Your Tribe
- Meditation, Ketamine Tx., Plant medicine, therapy, IV vitamin hydration
- Passion Projects
- Yoga

# Don't hesitate to seek professional help. You're never alone.

- call 988
- <https://www.samhsa.gov/>
- EAP resources, local therapist,  
BetterHelp
- Support Groups



**1:1 Holistic  
Wellness  
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**Wellbeing  
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**IV Clinic &  
Wellness  
Business  
Consultant**



**Brittany  
Cano**

**HolisticNurseCoaches.com**

# Free Gift!

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**Holistic Nurse Coaches**  
*Elevated WellBeing*

Text Name & Email to:

**217-474-0646**

**Elevate Your Wellbeing: 7  
Tools to Regulate Your  
Nervous System & Elevate  
Your Wellbeing  
on Zoom May 18 at 7 PM**

# Thank you!

with love & gratitude

# Brittany Cano

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



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