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Without one LIFE can hit us

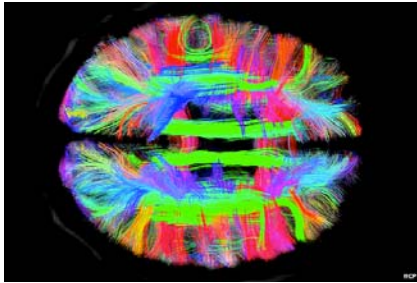


What We Know

- ▶ The brain is a 3-3.5 pound organ with 100 billion neurons that create trillions of connections.
- ▶ It's core mission is to Solve problems
- ▶ Develops tools through Senses / environment



Complex and Connected



Brain Plasticity

Problem Solving

▶ From simple decisions to complex scenarios.



What's the PROBLEM ?

- ▶ Financial
- ▶ Relationship
- ▶ Housing
- ▶ Work
- ▶ Transition



Life can hit us in many ways

- ▶ Illness
- ▶ Injury
- ▶ Stress
- ▶ Trauma

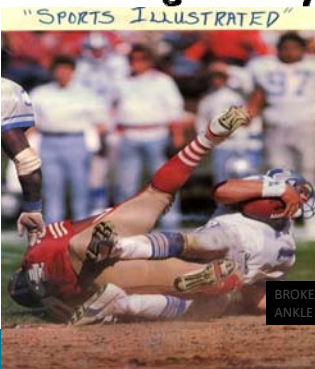


Brain Illness

- ▶ Depression
 - ▶ ADHD
 - ▶ Addictions
 - ▶ Bipolar
 - ▶ OCD
 - ▶ GAD
- ▶ TREATABLE
- ▶ Early recognition is key
 - ▶ Talk Therapies/CBT DBT
 - ▶ Medications



We Recognize Physical Injuries



Concussion

Caused by a blow or jolt to the head

- ▶ brain shifts within the skull
- Traumatic brain injury
Network disruption



- ▶ Normally heals with time



Stress

Managing Stress

- ▶ Predictability
- ▶ Controllability
- ▶ Relationships
- ▶ Trust
- ▶ Meaning



Trauma

- ▶ Experience
- ▶ Physical OR non physical



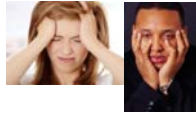
TRAUMA DEBRIEFING

- ▶ What happened
 - ▶ What was the worst part for you
 - ▶ Symptoms you are experiencing
 - ▶ How are you functioning now
 - ▶ Appreciation and strength
- Trauma can lead to triumph

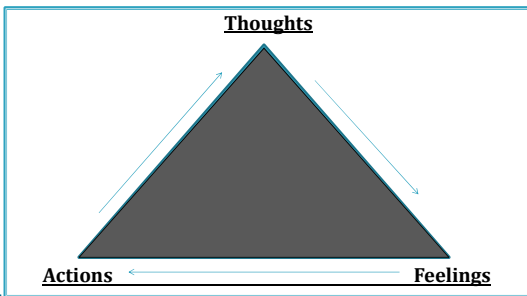


SYMPTOMS

- ▶ Sleep problems (+ - disruptive)
- ▶ Loss of Pleasure
- ▶ Appetite (too much too little)
- ▶ Loss of concentration
- ▶ Irritability , Anger
- ▶ Isolation, Anxiety, Pain
- ▶ Sadness, Hopelessness
- ▶ Alcohol/substance abuse
- ▶ Risk taking behavior
- ▶ Suicidal thoughts



Perceptions



Suicide

- ▶ Contradiction
- ▶ Life isn't working for you
- ▶ Collapse
- ▶ Burden and isolation
- ▶ Suicide becomes an option
- ▶ Intervention
- ▶ Restoration or Reinvention

Michelle Snyder LMSW
Soul Shop LLC
Life Death and Reinvention

WE ALL HAVE A STORY



What's Happening To me ?


Many Symptoms



Transitions

Many Symptoms

At age 15

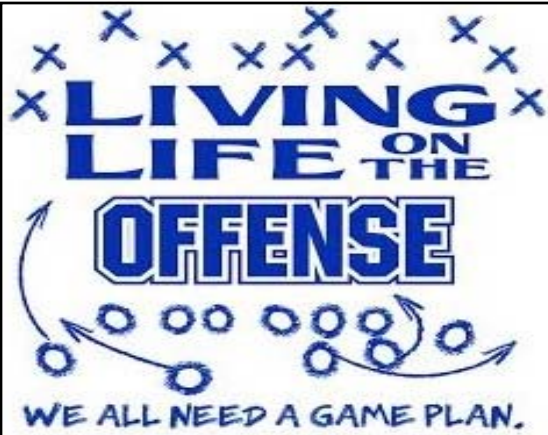


58 Days



OUR STORY SHAPES US... BUT DOESN'T DEFINE US





Mental Health

Mental Fitness

- ▶ It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

KNOWING YOUR STORY

CHILDHOOD
ACCOMPLISHMENTS
TRAUMA ENVIRONMENT
MENTORS
VALUES LOSSES

Know Yourself..... Your Values

Accomplishment	Cooperation	Freedom	Knowledge	Prosperity	Solving Problems
Accountability	Coordination	Friendship	Leadership	Punctuality	Speed
Accuracy	Creativity	Fun	Love	Quality of work	Spirit in life
Adventure	Decisiveness	Global view	Loyalty	Regularity	Stability
Beauty	Democracy	Good will	Maximum utilization	Reliability	Standardization
Calm	Discipline	Goodness	Meaning	Resourcefulness	Status
Challenge	Discovery	Gratitude	Merit	Respect for others	Strength
Change	Diversity	Hard work	Money	Responsiveness	Succeed
Cleanliness	Ease of Use	Harmony	Openness	Results-oriented	Systemization
Collaboration	Efficiency	Honesty	Patriotism	Rule of Law	Teamwork
Commitment	Equality	Honor	Peace	Safety	Tenderness
Communication	Excellence	Improvement	Perfection	Satisfying others	Tolerance
Community	Fairness	Independence	Personal Growth	Security	Tradition
Competence	Faith	Individuality	Pleasure	Self-giving	Tranquility
Competition	Faithfulness	Inner peace	Power	Self-reliance	Trust
Connection	Family	Innovation	Practicality	Self-thinking	Truth
Content over form	Family feeling	Integrity	Preservation	Service	Unity
Continued improvement	Flair	Intensity	Privacy	Simplicity	Variety

Essential

Personal

Universal

Keys to Mental Fitness

- ▶ Recognize our choices
- ▶ Self esteem
- ▶ Boundaries
- ▶ Vulnerability
- ▶ Communication
- ▶ Commitment



Mental Fitness

Bryce Lefever PhD

MENTAL FITNESS

YOU are in Control

Be TOUGH with:
 PURPOSE
 COMMUNICATION
 SUPPORT



IT'S ALL TEAMWORK

I want to thank you for your work and passion in helping others

LivingLifeOnTheOffense.com

Click **CONTACT** leave a comment



QUESTIONS ?

Resources

- ▶ The Depression Center toolkit:
www.depressiontoolkit.org
- ▶ American Foundation for Suicide Prevention:
afsp.org
- ▶ National helpline: #1-800-273-8255
- ▶ Eisenhower Center
Eisenhowercenter.com
- ▶ AfterTheImpactFund.org
