My Mental Health Notes

For Professional Organizers Navigating Out of the Pandemic 😊

[www.speakertrishjenkins.com](http://www.speakertrishjenkins.com) and [www.youtube.com/trishjenkins](http://www.youtube.com/trishjenkins)

Because I am worth it… and so are They.

Self-care for mental health is not S\_\_\_\_\_\_\_\_\_. Self-Care is Self-W\_\_\_\_\_\_\_\_\_.

I am intrinsically priceless because I \_\_\_, not because I \_\_\_\_.

Everyone is affected by the pandemic differently and similarly. Their experience is not mine.

Beware Compassion Fatigue Symptoms.

Tiredness, irritability, lack of concentration, impatient, emotional numbness, hard heartedness, tummy problems, headaches, despair, lack of concentration, feeling detached, pessimism and suspicion, blame and judgment, victim-blaming, poor self-esteem, anxiety, depression, dislike of people in general.

“If people would just…. Then I could….”

Should I see a professional?

If I don’t care for me, I cannot effectively care for someone else. (True but guilt driven).

**Reframe to: I choose to care for me. When I do, I am a more effective, happier carer for someone else, and THAT attracts more clients!**

Fill in later as they come up. My responsibilities:

I have to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I need to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I mustn’t forget to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Replace with:

**I get to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I choose to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I feel good when I have \_\_\_\_\_\_\_\_\_\_\_\_**

**General** self-care checklist for mental health: Sleep, nutrition, movement, deep breathing, positive thinking, gratitude.

Specific self-care options: Cuddle a pet, Sing, buy yourself some flowers, Call a friend, watch a funny video (laughter is medicine).

Ideas for me personally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Self-awareness and the Pandemic – You and Your Clients.**

Professional Organizers are vulnerable to:

1. Rigid Th\_\_\_\_\_\_\_\_\_\_. Do I want to \_\_\_ Right or Get it \_\_\_\_\_\_\_\_\_\_\_?
2. Unrealistic E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Stop Sh\_\_\_\_\_ing on myself.
3. Sa\_\_\_\_\_\_\_\_\_\_ Syn\_\_\_\_\_\_\_\_\_\_\_\_.

These will burn you out.

**My 3 Shift & Lift Questions**

1. How else could I see this P\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How else could I see the S\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. How else could I Sh\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**How to Master your Mental Ecosystem.**

**The strongest prison bars holding me back are in my H\_\_\_\_\_\_.**

An ecosystem is a delicate balance. What happens in one area affects the cycle.

**How I S\_\_\_\_\_ Determines How I S\_\_\_\_\_\_\_\_\_\_\_.**

Guard your Eye-gate, ear-gate, mouth gate. Trust your gut but question your assumptions and arrest your stream of consciousness. Choose the direction of your thoughts.

**How to Enjoy the Weird ones:**

See past the problem to the person. The person is the priority, not the procedure.

I ch\_\_\_\_\_\_\_\_\_ to l\_\_\_\_\_ you.

How else can I see the person, the situation, myself? (Ask yourself or your higher power)

**Thankfulness**. Look for any good you can find.

What am I thankful for in this moment? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Laughter** is medicine. Let yourself off the hook. It’s OK to not be perfect. It’s OK to not have it all together. Be silly. YouTube the original Footloose and dance like no one is watching.

**ACTIVITIES**

* Activity 1: Find a memory: What was I doing the last time I felt good/at peace/joyful/calm (and it was not a self-destructive behaviour)?

Describe it in detail. Soak it in. Wait and listen. Write down what comes. (Reframe anything negative to positive).

* Activity 2: Ask: Why does it bother me? And why does that bother me? X5. Gets to the real issue which is usually not the issue 😊)
* Activity 3. Reach through the screen! Especially good for zooms: The power of wholesome, affirming contact. Hug, embrace, hold. Add affirmations, prayer, whatever is appropriate.

Keep your tank filled and you will go further, better, stronger, happier, be more effective AND more PROFITABLE!!!

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