



Prioritizing Mental Wellness

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AWARENESS

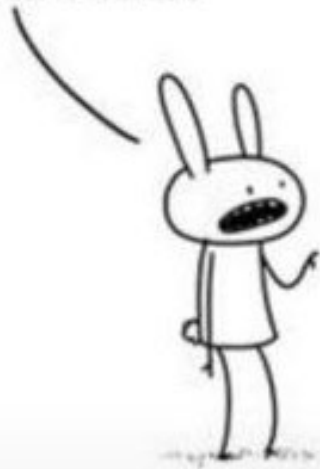


ACCEPTANCE



EMPOWER

what the hell is that?



oh,
just my mind



“Studies have shown that the more a person watches television, the more violent they judge the world to be. People who watch more television are not more informed—they grossly overestimate rates of violence. Those that watch less television are more accurate judges of the degree of risk we all might encounter each day” (McGonigal, Kelly. *The Willpower Instinct*. The Penguin Group, NY, 2012)



TAKING CONTROL OF THOUGHTS AND FEELINGS

In times of uncertainty, it is important to focus on what you can control.

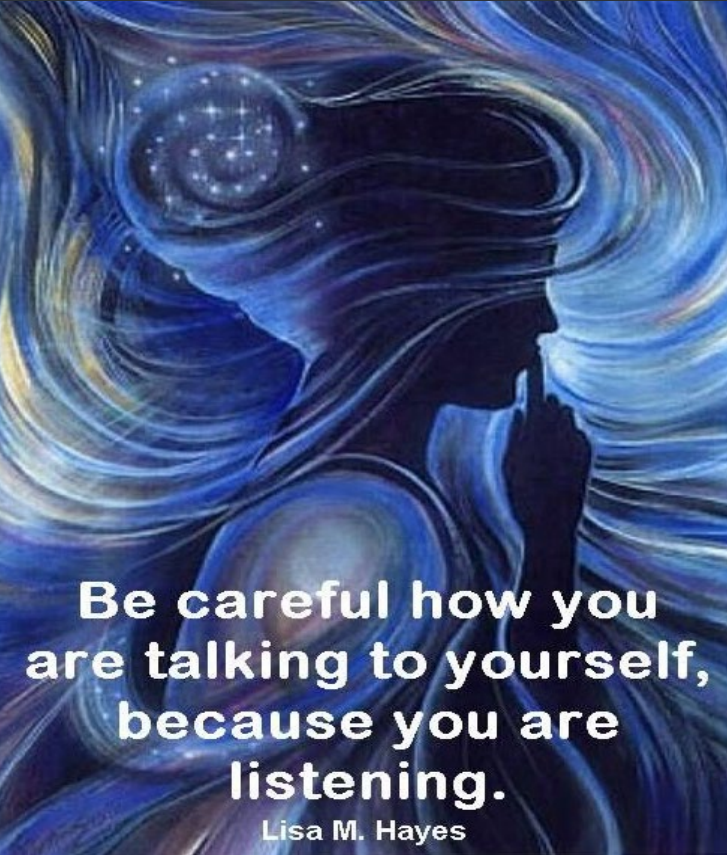
Action Step:

1. Make a list of what you feel you cannot control?
2. What do you have control over?
3. If we were not trying to control, what would you do differently?

The Power of Affirmations

- What is an affirmation: an intentional statement that is declared to be true; the assertion that something exists or is true

I AM ENOUGH. I BELIEVE IN ME. I AM WORTHY OF LOVE.
I AM ON MY SIDE. I TAKE CARE OF MYSELF. MY HEART KNOWS.



**Be careful how you
are talking to yourself,
because you are
listening.**

Lisa M. Hayes

Resources

- National Suicide Prevention Lifeline, 1-800-273-TALK (8255)
 - If you or someone you know is suicidal or in emotional distress, contact the National Suicide Prevention Lifeline. Trained crisis workers are available to talk **24 hours a day, 7 days a week**. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.
- SAMHSA Treatment Referral Helpline- 1-877-SAMHSA7 (1-877-726-4727)
- Georgia Crisis and Access Line- 1-800-715-4225
- Better Help Online Counseling
- Talkspace Online Counseling
- Insight Timer App
- Headspace App
- Calm App