

Looking After Ourselves

Asher Morrison / Clinical Psychologist



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(02) 4041 0481



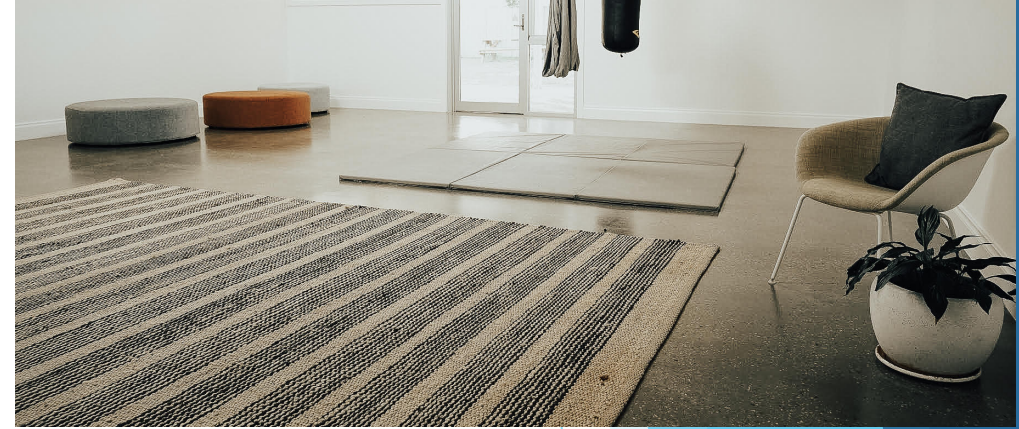
39 Platt Street
Waratah 2298



admin@familypsychologyclinic.com



familypsychologyclinic.com



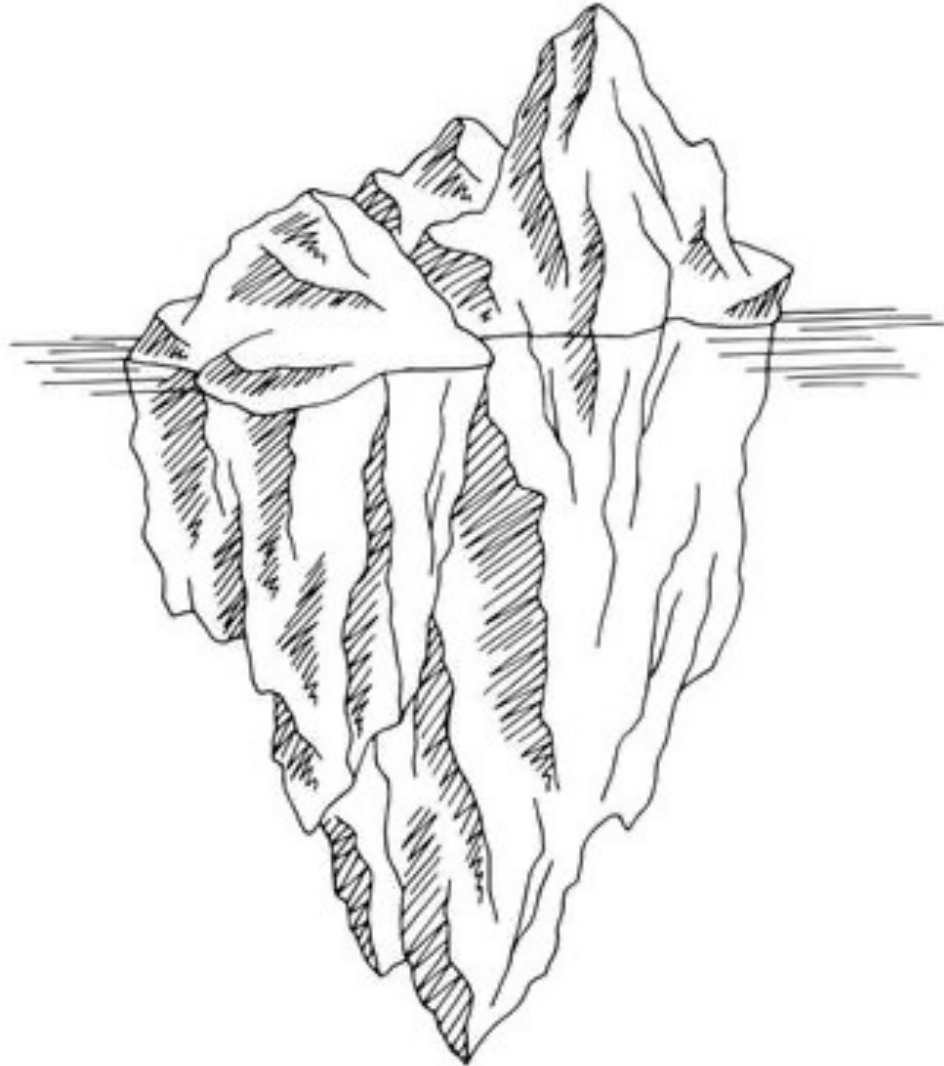
Hitting the wall

People of faith struggle with their mental health too



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What's it telling you?



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Start with the basics



▶ Caring for our bodies

▶ Diet

- ▶ Balanced diet = reduced risk of depression
- ▶ Omega3 and improved mental health

▶ Exercise

- ▶ Can be as useful as medication in the treatment of mild depression (Harvard Health, 2021)

▶ Sleep

- ▶ Helps to process emotional experiences from throughout the day, especially positive ones (Walker & van der Helm, 2009)

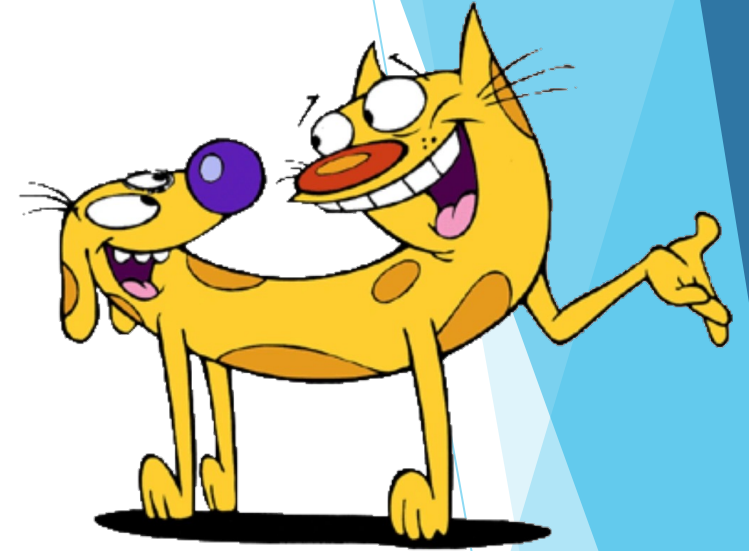
Made for relationship

- ▶ Social connection improves:
 - ▶ Your longevity (by up to 50%)
 - ▶ Strengthens your immune system
 - ▶ Helps you recover from disease faster
- ▶ Lack of social connection is a greater detriment to health than obesity, smoking and high blood pressure! (House, Landis & Umberson, 1988)

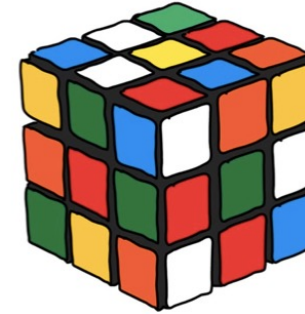


Made for relationship

- ▶ Meaningful connection with others
 - ▶ Quality over quantity
 - ▶ Cyclical in relationship (mental health & relationships)
 - ▶ Social connectedness is a strong predictor of mental health (more so than the other way) (Saeri et al, 2017)



Self-mastery and self-efficacy



- ▶ Self-mastery
 - ▶ The ability to control your own life
 - ▶ Increased self-mastery improves your mental health (Filippooni, Schulz & Petrocchi, 2020)
- ▶ Self-efficacy
 - ▶ Is your belief in your capacity to act in the ways that are necessary to reach your goals (Bandura, 1997).
 - ▶ Self-efficacy leads to more positive outcomes in treating mental health

Having purpose

- ▶ Purpose in life
 - ▶ Predicts both health and longevity
 - ▶ Leads to better outcomes in managing trauma and negative life events (Schaefer et al, 2013)
 - ▶ The work of Viktor Frankl (the "why" helps us to overcome the "how")
- ▶ Values based work (Acceptance & Commitment Therapy – Steven Hayes)
 - ▶ Too much focus on what we are trying to avoid is not good for us
 - ▶ Living a life consistent with what we value key to mental well-being



Wealth	Recognition from One's Field	Personal Growth & Learning
Challenge	Searching for Knowledge	Professional Accomplishment
Curiosity	Social Concerns	Quality in Work
Enjoyment of the Activity Itself	Spirituality & Faith	Rewarding & Supportive Relationships
Fame, Success	Understanding & Helping Others	Self-Examination & Understanding
Faith	A Balanced Life	Solitude & Contemplation
Honesty and Integrity	Creativity & Pioneering	Teaching & Mentoring
Openness	Efficient Work Habits	Vision
Power, Influence	Hard Work & Commitment	Independence
Professional Conduct	Broad Interests	

Having purpose

- ▶ Purpose in work
 - ▶ Boundaries important
 - ▶ Guiding the roles that we take on
 - ▶ Help us to be discerning with each day
- ▶ Purpose in recreation
 - ▶ Example of technology use as recreation
- ▶ Purpose in relationships
 - ▶ Cultivating relationships with others
 - ▶ Keeping a broader perspective

Reflection activity

- ▶ What my week actually looks like?
- ▶ Ideally, how do I want my week to look?
- ▶ What small steps can I make to bring about change?

HOURLY WEEKLY PLANNER
A4 & LETTER & A5 | PRINTABLE + FILLABLE PDF

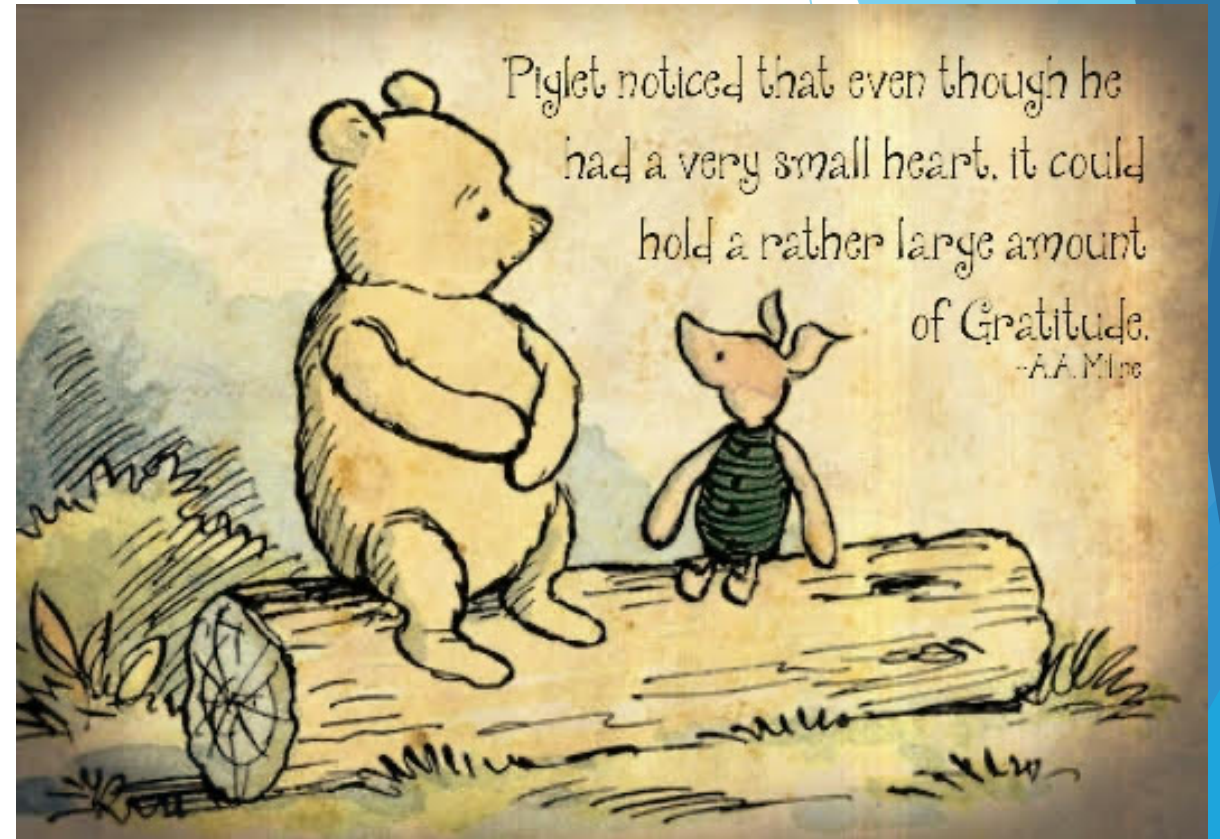
WEEKLY PLANNER DATE: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
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6AM							
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Gratitude

- ▶ Recent research links gratitude to the following (Allen 2018):
 - ▶ Increased happiness
 - ▶ Improved relationships
 - ▶ Boost self-esteem
 - ▶ Counteract depression and suicidal thoughts



Gratitude

- ▶ Shift our focus from the negative to the positive
- ▶ Shifts our focus from ourselves and onto others
- ▶ Allows us to move from fear to faith
 - ▶ Seeing what God has done for us builds our faith in His ongoing direction and provision in our lives
 - ▶ Seeing what God has done for us helps us to tune in to our current circumstances rather than focusing too heavily on the future



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