



MENTAL HEALTH

IT'S IMPORTANT

WELCOME!

We are not licensed doctors, therapists, psychologists or anything.

We are IT professionals looking to share some personal experiences, knowledge and hopefully help others to open up and understand the need for taking better care of ourselves.

About Us



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Mental Health

It all links together...

WHAT IS MENTAL HEALTH?

**Emotional
Wellbeing**

**Psychological
Wellbeing**

**Social
Wellbeing**

**Mental health affects how we act, how
we think and how we feel.**

**It also determines how we handle
stress, relate to other people and how
we make choices.**



1 in 5 adults

Live with a mental health issue

1 in 5 youth

**Currently or at some point had a serious
mental health issue**

1 in 25 adults

**Live with serious mental health illness
such as schizophrenia, bipolar disorder
or major depression**

Prevalence in adults by condition

19%

**Anxiety
Disorders**

8%

**Major
Depression**

3.6%

PTSD

Prevalence in adults by demographic

24%

White

50%

LGBTQIA+

21%

Black

Other Mental Health Disorders

- **Obsessive Compulsive Disorder**
- **Attention Deficit Hyperactivity Disorder**
- **Burnout**
- **Behavior Disorders**
- **Emotional Disorders**
- **Dissociative Disorders**

Treatments

Options for help

Therapy

In-person & Online

Meditation

Tons of great apps

Psychologist

In-person & Online

Journaling

Writing out thoughts
and ideas

Exercise

Gym, walking, classes,
yoga

Books

Self help, coping skills,
hobbies

Examples of helpful Websites/Apps

Better Help.com

**Online therapy site
helping you find a
therapist that fits your
needs**

Headway.co

**Search for online
therapist, filter by need
and insurance**

Psychology Today.com

**Online therapist and
psychologist directory**

Balance

**Meditation App
(Currently offering free 1
year subscription)**

Headspace

**Meditation and
mindfulness app**

Sanvello

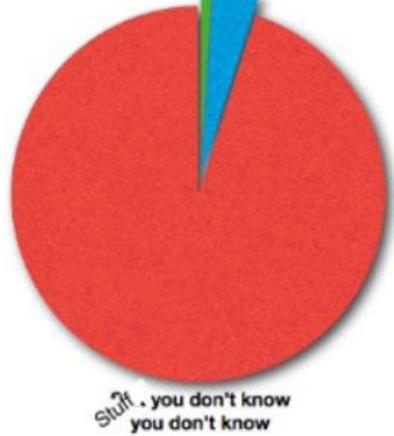
**Self care resource app
based around CBT
(Cognitive Based
Therapy)**

Imposter Syndrome

... if you can name it you can tame it.

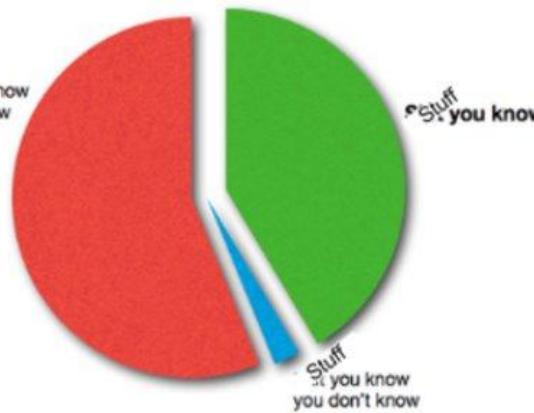
No one Knows What the F*** They're Doing (or “The 3 Types of Knowledge”)

Stuff you know
Stuff you know
you don't know



*The goal of education and experience
(as they would lead you to believe)*

Stuff you don't know
you don't know

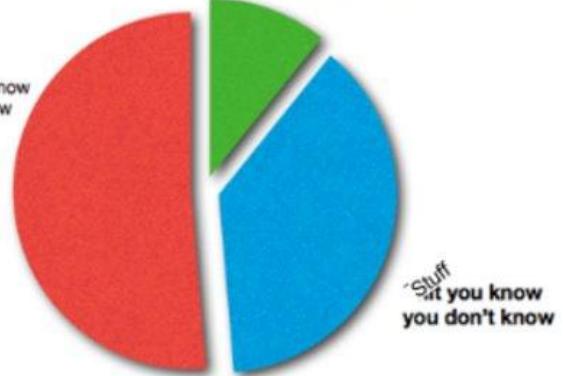


The actual goal of education and experience

Stuff you don't know
you don't know

Stuff you don't know
you don't know

Stuff
you know
you don't know



Imposter Syndrome



Man, these guys are a lot smarter than me. I'll just sit here and try to look pretty.

Here's a little secret: Every one of us feels that way, almost all the time.

It's called "Outsider Syndrome" or "Imposter Syndrome." I never went to school for this. I can't believe how much they know about this. I'll never be that much of an expert. I can't possibly offer advice to anyone, because everyone else knows so much more.

This attitude is, unfortunately, utter bullshit (not "udder bullshit," autocorrect, that's gross). And if you've ever caught yourself thinking that, you need to recognize where it comes from, and how to knock it off, because it's not only holding you back – it's preventing you from being a resource to others who could use your help.

Lose the Syndrome

Owning what you know. Be confident, not arrogant. Ask questions. *Be wrong.* But don't be silent, and don't think you don't belong in the group.

Imposter Syndrome

Dona Sarkar at #MBAS

@donasarkar

Leading Advocacy #microsoft #PowerPlatform #FusionTeam Code-blooded beast Most Productive Dyslexic & dealing

Grounded PrimaDonaStudios.com Joined July 2009

2.698 Following 75.1K Followers

The keynote speaker and MC of the show was [Dona Sarkar](#). Dona is the engineering leader of the Windows Insider Program at Microsoft; a multi-published author; a fashion designer; co-founder of Fibonacci Sequins (a style blog devoted to showcasing awesome people in STEM); and a public speaker.

And Dona had a powerful message on banishing imposter syndrome that I thought needed to be shared with the Think Tank community.

“ Imposter syndrome isn’t just a woman thing. It’s a human thing.

Dona shared that men suffer from imposter syndrome too. She told stories of [Howard Shultz](#) and [Neil Armstrong](#) feeling like imposters or fakes.



Imposter Syndrome

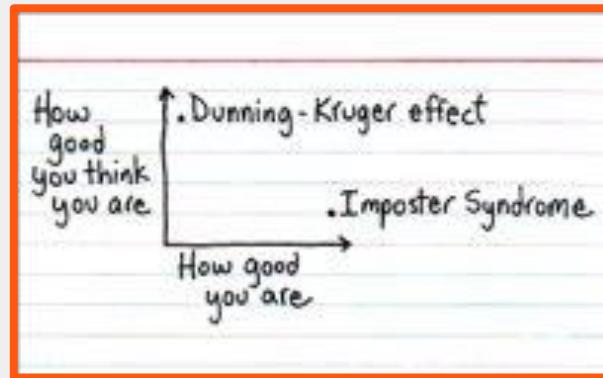


I think the more you know, the more you realize just how much you don't know. So paradoxically, the deeper down the rabbit hole you go, the more you might tend to fixate on the growing collection of unlearned peripheral concepts that you become conscious of along the way.

That can manifest itself as feelings of fraudulence when people are calling you a "guru" or "expert" while you're internally overwhelmed by the ever-expanding volumes of things you're learning that you don't know.

However, I think it's important to tamp those insecurities down and continue on with confidence enough to continue learning. After all, you've got the advantage of having this long list of things you know you don't know, whereas most people haven't even taken the time to uncover that treasure map yet. What's more, no one else has it all figured out either. We're all just fumbling around in the adjacent possible, grasping at whatever good ideas and understanding we can manage to wrap our heads around.

Imposter Syndrome



Here's how to overcome impostor syndrome:

- › Focus On Learning: Forget appearing awesome. You can get better if you try, so focus on that.
- › “Good Enough” Goals: Stop trying to be perfect. (Yes, that was a typo. I’m not fixing it. It’s good enough.)
- › Take Off The Mask: Talk to someone you think is facing the same issue. You’re not alone.

80s

Expectations:

- No leadership. CTO at its earliest inception.
- First introduction of computers in classrooms.
- Keep things working. Traditional break / fix role.

90s

Expectations:

- Some leadership, but still an entirely technical mindset.
- Networks and servers.
- Keep things working. Traditional break / fix role.

00s

Expectations:

- Technical leadership mixed with support for teaching and learning.
- Networks, servers, email, website, phones, content filtering.
- Keep things working. Traditional break / fix role.

10s

Expectations:

- Educational technology leadership without benchmarks or standards.
- Networks, servers, email, website, phones, content filtering, wifi, 1:1 computing, communication, disaster recovery.
- Keep things working. Traditional break / fix role.

20s

Expectations:

- Educational technology leadership using COSN & ISTE standards.
- Networks, servers, email, website, phones, content filtering, wifi, 1:1 computing, remote learning, live streaming, communication, disaster recovery, data privacy, cybersecurity, HVAC.
- Keep things working. Traditional break / fix role.

THE EVOLUTION OF THE K-12 CTO

A look at fifty years of change
in educational technology
leadership.

Graphic by Mike Daugherty
@MoreThanATech

Burnout

A white pickup truck is shown from a front-three-quarter angle, performing a burnout. A massive, billowing cloud of white smoke is visible behind the truck, obscuring its rear and most of its side. The truck's front end is partially visible, showing the grille and headlights. In the background, there's a crowd of spectators behind a metal fence, and a person is standing on a raised platform taking a photo. The overall scene is outdoors and appears to be at a racing event or exhibition.

... not the cool kind.

Burnout - Major Signs

Extreme cynicism

- Detachment
- Constant frustration
- Loss of meaning
- Feeling disillusioned
- Being snarky
- A lack of enjoyment in work
- Dehumanizing colleagues (e.g. "X deserves it.")

Chronic exhaustion

- No motivation
- Feeling a need to 'soldier on'
- Inability to concentrate
- Fear of taking time off to recharge
- Overwhelming relief for the weekend
- No energy to be constantly productive

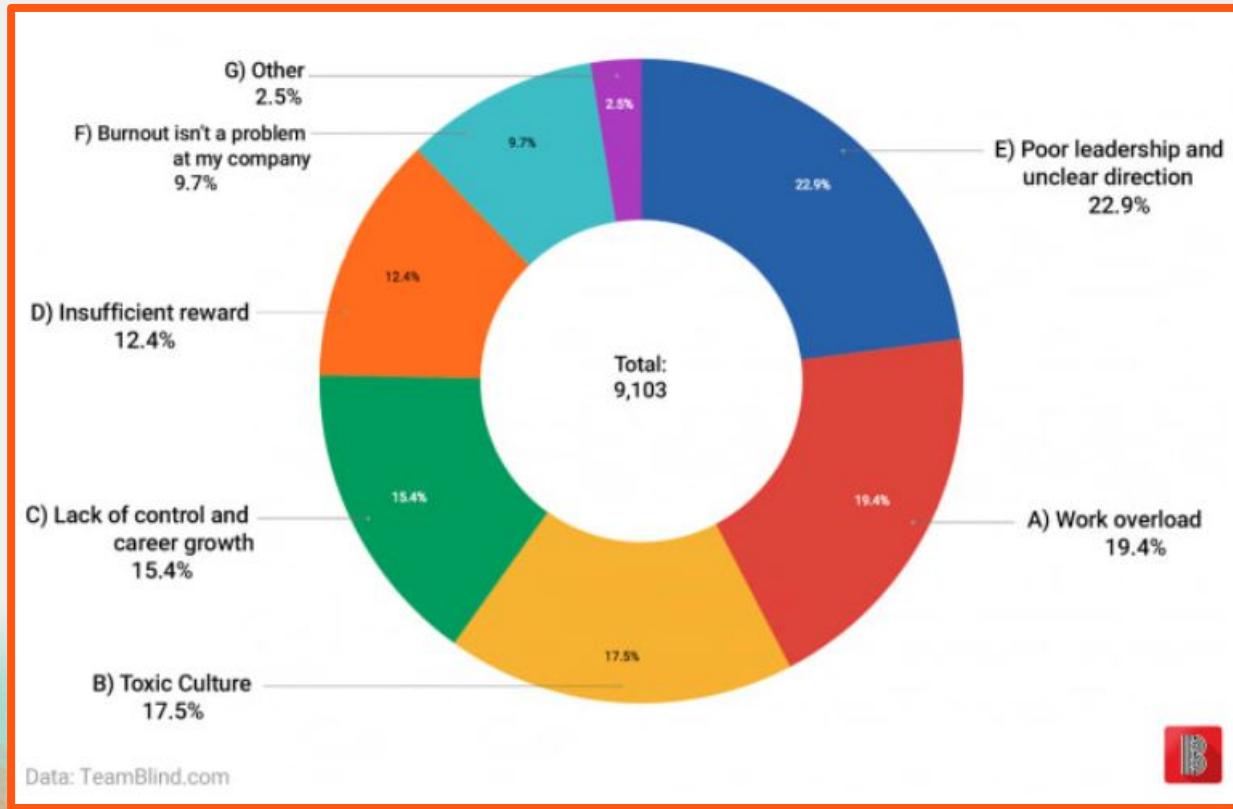
Negative self-evaluation

- Feeling inadequate in your role
- Thinking catastrophic thoughts
- The work feels chaotic and high pressured
- Feeling like you're doing far too much for too many people
- A sense of your efforts not making a difference

12 signs your tech employees are burnt out



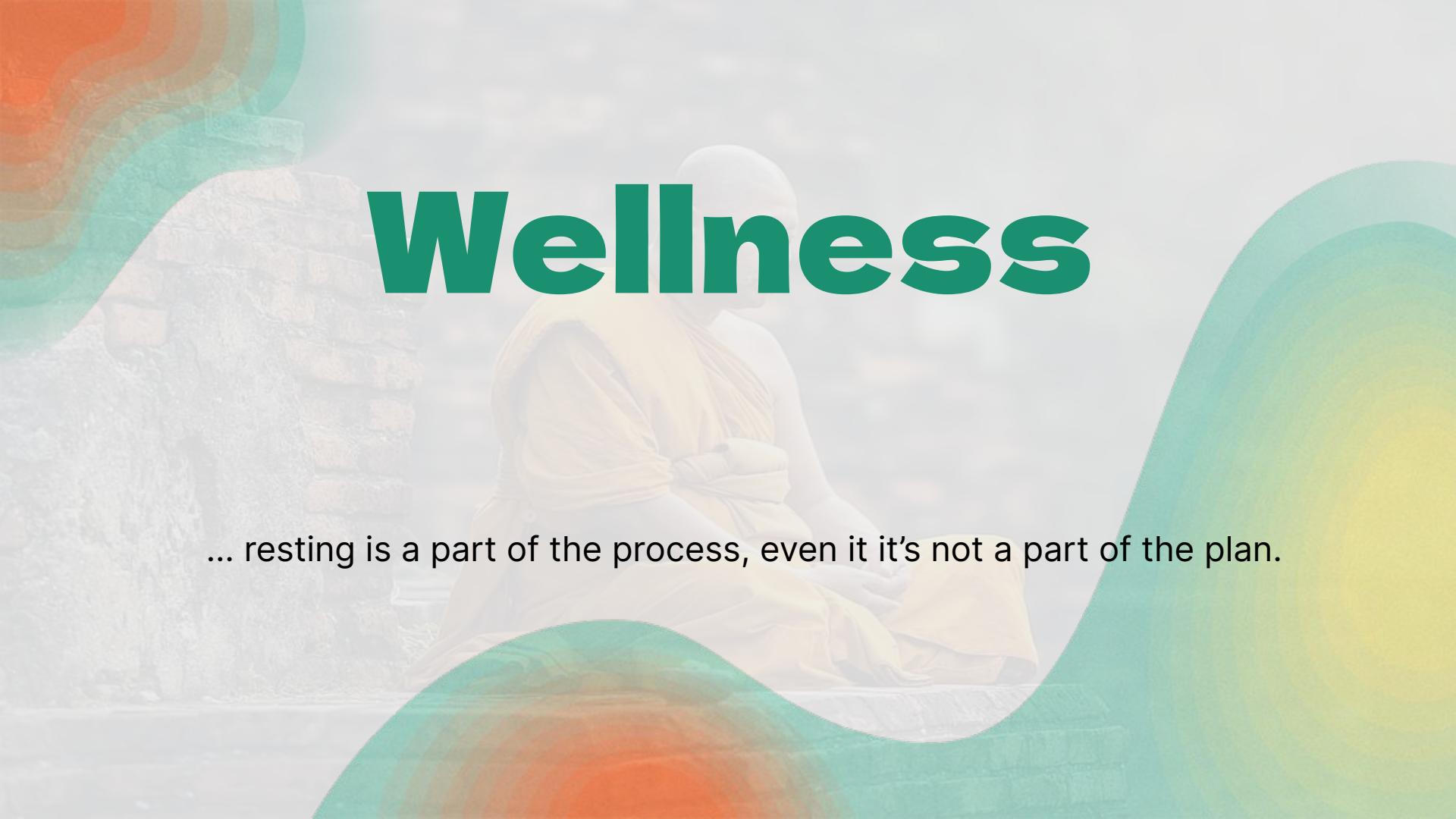
Sources of employee burnout



Ways to fight burnout

- Set boundaries between home and work
- Automate what you can
- Reach out to others
- Talk to your boss
- Find a company that values you

Wellness

A photograph of a woman with long blonde hair, wearing a light-colored hoodie, sitting on a brick wall. She is leaning forward with her head down, appearing to be resting or crying. The background is a soft-focus outdoor setting.

... resting is a part of the process, even if it's not a part of the plan.

Six Dimensions of Wellness

Emotional

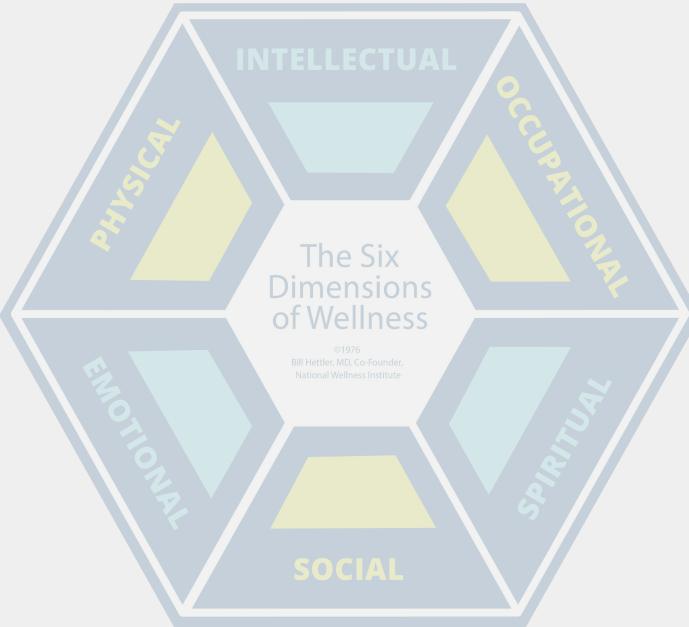
The awareness and acceptance of one's feelings and the capacity to manage behaviors related to one's emotional state.

Occupational

The personal satisfaction and enrichment one receives in life through their employment, academic, or volunteer work.

Social

The contribution to one's environment and community with an emphasis on the interdependence between others and nature.



Intellectual

The creative, stimulating activities that lead to learning, personal growth, and the sharing of one's unique gifts with others.

Physical

The consistent prioritization of physical self-care and the engagement in a variety of healthenriching behaviors.

Spiritual

The development of an appreciation for the depth and expanse of life and natural forces that exist in the universe.

Six Dimensions of Wellness

Emotional

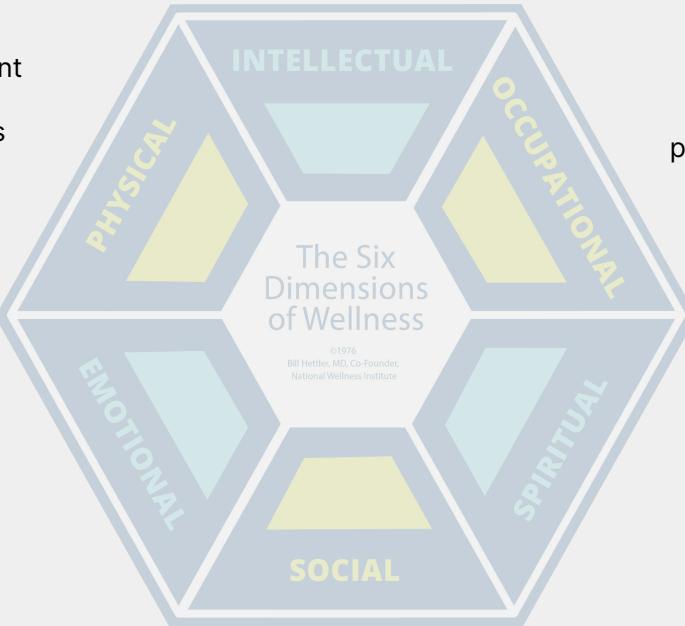
acceptance of feelings; management of emotions and stress; ability to center; resilience; attuned to others emotions

Occupational

financial health; ability to share gifts, talents, and skills through work; satisfying career; sense of achievement

Social

positive connections; encouraging community; giving and receiving social support; intimacy; compassion; love



Intellectual

creativity; stimulating mental activities; learning; reading; problem-solving; staying current with events you enjoy

Physical

regular exercise; healthy nutritional habits; self-care; monitoring vital signs; sense of vitality and energy; avoidance of alcohol, drug misuse, and tobacco use; connection to nature

Spiritual

sense of purpose; connecting to a higher power; meaning in life; knowing one's values; awareness of life as a journey; tolerance; integrity

Reflection Exercise

STEP 2 | Assess Your Current Energy Investment

In which dimensions of wellness are you investing the most — and least — energy right now? Color in each of the bars below to indicate how much time and energy you have positively invested in each of the six dimensions *this week*.

	None	Just Enough	A Lot
Spiritual			
Emotional			
Occupational			
Physical			
Social			
Intellectual			

STEP 3 | Create Your Ideal Vision of Wholeness

Imagine you have **only** 30 “energy blocks” to devote across the six dimensions. Fill in a total of 30 blocks below to indicate how your ideal self would distribute those blocks across the dimensions. Devote a minimum of 1 and a maximum of 10 energy blocks to each dimension.

	1	2	3	4	5	6	7	8	9	10
Spiritual										
Emotional										
Occupational										
Physical										
Social										
Intellectual										

STEP 4 | Reflect on Your Vision: Reconciliation, Rebalance, Values, Inspiration

Compare your actual energy habits and investments from Step 2 with the ideal vision in Step 3. What do you notice? What would you like to improve upon, feel, or be (if anything)? Accept whatever you notice as a possibility. As you do so, reflect on the different values listed below. Is there any value or group of values that you need to identify, align with, celebrate, or re-assert in your life that can be helpful to you right now? Check off up to five values. Can you think of others not on this list? What inspires you?

- | | | | | | | |
|---------------------------------------|---|--------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Spirituality | <input type="checkbox"/> Transformation | <input type="checkbox"/> Social Good | <input type="checkbox"/> Challenge | <input type="checkbox"/> Boldness | <input type="checkbox"/> Stability | <input type="checkbox"/> Popularity |
| <input type="checkbox"/> Family | <input type="checkbox"/> Legacy | <input type="checkbox"/> Beauty | <input type="checkbox"/> Fun | <input type="checkbox"/> Influence | <input type="checkbox"/> Service | <input type="checkbox"/> Pleasure |
| <input type="checkbox"/> Security | <input type="checkbox"/> Growth | <input type="checkbox"/> Success | <input type="checkbox"/> Curiosity | <input type="checkbox"/> Power | <input type="checkbox"/> Friendship | <input type="checkbox"/> Religion |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Exploration | <input type="checkbox"/> Wholeness | <input type="checkbox"/> Justice | <input type="checkbox"/> Freedom | <input type="checkbox"/> Recognition | <input type="checkbox"/> Mystery |
| <input type="checkbox"/> Love | <input type="checkbox"/> Community | <input type="checkbox"/> Achievement | <input type="checkbox"/> Reputation | <input type="checkbox"/> Creativity | <input type="checkbox"/> Intimacy | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Unity | <input type="checkbox"/> Nature | <input type="checkbox"/> Wisdom | <input type="checkbox"/> Status | <input type="checkbox"/> Respect | <input type="checkbox"/> Adventure |

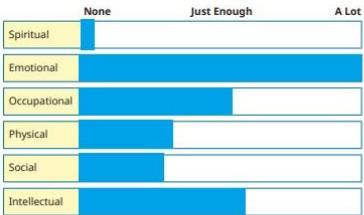


Reflection Exercise

Jason and Chris Examples

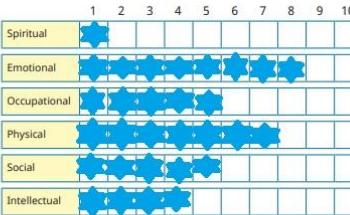
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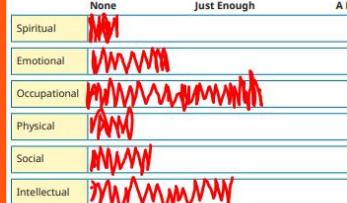
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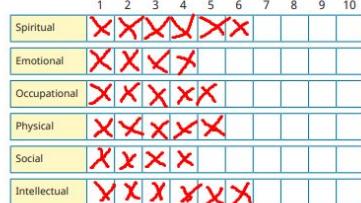
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You wouldn't let this
happen to your phone.
Don't let it happen
to you either.

SELF CARE IS A PRIORITY.
NOT A LUXURY.

Recharge: Emotional

- Think back to the wins
 - Remember your wins - not all the coming obstacles.
- Consider a therapist
 - Work may provide assistance with something like 'HelpNet' that I (Chris) utilized myself.
 - Talking with someone is helpful, especially when so you don't have to put emotional weight on your significant other or burden them with verbal diarrhea.
- Consider medication
 - I (Chris) was having trouble regulating myself until I found a medication that made me feel like myself again.

I KNOW THAT FEEL BRO



Recharge: Intellectual

- Breathe fully three times before joining a video call.
 - Not shallow, anxious breathes ... deep, from the belly breathes. Yawning is okay!
- Read twice and breathe before hitting send.
 - Read your words from the view of your recipient and consider if you want to edit the message or send it at all.
- Hobbies that aren't technology
 - Woodworking
 - Mountain Biking
 - Puzzles
 - Knitting
 - Reading



Recharge: Physical

- Walks
 - “Movement” vs “Exercise”
- More Sleep
 - Try just 15-30 more minutes nightly
- Better Sleep
 - Cold vs Dark
- Quicker Sleep
 - Unplug at least 15 minutes ahead of sleep
- Restful Sleep
 - Caffeine and alcohol are sleep disruptors
- Nap More / Recharge More
 - 15-20 minute nap, with an alarm - game changer



Recharge: Social

- Start meetings with 'what went well this past week'
 - Set the tone.
- Thank people
 - You will feel good for showing gratitude and others will feel their efforts were worth it.
- Gratitude journal
 - 3 nights a week jot down 3 good things that happened to you that day and how it made you feel.
- Reflect
 - Find good things in your life that are consistent.
- Connect
 - Find a friend and do something with them.



Recharge: Spiritual

- Find the meaning in your work
 - What do you do for your team?
 - What do you do for your customers?
- Practice Empathy
 - Remember the complaint isn't always about the issue.
 - Remember others are flawed too.
- Identify Your Values
 - Focus your energies on things that actually matter to you.
- Disconnect
 - Camp
 - Fish
 - Bonfire
 - Hike



Your Daily Schedule

What it is

- Does your schedule run you or do you run it?
- What time do you get your best work done?
- When is the best time to schedule meetings?
- What type of work do you enjoy doing?
- What type of work do you avoid?

What it could be

- Can you schedule time that is for you?
 - Schedule your lunch so users/team members don't steal that time
- Is there any flexibility to come in early or leave later in order to work your best?
- Prioritize morning meetings or afternoon meetings?
- Recognize the work you enjoy and maybe reward yourself with that when you complete some less enjoyable work...
- We all have work we hate, maybe we knock 1-2 of them out first thing in the morning and **then** start our day?

Remember...



**Carve out time for
yourself**

**Commit to better
health**

**Surround yourself
with comfort**

EVERYBODY
PRESENT
DR. KRIS ROUSH

MAGNA ONLINE SEMINAR

mindfulness

PAYING ATTENTION
ON PURPOSE
IN
present
NON-JUDGMENTALLY

NOTICE

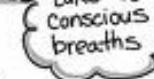
IN CLASSROOM USE
PAUSE
TO DRAW ATTENTION



SIGHTS
SOUNDS
SMELLS
TASTES
SENSATIONS
and
NOTICE TRANSITIONS



WE seek
closure
C → O



PATIENCE
KINDNESS
CLIMATE
GRATITUDE
CLASSROOM
IMMUNITY
CREATIVITY

STRESS
ANXIETY
PAIN



METTA

loving kindness

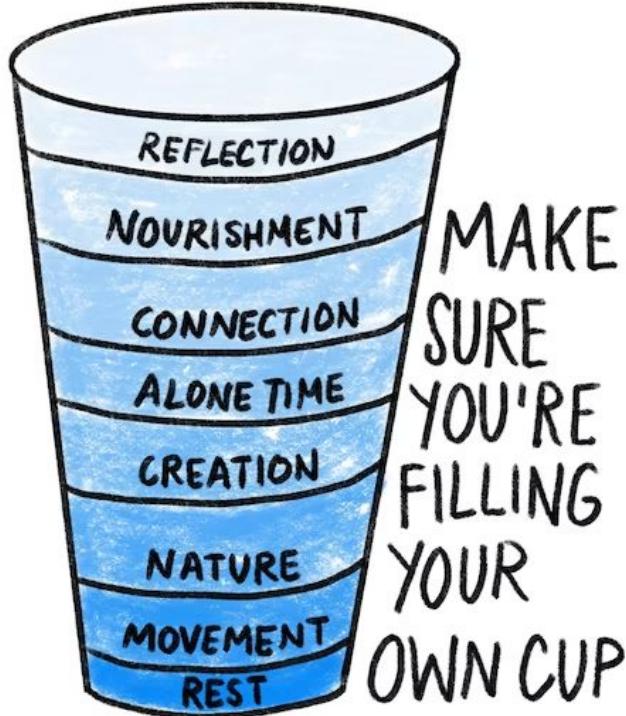
exhale WORRY → inhale Joy
release TENSION → accept TENDERNESS
breathe FEAR → Breathe COURAGE
let go ANGER → Welcome LOVE
release SADNESS → receive Joy

YOUR MEMORIES ARE
ONLY AS GOOD AS
YOUR ENCODING
WHICH IS AS
GOOD AS
YOUR ATTENTION

@agnilaforsythe

APRIL 7, 2015

Fill Your Cup



more
GENTLE ways to
fill up your CUP

-
- A white mug is centered on a yellow background. On the front of the mug, there is a colorful illustration of a sun with rays and a smiling face. Arrows point from the text labels to the corresponding parts of the mug or the sun illustration. The activities listed are: go to bed early, journal, do something creative, watch the sunset, make a cup of tea, go for a nature walk, relax your shoulders, listen to a podcast, and have a night in.
- have a night in
 - go to bed early
 - journal
 - do something creative
 - watch the sunset
 - make a cup of tea
 - go for a nature walk
 - relax your shoulders
 - listen to a podcast

**Fill your cup
before you fill any
others...**

**You can't pour
from an empty cup**

closing video

... assuming we have time.

Habits Radio Skit



<https://www.youtube.com/watch?v=VWgM9X5b9Cc>

Granger Community Church skit inspired by a performance at the 2021 Global Leadership Summit.

I heard about this from Mike Daugherty and Dustin Ruffell two Directors from Ohio at the BrainStorm Sandusky event.

Thanks for Coming!

... don't forget to fill out your session surveys!