

# Why Your “Silly Little Mental Health Walk” Isn’t So Silly

Demystifying 10 Common Mental Health Clichés





# A few reminders:

- 1 Submit your questions through the Q&A.
- 2 Feel free to turn your comments off if you prefer not to be interrupted throughout the webinar.
- 3 Check your email later today for a copy of these slides and a replay of this webinar.



# Meet your guides



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Clinical Director



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“Never go to bed angry.”

“It’s not you, it’s me.”

“You’re not you when  
you’re hungry.”

“Just breathe.”



# What is mental health?

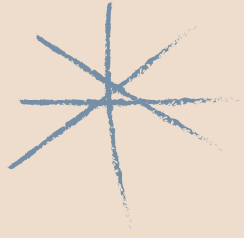
“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.”

(World Health Organization)



“Mental health is about *having feelings* that fit the situation and then *managing* those feelings well.”

—Lisa Damour, PhD. Clinical Psychologist



# Let's demystify 10 Common Mental Health Clichés





**OVERUSED OR  
UNDERESTIMATED**



“Just breathe.”





“Just breathe.”



## **UNDERESTIMATED**

Our breath regulates our nervous system and lends to improved groundedness, clarity, and ease.



# Why breathing works

Both of our body pacemakers— the heart and lungs—are connected to our nervous system and stress response.

While each of these systems influence one another, there is only one we can consciously control.



# Put it into practice



- Box breathing
- 4-7-8 breathing
- Smell the flowers, blow out the birthday candles



**OVERUSED OR  
UNDERESTIMATED**



“You can’t pour  
from an empty  
cup.”



“You can’t pour  
from an empty  
cup.”



## **UNDERESTIMATED!**

Offering care to others  
without caring for  
ourselves can create  
disconnect, burnout, and  
resentment.



Giving from a place of deficiency—emotionally, mentally, physically exhausted, or overwhelmed—is a clear indication that some of our needs are out of balance or not being met.



# Put it into practice



- Put on your own mask first
- Identify your needs and boundaries
- Create self-care strategies
- Retire unhelpful beliefs and behaviors
- Ask for help



**OVERUSED OR  
UNDERESTIMATED**



“You can’t love  
others until you  
love yourself.”





“You can’t love  
others until you  
love yourself.”



## **OVERUSED**

Love takes many forms.  
Having a deeper connection  
to yourself fosters improved  
connection with others.



# Put it into practice



- Identify the sources of love currently present in your own life
- Care for yourself like you would a close friend

**Healthy Love & Relationships** addresses core wounds that drive self-sabotaging behaviors that disrupt relationships. This program explores self-worth, attachment wounds and styles, conflict resolution, intimacy, and boundaries.





**OVERUSED OR  
UNDERESTIMATED**



“No f\*\*ks given!”



“No f\*\*ks given!”



## OVERUSED!

It's neither possible nor healthy to not care at all.

We are hardwired for connection AND want to have healthy boundaries around the impact others have on us.



# It's All About Balance

Caring too much about  
what others think

Implementing  
boundaries and  
honoring our own self-  
worth

Staying defensive with  
an IDGAF mentality





# Put it into practice



- Practice self-validation and self-encouragement: "That upset me"
- Depersonalize the actions of others: "It's not about me"
- Maintain healthy boundaries: "I am going to take space"



**OVERUSED OR  
UNDERESTIMATED**



“Sticks and stones  
may break my  
bones, but words  
will never hurt me.”





“Sticks and stones may break my bones, but words will never hurt me.”



## **OVERUSED!**

Emotional and verbal abuse have an equal and at times greater impact than physical abuse on a child’s developing brain, physical health, and social and cognitive development.



# Put it into practice



- Practice self-compassion
- Validate the impact of the emotional pain
- Get support – you deserve it!



## Healing Trauma Program

Trauma does not have to define you. The Healing Trauma Program provides the tools necessary for you to understand and process your past, as you build your future.



**OVERUSED OR  
UNDERESTIMATED**



“Go for a silly little  
mental health walk.”



“Go for a silly  
little mental  
health walk.”



## **UNDERESTIMATED!**

As little as two hours outside per week – 17 minutes a day – has been proven to help lower blood pressure, cortisol levels, and pulse rates, reduce anxiety and negative thought patterns, and increase creativity and overall satisfaction with life.



# Benefits of walking outdoors

- Improved immune function
- Increased mood through Vitamin D exposure
- Enhanced bone health
- Lower cholesterol
- Blood pressure
- Increased overall well-being
- Better sleep
- Stress reduction
- Bilateral Stimulation



# Put it into practice



- Take three, 5-minute breaks throughout your day to move your body
- Create a habitual time you walk: morning, lunch, or evening
- Build time into your day to be outdoors
- Invest in a walking treadmill with a standing desk

# Programs

## ✦ Living Centered Program in California

Our west coast campus is a haven for community, connection, and transformation. Nestled on 240 acres in the Ballena Valley just outside of San Diego, our California experience is curated for the adventurous in spirit. Each week includes activities like hiking, swimming, and yoga, as well as gourmet, locally sourced meals—shared in a welcoming community setting.

## ✦ Onsite Adventures

Set in stunning, rugged environments, our Adventure Experiences offer vacations with purpose. Onsite Adventures provide you the opportunity to breathe deeply, reconnect with nature, find inner peace, and be transformed.







**OVERUSED OR  
UNDERESTIMATED**



“You’re not you  
when you’re hungry.  
Grab a Snickers.”



“You’re not you  
when you’re  
hungry. Grab a  
Snickers.”



## **UNDERESTIMATED!**

When we’re hungry, angry,  
lonely, or tired, we move  
away from *response* and  
into *reaction*.



# HALT: Hungry, Angry, Lonely, Tired

- **HUNGER** increases norepinephrine, which is linked to an arousal fight or flight response.
- **ANGER** is tied to our Central Nervous System response and while useful, we want to intentionally respond to the situation, versus reacting from the angry space.
- **TIREDDNESS** increases activity in our amygdala, the center that helps us discern threats, increasing impaired thinking and heightened anxiety and moodiness.
- **LONELINESS** and social isolation have been associated with a higher risk of heart disease, obesity, high blood pressure, anxiety, depression, memory issues, and even death.



# Put it into practice



- Recognize the signs of HALT
- Practice taking deep breaths to check in with yourself before reacting to create space to respond
- Build in rhythms to ensure you're getting proper nutrition, emotional regulation, social interaction, and sleep



**OVERUSED OR  
UNDERESTIMATED**



“Out of sight out  
of mind.”



“Out of sight  
out of mind.”



## **OVERUSED!**

The body keeps the score  
and can remember what  
the mind forgets.



Put it into  
practice  


- Somatic and embodiment work
- Nurture your body
- Get good rest
- Seek support – you deserve it!

# Programs

- \* **Living Centered Program** covers the fundamentals that keep so many of us stuck. Whether you are actively struggling, looking to expand self-awareness, or hoping to catalyze growth this program helps identify what might be getting in the way.
- \* **The Experience** is curated specifically for those who have previously done an Onsite group workshop. Together we'll build upon the concepts you have learned, explore new topics, and dive deeper into a truer sense of self.







**OVERUSED OR  
UNDERESTIMATED**



“Just look on the  
bright side.”



“Just look on  
the bright side.”



## **OVERUSED!**

Pain is important.  
Suffering is optional.  
Validating our pain  
welcomes joy.



- Pain = essential and instrumental to happiness
- Suffering = prolonged pain due to maladaptive thoughts and behaviors
- Toxic positivity = the pressure to only display positive emotions, suppressing any negative emotions, feelings, reactions, or experiences



Put it into  
practice  


- Mindfulness
- Self-compassion > positive thinking



**OVERUSED OR  
UNDERESTIMATED**



“Time heals all  
wounds.”



“Time heals all  
wounds.”

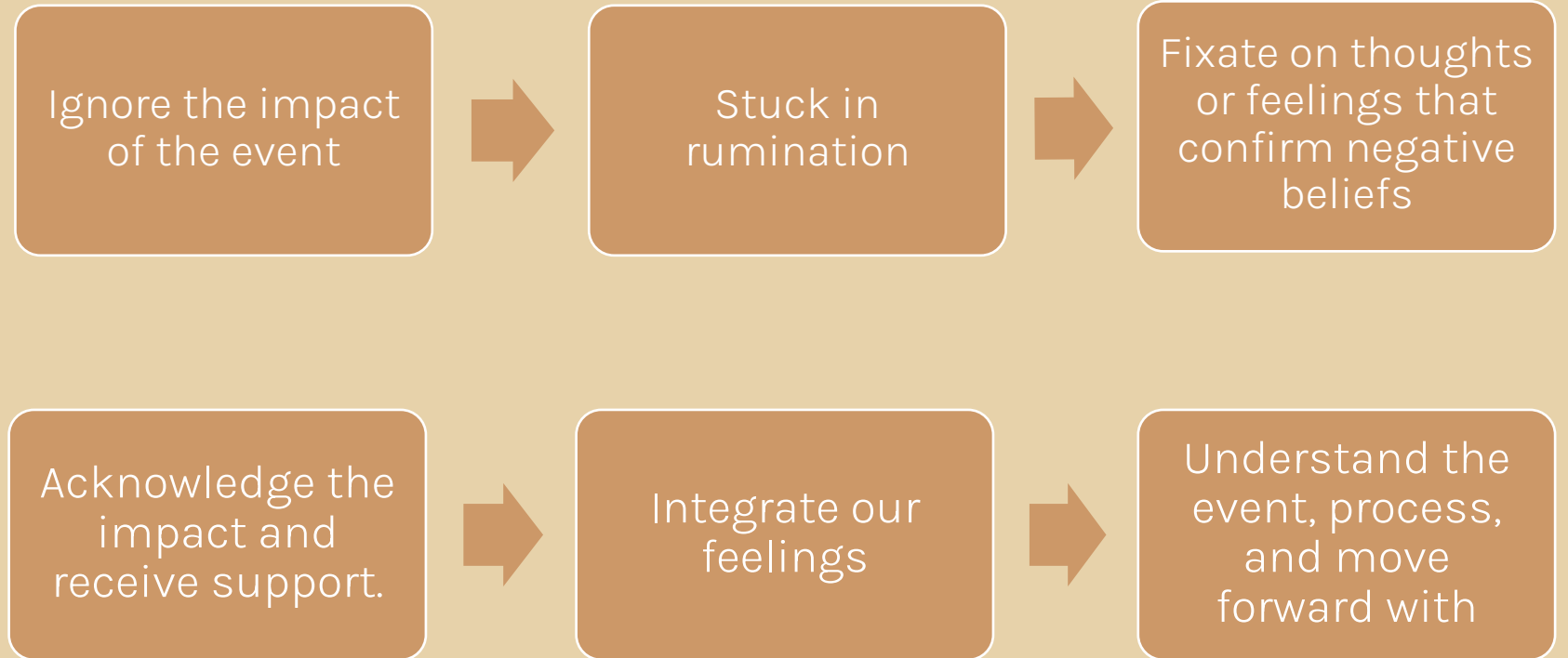


## **OVERUSED!**

Time is necessary to process and reflect on painful events that have occurred, but time itself is not a healer.



# Put it into practice





# Questions for the experts

Submit your questions through the chat pod.

