



R U OK?

Mind Matters

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INVEST

• *in your* •

MENTAL

- *Health* -

Key Concepts

- What is Mental Well-being?
- Emotions VS Feelings
- When Things are Uncertain
- When Plans Don't Work
- When Pain is Present
- Connections & Open Hearts
- Boundaries & Building Resilience

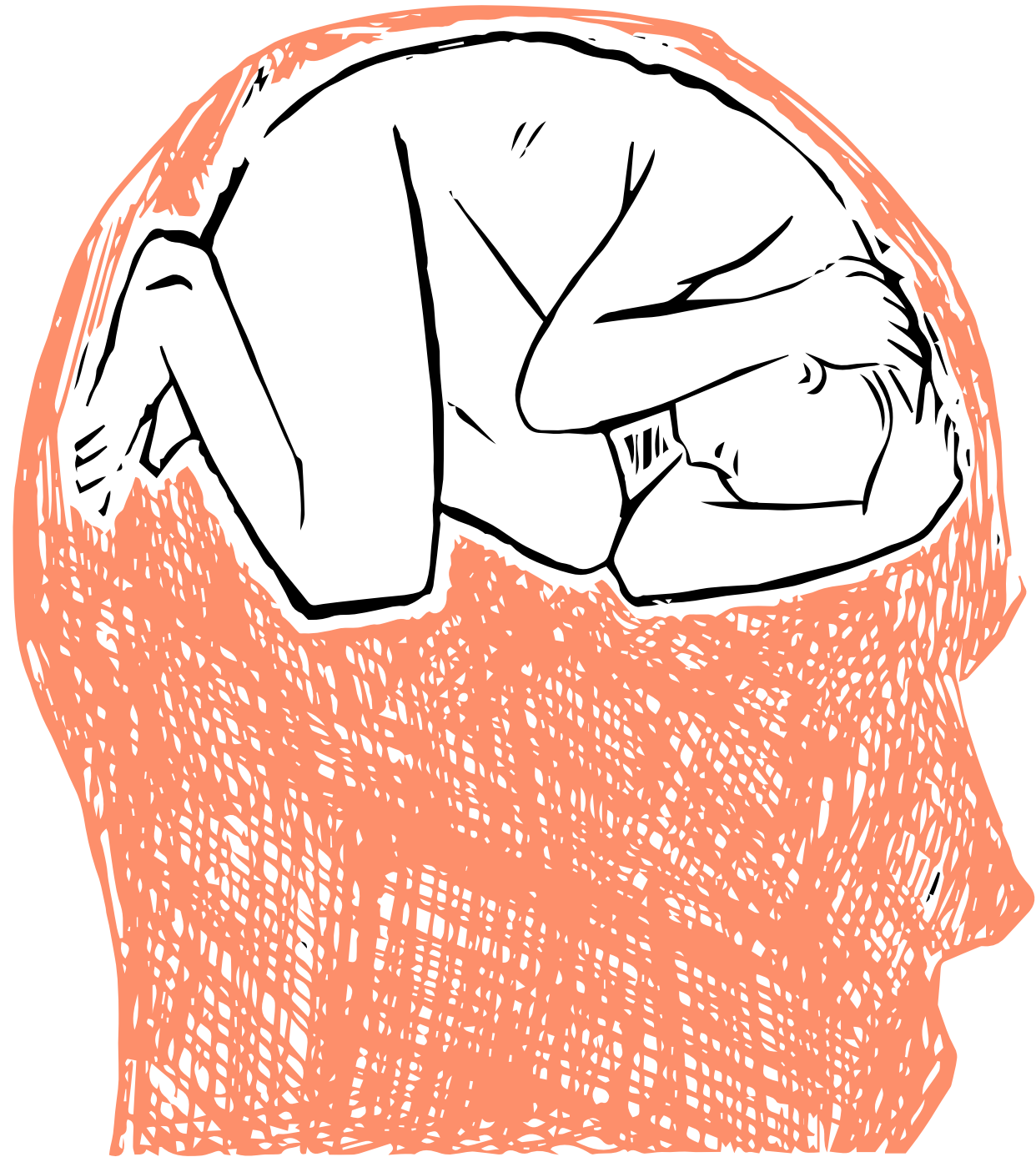
What is Mental Illness?

Mental illness is when your ability to function is impaired - for more than 2 weeks.

- Complex challenges that are not part of everyday ups & downs.
- This is an "abnormal" mental state.

EXAMPLE

Depression vs. Major Depressive Disorder



What is Mental Health?

Mental health refers to your:

- emotional
- psychological
- and social wellbeing

Basically, how a person thinks, feels, and acts.

Your mental health can impact how you deal with stress, how easily you relate to others and the choices you make on a day-to-day basis.



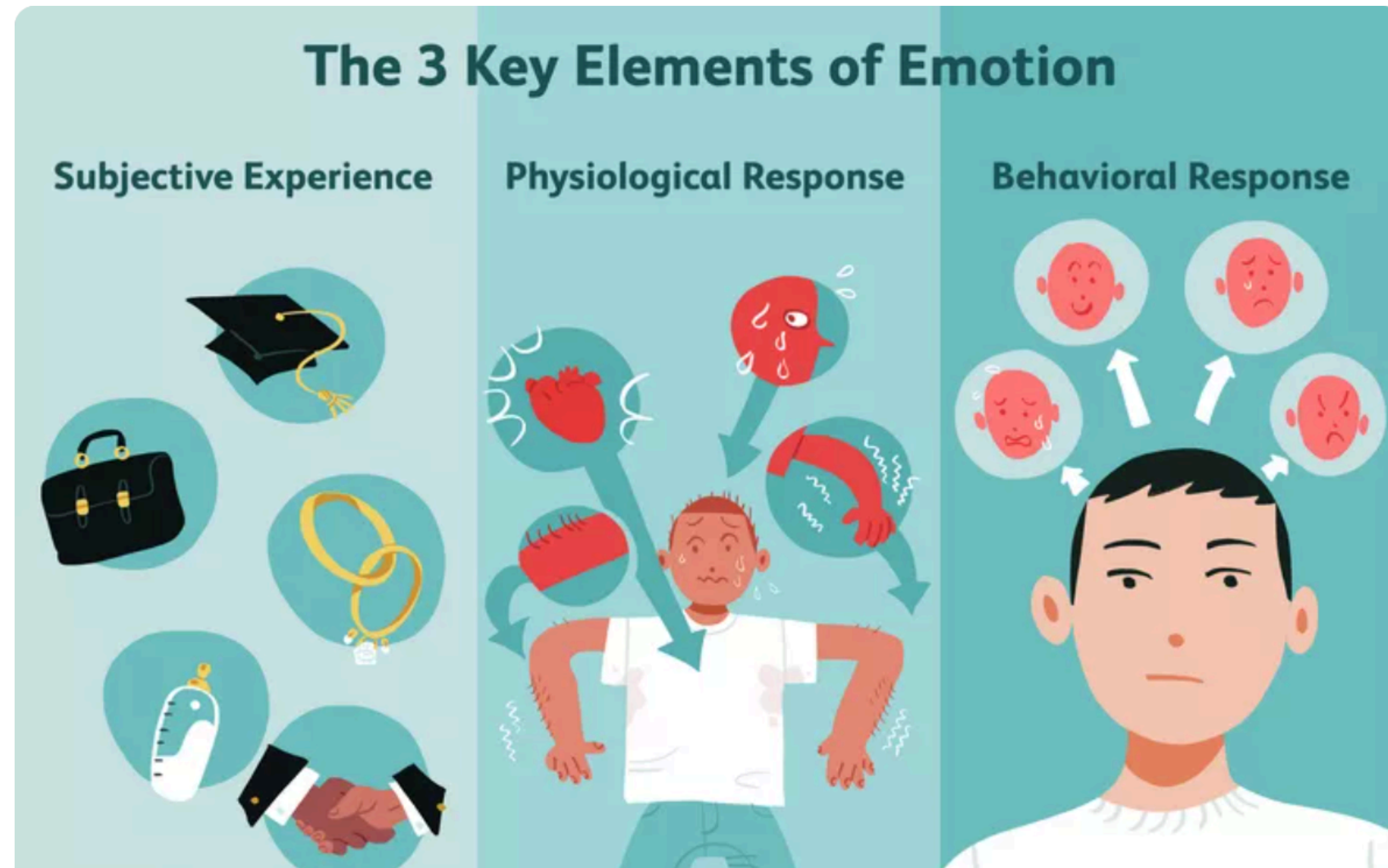
Mental Wellness

- The presence of positive emotions like happiness and satisfaction with life.
- Coping effectively with feelings and stressors that are in your life.

Our internal positive view about life



What is an Emotion?



Primal Emotions - All humans

Joy - exciting and positive

Sadness - experience a loss

Anger - when we're betrayed

Fear - response to danger

Happiness - safe and cared for


Disgust - unpleasant things

Trust - admiration and acceptance of others

Anticipation - curiosity and awareness

What are Feelings?

- Unlike emotions, feelings involve conscious awareness and cognitive processing.
- Feelings are the mental associations and interpretations we attach to emotions, often influenced by personal experiences, beliefs, and cultural norms.
- Feelings can be influenced by past experiences, memories, and learned behaviors, which can shape how individuals perceive and respond to emotions.



Emotion → Feeling → Naming → Acting

When We are Uncertain – Primal Fear

STRESS
OVERWHELM
ANXIETY
WORRY
AVOIDANCE
EXCITEMENT
DREAD
VULNERABILITY



Stress & Overwhelm

Stress is tied to "can I cope with how my body is reacting?"

Overwhelm is an extreme level of stress to the point that we cannot function.

"Our life is unfolding faster than the human nervous system and psyche can manage." - Jon Kabat-Zinn

Anxiety & Worry

Anxiety is when our bodies have a physical reaction and tense up & heart rate increases. (Response & Predisposed)

Worry is a chain of negative thoughts about bad things that MIGHT happen in the future.

Vulnerability

Vulnerability is what we experience during times of uncertainty, risk, and emotional exposure.

“Vulnerability is not weakness; it is our greatest measure of courage!”

- Brene Brown

When Plans don't Work Out – Primal Anger

BOREDOM
DISAPPOINTMENT
EXPECTATIONS
REGRET
DISCOURAGEMENT
FRUSTRATION

Disappointment & Frustration

Disappointment is simply
UNMET EXPECTATIONS

Frustration is when there are obstacles
in the way and I have no control to get
what I want.

Regret

Regret and disappointment come from the same place - unmet expectations.

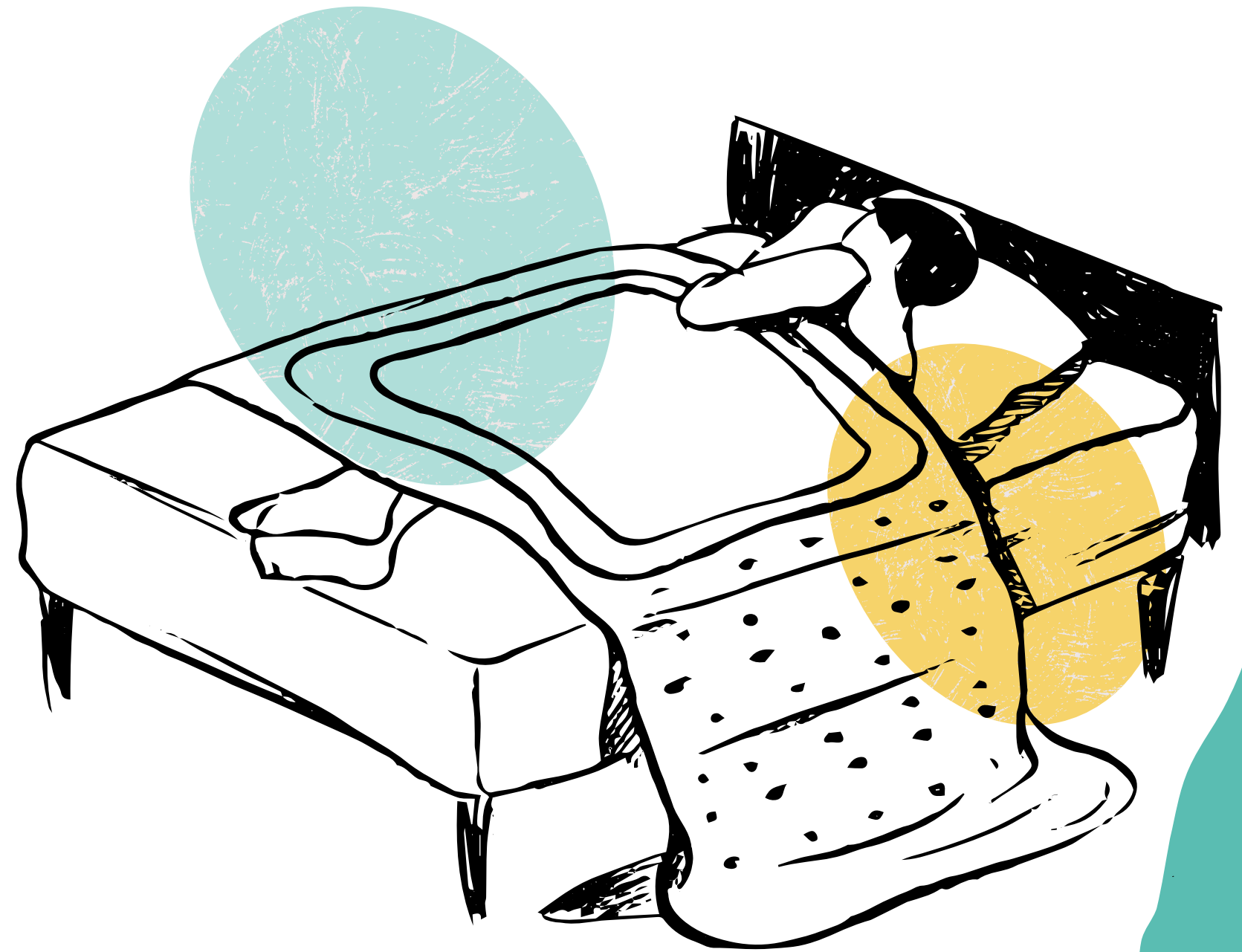
BUT

Regret is when we blame ourselves!

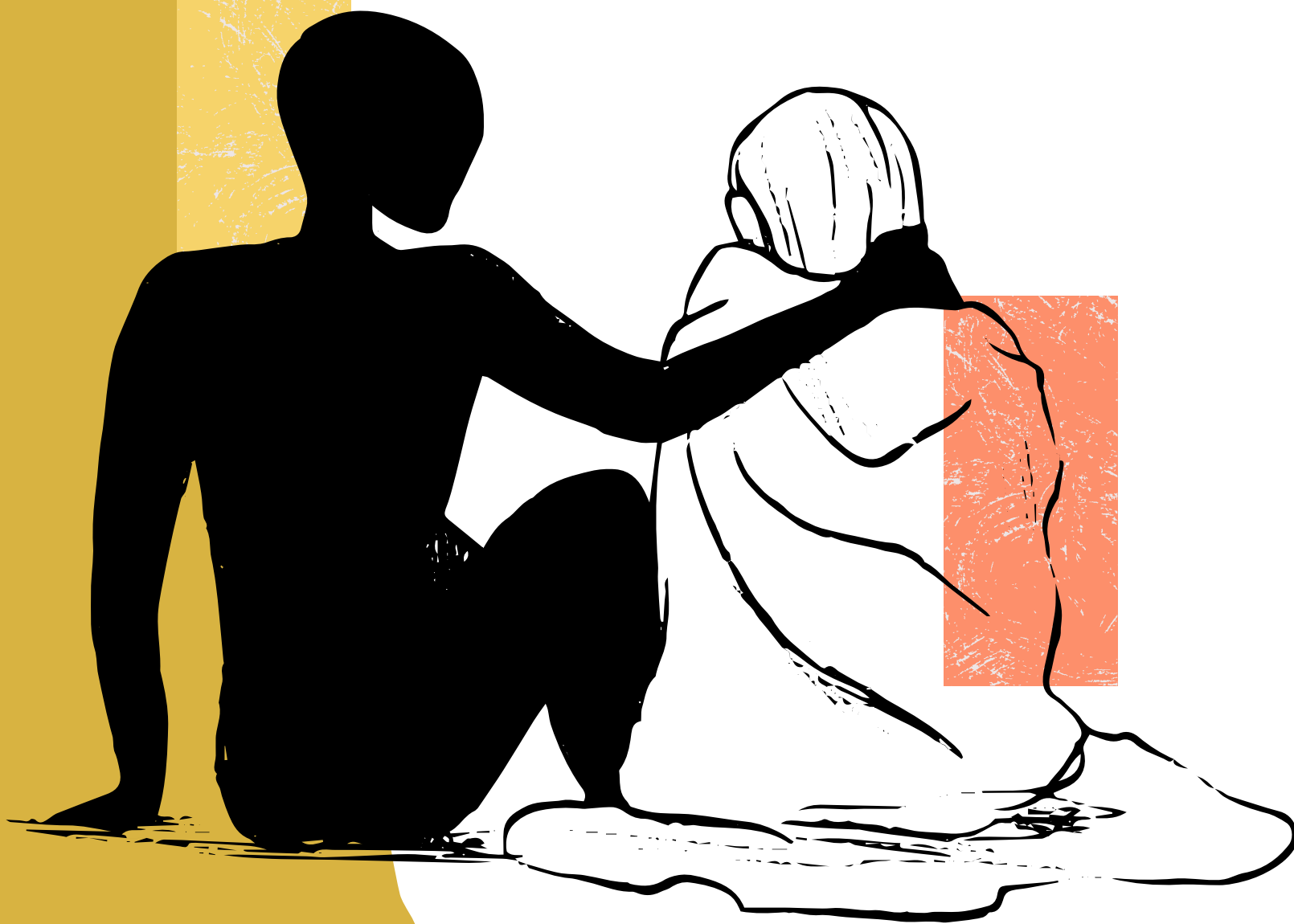
We need regret in order to learn and grow!

When Pain is Present – Primal Sadness

Anguish
Hopelessness
Despair
Sadness
Grief



Sadness & Hopelessness



Sadness is NOT depression - it is our response to loss - it is important.

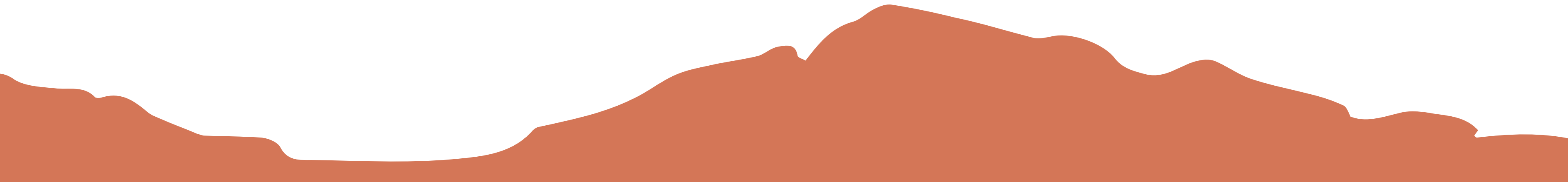
Hopelessness comes from a combination of negative life events and negative thought patterns.

Grief

"Grief has a lot in common with love – it does not obey – it does whatever it wants to you." – Elizabeth Gilbert

Grief is a byproduct of love.

**So Why do I need to
understand my emotions
and feelings?**



Connection

We are hardwired for connection with other people.

Our emotions & feelings help us and hinder us from connecting with others.



True Love & Belonging

1. Being authentic & Real
2. Accepting ourselves
3. Accepting others

The Good, the Bad, and the Ugly

Trust

The foundation for all connection.

Boundaries - making clear what is okay & not okay

Reliability - do what you say you will do

Accountability - own you stuff & apologize

Vault - do not share info that is not yours to share

Integrity - living your values

Non-judgment - listening to understand each other

Generosity - give others grace to be human

Boundaries

- Not about building walls or shutting people out but rather about establishing healthy limits that allow for genuine empathy and connection.
- Cultivate self-compassion and practice boundary-setting as an act of self-respect and self-love
- Be clear, direct, and respectful when communicating boundaries and to prioritize their well-being in all relationships.

Empathy

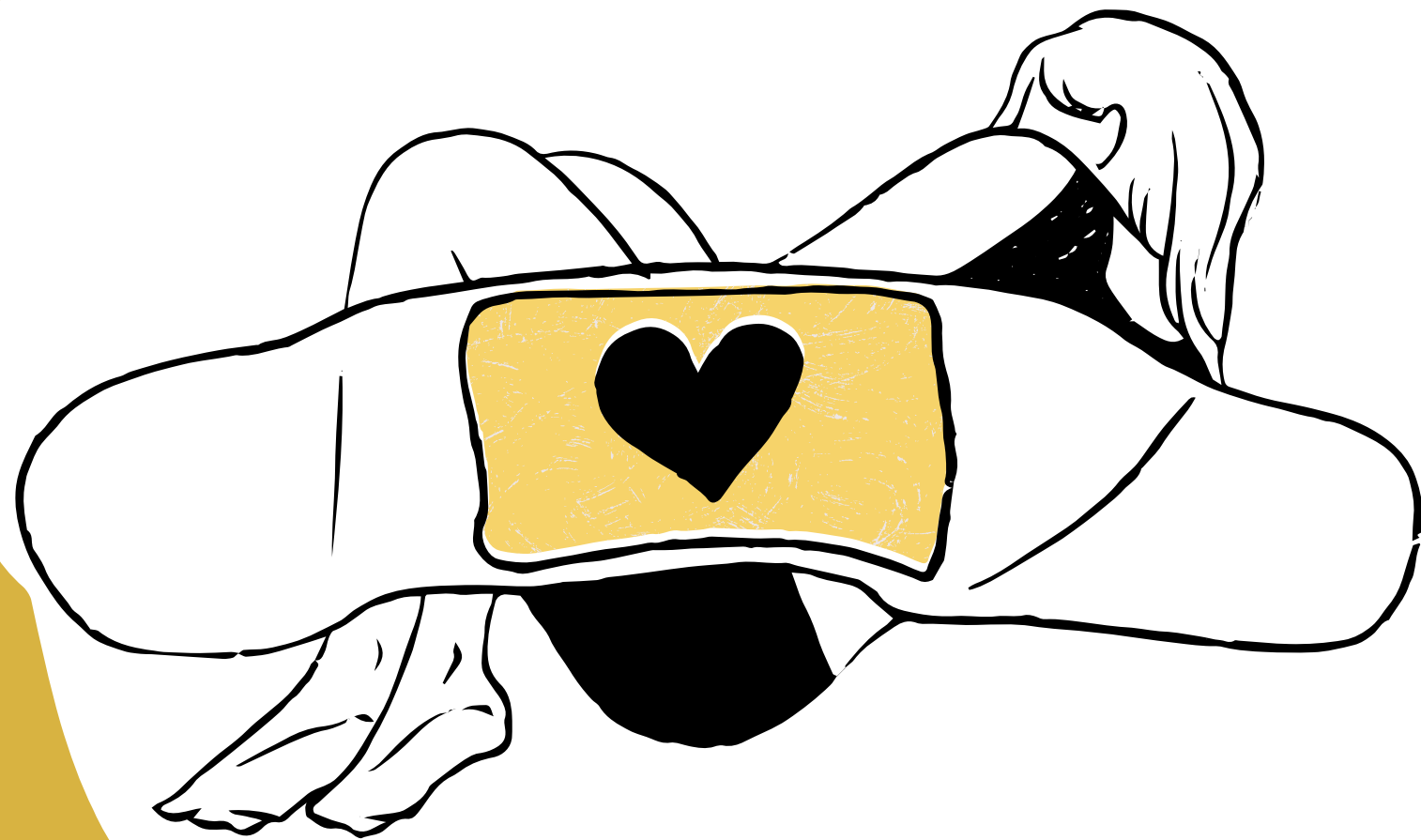
A foundational element of meaningful connections and compassionate relationships.

- Feeling with people
- It is a SKILL to practice
- Active listening, asking open-ended questions, and validating the emotions

Empathy Misses



Coping Strategies



Healthy coping strategies manage your emotions and stress. These can include deep breathing exercises, engaging in physical activities, talking to a trusted people, journaling, practicing mindfulness or relaxation techniques, or engaging in hobbies you enjoy.

Self-care

It's important to take care of your own well-being. For example getting enough sleep, eating nutritious food, exercising, and engaging in activities you enjoy. Self-care activities can positively impact their mental health.

Build Supportive Relationships

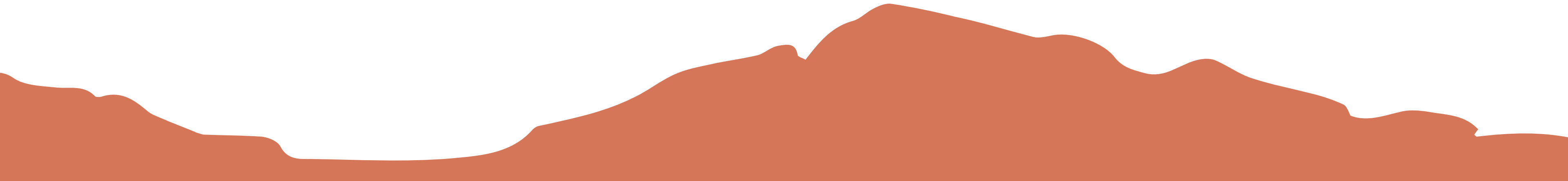
It's important to have supportive relationships. Friends and family help you get through tough times.

Be a good listener, empathetic, and supportive of others.

Seek help when needed!

It's okay to ask for help when you need it.

Yes, it is VULNERABLE - but remember,
that is how we measure COURAGE!



Remember!



Prioritizing your mental health can provide a strong foundation for your overall well-being and equip you with the necessary tools to effectively manage any challenges.



Questions?

Thank You!

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