

January 29, 2021

Strategies to Help Support Mental Health Workshop

In this workshop we discussed the Window of Tolerance, which was explained to us as individuals' daily responses to everyday life ups and downs. When a person has dealt with trauma or stress, this window seems to shrink. Especially during covid-19, people have noticed 'normal' tasks being difficult to deal with even though they usually found them easy to deal with.

They suggested some non-traditional approaches such as:

- "It is not lack of **will**, it is lack of **skill**"
- Discipline through love/caring

As well as discussing what its impact is:

- Intrinsic motivation
 - Encouraging competence, autonomy, and relatedness
- Teaches complicated skills
 - Strategic thinking
 - Creative solutions
 - Resilience
 - Experiences as learning moments

I think what stuck out to me the most was when they were discussing the Brain States, and how to deal with each state; Emotional, Executive and Survival. These Brain States affect every human, not just children. So it was extremely informative to learn how to deal with those states in yourself or with your peers. They will definitely help me become more empathic and give my understanding of someone else a depth I was lacking before.

I really enjoyed this workshop! The presenters did a great job.