



What About Me?

Nurturing our Mental
Wellness During
Uncertain Times



Presented by:
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Our Brain On Stress

Brain in the Palm of Your Hand / Flip Your Lid Activity

Reflection: What Are You Carrying?

Vagus Nerve & the Role of the Parasympathetic Nervous System

Mindfulness Exercises

How effective is each exercise for you? How can you incorporate them into your routine?
Please include other comments/notes.

Bee Breathing	
"Wandering Mind"	
Game of Breathing	
One Minute Meditation	

What Are (Personal) Boundaries?

boundary - noun

1. A psychological demarcation that protects the integrity of an individual or group or that helps the person or group set realistic limits on participation in a relationship or activity.
2. In psychotherapy, an important limit that is usually set by the therapist as part of the ground rules in treatment. Boundaries may involve areas of discussion (e.g., the therapist's personal life is off limits) or physical limits (e.g., rules about touching), which are guided by ethical codes and standards. Respect for boundaries by both the therapist and client is an important concept in the therapeutic relationship.

Source: APA Dictionary of Psychology

Types of Boundaries	Examples	How have others crossed this boundary with you?
Physical		
Intellectual		
Emotional		
Sexual		
Material		
Time		

Boundary Strategies

- The Power of "And"
- It's Ok to Say "No" or "Not Yet"
- Asking for Help
- Delegate to Others

Self-Care Resources



Additional Notes