

TEECH Far Southside ROSC Monthly Meeting

December 19,2022

Agenda.....

Welcome..... De'Shara Shells CPC, RC, RCT- Program Manager

Introduction of Audience... Roger Elm

What is ROSC.... Frederick Buford CPRS

Introduction of Speaker... Dr. Karen White CADC, NCRS, RCT- CEO

Speaker.... Warren Avery

Closing..... De'Shara Shells CPC, RCP- Program Manager

Please leave business cards

ROSC December meeting notes

Date: 12/19/2022

Time: 10am until 12pm

Place: 1750 West 103rd street Chicago IL

ZOOM INFO: <https://us02web.zoom.us/j/83457129193?pwd=5XZHSTgwOVIPbTRHM1hDRDZYtR3Zz09>

Phone Number: 312-626-6799

Meeting ID: 834 5712 9193

Password: 553998

Mental Health MEETS SPIRITUALITY

- Affirmations
- Breathing
- Mindfulness
- Medication
- Anxiety
- Depression
- Suicide

Affirmations: The action or process of affirming something or being affirmed. Positive thinking verbalized.

(Examples: I am beautiful, I am confident, I am strong, I am in control of my happiness, I create my own happiness, I am free, I am enough ETC...)

Benefits of Affirmations:

- Increased Motivation
- Increased concentration
- Negative thought patterns are changed into positive ones.

- Influence your subconscious mind
- Increased action
- Improve your overall health
- Relieve stress
- Eases Depression
- Makes you more physically active
- Reduce symptoms of anxiety
- Increase optimistic thinking

Affirmations should become a practice daily for change to show. Some recommend and suggest results will be noticeable within 30 days.

Positive affirmations are a form of self-help.

Breathing: Proper breathing starts in the nose then the stomach from your diaphragm. The belly will expand, and the lungs will fill with air. It creates negative pressure in the chest causing the air to flow into the lungs. Deep abdominal breathing encourages full oxygen exchange.

Deep Breathing and relaxation activate the part of the nervous system, the parasympathetic nervous system which sends a signal to your brain to tell the anxious part that you are safe and don't need to use flight or fight or freeze responses.

Benefits of deep breathing:

- Healthier Heart rate
- Lower blood pressure
- Decrease stress
- Increase calmness
- Manage stress
- Improve focus
- Better sleep



- Helps support good posture
- Relax the mind and body
- Great soothing for those who have respiratory issues such as Asthma.

Mindfulness:

Mindfulness is the practice of purposely bringing one's attention to the present-moment experience without evaluation, a skill one develops through meditation or other training. [Wikipedia](#)

Mindfulness is a mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations used as a therapeutic technique.

Seven principles:

- **Patience**
- **Beginners mind**
- **Trust**
- **Non-striving**
- **Acceptance**
- **Letting go**
- **Acceptance**

Meditation:

Is the practice that involves focusing or clearing your mind using a combination of mental and physical techniques.

Benefits:

- Reduce stress
- Reduce anxiety
- Relaxation
- Increased awareness
- Increased discipline
- Increase patience
- The ability to sit or lie still
- Increased calmness

Note: Meditation allow you to acknowledge your thoughts but make a conscious choice to not follow. You learn how to guide your thoughts instead of your thoughts guiding you.

Steps to take for meditation:

- 1. Get comfortable. You can sit or lie down. Your eyes can open or closed**
- 2. Set a time limit.**
- 3. Notice your body and breath**
- 4. Feel your breath**
- 5. Notice when your mind has wondered**

Anxiety:

Anxiety is a normal reaction to stress and can be beneficial in some situations. It can alert us to dangers and help us prepare and pay attention. Anxiety disorders differ from normal feelings of nervousness or anxiousness and involve excessive fear or anxiety. Anxiety disorders are the most common mental disorders and affect nearly 30% of adults at some point in their lives. But anxiety disorders are treatable, and several effective treatments are available. Treatment helps most people lead normal productive lives.

What can cause anxiety?

- Stress builds up
- Fear/phobias^{*}
- Trauma
- Personality
- Substance and alcohol use/misuse
- Other mental health issues

Depression:

Has been defined as s a common and serious medical illness that negatively affects how you feel, the way you think and how you act.

When thinking of Anxiety depression and even suicide one must first know what works best for them such as:

Mindfulness base practice

Deep breathing

Meditation

Affirmations

Therapy

Medication

Note: It is important to seek professional help if you are struggling that can assist with what methods will be best for a healthy and balanced life