

Remaining Mentally Strong in a Crisis and Beyond

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About the Presenter

- ◎ Dr. Kirleen Neely PhD, LPC-S
- ◎ CEO, Neely Counseling Center PLLC
- ◎ In business for 20-plus years
- ◎ PhD Counselor Education and Supervision
- ◎ Employee Assistance Services
- ◎ Specialty Logistics Mental Health



Our New Normal

- ◉ Dealing with isolation
- ◉ Filing PPP paperwork
- ◉ Homeschooling kids
- ◉ Maintaining a relationship
- ◉ Zoom meetings



Agenda



- ⦿ Four-step process to remain mentally strong
- ⦿ Reflection moment
- ⦿ Concert tool
- ⦿ Overview



Everyone Has a Story

- ◎ Independent
- ◎ Resilient
- ◎ Strong
- ◎ Tough





We Learn from Our Stories

- ⦿ Anxious
- ⦿ Insecure
- ⦿ Play small
- ⦿ Scared

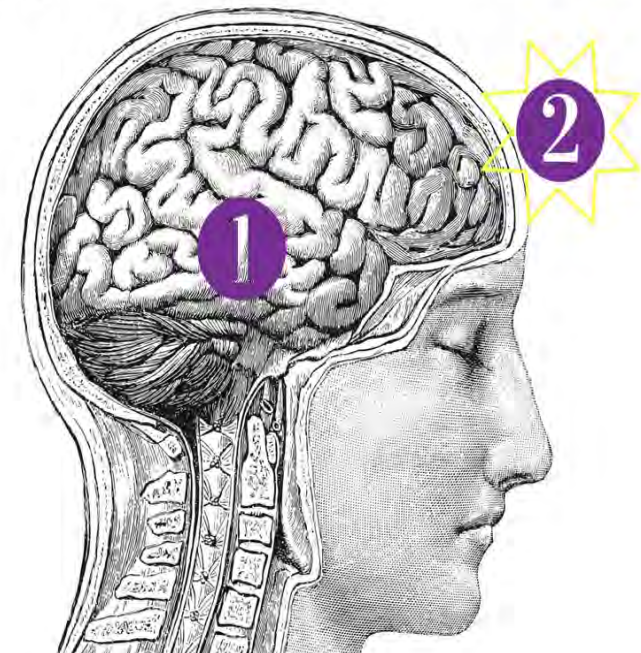


Brain Power



In crisis and uncertainty, we tend to use the most primitive parts of our brain and revert to a limiting story.

Amygdala vs. Frontal Lobes



Fight Flight Freeze

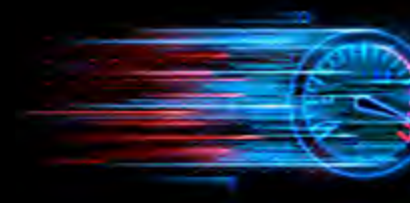
Step #1: Recognize the Trigger



- ⦿ Control
- ⦿ Failure
- ⦿ Balance



Reflection Question



What's the one thing that has triggered you the most during this period?

Tools:

- ⦿ Bring awareness
- ⦿ Delete, remove, or accept

Step #2: Find the Limiting Story



Our stories are usually related to the false belief that we are not enough.



Reflection Question



What story do you tell yourself when things get tough?

Tools:

- ⦿ Slow down – pay attention on purpose
- ⦿ Dispute the limiting story
- ⦿ Pull from previous evidence

Step #3: Tackle the Physical & Emotional Symptoms



- ⦿ Sleep disruption
- ⦿ Fatigue and body aches
- ⦿ Frequent headaches
- ⦿ Irritability and anger
- ⦿ Overthinking
- ⦿ Panic attacks
- ⦿ Medicating emotions





Reflection Question



How does stress and anxiety show up in your life?

Tools:

- ◉ Breathing exercise (4, 7, 8)
- ◉ Grounding exercise (5, 4, 3, 2, 1)
(see, hear, touch, smell, taste)
- ◉ Seek help if symptoms persist for 6 months

Step #4: Practice Daily Self Care



- ⦿ Emotional
- ⦿ Physical
- ⦿ Spiritual





Reflection Question



What self-care routine do you need to do more of?

Tools:

- ◎ Journal
- ◎ Diet and exercise
- ◎ Breathing or grounding activity

Overview of Your Mentally Strong Process



#1

Recognize the Trigger:
"Add, Delete, Accept"

#2

Find the Limiting Story:
"Dispute"

#3

Tackle the Physical and
Emotional Symptoms:
"Breathe/Ground Self"

#4

Practice Daily Self Care:
Physical +Emotional



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