



TREAT YOURSELF:

SKILLS TO EMBRACE CHANGE
AND FOCUS ON YOUR WELL-BEING

Presented by Angela Sillas-Green, MA, LPC

Objective

Understand how the brain impacts well-being and responds with change.

Identify and apply wellness skills to improve personal well-being and increase productivity.





“ The quality of your connection to yourself ultimately creates your ability to adapt, respond and be resilient during times of stress”

-Lisa Dion

What would you rate
your overall wellbeing,
in the last 2 weeks?



1-poor



2-below average



3-average



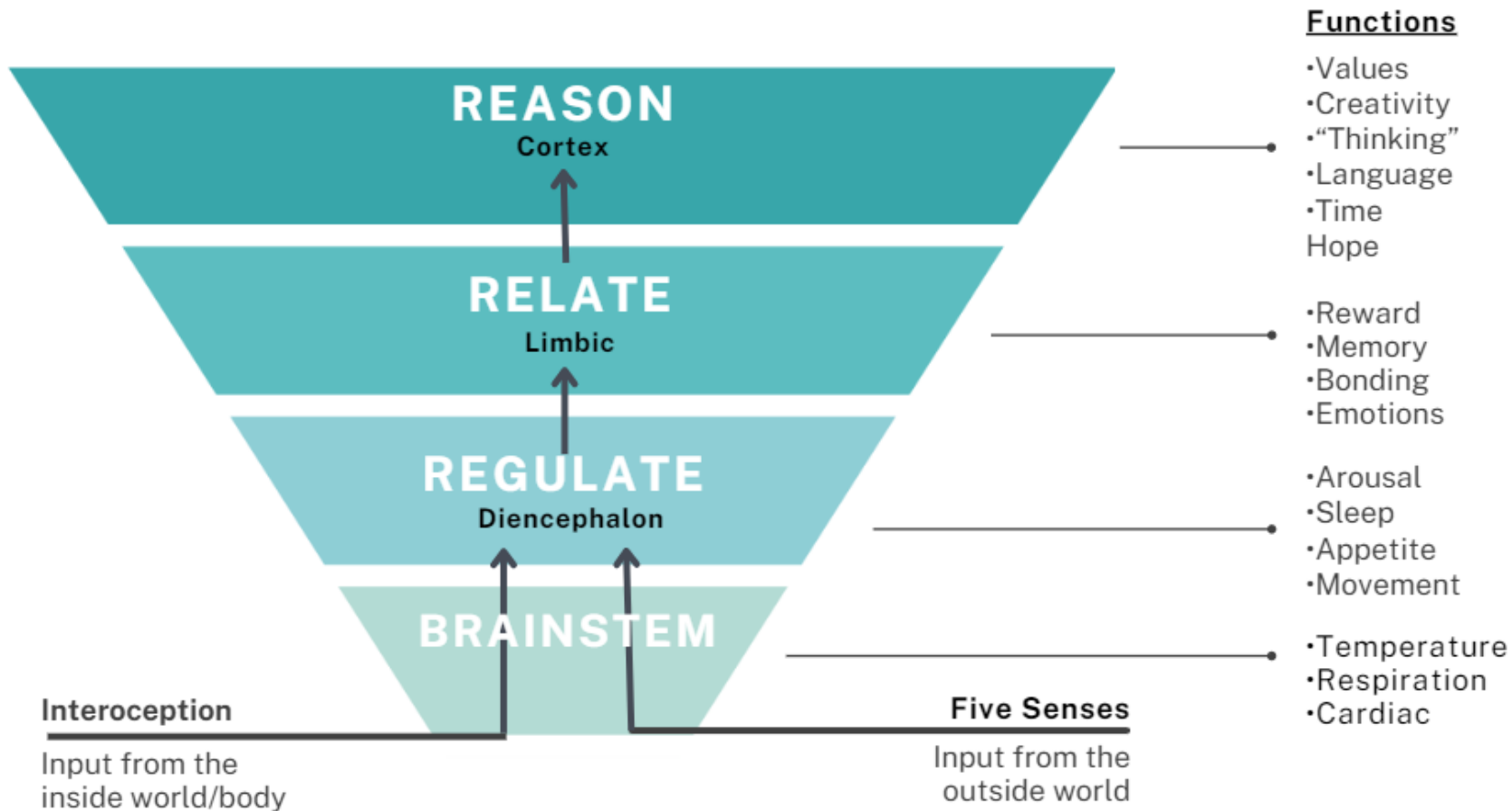
4-good



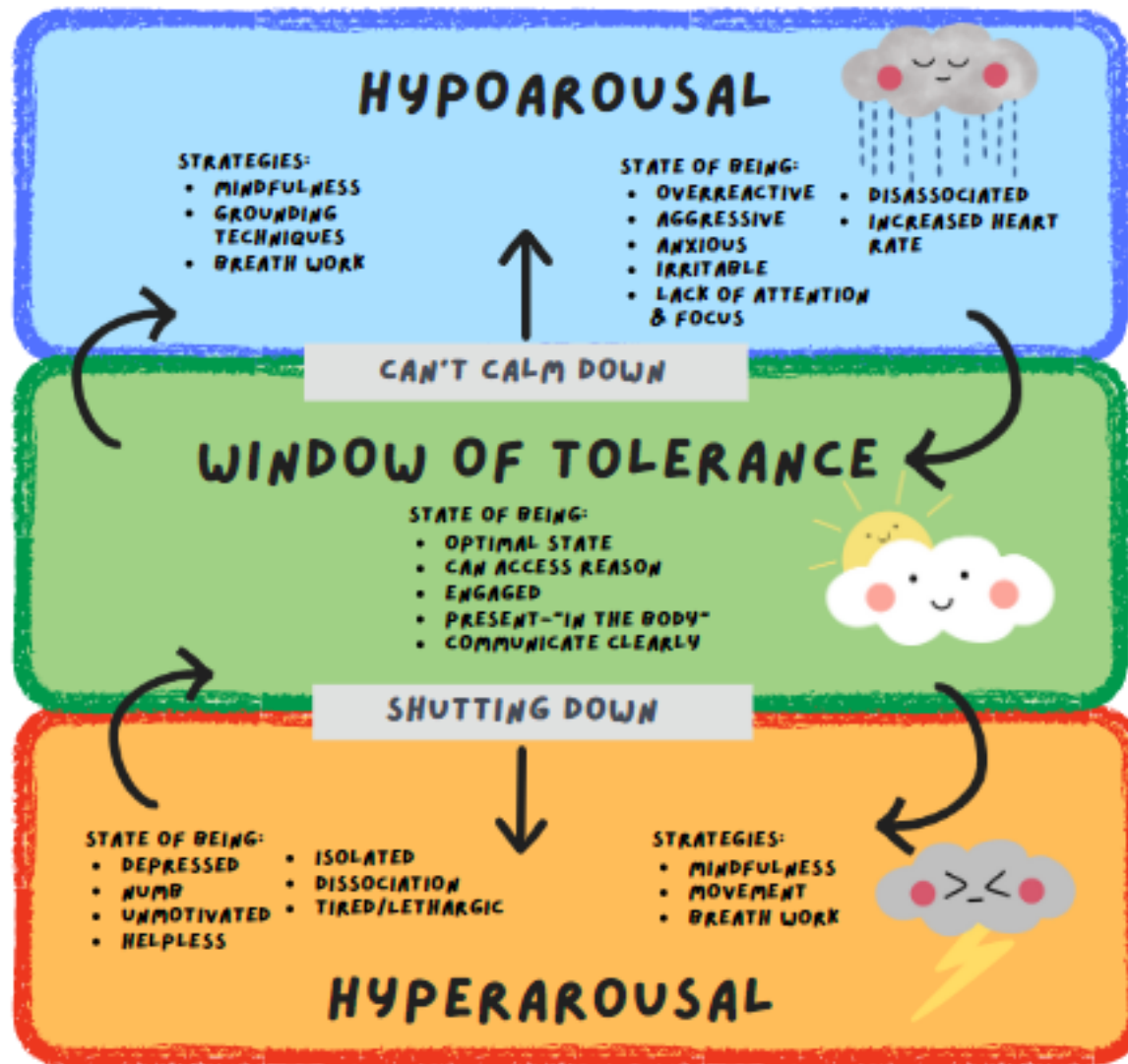
5-excellent



Sequence of Engagement

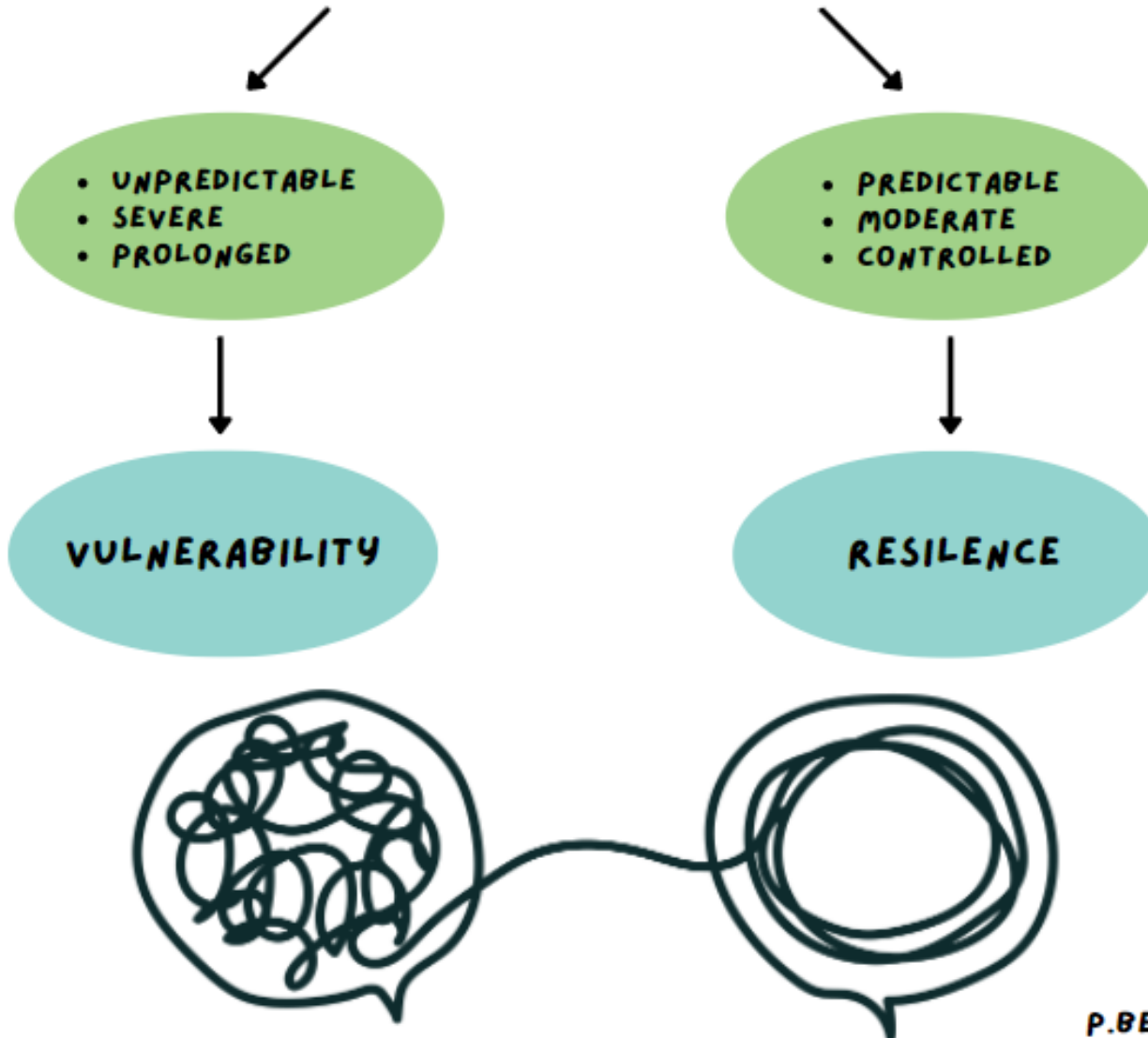


B.Perry



D. SEIGEL

PATTERN OF STRESS



P.BERRY

Build a Resiliency Practice



How much space do you give yourself to work on your mental, emotional, spiritual and physical practices?



Do you value a resiliency mindset vs. fixed mindset?





Resiliency Mindset



Find purpose and
see the bigger
picture



Visualize positive
outcomes



Be present and
mindful



Foster wellness



Build connections
and relationships



Reach out for help



Things that help with resiliency

Relational

Relevant

Repetitive

Rewarding

Rhythmic

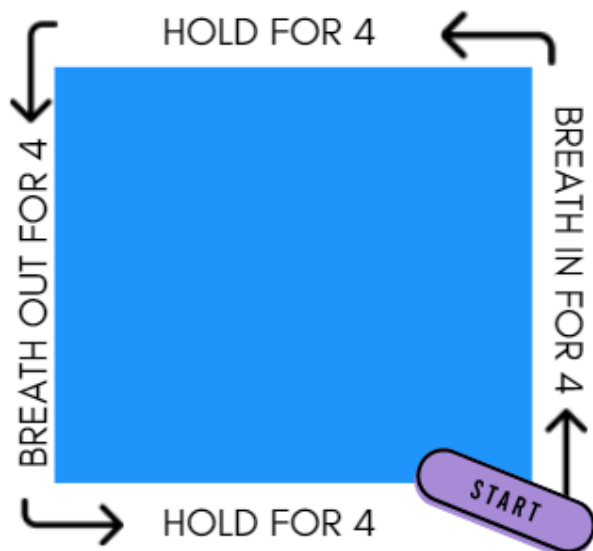
Respectful

Strategies



SQUARE BREATHING

- Start at the bottom right of the square
- Breathe in for four counts as you trace the first side of the square
- Hold your breath for four counts as you trace the second side of the square
- Breathe out for four counts as you trace the third side of the square
- Hold your breath for four counts as you trace the final side of the square
- You just completed one deep breath!



GROUNDING USING YOUR 5-SENSES

What are
↓

Ideas
↓

5

THINGS
YOU CAN
SEE



Sky
Trees
Birds
People
Wall Fixtures

4

THINGS
YOU CAN
TOUCH



Feet on
the Floor
Pencil in
Hand
Texture
of Clothes

3

THINGS
YOU CAN
HEAR



White Noise
Cars Passing
Clock Ticking
People Talking

2

THINGS
YOU CAN
SMELL



Food
Grass
Laundry
Detergent
on Clothes

1

THINGS
YOU CAN
TASTE



Mints
Gum
Food



What brings you joy in your life?"

Make a list of things you enjoy

- Take less than 15 min.
- Take over an hour
- Free
- Need Money
- Alone or with others
- Nourishes your mind
- Moves your body



Let's create a plan

Things to remember:

- There isn't a right or a wrong
- This is individualized
- This is a practice
- It will evolve and change over time



Resources



Websites:

- www.adammarkel.com/daily-practice-to-build-resilience/
- www.tenpercent.com

Books:

- Buddha's Brain, Dr. Rick Hanson
- Mindsight, Dr. Dan J. Siegel
- Welcoming the Unwelcome, Pema Chödrön

Apps:

- Insight Timer
- Calm
- Headspace



QUESTIONS



Contact Information



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THANK YOU!

