



The slide features a dark grey background with abstract geometric shapes in shades of blue and gold on the right side. At the top, there are two stylized line-art hands, one blue and one gold, reaching towards each other. The title 'WIRED FOR CONNECTION' is centered, with 'WIRED FOR' in blue and 'CONNECTION' in gold. Below the title, the subtitle 'Developing good mental health as a young adult in 2023' is written in gold. In the bottom left, the date 'September 2023', the presenter's name 'Carolyn Klassen', and the series name 'Wired for Connection' are listed in white. In the bottom right, there is a white rectangular box containing the 'CMU | ESTAMOS' logo.

WIRED FOR CONNECTION

Developing good mental health as a young adult in 2023

September 2023
Carolyn Klassen
Wired for Connection

CMU | ESTAMOS

1




The slide has the same background as the first slide. On the left, there is a large QR code inside a white-bordered square. Below the QR code, the text 'SCAN ME' is written in white on a black rectangular background. To the right of the QR code, the text 'To access slides of the presentation and related resources' is written in gold. Below that, in white, is the text 'Also, an opportunity to sign up for the "Wired for Connection" newsletter!'.

SCAN ME

To access slides of the presentation and related resources

Also, an opportunity to sign up for the "Wired for Connection" newsletter!

2



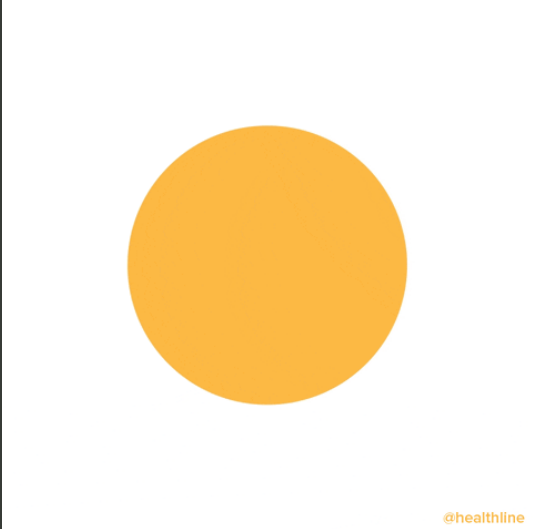
It's healthy to admit
you're not OK.
It's OK to not be OK.
It's brave.
Be sad.
But don't let sad win.
Have your moment,
your day or week.

Then do something about it.
...whatever you do,
make it a choice.
-Unknown

www.perkenanthassociates.ca

The core—with a baker's dozen strategies to operationalize good mental health in practical, health-focused strategies

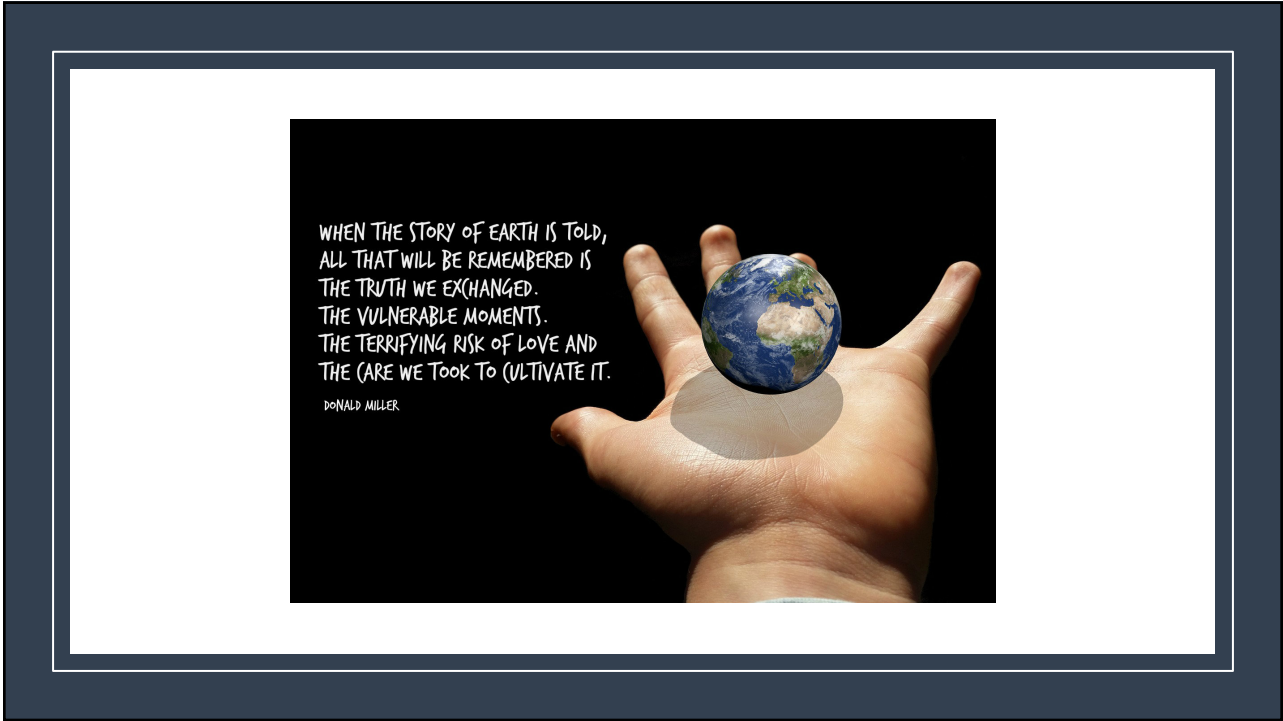
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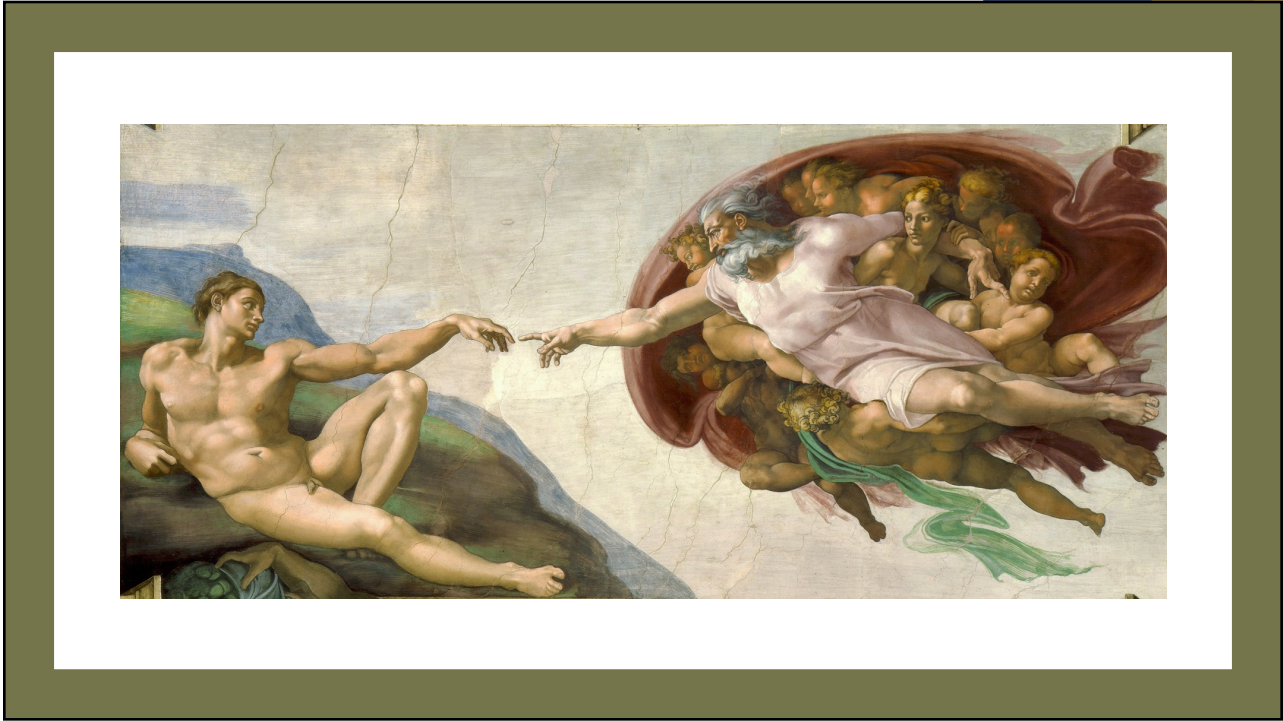
Box Breathing

@healthline

4



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Sequoia Trees -
80 metres tall

- ▶ Look for the six foot tall man at the bottom!

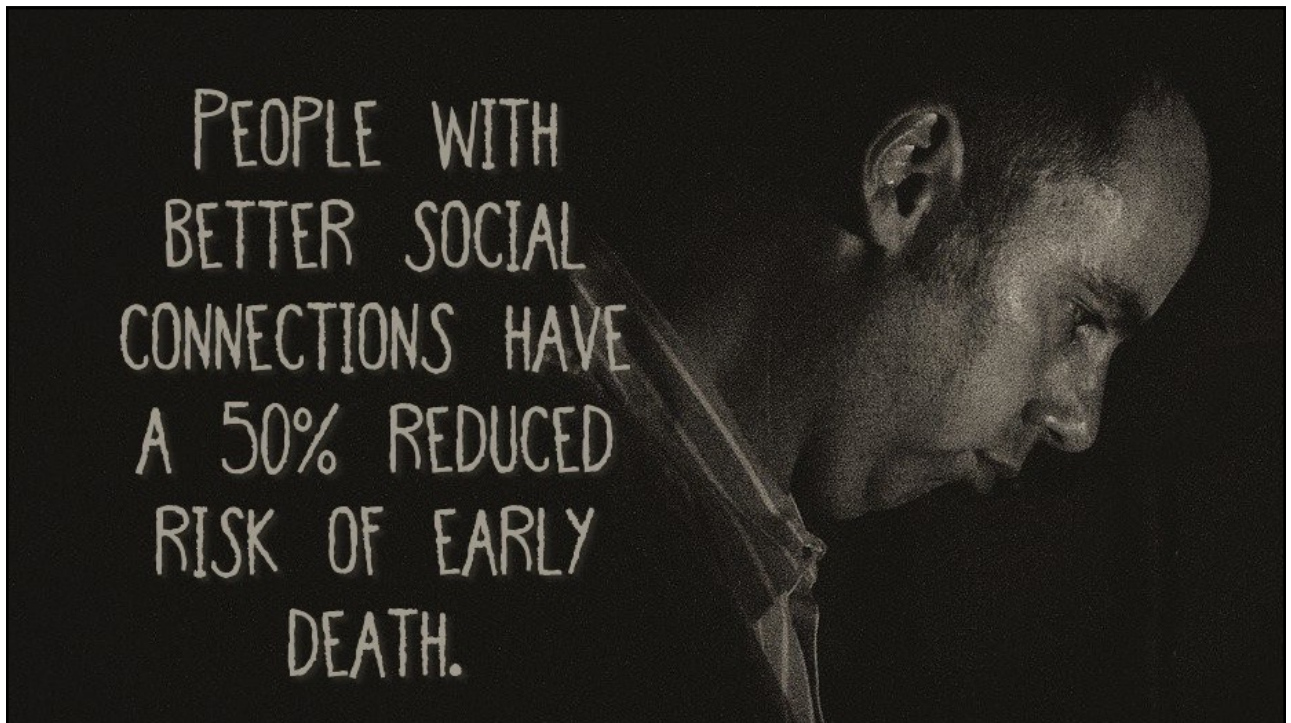
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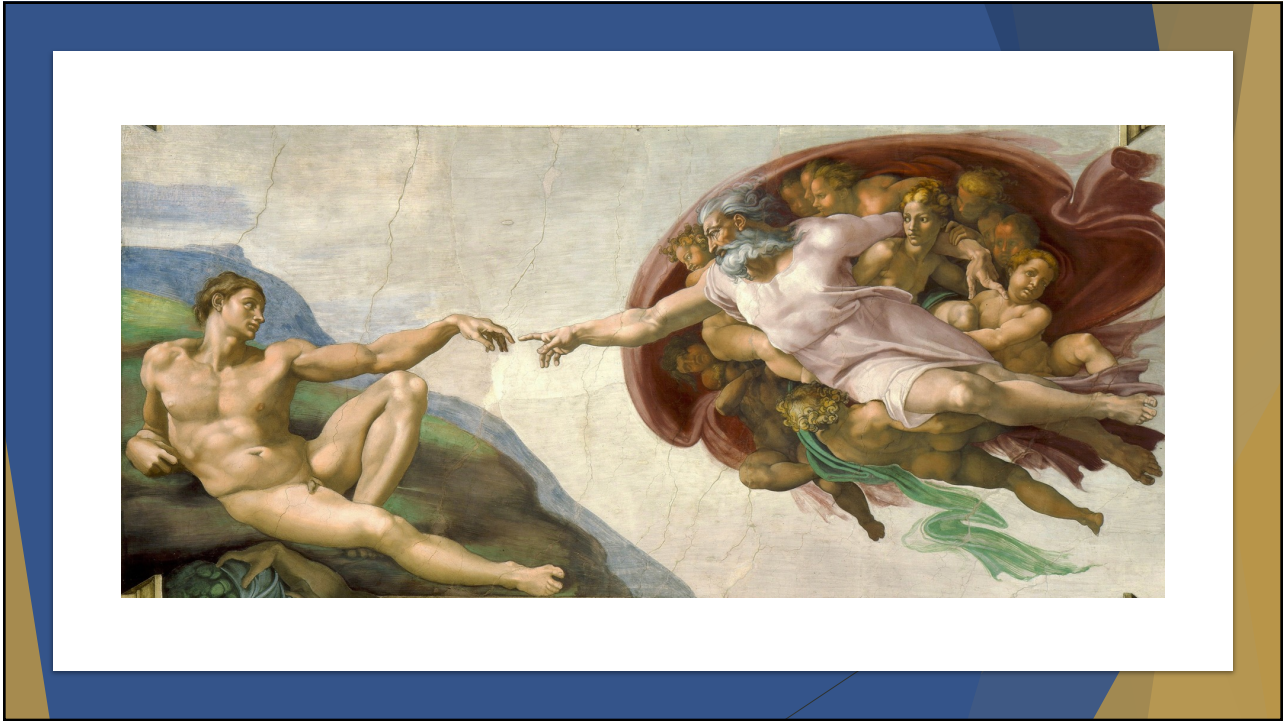
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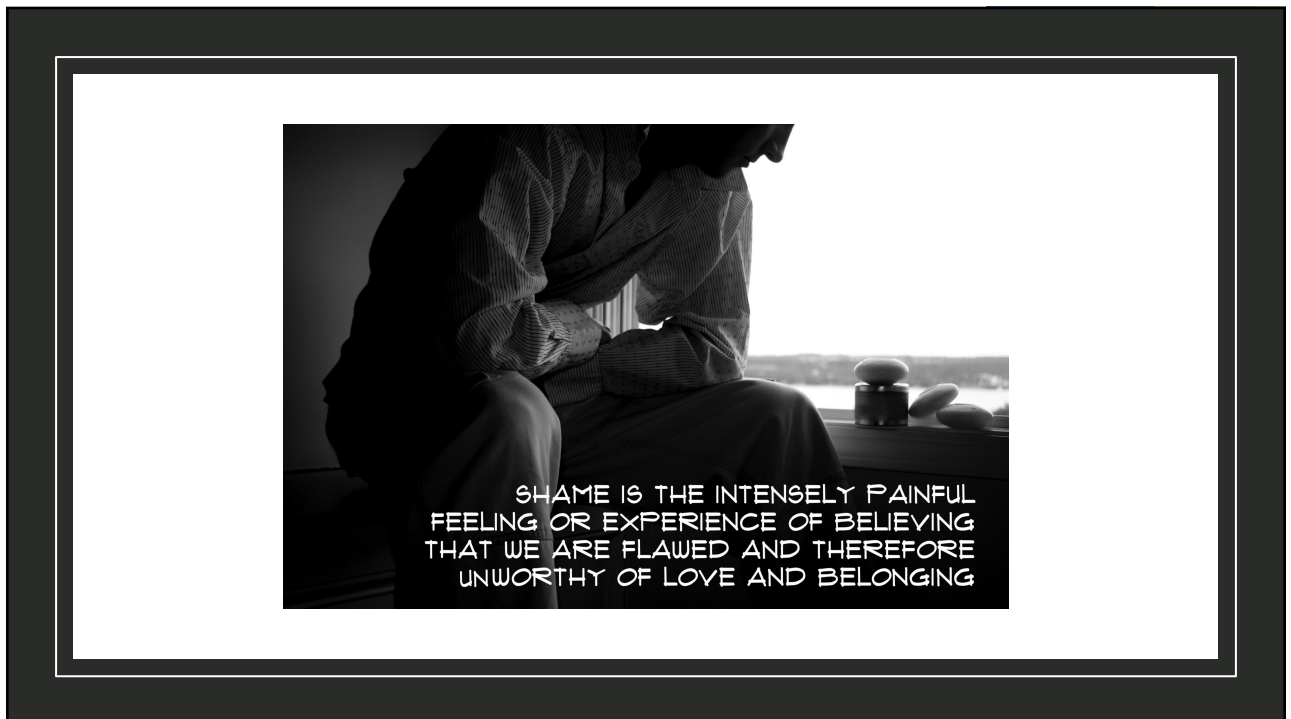
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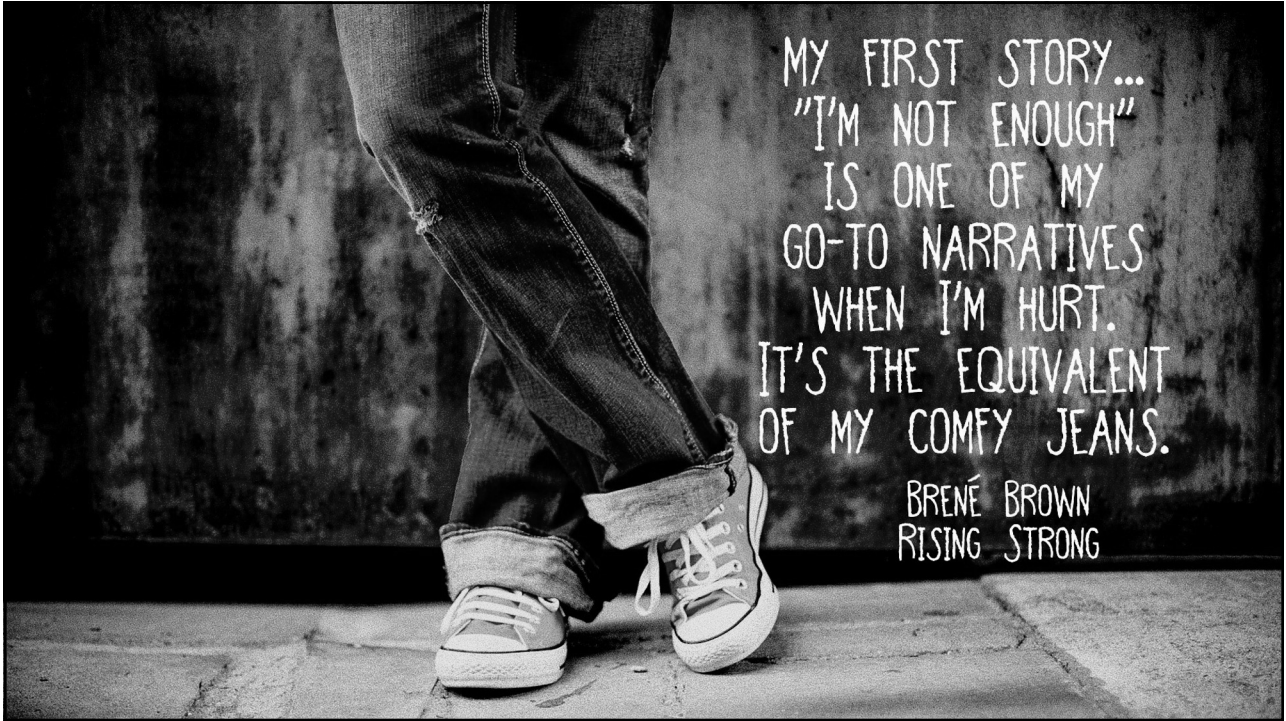
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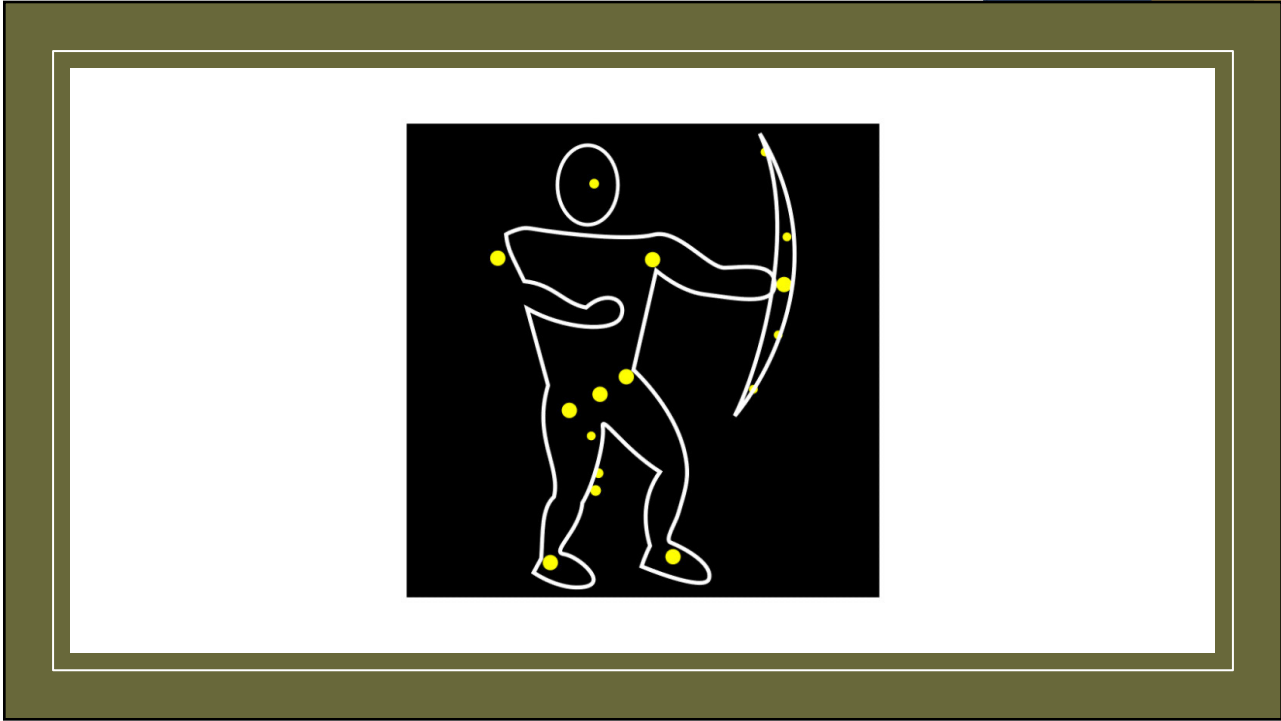


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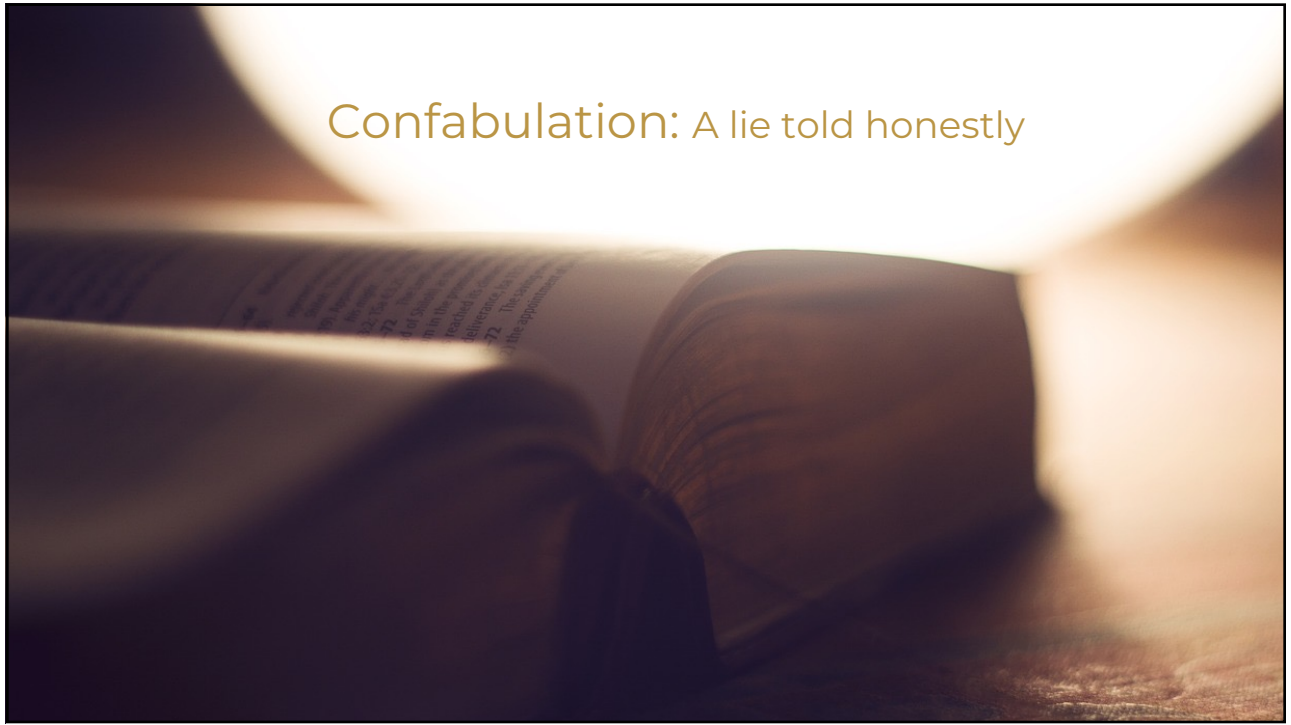


Conspiracy: connecting the dots without realizing that we are adding information that isn't there

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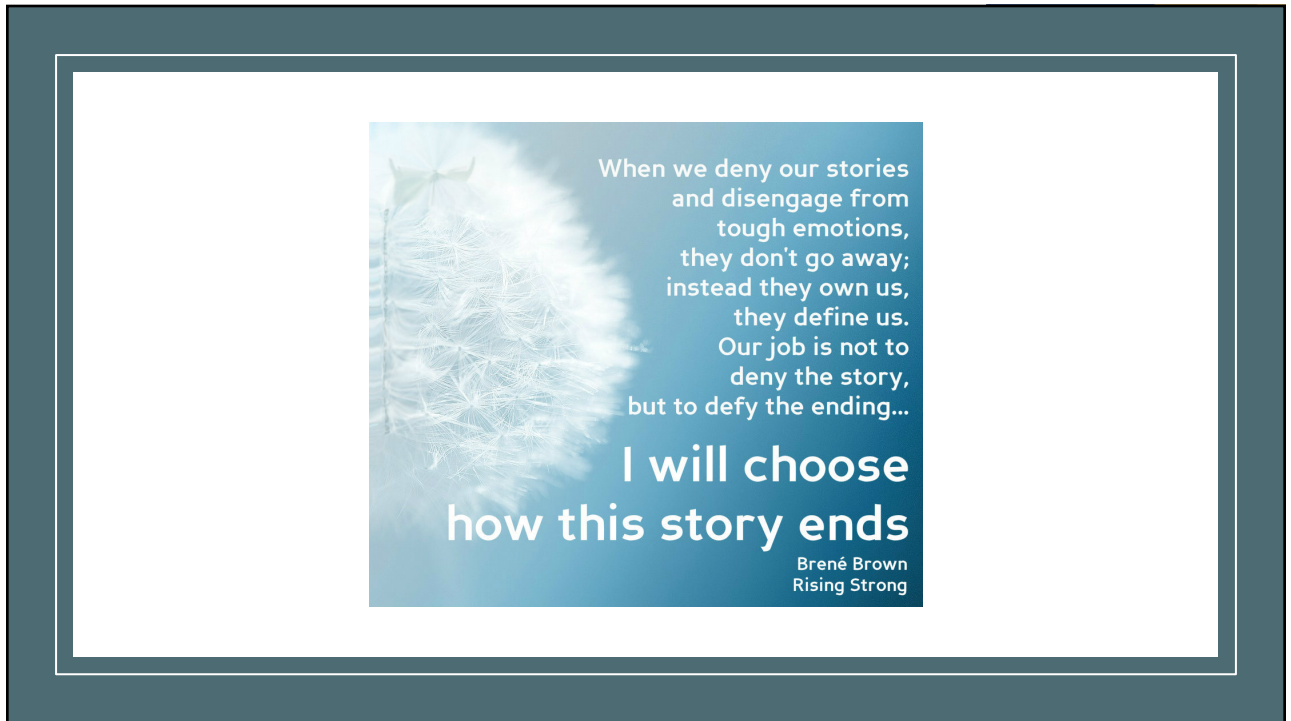


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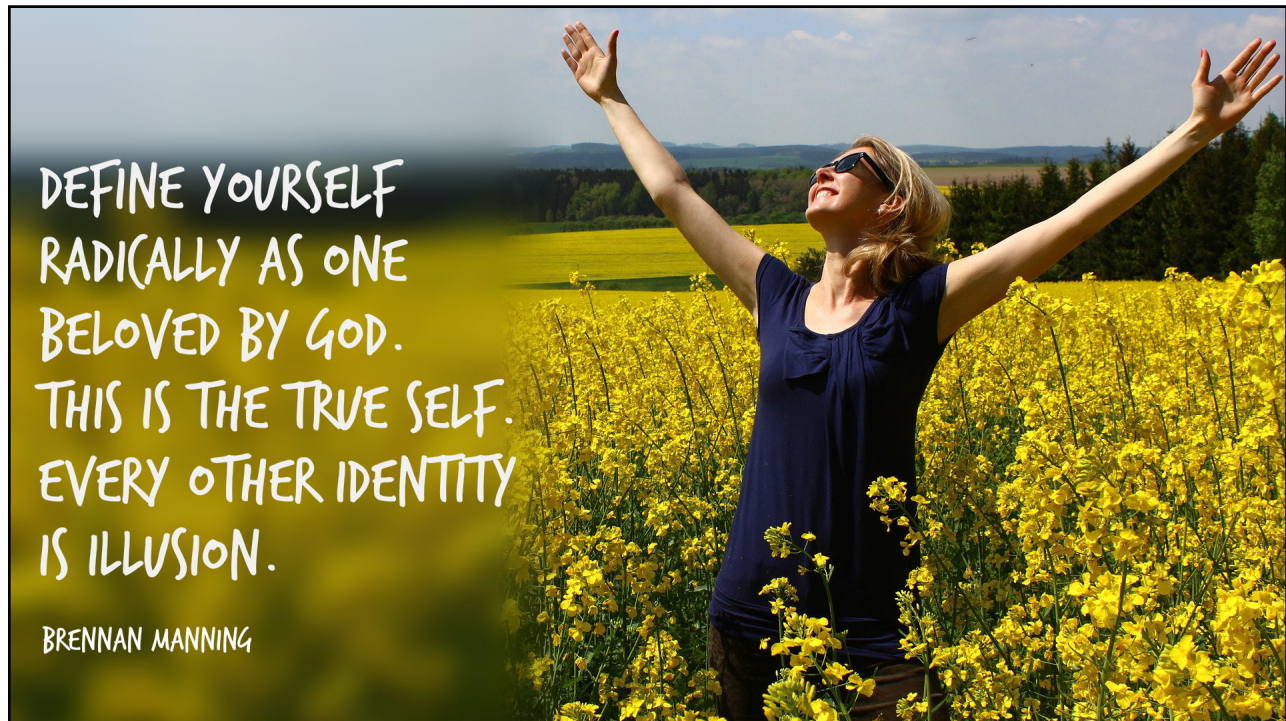


Confabulation: A lie told honestly

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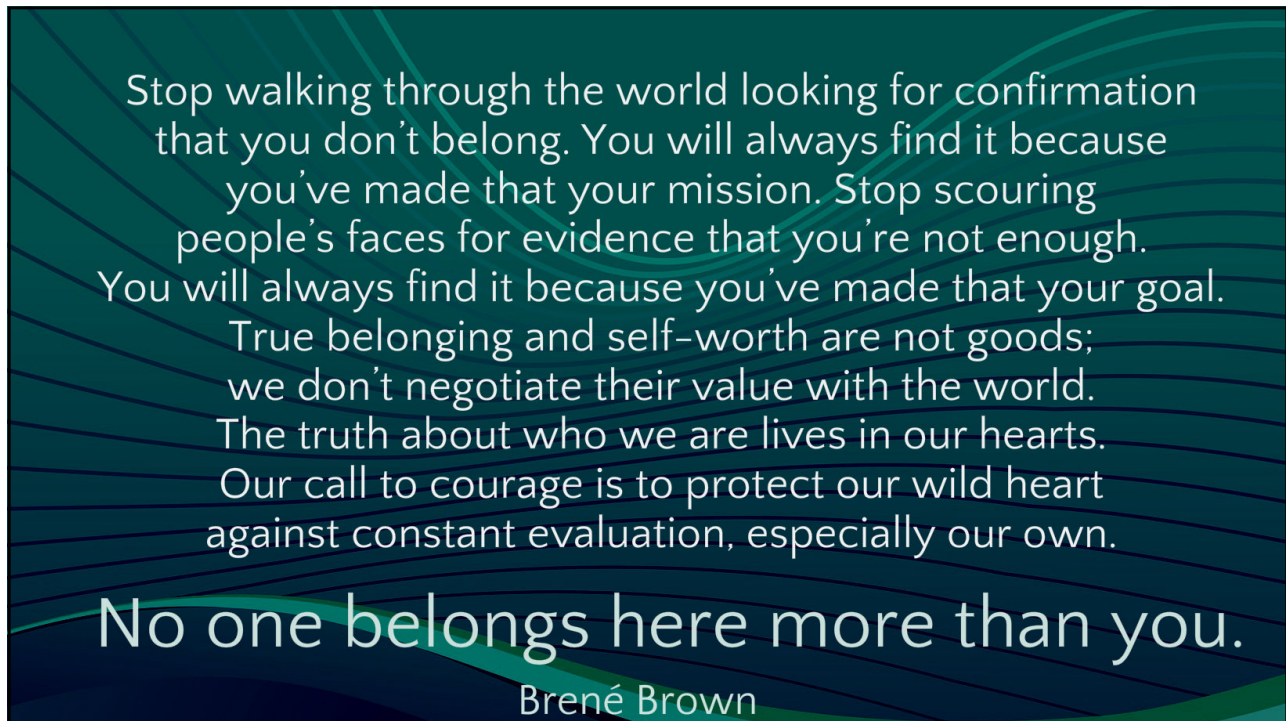
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DEFINE YOURSELF
RADICALLY AS ONE
BELOVED BY GOD.
THIS IS THE TRUE SELF.
EVERY OTHER IDENTITY
IS ILLUSION.

BRENNAN MANNING

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Stop walking through the world looking for confirmation that you don't belong. You will always find it because you've made that your mission. Stop scouring people's faces for evidence that you're not enough. You will always find it because you've made that your goal.

True belonging and self-worth are not goods; we don't negotiate their value with the world. The truth about who we are lives in our hearts. Our call to courage is to protect our wild heart against constant evaluation, especially our own.

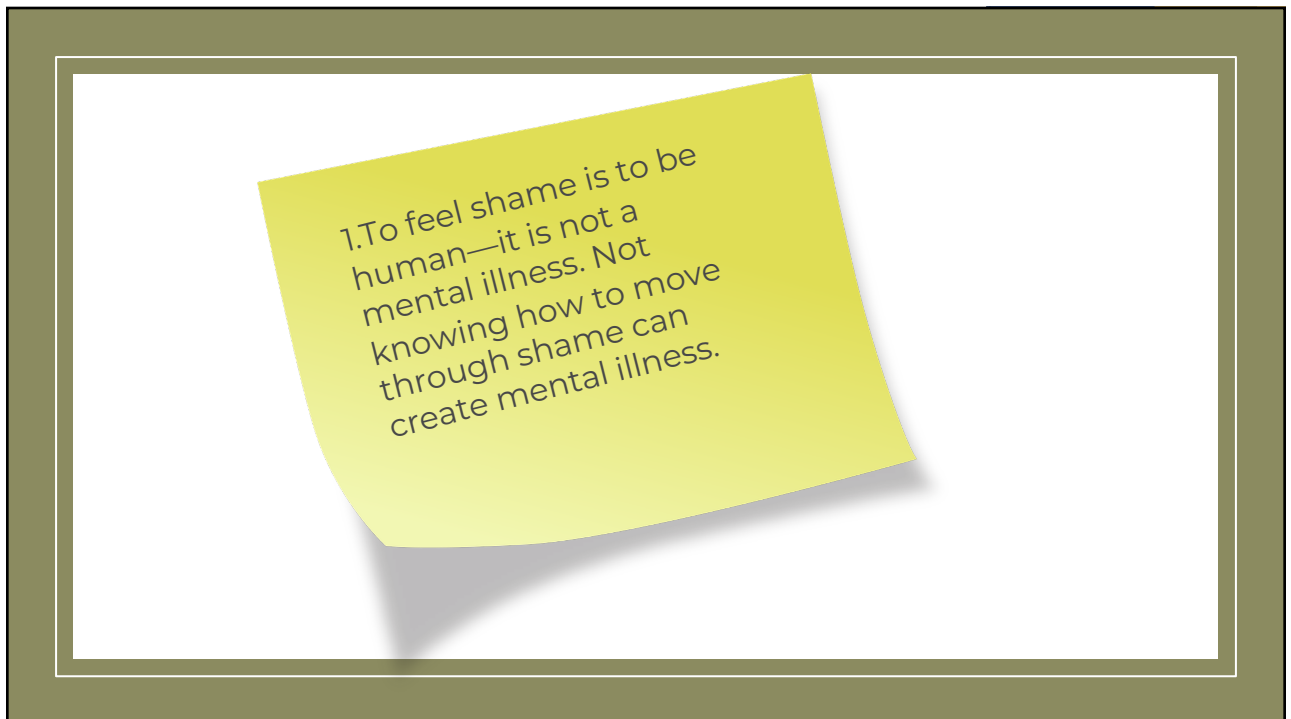
No one belongs here more than you.

Brené Brown

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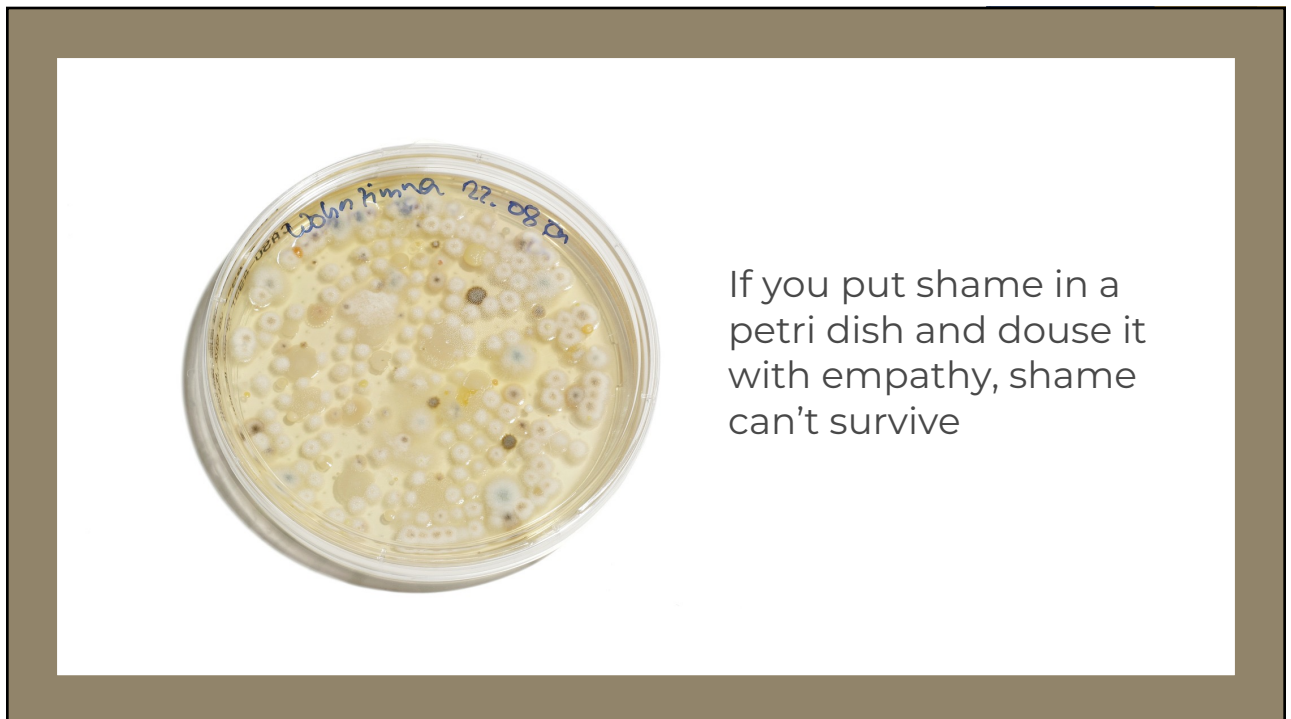
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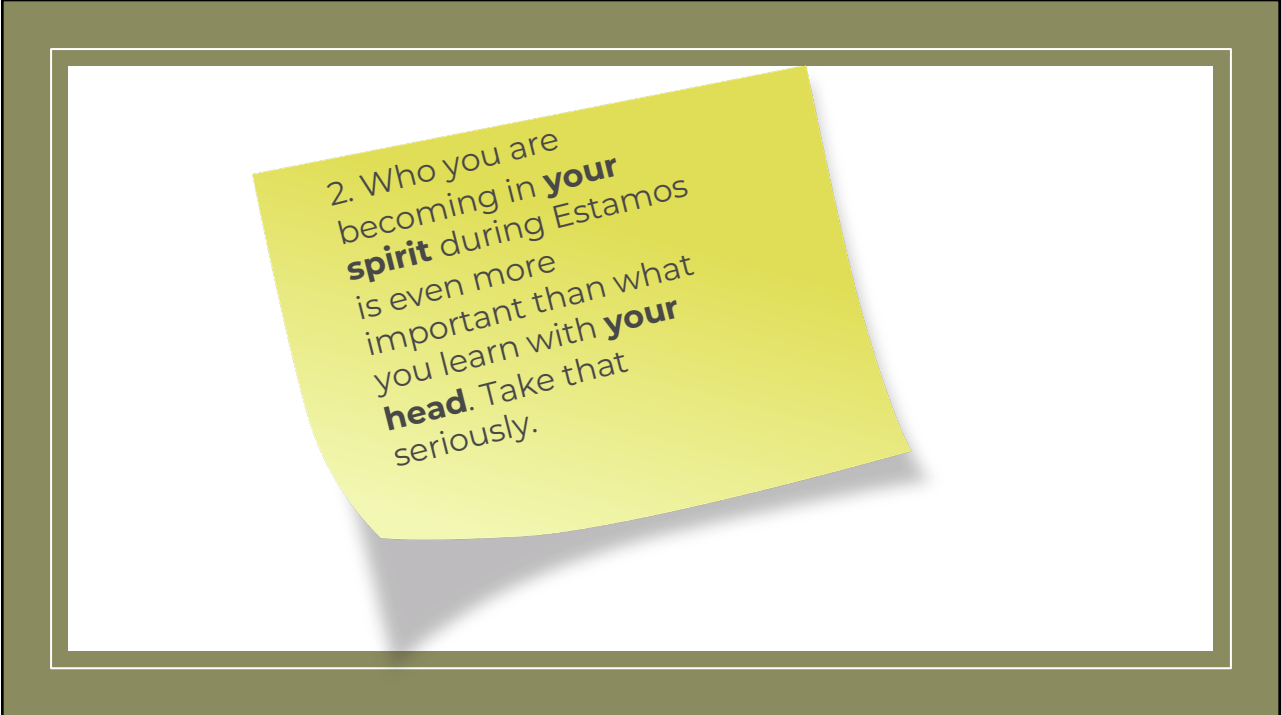
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Shame Resilience

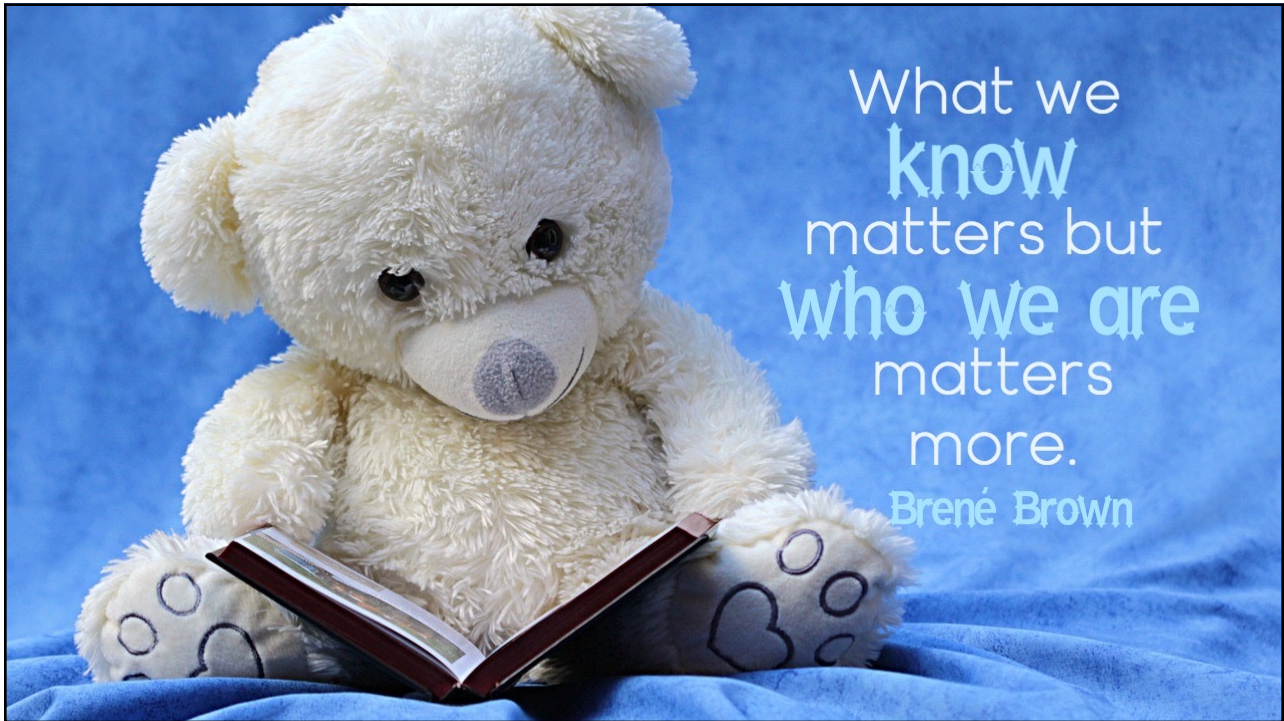
1. Recognizing Shame and understanding its triggers
2. Practicing Critical Awareness
3. Connecting: Reaching Out and In
4. Speaking Shame

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2. Who you are becoming in **your spirit** during Estamos is even more important than what you learn with **your head**. Take that seriously.

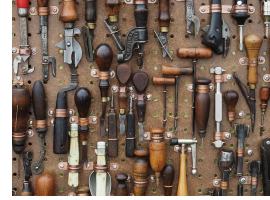
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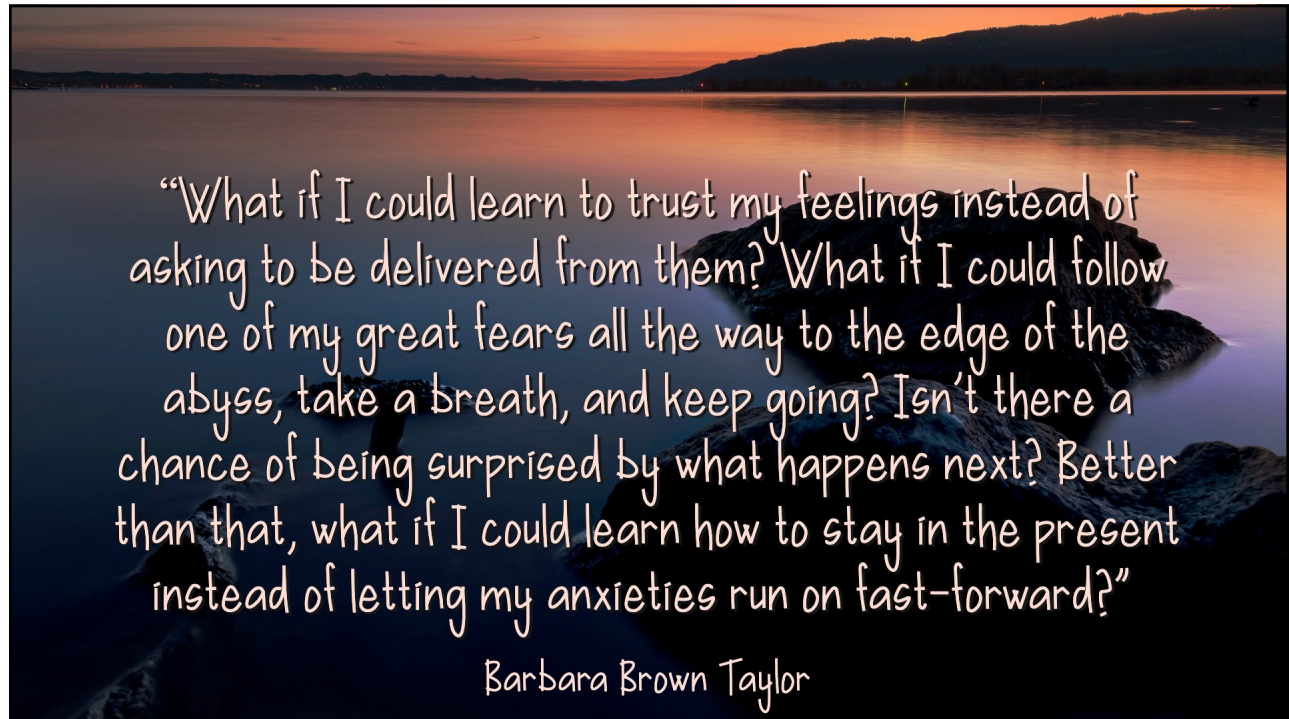
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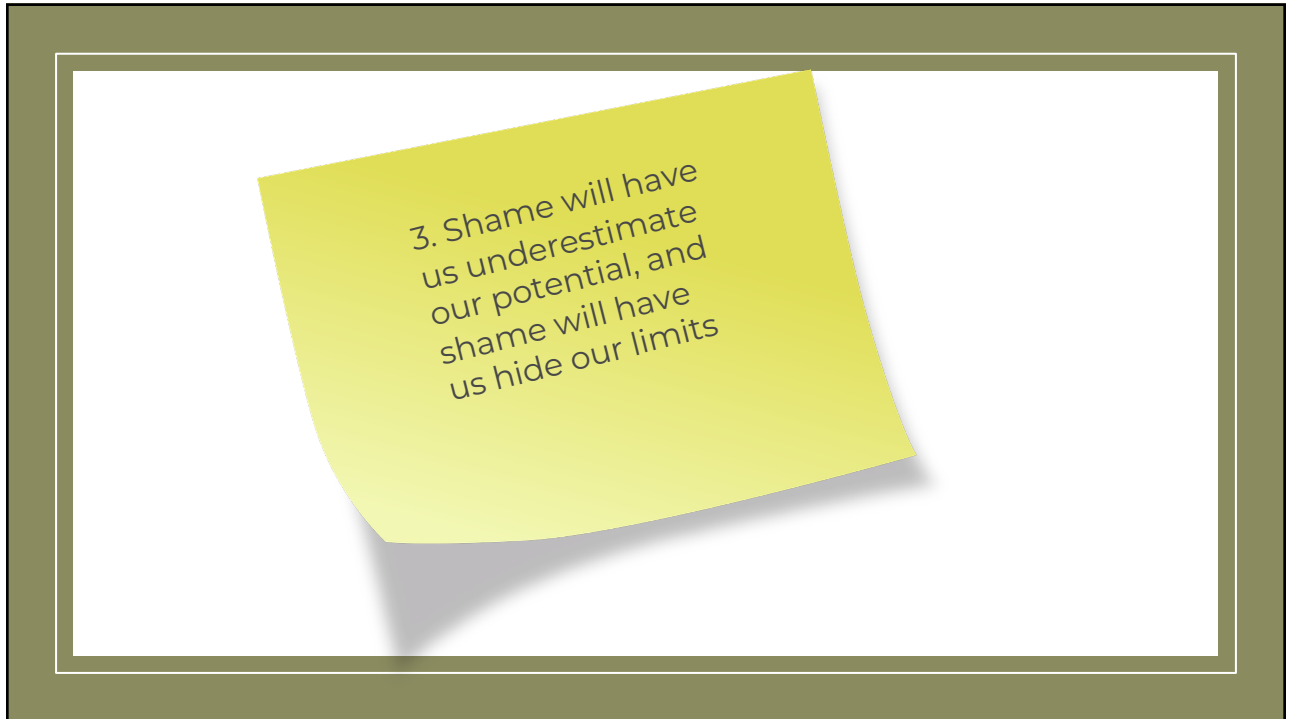
Taking care of tools

- ▶ It's important!
- ▶ The "tool" in life/ministry is you!

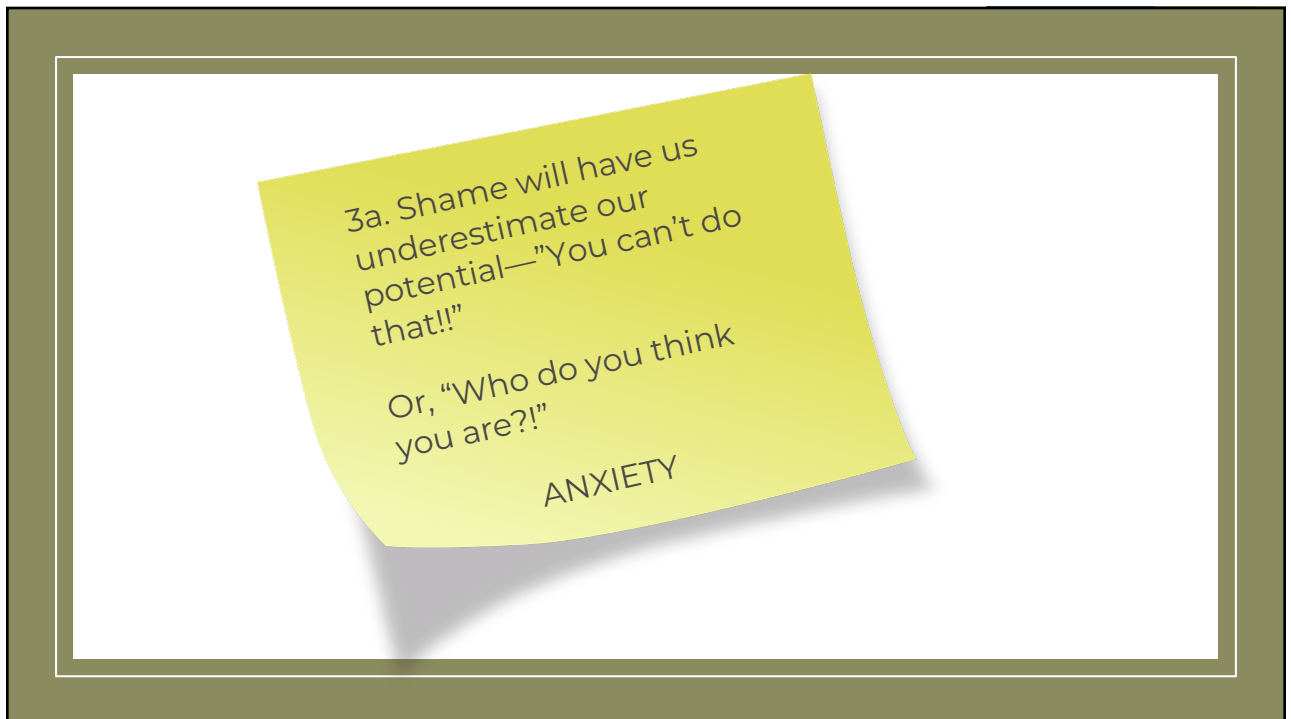
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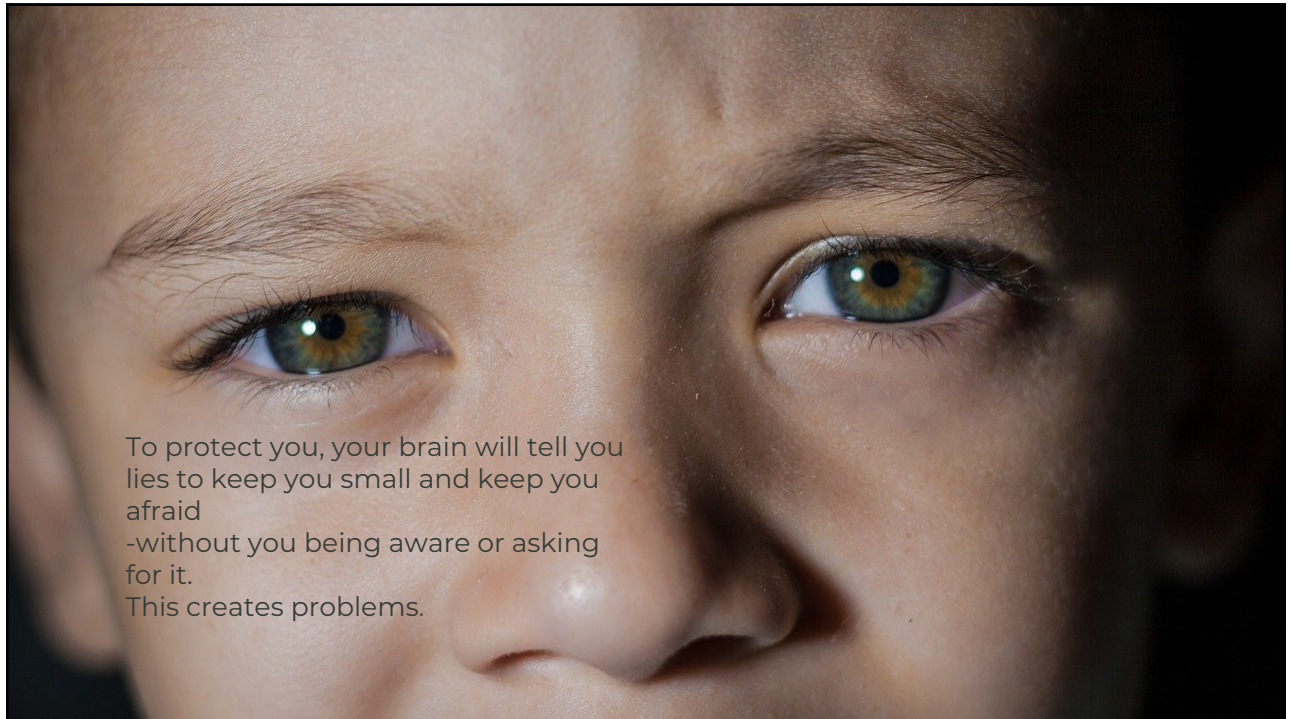
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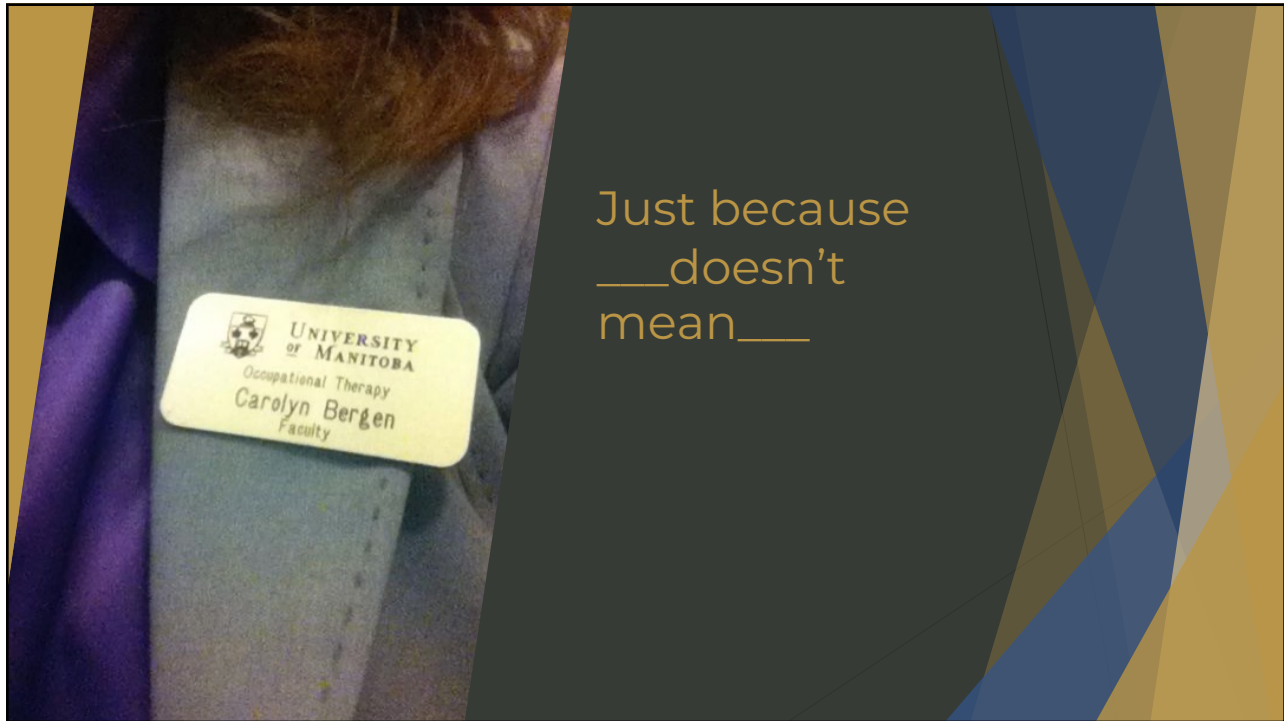
To protect you, your brain will tell you lies to keep you small and keep you afraid
-without you being aware or asking for it.
This creates problems.

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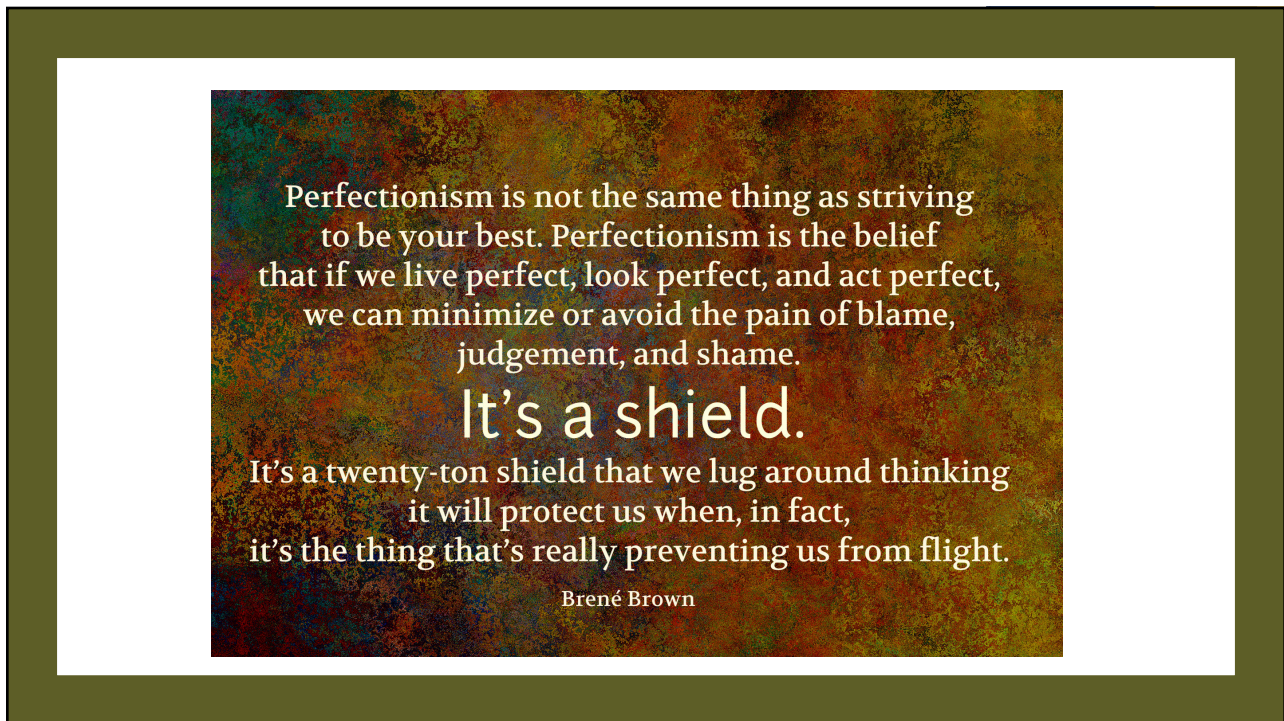


3b. Shame will have us hide our limits-
perfectionism
ANXIETY

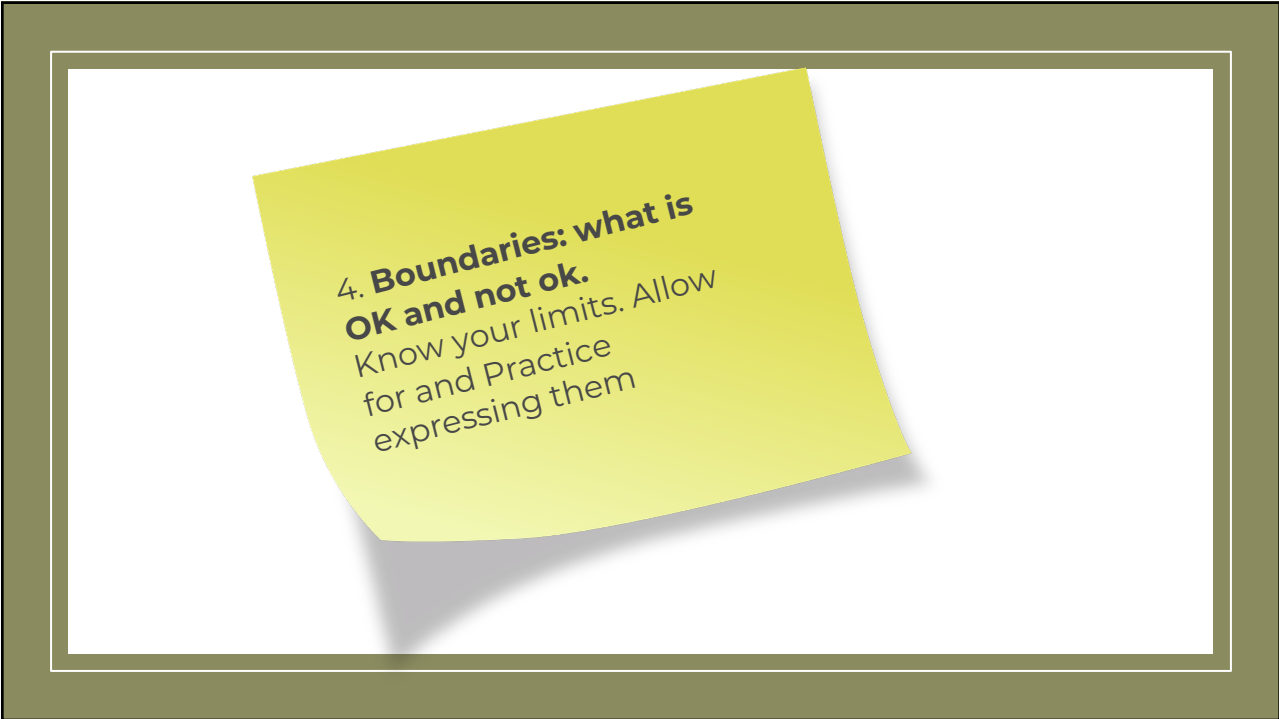
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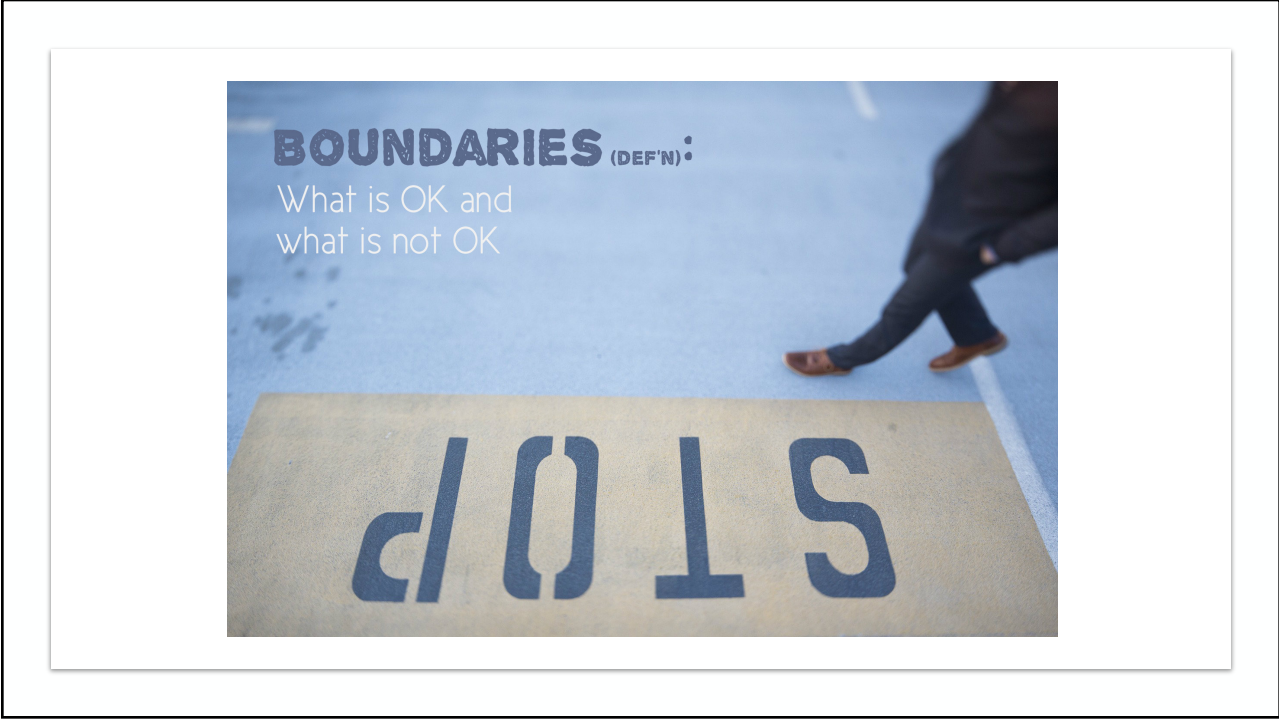
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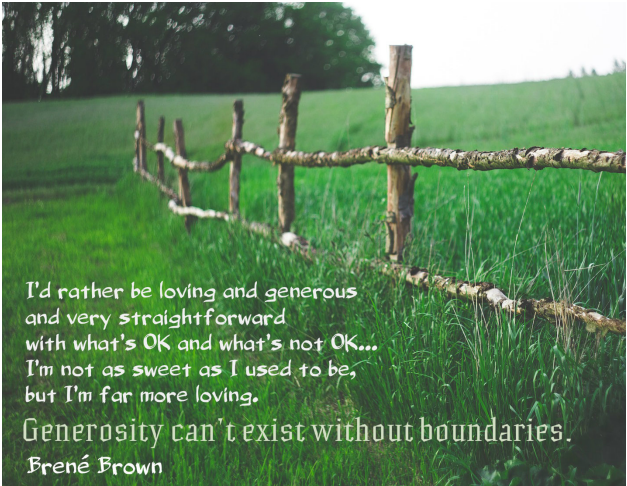
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-Vary between people and within a person
-Need to teach others what works



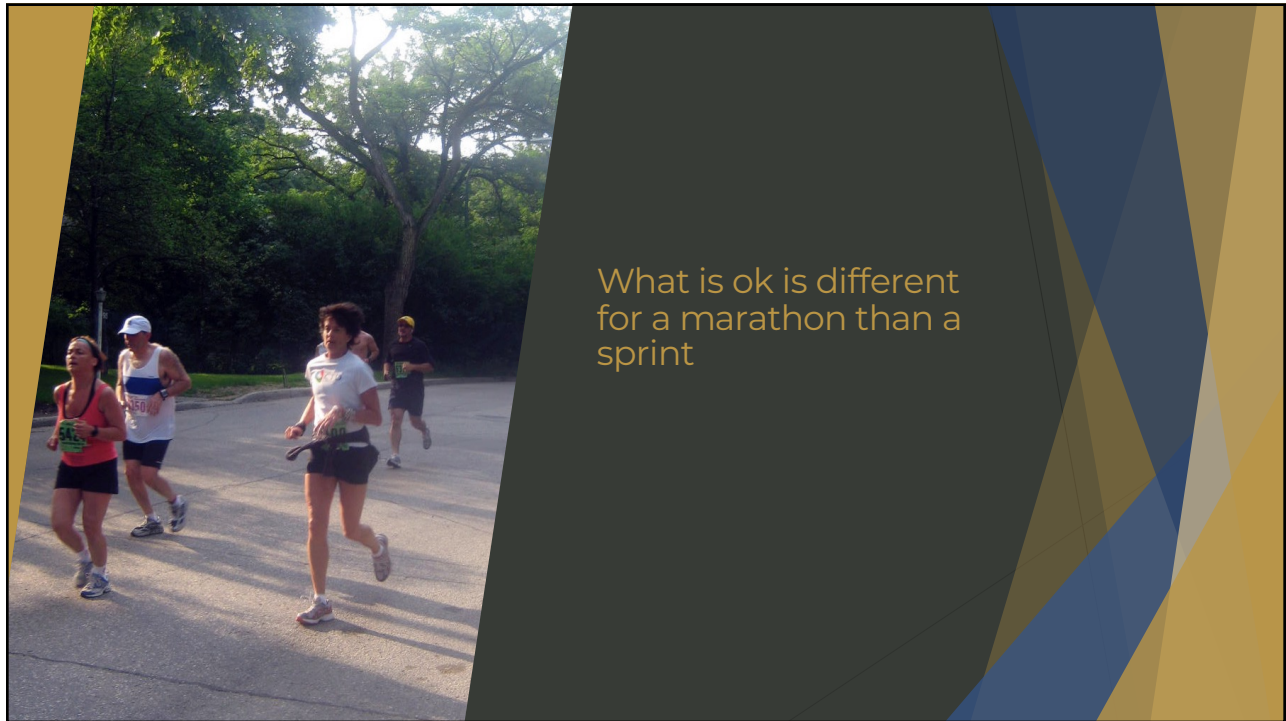
BOUNDARIES (DEFN):
What is OK and what is not OK

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I'd rather be loving and generous and very straightforward with what's OK and what's not OK... I'm not as sweet as I used to be, but I'm far more loving.
Generosity can't exist without boundaries.
Brené Brown

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What is ok is different for a marathon than a sprint

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Strong back, soft heart-with boundaries

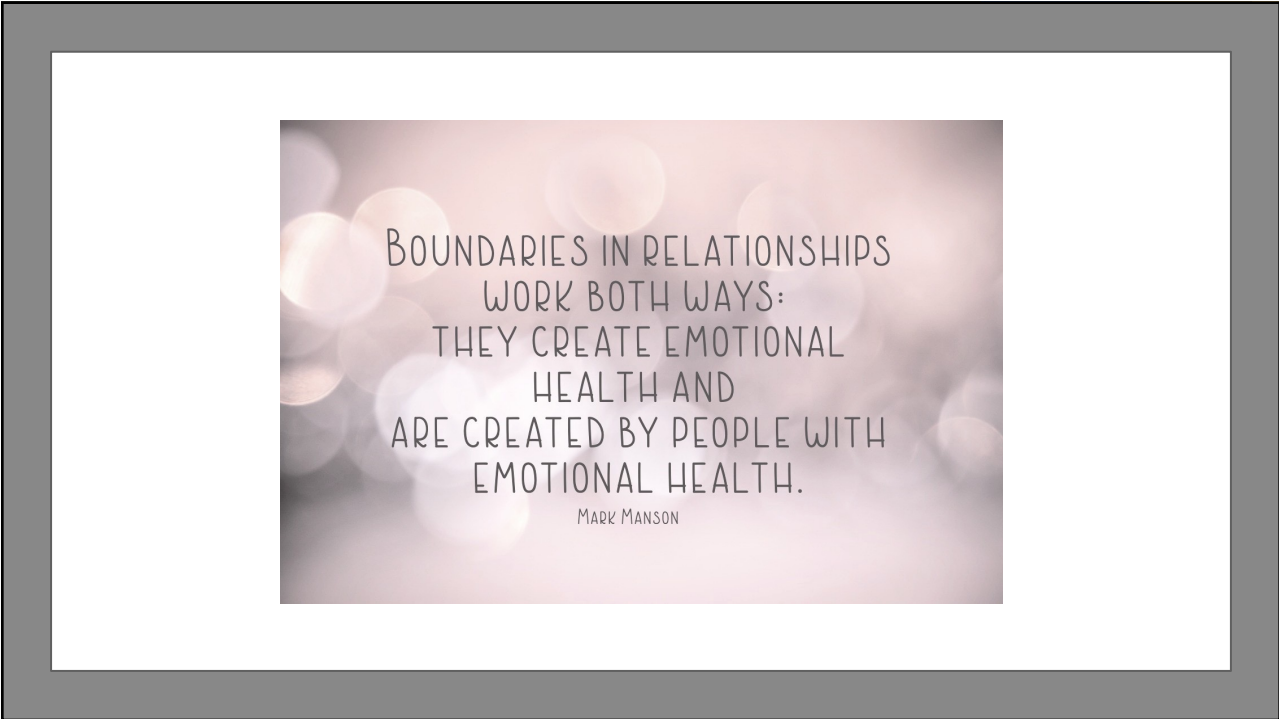
BIG: Boundaries, Integrity, Generosity

- ▶ “That doesn’t work for me”
- ▶ “Would it might help for you to know here is how I work...”
- ▶ “Can you tell me more about why that makes sense for you and then I can you tell you why...”



Hypothesis of Generosity:
The most generous assumption you can make about this person's intentions or what this person said

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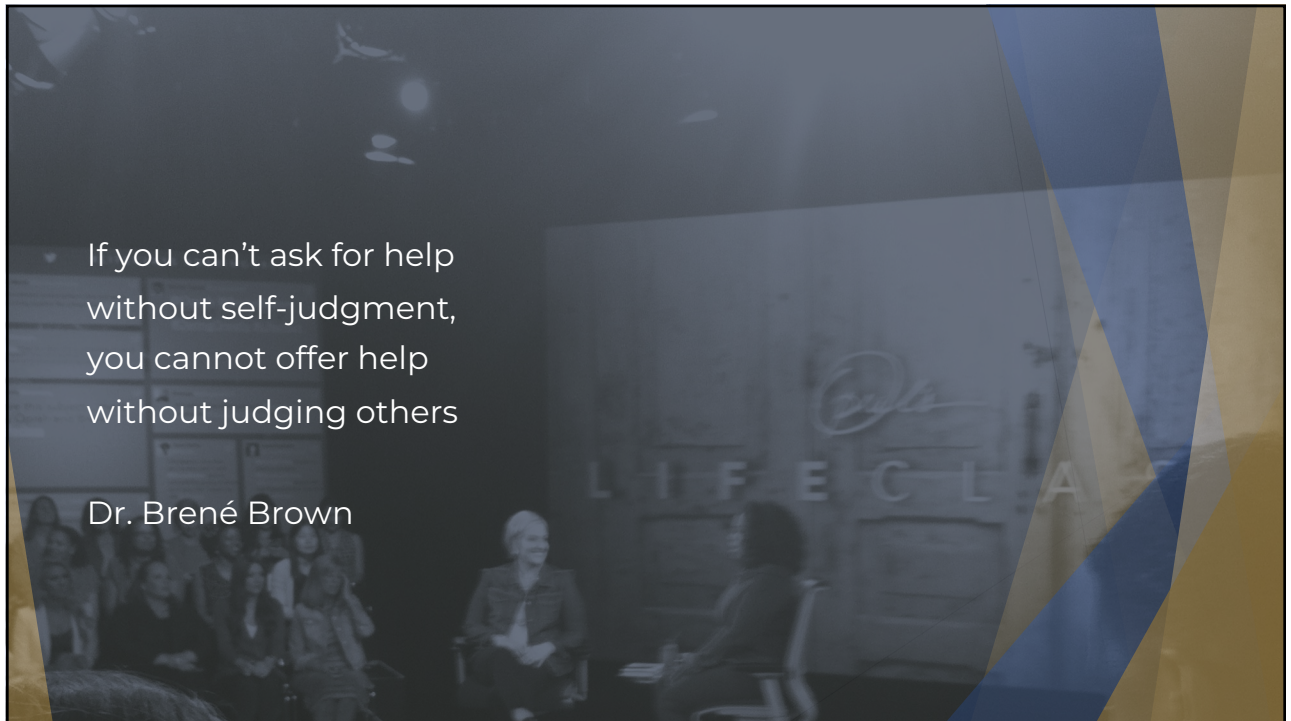
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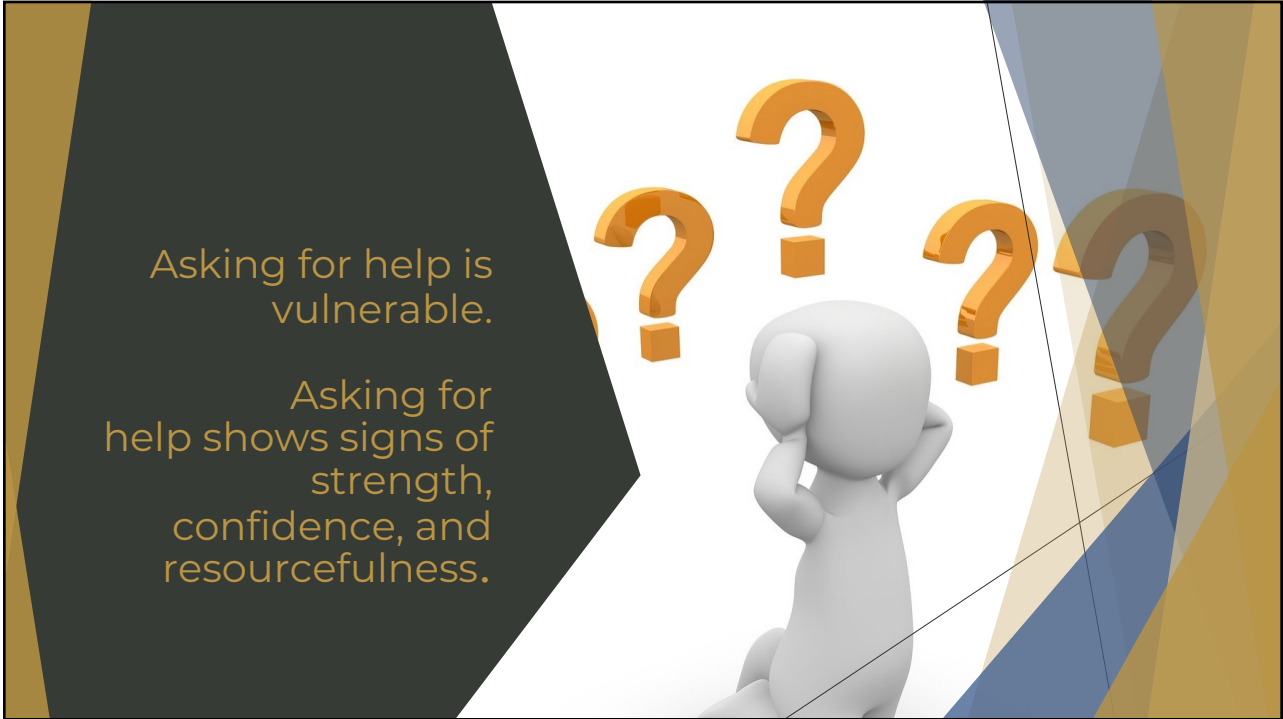
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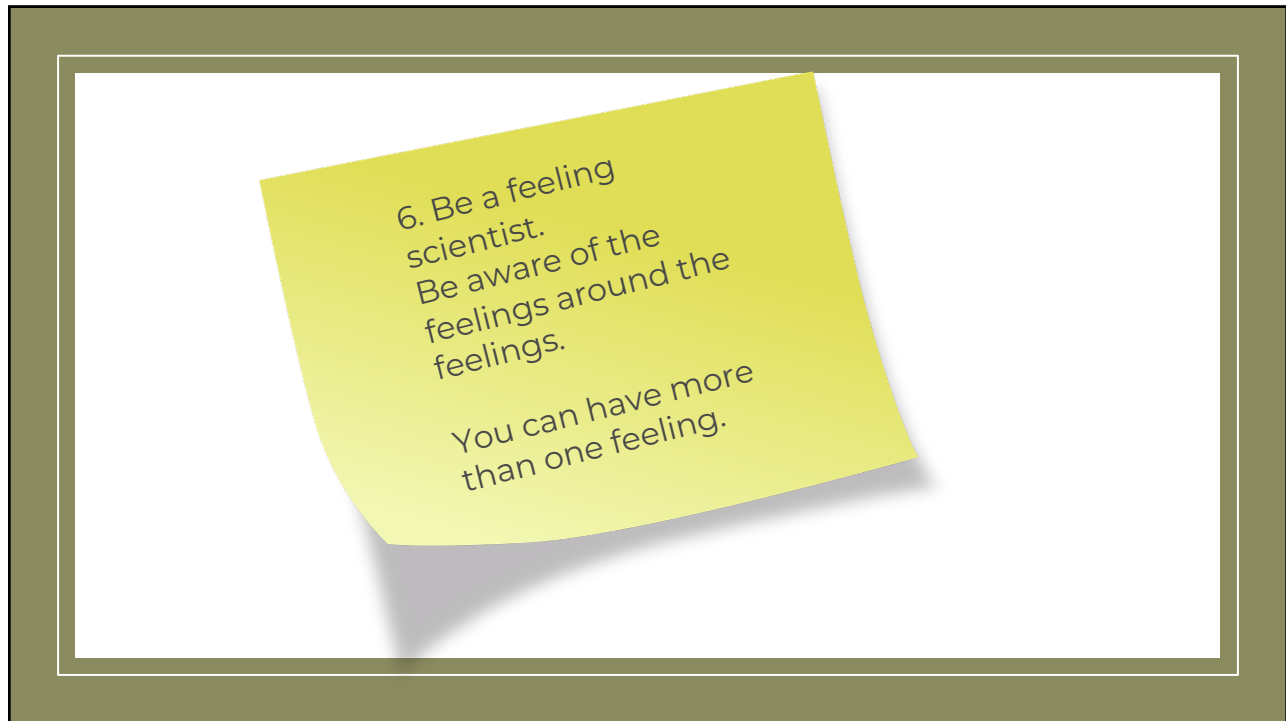
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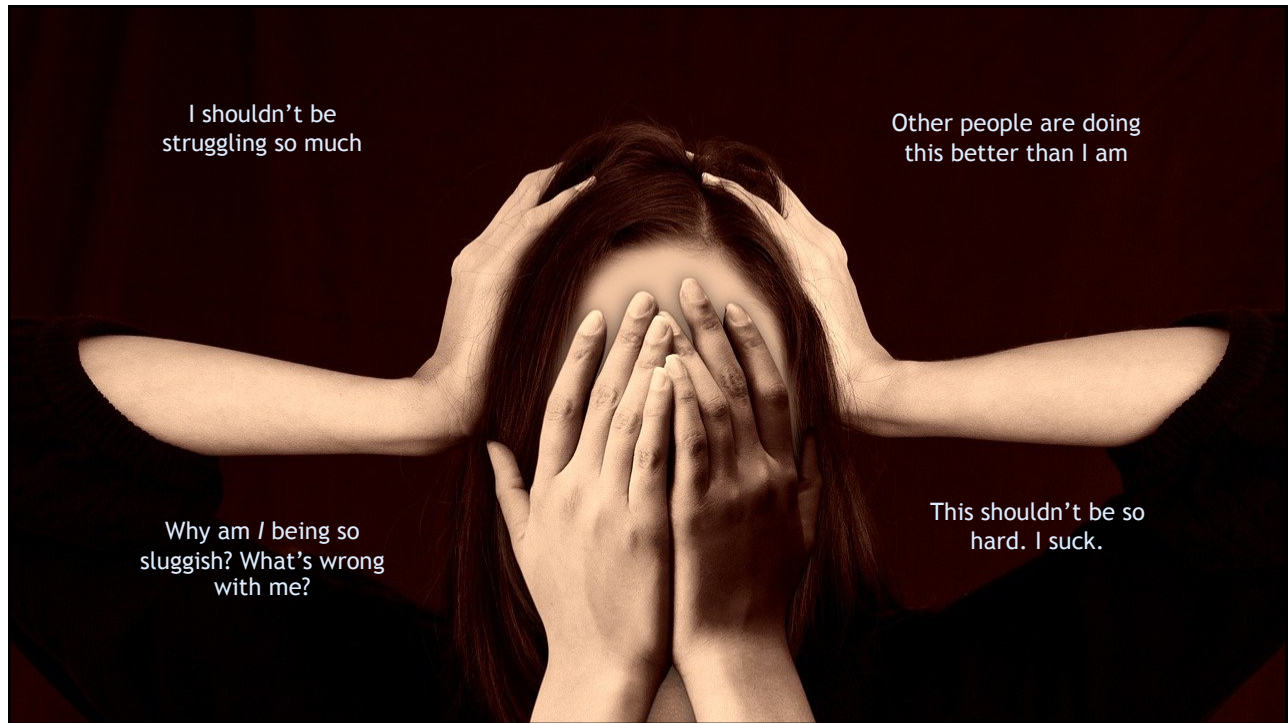
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Strive to become emotion scientists. You could be brilliant, with an IQ that Einstein would envy, but if you're unable to recognize your emotions and see how they're affecting your behavior, all that cognitive firepower won't do you as much good as you might imagine. A gifted child who doesn't have the permission to feel, along with the vocabulary to express those feelings and the ability to understand them, won't be able to manage complicated emotions around friendships and academics, limiting his or her potential.

Marc Brackett from his book, *Permission to Feel*



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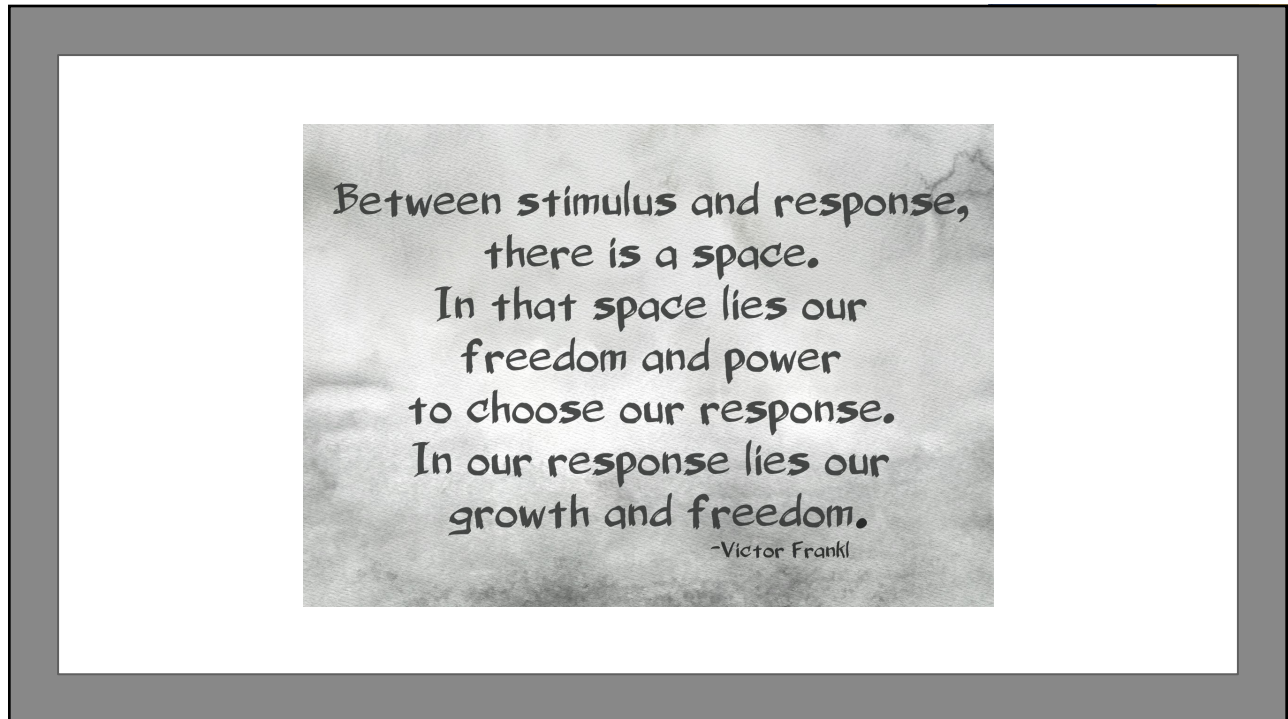
I shouldn't be struggling so much

Other people are doing this better than I am

Why am I being so sluggish? What's wrong with me?

This shouldn't be so hard. I suck.

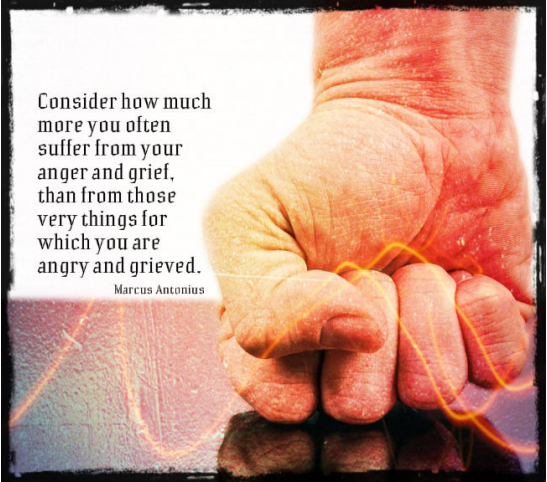
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Between stimulus and response,
there is a space.
In that space lies our
freedom and power
to choose our response.
In our response lies our
growth and freedom.

-Victor Frankl

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Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.

Marcus Antonius

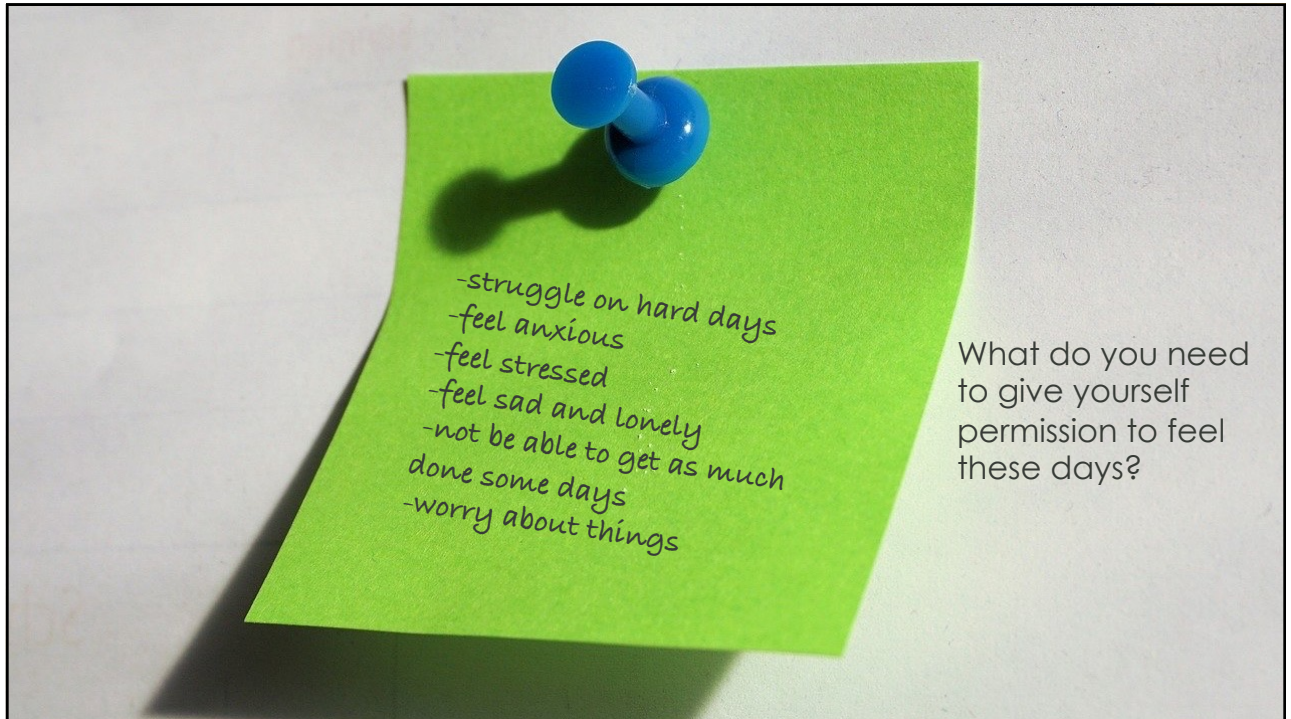
Permission to feel the feelings

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The left photograph shows a young boy with a bowl cut, wearing a red and white striped shirt, sitting at a wooden table with a large, decorated cake in front of him. The right photograph shows the same boy, now wearing a blue denim jacket, sitting next to another child who is holding a wrapped gift. They are in a room decorated for Christmas, with a tree and stockings visible in the background.

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- struggle on hard days
- feel anxious
- feel stressed
- feel sad and lonely
- not be able to get as much done some days
- worry about things

What do you need to give yourself permission to feel these days?

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You can feel more than one feeling at once—and it's good to hold space for that.

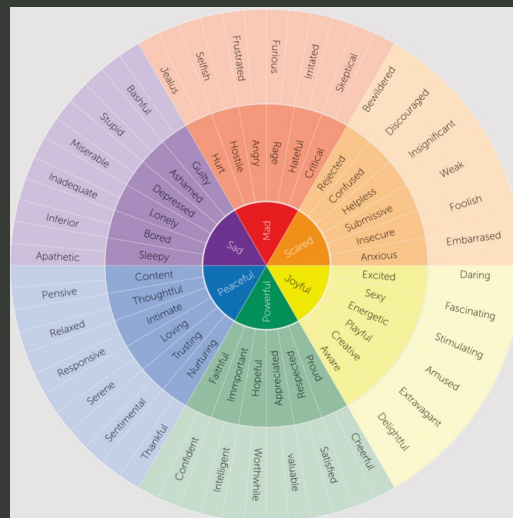
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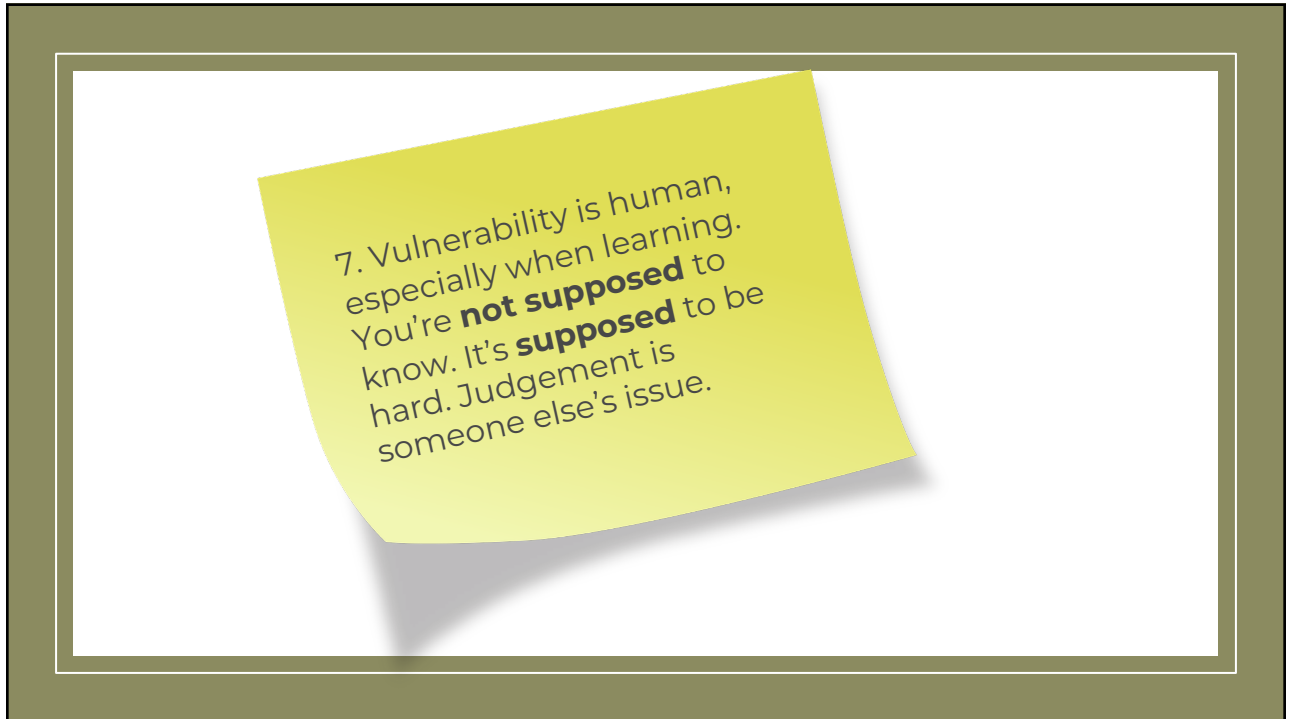
Emotion is data, not a directive.
Emotion is information, not instructions

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Emotional Literacy is hard and requires time and resourcing to learn



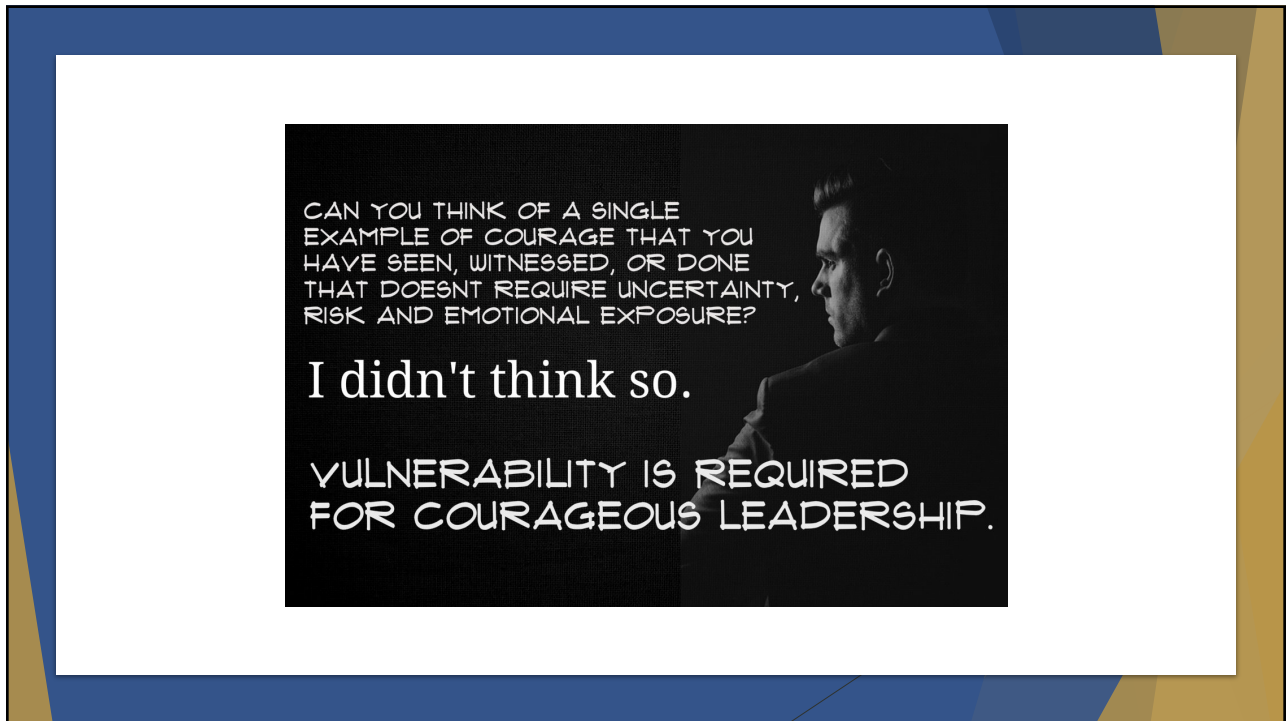
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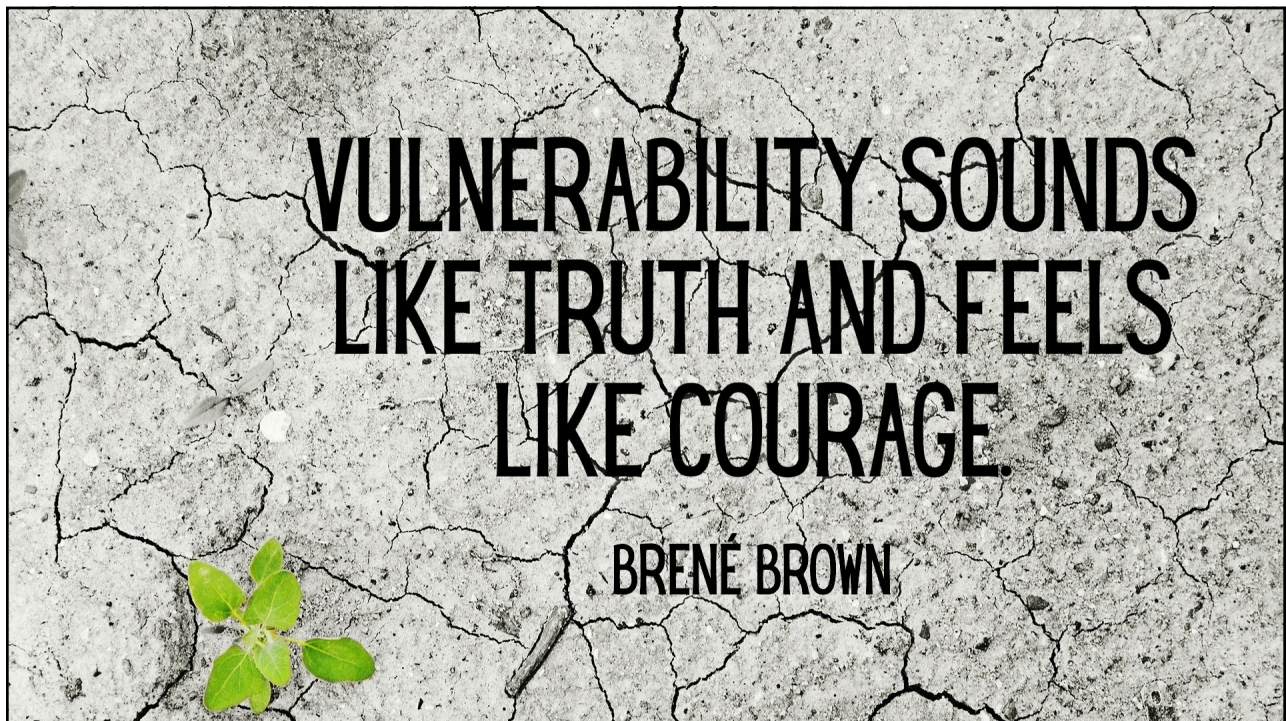
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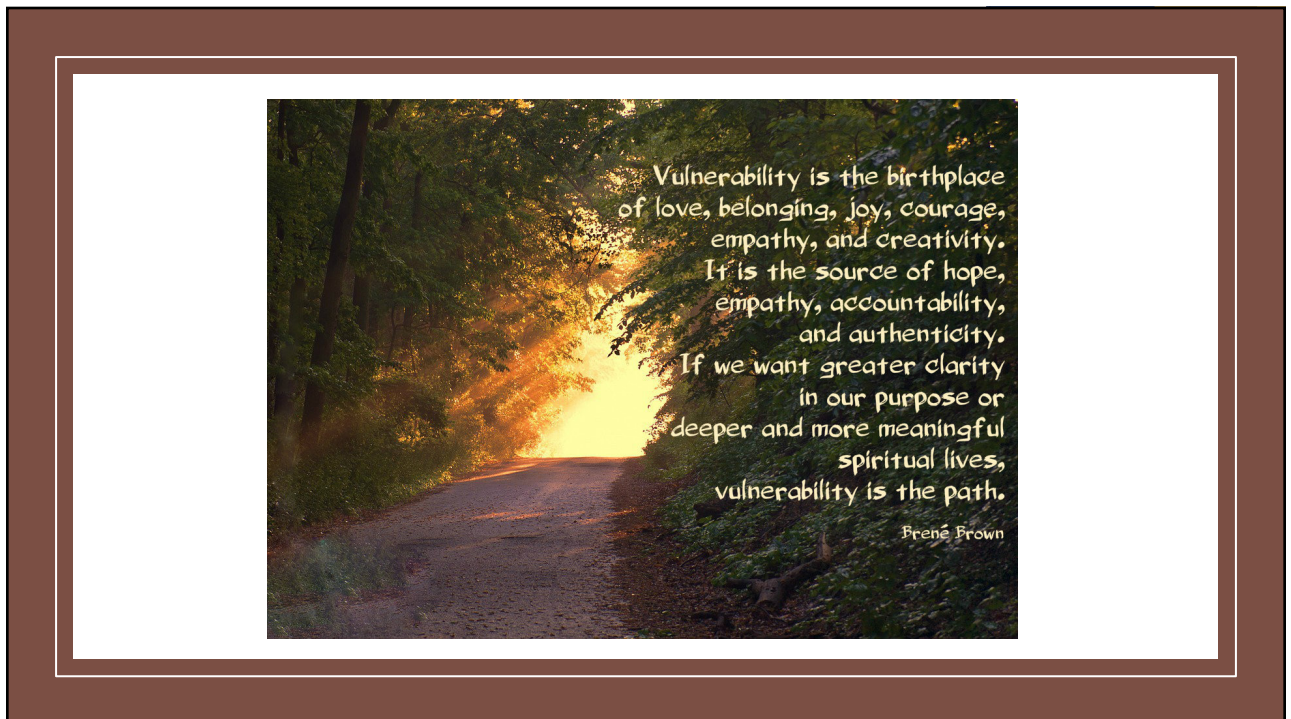
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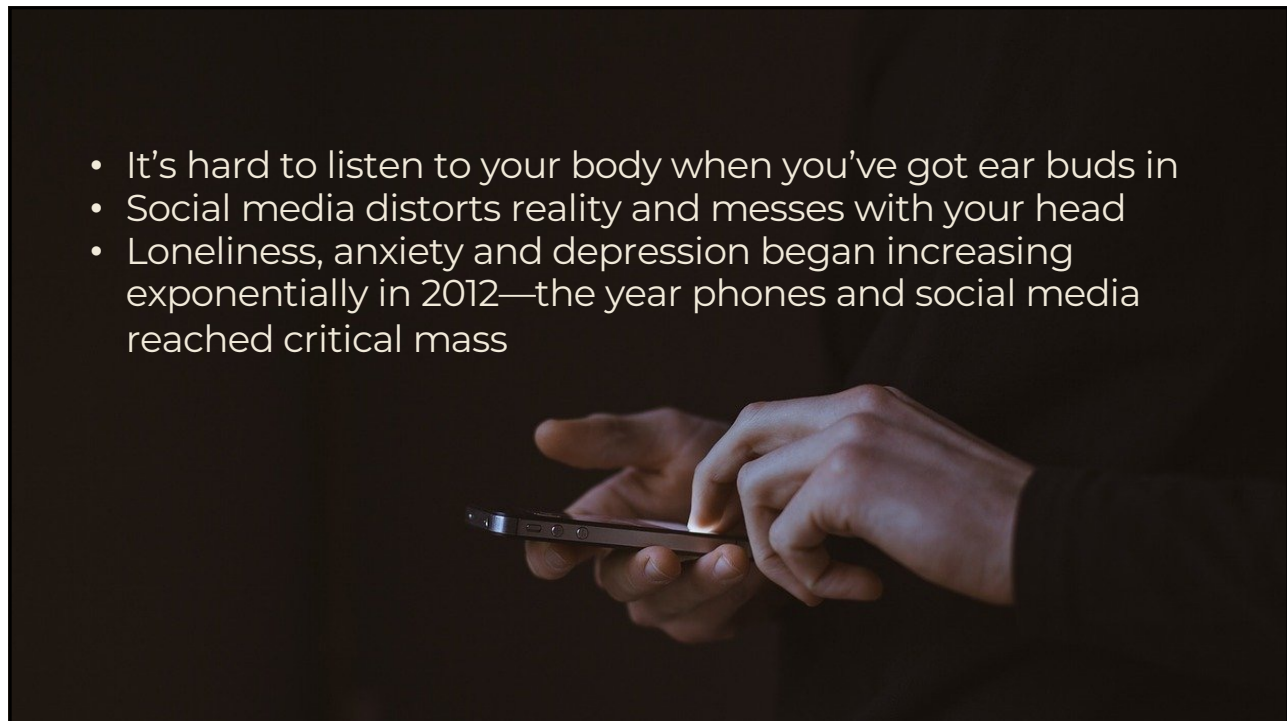
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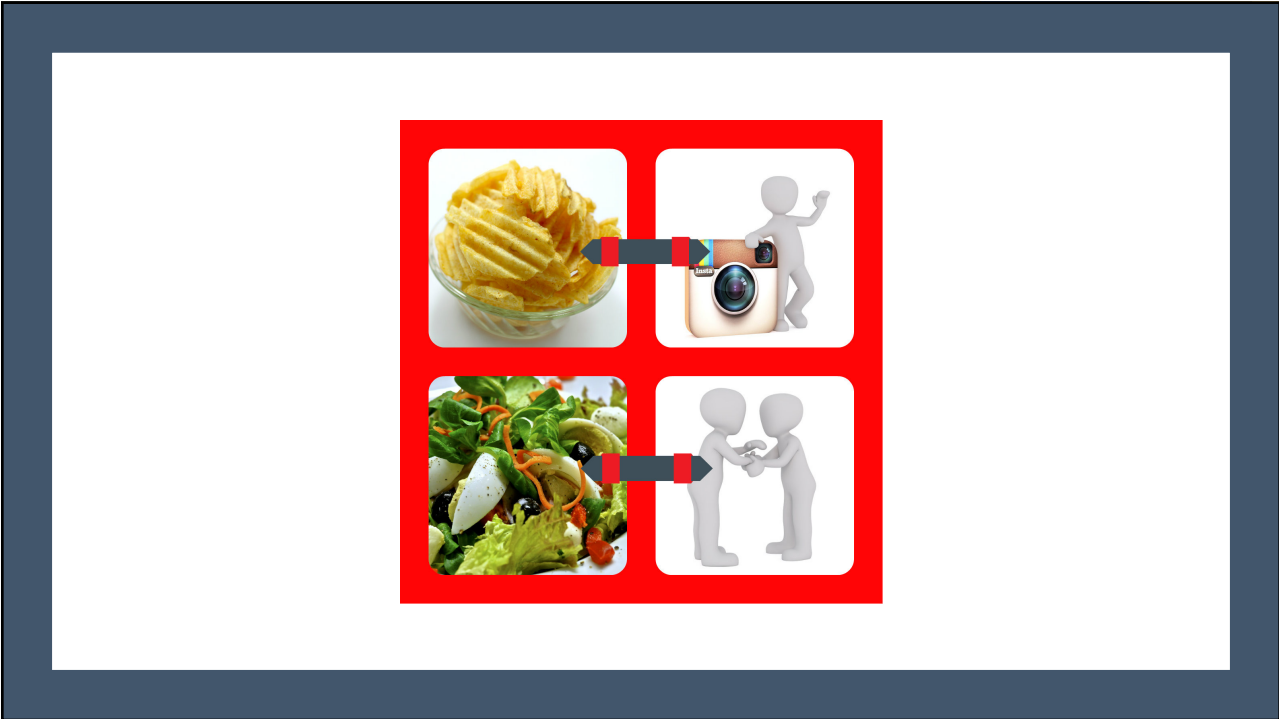
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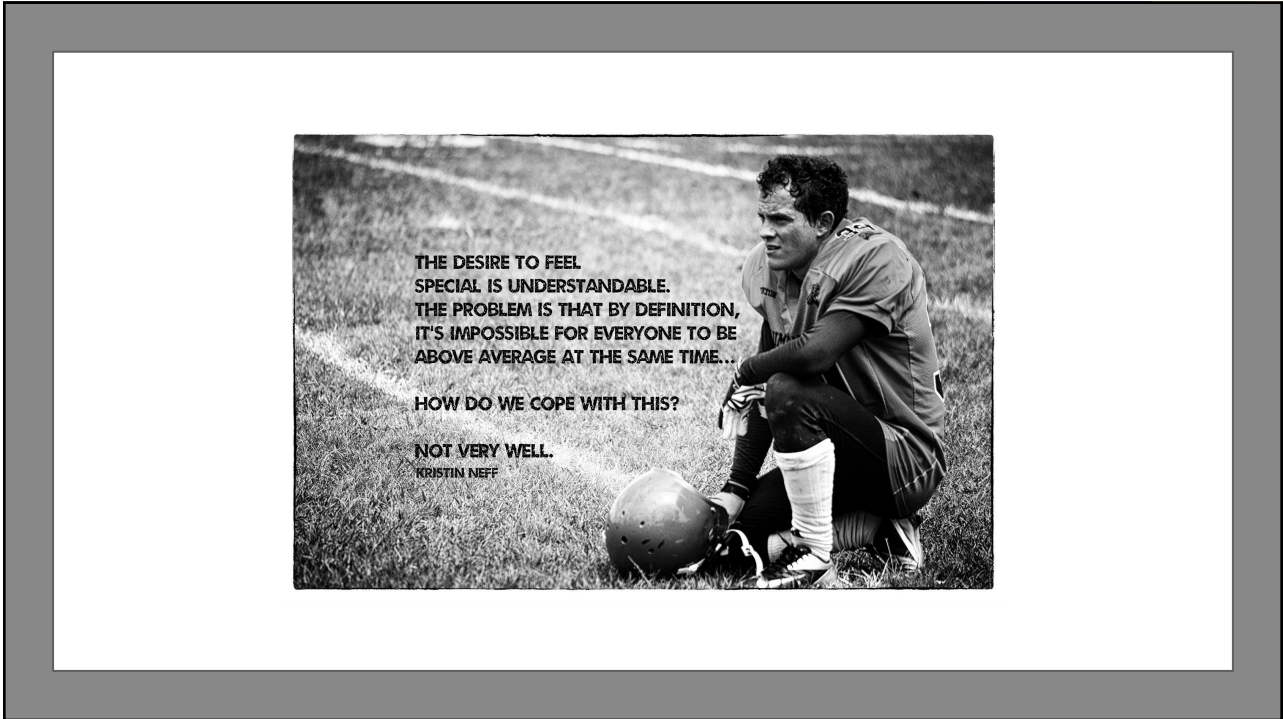
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10. Cultural issues matter—
and the dominant culture
doesn't look for them and
therefore doesn't
understand them—unless
they are pointed out.
Trauma matters too—but
people can't tell. You can
teach people.

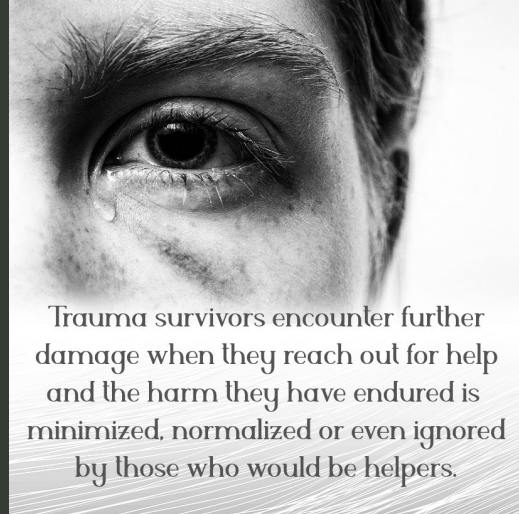
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- ▶ Gender, trauma, culture, language, sexual orientation all matter and change perspective.
- ▶ You might be surprised by a positive reaction when the other is delighted to learn
- ▶ You might meet defensiveness or denial.
 - ▶ This won't be fair or kind.
 - ▶ I'm sorry

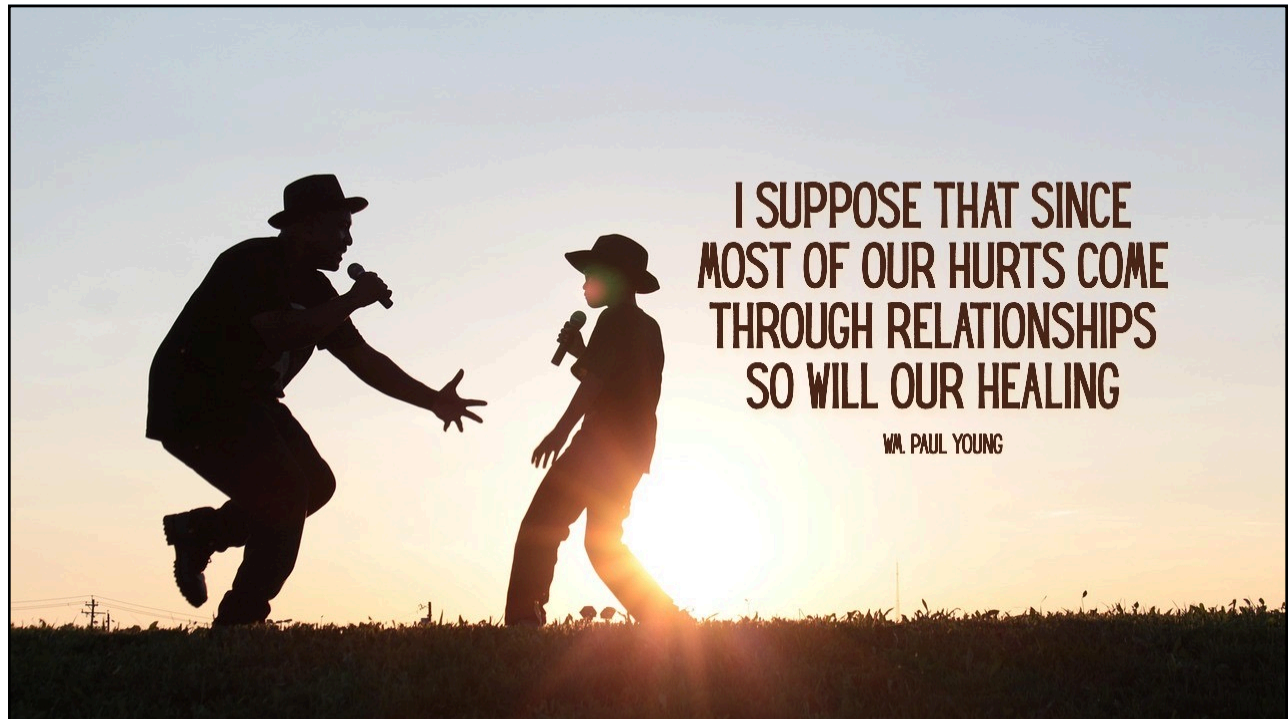
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- ▶ Trauma matters too
- ▶ Triggers don't make sense for other people
- ▶ They don't need to know "what". They need to know "what now"



Trauma survivors encounter further damage when they reach out for help and the harm they have endured is minimized, normalized or even ignored by those who would be helpers.

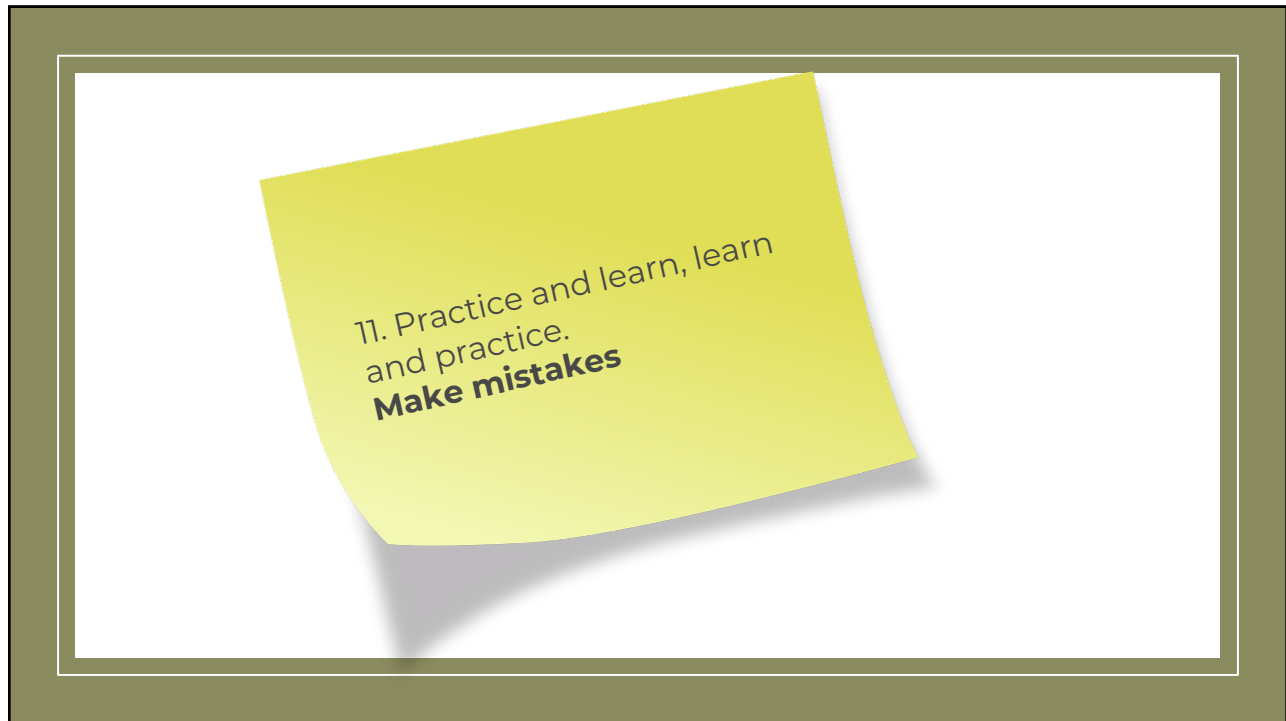
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**I SUPPOSE THAT SINCE
MOST OF OUR HURTS COME
THROUGH RELATIONSHIPS
SO WILL OUR HEALING**

WM. PAUL YOUNG

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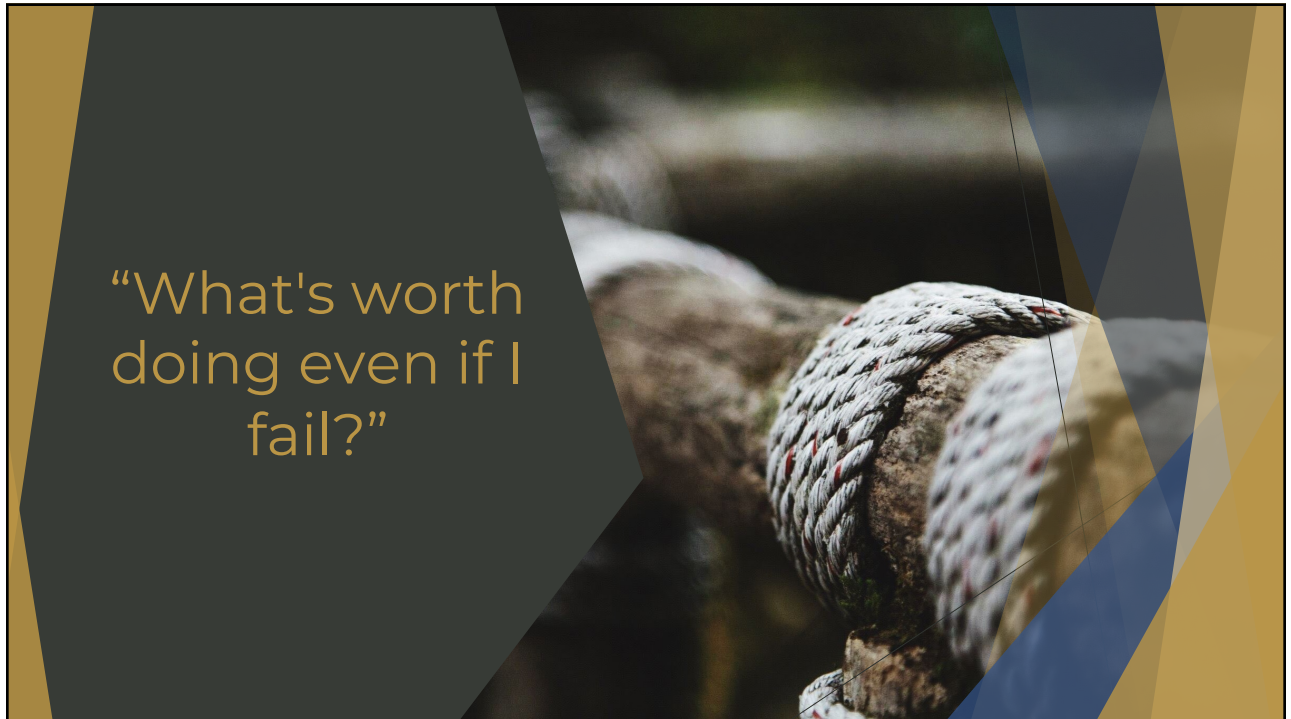


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The graphic features a dark background with abstract geometric shapes in shades of blue and gold. On the left, there is a gold triangle with a black 'X' inside, resembling a warning sign. To the right, a dark blue area contains a list of two points, each preceded by a gold triangle bullet point.

- ▶ You will remember more about what NOT to do than what TO do
- ▶ Failing forward is awesome!

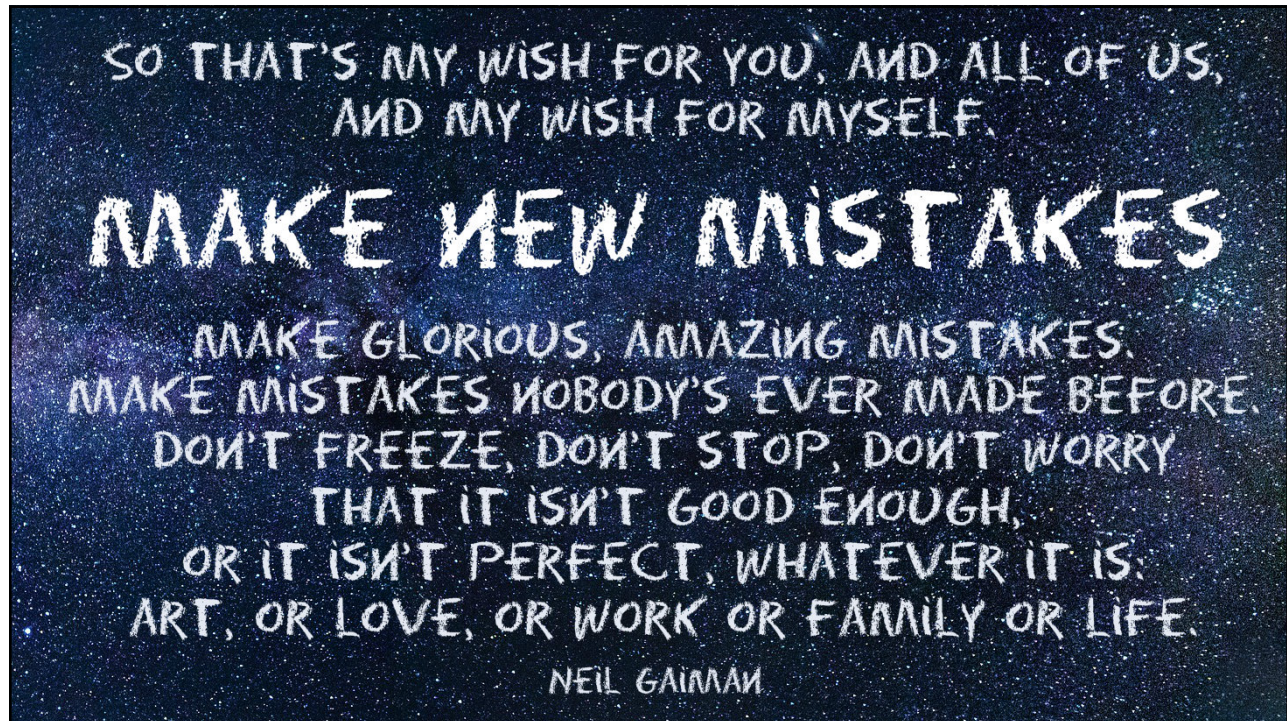
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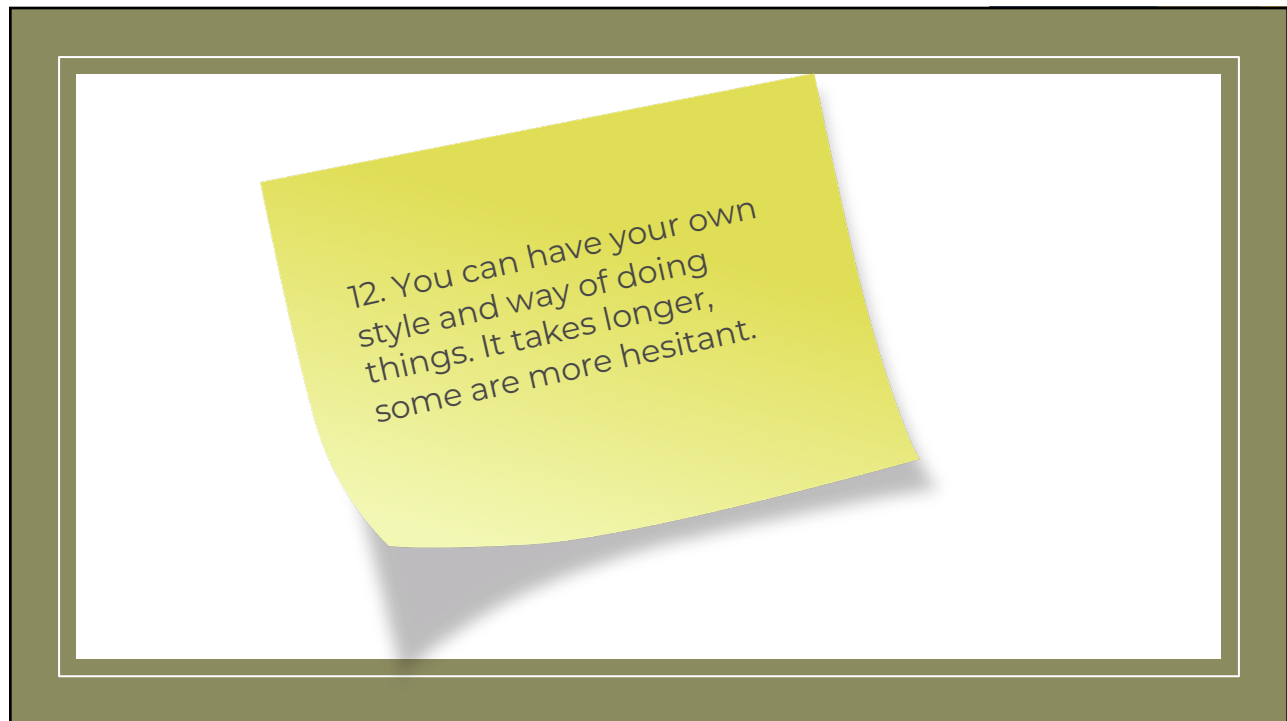
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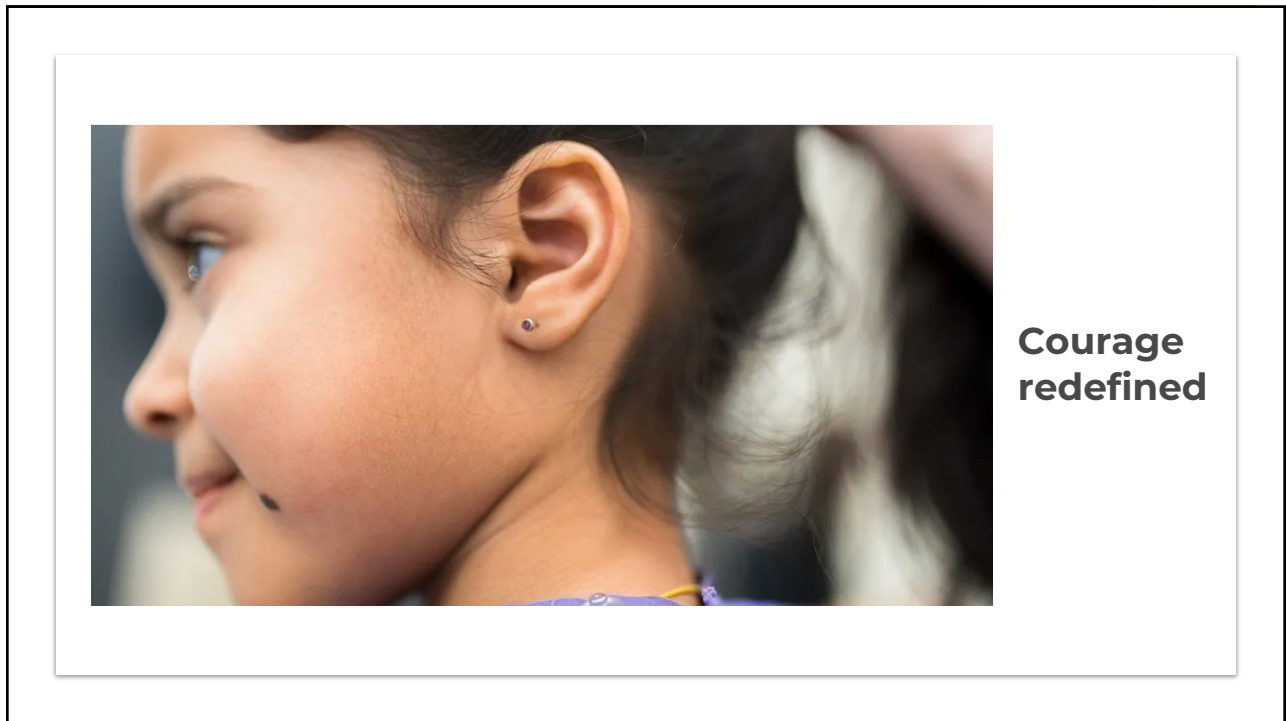
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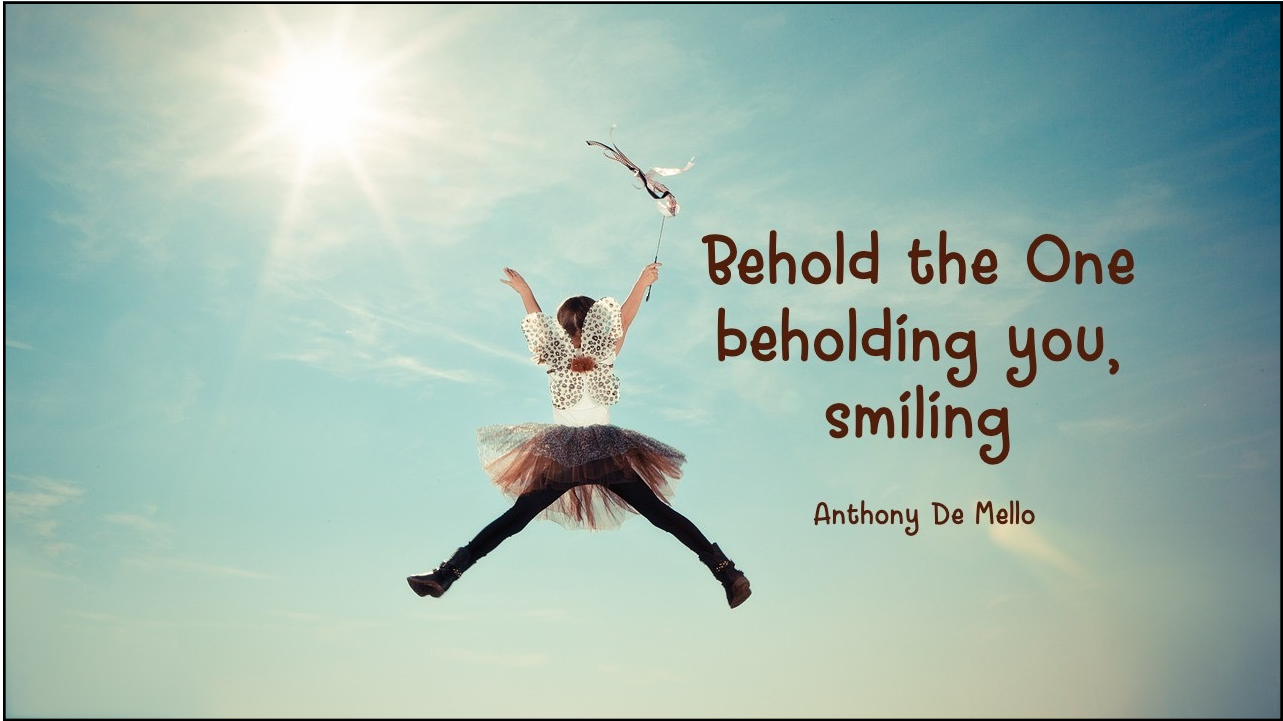
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Your time during Estamos is a relationship between you and your environment/school/host family

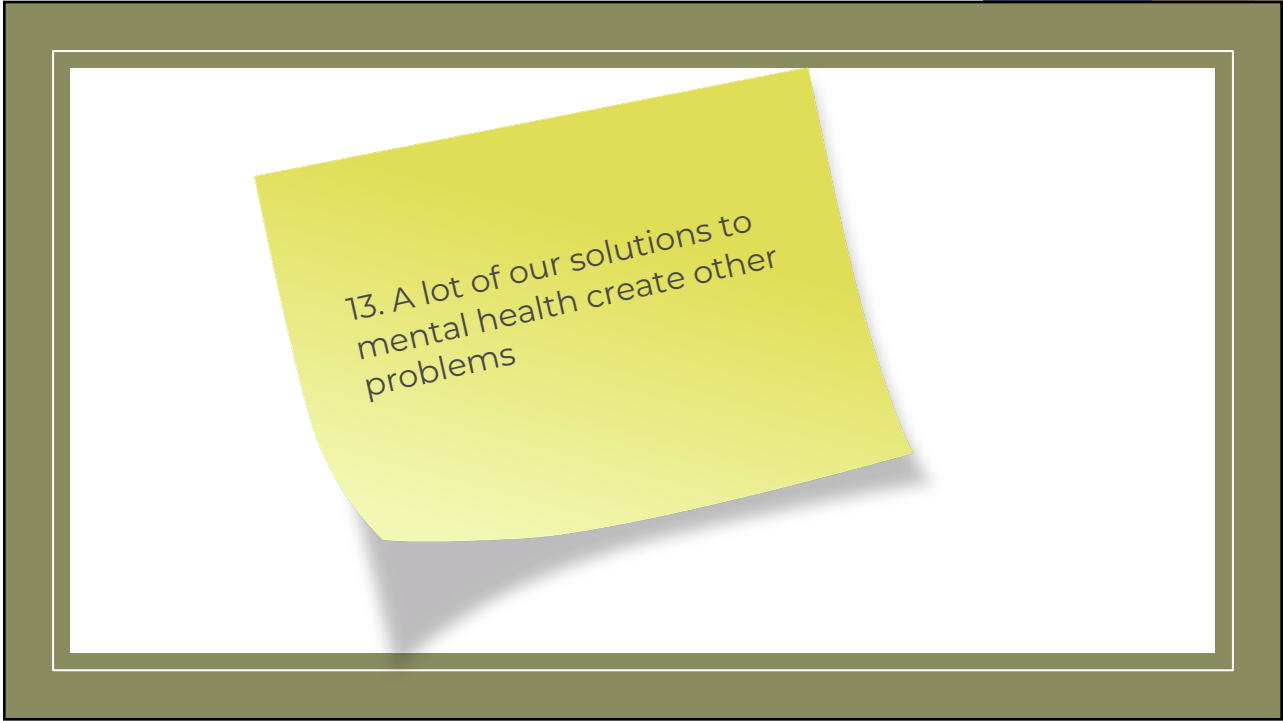
- ▶ Available
- ▶ Responsive
- ▶ Engaged

ARE you living out loud?

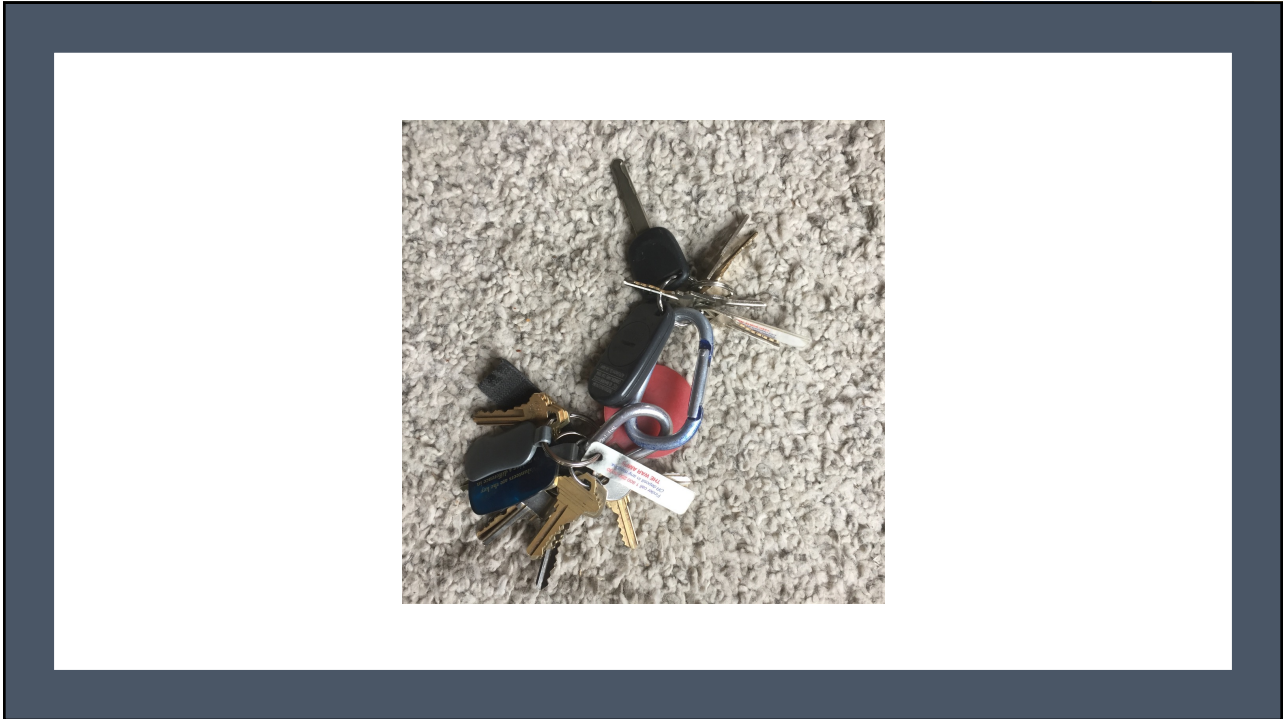
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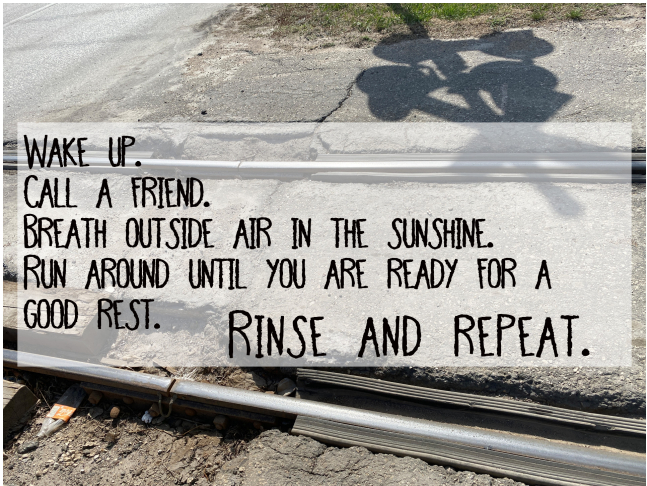
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WAKE UP.
CALL A FRIEND.
BREATH OUTSIDE AIR IN THE SUNSHINE.
RUN AROUND UNTIL YOU ARE READY FOR A
GOOD REST. RINSE AND REPEAT.

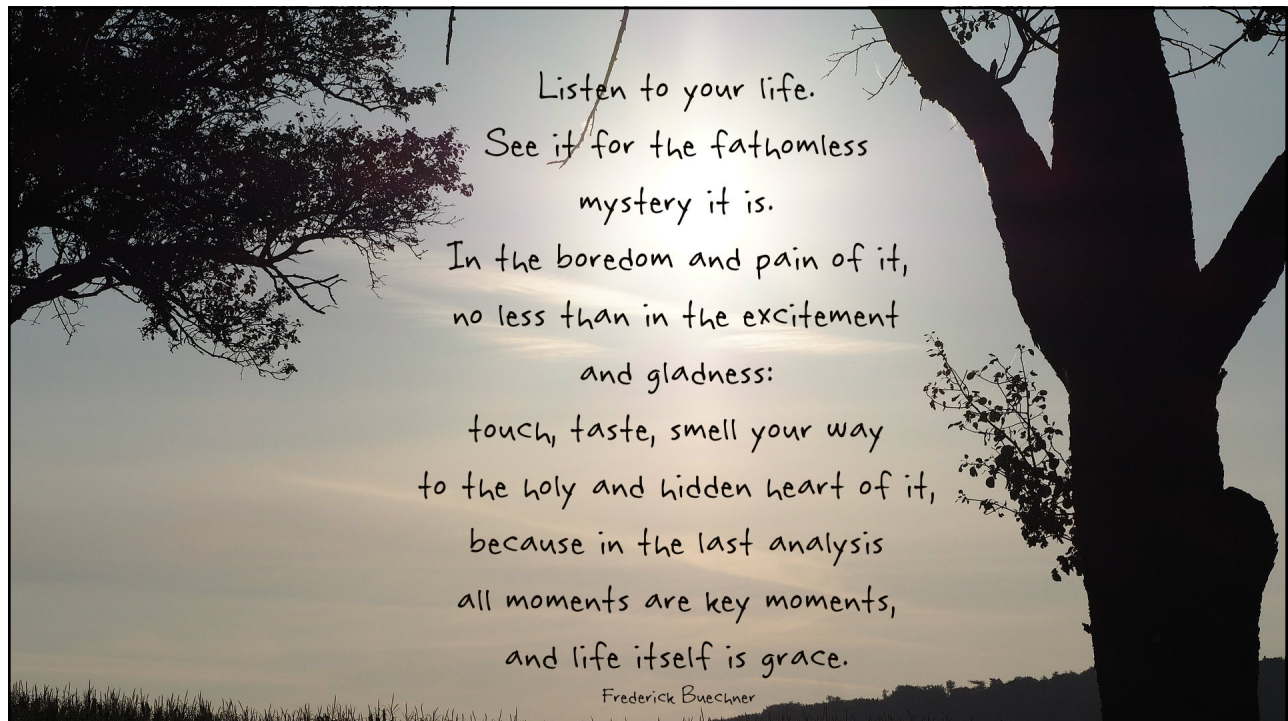
Know the natural anti-depressants and natural anxiety reducers.

And that they don't come naturally.

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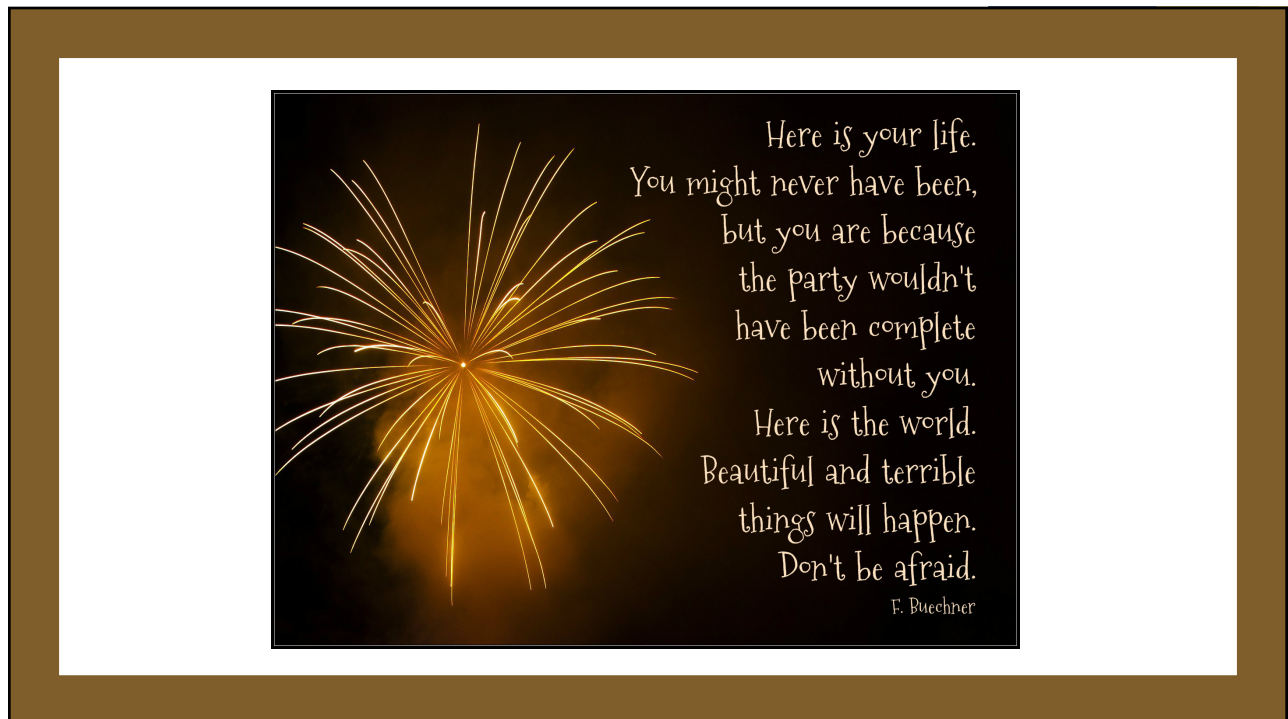
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1. To feel shame is to be human—it is not a mental illness. Not knowing how to move through shame can create mental illness.
2. Who you are becoming in your spirit during Estamos is even more important than what you learn with your head. Take that seriously.
3. Shame will have us underestimate our potential, and shame will have us hide our limits
4. Boundaries: what is OK and not ok. Know your limits. Life is a marathon, not a sprint.
5. Ask for Help
6. Be a feeling scientist. Be aware of the feelings around the feelings. You can have more than one feeling.
7. Vulnerability is human, especially when learning. You're not supposed to know. It's supposed to be hard. Judgement is someone else's issue.
8. Listen to your body.
9. Be self-compassionate.
10. Cultural issues matter—and the dominant culture doesn't look for them and therefore doesn't understand them—unless they are pointed out. Trauma matters too—but people can't tell. You can teach people.
11. Practice and learn, learn and practice. Make mistakes.
12. You can have your own style and way of doing things. It takes longer, some are more hesitant.
13. A lot of our solutions to mental health problems create other problems.

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To access slides of the presentation and related resources

Also, an opportunity to sign up for the "Wired for Connection" newsletter!

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