

# *Taking Care of Our Mental Health, COVID and Returning to a New Reality*



**Policy Hub**  
Scotland



*Sean Humphreys*

# Introducing myself

- Personal and professional development specialist
  - Mental Health Counsellor
  - Coach
  - Counselling Practice Supervisor
  - Design, write and deliver training courses
  - Consulting on mental health practice
  - UK and international WGI Faculty Member
  - EART Faculty Member
- I take a psycho social and holistic approach to our mental health



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[www.nowcounselling.org.uk](http://www.nowcounselling.org.uk)

# Learning Outcomes

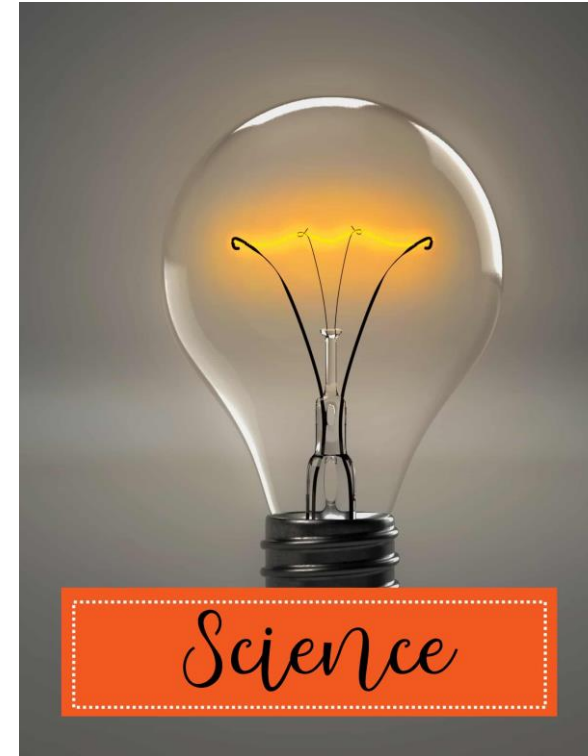


- Develop your understanding of your own mental health
- Learn how to implement self care strategies to you working life
- Learn the importance of mental health conversations in your workplace
- Learn how to promote collective self care at work
- Develop knowledge and strategies to help self, and others, holistically

# My influences

Attachment theory and trauma (various)  
Choice Theory Psychology (William Glasser)  
Person Centred Therapy (Carl Rogers)  
Solution Focused Brief Therapy (de Shazer, Berg)  
Motivational Interviewing (Miller, Rollnick)  
The work of Gabor Mate, Boba Lojk, Suzanne Zeedyk,  
Nadine Burke Harris, Peter Levine, Steve Peters

Values and beliefs  
Lived experience



# Contents and introduction



- What is mental health?
- What do we need to find our mental health balance?
- What can we do to find our mental health balance?
- How important is our perception?
- Stress and trauma
- Self care (at work and at home)
- Self evaluation and reflections
- Practical activities
- Further ideas for self care: The power of nature and the importance of kindness and relationships, and more!
- Suggested resources