

HOW TO REGAIN FOCUS
IN A NOISY WORLD

A MENTAL HEALTH GUIDE
BY BECKY MICKLETZ
OF REMICKZ MARKETING

OH
FUDGE.

A-Okay



- I First Things First
- II Practice Presence
- III Breathe, Damnit!
- IV Relationship with Stress
- V Write it Out
- VI Feeling the Burn
- VII Taking Tech Control
- VIII That New New
- IX The Good Stuff
- X Contact

**HI, I'M BECKY YOUR
PROFESSIONAL HUMAN
BEING FOR THE HOUR.**



A VERY GOOD PLACE TO START

They say, 'health is not just about what we eat. It is also about what we think, say, and do.'

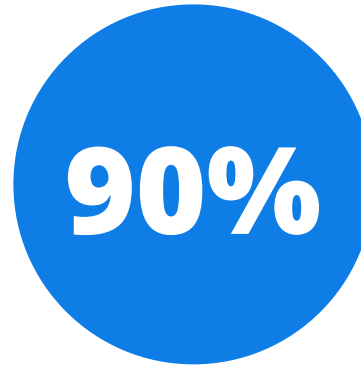
Mental health forms a significant part of our overall well-being and encompasses parts of emotional health, psychological health, and social awareness. Positive mental health lets us: Explore our inner potentials. Effectively cope with stress and adversity. Enhance work productivity and self-motivation. Create meaningful interpersonal connections at personal and professional fronts.

Positive psychology suggests that by shifting focus from illness to wellness, we can aim for a holistic improvement in our mental health. Mental health does not imply an absence of problems. It suggests the presence of robust internal resources that does not let the anomalies take a toll. While disappointments and failures are inevitable, the key to overcoming them is sharp mental faculties.

QUICK FACTS



Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.



90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.



One-half of all chronic mental illness begins by the age of 14



18.1% (42 million) of American adults live with anxiety disorders.

**all stats from the National Alliance on Mental Illness*



**CHECK YOURSELF.
BEFORE YOU WRECK YOURSELF.**

- ICE CUBE -

NOTE TO SELF

TO: *self*

DATE: *now*

NOTE:



INHALE.

EXHALE.



1. INHALE 4 SECONDS

4. HOLD 4 SECONDS

2. HOLD 4 SECONDS

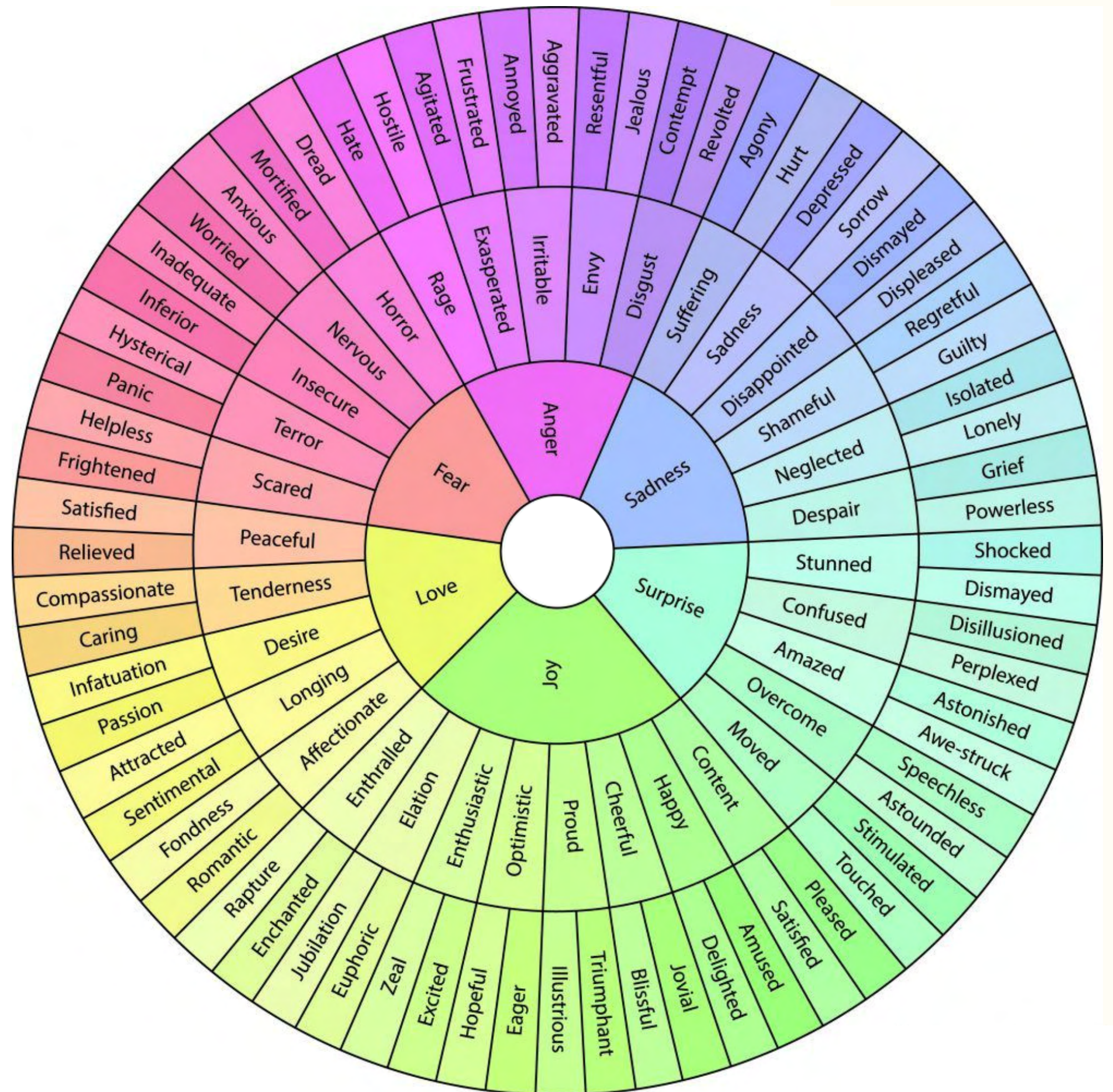
ANYTIME,
ANYWHERE
BREATHING
EXERCISE

@remickz

3. EXHALE 4 SECONDS

**HOW MANY EMOTIONS CAN
A HUMAN EXPERIENCE?**

DIFFERENT EMOTIONS





CHANGE THE NARRATIVE

WHAT IS

HAPPENING FOR ME,

NOT TO ME?

ASK YOURSELF:

What am I feeling?

What is causing this feeling?

How does my body signal to me that
my emotion is arising?
(ie: heart races, heavy breathing, etc)

What boundaries do I need?
(ie: unfollow accounts, say "no")

WRITING EXERCISE

I don't like when

_____ ,

that means I need

_____ .



GOLDEN RULES

1. LEARN TO ACKNOWLEDGE AND ATTEND TO YOUR EMOTIONS
2. BECOME CURIOUS AND PATIENT WITH YOUR EMOTIONS
3. TALK ABOUT THEM AND SHOW YOUR REAL EMOTIONS TO OTHERS
4. LEARN TO ACCEPT HAVING DIFFERENT EMOTIONS
5. CHANGE YOUR EMOTIONS WITH OTHER EMOTIONS



AND IT BURNS BURNS BURNS...

“A syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.”

International Classification of Diseases Handbook on defining burnout

UHHHHH....NOW WHAT?

**BUT WHAT CAN I DO?! I'M SURROUNDED BY THE
NEWS, TELEVISION, RADIO, DOG VIDEOS, SOCIAL
MEDIA, EMAILS, WORK, TO-DO LISTS, AS SEEN ON TV
PRODUCTS, YOUTUBE RECOMMENDATIONS, MORE
DOG VIDEOS, MY SCREAMING CHILDREN, FRIENDS &
FAMILY, DATING APPS, ADVERTISEMENTS, MUSIC,
ONLINE SHOPPING. GAMES. MORE DOG VIDEOS?!**

**EVERYTHING IN MODERATION,
INCLUDING MODERATION.**

- OSCAR WILDE -

TAKING CONTROL

People who report using 7 or more social platforms were more than 3x as likely as people using 2 or fewer platforms to have high levels of anxiety.

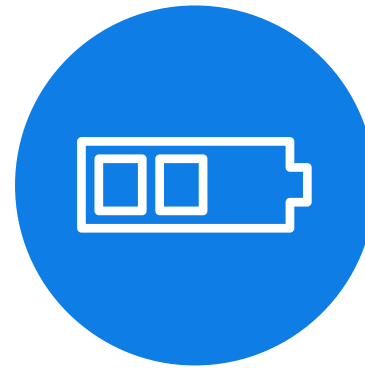
But while a tech or social media detox may be the most obvious way to dopamine fast, it can extend beyond technology to any problematic, impulsive behavior.

Mindfulness and meditation practices are built around the concept of nonattachment and noticing your desires and not being driven by them but being conscious of them. Call it whatever you want, it comes down to the concept of having more self discipline. And part of that comes from controlling what we can and understanding what we cannot.

MAKING TECH WORK FOR YOU



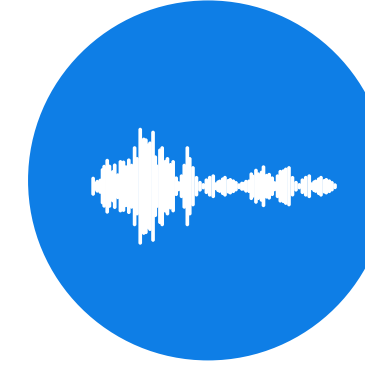
Turn off all notifications except emergency people. The red dot will draw you in!



Charge your device outside the bedroom. Keep and maintain your boundaries, baby!



Go Grayscale. Colorful icons give our brains shiny rewards every time we unlock.



Utilize audio messages, phone calls or text shortcuts to add some context, giving a taste of the emotion that's often silently conveyed in a real, face-to-face conversation.



Take advantage of virtual services (ie: library, zoos, museums, YouTube360, Tripp VR)



Use it to track your fitness and movement such as FitBit, Garmin, Nike RunClub

CRISIS FATIGUE IS REAL



Spend your energy intentionally.



Choose your battles wisely.



Actively pursue things that give you joy and hope.



Take a break from the news.



Take breaks, be selfish.



Seek support.

MONDAY

Feel gratitude.

Feeling grateful can help you refocus on the positive.

TUESDAY

Be compassionate.

Practice compassion toward that annoying coworker, or your bratty teen — or yourself.

WEDNESDAY

Try acceptance.

Work with what you face in life and accept what can't be changed.

THURSDAY

Focus on higher meaning.

Pursue ways of making the world a little happier.

FRIDAY

Forgive.

Give a pass to all the people or events that may have angered you.

SATURDAY

Celebrate!

Enough said. Do something that brings you joy.

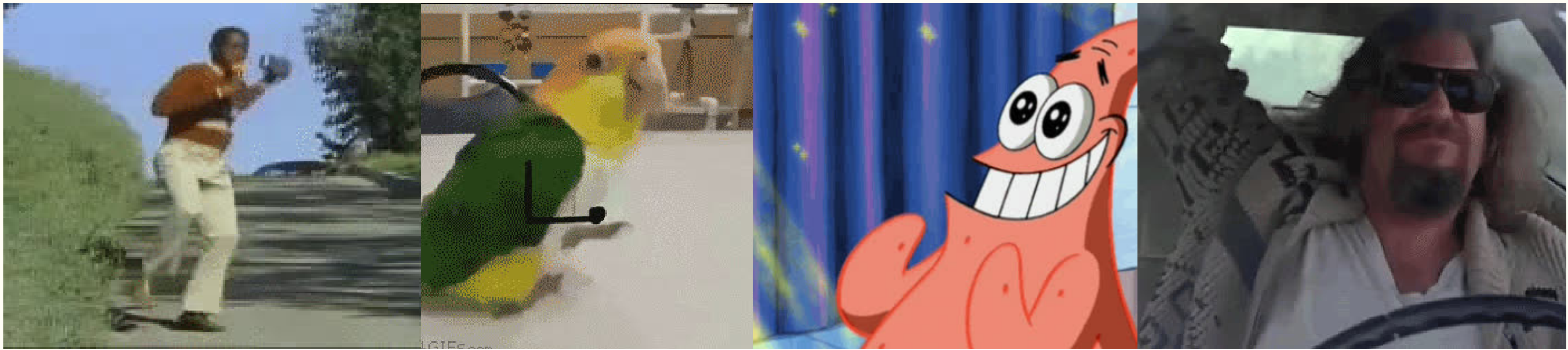
SUNDAY

Reflect.

Think about the past week and consider the upcoming one. What did you surround yourself with? Did it serve you for the better?

pssst!

DON'T FORGET TO BREATHE.



BRING IN THE HAPPY CHEMICALS!!!!!!!





PRACTICE MEDITATION

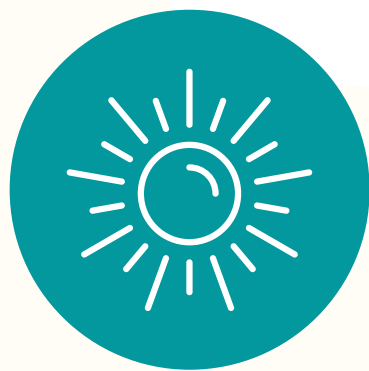


GET SUN EXPOSURE

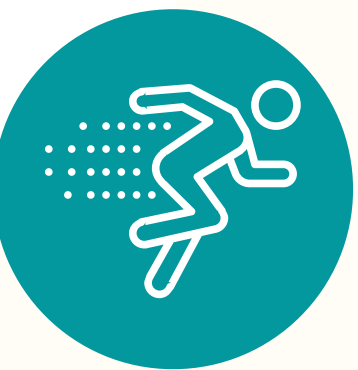
SPEND TIME IN NATURE

SEROTONIN

AKA THE MOOD STABILIZER



EXERCISE + BEING ACTIVE





CELEBRATE SMALL WINS



COMPLETE A TASK

EAT A GOOD MEAL

DOPAMINE

AKA THE REWARD CHEMICAL



TAKE TIME FOR SELF-CARE





EXERCISE + BEING ACTIVE



VOLUNTEER + GIVE BACK

ENDORPHIN

AKA THE PAIN KILLER

LAUGH OUT LOUD



WATCH / LISTEN TO SOMETHING ENTERTAINING





GIVE A COMPLIMENT



PHYSICAL AFFECTION



VOLUNTEER + GIVE BACK



OXYTOCIN

AKA THE LOVE HORMONE

TAKE TIME FOR SELF-CARE

TAKE WHAT YOU NEED TODAY

KINDNESS

.....

GRATITUDE

.....

GROWTH

.....

LOVE

.....

REST

.....

FORGIVENESS

.....

ENERGY

.....

HOPE

.....

PATIENCE

.....

STRENGTH



5 MINUTE MENTAL HEALTH CHECKLIST



AM I GETTING ENOUGH SLEEP?



HAVE I SPENT TIME OUTSIDE IN FRESH AIR?



HAVE I MOVED MY BODY TODAY?



HAVE I HAD ENOUGH WATER?



HAVE I SPENT TOO MUCH TIME ON SOCIAL MEDIA?



HAVE I CONNECTED WITH SOMEONE I LOVE?

THE GOOD STUFF

APPS

Headspace
Insight Timer
Reflectly
Talkspace
Wake Up*

**If you would like to use the app but truly cannot afford it, you can email support@wakingup.com and they will give you a free account. You can also purchase for someone else as a gift.*

BOOKS

The Daily Stoic by Ryan Holiday
The 5 Minute Journal
From Panic to Power by Lucinda Bassett
Do Nothing by Celeste Headlee
It's Kind of a Funny Story by Ned Vizzini
The Subtle Art of Not Giving a F*ck
Talking to Strangers by Malcom Gladwell
Feeling Good by David Burns
How to Stop Worrying & Start Living by Dale Carnegie

PODCASTS

The Struggle Bus: Self-Care, Mental Health, and Other Hilarious Stuff

Making Sense with Sam Harris

Unlocking Us with Brené Brown

Terrible, Thanks for Asking

The Hilarious World of Depression

Ten Percent Happier

Mental – The Podcast to Destigmatize Mental Health

Unf*ck Your Brain

Mind Massage

Innovative Technology: Telehealth, Tablets, & Other Technologies

Life Kit

Perspective Podcast

OTHER RESOURCES

BeTheTo.com
800-273-TALK (8255)

Crisis Text Line
text SHARE to 741741

National Suicide Prevention Lifeline
1-800-273-8255

MentalHealth.gov

BetterHelp.com

RuOk.org.au

Ted.com

CreativeMornings.com

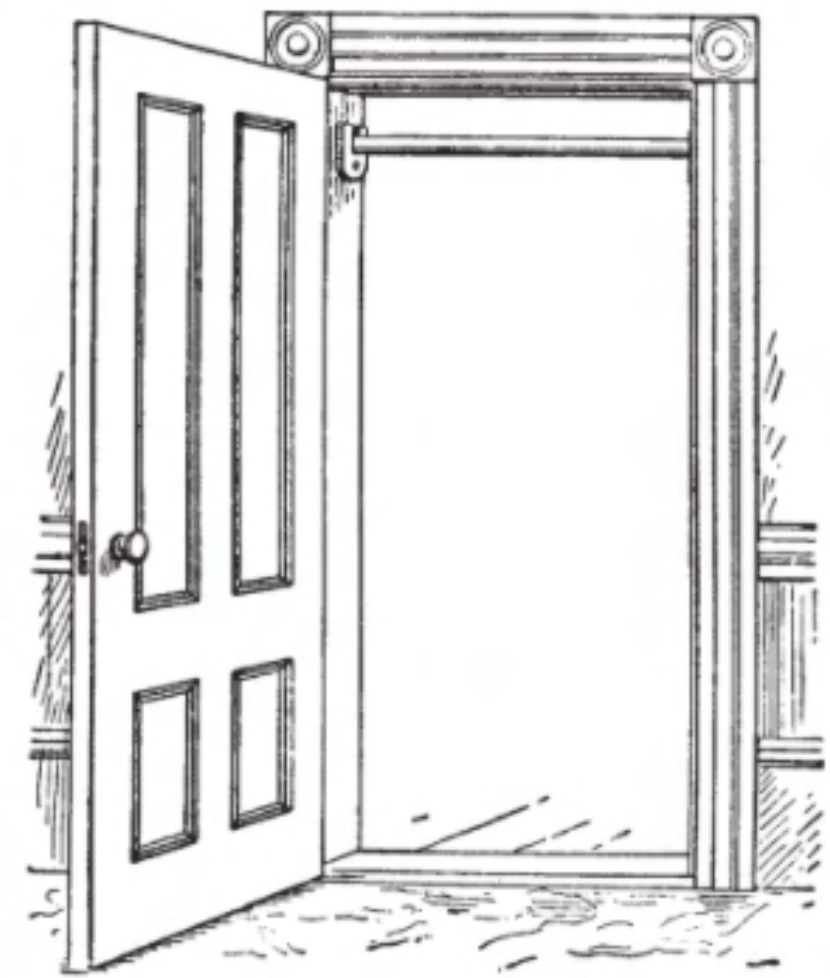
SimpleHabit.com

Hope For the Day

Meddy Teddy
And if you have a little one!

STAY IN TOUCH

@REMICKZ
INFO@REMICKZ.COM
WWW.REMICKZ.COM



my door →



NOTE TO SELF:

I AM GRATEFUL FOR:

TRACK IT

AMOUNT OF SLEEP

AMOUNT OF WATER

MOVEMENT TIME

FRESH AIR TIME

DIGITAL TIME

QUALITY TIME





LIFE IS AN OPPORTUNITY, BENEFIT FROM IT.
LIFE IS A BEAUTY, ADMIRE IT.
LIFE IS BLISS, TASTE IT.
LIFE IS A DREAM, REALIZE IT.
LIFE IS A CHALLENGE, MEET IT.
LIFE IS A DUTY, COMPLETE IT.
LIFE IS A GAME, PLAY IT.
LIFE IS COSTLY, CARE FOR IT.
LIFE IS WEALTH, KEEP IT.
LIFE IS LOVE, ENJOY IT.
LIFE IS MYSTERY, KNOW IT.
LIFE IS A PROMISE, FULFILL IT.
LIFE IS A SORROW, OVERCOME IT.
LIFE IS A SONG, SING IT.
LIFE IS A STRUGGLE, ACCEPT IT.
LIFE IS A TRAGEDY, CONFRONT IT.
LIFE IS AN ADVENTURE, DARE IT.
LIFE IS LUCK, MAKE IT.
LIFE IS TOO PRECIOUS, DO NOT DESTROY IT.
LIFE IS LIFE, FIGHT FOR IT!

– MOTHER TERESA

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