

Let's Talk Mental Health: Tending to our Mental Health as Advocacy Practitioners

Webinar to JCoR, Feb. 19, 2024, Rebekah (Bekah) Sears (rsears@cmha.ca or mahoro.rebekah@gmail.com)

Resources:

1. Organizations:

- a. Canadian Mental Health Association (<https://cmha.ca/>)
- b. National Alliance on Mental Illness (U.S.-based: <https://www.nami.org/Home>)
- c. The Tend Academy: <https://www.tendacademy.ca/>
- d. Mindshare Partners (U.S. based: <https://www.mindsharepartners.org/>)
- e. Headington Institute (U.S. based: <https://www.headington-institute.org/>)

2. Articles, videos and short resources:

- a. Katharine Manning, "We Need Trauma-Informed Workplaces," Harvard Business Review: <https://hbr.org/2022/03/we-need-trauma-informed-workplaces>.
- b. Dr. Daniel Siegel Presenting on the Hand Model of the Brain: <https://www.youtube.com/watch?v=gm9CIJ74Oxw>
- c. Mental Health Commission of Canada, "13 Factors of Psychological Safety: Addressing Mental Health in the Workplace," <https://mentalhealthcommission.ca/13-factors-addressing-mental-health-in-the-workplace>.
- d. Center for Disease Control (CDC), "Infographic: 6 Guiding Principles to a Trauma-Informed Approach," https://www.cdc.gov/orr/infographics/6_principles_trauma_info.htm.
- e. Rebekah Sears, "Why Trauma-Informed Workplaces are Necessary to Support Nonprofit Staff and Volunteers," Charity Village: <https://charityvillage.com/why-trauma-informed-workplaces-are-necessary-to-support-nonprofit-staff-and-volunteers/>.
- f. Rebekah Sears, "Mental Health, Trauma and the nonprofit sector: You may want to heal the world, but you can't pour from an empty cup," Psychology Today: <https://www.psychologytoday.com/ca/blog/are-we-done-fighting/202204/mental-health-trauma-and-the-nonprofit-sector>.

3. Books and workbooks:

- a. Walter Bruggeman, The Message of the Psalms: A Theological Commentary
- b. Miriam Greenspan, Healing Through the Dark Emotions: The wisdom of Grief, Fear and Despair
- c. Barbara Brown Taylor, Learning to Walk in the Dark
- d. Francoise Mathieu, The Compassion Fatigue Workbook
- e. Emily Nagoski and Amelia Nagoski, Burnout: The Secret to Unlocking the Stress Code
- f. Peter Levine, Waking the Tiger: Healing Trauma

4. Trainings, Conferences and Education:

- a. Strategies for Trauma Awareness and Resiliency, through Eastern Mennonite University: <https://emu.edu/cjp/star/>. (This is where a lot of the graphics came from)
- b. Canadian Mental Health Association (CMHA), Psychological Health and Safety Training: <https://cmha.ca/what-we-do/national-programs/workplace-mental-health/psychological-health-safety-training/>
- c. Tend Academy, Care 4 U annual conference (virtual and free), Friday June 21, 2024: <https://www.tendconferences.com/>.

5. Scripture passages:

- a. Psalm 22
- b. Psalm 44
- c. Psalm 88
- d. Acts 2: 42-27