



**MENTAL  
HEALTH AND  
INCLUSIVITY**

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How do we manage our emotions during highly charged discussions?  
Authentic emotions are an important part of your humanity and essential to dialogue and growth.

Identify what you are feeling

Empathize with yourself in order to empathize with others

Take a break if you need (do some deep breathing or get a cold glass of water)

Listen actively

What am I truly trying to communicate?

Why am I engaging in this conversation?

HOW DO WE  
SUSTAIN  
OURSELVES  
AND OUR  
WORK? HOW  
DO WE  
MAINTAIN  
HOPE?

Combat exhaustion/anger/anxiety/guilt/grief by:

Connection to others-sharing our stories

Finding our sense of purpose, our why

Inspiring change

Self care/collective care

Rest

# ACTION STEPS TO PROMOTE MENTAL HEALTH AND WELL-BEING

## PROTECT

- PROTECT: sleep, nutrition, movement, avoid substances, limit social media

## REFLECT

- REFLECT: daily gratitude, mindfulness activity, journaling, nature, spiritual practice

## CONNECT

- CONNECT: with close family or friends, with pets, with community, activism and volunteering

# MENTAL HEALTH CHECK IN

HOW AM I FEELING TODAY?

WHAT'S BEEN WORRYING ME LATELY?

AM I GETTING ENOUGH FOOD, MOVEMENT,  
AND SLEEP?

WHAT AM I DOING TO BRING MYSELF JOY?

WHO DO I HAVE IN MY CORNER?



# Setting an Intention

GOALS CAN BE REALLY USEFUL BECAUSE THEY ARE CONCRETE AND FUTURE FOCUSED, HELP US CHANGE OUR BEHAVIORS. BUT THEY ALSO FOCUS US ON WHAT WE DON'T HAVE AND TAKE US OUT OF THE PRESENT.

SETTING INTENTIONS CAN SOMETIMES GIVE US THE WHY. INTENTIONS ARE IN THE MOMENT, THEY ARE ALREADY WITHIN US, WE JUST HAVE TO TAP IN AND LISTEN.

INTENTIONS CAN GROUND US, GIVE US ROOTS, EMPOWER US AND HELP US STAY MOTIVATED.

INTENTIONS CAN INFORM OUR GOALS AND MAKE THEM MORE POSSIBLE TO ACHIEVE.