

LA MAIDA PROJECT

terryberry

MAY 2, 2024

Healing Together

Redefining Health Through
Interconnection & Regulation

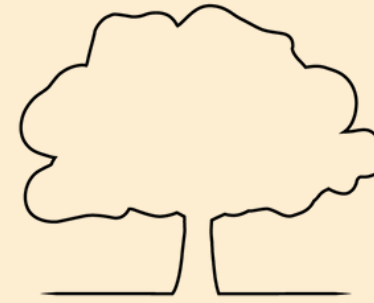




Kelly Benshoof, MPH
(she/her)

Hello
my name is

- Executive Director at La Maida Project
- Professional focus: Public health interventions that support mental health promotion
- Hobbies: Cooking, running, enjoying nature, spending time with my family



LA MAIDA PROJECT

La Maida Project's Vision

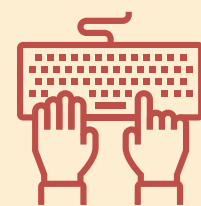
- Healing in Community
- Creating Connection
- Ecological Model
- Tools and Practices

Webinar Overview

-  Mental Health Crisis
-  Understanding Disconnection
-  Ecological Approach
-  LMP Health Formula
-  Triune Brain and Resiliency Zone
-  Regulation and Co-Regulation
-  Bottom Up Check-In

Getting to Know You

- What is your favorite wellness activity?
- What tends to be the barrier to doing wellness activities for you?



Participate through the chat box to send in responses!

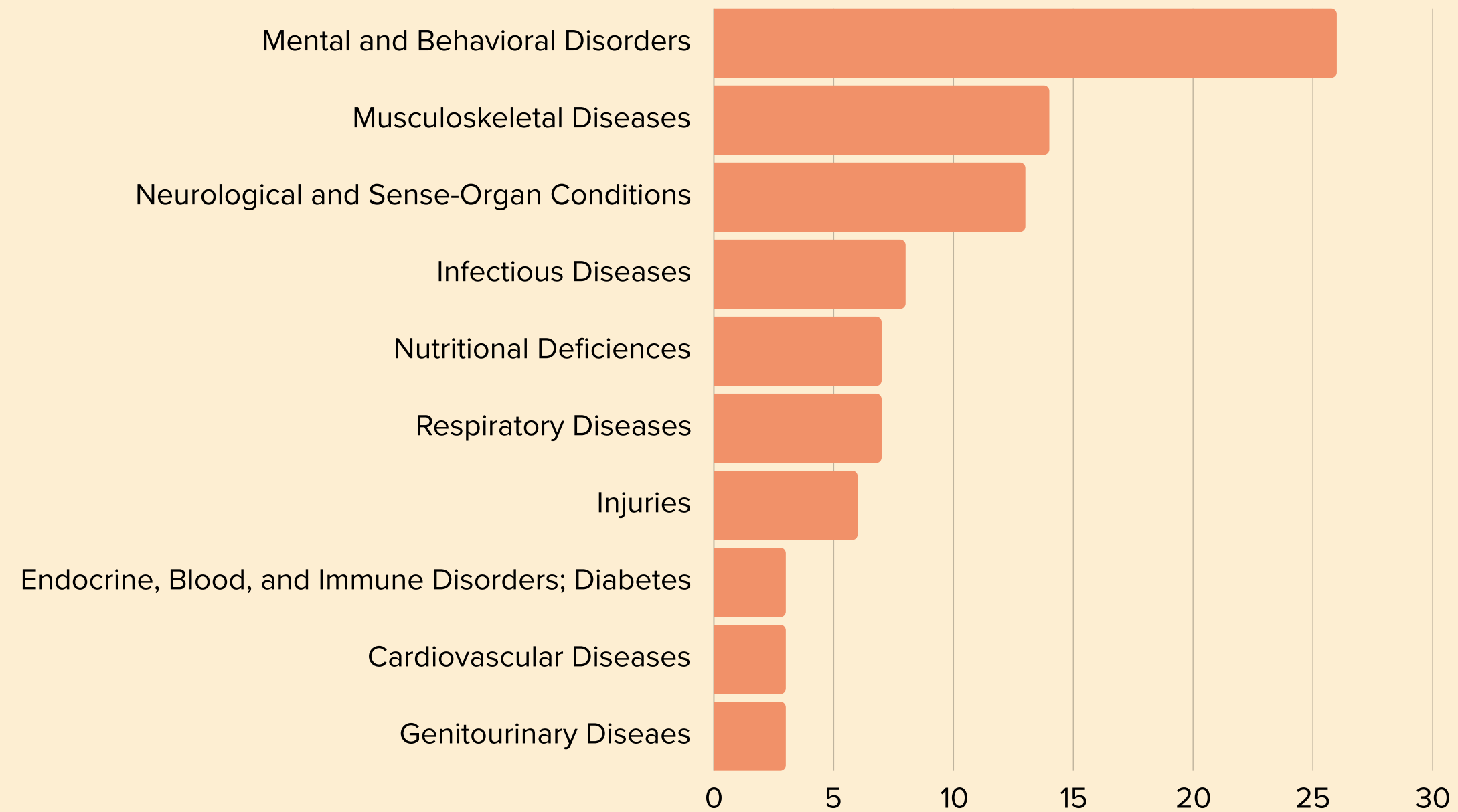


Understanding the Mental Health Crisis



Growing Crisis in Mental Health

Top Ten Sources of Time Lost to Disability Globally from all Medical Causes by Percentage



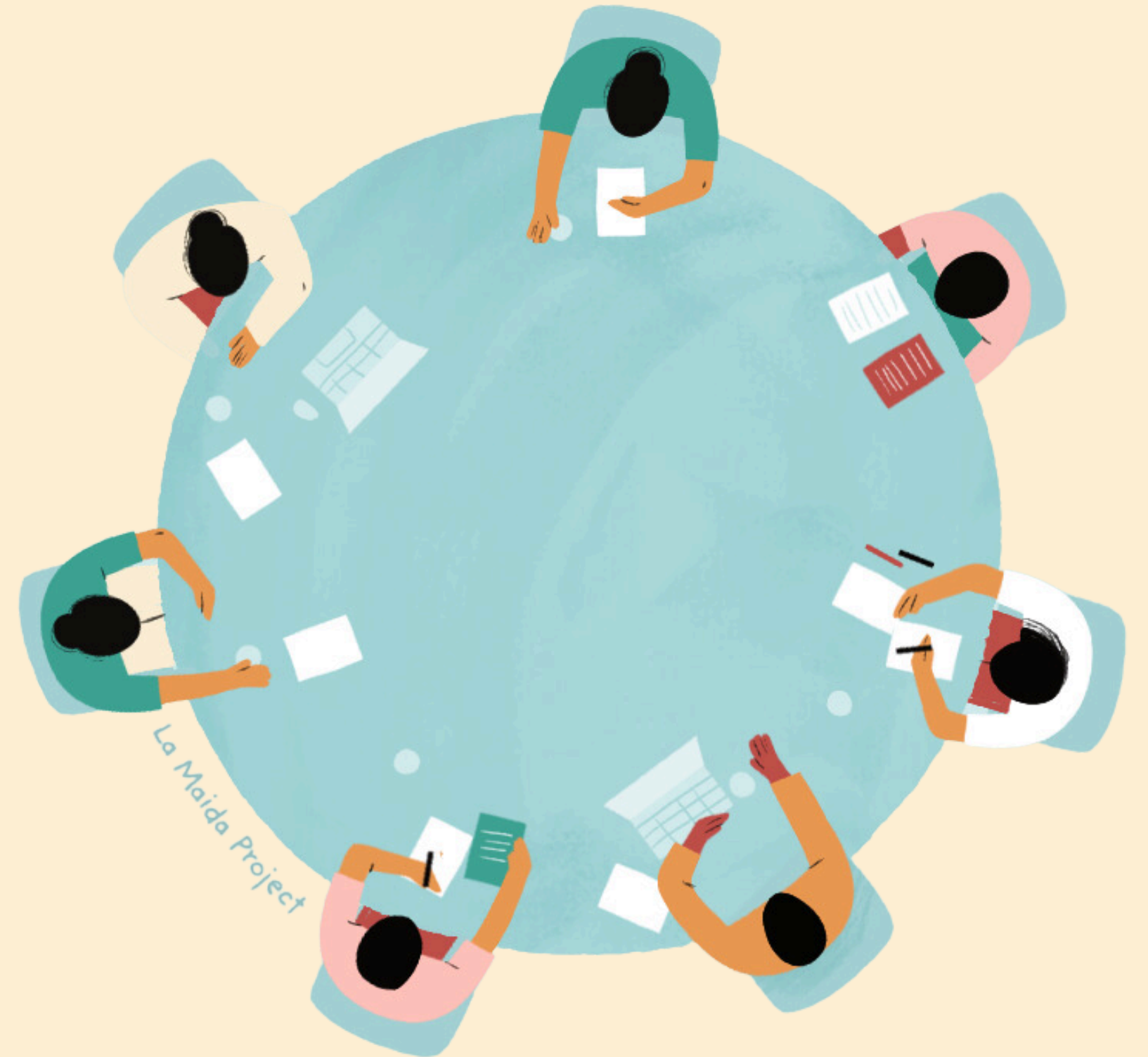
Mental and behavioral disorders account for the most time lost due to disability - more than any other kind of disease

State of Disconnection

- Common Signs
 - Burnout
 - Lack of Purpose
 - Communication Challenges
- Impacts
 - Decreased Job Satisfaction
 - High Turnover
 - Absenteeism



What does disconnection look like for you and for your organizations?



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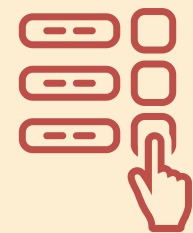
The LMP Ecological Approach to Health

- Rooted in Connection
- Whole View of Humans
- Holistic View of our Systems
- A New Health Formula



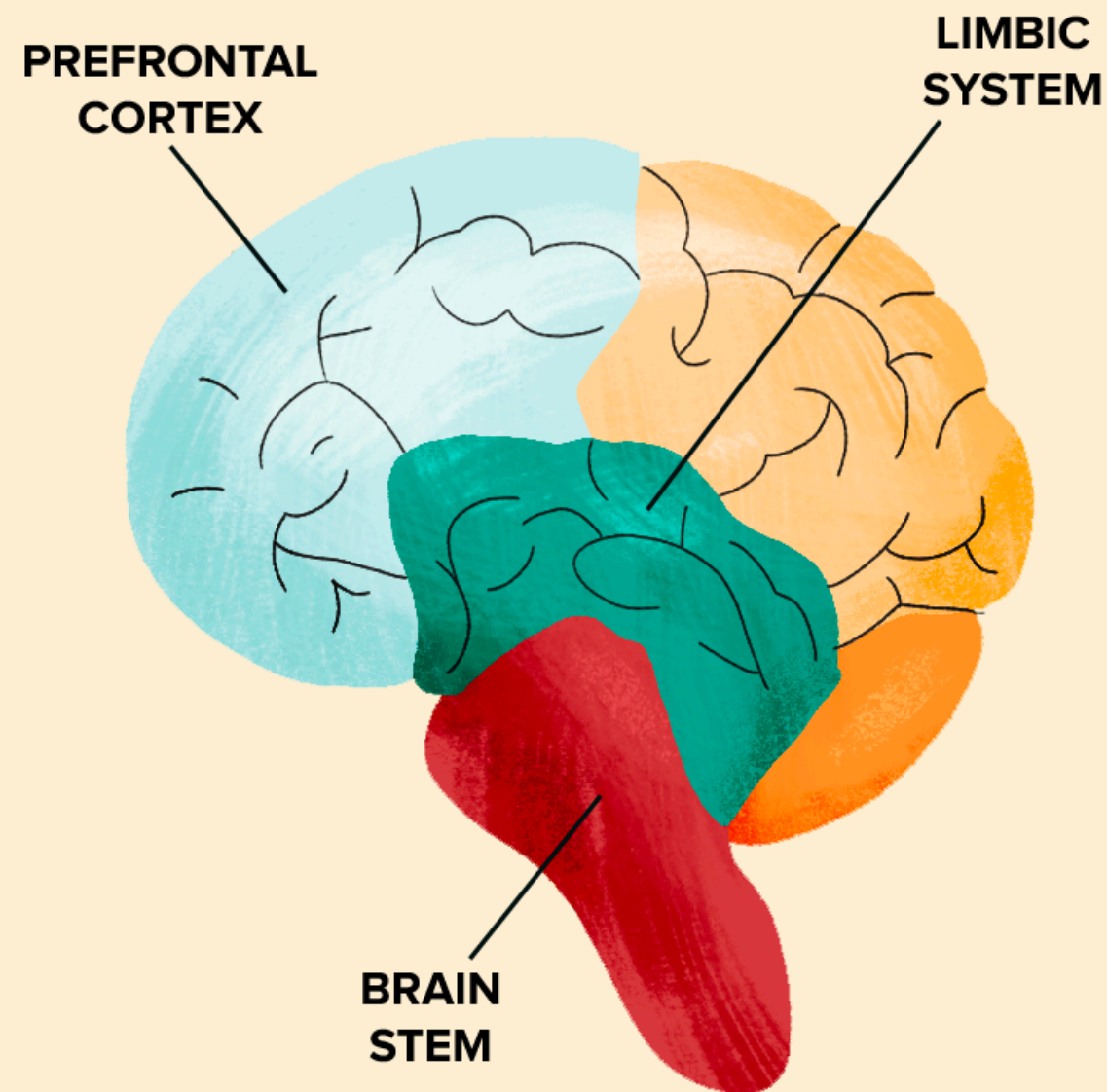
The LMP Health Formula

Self + Community + Purpose =



Participate on screen in
our multiple choice poll!

The Triune Brain



Prefrontal Cortex
Meaning Making

Limbic System
Emotional & Relational

Brainstem
Physical Sensation

High Zone

Attacking or
Confronting

Easily Scared
or Startled

Self Sabotage

High Energy

Quitting

Irritability

Running Away
or Hiding

Angry Outbursts

Chaotic

Rigid

Overwhelm

Open

Curious

Thinking Clearly

Grounded

Resiliency Zone

Balanced

Present

Engaged

Mindful

Regulated

Connected



Low Zone

Passive

Low Energy

Frozen

Numb

Withdrawn

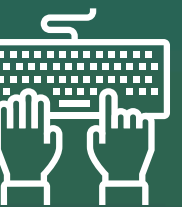


People Pleasing

Disconnected

Shame

Shut Down



Regulation Practice



Tapping Points

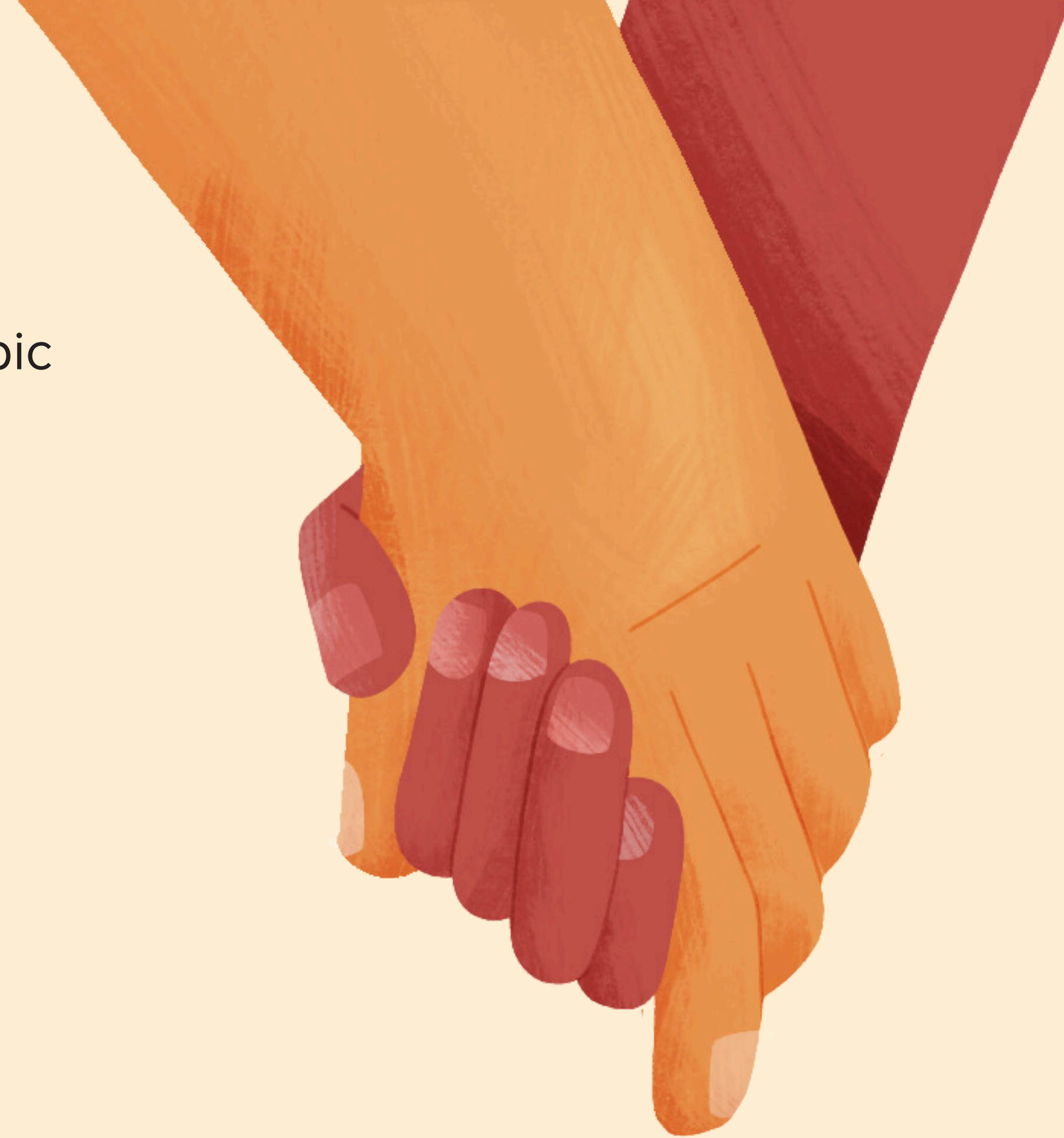
- 1 Edge of Hand
- 2 Top of Head
- 3 Eyebrow
- 4 Side of Eye
- 5 Under Eye
- 6 Under Nose
- 7 Chin
- 8 Collarbone
- 9 Under Arm



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to send in responses!

Co-Regulation

- Interdependence and the Limbic System
- The Need for Community
- Co-Regulation
 - Yawning
 - Breathing Together
 - Clapping



Culture of Health: Spirit

1. When do you feel most yourself?
2. When do you get so absorbed in something that you lose track of time, in a flow state?



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Culture of Health: Gifts

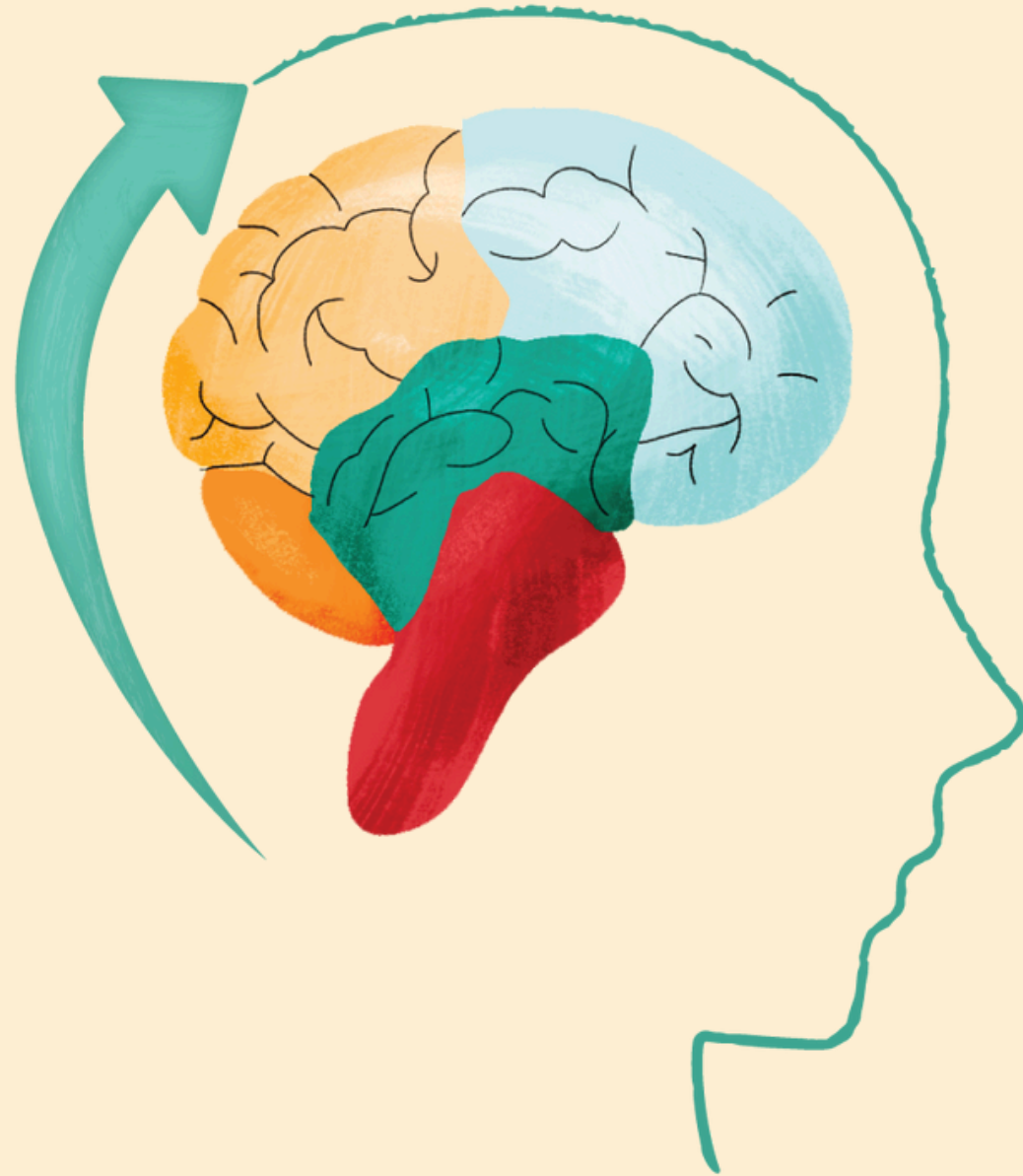
1. What have other people pointed out as your strengths and gifts?
2. What are two things which come easily to you that give you a sense of joy, accomplishment, or pride?



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The Bottom-Up Check In



1. How are you feeling in connection to your self, and your wellness practices?
2. How are you feeling emotionally and in connection to your communities?
3. How are you feeling in connection to your purpose, and meaning?

Self + Community + Purpose = Health

Questions and Reflections



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