

WEBINAR

How You Can Support Mental, Emotional, And Social Growth In Yourself And Others



We'll talk about...

- ✓ Helpful perspective shifts
- ✓ Techniques to empower yourself and others
- ✓ Ways to transform daily stressors and challenges into meaningful personal growth

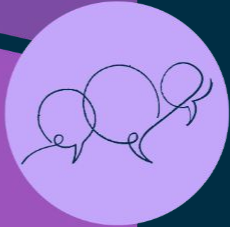


CHATS OPEN 24/7/365

Live, moderated chats
No cost for Michaels Team Members,
dependents, and household members

MONDAY, APRIL 22
NOON CT

Presented by Christina Beck
Director of Content, Supportiv



What's growth got to do with wellbeing?

“Mental health issues are for life.”

“Once you struggle mentally, emotionally, or socially, you’ll always struggle.”

“People don’t change.”

We can’t change our genetics, upbringing, or trauma. However...

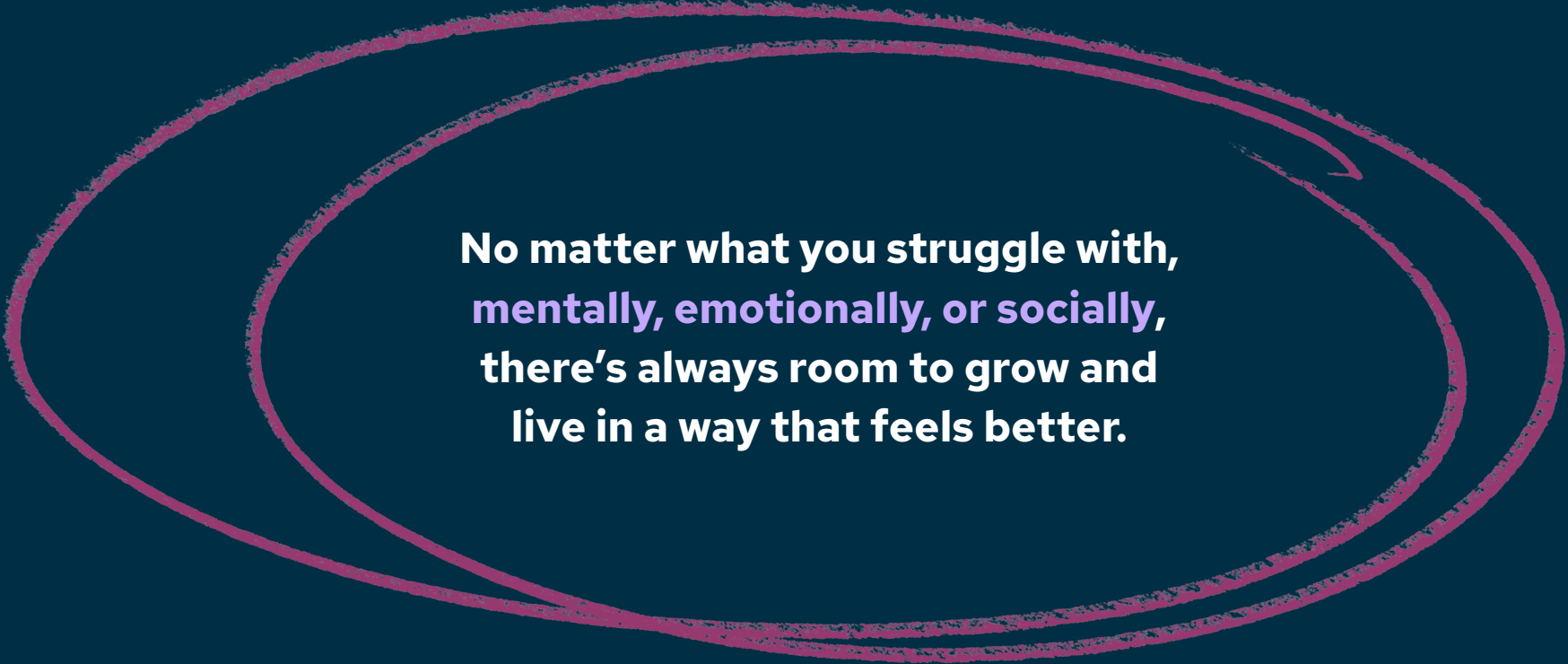


"Mental health issues are for life."

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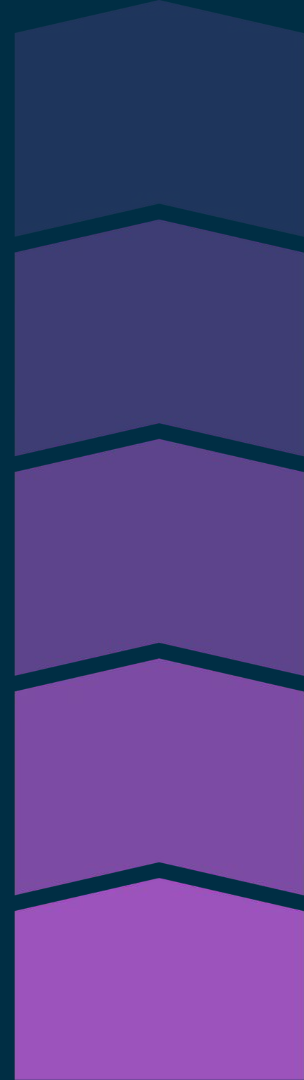
Growth is always possible.



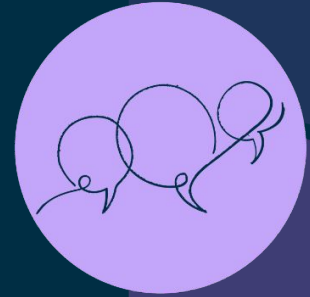
**No matter what you struggle with,
mentally, emotionally, or socially,
there's always room to grow and
live in a way that feels better.**

Why is personal growth such a good **investment**?

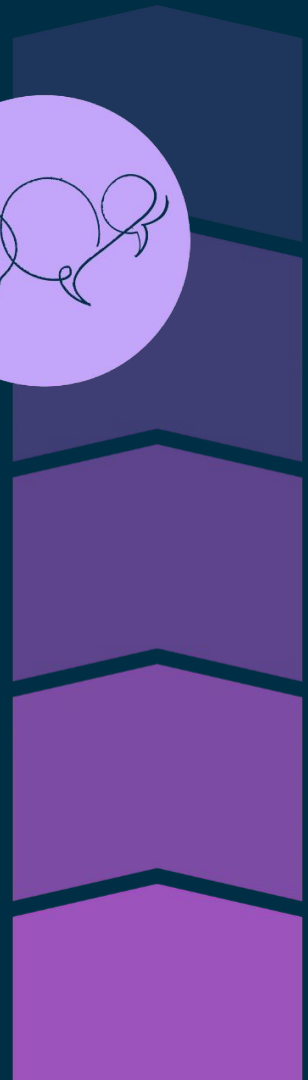
- Freeing yourself from old pain
- Getting more familiar with your needs
- Being kinder to yourself
- Adapting more readily
- Seeking new experiences
- Communicating more easily
- Modeling hope for others



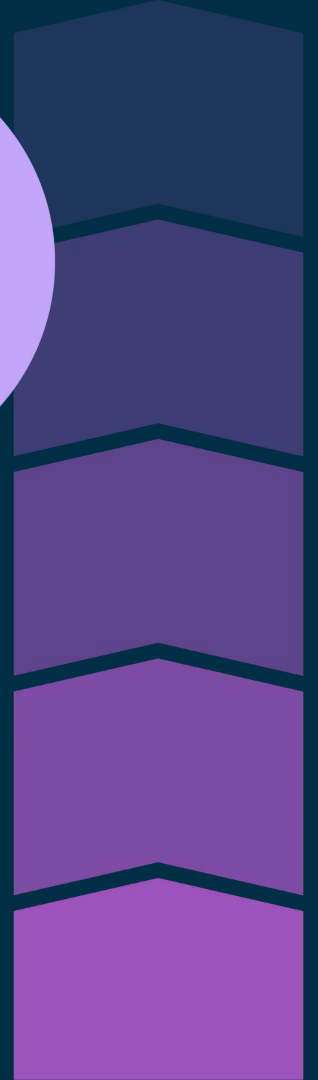
No matter what you struggle with, mentally, emotionally, or socially, there's always room to grow and live in a way that feels better.



So, what can you do to support that potential for **mental, emotional, and social growth**, in yourself and others?



Mental Growth Strategies



It's normal to grow,
even if you're
great as-is.



**"Both can
be true."**

Mental perspective-shift: everyone has growing to do.

No upbringing and no life experiences make a person exempt.

- We are all raised by people with their own growing to do
- We all absorb unhelpful messages from TV and movies
- We all screw up
- We all get into unhelpful habits
- We all experience changing life circumstances

Remember that anyone you meet has the potential and need to grow, just as you do.

For your everyday struggles.

Coping Tools

Depression

Diagnoses

Disability

Divorce

Family Drama

Financial

G

Open 24/7

Support is less than a minute away

No personal information collected. No judgment.
Just supportive chats with real people who care.

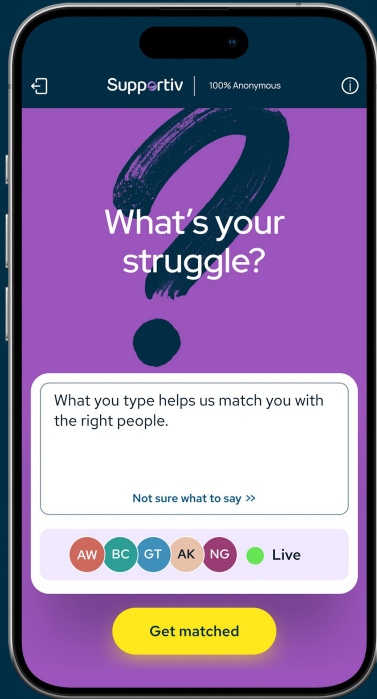
Chat with us

I want to know...

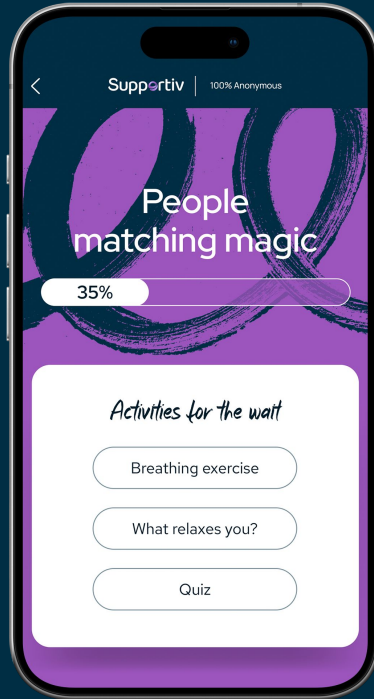


supportiv.com/michaels → "Chat now"

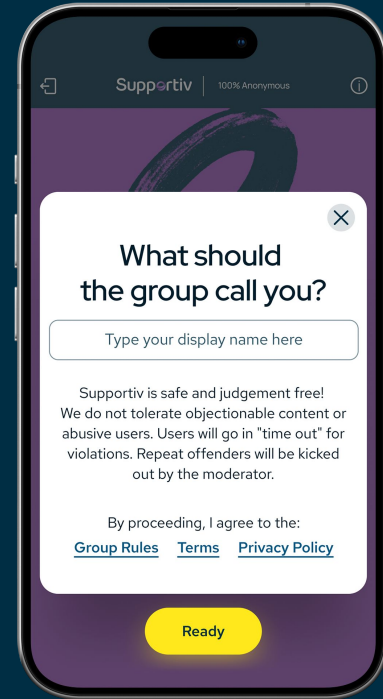
Answer one question
in free text. That's it.



Precision-matched to
peers based on struggle.

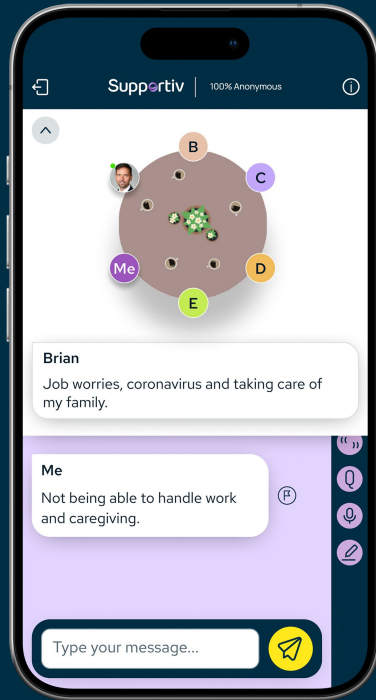


Choose a username for
complete anonymity.



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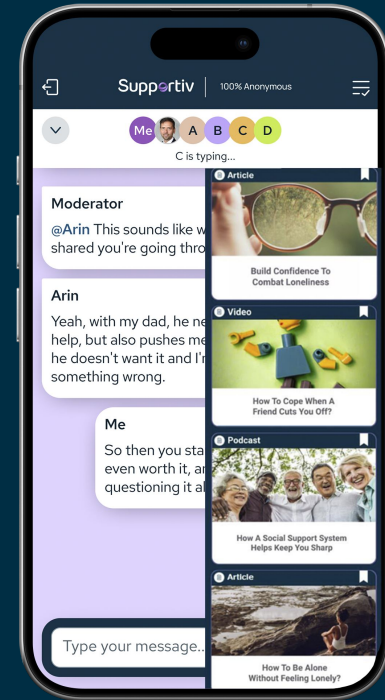
Meet your group's moderator and peers.



Chat as the moderator guides & safeguards the discussion.



Watch hyper-personalized resources appear "magically."



Unlearn what no longer serves you



Babies' brains don't mature without
breaking the connections that aren't helpful.

For adults, all kinds of mental connections must be **unlearned**, in order to grow.

Examples of unlearning, for growth

Beliefs:

- Anxiety: you aren't safe unless you worry
- Depression: there's no point in trying
- Grief: you can't go on without the other person



Habits:

- Anxiety: asking for reassurance
- Depression: self-isolating
- Grief: the daily routine you shared with a lost loved one

Embrace “state thinking” & reject “trait” thinking

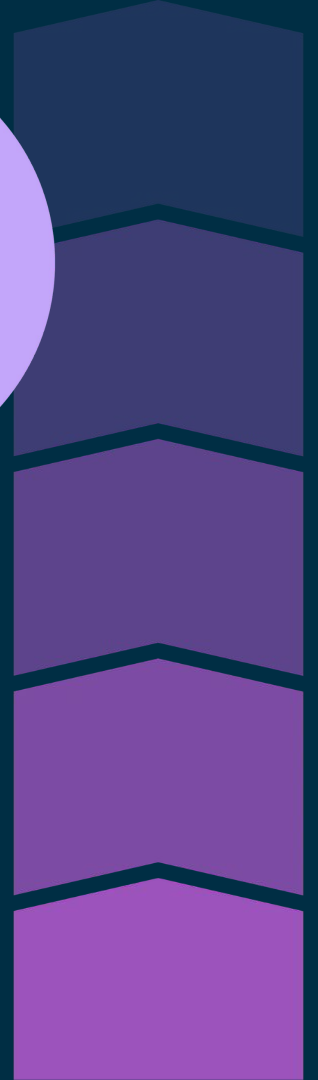
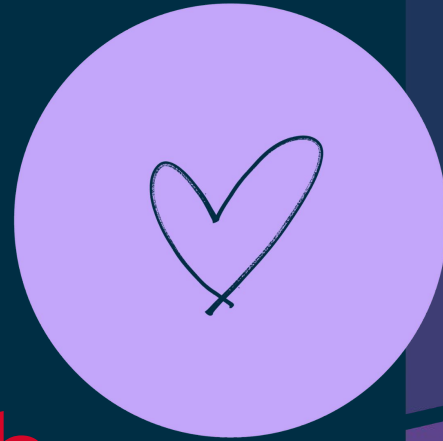
When you notice something negative about yourself or someone else, what conclusion do you jump to?

- Is this a temporary state, affected by circumstances?
- Or is it an unchangeable trait, a part of who someone is?

Trait thinking: this is permanently who you are

State thinking: this is who you are right now

Emotional Growth Techniques



Cultivate compassion (for yourself and others)

Nobody needs to beat themselves up about growth.



- Small steps are valuable
- Any progress is pride-worthy
- Setbacks are understandable

After 30 days, the plant that received compliments was healthy and thriving, while its insult-riddled counterpart was wilted and noticeably droopy.



<https://globalnews.ca/news/4217594/bully-a-plant-ikea/>

"My brain is broken."

"Since [something bad] happened, I'm not the same person anymore."

"I'm not worth anyone's attention."

"I'm annoying."

- What circumstantial factors are contributing to these feelings?
- What might I tell my closest loved one in a similar situation?
- Am I judging for a reason? Is that reason causing anyone actual, concrete harm?
- What would I say to the five-year-old version of this person? How would I want them to feel?

Build tolerance for emotional discomfort

Growth requires tolerating discomfort, for two reasons:

- We can't grow without seeing where we need to make changes.
- We may feel temporarily uncomfortable as we make changes.

"You have to go through it to get through it." – Ida Linehan Young

Build tolerance for emotional discomfort

(Download for yourself at supportiv.com/michaels/worksheets)



Chat with peers who relate to your struggle, 24/7, at www.supportiv.com

Increase Your Tolerance For Emotional Discomfort

"It is important to learn how to exist with difficult feelings. You can do this by slowly developing your ability to stay present with increasingly greater amounts of sensation."

"In somatic psychotherapy, you can learn to increase your window of tolerance through an activity called pendulation. Pendulation involves alternating your attention between feelings of safety and feelings of distress as they are experienced in your body."*

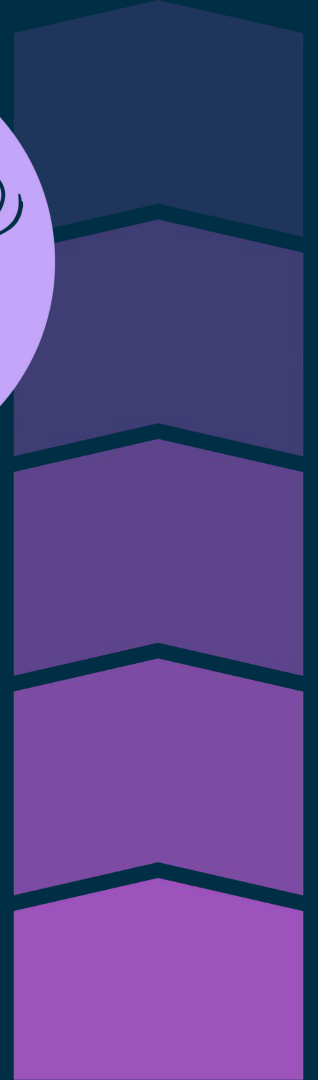
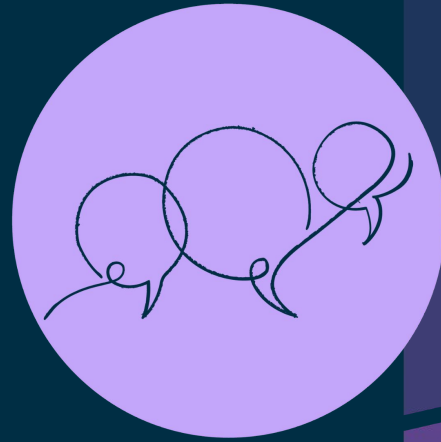
Tolerate others' discomfort

- Blind positivity: "I'm sure it's not that bad. Things will definitely work out."
- Tolerance for discomfort: "That's a tough situation. It might work out. But it's ok if it doesn't. Either way, I'm proud of you for trying."

- Blind positivity: "You hide your depression so well, that's impressive! Keep it up!"
- Tolerance for discomfort: "I hope you didn't feel you had to hide what you're going through. It's ok not to always be happy, but I hope you can get through it in due time."

- Blind positivity: "You seem totally fine after your traumatic experience. Great job on bouncing back to normal! "
- Tolerance for discomfort: "I didn't notice, but of course you feel different after what you went through."

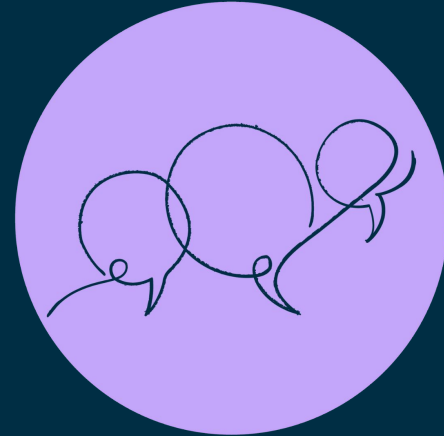
Social Growth Supports



Use active listening skills in conversations

Active listening is the practice of engaging what someone else says, in a helpful and positive way.

- Listen to hear, not to respond
- Validate
- Summarize
- Ask (open-ended) questions
- Avoid giving advice



Learn to apologize more effectively

<https://www.supportiv.com/michaels/communication/how-to-apologize-effectively>

- Express regret
- Explain what happened
- Offer to make it right
- Ask for forgiveness



Practice being vulnerable and authentic

Examples of being vulnerable and authentic:

- Answering “How are you?” sincerely
- Expressing your needs instead of hiding them
- Sharing helpful parts of your own experience, with someone else who is struggling

Practice being vulnerable and authentic

Until you get the hang of making those judgment calls, practice in a low-stakes environment, whatever that means to you:

- Write a letter to yourself
- Write a letter to someone close to you
- Reach out to an old friend who you don't usually talk to
- Meet strangers at an event
- Chat in a safe place online

Inspiration to keep growing



1. The internal resources that make growth easier can be built.
2. The more growth you've done, the better you can support others to grow through difficulties.

Next time you'd like support and a listening ear, you have one more place to turn.



Supportiv



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Yes! It's Really Anonymous



At supportiv.com/michaels
we do not ask:

- Your real name
- Your ID number
- Your location
- Your phone number
- Your email

Zero personal info shared, so your
identity is protected!

Supportiv

Supportiv

Just click

Chat with us

and answer: "What's your struggle?"

No cost for Michaels team members, dependents, and household members.

**Info for managers and team leads:
christina@supportiv.com**

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