

TATT CHAT – MAY 7, 2020

Welcome - Terence Roberts

TATT Updates - Dean Hybl, Sharon Purvis

Pique 2020

County Listening Tour

Initiative/COVID-19 Updates

Staying Mentally Healthy– Elizabeth Freeman, USC-Upstate

Upstate Tourism Update – Tim Todd, Discover Upcountry

New Senior Meals Program – Catriona Carlisle, Greenville County Meals on Wheels

Entrepreneur Ecosystem – Erin Ouzts, Upstate Entrepreneur Ecosystem

County Updates

Laurens – Amanda Munyan, Laurens County Chamber of Commerce

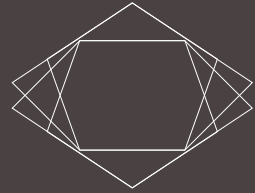
Greenville - JoKeitha Seabrook, United Way of Greenville

Cherokee, Spartanburg, Union – Hannah Jarrett, United Way of the Piedmont

Other counties are providing a positive update and community challenge that Sharon Purvis will share

Adjourn – Terence Roberts





MENTAL HEALTH TIPS IN CURRENT NEW NORMAL

Elizabeth (Beth) Freeman, USC Upstate | May 7, 2020



WHO I AM

Ms. Elizabeth Freeman

Instructor

Department of Psychology

USC Upstate

Specializing in

Applied

and

Industrial Organizational Psychology

CONTACT Info – efreeman@uscupstate.edu

(864) 503-5947 office, (864) 420-0707

TOPIC
TODAY

MENTAL HEALTH

TIPS

CURRENT

NEW NORMAL

“CURRENT” NEW NORMAL =

ADJUSTING OUR LIVES AS WE
ADAPT TO REALITY OF COVID-19

“CURRENT” IMPLIES THAT
THIS TOO WILL CHANGE BUT
NEED FOR
GOOD MENTAL HEALTH
IS FOREVER.

MENTAL HEALTH INSIGHTS

HEALTH IS BOTH PHYSICAL & MENTAL.

* ANYTHING YOU DO THAT
PROMOTES PHYSICAL HEALTH
CONTRIBUTES TO MENTAL HEALTH.

MENTAL HEALTH INSIGHTS

RECOGNIZE THAT HEALTH IS BOTH
MENTAL AND PHYSICAL.

* ANYTHING YOU DO THAT
PROMOTES MENTAL HEALTH
CONTRIBUTES TO PHYSICAL HEALTH.

TEN AT THE TOP

MENTAL HEALTH TIP # 1

1. DON'T SEPARATE MENTAL HEALTH
FROM PHYSICAL HEALTH.

MENTAL HEALTH INSIGHT

WE STUDY PHYSICAL HEALTH SYSTEMICALLY.

LET'S UNDERSTAND

MENTAL HEALTH SYSTEMICALLY.

TEN AT THE TOP

MENTAL HEALTH TIP # 2

2. LEARN INDIVIDUAL MENTAL HEALTH SYSTEMS.

MENTAL HEALTH INSIGHTS

PERSONAL MENTAL HEALTH SYSTEMS

SENSE OF SELF

SENSE OF OTHERS

SENSE OF COMMUNITY

MENTAL HEALTH SYSTEMS

SYSTEM OF SELF

IDENTITY – I AM _____

AWARENESS – I WANT _____

SPIRIT – I NEED _____

EMOTION – I FEEL _____

TEN AT THE TOP

MENTAL HEALTH TIP # 3

3. UNDERSTAND YOURSELF.

MENTAL HEALTH SYSTEM

SYSTEM OF OTHERS

IDENTITY – THEY ARE _____

AWARENESS – THEY WANT _____

SPIRIT – THEY NEED _____

EMOTIONS – THEY FEEL _____

TEN AT THE TOP

MENTAL HEALTH TIP # 4

4. EMPATHIZE WITH OTHERS.

MENTAL HEALTH SYSTEM

SYSTEM OF COMMUNITY

IDENTITY – WE ARE _____

AWARENESS – WE WANT _____

SPIRIT – WE NEED _____

EMOTIONS – WE FEEL _____

TEN AT THE TOP

MENTAL HEALTH TIP # 5

5. FACILITATE THE WE.

TEN AT THE TOP
MENTAL HEALTH TIPS
CURRENT NEW NORMAL

1. RECOGNIZE MENTAL & PHYSICAL HEALTH ARE INSEPARABLE.
2. LEARN INDIVIDUAL MENTAL HEALTH SYSTEMS.
3. BE SELF AWARE.
4. EMPATHIZE WITH OTHERS.
5. FACILITATE THE WE.

TEN AT THE TOP

MENTAL HEALTH TIPS – examples of behaviors

1. RECOGNIZE MENTAL AND PHYSICAL HEALTH ARE INSEPARABLE.

ENCOURAGE ADEQUATE SLEEP.

ENCOURAGE SMART EATING.

ENCOURAGE PHYSICAL ACTIVITY.

DISCOURAGE SUBSTANCE DEPENDENCY.

2. LEARN INDIVIDUAL MENTAL HEALTH SYSTEMS.

DEVELOP HIGHER ORDER THINKING.

RECOGNIZE INDIVIDUALS, OTHERS, COMMUNITY.

IDENTIFY SYSTEM OF GREATEST NEED.

FOCUS ON ONE SYSTEM AT A TIME.

3. BE SELF AWARE.

SPEND SOME TIME ALONE.

READ.

DISTINGUISH NEED VERSUS WANT.

SPEND TIME WITH HOPEFUL FRIENDS.

4. EMPATHIZE WITH OTHERS.

LISTEN MORE THAN YOU TALK.

THINK BEFORE YOU ACT.

ASK WHAT THEY NEED.

GIVE AS BEST YOU CAN.

5. FACILITATE THE WE.

DEFINE VALUES IMPORTANT TO ALL.

LIVE THOSE VALUES.

ACKNOWLEDGE TOGETHERNESS.

SERVE THE GREATER GOOD.



THANK YOU



LinkedIn

<https://www.linkedin.com/in/elizabeth-freeman-75174044/>



Email

efreeman@uscupstate.edu



Phone

(864) 420-0707

On Campus – (864) 503-5947

TATT CHAT – MAY 7, 2020

Welcome - Terence Roberts

TATT Updates - Dean Hybl, Sharon Purvis

Pique 2020

County Listening Tour

Initiative/COVID-19 Updates

Staying Mentally Healthy– Elizabeth Freeman, USC-Upstate

Upstate Tourism Update – Tim Todd, Discover Upcountry

New Senior Meals Program – Catriona Carlisle, Greenville County Meals on Wheels

Entrepreneur Ecosystem – Erin Ouzts, Upstate Entrepreneur Ecosystem

County Updates

Laurens – Amanda Munyan, Laurens County Chamber of Commerce

Greenville - JoKeitha Seabrook, United Way of Greenville

Cherokee, Spartanburg, Union – Hannah Jarrett, United Way of the Piedmont

Other counties are providing a positive update and community challenge that Sharon Purvis will share

Adjourn – Terence Roberts

