



RESET: Practical Tools for Mental Health

Presented By

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WORKSHOP OBJECTIVES

1. Enhance Cognitive Awareness

Participants will develop increased awareness of the connection between thoughts, emotions, and behaviors, enabling them to identify maladaptive cognitive patterns that negatively impact mental health and daily functioning.

2. Strengthen Cognitive-Behavioral Skills

Participants will learn and practice evidence-based cognitive-behavioral strategies to challenge cognitive distortions, improve emotional regulation, and promote healthier decision-making and coping responses.



WORKSHOP OBJECTIVES

3. Cultivate Mindfulness and Self-Regulation

Participants will acquire foundational mindfulness techniques designed to improve present-moment awareness, reduce stress reactivity, and enhance overall psychological resilience.

4. Improve Symptom Recognition and Insight

Participants will increase their ability to recognize common mental health symptoms (e.g., anxiety, depression, stress-related responses), fostering early identification and proactive self-management.

5. Promote Effective Communication for Healthy Living

Participants will develop skills to communicate mental health concerns clearly and assertively, supporting help-seeking behaviors, interpersonal effectiveness, and maintenance of healthy lifestyle practices.



Cognitive Awareness

Refers to an individual's ability to recognize, understand, and reflect on their own thoughts, emotions, behaviors, and decision-making processes. It involves becoming consciously aware of how one thinks, why one reacts in certain ways, and how thoughts influence actions.



Benefits of mindfulness often include:

- Reduced stress and anxiety
Improved emotional control
- Better focus and concentration
Increased self-awareness
Stronger ability to manage cravings and triggers



Mindfulness

Mindfulness is the practice of paying full attention to the present moment while calmly noticing your thoughts, feelings, body sensations, and surroundings without judging them.

It means being aware of what is happening right now instead of focusing on the past or worrying about the future.

Cultivate Mindfulness and Self-Regulation

Emotional Regulation refers to the ability to recognize, understand, and manage one's emotional responses in a healthy and constructive way.

It involves being aware of emotions as they arise and using appropriate coping strategies to respond rather than reacting impulsively or becoming overwhelmed.



Triggers

- Our Emotions are driven by triggers.
- We must understand what triggers us to manage our emotions.
- We understand and manage our triggers emotions are regulated.
- Unmanaged triggers lead to emotional dis-regulation.



Self- Regulation

- Take time to understand how you are feeling
- Process your emotions in a healthy manner
- Ensure you are specific about your feelings
- Manage your feelings in a healthy manner

Improve Symptom Recognition and Insight

- Be specific with feelings or problems
- Understand how your feelings or problems affect you and the people around you.
- When you are not specific with your feelings or problems it could lead to Mis-diagnosis, Mis-medication, Mis-treatment



Assertive Communication

- Tries for connection with others
- Relies on respect and clarity
- Good self-control
- Calm, Clear, Relaxed
- Listens without interruption



Assertive Communication

Create a platform where people are comfortable talking about their problems, pain or concerns



Decision Making

- Decision-making is the process of choosing the best action from different options.
- Good decision-making often includes:
 - slowing down before reacting
 - thinking about short-term and long-term consequences
 - considering values, goals, and responsibilities
 - asking whether the choice is healthy, safe, and productive



DECISION MAKING

HINDSIGHT – Making the decision – thinking about the consequences later.

FORESIGHT- Thinking about the consequence - before making the decision.

UNHEALTHY DESIRES INTERRUPT DECISION MAKING

Communication

Language can be
a Landmine or
Goldmine
depending on
how you use it

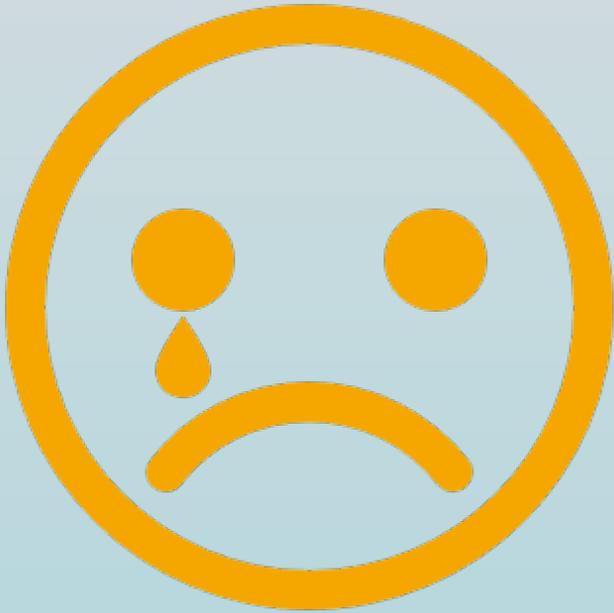




Q & A

INTERMISSION

What is Trauma



- Trauma may result from a single distressing experience, or from recurring events of being overwhelmed.
- It can be precipitated over weeks, years, or even decades, as the person struggles to cope with the immediate circumstances, eventually leading to serious, long-term negative consequences.
- An event that a person cannot control, or in which there is a perceived lack of control, can cause trauma.



4 STAGES OF TRAUMA

FIGHT – Protect themselves through conflict

FLIGHT – Protect themselves through escape

FREEZE - Protect themselves through *dissociation*.

FAWN – Protect themselves through people pleasing even if it means neglecting themselves

When Trauma is Not Managed or Treated

It doesn't just "go away." It often shows up in other areas of life—emotionally, physically, behaviorally, and relationally.

Over time, unmanaged trauma can quietly drive harmful patterns that interfere with healing, sobriety, parenting, and stability



Gratitude

- 1) **Awareness** - Noticing the good things, big or small, in your daily life, often overlooked.
- 2) **Acknowledgement** - Consciously recognizing these good things as gifts or blessings
- 3) **Appreciation** - Allowing yourself to genuinely feel the positive emotions associated with those good things
- 4) **Action** - Expressing gratitude outwardly or paying it forward (e.g., saying thank you, performing a kind act).



Stages of Change

- 1). Pre-contemplation – Have no problems
- 2). Contemplation – Has a problem considering change
- 3). Preparation – Preparing for change
- 4). Action – Making steps toward change
- 5). Maintenance – Maintaining the change
- 6). Termination – Terminating unwanted behavior
- 7). Relapse – Return to unhealthy behavior



Seeking Help

- Its Normal to have problems
- Its Abnormal to not seek help for problems



Barriers to seeking help

- Shame
- Embarrassment
- Lack of knowledge
- Denial or lack of awareness
- Financial limitations
- Limited access to services



Generational Habits

Habits – Behavior - Decision Making –
Consequences

There is no such thing as Generational Curses

The answer is Generational Habits



Power of Labeling

- **Negative labeling**

Negative labels are words that define a person by their mistakes, behaviors, or struggles.

- **Self-labeling**

Sometimes people begin to label themselves based on past experiences or mistakes.

- **Positive labeling**

Positive labels can strengthen confidence and motivation.



TREAT PEOPLE GOOD

Treat people how they want to be treated?

Just treat people good

Love Tough, Not Tough Love



LOVE = LOVE,
COMPASSION, GRACE,
UNDERSTANDING



TOUGH =
ACCOUNTABILITY



Conclusion

The importance of mental health refers to the role emotional, psychological, and social well-being plays in a person's overall health, daily functioning, relationships, and quality of life.

Mental health affects how individuals think, feel, make decisions, cope with stress, and interact with others.

Prioritize Mental Health