

Mastery



Image from entrepreneur.com

What is Mastery (in Mental Health)??

- Mastery could involve two things; 1) doing something you're good at, and/or 2) thinking about things you've overcome in your life.
- Dr. Sue Varma explains that in difficult and stressful times (like what we are currently experiencing as a society), it can cause feelings of helplessness and powerlessness which can lead to depression.
- Mastery can help build resiliency.
 - Resiliency is “an ability to recover from or adjust easily to adversity or change” (www.merriam-webster.com).

Something you're good at...

- Ask yourself, “what am I good at? What are my strengths and talents?”
- If these are difficult questions for you to answer, ask your friends and family to help you answer. Sometimes it's easier for other people to identify things you're good at. This is the perfect opportunity to build up your confidence and practice the things you are good at!!
- Here are some ideas of things you might be good at...
 - Cooking
 - Baking
 - Cleaning
 - Organizing
 - Creative writing
 - Write song lyrics, make beats, create poetry or poems, write stories, etc.
 - Drawing
- Doing something you're good at also helps to create a distraction.
- What's in your control? What's out of your control?
 - The items in your control can help bring you a sense of comfort, power, and stability.



Things you've overcome...

- What we as a society/community are going through right now is difficult. Things are uncertain. There are emotions of fear, stress and anxiety.
 - Remind yourself of times in the past that were difficult and how you were able to overcome those times.
 - Acknowledge and celebrate the times you persevered through something hard or challenging.
- Practicing this helps us feel more empowered and competent!

Resources:

https://www.msnbc.com/msnbc/watch/reducing-anxiety-amid-coronavirus-pandemic-psychiatrist-shares-tips-80626245971?cid=sm_npd_ms_tw_ma

entrepreneur.com

thecounselingteacher.com (Carrie Stephens Art)