Webinar Series
#1Thing to
#Care4Advocates Mind, Body, and Soul

Presented by Joyce Kyles, Author, Coach & CEO, Joyce Kyles Consulting, LLC

Call For Unity
No Survivor Justice Without Racial Justice
Cultivating Joy Towards Liberation

October 13, 2022
PARA ACCEDER A LA INTERPRETACIÓN

Por computador

Por teléfono inteligente
NRCDV STANDS.

WE STAND with individuals and groups who have been targeted, degraded, threatened, or marginalized because they are Native Americans, people of color, immigrants, women, Muslims, LGBTQ, or people with disabilities.

WE STAND against white supremacy, racism, misogyny, anti-Semitism, homophobia, transphobia, xenophobia, and all other forms of structural oppression.

WE STAND with survivors of domestic and sexual violence, especially those most vulnerable and with limited access to services and protection.

WE STAND together in celebration of the rich diversity of people in this country and the vitality and strength they bring to our communities and society.

WE STAND with those who embrace self care and community connection as necessary and powerful for social change.

WE STAND with other activists and organizations who continue to work passionately for gender, racial, economic, and social justice for ALL.

National Resource Center on Domestic Violence  

November 11, 2016
Hold, Fold, Walk Away, or Run
Who is Joyce Kyles?

- International Trainer, Speaker, Author, Published Freelance Writer
- Life and Thriving Skills Coach
- CEO - Joyce Kyles Consulting LLC
- CEO/Founder - Walking Into A New Life
- VP - Memphis/Shelby Co. Domestic & Sexual Violence Council
- Secretary - ICFTN Board of Directors
- Wife, Mother, MiMi
What We’ll Cover

• Mental Health vs Mental Illness
• When to Hold, Fold, Walk Away & Run
• Bummed Out vs Burned Out
• Resources
Mental Health vs Mental Illness

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior.

7 Common Types

- Depression
- Anxiety (social disorders, panic disorders, phobias)
- Obsessive-compulsive disorder (OCD)
- Bipolar Disorder
- Post Traumatic Stress Disorder (PTSD)
- Schizophrenia
- Personality disorders (borderline, narcissistic, antisocial)
Mental Health vs Mental Illness con’t

- **Mental health** includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
Poor mental health and mental illness are not the same

- A person can experience poor mental health and not be diagnosed with a mental illness.

- Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.
Hold, Fold, Walk Away or Run?

How long have you been working in this field?

Have you considered retiring? Considered quitting?

Have you left this field and came back? Why?

Bummed Out or Burned Out?
Mental Health Moment:
Rest in Love, Cheslie Kryst

Cheslie Kryst, MISS USA 2019
Born: April 28, 1991; Death: January 30, 2022

Red Table Talk featuring her mom and dad
https://www.facebook.com/redtabletalk/videos/33119517224185/

NATIONAL SUICIDE HOTLINE
800-273-8255

988 Suicide and Crisis Lifeline

Employer’s E.A.P. Program

Therapist, Counselor or Reputable Clinician
Additional Resource Suggestions
Final Thoughts


Change Careers. Retire. Find a hobby. Explore other ways to show up in this field. Consider mentoring vs hands on.

You cannot save the world. However, you absolutely cannot help anyone if you don’t 1st help yourself!
So...What’s YOUR #1Thing???
Thank you to NRCDV and all attendees for the opportunity to share this space with you.

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October is Domestic Violence Awareness Month.
Upcoming DVAM 2022 Events

Webinar Announcement

DVAM Webinar Series:
#1Thing to #Care4Advocates Mind, Body, and Soul

Thursday, October 6, 13, & 20, 2-3:30PM ET/11-12:30PM PT
TRANSFORMING THE GENDER-BASED VIOLENCE MOVEMENT:
Increasing BIPOC Representation and Actualizing Accountability Project Launch

OCTOBER 18, 2022
1:00PM ET / 12:00PM CT / 11:00AM MT / 10:00AM PT
Sesión Informativa sobre Políticas e Investigación del Centro de la Capacidad de Vivienda Segura de NRCDV

NRCDV's Safe Housing Capacity Center Policy and Research Briefing

October 26 | 2:00-4:30pm ET
Virtual Dance Party
CULTIVATING JOY FOR DVAM 2022

October 28, 2022

4:00-5:00PM ET
3:00-4:00PM CT
2:00-3:00PM MT
1:00-2:00PM PT

National Resource Center on Domestic Violence
DOMESTIC VIOLENCE AWARENESS PROJECT
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