

Welcome!



**REAL**

HUMAN PERFORMANCE

Jen Schneeman, MBA, C-IAYT, CDCA



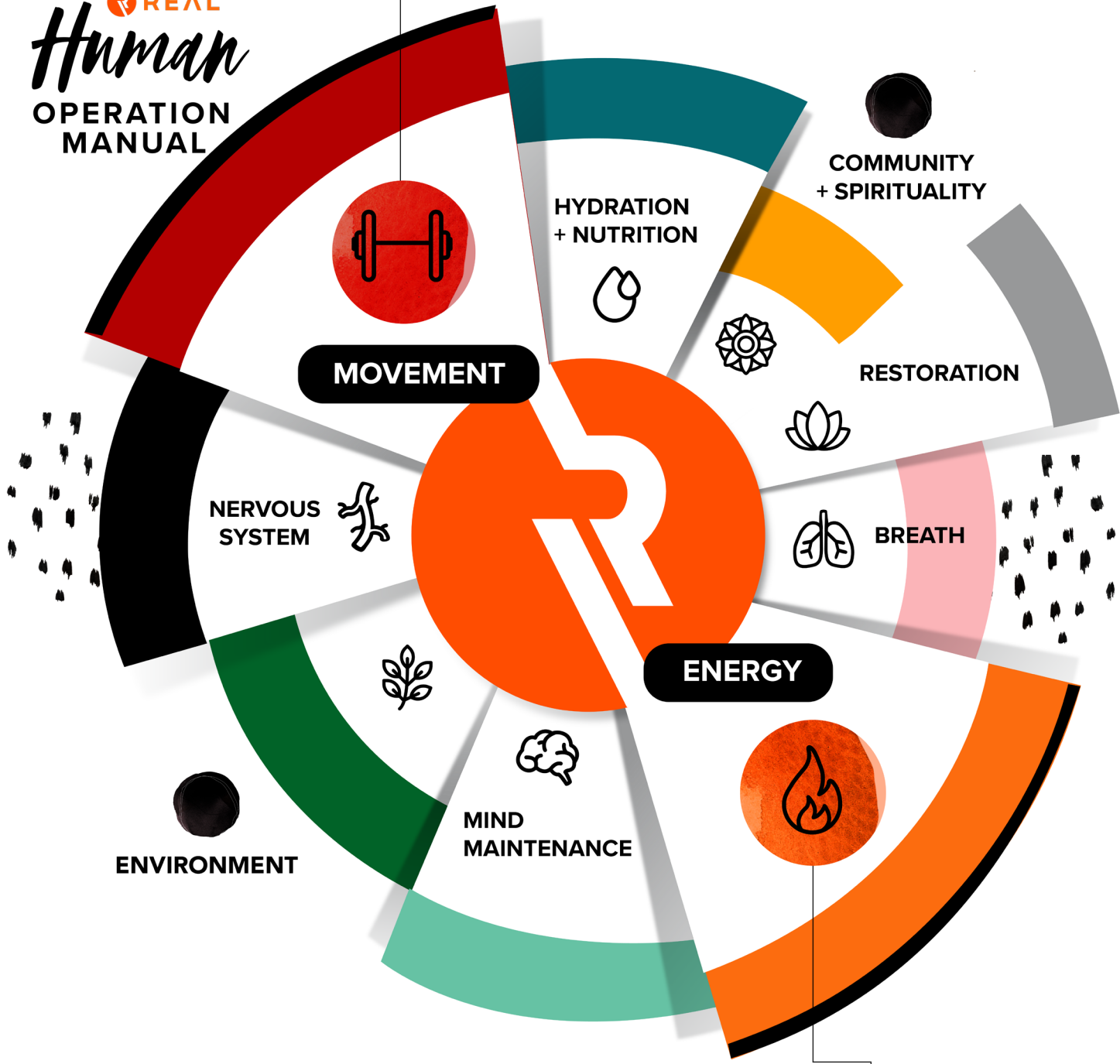
REAL

HUMAN PERFORMANCE



**PHYSICALLY. MENTALLY. STRONG.**

**REAL**  
*Human*  
OPERATION  
MANUAL



- **NERVOUS SYSTEM**
- **MOVEMENT + EXERCISE**
- **ENERGY**
- **COMMUNITY + SPIRITUALITY** \*\*
- **ENVIRONMENT**
- **HYDRATION + NUTRITION** \*
- **MIND MAINTENANCE**
- **BREATH**
- **RESTORATION**

A dramatic sunset over the ocean. The sky is filled with dark, heavy clouds, but a bright sun is breaking through a gap in the clouds, creating a series of light rays that fan out across the sky. The sun is positioned in the lower center of the frame, just above the horizon. The ocean is visible at the bottom of the image, appearing dark and calm. The overall mood is one of hope and resilience.

**EVERYDAY STRESS**

**REAL TIME RESILIENCE**

# Nervous System



# Real Time Resilience

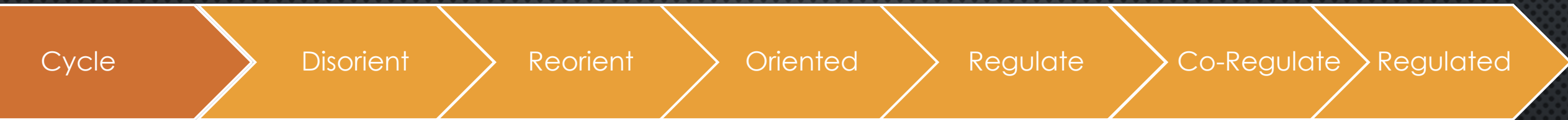
RESET IN THE MOMENT

RECHARGE THROUGHOUT THE DAY

RESTORE APPROPRIATELY AT THE END OF THE DAY



# Distraction Happens



Reset = Reorient to  
Present





# Reset = Reorient to Present

AWARENESS

BODY

BASE

BREATH

BOUNDARY

CHOICE



# Orient Yourself

**Be present...truly present in the here and right now**

**Arrive collected and organized**

**Create a responsive and ready self**

**Decrease physical and mental energy leaks**

**Increase attention and focus**



# Mind Maintenance



# Mental Awareness

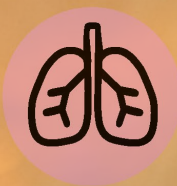
- 5 THINGS YOU SEE
- 4 THINGS YOU FEEL
- 3 THINGS YOU HEAR
- 2 THINGS YOU SMELL
- 1 THING YOU TASTE

QUICK 1-1-1-1-1 AS NEEDED

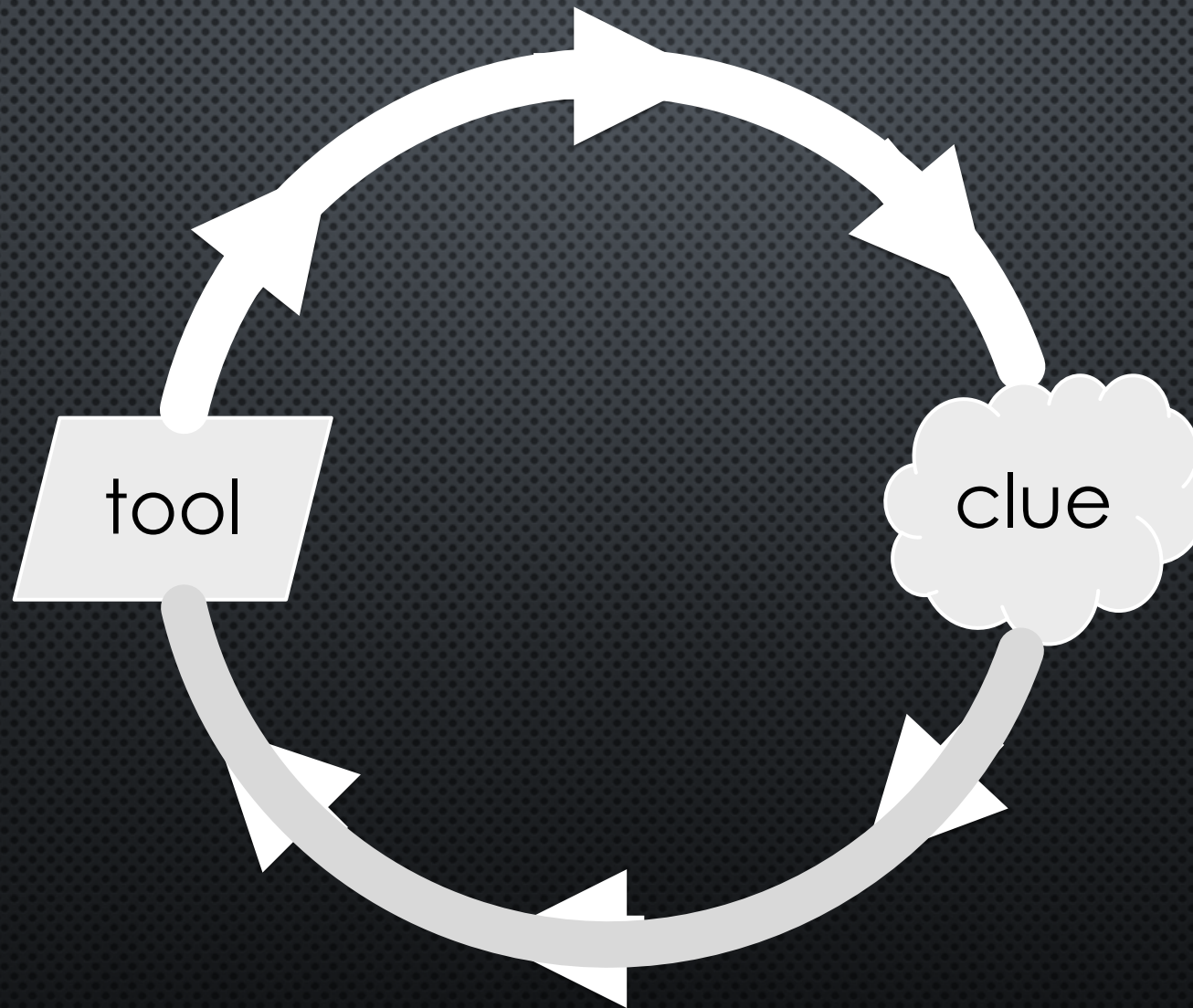


A person is shown from the chest up, meditating in a yoga studio. They are wearing a light-colored, textured cardigan over a dark top. Their hands are pressed together in a prayer position (Anjali Mudra) in front of their chest. The background is softly blurred, showing a yoga mat and a colorful abstract artwork on the wall. The lighting is warm and ambient.

# Breath

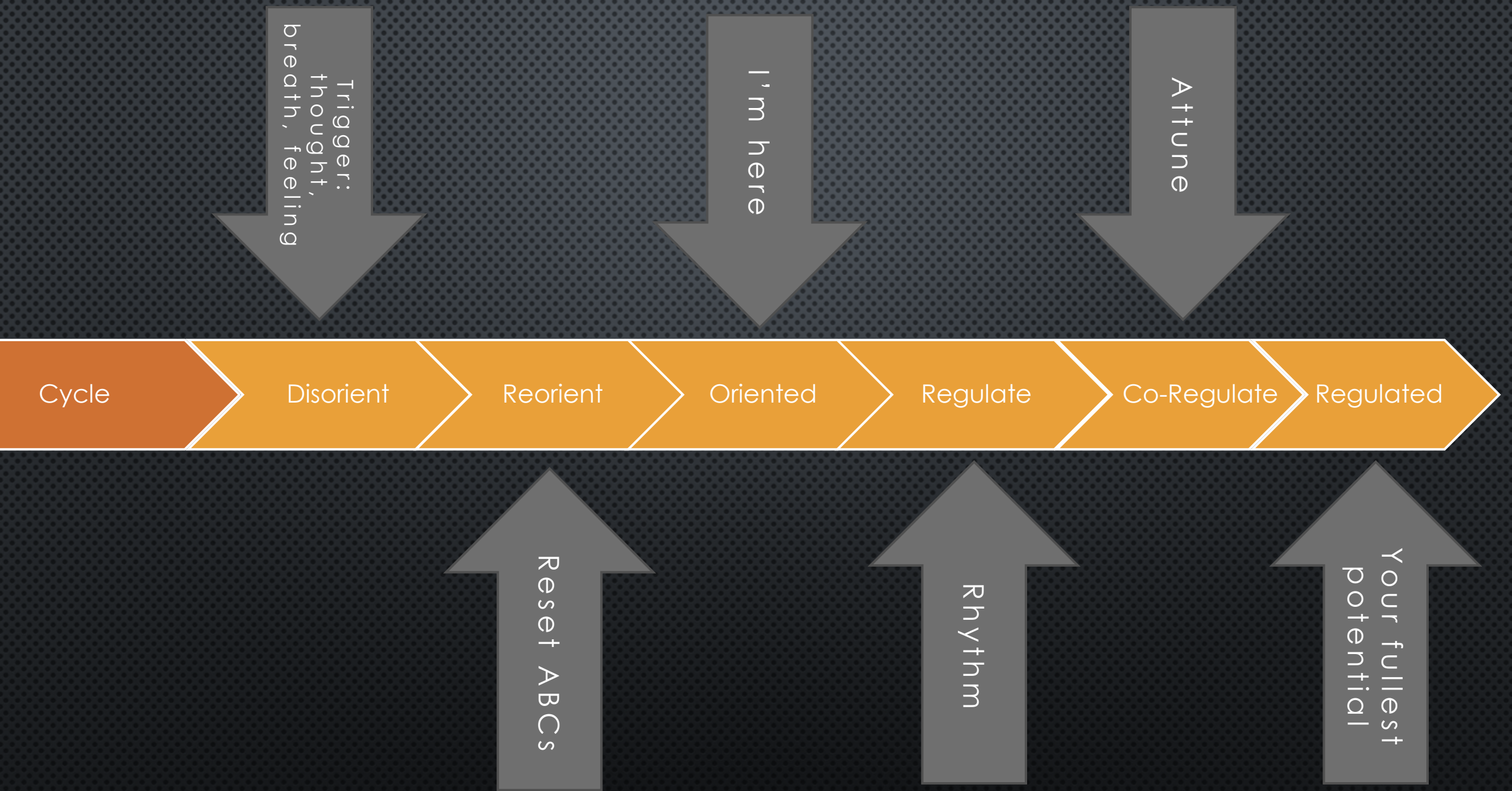


# Breath Awareness



# Reorient with ABCs

- Awareness (new location or a trigger [thought, feeling, emotion])
- Body Orientation – where am I in space? (take a look around & use 5-4-3-2-1)
- Base Support – what supports are already here? (ground and land)
- Breath Support – where is my breath going easily/restricted?
- Connect with the certainty and clarity that you've created – carry on.





A close-up photograph of a person's hands holding a wooden mallet over a singing bowl. The mallet has a light-colored wooden handle with a dark, textured head. The singing bowl is made of a golden-brown metal. The person is wearing a light-colored, long-sleeved top and a black lace-trimmed garment. The background is a warm, orange-toned surface.

*Energy*



# Shake It Off!

SHIFT THE INTERNAL MESSAGE TO “I CAN!”

- Top -> down; bottom -> up drill
- Thinking Brain
- Reflexive Brain



“THERE IS A BIG DIFFERENCE BETWEEN LEARNING A PRACTICE AND ACTUALLY MAKING THAT PRACTICE BECOME A PRACTICE.”

- AUTUMN BROWN

“PRACTICE DOES NOT MAKE IT PERFECT! PRACTICE MAKES IT MORE PERMANENT, ACCESSIBLE IN THE MOMENT AND POSSIBLE WHEN WE NEED IT.”

- COACH JEN

# Call to Action

- WAKE 1-1-1-1-1
- TAKE 10 COMPLETE BREATHS UPON WAKING
- RESET WITH ABCs
  - ARRIVE TO NEW LOCATION WITH ABCs
  - BETWEEN APPOINTMENTS - SHOW UP PRESENT WITH BOUNDARY
  - AFTER A BIG CHARGE OF EMOTION, DISCOMFORT OR DISTRESSING THOUGHT

SHAKE IT OFF WHEN NEEDED

# Workforce Resilience

# SCAR

SELF-CARE AND RESILIENCE

WORKFORCE RESILIENCE COURSE TO:

STRENGTHEN RESET BUTTON

ENERGIZE ON DEMAND

SLEEP MORE SOUNDLY

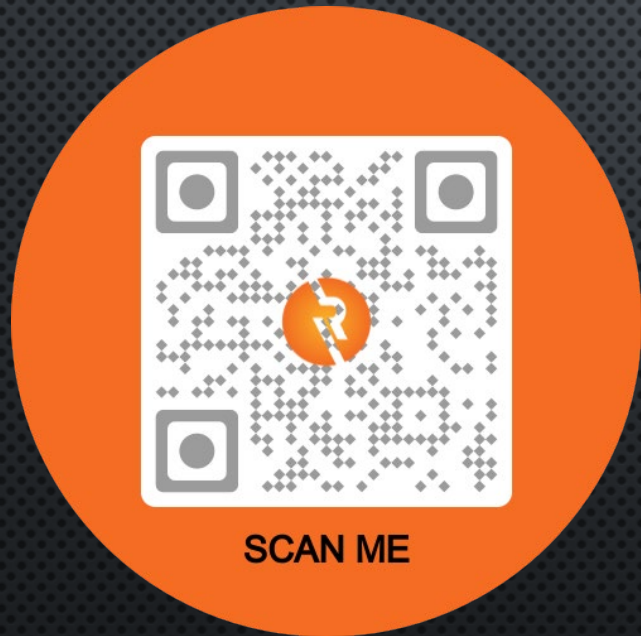
SELF-REGULATE DURING TIMES OF CHAOS

CREATE CLARITY IN DECISION MAKING

ADDRESS UNDERLYING LIMITING BELIEFS AND BOUNDARIES

E-WORKBOOK FOR NOTES, REFLECTION AND REFERENCE

DIGITAL PRACTICES TO AID IN SUSTAINMENT



SCAN ME



**REAL INTERACT FOR HEALTH**

Improving health related outcomes by providing translational coping skills to mental health professionals serving vulnerable populations

Wright, J.J., MBA, C.ANYF; Kinniburgh, N.K., PhD; Kinniburgh, K.M., BA; Anderson, K., MPH; & Peters, M., MPH  
 REAL Human Performance, Substance Abuse Resources & Disability Inclusion Program, Belmont School of Medicine, Wright State University, Interact for Health

**Introduction**  
 Given the demands and responsibilities of mental health professionals, it is vulnerable to experiencing high levels of occupational burnout, compassion fatigue and secondary traumatization that may ultimately compromise their ability to effectively serve their clients. By building the self-care and coping skills of mental health professionals, they can experience improved well-being and higher quality of life that translates into better client care. Self-Care and Resilience (SCaR) intervention program aims to improve the resilience of mental health professionals by teaching them in self-care and coping skills.

**Methods**  
 Provider: The 8-week SCaR program was offered to mental health professionals working within five behavioral health agencies in Hamilton County, Ohio: Central Clinic, Coast Clinic, Treatment and Recovery Center, Family Healing Center, The Joseph House, Inc, and Greater Cincinnati Behavioral Health Services (GCBHS). The SCaR program was offered once a week, with each 90-minute session lasting 90 minutes. The program included education, discussion, exercises, and application of the techniques presented for self-care. Pre-test, post-test, and 3-month follow-up surveys included the validated assessments: Perceived Stress Scale (PSS), Brief COPE, Self-Compassion Scale (Short Form) (SCS-SF), Mindful Attention Awareness Scale (MAAS), and the Maslach Burnout Inventory-Human Services Survey (MBI-HSS). Additionally, participants' perceived physical and emotional well-being was recorded at the beginning and end of each session.

**Participants:** Seven cohorts of mental health professionals participated in the SCaR program (N=57) including four cohorts from the Central Clinic, Coast Clinic (n=15), one cohort from the Joseph House, Inc (n=9), and one cohort from GCBHS (n=9). Of the SCaR participants, a majority were female (73%), and white (82%), with the greatest number of participants between the ages of 30 and 45 (16.0%). Participants had worked in the mental health field for an average of 11.5 years, with the largest number of participants working in the field for more than 15 years.

**Results**  
**Perceived Stress Scale (PSS) and Brief COPE:**  
 Two validated scales were used to measure the impact of the SCaR program on the way participants perceive and manage stress: the PSS and the Brief COPE. The PSS consists of 10 questions, and participants could receive a total score ranging from a low perceived stress to a 40 high perceived stress. The Brief COPE includes 28 questions, with 14 subscales. Scores on each of the subscales could range from a 2 (not at all) to an 8 (doing a lot).

**Matched Burnout Inventory-Human Services Survey (MBI-HSS):**  
 The MBI-HSS includes 22 questions and 3 subscales: Emotional Exhaustion (EE), Depersonalization (DP), and Personal Accomplishment (PA). High scores on the EE and DP subscales combined with low PA subscale scores indicate high levels of burnout.

**Perceived Physical and Emotional Well-Being:**  
 Before and after each SCaR session, participants were asked to rate their perceived physical and emotional health from 1 (poor) to 5 (excellent).

**3-Month Follow-Up:**  
 In total, 43 participants have completed a 3-month follow-up interview. SCaR with level 4 showed a decrease in perceived stress.

**Conclusions**  
 Mental health professionals participating in the SCaR program demonstrated significant reductions in perceived stress, increases in the use of coping strategies, and enhanced self-compassion and self-reported improved physical and emotional well-being. Future studies include evaluating the effects of this program on client care, as well as expanding the program to other health care providers helping professionals and their employees.

# SCaR

## SELF-CARE AND RESILIENCE

SCaR is an 8-week self-care program rooted in trauma-informed protocols to build self-awareness and resilience using breath techniques, meditation, visualization, positive psychology and active posture.

### Here is what the community is saying:

#### Skills for the Work Day:

- "Allows me to 'reset' and ground myself during challenging/stressful times, which has been helpful between sessions and meetings."
- "I use the rejuvenation techniques to energize me on days when I start feeling a little drained."

#### Skills for Personal Life:

- "I am able to fall asleep easier at night and if I awake during the night, I focus on breathing to help me get back to sleep."
- "Taking the time to stop and breathe, instead of responding quickly, helps to reduce my anxiety."
- "When I use the skills, I feel calm and my interaction with family is much better."

REAL Science. REAL Training. REAL Results.

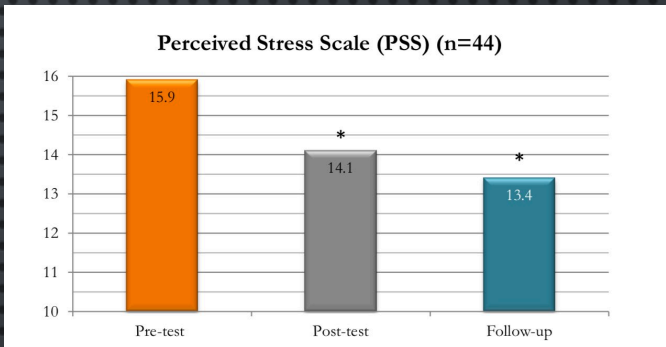


# PROGRAM OUTCOMES

## QUANTITATIVE



## Perceived Stress



## SELF-COMPASSION

## QUALITATIVE

"ALLOWS ME TO 'RESET' DURING CHALLENGING OR STRESSFUL TIMES . . . HELPFUL BETWEEN SESSIONS AND MEETINGS."

"I USE THE TECHNIQUES TO ENERGIZE ME ON DAYS WHEN I START FEELING A LITTLE DRAINED."

"I AM ABLE TO FALL ASLEEP EASIER AND IF I AWAKE DURING THE NIGHT, THEY HELP ME TO GET BACK TO SLEEP."

"WHEN I USE THE SKILLS, I FEEL CALM AND MY INTERACTION WITH MY FAMILY IS MUCH BETTER."



# REAL

HUMAN PERFORMANCE

[jen@realhumanperformance.com](mailto:jen@realhumanperformance.com)

[www.realhumanperformance.com](http://www.realhumanperformance.com)  
/ RealHumanPerformance

4300 Plainville Road  
Cincinnati, OH 45227  
513-465-0840



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