

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

¡Disponibles interpretaciones en Inglés y Español!

Sección de Grupos Interpretación Más

Apagado

- EN Inglés
- ES Español

Silenciar el audio original

Administrar la interpretación de idiomas...

Interpretación Reacciones Más

Detailed description: This screenshot shows the Microsoft Teams desktop interface. At the top, a message box says '¡Disponibles interpretaciones en Inglés y Español!'. Below it, the 'Interpretación' button is circled in orange. A dropdown menu is open, showing 'Apagado' checked, 'EN Inglés', and 'ES Español' with an orange arrow pointing to it. Other options include 'Silenciar el audio original' and 'Administrar la interpretación de idiomas...'. The bottom navigation bar shows 'Interpretación', 'Reacciones', and 'Más'.



Por teléfono inteligente

ES ¡Disponibles interpretaciones en Español y Inglés!

video Compartir Participantes Más

Chatear

Configuración de la reunión

Reunión minimizada

Interpretación de idiomas

Verizon 7:40 p. m.

Interpretación de idiomas Finalizado

Audio original

Inglés

Español

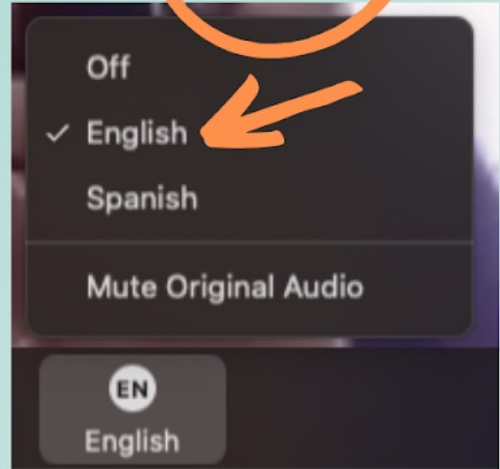
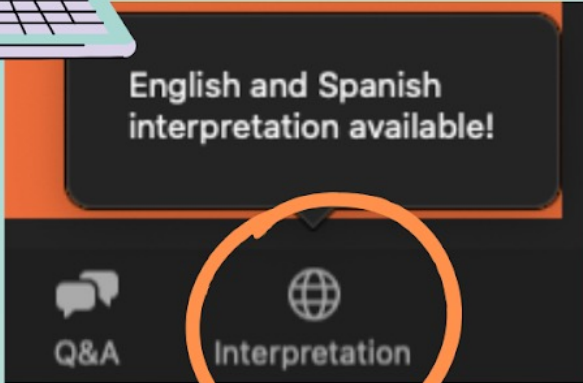
Silenciar el audio original

Detailed description: This screenshot shows the Microsoft Teams mobile app interface. At the top, a message box says 'ES ¡Disponibles interpretaciones en Español y Inglés!'. Below it, the 'Más' button is circled in orange. A menu is open, showing 'Chatear', 'Configuración de la reunión', 'Reunión minimizada', and 'Interpretación de idiomas' with an orange arrow pointing to it. The 'Interpretación de idiomas' screen is also shown, with 'Finalizado' circled in orange and 'Español' selected with an orange arrow. The bottom navigation bar shows 'Interpretación', 'Reacciones', and 'Más'.

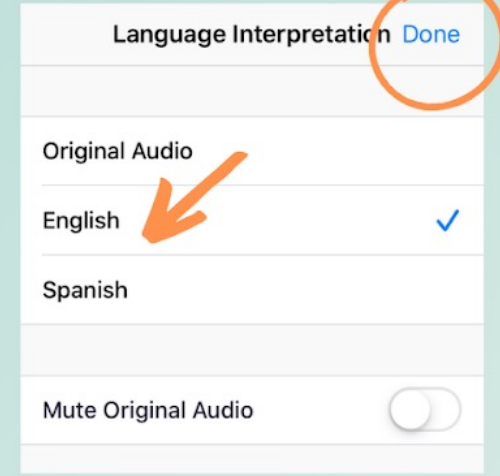
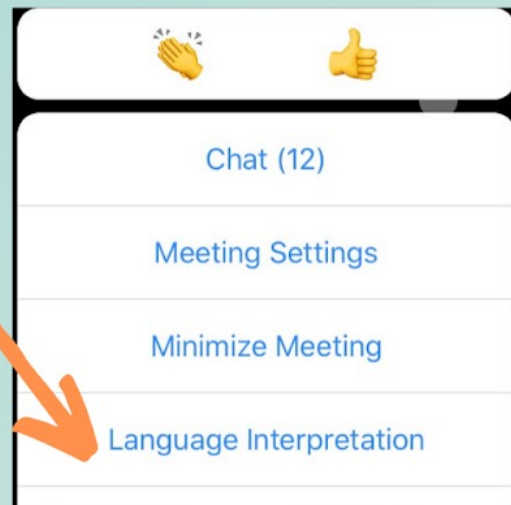
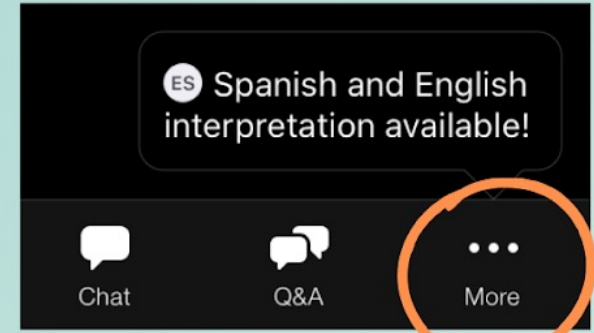
TO ACCESS INTERPRETATION



Via computer



Via smartphone



NRC DV 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.



Hold, Fold, Walk Away, or Run



Joyce Kyles
CONSULTING



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



Joyce Kyles
CONSULTING



Joyce Kyles
CONSULTING

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

Step Away. Take a walk. Meditate. Say No. Say Yes. Ask for TRUSTED help. Commit to YOUR Capacity. Take a shower/bath.

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

IG, LinkedIn & Twitter: @joycekyles

FB: @joycelkyles

WALKING INTO A NEW LIFE: OUR MISSION IS TO PROVIDE
COMMUNITY AWARENESS & TANGIBLE RESOURCES

OCTOBER

DOMESTIC VIOLENCE AWARENESS MONTH

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Upcoming DVAM 2022 Events

Webinar Announcement



**National Resource Center
on Domestic Violence**



DVAM Webinar Series:

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



Thursday, October 6, 13, & 20, 2-3:30PM ET/11-12:30PM PT



National Resource Center
on Domestic Violence

**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



National Resource Center on Domestic Violence

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