RAW FILE

 HAMILTON

 MD1207 SUSAN LARSEN

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 >> Okay so, we'll give it another minute. For people to trickle in. And then we'll get started.

 >> I see somebody I know came all the way from Delaware to join in. Hey, Carol. So we've got some Marylanders, Delaware.

 >> HINDLEY WILLIAMS: We'll get started in just a moment. Thank you all for joining us.

 >> HINDLEY WILLIAMS: Chris, it is just after 2:00 so, when you want to get started, feel free.

 >> All right. So Keyonna, so Keyonna, I'm going to -- or I guess, everybody, I'm going to mute everybody. So when I do that, Keyonna, go ahead and unmute so you can get started, and then I'm also going to hit record, so everybody hit your got it button. So I'm going to mute now. And Keyonna, go ahead and unmute.

 >> KEYONNA MAYO: Thank you, Chris. Hello, everyone. We would like to welcome you to our very first Image Center Wellness series, Happy, Healthy Holidays. And get us started off and centered for today, I'm going to share a video. And then Chris will take it away.

 >> I have it cued if -- oops. If you would rather me share it, Keyonna.

 >> SUSAN LARSEN: I see it playing --

 >> Oh, you've got to share your sound.

 >> IMANI GRAHAM: Yeah.

 >> HINDLEY WILLIAMS: Sorry for the technical difficulties, everyone.

 >> I don't hear any sound.

 >> HINDLEY WILLIAMS: Keyonna, can you hear us? There we go.

 >> Hello?

 >> Here we go.

 >> HINDLEY WILLIAMS: Let's start it from the top here.

 >> Hi, can you just mute for a moment. We're about to show a presentation.

 (Captioned video)

 >> KEYONNA MAYO: (on mute)

 >> HINDLEY WILLIAMS: All right, Keyonna or Chris?

 >> CHRIS: Okay, well, thank you, Keyonna, for that exercise. I love that. I got a chance to watch that as we were planning for it. Watched it actually several times. And it was a wonderful opportunity to just center myself during workdays that were particularly chaotic. And I'll go ahead and put that YouTube link in the chat.

 I can say, I really liked that just exercise that would be maybe just an easy little thing to watch and enjoy doing.

 So it's now my honor and pleasure to introduce our guest speaker for today as we talk about wellness. And mental health. And we kick-off our Image Wellness Series with a conversation around healthy, happy holidays. Our speaker has been a friend of the disability community in Maryland and a friend of the Image Center and a friend of mine for many years. She's a disability advocate and a social worker and a musician and a -- she does all the things. And she's great at all of them.

 So I mean, what can I say? It's hard to even capture the essence of our speaker in a brief introduction of her. You read her credentials and her bio as you registered for this meeting. So it would be easy to say that she has a bachelors and a masters in social work from Morgan State University, both with honors. She has founded Inspire Consulting, which is a wonderful consulting firm that works with people with disabilities on their mental health. She is also now working directly with the Maryland Department of rehabilitation services as a Vocational Rehabilitation specialist. And I'm sure she might touch on what she does there in that position.

 But I might say on a personal note that she is a great friend to have when your life is just going all kinds of sideways. Because she's just a pillar of strength and faith who is one of those people who reminds you that everything is going to be okay and work out in the end.

 So she is just the perfect person to have to talk about this topic as a person and as a professional. We know that we didn't really have to plan much in having her talk. We just had to have her come and give her the time. And she would be there. And she would just take the ball and run with it.

 Now as we honor our speaker's requests always, we asked -- we honor her request to be introduced with a little -- a special song which is particularly special to her and her family.

 So let's kick-off this conversation with Carla Thomas.

 ¶ Hello there ¶

 ¶ Merry Christmas, how you been ¶

 ¶ Gee, it's so good the talk to you again ¶

 ¶ It's been a long, long time ¶

 ¶ And you've crossed my mind ¶

 ¶ I guess it's just wish you a Merry Christmas ¶

 ¶ My best friend's having a party ¶

 ¶ And everybody's going ¶

 ¶ I know it's gonna be a lot of fun ¶

 ¶ Oh, by the way, it's snowing ¶

 ¶ It's been a long, long time ¶

 ¶ And it's why you crossed my mind ¶

 ¶ I guess it's just to say, gee, whiz, it's Christmas ¶

 ¶ It's funny that I haven't thought to call you before ¶

 ¶ And why is it that I haven't seen you around anymore ¶

 ¶ Another year is passed, and I can't erase ¶

 ¶ The memory of your smiling face ¶

 ¶ so I had to call you up and is a ¶

 ¶ gee, whiz, it's Christmas ¶

 ¶ so don't forget the party that they're throwing ¶

 ¶ the warmth by the fireplace will be glowing ¶

 ¶ it's been a long, long time ¶

 ¶ I still can't figure out why you crossed my mind ¶

 ¶ I guess it's just to say, gee, whiz, it's Christmas ¶

 ¶ I'm wishing you a merry ¶

 ¶ have a merry, Merry Christmas ¶

 ¶ gee whiz ¶

 ¶ have a merry, Merry Christmas ¶

 >> MIRRANDA WILLIAMS: Good afternoon, everyone. Can everyone hear me?

 >> CHRIS: We can.

 >> MIRRANDA WILLIAMS: You guys, first I want to say --

 >> We sure can.

 >> MIRRANDA WILLIAMS: Thank you. I want to recognize --

 >> Hey.

 >> MIRRANDA WILLIAMS: All of the holidays. There's Kwanzaa, there's Hanukkah, there's numerous amount of holidays going on this season. So to whichever you celebrate, happy holidays to you. I personally celebrate Christmas. That song that you heard has significant meaning to me. And I will discuss that meaning later on in the presentation.

 As Chris said, my name is Mirranda Williams. I am an original Georgia peach, you guys. Living in Maryland where I'm trying to plant my own peach orchard. I think we started planting some seeds here.

 You guys, Chris already told you, I'm a mental health social worker, graduated from Morgan State University, consecutively 2021 and 2022.

 But despite having those initials behind my name, I was given the gift of service. And the way I choose to serve is to serve my community that I belong to. Any way I possibly can. So therefore, I'm here today to assist in how to manage all kinds of stress, and emotions during the holiday season. Because I, myself, have them. I'm pretty sure everyone else does too, because we're human, right? Right.

 So we're going to do one thing first before we get started. If you can grab a piece of paper or grab your phones or something that you can jot down some notes with really quickly. Give you five seconds. You ready? And please feel free to come off of mute, you guys, because I am totally blind. I don't know if anyone knows or if it's been mentioned, but I identify as blind, hearing impaired, and have partial paralysis. I am visual description, I am an after can American female, locks in my hair, and medium brown complexion. That's a visual description today. Has everyone gotten something to jot down notes with?

 >> Yes.

 >> MIRRANDA WILLIAMS: All right, thank you.

 So the first thing I want you to do, you guys, think of three songs that make you happy. That make you smile. That makes you go, oh, my God, I just want to get up and Kansas. And feel free to shout out your number one song.

 >> Do they have to be Christmas songs?

 >> MIRRANDA WILLIAMS: They do not have to be Christmas songs at all. I just want your top three favorite songs that you love that makes you smile. That has a significant reason to you. Anyone want to throw it out there?

 >> I'll throw out mine. It's flashlight by Parliament.

 >> MIRRANDA WILLIAMS: Come on. I love it. Anybody else have a favorite song?

 >> Hello.

 >> KEYONNA MAYO: Mine is Happy.

 >> MIRRANDA WILLIAMS: Okay.

 ¶ Cause I'm happy ¶.

 >> Anybody else?

 >> Yes, Thriller, Michael Jackson.

 >> MIRRANDA WILLIAMS: Okay. Anybody else? One more?

 >> Sure. one of my favorites that was on my spirit today is Sing "because my momma used to sing it to me all the time.

 >> MIRRANDA WILLIAMS: Come on. We showing our ages here. I'm just is a. Thank you. You guys, that's one of my favoritest friends in the world. Somebody give me one more song.

 >> CHRIS: Everybody Dance Now:

 >> MIRRANDA WILLIAMS: We gonna sweat on that one. Thank you for that, you guys. Later on, I'm going to show you the significance of doing that for me as well.

 Next hands-on activity or written activity, write down three things that is an activity that brings you joy. Something that you like to do. While you guys are thinking about that, I'm going to tell you my favorite song. It is Waging War by CeCe. That's my everything song.

 >> I love that song.

 >> MIRRANDA WILLIAMS: Thank you.

 >> What was --

 >> MIRRANDA WILLIAMS: Say it again, please?

 >> What was the question, again?

 >> MIRRANDA WILLIAMS: What was the question? The question was write down three of your favorite activities or things to do. Anyone who has not spoken, please let me hear your voice and tell me one thing on your list that you like to do.

 >> IMANI GRAHAM: I like to sing.

 >> MIRRANDA WILLIAMS: Come on. You want to give us a little bit?

 >> IMANI GRAHAM: No.

 >> Hi. Imani?

 >> IMANI GRAHAM: Hi, how are you?

 >> Hey, how you been? Could you turn your camera on for me, please?

 >> HINDLEY WILLIAMS: One of the things I really enjoy doing is reading.

 >> MIRRANDA WILLIAMS: Okay, what was the last book you read?

 >> HINDLEY WILLIAMS: Goodness.

 >> MIRRANDA WILLIAMS: If I put you on the spot, I'm sorry.

 >> HINDLEY WILLIAMS: It was over the weekend. It was the The Sun Also Rises. Not a great holiday read.

 >> MIRRANDA WILLIAMS: One of the great classics. One more person they want to tell me something they like to do.

 >> I enjoy practicing yoga. I enjoy playing -- singing and playing piano, playing musical instruments. And then I really enjoy DJing.

 >> MIRRANDA WILLIAMS: Okay. I need to throw a party. Where are you at?

 >> I am right here in Maryland. I moved here recently.

 >> MIRRANDA WILLIAMS: All right. Welcome to Maryland.

 >> Thank you.

 >> MIRRANDA WILLIAMS: No problem. Thank you. Thank you, guys, for your participation. One of the most exciting things that I like to do that I think is exciting is bake. Especially during the holidays. It really brings me joy. Okay. We do have a bit of a presentation. Chris, if you want to see those up on the screen for those who can see. And we're going to follow down.

 We're going to talk about how to manage stress and our mental health during the holiday season.

 Because life happens. Life be lifing. That's what I read on Facebook. But we're going to see some different ways of how we get through life or make it better. Because life is tough, but it can be better.

 As a kid, I was taught that we have these basic emotions. Feeling sad. Feeling happy. Feeling angry. But there is so much more to our emotions than those basic emotions. And we have to find a way to regulate them. And so when we do that, we find different activities or different things to release some of those emotions. And these things that we find are called coping mechanisms.

 Coping mechanisms are a fancy, political-correct term that means finding something to release your energy of those built-up emotions positively. That's the keyword. Positively.

 And effectively.

 We're going to talk about some of those emotions. And the first one is anxiety. It can show up in so many different ways, but especially around the holidays. Oh, my God, I'm running out of time to do things. I don't have enough money to buy what I really want to buy my family member or significant other. Oh, my God, am I going to be able to perform well in choir or at school or during term season. What is this? I just graduated. Semester. End of semester courses. So anxiety shows up in so many different ways. How do we get through it? I I'm glad you asked.

 So the first thing is deep breathing. And you're going to see this show up in almost every one of our emotions because it works. Our beginning exercise was the perfect prelude to this exercise. And it simply is four, five, six. Some people might know it as four, seven, eight. But it's easy with four, five, six. You're going to breathe in through your nose for four counts. You're going to hold it for five counts. And you're going to exhale through your mouth for six counts, releasing all of the bad energy, all of the nerves, all of the jitters. And it works. It's a very effective calming coping mechanism to deal with anxiety.

 Everybody got it? Want to try it? Are you guys nodding your head? Yes? No? Maybe so?

 >> KEYONNA MAYO: Yeah.

 >> I do.

 >> MIRRANDA WILLIAMS: Okay. In through your nose for four counts. let's try it.

 Hold for five.

 Exhale for six. Let it all out.

 When you feel like your anxiety is going through the roof or it's upsetting just a little bit, just to take that calming, inhaling, hold, and exhaling breath can alleviate so much negative vibes. Because that's what we call it these days, vibes.

 The next thing, social media is everywhere. So we're going to tap into social media for positive things. When anxiety comes up, watch a funny video. YouTube. Instagram. Facebook. Anywhere that you can find something hilarious or something to make you smile. My boss, she likes to watch cats. So she sent me this little cartoon cat. And it was singing a very special happy birthday thing. And it was so cute. And I just giggled and smiled.

 It released a lot of anxiety I had with a client for that day. So laughter is a great coping mechanism for anything negative.

 Agree? Yes? No? Maybe so? Okay.

 And the reason why I had you guys write down your favorite songs is because our third thing for helping to elevate anxiety is to find your favorite go-to song. This can be a fast song. This can be a slow song. This can be an inspirational, a spiritual, a religious, whatever you can get out of that song. For me, one of my calming songs is Rise Up. It's a very soothing tempo. It has a very positive message. And it helps me to remember why I'm put on this earth and why I do what I do.

 So find or create a play list on your phone, on YouTube. And listen to that music. Music is around us for a reason. It helps us express emotions that we can't put into words but someone else did. Those three favorite songs that you have, use them when you need to.

 Our next emotion is loneliness. Loneliness can -- can definitely show up for holidays. And from a personal experience, I lost my sight on Christmas day, December 25th. I lost my grandmother on Christmas day, December 25th. A lot of stuff happened around the Novembers, December months for me. And most people call it seasonal depression. Especially during COVID and everything like that. Loneliness was one of the major emotions. One of the major consequences, results of COVID. Feeling isolated. Not having that connection.

 So some coping mechanisms to deal with that is to reach out to others. Pick a day, a set day. So you'll know to do this consistently. To reach out to someone. And reaching out can be via telephone, social media, in-person. And have a conversation, have a meet-up which is points one or two. Have a meet-up. And this meet-up doesn't necessarily mean you have to spend money or anything. I can be going a green space, a park. And having a conversation.

 You and you just really don't know how much being around other people who are positive and who maybe just need to have that physical touch or that physical presence in their space to be able to elevate the symptoms of loneliness.

 Another way is to, again, sharing. Sharing is caring. Share a joke, a video. Something that makes you smile. Like my boss loved cats. So she shared this cat singing happy birthday or something. It made me smile. So that's another way to try to elevate loneliness.

 My third one is the meet-ups. Find a group of people who have the same interests as you. And that's a common ground where you can start off a conversation and find awesome people. Lynette here on this call with me today. We met in church. And we bonded over some other things that she had going on in her life. And it helped me to open up about something that was going on in my life. That I didn't know I had anyone to speak to. So she showed up and helped me elevate some of that loneliness and anxiety that was going on related to that situation.

 So no one knows you need help unless you say something about it. There's this old song, lean on me. Not going to sing it. No one can feel those are your needs if you don't let them know. Which I think is a direct quote from that song. Any questions so far? Because you guys, I can keep talking. And I talk with my hands so, I'm sorry.

 >> Which lean on me are you referring to? You might have to sing it?

 >> MIRRANDA WILLIAMS: No, ma'am, you're not going to get me with that one.

 >> This is lean on me by Bill.

 >> Thank you very much.

 >> You might not sing it, but I might play it at the end.

 >> MIRRANDA WILLIAMS: She done tried to get me to sing. I caught really quickly.

 That's how we bonded, you guys. We were on our praise and worship team on a church we were going to. And found our love of singing, our love of religion, and of having fun. So when you make those connections with someone, that can definitely elevate loneliness. Friendships are one of the most common grounds to elevating depression, loneliness, anxiety, feeling overwhelmed, when you know you have that person to call and say, this is what's happening, can we get some pizza? It works. It really does.

 Grief is an emotion. And grief does not have a specific time period to get over. I don't care who tells you differently. It duds not. My grandmother passed in 2013. I will never, as long as I am living, be over not having my maternal grandmother here. And that song that you heard first, gee whiz, it's Christmas, my grandmother used to have a record player. And she used to have Christmas songs on what back then was called a 45. It's like -- it's your record. It's your prehistoric version of a CD. And she used to play those songs for Christmas. And I would be in the kitchen with her helping her cook and sing those songs. I was my grandmother's singer. All of her granddaughters were. And she let us sing in church. Singing is a way I remember my grandmother. It's something that we did together. And that's how I remember her. So that was one of the significant reasons for that song this morning.

 >> One of the things I do, it's a little bit different than what I lot of you might do. I practice yoga and meditation for a number of reasons. But one of the things that I have found really does help me is like -- is chanting. I've done different chants to help me with different situations.

 >> MIRRANDA WILLIAMS: Would anybody else like to share what are some of the --

 >> I do the same thing. This is Sunshine. And I do deep breath energy work.

 >> Yep, I'm the same way. I practice the yoga and meditation. I practice meditation daily and yoga all the time. And it really does help me, and I do a lot of the chanting.

 >> MIRRANDA WILLIAMS: Would anybody else like to share what they do?

 >> I want to add something.

 I've been met at a timing for over 30-plus years, and I journal regularly. It makes a difference by making me aware

 >> Oh, let me pay attention to this Zoom.

 >> I think someone might be unmuted.

 >> Yeah, tell us more about that thing.

 >> This is Carol, Mirranda. I use prayer as a touch point in my life. You know, just releasing and grasping hold of. You know, God. I also meditate as well. Yeah, so those are my two things.

 >> MIRRANDA WILLIAMS: Okay. Awesome.

 >> Hello, everybody.

 >> MIRRANDA WILLIAMS: Hi.

 >> This is Andrei. I'm enjoying your meeting. But my biggest stress reliever or coping mechanism is pretty much staying busy. No matter what it is. A lot of times I go to the gym and workout or make music, cook, all the above.

 >> MIRRANDA WILLIAMS: Would anyone else like to share before I move on?

 >> Yeah, y'all hear me?

 >> MIRRANDA WILLIAMS: Yeah. Hi.

 >> Hey, everybody. So I was going to add on what you guys were saying earlier about the methods and stuff. Music-wise, listening to something on YouTube like 528-hertz to up like, those higher frequency-type music, listening to that throughout the day while you're working, doing whatever you're doing, it will help with the energy around you. And also, you can use that for meditation as well.

 I work with people on past life regressions and in general stuff that they are having trouble with. We go through certain stuff and figure out what the cause is. And fix it. And also, sing and produce music as well. So that's another form of therapy as well too.

 >> MIRRANDA WILLIAMS: Thank you for sharing. I got some family members and friends on here. Y'all make me cry. Okay.

 >> I have one.

 >> MIRRANDA WILLIAMS: Yes, sir, go ahead.

 >> Yeah. The loneliness and stuff, you know, I agree with you guys. You know, I sometimes do go out to social outings. 11, have you heard of them?

 >> MIRRANDA WILLIAMS: I have not.

 >> For people with disabilities.

 >> MIRRANDA WILLIAMS: Oh.

 >> And I also with people on the go Maryland advocacy group. And also, trying to meet people also to get my anxiety and stuff down, I mindfulness. You heard of it?

 >> Mm-hmm.

 >> Yes, using mindfulness is a good -- and I do agree with you watching the videos and stuff because there are some things that made me sad. I was close to my grandmother and my grandfather. And they passed on. And still does get to me sometimes.

 Sometimes I can't look at old photos of them. Especially late at night.

 >> MIRRANDA WILLIAMS: Right. Thank you for sharing. So keeping with the grief, when you're feeling grief, the first thing I want you to remember is you don't have to pretend that you're not okay. It's okay. There's a whole slogan. There's okay to not be okay. It's okay. You have to get those emotions out. And those feelings out. Again, the keyword is in a positive manner. You don't have to hide yourself or hide your feelings to pretend you're okay. Because again, no one knows your needs unless you let them show. Sometimes I let it out. I have to cry. And I'm okay with crying. I'm okay with how my feelings feel. I'm okay with being sad sometimes. I'm okay with being quiet sometimes. I'm not this upbeat, bubbly person every day. It may look like that to some people, but everyone has their down days. And it's okay to have those down days.

 For me, that was baking and singing with my grandmother. And journaling or writing down or -- since he's a little older, we're going to bring it up to today's use with the technology. Send them a text message. I have an entire thread in my phone that is dedicated to my grandmother.

 On days that I'm missing her, I send her a text message. Some people may think it's a little much sometimes. It's not. It's just a new way of doing something that benefits you instead of writing it down on a paper, sending them a text message. My brother passed in 2019. I still send his text -- I still send text messages to his number to let him know about his children and it's my way of coping with my brother's loss. Writing IT down in some form or fashion will help get out some of your emotions related to grief and loneliness and overwhelmingness.

 Sadness is a common emotion that everybody knows about. Sometimes it is not addressed, it can lead into depression and more challenging emotions that we may or may not know how to transfer out of it. So a lot of the time, the first thing that I want you to know is that sometimes we definitely need to question our negative thoughts. So this can be a touchy subject, such as suicide or be just a basic subject as self-esteem or low self-esteem with someone saying, oh, you're not pretty or you're ugly. Someone is saying something negative to you. And you're starting to question yourself.

 The main thing is to question yourself to see if there's any truth to what the other person is saying. And nine times out of 10, it's not true. Or it's that person being negative because they are having challenges with their own mental health or their own self-image.

 Try to make sure that we keep a positive outlook and find a silver lining because it is. No matter what you go through, there's a silver lining in everything.

 Anybody have anything to say or comments? The second thing pick a go-to booster. Some people choose food but over indulging is one of things that we have to be careful from. This is a slippery line. And me, mine is sweets. Sometimes when I'm feeling sad, the first thing I hit is chocolate. And it gives me that boost. Something immediately at hand. Lady who says she plays flash, that's a mood booster. Any kind of dance now. Something to get up and move and get that energy out and just makes you smile.

 Another major emotion is anger. Anybody want to tell me something they do to elevate anger? That's positive.

 >> KEYONNA MAYO: I went ax throwing and it was fun.

 >> MIRRANDA WILLIAMS: I did that as well. And yeah, I hit a target maybe one time. But the rest went into the wall and ceilings and stuff. But it was very stress relieving. It was awesome. Yeah, that works though. A lot of the people, I know a few individuals that box. On a punching bag. Whatever it is to release that negative. Let's please punch appropriate stuff. Because punching the wall is not necessarily adequate. Please, let's do pillows. Pillows or punching bags. Or ax throwing. In an appropriate ax throwing setting. Let's not randomly throw axes outside. Let's not do that.

 Remember the --

 >> CHRIS: So I often find that especially lately, when I'm angry, I have to address, if I'm going to be positive about it, I have to address what I'm angry about. Otherwise, even if I get less angry, I'm still going to be thinking about it. And it's still going to bother me. And so where it goes back to I think talking about journaling and talking about journaling earlier. So I'll write something about it, or somebody suggested to me even -- a voice journal. You know, like it doesn't have to go anywhere. But you can just, you know, record something in your own voice if you're not a writer. Put something on your phone or something, as long as you get it out somewhere. Now she suggested to me that it become a podcast at some point. It doesn't belong -- my voice journal doesn't belong to the public.

 >> MIRRANDA WILLIAMS: Not rated E for everybody, at all. But it's a way to get it out. And you can go back and play it and listen to it. And hmm, was it really that important for me to get upset about? Or what could I have done? It's a way to hold accountability. What could I have done to elevate that situation?

 >> Chris mentioning about the voice, that is just, you know, that's just another type of journaling. And I might have missed out on part of the conversation. But I'm a yoga instructor. And I deal with a lot of older people. And tell them to use your telephone. We all carry our telephone around. And herb got a pass code on it. So nobody else is going to ever hear what you got on there.

 So rather than worrying about writing it, just use your telephone. The most important part is to get it out. Because that is something that happens. Rather than just throwing things around in my head that is something, that's something -- there's a miracle that takes place our thoughts are brought into the sunlight. And even if I'm the only one listening at them, I'm no longer throwing them around, I'm no longer bouncing them around in my head.

 >> MIRRANDA WILLIAMS: Right. And that's the whole thing about this part of this presentation. There's not a wrong way to do it. It's always an individual's choice. As long as it's positive. The method doesn't matter. I usually go by my brand name which is Inspire. And the tag line is making minor adjustments for major transformation. And that's only to say to elevate the stuff, we only have to do one small thing differently that can create a positive outcome.

 And something we're doing. And if it takes finding out alternative to writing or finding an alternative to expressing our emotions in a negative way, let's do that. Because we're going to feel better about it in the long run and it's going to create positive coping habits, mechanisms, for us to depend on when we feel like there's no one there or there's no hope.

 So this minor thing that we're going to do, that we're doing today, talking about today, it's going to be essential to our mental health for a long run. Thank you.

 So when you're doing anger, a lot of time people is a step away. They say it can be toxic when you step away. It's not. Step away. If you have to step away, step away. It gives you that moment to start doing something. Yoga or laughing or something that's going to distract you just for a second about what's happening in that moment. And that moment away is going to allow some clarity to seep in. Hopefully. And to be able to eliminate that situation. And like Chris said, it has to be addressed. If it's not addressed soon, it's going to continue to fester. So please address whatever it is.

 Let's have accountability.

 So we're going to move to overwhelming. It's the same thing as anxiety almost. So outside of everything that we've already talked about taking deep breaths or stepping away, the only other thing is to prioritize. Make lists. Go from the most important to the least important. Make those lists and start breaking them down into smaller tasks. We have heard this all our life related to homework, assignments and school. Whatever it is. It works. We just need to start utilizing it. And again, if you can't write or don't want to write or hate writing, let's just start using our phones, our voice recorders. Anything that we can utilize to help us make the list or notation that we need that we can go back to later.

 And so this whole thing was related to holiday stress. And mental stability during the holidays.

 There's so much that I have to think about during the holiday, it gets overwhelming, it gets stressful. And I don't know how to handle it sometimes. I'm being completely transparent. So one way to do that is I started prioritizing and putting things in the list, what am I going to do this holiday season for Christmas? Am I going to go home? Breaking it down into more simplistic notations where I can easily handling it instead of doing this big assignment because you have so much other stuff in life that's going on. If you have to worry about your job, have to worry about setting up transportation, have to worry about kids, family members, everything that you have to do, now you have this holiday stress added to it.

 Make a list.

 Do what Santa does. Check it twice. I'm just saying. If he can make list, why can't I?