

Owning Your Feelings & Helping the Uncomfortable Ones Pass

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Wednesday, May 20, 2020

2:15 pm ET / 11:15 am PT

As the coronavirus pandemic continues, many people are finding themselves increasingly struggling with their mental health. It's no surprise that emotions are heightened as we deal with the challenges our world is facing, but it can still be difficult to embrace your feelings.

Everyone handles fear and stress differently and it's common to not understand why you're feeling a certain way. This can bring up frustration or guilt on top of what you're already dealing with. Whether you're feeling anxious, angry, lonely, overwhelmed, or anything else: it's okay! Often the first steps to feeling better are identifying your feelings and accepting them for what they are.

Join us for this 60-minute webinar where we will discuss:

- Why you may be experiencing feelings that “don't make sense”
- How to validate your feelings without promoting maladaptive coping behaviors
- Practical tips to help you sit with and move through uncomfortable emotions

For those who are unable to attend, the webinar recording and slides will be available on Mental Health America's (MHA's) [Webinar page](#).

Meet the Presenters:

Emily Skehill is the Manager of Peer Advocacy, Supports, and Services at Mental Health America (MHA) where she works to expand the inclusion of people with lived experience in mental health care. She is also dedicated to combatting widespread loneliness in our society and promoting the value of social connections for whole health. Having lived with anxiety and depression since a very young age, Emily is passionate about increasing access to care, reducing stigma, and promoting

children’s mental health through social and emotional learning (SEL) and early intervention.

Kristina Baker, NCPS began her Recovery Specialist career 8 years ago working in a forensic hospital. After earning her state certification, Kristina found her way to MHA of Palm Beach County (MHAPBC) in Florida and shortly after earned her National Certified Peer Specialist (NCPS) certification. Kristina took on the role of Recovery and Resilience Director and currently manages MHAPBC’s Community Support Centers and Supervises the recovery support team. She is also a trainer for the HOH (Helping Others Heal), and WRAP (Wellness Recovery Action Plan) trainings. Kristina is also a Navy Veteran; she served 8 years and traveled to Sicily, Hawaii, and Puerto Rico. “When I started my first job as a Peer Specialist it was just that a job, but today this is my career.”

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