



MY MOOD MAKES MY DAY: ADJUSTING ATTITUDES FOR SUCCESS

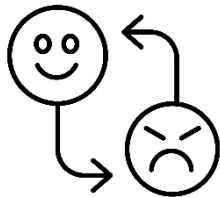
A presentation for OADD 2023

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April 20th 2023

Learning Objectives

- Discuss impact of mood and attitude on our success as service providers
- Recognize the factors that make up mood and attitude and narrow these down to our unmet needs
- Learn **how** to apply the Hierarchy of Needs model to ourselves
- Share ideas and strategies for adjusting our moods
- Build a better-attitude toolbox together

Can a situation be turned around by adjusting your mood?



Have you been caught in what could have been a negative experience that turned out okay because of your positive attitude?

Please share.



Understanding What Makes up my Mood

When we take a holistic approach to attitude, we see that mood is a product of our overall wellness status; encompassing emotional, physical, mental, social and spiritual wellbeing or lack thereof.

So what exactly influences our various moods?

Mood Factors

MOOD BOOSTERS - POSITIVE FACTORS

- Confidence
- Sense of Motivation
- Feelings of Competence
- Past Success
- Supportive Peers
- Praise or Recognition
- Being Comfortable
- Positive Associations
- Having Basic Needs Met
- Preferred Stimuli (Treats)
- Expecting Positive Outcomes
- The right training (NVCI, Integrated Experience)

MOOD KILLERS - NEGATIVE FACTORS

- Adverse Stimuli (Negs)
- Unmet Basic Needs
- Discomfort
- Feeling Inadequate or Unmotivated
- Lack of Support/Supplies
- Undermined Confidence
- Negative Feedback
- Previous Bad Experiences
- Loneliness or Unmet Social Needs
- Negative Expectations

The Cycle of Experience and Attitude

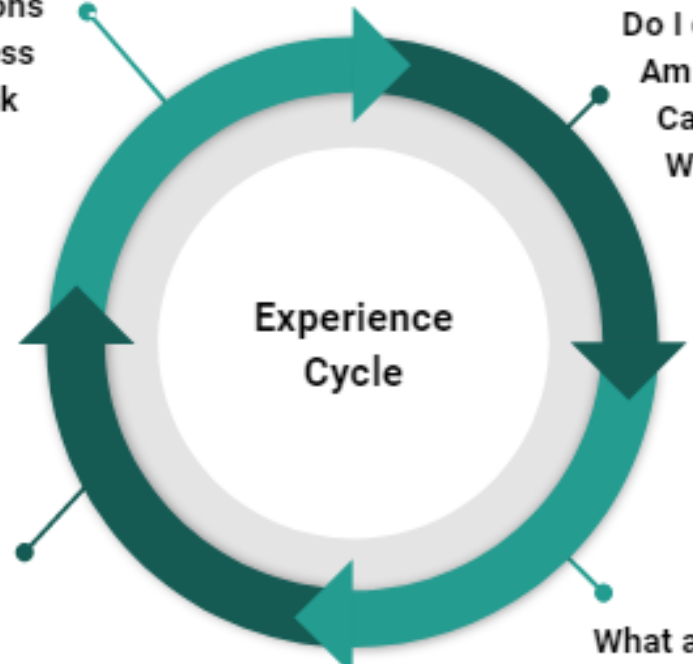
MY FILTERS

Do I have the right supplies and training
What are my prior associations
Am I set up for best success
How well can I do this task
Am I able to focus

MY ATTITUDE

Do I expect success
Am I motivated
Can this be enjoyable
What benefit does this provide

Experience
Cycle



MY EXPERIENCE

Was I able to accomplish the goal
Do I feel good about my role
Would I want to do this again
Was I prepared for the task
Was it meaningful

MY APPROACH

What am I prepared for from my associations
Do I set myself up for best success
Am I projecting confidence
Can I relax and make it fun

What percentage of our attitude can we control?



Our mood is 99% made up of factors that we can have control over. There's always some external mood altering impact but you can control how you choose to react.

Much of our mood and overall attitude is a direct result of how well we are meeting our various needs and our reaction to any barriers interfering with our ability to fully meet all those needs.

Abraham Maslow in 1943 and Your Mood Today



Abraham Maslow (1908-1970) was an American psychologist well-known for a theory he called the Hierarchy of Needs. He used this to explain human motivation.

If we apply his theory, we learn that we each have a number of basic needs that must be met before we are able to try for our more complex needs such as our social, emotional, and self-fulfillment goals.

Maslow suggested that our unmet needs negatively impact our ability to reach success, accomplish our objectives and feel good.

For his complete publication, see Maslow, A.H. (1943). "A Theory of Human Motivation". In *Psychological Review*, 50 (4), 430-437.

HIERARCHY OF NEEDS

Need categories

Need examples

Self-actualization
needs

Self-fulfillment; Growth; Unity
Understanding; Beauty; Morality;
Transcendence; Exploration; Play

Esteem
needs

Positive self-evaluation; Dignity;
Achievement; Mastery; Competence;
Independence; Reputation; Prestige

Social
needs

Giving and receiving affection;
Intimacy; Friendship; Tenderness;
Affiliation; Love; Belongingness

Safety
needs

Security; Stability; Predictability;
Protection; Freedom from fear;
Structure; Order; Law; Limits

Physiological
needs

Nutrition; Water; Air; Sleep; Shelter;
Clothing (temperature control);
Reproduction

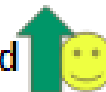
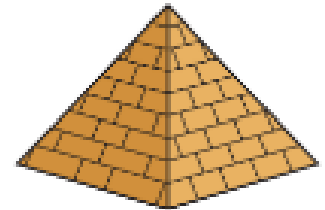


From Wahba, M.A.; Bridwell, L.G. Maslow reconsidered: A review of research on the need hierarchy theory. *Organ. Behav. Hum. Perform.* **1976**, 15, 212–240

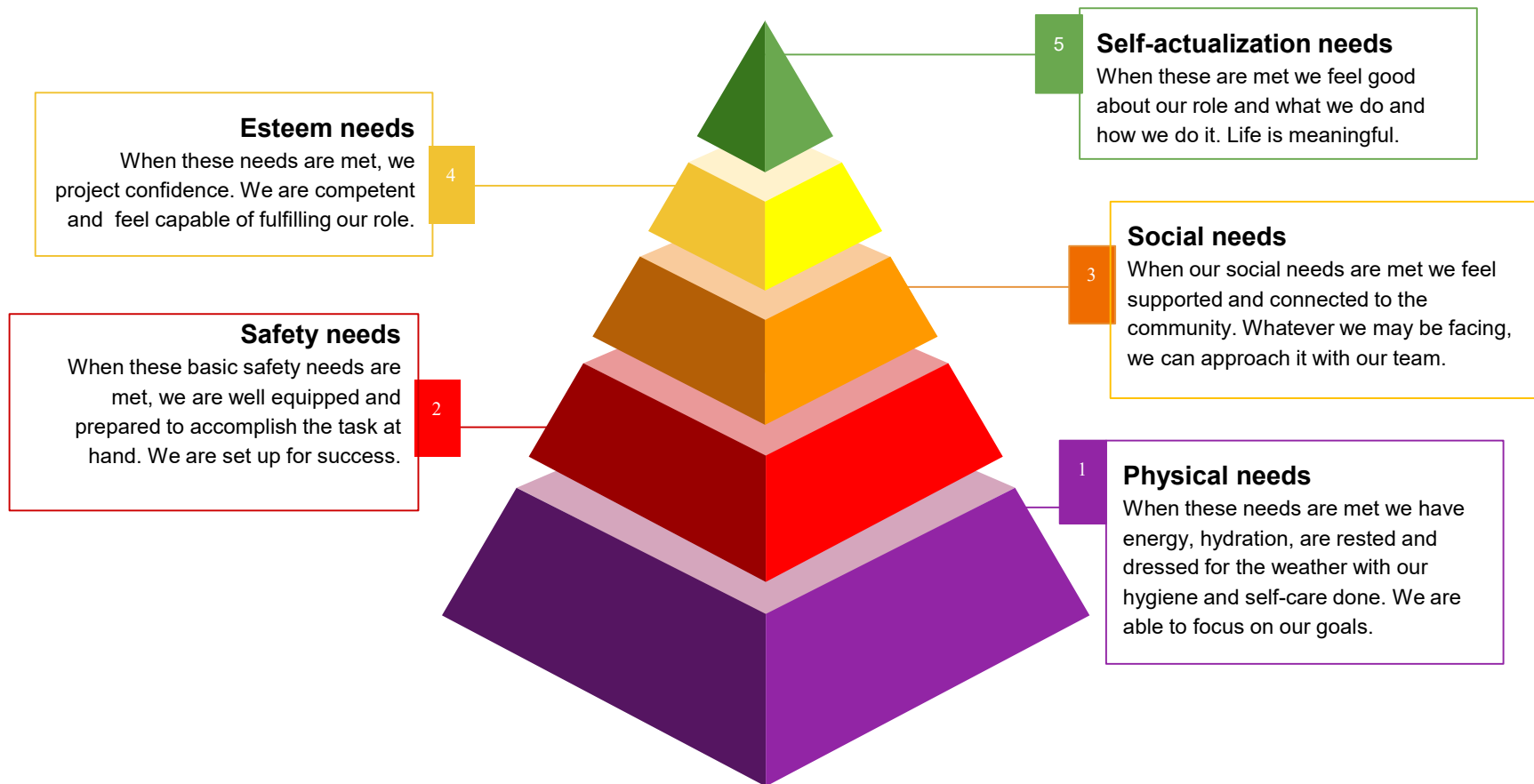
The Hierarchy of Needs & You

We all have the same basic needs hierarchy

- Like a pyramid, the blocks on the bottom support the higher levels
- Immediate care needs that are critical such as bleeding or starving or illness are even higher priority than basic care needs. The more primal the need, the less you can advance the hierarchy unless that need is met.
- If baseline needs such as food and shelter are not met, we cannot get to less tangible needs like our career success.
- Inability to meet all levels of needs drags our mood down
- It is therefore vital to do a needs-based approach to adjusting mood



What happens when we meet our needs?



When we meet our needs, we are able to succeed!

My Hierarchy of Needs

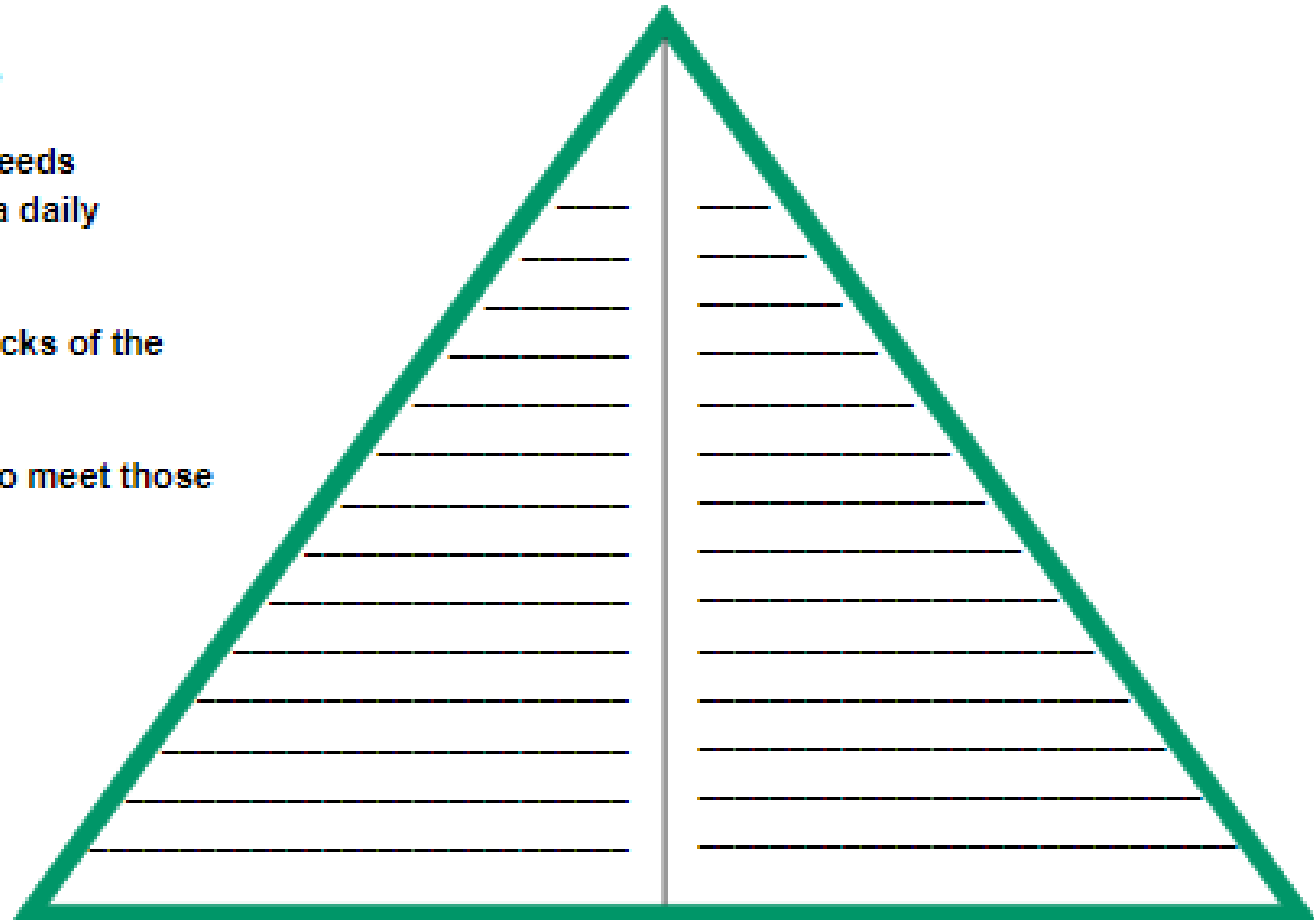
What do you require from each needs category in order to succeed on a daily basis?

Write your needs down in the blocks of the pyramid handout.

Now write down preferred ways to meet those needs at home and away

For each need, remember:

- Make it measurable
- Make sure it is attainable
- Be specific
- Keep it simple



The Caregiver Dichotomy

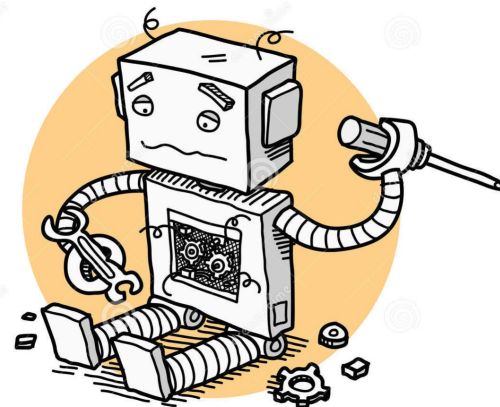
When providing care for others, it is easy to allow our personal needs to be secondary or to go unmet, but this does not provide the best outcome for us or those we support.

Our mood and unmet needs will impact our approach which in turn impacts the experience for us and for those we are supporting.

Like any tool or piece of equipment used, it is important for us as the supporting individual to inspect ourselves before a task or activity and make sure we are in good condition.

If not in good condition:

Now is the time to do a needs-based mood-fix.



The 10-Second Self-Check and 5-Minute Mood Fix

What do you do when you notice your mood declining in a situation?

Put yourself on break.

Examine yourself and see what can improve your mood.

On the next few slides, we will be examining how to **STOP, HALT** and perform a **Mood Solution**.

Using the **STOP** method and **HALT** 10-second check-in will give you an idea of what you need for a 5-minute (or more if needed) **Mood Fix**.

Mindfulness and the STOP Method

WHAT IS MINDFULNESS?

Mindfulness is defined by Oxford Languages as:

1. the quality or state of being conscious or aware of something
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

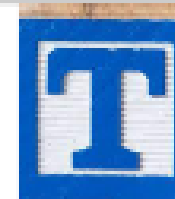
For purposes of our own wellness we will be using our mindfulness as a therapeutic technique.

Let's examine this mindfulness exercise called the STOP method.

The



Stop whatever you are doing...
Just pause momentarily.



Take a break and take a breath.
Reconnect with your breath.
The breath is an anchor to the present moment.



Observe. Notice what is happening
Observe both inside and outside of you.
Where is your mind & what do you feel



Proceed. Continue what you were doing
Or instead use the info gained during this check in to change course.
Be mindful.

H. A. L. T.

**Are You Hungry, Angry,
Lonely or Tired?**

**HALT what you are doing
and help yourself.**

We all have personal ways to meet our needs. Your preferred mood-fixes and methods of meeting your needs are every bit as valid as anyone else's.



My Moods

My Solutions

When I am feeling...

I can and I will

Hungry →

Angry →

Lonely →

Tired →

Discouraged →

Overwhelmed →

What are your Moods and Solutions?

Creating a self-care toolbox



What is a Self-Care Kit?

A good self-care kit is simply a box, bag or bin you can keep stocked up with need-meeting, mood-boosting supplies that work for you.

Pack it like a first-aid kit or car emergency kit for your mood.

- something for energy
- something for hunger
- something for morale
- something for hygiene
- something to reduce stress

Your self-care kit can be small or large depending on your available storage space.

It should contain a small assortment of items you can use to improve your overall mood and status on the go and on an as needed basis.

These items should be specific and personally helpful for you.

You can access your self-care kit when you have an unmet need while you are busy.

When Making Your Self-Care Kit

Choose an attractive container or box, pick something that makes you smile to make your kit

Include favourite snacks, treats, teas, hot chocolates and coffees for a pick-me-up

Put a journal or notebook in the kit for collecting and processing your thoughts and feelings, affirmations too!

Keep an address book or contact cards for people or help groups you can phone if needed

Keep photos, cards and clippings of happy times

Keep comfort items like blankets and hand creams and fuzzy socks for physical comfort

Respect and include items reflecting any spiritual needs you might have, also books and poems

Include fun sensory stuff that cheers you up



5 SENSES COUNTDOWN –

A SELF-GROUNDING MEDITATION EXERCISE

TAKE A LOOK AROUND YOU. WHAT ARE 5 THINGS YOU CAN SEE? NAME THEM. FOCUS YOUR VISION ON EACH THING IN TURN, REALLY LOOKING AT THE DETAILS. GIVE EACH SIGHT A MOMENT OR TWO TO REGISTER.

NOW, CLOSE YOUR EYES. LISTEN INTENTLY TO YOUR SURROUNDINGS. WHAT ARE 4 THINGS YOU CAN HEAR RIGHT NOW? GIVE THEM EACH A NAME. FOCUS ON EACH THING IN TURN AND LISTEN INTENTLY TO IT. GIVE EACH SOUND YOUR ATTENTION FOR A MOMENT.

NEXT, FOCUS ON YOUR HANDS. ALLOW YOURSELF TO EXPLORE TACTILELY. WHAT ARE 3 THINGS YOU CAN TOUCH? YOU COULD FEEL THE GROUND, YOUR SURROUNDINGS, OR MAYBE YOUR CLOTHES AND CONTENTS OF YOUR POCKETS. TOUCH AND HOLD EACH OF THESE 3 THINGS AND FOCUS ON EACH SENSATION. NAME EACH THING AS YOU TOUCH IT AND EXPLORE THE TEXTURE OF THE ITEM.

NEXT, DO A BIG EXHALE AND GET READY TO FOLLOW YOUR NOSE. INHALE A DEEP BREATH THROUGH YOUR NOSE. WHAT ARE 2 THINGS YOU CAN SMELL RIGHT NOW? CAN YOU IDENTIFY THEM AND GIVE THEM A NAME? SPEND A FEW MOMENTS ON YOUR BREATHING AS YOU FOCUS ON THE SENSE OF SMELL. WHEN DONE, TAKE ANOTHER DEEP BREATH TO CLEAR YOUR LUNGS AND FOCUS ONE MORE TIME, THIS TIME ON TASTE.

RUB YOUR TONGUE AGAINST YOUR TEETH, ROOF OF YOUR MOUTH AND LIPS. WHAT IS 1 THING YOU CAN TASTE? AT THIS POINT, FEEL ENCOURAGED TO TAKE A DRINK, HAVE A PIECE OF GUM OR CANDY OR BITE OF A SNACK OR JUST FOCUS ON YOUR MOUTH. IS WHAT YOU ARE TASTING BITTER, SWEET, SAVOURY, SALTY, SOUR OR SPICY? AS YOU FINISH TASTING, TAKE ANOTHER FEW DEEP BREATHS AND THEN OPEN YOUR EYES. YOU ARE FULLY PRESENT AND AWARE OF YOUR SURROUNDINGS.

AS YOU RETURN TO YOUR ACTIVITIES TRY TO TAKE TIME TO FULLY EXPERIENCE THE SIGHTS, SOUNDS, SCENTS, TEXTURES AND EVEN THE FLAVOURS YOU MAY ENCOUNTER.

"A *positive attitude* may not *solve*
all your problems,
but it will
annoy
enough people to
make it worth
the effort."
—Herm Albright



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