

## 2020 VISION FOR OURSELVES



### Realizing the Impact We Have on Our Lives

Recovery & Empowerment Statewide Call  
 Date: May 28, 2020  
 Toll-free Call-in Number: 1-844-867-6167  
 Access Code: 4360050

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Thank you for joining today's call!

Fax CEU Sign-In Sheets within seven business days to:  
 Christal Hamm: 309-346-2542 or  
 Email: DHS.DMHRRecoveryServices@illinois.gov

Date & Topic for Next Call:  
 June 25, 2020  
 Searching for Answers in Life's Challenges

Email Your Feedback:  
 Cindy.Mayhew@Illinois.gov



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## Guidelines for Today's Call

- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated



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## 2020 VISION FOR OURSELVES

### Meet the Presenters:

**Keri Barker**

Community Speaker

**Christopher Keck**

IL Division of Mental Health



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## Objectives

### Participants will learn:

- 1) How our beliefs shape our reality
- 2) How to avoid self-sabotage
- 3) How to create a personal plan for success

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## Thoughts That Can Shape Our Reality

- What we think we are capable of.
- What we believe we can and cannot do.
- Who we believe we are.
- How we view our identity.
- How we view the world.

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**Quote of the Day**

Nike stands for "Just Do It!"


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Adidas stands for "Impossible is Nothing!"

Now what do **YOU** stand for?



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**Perspective** 

**Positive Thought**

- If I wake up early, I will have more time in the day to get things accomplished.
- If I exercise, I can improve my overall wellness.

**Negative Thought**

- If I wake up early, I will be tired and won't be able to get anything done.
- If I exercise, I will become sore and worn out.

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**Factors that Improve our Potential**



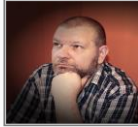
- Self-awareness
- Action
- Discipline
- Support
- Achievement
- Commitment

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**Self-Talk**


**Our Inner Dialogue**

- Reveals our thoughts, beliefs, questions and ideas in order to make sense of our own reality. Self-talk can be both negative and positive. It can be encouraging, and it can be discouraging.



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**Examples of Negative Self-Talk**



- I won't be able to achieve my goal, so why even try?
- It's just too hard!
- I am stupid.
- It's my fault!
- I made a mistake.

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**Examples of Positive Self-Talk**

- I am not understanding things right now, but I'll figure it out!
- I will get it. It just may take some extra time and effort!
- Mistakes help me better understand things!
- I won't give up. I am on the right track!

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## Negative to Positive



### Negative

- “Going nowhere”
- “I failed”
- “Why try?”
- “I can’t”

### Positive

- “How far I have come”
- “I’m learning a lot”
- “I will achieve my goal”
- “I can”

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## A Plan of Action Can Include



- Engage in positive self-talk
- Identify our strengths
- Create a list of goals
- Surround ourselves with supporters
- Find ways to motivate ourselves (videos, affirmations, reading)

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## Results From Positive Self-Talk

- Willingness to try new things
- Taking on challenges
- Not giving up if things don’t go the way we want them to
- Developing the ability to dig deep and gut it out



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## Results From Negative Self-Talk

- Hesitant to take on new challenges
- Fail to learn from our mistakes
- Decrease in motivation
- Increase in procrastination
- Depression
- Hopelessness



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## To Conclude:

- Our thoughts define who we are and the reality in which we live.
- We are who we think we are, and we do what we think we can do.
- We are who we believe we are, so we must believe we are better than our best!

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## Where We Can Find More Information

- Self-Talk, “Identifying, Challenging and Changing,” [www.winona.edu/resilience](http://www.winona.edu/resilience).
- Hard Times ► Motivational Video <https://www.youtube.com/watch?v=GwfhH8yDZQo>

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### Where We Can Find Support




**Call the Warm Line**  
866-359-7953  
Monday - Saturday  
8:00 a.m. - 8:00 p.m.

**Crisis Text Line**  
Text 741-741 when in a crisis  
Anywhere, Anytime  
Anonymously

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### DMH Regional Recovery Support Specialists – Metropolitan Chicago & Northern Illinois (Regions 1 & 2)

- **Marty Hines (708) 612-4236**  
[Marty.Hines@Illinois.gov](mailto:Marty.Hines@Illinois.gov)  
Region 1-South
- **Kathryn Dittimore (312) 793-1008**  
[Kathryn.Dittimore@Illinois.gov](mailto:Kathryn.Dittimore@Illinois.gov)  
Region 1-North and Region 2

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### DMH Regional Recovery Support Specialists – Central & Southern Illinois (Regions 3, 4, 5)

- **Tom Troe (309) 346-2094** [Thomas.Troe@illinois.gov](mailto:Thomas.Troe@illinois.gov)  
Region 3/Peoria
- **Tanya Cooley (217) 786-0043** [Tanya.E.Cooley@illinois.gov](mailto:Tanya.E.Cooley@illinois.gov)  
Region 4/Springfield
- **Cindy Mayhew (618) 474-3813** [Cindy.Mayhew@illinois.gov](mailto:Cindy.Mayhew@illinois.gov)  
Region 5/Metro East
- **Rhonda Keck (618) 202-6116** [Rhonda.Keck@illinois.gov](mailto:Rhonda.Keck@illinois.gov)  
Region 5/South

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### Questions and Comments


- To Ask a Question or Make a Comment, Press Star \*  
Then One (1) On Your Phone
- Question and Comment Period Will Be Used  
By Individuals Who Use Mental Health Services
- All Speakers Will Use Person-First Language



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### Guidelines for Questions and Comments


- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



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### Guidelines continued

- Limit to One Comment or Question per Person, then Pass to the Next Person
- Reduce or Eliminate Any Background Noise So Your Question or Comment Can Be Heard
- Saying "Thank You" Indicates You Are Finished With Your Question



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Statewide call evaluation forms  
Email to: [DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov)  
Fax: (309) 346-2542

Comments, questions, feedback, suggestions:  
Email to: [DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov)

Nanette Larson, Deputy Director/Ambassador, Wellness &  
Recovery Services; IDHS/DMH  
Email: [Nanette.Larson@illinois.gov](mailto:Nanette.Larson@illinois.gov)

