S.M.I.L.E.
An approach to SHIFT your mindset and become Self Aware

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Just S.M.I.L.E. LLC
A Beautiful Smile

A warm smile is the universal language of kindness.

~ William Arthur Ward~

"The suffering for many years is beyond comprehension and there is no cure!"
The Data Needing Awareness

**Depression** is the **leading cause of disability worldwide**, and is a major contributor to the overall global burden of disease. **1 in 4** will have a mental illness at some point in their life. (WHO)

Approximately **1 in 5 youth aged 13–18** (21.4%) experiences a severe mental disorder at some point during their life. For children **aged 8–15**, the estimate is **13%**. (NAMI)

Suicide was the **third** leading cause of death among individuals between the **ages of 10 and 14**, and the **second** leading cause of death among individuals between the **ages of 15 and 34**. (NIMH)

**61%** of Teachers Stressed Out, **58%** Say Mental Health Is Not Good (2017 Educator Quality of Work Life Survey)

Teacher turnover costs states a total of as much as **$2.2 billion each year**.

In 2016, there were an estimated **44.7 million adults aged 18 or older** in the United States with any mental illness. This number represented **18.3%** of all U.S. adults. (NIMH)

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Neurodiversity

In the neurodiversity model, there is no “normal” brain sitting in a vat somewhere at the Smithsonian or National Institute of Health to which all other brains must be compared.

~ Dr. Thomas Armstrong~

Of the thousands of thoughts a person has every day, it’s estimated that 70% of this mental chatter is negative — self-critical, pessimistic, and fearful.
Share Your Story: Be Vulnerable

Vulnerability sounds like truth and feels like courage. Truth and courage aren’t always comfortable, but they’re never weakness.
~ Brene Brown ~

We can’t ask people to give us something that we do not believe we’re worthy of receiving. And you will know you’re worthy of receiving it when you trust yourself above everyone else.
~Brene Brown~
Mindfulness

“Note that this journey is uniquely yours, no-one else’s. So the path has to be your own. You cannot imitate somebody else’s journey and still be true to yourself. Are you prepared to honor your uniqueness in this way?” Jon Kabat-Zinn

In a very real sense we have two minds, one that thinks and one that feels. ~Daniel Goleman~
Immerse in Strengths and Interest

“Immerse him in his strengths and interests and he will succeed!”
Let Go Of Fear, Judgement, and Worry

“No one owns your mind, but yourself! Don’t ever forget that! ~DGB~

“Perfectionism is not the same thing as striving to be your best. Perfectionism is the belief that if we live perfect, look perfect, and act perfect, we can minimize or avoid the pain of blame, judgement, and shame. It’s a shield. It’s a twenty-ton shield that we lug around thinking it will protect us when, in fact, it’s the thing that’s really preventing us from flight.”

~Brene Brown~
Empathy and Emotion

No one cares how much you know, until they know how much you care.
~Theodore Roosevelt~

“The little things? The little moments? They aren’t little.”
~Jon Kabat-Zinn

It not only takes a village to raise a child, but an empathetic tribe to lean on, learn from and trust in as you continue on through life.
S.H.I.F.T. Your Mindset

Speak vulnerably and use self compassion

Happiness comes from within

Identify your strengths, interests, needs

Find the hope, joy, kindness, gratitude in each day

Take time to play, laugh, and be compassionate
S.M.I.L.E.

S: Speak Your Story and Be Vulnerable
M: Mindfulness Helps ALL of Us...Breathe
I: Immerse In Strengths and Interests, Including your own
L: Let Go of Fear, Judgement and Worry
E: Empathy + Emotion = Trusting, Compassionate Relationships!

"Never let anybody say you can’t. Believe in yourself, pursue your dreams and surround yourself with people who will help you get where you want to be."
~ Olivia Quigley ~

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