



Public Safety Psychological Services

20818 44th Ave W, Suite 150, Lynnwood, WA 98036
Office (425) 775-4477, fax (425) 527-0466

Cerise M. Vablais, MBA, PhD, ABPP cvablais@psspc.net
Board Certified Specialist in Police and Public Safety Psychology

Staying Sane In Insane Times - “Humility”

Noun ~ “freedom from pride or arrogance : the quality or state of being humble”

This weekly tip sheet is to support you and your families during this ongoing public health event. During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at cvablais@psspc.net As always, if you or a loved one are feeling suicidal, please call “911”, Code4NW at 425-243-5092 or the National Suicide Prevention Hotline at 1-800-273-8255.

Physical Health – the “**P**”

Stop comparing yourself to others or to the you of the past. While it is good to have goals to work toward, *acceptance of where we are is also healthy and a form of meditation called “loving kindness.”* Take a moment to express gratitude for your physical health and your ability to move freely. Take a moment to reflect on all that you have done to get to where you are and remind yourself that you still have so much room to grow.
Goal: Most of us spent most of our time pushing forward. This week, take a step back. Consider something you could do in the past, but no longer can. (Maybe you have gotten slower or maybe you can’t lift as much). Remind yourself that it’s not what we can no longer do that is important but how we accept the changes in ourselves. Remain humble and open to new experiences!

Intellectual Health – the “**I**”

“Be passionately curious. Constantly welcome and seek out new knowledge, and insist on curiosity from those around you. Research has found linkages between curiosity and many positive leadership attributes (including emotional and social intelligence). Take it from Einstein. “I have no special talent,” he claimed. “I am only passionately curious.”¹

Challenge: Be passionately curious this week. Ask others what they are most interested in these days. What brings them joy? Listening to others takes us out of our own heads and helps others feel valued!

Emotional Health – the “**E**”

We are currently living through a time when lots of people have very strong, very opposite opinions about the pandemic, the election, the state of policing, etc. *This week, spend some time considering “what you don’t know.”* A few weeks ago, I encouraged everyone to read or listen to views different than your own. *Try that again this week. Have an open mind.*

Goal: List all the things you DON’T KNOW about a subject or topic. Consider how what you don’t know may influence how you feel about a subject.

Spiritual Health – the “**S**”

Ask for help. *Asking for help is very difficult for many people.* Remember, though, that none of us can go through the world alone and being able to ask for and graciously accept help is a valuable life skill.

Challenge: Find a task or a project that could use the help of someone else. Ask for help or a second opinion! (Even if you think you’ve got all the answers, asking someone else for their opinion helps them feel valued and may help you consider the project from a different angle).

“The greatest lesson in life is to know that even fools are right sometimes.” – Winston Churchill

¹ With credit to the Harvard Business Review



Public Safety Psychological Services

20818 44th Ave W, Suite 150, Lynnwood, WA 98036
Office (425) 775-4477, fax (425) 527-0466

Cerise M. Vablais, MBA, PhD, ABPP cvablais@psspc.net
Board Certified Specialist in Police and Public Safety Psychology

Staying Sane In Insane Times –“PIES” for Kids and Teens

Humility– noun “freedom from pride or arrogance : the quality or state of being humble”

During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at cvablais@psspc.net As always, if you or a loved one are feeling suicidal, please call “911”, Code4NW at 425-243-5092 or the National Suicide Prevention Hotline at 1-800-273-8255.

Physical Health – “P”

Encourage your children to do something that is physically hard for them. Talk to them about how doing the things we are really good at can be rewarding and fun, but doing things that are hard can help them appreciate others who may be having a hard time. Ask them what it feels like to realize they can’t do something. Acknowledge that all of us have areas where we can grow and develop. Share an example from your life (modeling behavior is one of the key ways in which children learn!)

Intellectual Health – “I

Practice curiosity! Having a curious mind helps a child see how much information and knowledge there is to discover. This week, have them pick a random topic (or chose something from their school work) and *ask them to spend 10 minutes writing or drawing about all the things that they know about their topic.* **Review it with them and then ask them to spend 10 minutes writing down or drawing all the things they don’t know.** When they are done, talk about how important it is to always consider what else might be out there to learn and recognize that there is a lot we don’t know about pretty much everything 😊.

Emotional Health – “E”

Avoid bragging and instead, compliment others for their accomplishments. This week, challenge your kids to focus on noticing great things others are doing. *Encourage them to find one thing each day where they can offer praise or congratulations to someone else.* Teach them to accept praise graciously and how to acknowledge others who helped them along the way.

Spiritual Health – “S”

Learning to ask for help. Developing independence is a key developmental milestone in childhood, **but asking for help when appropriate is also a valuable and necessary skill.** Talk to your child about times you didn’t ask for help soon enough. Ask them to provide you examples of when they needed help and didn’t ask. Talk about ways to ask for help and now to recognize when they need help. (This could be something little, like helping them develop a schedule for their chores or a timeline for a school project). Teach them how valuable it is to considering another’s perspective. *Ask them to find one thing that they need help on this week.*

“Humility is not thinking less of yourself, it’s thinking about yourself less” – C.S. Lewis