

CIOL



RASHA ALAJOUZ

Mental Health For Linguists

How to Live a Solution-Focused Life

RASHA ALAJOUZ





Who am I



What do I do



How We'll Communicate Together



Q&A Section

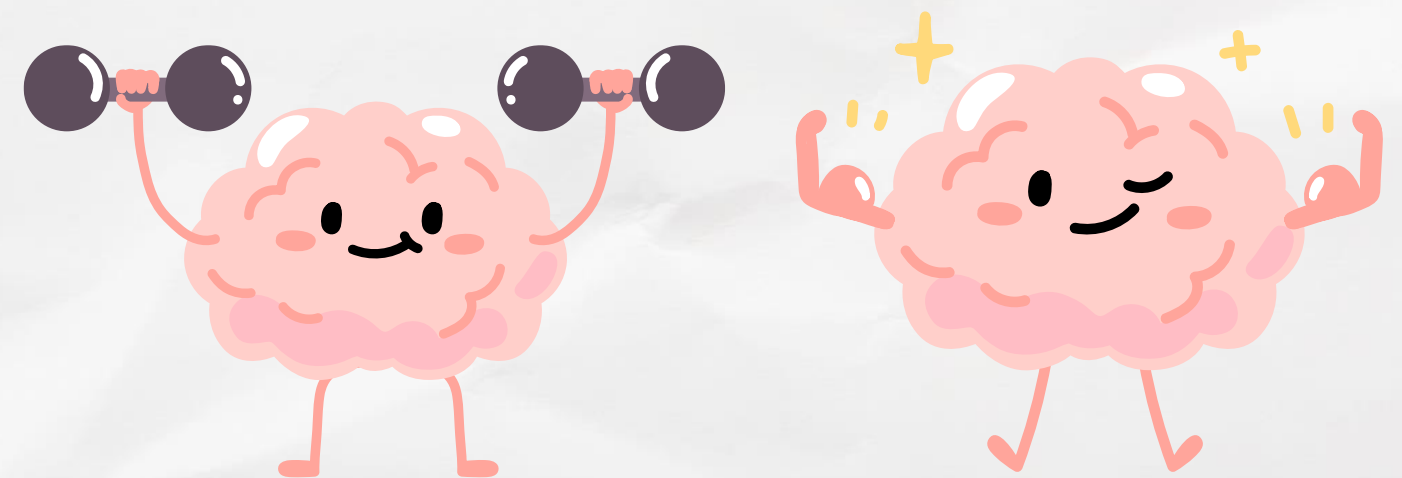


Chat Feature

What is Mental Health and Well-being?

Mental Health:

A state of well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. (WHO)



Common Stressors for Linguists

Mental Health Challenges for Linguists

Imposter Syndrome

Feelings of inadequacy persist despite qualifications and achievements.



Research Pressure

The stress of producing high-quality work through leads to self-doubt.



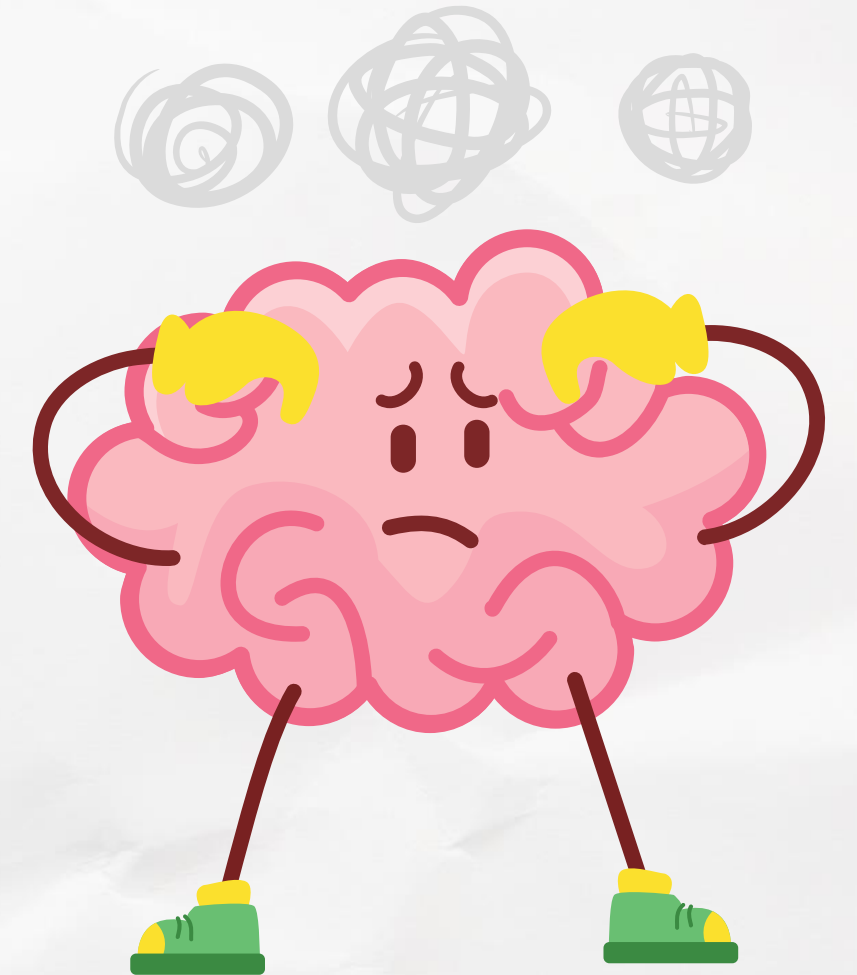
Professional and Personal -Life Balance

Balancing duties with personal life is challenging.

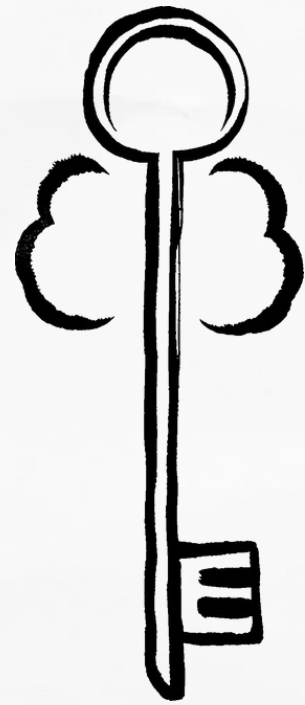


Isolation

Extended solitary work results in loneliness and disconnection.



I am a human ...



Acceptance



Awareness



Explore different **approaches** to support our mental health

Problem talk creates problems; Solution talk creates solutions.” —
Steve De Shazer

One Powerful Approach - Leading a Solution-Focused Life

A solution-focused approach helps us look toward positive outcomes rather than getting stuck on problems. It's about asking ourselves: **What went well?** instead of dwelling on what went wrong.

Focus on solutions

NOT

on problems

Focus on what's within your control

Focus on strengths

NOT

on weaknesses

NOT

Focus on what you want

NOT

What you don't want

Rather than what isn't

Focus on what you can do

NOT

on what you can't

You can't stop the waves, but you can learn to surf.” – Jon Kabat-Zinn

What Does This Mean in Daily Life?

Leading a solution-focused life impacts:

- **How we talk to ourselves** – Emphasize self-compassion, focusing on strengths.
- **How we talk to others** – Using empathy and a solution-oriented perspective in conversations.



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Ericksonian Principles

- People are okay as they are
- People already have all the resources within them to achieve what they want.
- People always make the best choice they can at the time.
- Every behavior has a positive intention.
- Change is inevitable.

How We Listen

“Most people do not listen with the intent to understand; they listen with the intent to reply.”

— Stephen R. Covey



to respond



to understand



to embrace

The Reframing Technique

“That’s a way to see it and there is also another way to see it” — Insoo Kim Berg

1

Name it



2

Flip it



3

Frame it



Source: Conversations Worth Having: Using Appreciative Inquiry to Fuel Productive and Meaningful Engagement-by Cheri Torres, David Cooperrider, and Jacqueline M. Stavros

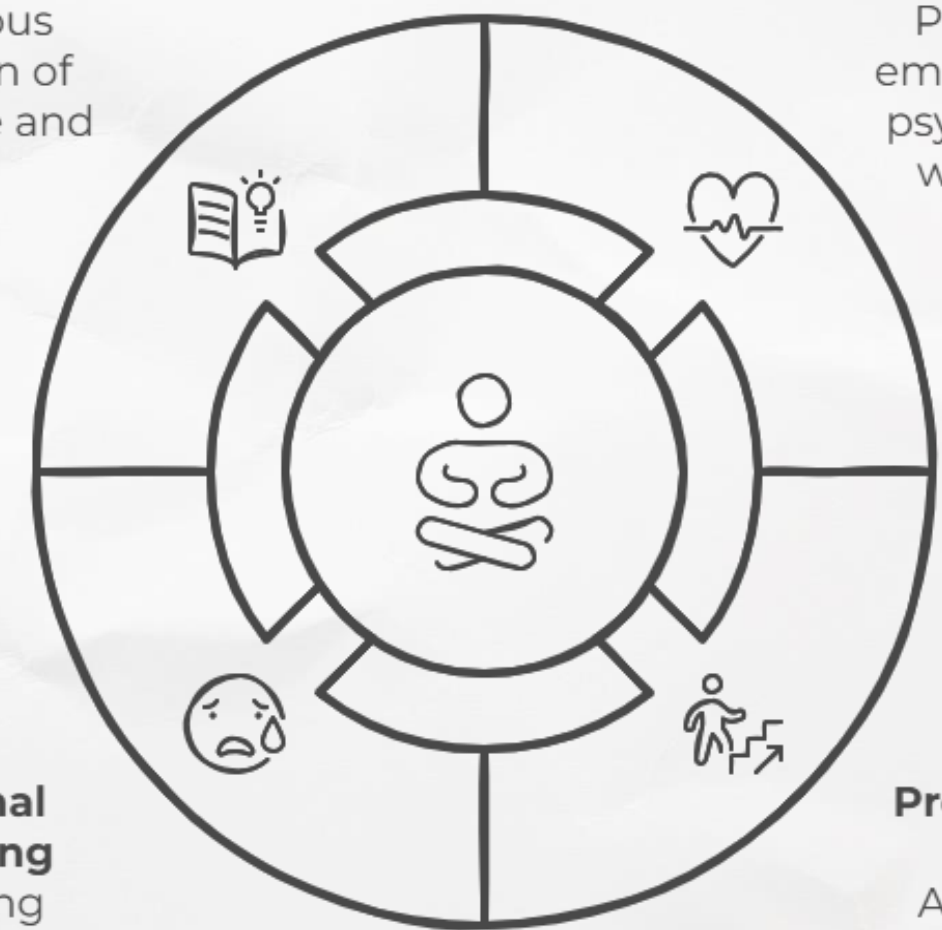
The Most Important Project ...

You'll ever work on is **you.**

Personal Development Pathways

Lifelong Learning
Continuous acquisition of knowledge and skills

Mental Health
Prioritizing emotional and psychological well-being

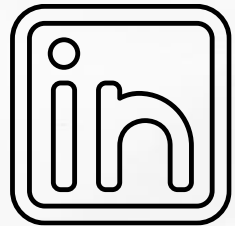


Emotional Well-being
Enhancing emotional resilience and stability

Professional Growth
Advancing career skills and opportunities

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Let's Connect



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