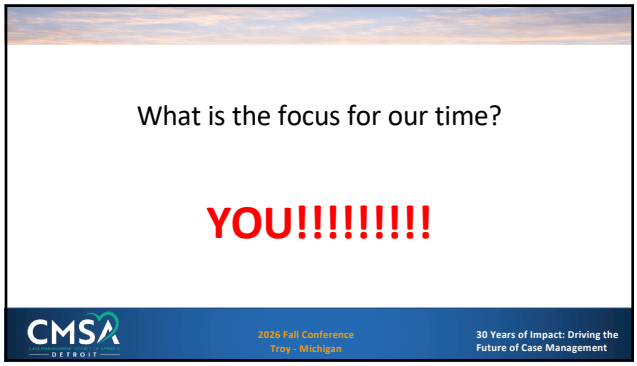

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Lasting Impact: Mental Health Self Care for Case Managers with Dr. White
CMSA Detroit Fall Conference 2026
Thursday, October 15, 2026 · Troy, Michigan
30 Years of Impact: Driving the Future of Case Management

1


What is the focus for our time?
YOU!!!!!!!!!
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Disclaimers
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Your knowledge in the medical field is vast
My time today is to enhance and remind
My style is talk to everyone in the room
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3

Does anyone have stress?



4

What is stress?

- APA definition is the psychological or physiological response to internal or external stressors.
- The brain and body's natural response to any demand, challenge, or perceived threat

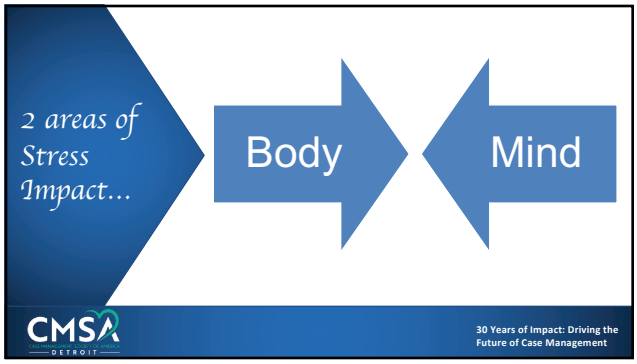
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Identify just one stressor

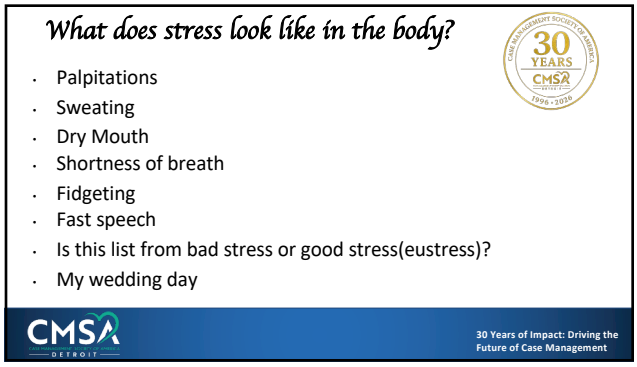
Write it down

As we move through the presentation, this will be a focal point for change

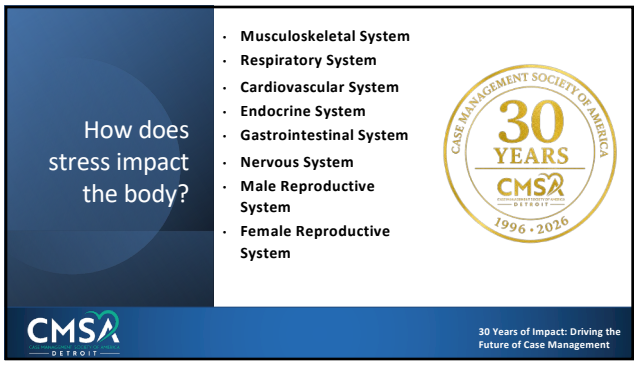
6


2 areas of Stress Impact…
Body
Mind
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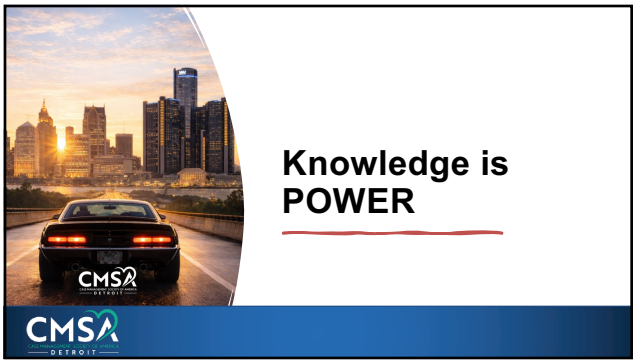
7


What does stress look like in the body?
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Palpitations
Sweating
Dry Mouth
Shortness of breath
Fidgeting
Fast speech
Is this list from bad stress or good stress(eustress)?
My wedding day
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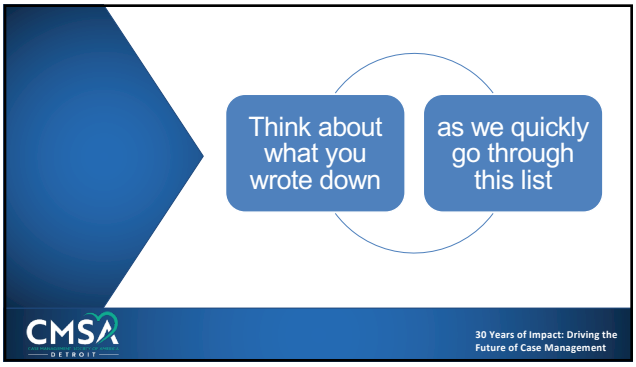
8


How does stress impact the body?
Musculoskeletal System
Respiratory System
Cardiovascular System
Endocrine System
Gastrointestinal System
Nervous System
Male Reproductive System
Female Reproductive System
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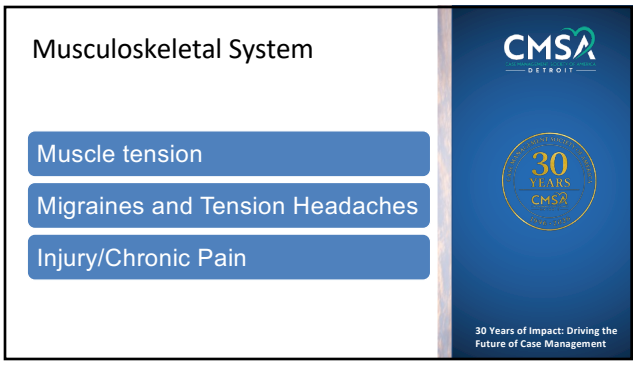
9


Knowledge is POWER
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Think about what you wrote down
as we quickly go through this list
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Musculoskeletal System
Muscle tension
Migraines and Tension Headaches
Injury/Chronic Pain
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Respiratory System

- Shortness of Breath
- Rapid breathing
- Exacerbate asthma or COPD

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Cardiovascular

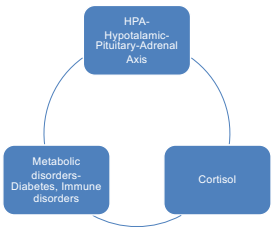
Heart problems/Heart disease

Blood vessel problems

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Endocrine System



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Gastrointestinal System

- THE GUT
- Esophagus
- Stomach
- Bowel

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Nervous System

- Brain and Spinal Cord
- ANS(Autonomic nervous system)
- SNS (Sympathetic nervous system)
- PNS (Parasympathetic nervous system)
- Long term drain on the body- wear and tear

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Male Reproductive System

- Influenced by the nervous system
- Testosterone can be impacted
- Reproduction
- Reproductive diseases

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Female Reproductive System

- Menstruation
- Sexual Desire
- Pregnancy
- Perimenopause and Menopause
- Reproductive diseases

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Similar to trauma, prolonged stress rewires the brain

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- The Goal is not to eliminate stress
- Stress can be good
  - Keeps you safe as adrenaline and cortisol are released
  - Gives energy boosts
  - Sharpens focus

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Your brain was not designed to handle chronic stress



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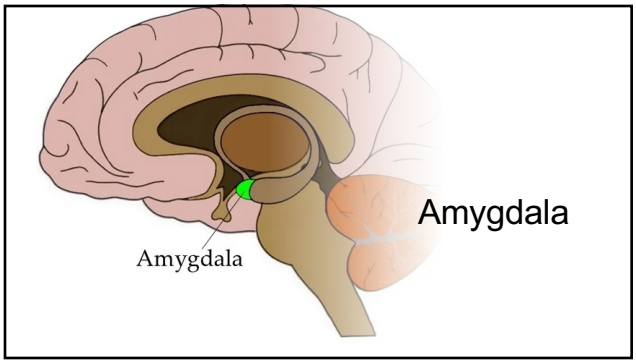
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3 areas of impact with chronic stress

- Amygdala
- Hippocampus
- Prefrontal Cortex

23

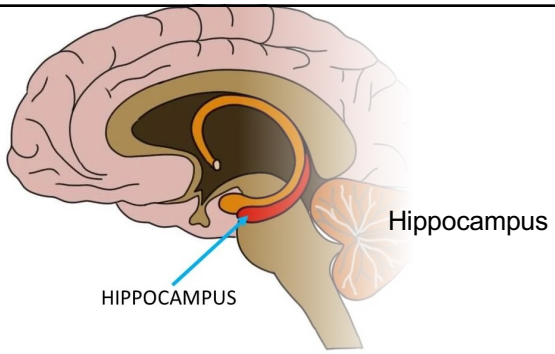


24

Amygdala

- The brain's fear center
- The brain's smoke detector
- After stressful events, it becomes hyperactive…constantly scanning for threats or stressful situations
- It makes associations with objects connected to stress …even if you can't remember…
- My twins and the dresser!!!!!!

25

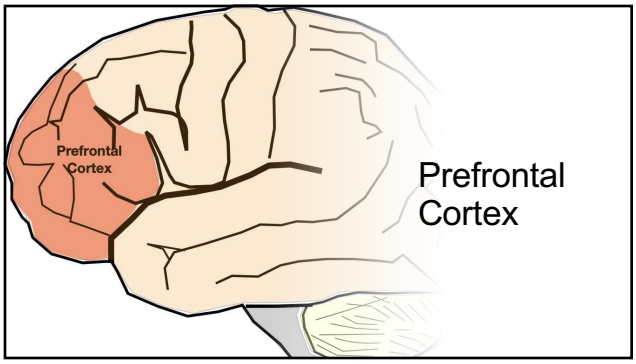


26

Hippocampus

- It shrinks in response to prolonged stress
- Central to storing memories and recalling memories
- Fragmented memories
- It makes associations with objects connected to stressful events …even if you can't remember… Going back to the dresser

27



28

Prefrontal cortex

- Responsible for rational thinking, decision making and impulse control
- Prolonged stress reduces activity in this area making it hard to regulate emotions and make decisions

29



I.M.P.A.C.T.

30

I.M.P.A.C.T.

- Definition: Strong effect or influence
- This is who you are in the lives of your clients…. 30 years of IMPACT!
- BUT…. This afternoon…. We are changing the noun to a verb, and YOU are going to impact your stress
- You are going to learn how to have a strong effect or influence on your stress

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Set the right expectation- like a ship

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I

Inhale

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I

Breath work → Box breathing → Meditation → Prayer

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Box Breathing

Breathe In
(4 seconds)

Hold
(4 seconds)

Hold
(4 seconds)

Breathe Out

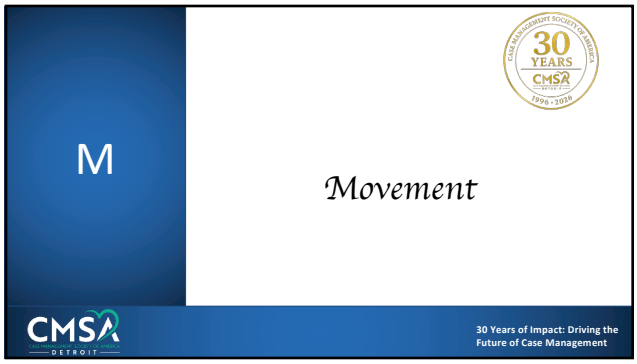
35

Benefits of Meditation

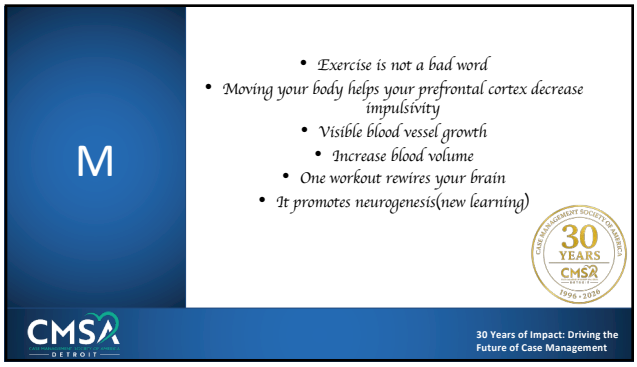
- Neuroplasticity happens
- Your brain can reshape
- Helps to decrease size of amygdala
- 60 seconds changes the brain according to MRIs

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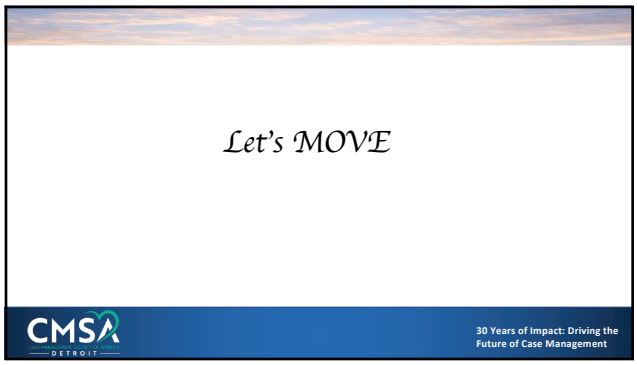
36


M
Movement
30 YEARS
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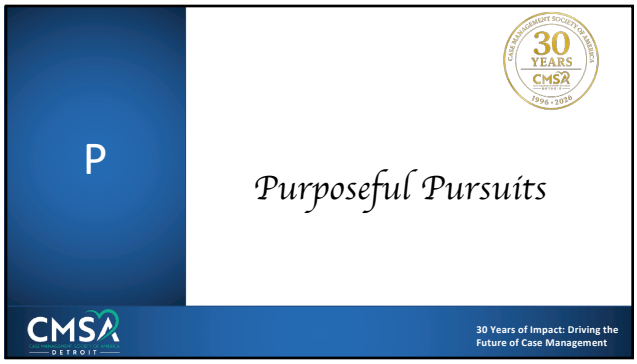
37


M
Exercise is not a bad word
Moving your body helps your prefrontal cortex decrease impulsivity
Visible blood vessel growth
Increase blood volume
One workout rewires your brain
It promotes neurogenesis(new learning)
30 YEARS
CMSA
1996 - 2026
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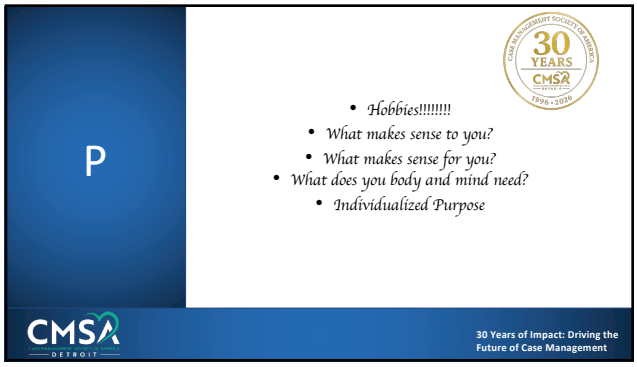
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Let's MOVE
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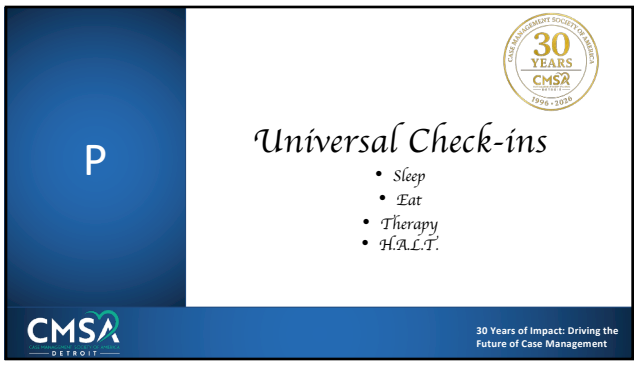
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P
Purposeful Pursuits
30 YEARS
CMSA
1996 - 2026
CMSA
DETROIT
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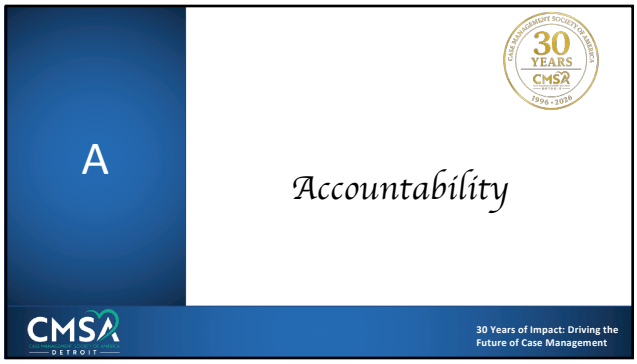
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P
30 YEARS
CMSA
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• Hobbies!!!!!!!
• What makes sense to you?
• What makes sense for you?
• What does you body and mind need?
• Individualized Purpose
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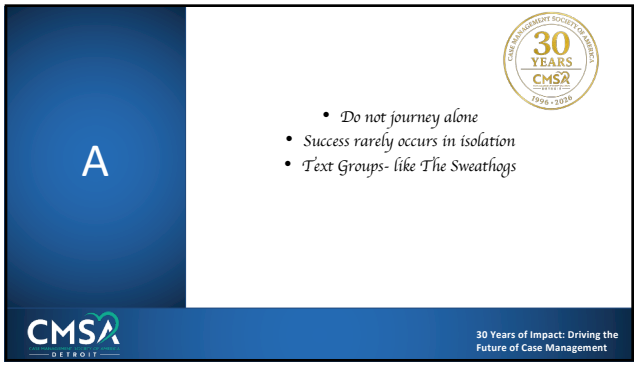
41


P
30 YEARS
CMSA
1996 - 2026
Universal Check-ins
• Sleep
• Eat
• Therapy
• H.A.L.T.
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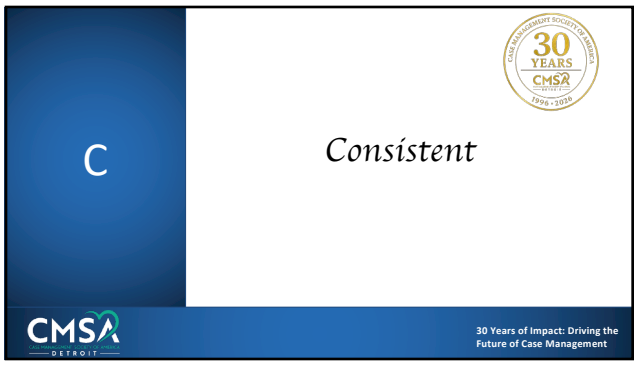
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A
Accountability
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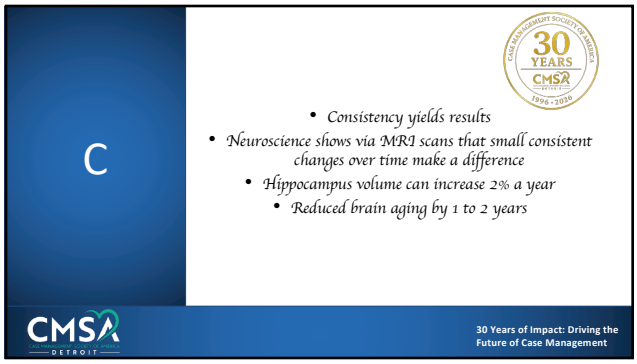
43


A
Do not journey alone
Success rarely occurs in isolation
Text Groups- like The Sweathogs
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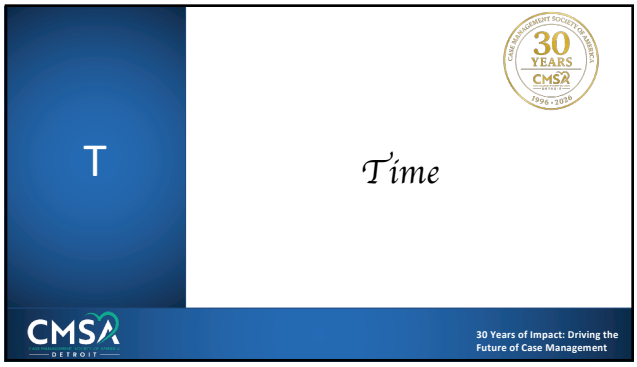
44


C
Consistent
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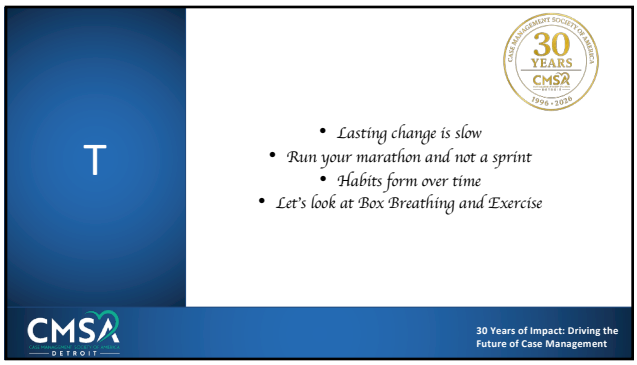
45


C
30 YEARS
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• Consistency yields results
• Neuroscience shows via MRI scans that small consistent changes over time make a difference
• Hippocampus volume can increase 2% a year
• Reduced brain aging by 1 to 2 years
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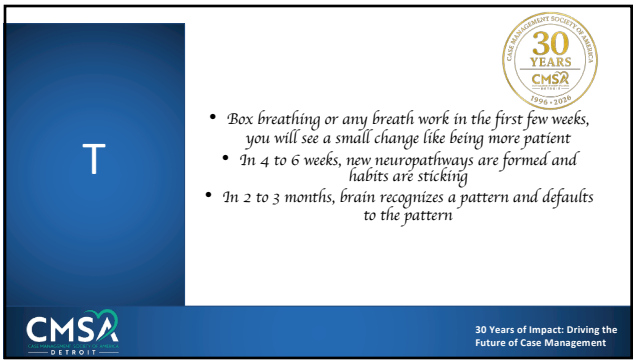
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T
30 YEARS
CMSA
1996 - 2026
Time
CMSA
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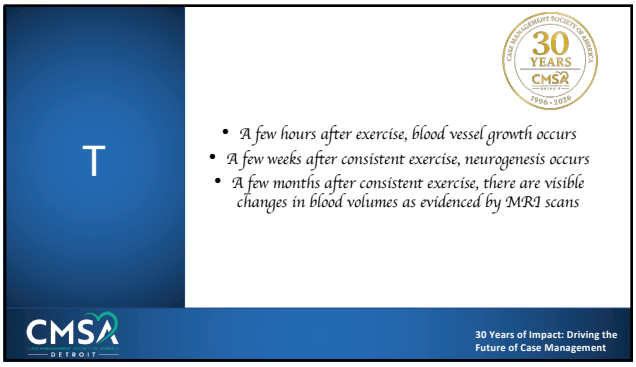
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T
30 YEARS
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1996 - 2026
• Lasting change is slow
• Run your marathon and not a sprint
• Habits form over time
• Let's look at Box Breathing and Exercise
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T
30 YEARS
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• Box breathing or any breath work in the first few weeks, you will see a small change like being more patient
• In 4 to 6 weeks, new neuropathways are formed and habits are sticking
• In 2 to 3 months, brain recognizes a pattern and defaults to the pattern
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T
30 YEARS
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• A few hours after exercise, blood vessel growth occurs
• A few weeks after consistent exercise, neurogenesis occurs
• A few months after consistent exercise, there are visible changes in blood volumes as evidenced by MRI scans
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Create Your
I.M.P.A.C.T. Plan
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Questions to ask:

I- when can I schedule time for my breathing exercise…driving, sitting at my desk, etc..

M- What type of movement will I implement? When?



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Questions to ask:

P- What am I pursuing?

A- Who are the people that are on my team?



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Questions to ask:

C- What steps will I take to be consistent?

T- Today is the first day of my I.M.P.A.C.T. plan, what TIME will it happen?



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FINAL QUESTIONS

Will your stress have an IMPACT on you? or

Will you I.M.P.A.C.T. your stress?

55

GO
I.M.P.A.C.T.



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REFERENCES

https://www.apa.org/topics/stress/body

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THANK YOU!

Dr. Michele White

WBC Counseling

www.wbccounseling.com

734-751-5349



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