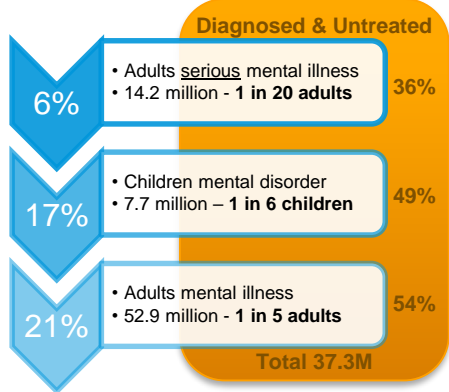
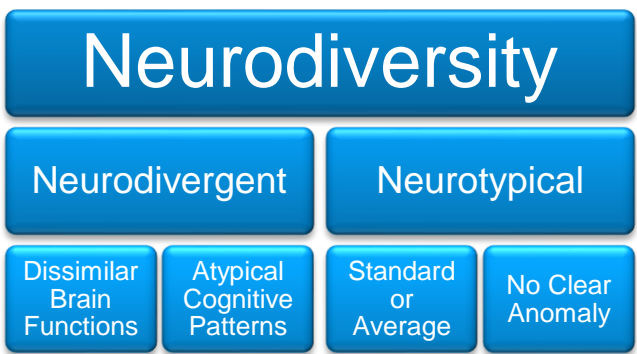


Stymie the Stigma: Recognizing that Mental Health is as, or more, important than Physical Health

Abstract: The likelihood of a person not having a single neurodivergent condition is rare, and you may never know, because we don't talk about it. The culture has been conditioned to treat mental health as a fault or abnormality, when it is common as brown hair and freckles. The discussion will address the stereotypes of common mental health challenges (dyslexia, depression, ADHD, etc.) and how we can understand, appreciate, alleviate, and accelerate our misperceptions to embrace the strength of our diversity. Learners will hear common traits and tales of mental health, understand the stereotypes, and learn how they can be leveraged and managed for yourself and your work to promote personal and professional success.



- Self-Control → Impulsive & Reactive
- Self-Monitor → No Introspection
- Emotional Control → Unchecked Emotions
- Flexibility → Change Avoidance
- Task Initiation → Procrastination
- Organization → Ad hoc Chaos
- Working Memory → Lack of Focus
- Planning and Prioritizing → Random & Haphazard

- Energy
- Enthusiasm and Positivity
- Empathy
- Realism
- Creativity
- Crisis management
- Intense Focus
- Enhanced Memory

Gain Self Awareness

- Personality Tests
- Online screening
- Professional diagnosis

Focused Changes

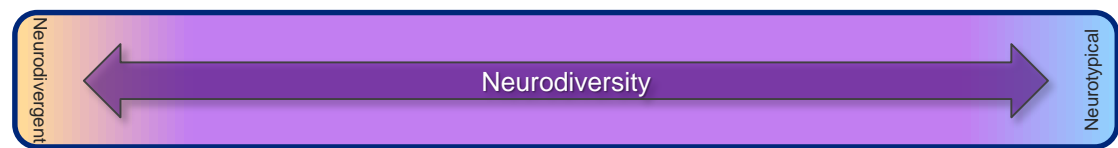
- Adjust learning patterns
- Recognize strengths
- Continuous Learning

Avoid Cognitive Bias

- If you want to find it, you will
- It is a reason, not an excuse
- **Seek professional help**

Near Term Help

- Meditation, Breathing, CBT
- Diet and Exercise
- Support from friends or family



Biography - Dr. Lewis is a leading designer for information system solutions to promote organizational communication. He has published a paper on designing organizations to limit the impact of horizontal and vertical communication boundaries. Tim has been an avid member of the aviation community since obtaining his Airframe and Powerplant license from Purdue University in 1997. He began his professional career in St Louis working for The Boeing Company writing technical publications for the F-15, F-18, Apache and additional military assets. In his spare time he volunteered for the Collings Foundation, a non-profit dedicated to keeping our aviation history flying. The culmination of experiences led him to Philadelphia in 2002 supporting the V-22 Osprey tilt-rotor program and then later to Ft. Walton Beach in 2005 developing the sustainment program's communication infrastructure for Air Force's Special Operations Command CV-22 Osprey program. The roles presented challenges working with diverse organizations and individuals to reach a shared understanding and promote the business. In 2010, he obtained his doctorate of management in organizational leadership, which he now applies advising, designing and implementing information system communication solutions. He currently integrates these solution in Huntsville for strategic missile systems, commercial airplane engineering teams, and individuals across the enterprise.



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