Reestablishing Wellness in a Changed World

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Reclaiming Your Wellness

• There are things you can do to feel better
• Taking your power back
• We are Resilient!
• Positive Change & Personal Growth after Trauma…

"Your life does not get better by chance; it gets better by change."

Post-Traumatic Growth

1. Greater appreciation of life
2. Greater appreciation & strengthening of close relationships
3. Increased compassion and altruism
4. The identification of new possibilities or a purpose in life
5. Greater awareness and utilization of personal strengths
6. Enhanced spiritual development
7. Creative growth

Tedeschi & Calhoun 2004; Tedeschi & Calhoun 1996; Tedeschi & Calhoun 1995
Awareness is all about restoring your freedom to choose what you want – instead of what your past imposes on you

- Deepak Chopra -

AWARENESS to Action
"Self care is how you take your power back"

LALAH DELIA

Self-care components

Hotchkiss, 2018; Lewis & King, 2019; Mollica et al, 2021; Shannon et al, 2014; www.Reachout.com
Self – Care(ful) Considerations

Emotional self-care

<table>
<thead>
<tr>
<th>What does this area include (for me)?</th>
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</thead>
<tbody>
<tr>
<td>How do I care for myself in this area now?</td>
</tr>
<tr>
<td>What do I want to do different?</td>
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Rest
- Emotional rest is having downtime, quiet time, alone time where I am not responsible to anyone.
- Sometimes have downtime, but it’s random.
- Schedule in downtime, stress-free environment daily.

Ground
- Emotional grounding for me is having someone to share my feelings with – this helps me feel grounded.
- I would like to reach out to a friend/support weekly to talk.

Nourish

Cleanse

Energize

Protect
A Self-Care Plan

1. Name the problem: ___________
2. What might be contributing?
3. What self-care aspect is this?
4. What could I try changing in this area?

Self – Care(ful) Considerations

1. Name problem?
2. What might be contributing?
3. What self-care aspect is this?
4. What could I try changing in this area?

- Exhausted all the time
- Staying up late, bad schedule, not exercising, giving too much of myself
- Physical & Emotional
- Put phone away at night and write out a daily schedule
- Saying “no” more often
- Schedule alone time
**Self-Care Prompts**

- What are some thoughts you have had about yourself recently?
- Are they mostly positive or negative?
- What are your expectations for yourself?
- What would you do differently in your daily life if you knew no one would judge you for it?
- What makes you feel powerful?
- What makes you feel calm?
- What makes you feel in control?

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**Self-Care Prompts**

- How do you notice when you're nearing burnout?
- How do you avoid absorbing someone else's emotions and stress?
- How do you ask for help or support when you need it?
- How do you calm your nerves?
- How do you encourage yourself?
- How do you recharge?
- What do you value most?
- How do you protect and support these?
Purposeful Personal Boundaries

- Protective barriers
- Rules or limits we set
- Healthy
- Normal
- Necessary
- Physical, emotional, material, time, energy, etc.

Sources: Dombeck & Wells-Moran, 2006; Schmidt et al 2018; Holowaychuk 2018
**Priceless Personal Boundaries**

- Good boundaries protect & preserve
- They keep in, what we want to keep in
- They keep out, what we don’t want in our space

Source(s): Dombeck & Wells-Moran, 2006; Schmidt et al 2018; Holowaychuk 2018
"Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others."

- BRENE BROWN

BUILDING your BOUNDARIES

1) Why does having boundaries matter to me?
2) Why are they important?
3) What's at stake?
4) What's to gain?
Building your Boundaries

- Problem: ________________
- Area boundary is needed: ________________
- I want ________________
- Regarding _______ my rule is ________________

Boundaries in Action...

- I appreciate the invite, but I won't be able to make it.
- I can see that you are upset, and I would love to support you, however I don't have the capacity right now.
- I'd rather not discuss _______ right now.
- I am busy right now. I will reach out to you when (if) I am available
- This is not a topic I am comfortable discussing. Please do not bring it up again.
Boundaries in Action...

- I appreciate your concern; however, this issue is not my responsibility.
- I am available to respond between 8-5 and I will respond to you during those times.
- I'm not okay with you making jokes about__________.
- I cannot do that; but I can do ________.

Notes on Boundaries

- Expression
- Clarity
- Don’t apologize
- Non-negotiable
- Avoid long explanations, justifications
- Simple reiterations
- Boundaries change
- Flexible (not rigid)
Back to the Nervous System...

A Healthy Nervous System

STUCK on OFF
- Depression
- Flat Affect
- Lethargic
- Deadness
- Exhaustion
- Chronic Fatigue
- Disorientation
- Disconnection
- Disassociation
- Pain
- Poor Digestion

STUCK on ON
- Anxious
- Panic
- Hyperactive
- Easily startled
- Can't relax
- Restless
- Hypervigilant
- Digestive Probs
- Emotional
- Chronic pain
- Sleeplessness
- Hostility, Rage
Escaping “escape mode”

- Physical activity
- Social connection
- Cold exposure
- Singing
- Humming
- Chanting

- Laughing
- Crying
- Bilateral stimulation
- Meditation
- Mindfulness
- Grounding
- Breathing

Nagoski & Nagoski, 2019; Kok et al, 2013; Stiffer et al 2011; Vanderkolk 2014; Souza et al 2019

“Never underestimate the healing power of breath”

Justice et al 2018; Zacarca et al 2018; Nagoski & Nagoski, 2019
**Inhale - SLOWLY**
- Through nose
- 6-8 counts
- Feel abdomen expand
- Hand on chest remains still

**Exhale - SLOWLY**
- Through pursed lips
- 6-8 counts
- Stomach muscles tighten & fall inward
- The hand on your diaphragm moves inwards, towards your body

**“Physiological Sigh”**

**Inhale 2x thru Nose**

**Long Exhale 1x thru Mouth**

Sources: Zaccaro, et al 2018; Ramirez, 2014; Justice et al 2018; Zaccaro et al 2018; Nagoski & Nagoski, 2019

Stephanie Huhn MA LLP CBIS CAADC CCM ACCTS
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Here & Now
Is all there is

Worry
Rumination
Stress

Right here,
Right now,
I am OK

Fear
What if's
Projection

Past
Present
Future

“Remain C.A.L.M.”

Chest
Arms
Legs
Mouth

www.Mindful.org
Reaching Further...

- Honest self-assessment
- Acceptance & compassion
- It’s okay to not be okay
- What areas am I struggling?
- What do I need?
- Tools, Exercises, Books, Resources, more?
- Outside supports
Books – Resources, cont.

- *Healing the Shame That Binds You* by John Bradshaw
- *Complex PTSD: From Surviving to Thriving* by Pete Walker
- *Transformed by Trauma: Stories of Posttraumatic Growth* by Richard C. Tedeschi, PhD, and Bert A. Moore, PsyD
- *Healing the Child Within* by Jarem Sawatsky

THANK YOU!

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Healing is not the absence of the storm. Healing is the way we ride it.

- Jarem Sawatsky -
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