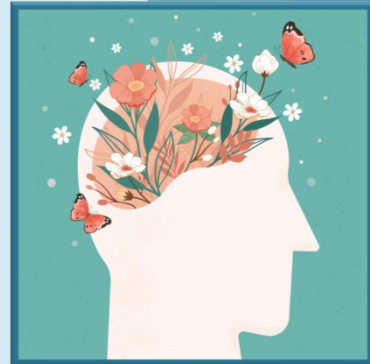
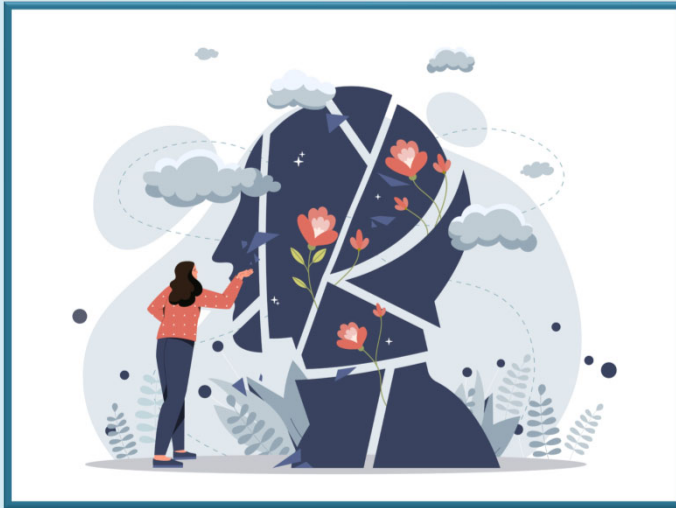


HOPE, HEALING & RESILIENCE

Reestablishing Wellness in a Changed World



1



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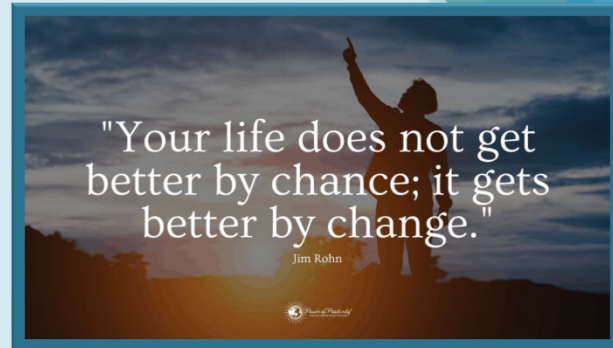
www.HealingTheWhole.org

www.ProCEU.org

2

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...



3

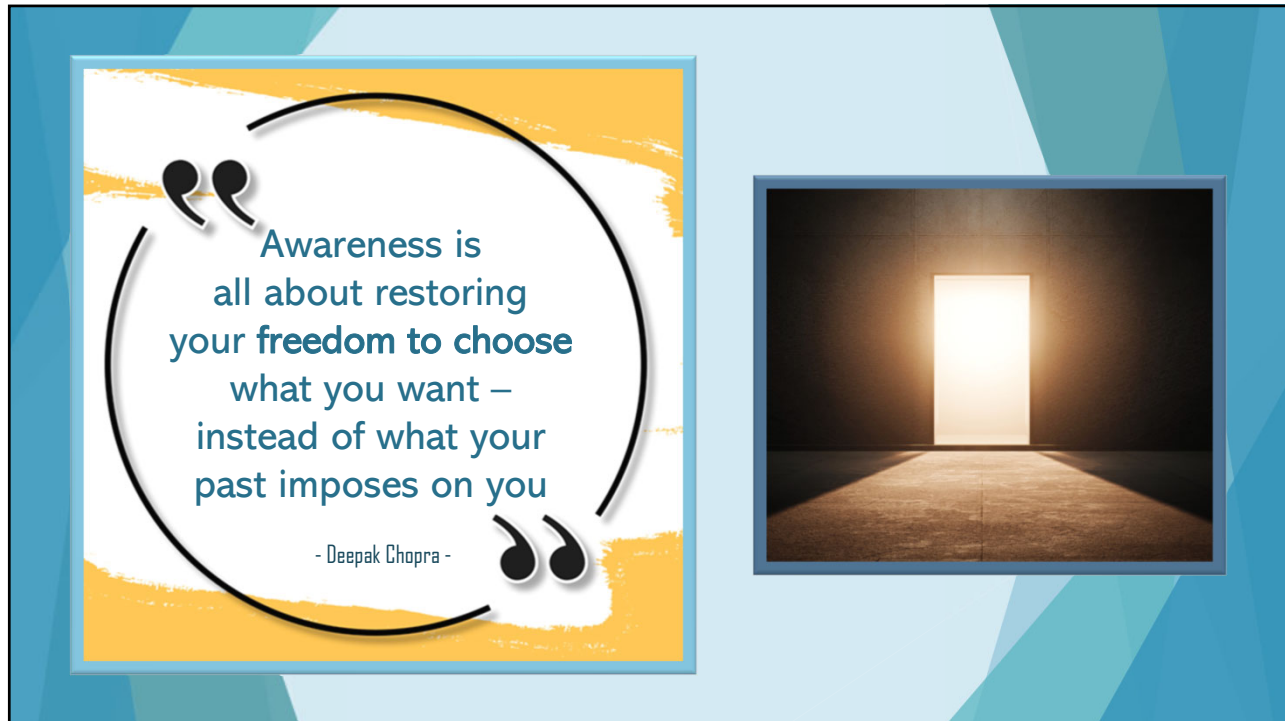
POST-TRAUMATIC GROWTH

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

4



Awareness is all about restoring your freedom to choose what you want – instead of what your past imposes on you

- Deepak Chopra -

A photograph of a dark hallway with a bright light shining through an open doorway at the end, creating a path of light on the floor.

5

AWARENESS to ACTION

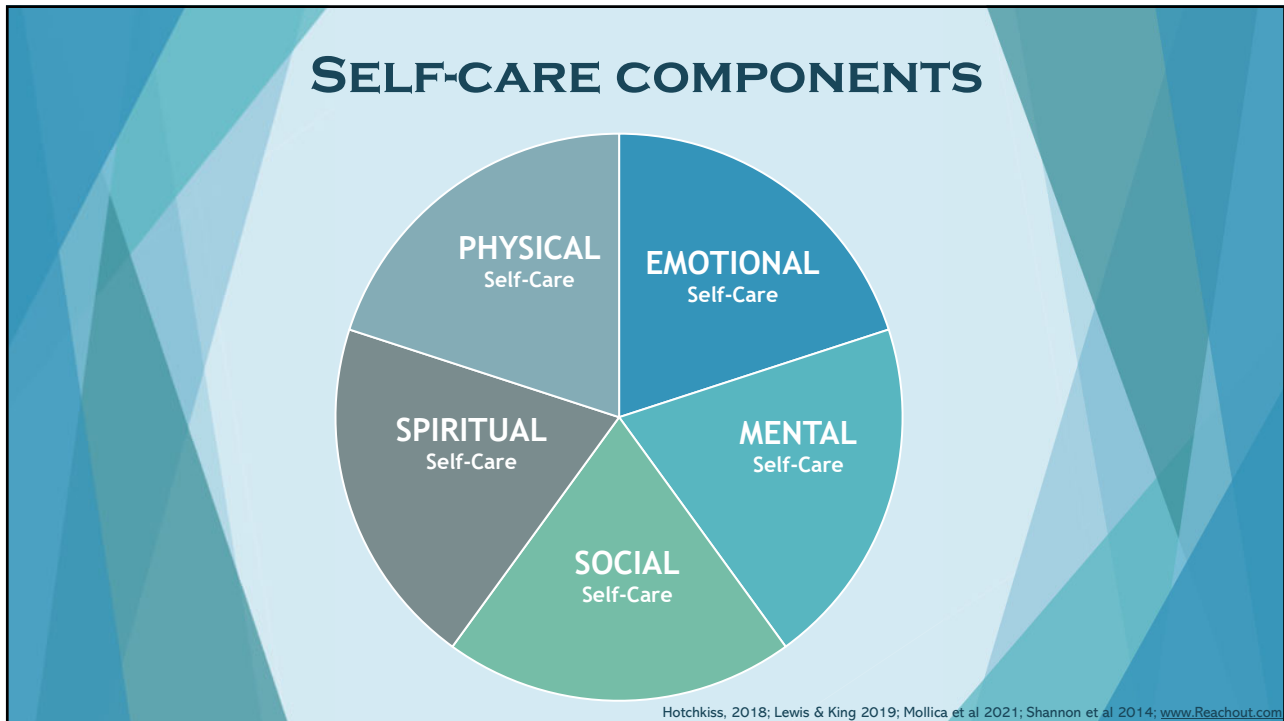


Three white arrows pointing upwards, set against a dark blue background. To the right is a colorful, abstract illustration of a runner in motion, composed of various colored dots and splatters.

6



7



Hotchkiss, 2018; Lewis & King 2019; Mollica et al 2021; Shannon et al 2014; www.Reachout.com

9

SELF – CARE(FUL) CONSIDERATIONS



11

Emotional self-care

What does this area include (for me)?
How do I care for myself in this area now?
What do I want to do different?

Rest	<ul style="list-style-type: none"> - Emotional rest is having down-time, quiet time, alone time where I am not responsible to anyone - Sometimes have down-time, but its random - Schedule in downtime, stress-free environment daily
Ground	<ul style="list-style-type: none"> - 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	

12

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?

13

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

14

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?



15

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?

16



17

PURPOSEFUL PERSONAL BOUNDARIES

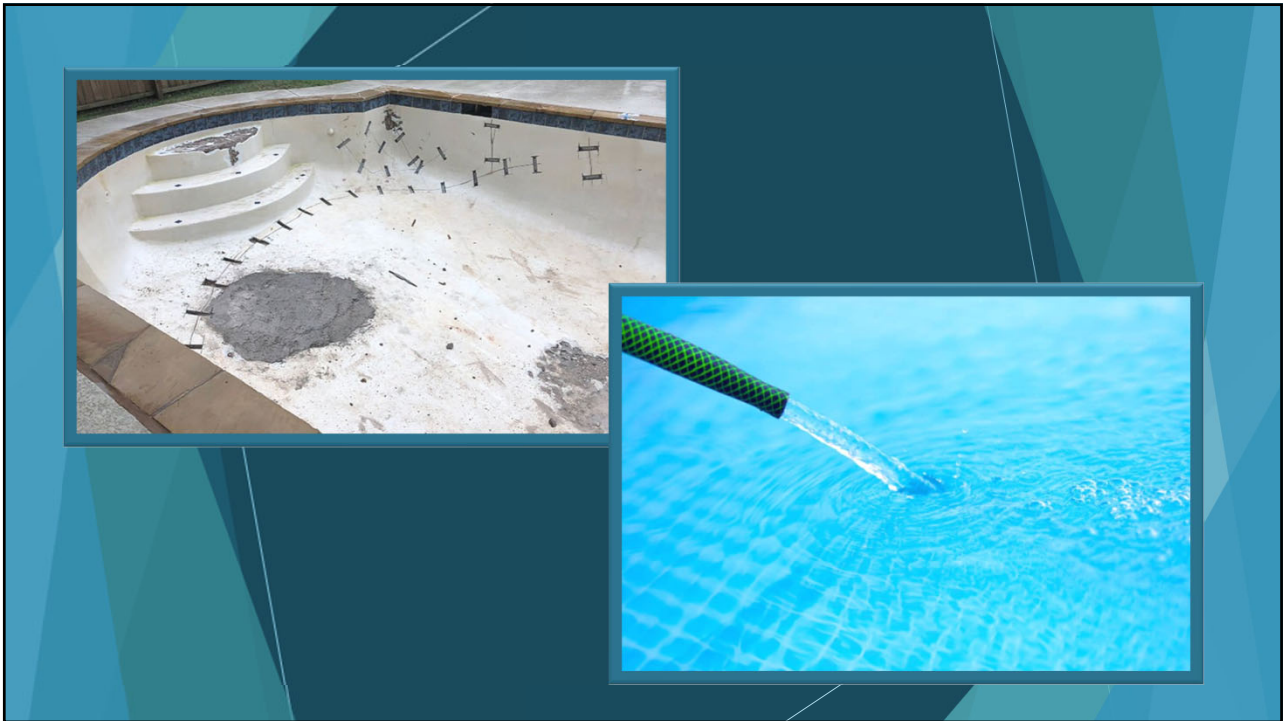
- Protective barriers
- Rules or limits we set
- Healthy
- Normal
- Necessary
- Physical, emotional, material, time, energy, etc.

Source(s): Dombeck & Wells-Moran, 2006; Schmidt et al 2018; Holowaychuk 2018

18



19



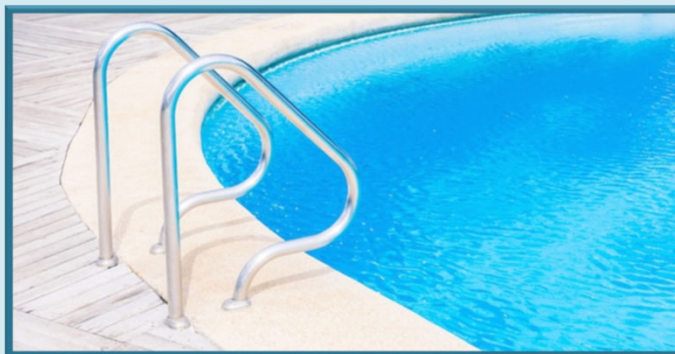
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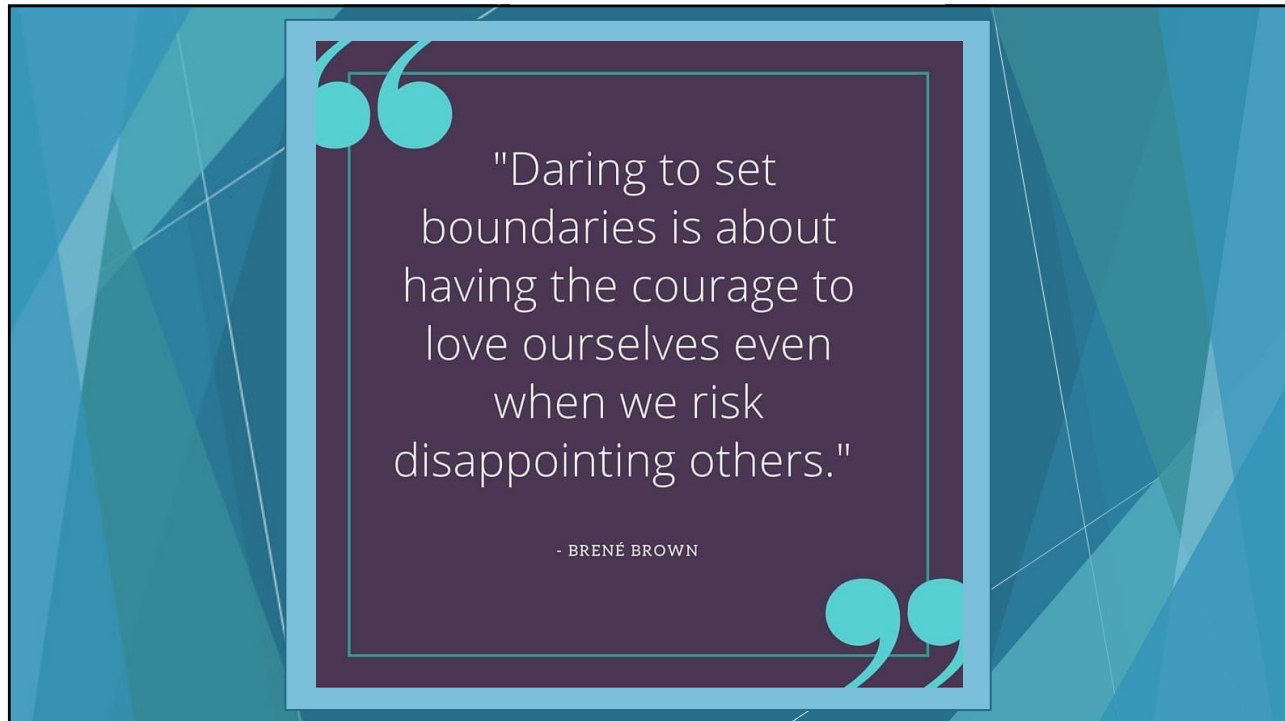
PRICELESS PERSONAL BOUNDARIES

- 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

22



23

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?

24

BUILDING your BOUNDARIES



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

25

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.

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BOUNDARIES IN ACTION...

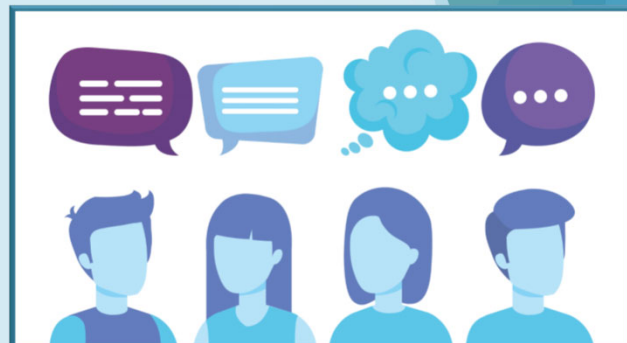


- I appreciate your concern; however, this issue is not my responsibility.
- I am available to respond between 8-5 and I will respond to you during those times.
- I'm not okay with you making jokes about _____.
- I cannot do that; but I can do _____.

27

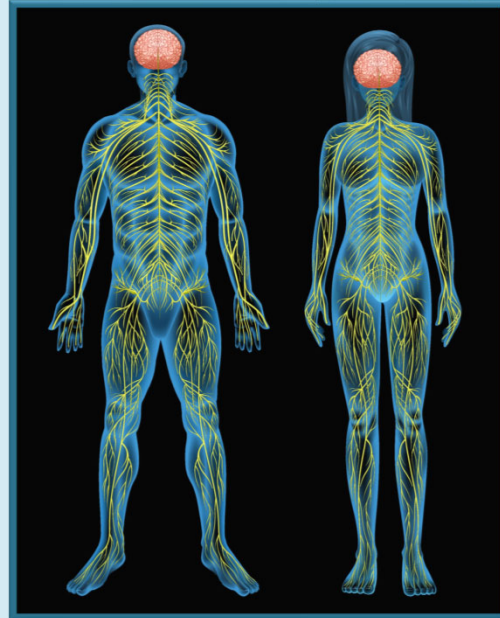
NOTES on BOUNDARIES

- Expression
- Clarity
- Don't apologize
- Non-negotiable
- Avoid long explanations, justifications
- Simple reiterations
- Boundaries change Flexible (not rigid)



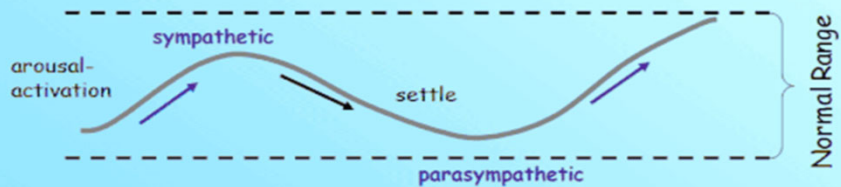
28

BACK to the NERVOUS SYSTEM...



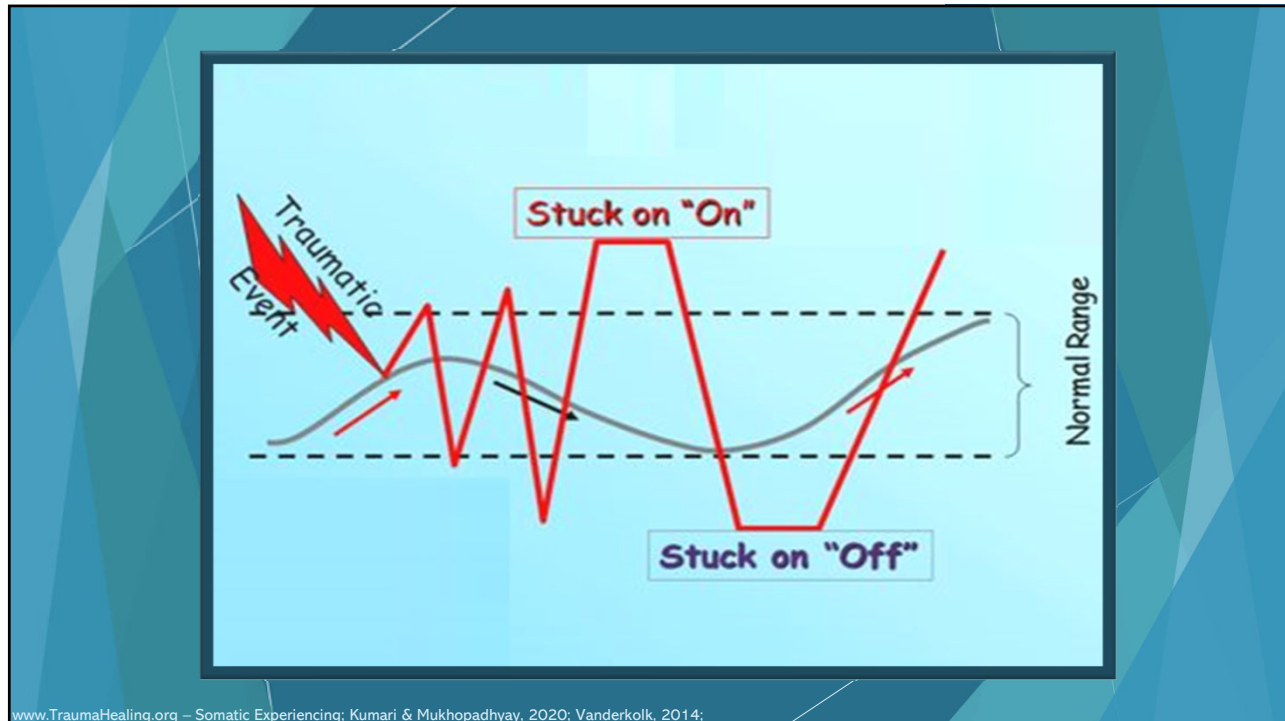
29

A Healthy Nervous System

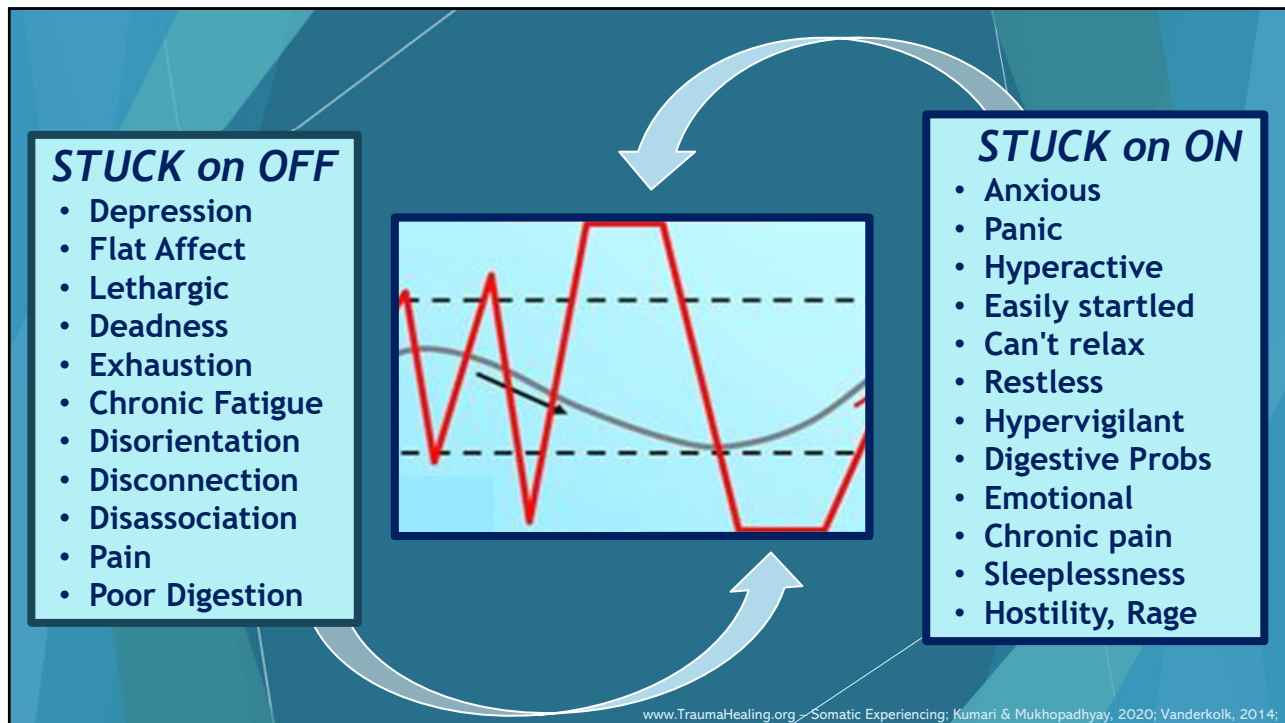


www.TraumaHealing.org – Somatic Experiencing; Kumari & Mukhopadhyay, 2020; Vanderkolk, 2014;

30



31



32

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

33

“
Never
underestimate
the healing power
of breath
”



Justice et al 2018; Zaccaro et al 2018; Nagoski & Nagoski, 2019

34

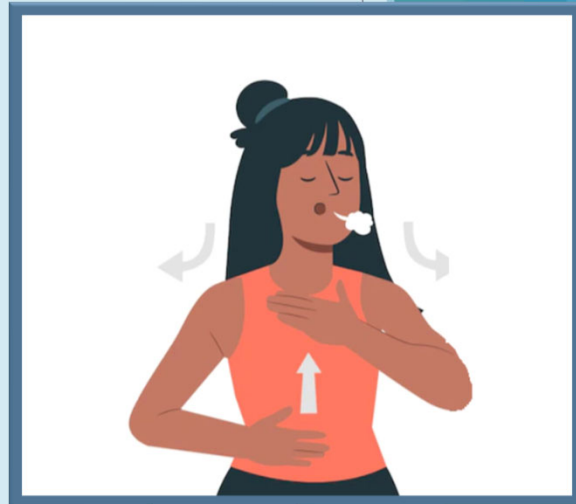
BREATHING thru the DIAPHRAGM to Relax the Nervous System

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

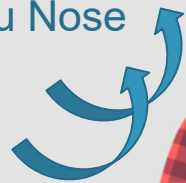


Justice et al 2018; Zaccaro et al 2018; Nagoski & Nagoski, 2019

35

“PHYSIOLOGICAL SIGH”

Inhale 2x
thru Nose



Long Exhale
1x thru
Mouth

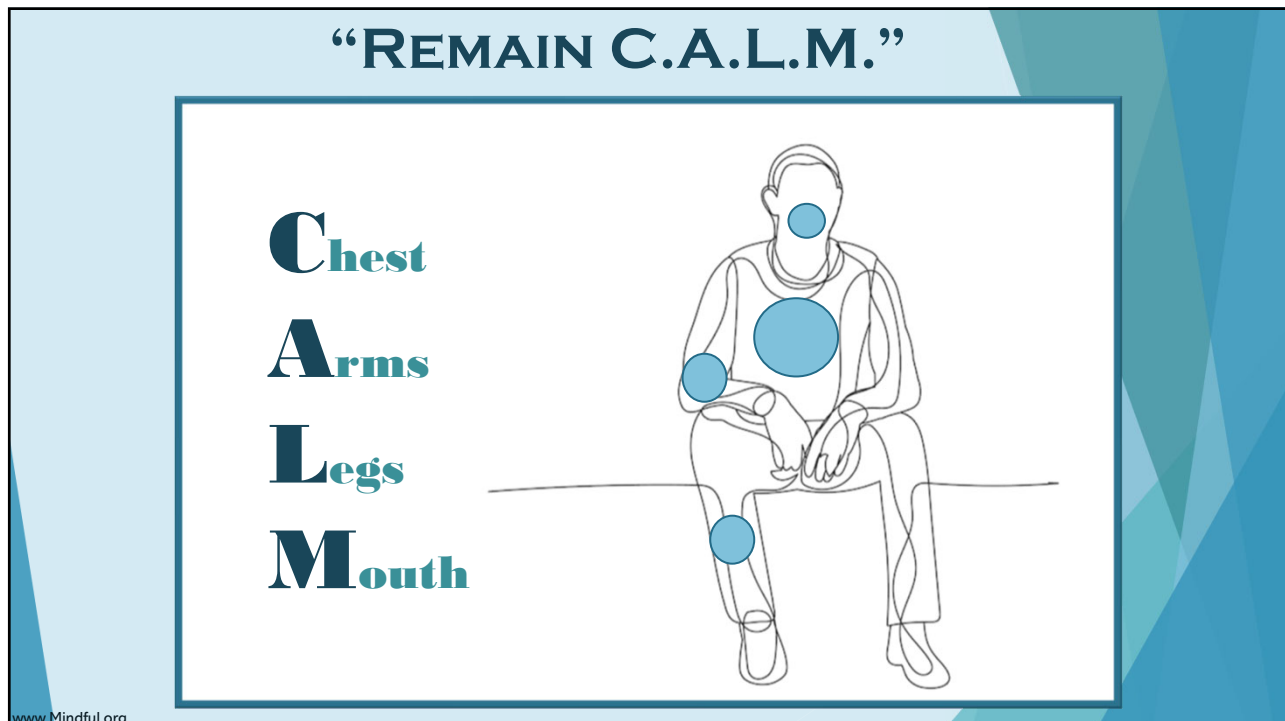


Source(s): Zaccaro, et al 2018; Ramirez, 2014

36



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www.Mindful.org

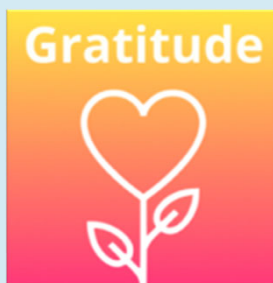
38

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

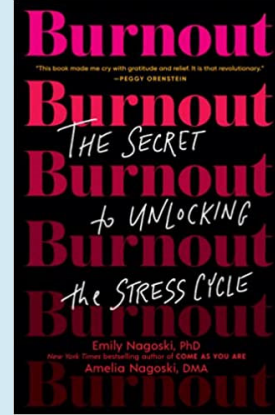
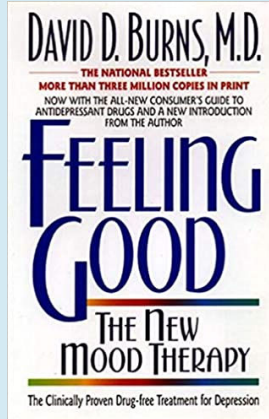
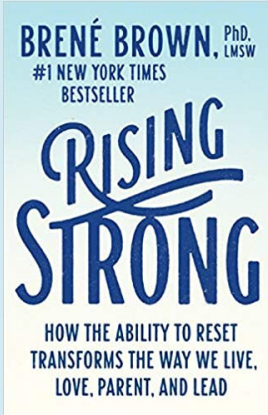


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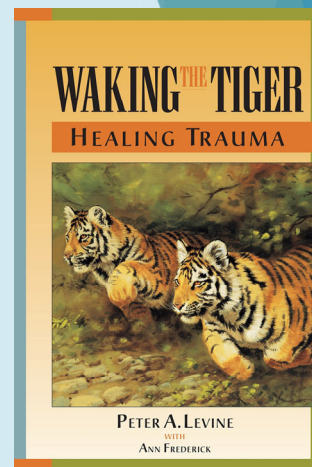
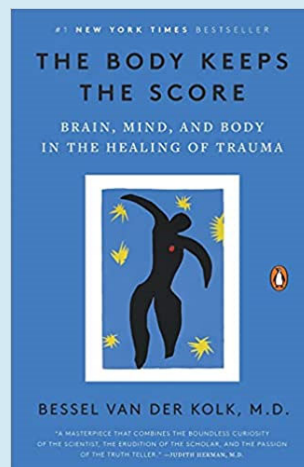
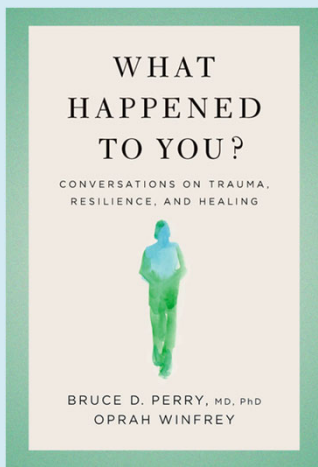
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BOOKS – RESOURCES



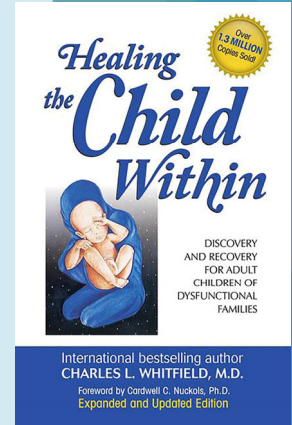
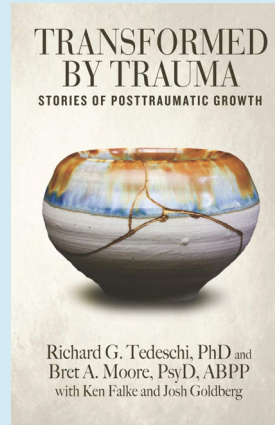
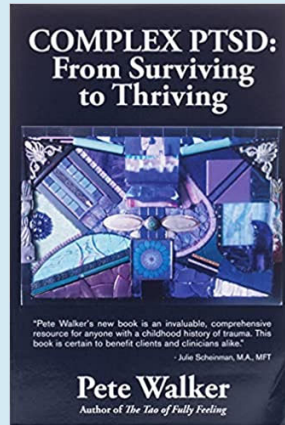
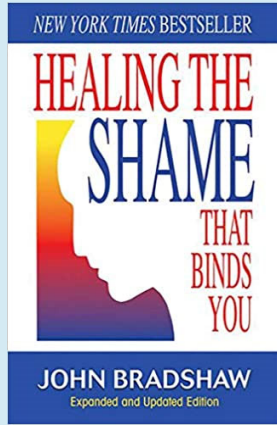
47

BOOKS – RESOURCES

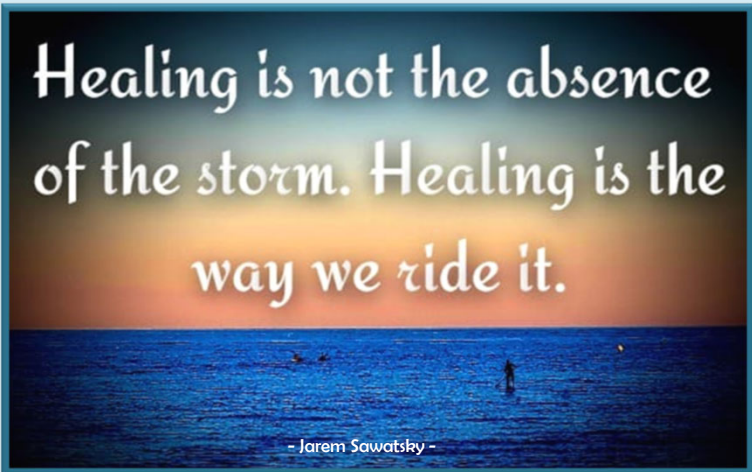


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BOOKS – RESOURCES, CONT.



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- Jarem Sawatsky -

THANK YOU!



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