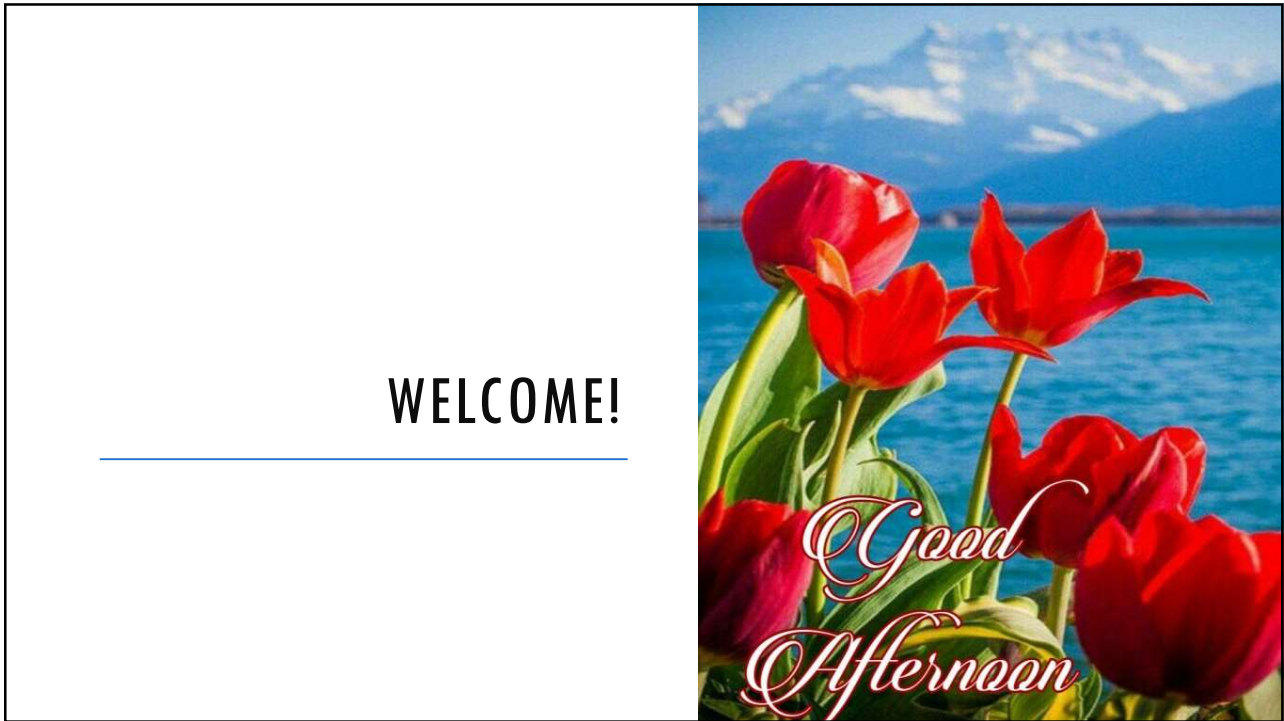

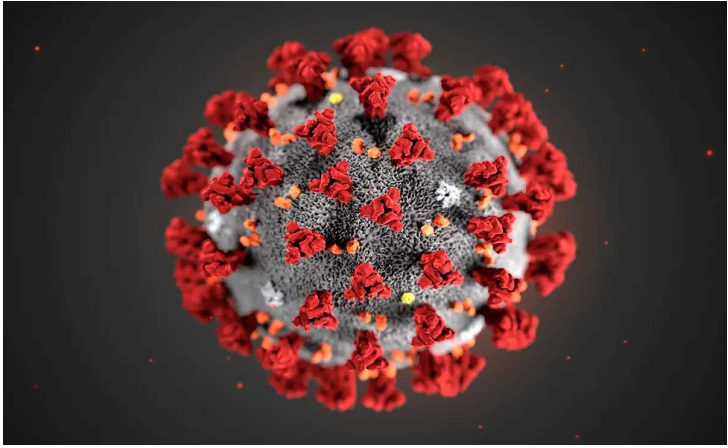


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2



A VITAL CONVERSATION IN THE MIDST OF COVID-19 PANDEMIC AND THE CIVIL UNREST IN OUR NATION

3



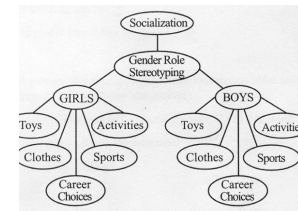
Need to refuel?



4

SOCIALIZATION

- How you may have been socialized and conditioned in your families and communities?
- As females and males, we have received cultural messages about role expectations in relationships based on gender.



5



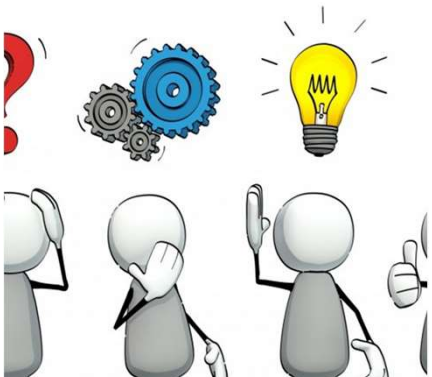

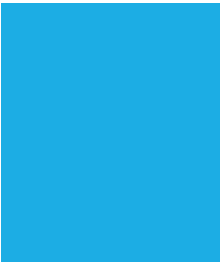

6



**PERSONALLY AND PROFESSIONALLY
JUGGLING COMPETING ROLES,
EXPECTATIONS AND RESPONSIBILITIES**



7

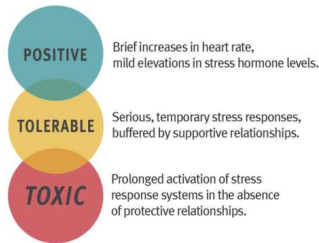


**LET'S TALK
ABOUT STRESS**

THERE ARE DIFFERENT KINDS OF STRESS AND WE HAVE A STRESS MINDSET

8

POSITIVE, TOLERABLE & TOXIC STRESS



Positive stress response is a normal and essential part of healthy development, characterized by brief increases in heart rate and mild elevations in hormone levels. Some situations that might trigger a positive stress response are job interview or making a big decision .

Tolerable stress response activates the body's alert systems to a greater degree as a result of more severe, longer-lasting difficulties, such as the loss of a loved one, a natural disaster, or a frightening injury. If the activation is time-limited and buffered by relationships with supportive others who help you adapt, the brain and other organs recover from what might otherwise be damaging effects.

Toxic stress response can occur when a person experiences strong, frequent, and/or prolonged adversity—such as physical or emotional abuse, chronic neglect, substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate support. This kind of prolonged activation of the stress response systems can be disruptive to brain architecture and other organ systems and increase the risk for stress-related disease and cognitive impairment.

Adapted from -- Source: <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

9

OCCUPATIONAL HAZARDS – COMPASSION FATIGUE, SECONDARY TRAUMA, VICARIOUS TRAUMA, AND BURNOUT

Compassion Fatigue – focuses on the strain of maintaining the empathic connection.

Secondary Trauma – is the natural behavioral consequence resulting from knowledge about a traumatizing event experienced by a significant other. It is the stress resulting from wanting to help a traumatized or suffering person.

Vicarious Trauma- is the process through which the helper's inner experience is negatively transformed through empathic engagement with clients' trauma material. It looks at the cumulative transformative effects of trauma work upon the self of the helper.

Burnout – is a state of physical, emotional and mental exhaustion caused by long term involvement in emotionally demanding situations unlike secondary traumatic stress, burnout can be described as emotional exhaustion, depersonalization, and a reduced feeling of accomplishment. Burnout is a condition that begins gradually and becomes progressively worse.

10

STRESS MINDSET

Although stress is often portrayed as an inherently negative experience, stress does not always have negative consequences for well-being; in fact, in some circumstances stress may even lead to positive outcomes.

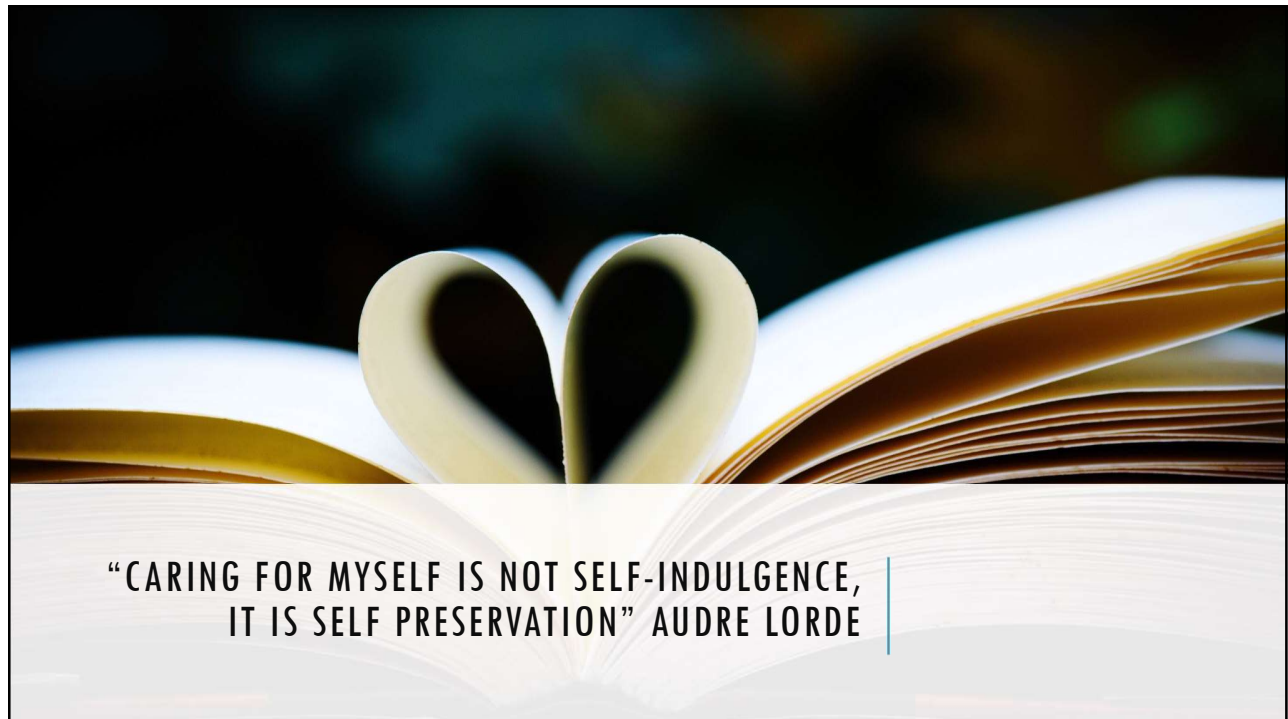
Individuals' beliefs about stress may play a powerful role in determining the ultimate effects of stress on mental and physical health.

The beliefs about the nature of stress have been conceptualized as **stress mindset**: the extent to which one believes stress is enhancing or that stress is debilitating for various outcomes such as performance and productivity, health and well-being, and learning and growth.

One's stress mindset can influence the way that stress is psychologically and physiologically experienced.

Source: (Updegraff & Taylor, Crum, et.al, and Nguyen, et.al)

11



12

KEEPING OUR PERSON IN MIND AND CHALLENGING THE IDEA OF SELFISHNESS

- We need to remember our person in the different roles we occupy and take care of our parts of self —emotional, mental, physical, spiritual, social and occupational.—along side taking care of others.
- We can lose sight of ourselves and our needs—not making room for us, especially during stressful times, such as what we are encountering in our nation now.
- We need to challenge the idea of selfishness, having self-interest is not being self-absorbed.
 - Self-absorbed is when you are absorbed in your own thoughts, activities and interests. (Source: Webster)
 - Self-interest is a concern for one's own advantage and well-being. (Source: Webster)
- The practice of self-interest helps us to effectively take care of our selves and others-creating room for both—move away from either/or thinking. We need to attune to ourselves, practice self-compassion and have a solid self-care plan we utilize consistently as well as in times of need.



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THE RELATIONSHIP WITH
YOURSELF SETS THE TONE FOR
EVERY OTHER RELATIONSHIP
YOU HAVE” ROBERT HOLDEN

14

ATTUNEMENT

- Pearmain (2001) defines attunement as a sense of connectedness and focused awareness.
- Tuning In -- resonating with our inner experiences.
- Attunement is the term commonly used to describe our reactivity and harmonic fit with another. The process of being in sync with another.
- Daniel Siegel (1999, 2007) defines attunement as a reciprocal process of mutual influence and co-regulation.
- Attuned Representational Model of Self-explains the balance that must be constructed in order to embody a healthy self.
 - The inner aspects of self include the physiological (i.e. body), the emotional (i.e. feeling), and the cognitive (i.e. thinking) domains. The outer aspects of self include the microsystem (i.e. family and close friends), exosystem (i.e. community), and macrosystem (i.e. culture).
 - The internal and external aspects are interconnected by process called attunement.
 - Effective functioning of self goes beyond self as subjective or object. Healthy, embodied self-regulation occurs when an individual is able to nurture an awareness and maintenance of the needs of the inner aspects of self (i.e. physiological, emotional, and cognitive), while engaging effectively within the context of family, community, and culture (Cook-Cottone, 2015; Seligman, 2011).
 - Due to the interactions of complex genetic, biological, interpersonal, and cultural influences some individuals struggle to maintain healthy, embodied self-regulation.
 - With awareness and action, steps to create and maintain an attuned balance can be achieved. These steps can be conceptualized as **mindful self-care**.

Source: (L. Finlay, 2016; C.P. Cook-Cottone, 2015)

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SELF-ATTUNEMENT

“Being attuned
to oneself
is the foundation
for harmony
in all other
relationships.”

Paul TP Wong



16



THE NEED FOR BALANCE WITHIN SELF AND WITH SELF AND OTHERS!

Self-Care is a life-long journey

“The cost of **self-neglect** is high and ranges from nagging stress that erode health and well-being to compassion fatigue to job burnout so crippling that individuals may walk away from their chosen profession.” *K. Jackson. 2014)

Self-care means **choosing behaviors that balance the effects of emotional and physical stressors**: exercising, getting enough sleep, eating nutritious foods, practicing yoga, meditating, mindfulness, relaxation, abstaining from substance abuse, and pursuing creative outlets. **It means engaging in meaningful nontoxic connections with others who support us, listening to our bodies when we feel something is awry or knowing when we are headed toward exhaustion.** Also essential to self-care is learning to **self-soothe or calm** our physical and emotional distress.

Source: Kim Richards, RN

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MINDFUL SELF-CARE AND ATTUNEMENT

Mindful self-care is seen as the active practice of behaviors that facilitate and maintain attunement and balance among the internal aspects of self and the external aspects of self. Mindful self-care also cultivates an active appreciation for and engagement with, the body.

- Critical to a mindful self-care is practiced with an attitude of loving-kindness.
- Mindful self-care is seen as the foundational work required for physical and emotional well-being.
 - **Mindful self-care practices that target internal aspects of self** include self-awareness and mindfulness, self-compassion, self-soothing, spirituality, and physical (healthy eating, hydration, exercise, rest) and medical care of the body.
 - **Mindful self-care that also addresses external influences.** Externally, those who flourish makes choices about their environment (i.e. intentionally spend time with friends who encourage healthy behaviors and attitudes, purchase magazines and literature that empowers, decorate with art that celebrates the human body in all shapes and sizes), have tools for dealing with challenging interpersonal relationships and cultural messages, and engage with others in a way that supports healthy ways of being within the self and among others (Cook-Cottone, 2015).
 - **As individuals take care of themselves, they increase the positive feelings they have toward themselves.**

(Source: Cook-Cottone, 2015)

18

CULTIVATING A PRACTICE OF SELF-COMPASSION



In general, **compassion** involves sensitivity to the experience of suffering, coupled with a deep desire to alleviate that suffering. This means that in order to experience compassion, you must first acknowledge the presence of pain.

Self-compassion is simply compassion directed inward towards ourselves as the object of care and concern when faced with the experience of suffering (Neff, 2003)

Self-compassion consist of three main elements: self-kindness, common humanity and mindfulness

Self-kindness- Western cultures emphasis to be kind to others, but not too much to yourself. When we make mistakes or fail in some way, there is often a harsh inner critic. With self-kindness we are supportive and understanding towards ourselves. Our inner dialogue is gentle and encouraging rather than harsh and belittling. When our external life is challenging to bear, we self-soothe and nurture ourselves. We are moved by our own distress so warm feelings emerge towards ourselves.

Common humanity – The sense of common humanity central to self-compassion involves **recognizing that everyone** fails, makes mistakes, and gets it wrong sometimes. We do not always get what we want and are often disappointed—either in ourselves or in our life circumstances. **This is part of human experience, a basic fact of life shared with everyone else on the planet. We are not alone in our imperfection.** We don't practice the woe is me attitude. **Self-compassion recognizes that we all suffer, and there fosters a connected mindset that is inclusive of others.**

Mindfulness – Self-compassion entails mindful awareness of our negative thoughts and emotions so that they are approached with balance and composure. When we are mindful, we are open to reality of the present moment without judgment, avoidance and repression.

Self-Compassion fosters Emotional Well-being, Self-esteem, Positive Coping, Motivation, Interpersonal functioning (self-compassion equips us to have healthy other-compassion)

K.D. Neff and K.A. Dahm

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SELF-CARE PLAN

Individualized Self-Care Plan

- Identify your stressors
- Identify healthy and unhealthy coping strategies
- Direct approaches—removing the stressor, recognizing and changing your perception of the situation so that it is no longer stressful, removing yourself from the source of stress, or limiting your exposure to the stressor.
- Indirect methods—involve finding ways minimize the impact of stressful situations. They include exercising, healthy eating, and sleeping habits, relaxing, meditation, setting aside time for yourself, working with others to solve problems, asking for help and personal counseling.



Creating a Self-Care Plan Resources

- Website: University of Buffalo School of Social Work Self-care
- Compassion Satisfaction and Compassion Fatigue Scales
- Mindfulness Attention Scale
- Ways of Coping
- Self Care Poster

(Source: M. D. Eisner)



20

the greatest weapon 
AGAINST STRESS
 is our ability
TO CHOOSE
one thought over another
William James

PLEASE REMEMBER...

Thank you
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