




---

---

---

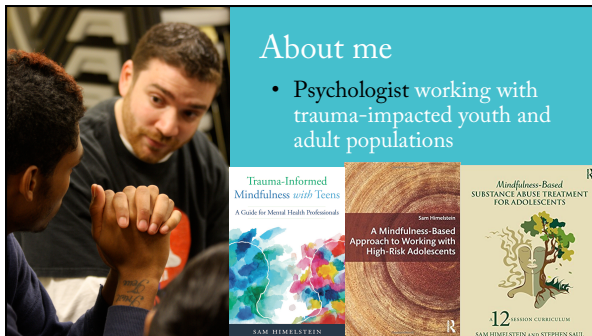
---

---

---

---

---




---

---

---

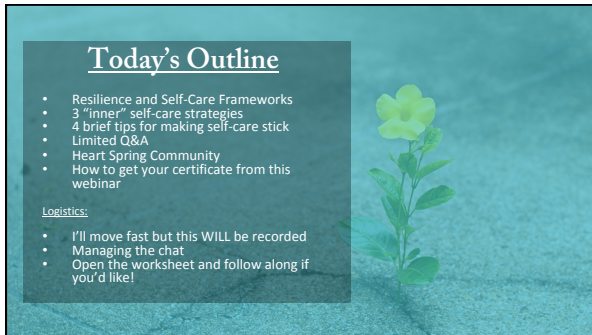
---

---

---

---

---




---

---

---

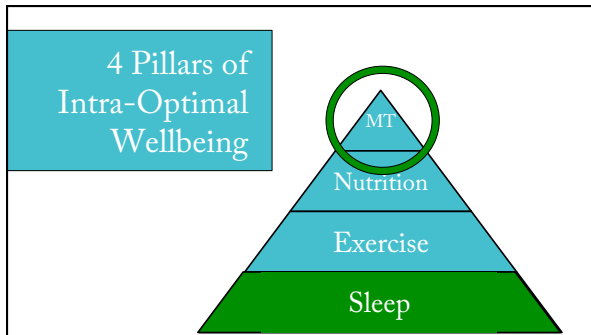
---

---

---

---

---



---

---

---

---

---

---

---

---

### The Stress Response and Trauma

- Sympathetic, parasympathetic, and the Vagus nerve
- Fight, Flight, Freeze, Feigned Death
- If you've been feeling tired, lethargic, irritable, etc.

---

---

---

---

---

---

---

---

- **Resilience:** Ability to overcome difficulty
  - Develops from: 1) moderate stress, 2) predictability, 3) controllability
- **Self-Care:** the practice of taking action to preserve one's physical, mental, emotional, social, and spiritual health

1. Regular Relaxation Response
2. Effortful Training
3. Creative Expression
4. Social Connection

Deep breathing exercises

Mindfulness

Exercise

Getting a massage

Painting

Reading

---

---

---

---

---

---

---

---

"Lean-In"	"Lean-Out"
<b>Acceptance / Awareness Strategies</b> <ul style="list-style-type: none"><li>• Relaxation techniques</li><li>• Mindfulness / Mindfulness meditation</li><li>• Prayer</li><li>• Processing / Talking with therapist or trusted other</li><li>• Sleep routines</li><li>• Positive Affirmations</li></ul>	<b>Escapism / Avoidance Strategies</b> <ul style="list-style-type: none"><li>• Exercise</li><li>• Massage</li><li>• Reading</li><li>• Netflix / Movies</li><li>• Drinking a glass of wine to unwind</li><li>• Hobbies / creative expression</li></ul>

**A Useful Schema for Strategies**

---

---

---

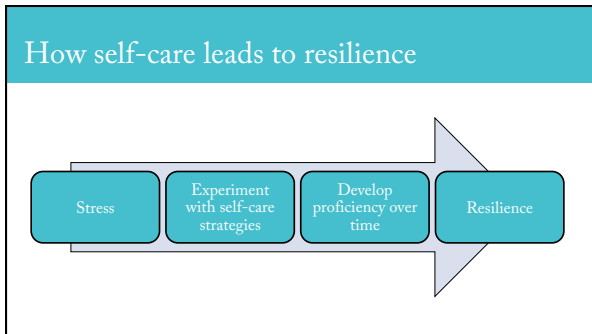
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

## 1. Calming Strategies

(for RRR)

- **Defined:** Activation of the parasympathetic nervous system
- **Main underlying tool:** Breath manipulation
- **Practical strategy:** 4 – 8 breathing
  - *Instructions:* Inhale in for a count of 4, Exhale for a count of 8

---

---

---

---

---

---

---

---



*“What if I can’t calm down?”*

---

---

---

---

---

---

---

---

## 2) Mindfulness (effortful training)



---

---

---

---

---

---

---

---

### 4 Mindfulness Myths

**“I can’t practice mindfulness because...”**

- 1. “I can’t meditate.”
- 2. “I can’t calm down.”
- 3. “I can’t clear my thoughts.”
- 4. “Meditation is the only way to practice mindfulness”

---

---

---

---

---

---

---

### 3 Steps for Mindful Breathing

- Step 1: Set the right intention: Develop equanimity
- Step 2: Choose an “anchor”
- Step 3: Remember basic instruction

---

---

---

---

---

---

---

### Mindful Breathing Meditation




---

---

---

---

---

---

---

### 3. Authentic Awareness

(Emotional Intelligence)

- **Defined:** Awareness, Regulation, & Insight
- **Main underlying tool(s):** Attunement & Authenticity
- **Practical strategy:** TAP acronym

# T.A.P.

(1) Take a breath; (2) Acknowledge / Authenticity; (3) Proceed

---

---

---

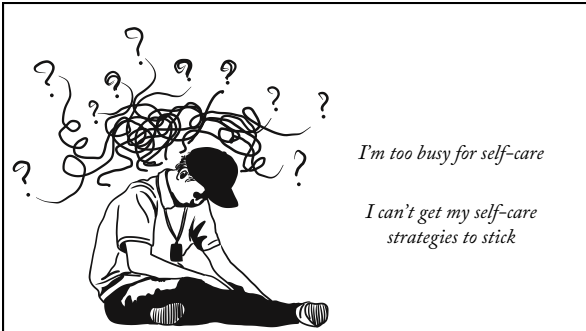
---

---

---

---

---




---

---

---

---

---

---

---

---

### 4 quick tips to making self-care strategies stick

1. Write down your goals and write out a routine and follow it → predictability
2. 2-minute rule
3. "Habit Stack"
4. Surround yourself with people where the behavior / habit you want to create is the norm

---

---

---

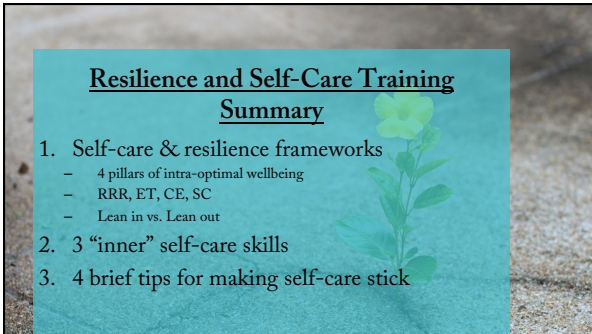
---

---

---

---

---



**Resilience and Self-Care Training**  
**Summary**

1. Self-care & resilience frameworks
  - 4 pillars of intra-optimal wellbeing
  - RRR, ET, CE, SC
  - Lean in vs. Lean out
2. 3 “inner” self-care skills
3. 4 brief tips for making self-care stick

---

---

---

---

---

---

---

---



**Q&A**

---

---

---

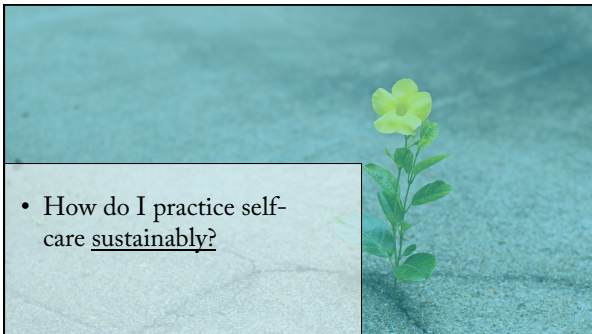
---

---

---

---

---



• How do I practice self-care sustainably?

---

---

---

---

---

---

---

---

**Introducing...**

**You support others. Heart Spring supports you.**

An online community for helping professionals to continually evolve self-care and resilience practices, learn skills to bring to those they work with, and connect to a larger helping community.

---

---

---

---

---

---

---

---

**The Heart Spring Community for Helping Professionals includes...**

- 1 self-paced “mini-course” uploaded monthly

**Mini-Courses**

**Bodyscan Awareness**  
by Sari Hennessy, Ph.D.

**Mindful Breathing**  
by Sari Hennessy, Ph.D.

**Mindful Thinking**  
by Sari Hennessy, Ph.D.

---

---

---

---

---

---

---

---

**The Heart Spring Community for Helping Professionals includes...**

- 2 monthly live calls/webinars...

- Friday, August 14th @ 10AM (PST)
- Friday, August 28th @ 10AM (PST)
- Friday, September 11th @ 10AM (PST)
- Friday, September 25th @ 10AM (PST)
- Friday, October 9th @ 10AM (PST)
- Friday, October 23rd @ 10AM (PST)
- Friday, November 6th @ 10AM (PST)
- Friday, November 20th @ 10AM (PST)
- Friday, December 4th @ 10AM (PST)
- Friday, December 18th @ 10AM (PST)

Mindfulness,  
Self-care, etc.

---

---

---

---

---

---

---

---



The Heart Spring Community for Helping Professionals includes...

- Certificates and CE for all courses and calls!



Live webinars (with certificates available)

 Body Scan Assessment Live Webinar 7.30.2020	 Mindful Breathing Live Webinar 8.27.2020	 Mindful Thinking 2 (up 2020)
--	---	---

---

---

---

---

---

---

---

---