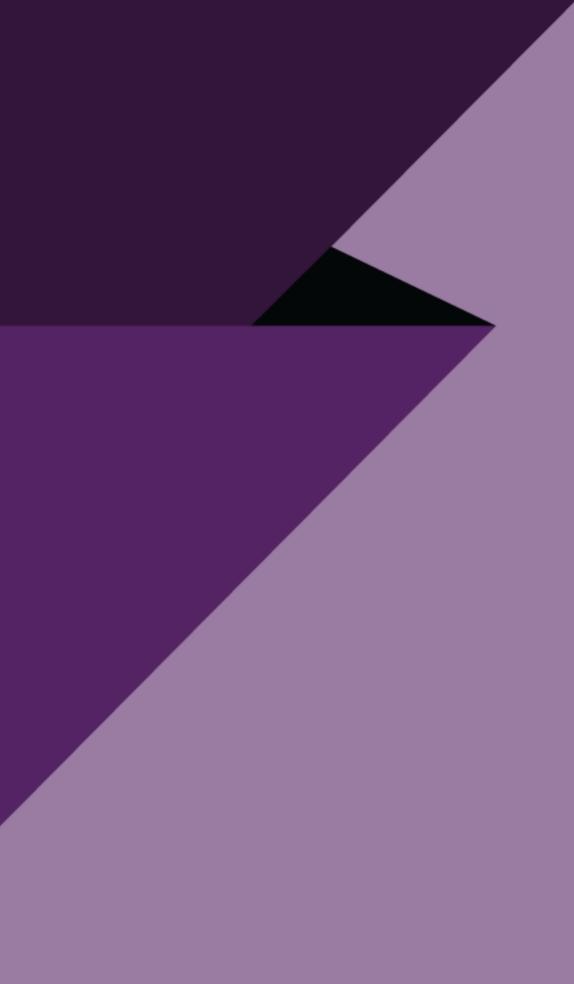
# **Restorative Self-Care Practices:** Addressing Secondary Trauma Exposure

# **2021 – OEASV Conference**



# Move

Reading of Tammy Lyons, Inner Bliss



### Welcome & Thank You OAESV



Ohio Domestic Violence Network soniaf@odvn.org



### Pause, Breathe, & Awareness of Self Today

Awareness - Unconventional Way to Workshop- Retreat Recognizing - We are in the midst of uncertainty Inviting – Your Curiosity for Self Noticing - Resisting Pausing - Close your eyes and think about Leaving -with Compassion and Actionable Steps

10/27/2021

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## Your Self–Care – Pick Your Grounding Practice for Today





# Disclaimer - - Scope of discussion today

#### Always know that if you experience distress you can seek added support or counseling



# **Ohio Crisis Text Line -**

Crisis Text Line - OhioMHAS - Ohio.gov mha.ohio.gov > Families-Children-and-Adults > Get-Help

Reach out by **text** to communicate with someone trained to listen and respond in a method that is private, secure and confidential.

A trained counselor will respond to the text within five minutes.

YOUR FEELINGS ARE VALID.

**Need support?** 

Text HOME to 741 741 for free, 24/7 crisis counseling.

We're here for you.

# Some Words about Simple Joys, Gratitude, and Acts of Kindnesses

































# "Always be where you are at."

Wisdom from a 9-year-old boy walking in the woods



- Support in Stressful Times under Resource Tab
- Explore videos from ZENworks Yoga
  ODVN Prevention partnered with ZENworks
- Let's Explore one together



# What brought you here this day?

Let's share answers with one another

10/27/2021

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Caring for the Advocate: Addressing Vicarious Trauma for the Individual and within the Agency





#### It is intentional in design, beginning with the subject of vicarious trauma.

Comprehending vicarious trauma or secondary trauma exposure is as critical and necessary for the individual as advocate, for peers as co-workers and for supervisors as stewards of sexual assault and domestic violence programming.





The impact of working in an active crisis setting daily, along with supporting individuals who are victims of crimes, is tangible.

However, the topic of secondary trauma exposure usually comes near the end of a book, in passing, discussed as the last portion of a workshop, or perhaps mentioned in an advocate's job training.



At ODVN we shifted the focus of vicarious trauma moving the section to the beginning of the manual. We discuss the link existing between your service to survivors and your self-care.





Balancing your self-care and wellness matters so that you feel physically and mentally energized to come back to this work daily.

Responding to the difficulties of this work gives way to balancing your interactions with each adult and child survivor you encounter.

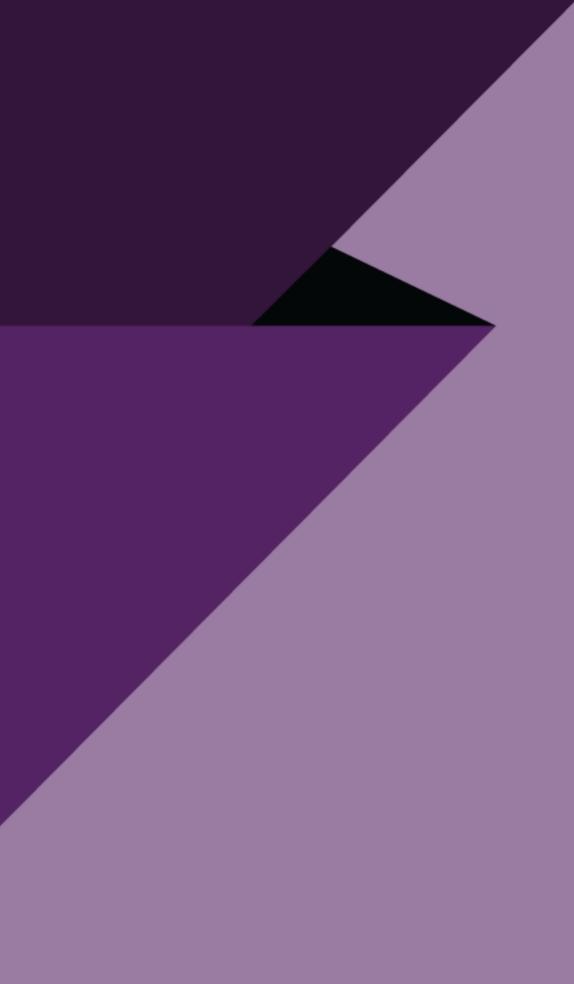
Equally, tending to your care is vital so that when you arrive home, you feel ready to participate in your life's circle of family, friends and community.





# **Core Concepts**

In Secondary Trauma Exposure or Vicarious Trauma



 ".... refers to the profound emotional and physical erosion that takes place when helpers are unable to refuel and regenerate...."

 Compassion fatigue has been described as the "cost of caring" for others in emotional pain (Figley, 1982).



Reference: https://www.tendacademy.ca/what-is-compassion-fatigue/

### Vicarious Trauma

 "… was coined by Pearlman & Saakvitne (1995) to describe the profound shift in world view that occurs in helping professionals when they work with clients who have experienced trauma."

 Helpers notice that their fundamental beliefs about the world are altered and possibly damaged by being repeatedly exposed to traumatic material."





### Vicarious Trauma

Vicarious trauma is defined as a transformation in the helper's inner sense of identity & existence that results from utilizing controlled empathy when listening to a survivor's traumacontent narrative



vicarious trauma is what happens to your

to your neurological (or cognitive self)

• physical

psychological

• emotional, &

• spiritual health

when you listen to traumatic stories day after day

or respond to traumatic situations

Referenced: Vicarious Trauma Institute: https://vicarioustrauma.com

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while having to control you reactions."

### **Exposure Shifts a Person's Frame of Reference**

Exposure Shifts a Persons' Frame of Reference...

Exposures to traumas may interrupt or reshape our frame of reference about ourselves and the world in which we live.

Some examples include:

Shifts our trust in others or our trust in our own perceptions

> Shifts our desire for intimately connecting to people; we isolate ourselves from our circle of people

Shifts our view about families and increases fear about the safety of our children...

#### Burnout

- "... is a term that has been used since the early 1980s describe the physical and emotional exhaustion that workers can experience when they have low job satisfaction and feel powerless and overwhelmed at work.
- However, burnout does not necessarily mean that our view of the world has been damaged, or that we have lost the ability to feel compassion for others.



 Burnout can be addressed by changing jobs, for instance.

Reference: https://www.tendacademy.ca/what-is-compassion-fatigue/



- Compassion Fatigue and Vicarious Trauma are cumulative over time.
- Impact shows up in both our life outside of work/home and at work.
- They are also an occupational hazard of working in the helping field. (Saakvitne & Pearlman, 1996)



#### 16 Warning Signs of Trauma Exposure Response from *Trauma* Stewardship

# 16 Warning signs of Trauma exposure response

Laura van Dernoot Lipsky (2009) 'Trauma Stewardship'

- 1. Feeling helpless and hopeless
- 2. A sense that one can never do enough
- 3. Hypervigilance
- 4. Diminished creativity
- 5. Inability to embrace complexity
- 6. Minimizing
- 7. Chronic exhaustion/physical ailments
- 8. Inability to listen/deliberate avoidance

- 9. Dissociative moments
- 10. Sense of persecution
- 11. Guilt
- 12. Fear
- 13. Anger and Cynicism
- 14. Inability to empathize/numbing
- 15. Addictions
- 16. Grandiosity: an inflated sense of the importance of one's work



# Noticing possible impact --

• What have you noticed from yourself or others?





# Agency Accountability – Vital and Necessary

Addressing vicarious trauma within the agency with intentionality shows commitment to the care and worth

- how youth and adults survivors are served in programs, on hotlines, in groups, and during youth support
- how staff is valued and cared for

# "Domestic violence advocates do this work because of a passion to incite change in the unjust treatment of people by a partner who is abusive.

#### We have heard it said repeatedly..."Home is where the heart is." Yet, advocates know that home is where the heart can be broken and where people can be most afraid."

A Youth Advocate

There are also certain individuals working in domestic violence programs that might be more at risk of developing vicarious trauma. Characteristics of these individuals include:

- Possessing a personal history of trauma
- Being overworked
- Having poor boundaries with survivors
- Working with too many trauma survivors
- Having limited professional experience
- Working with a high percentage of traumatized children
- Working with survivors who are not able to get the support (such as housing, medical care, etc.) they need to be safe.



IN THE WORKPLACE VICARIOUS TRAUMA HAS BEEN ASSOCIATED WITH:

Higher rates of physical illness

Greater use of sick leave

Higher turnover

Lower morale

Lower productivity that may lead to errors with survivors



# Signs of Vicarious Trauma

#### Some Signs of Vicarious Trauma Include

- Minimizing survivor reactions
- Intrusive images
- Nightmares
- Dissociative experiences
- Feeling helpless and hopeless
- Diminished creativity
- Guilt when you experience good things in life
- Fear
- Anger and cynicism
- Inability to empathize
- Numbness of emotions
- Exaggerated startle response
- May lead to depression or alcohol and drug use

Source: Guidebook on Vicarious Trauma: Recommended Solutions for Anti-Violence Workers was prepared by Jan I. Richardson of the Centre for Research on Violence Against Women and Children in London, Ontario for the Family Violence Prevention Unit, Health Canada.

### Incorporating Vicarious Trauma into Agency Infra-Structure

### Agency supervisors incorporate vicarious trauma into

- Job interviews,
- Hiring practices,
- Job descriptions,
- Supervision,
- Training content
- Peer Support Facilitation,
- Co-workers -Peers and Mentoring
- Critical Incident Debriefing,

#### Four Common Trauma Responses

#### 1. Alterations (changes) in arousal and reactivity

This refers to the physiological (body) changes that occur in the brains of trauma survivors which prepare them for "fight, flight, or freeze" on a continuing basis. This causes survivors to startle easily, be constantly on the alert for danger, and be very sensitive to the reactions of others.

#### 2. Intrusion or re-experiencing events

These symptoms refer to the experience of the trauma "intruding" upon a survivor's life after the trauma is over. Intrusion may include nightmares, flashbacks, or intrusive images. There is a sense of re-experiencing the traumatic event that is out of the control of the survivor.

#### 3. Avoidance reactions

This refers to the narrowing down of consciousness or "numbing" of feelings and thoughts associated with the traumatic situation. It also can include avoiding people, places, or circumstances a person associates with the traumatic experience and they may withdraw from others as they attempt to stay emotionally safe.

#### 4. Negative alterations (changes) in cognition and mood

These reactions refer to the way in which trauma often impacts people's thought processes, memory, and moods. It includes persistent negative beliefs about oneself and the world, often a distorted sense of self-blame, inability to remember key parts of the traumatic event, and feeling alienated from others.

# Addressing Vicarious Trauma Creates Intentionality...

"Rest and self-care is so important. When you take time to replenish your spirit, it allows you to serve others from the overflow.

You cannot serve from an empty vessel."

Eleonor Brown







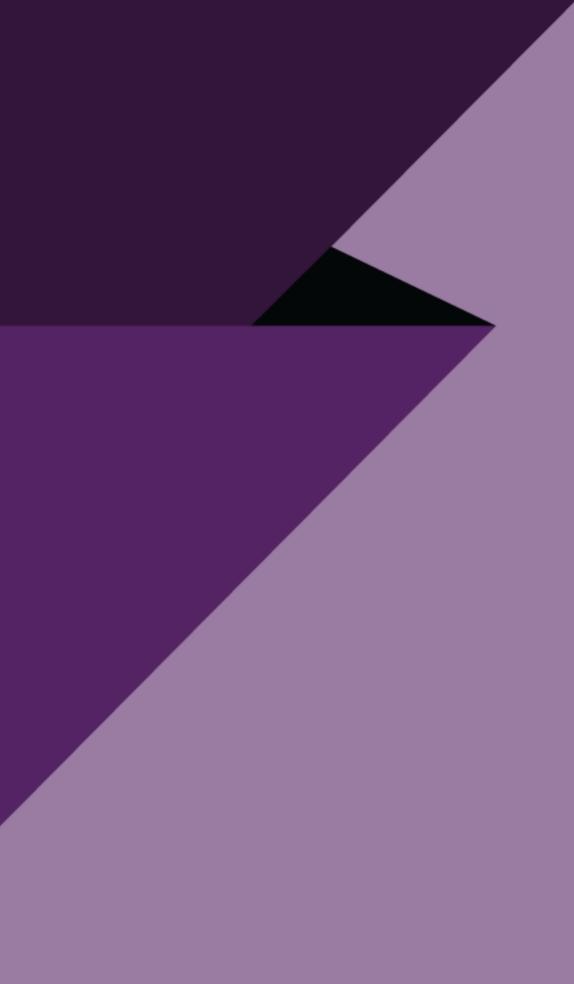
### Here lies Your ~ Our Hope ~ Restorative Self-Care

- By understanding CF, VT and Burnout and the impacts of each
- You can map out strategies to reliev
  reduce respond RESTORE



When you can't control what's happening, challenge yourself to control the way you respond to what's happening That's where your power is.

**Buddhism Daily** 



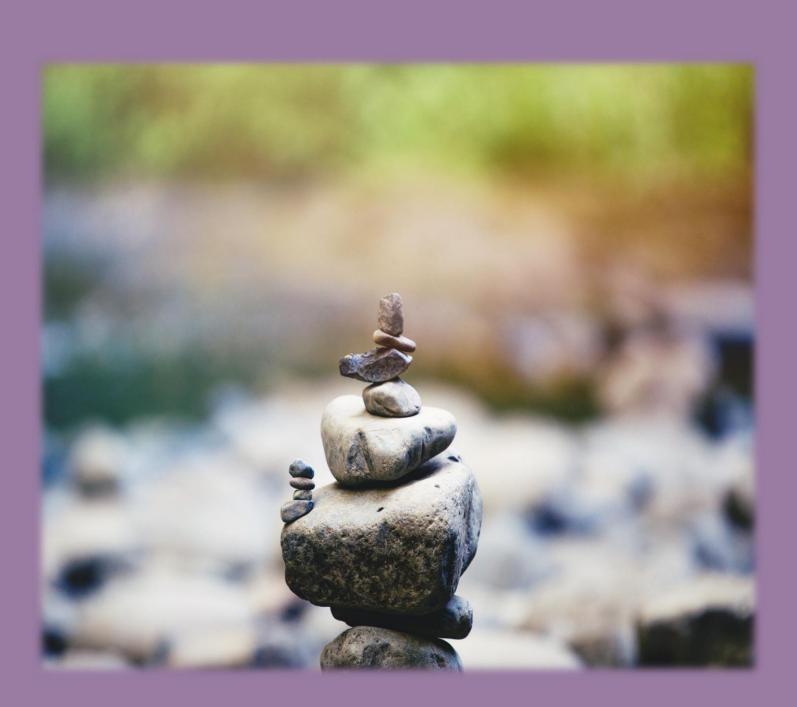
# You are Accountable for Self-Care

Addressing vicarious trauma creates intentionality in how you care for yourself

 And how you serve youth and adults survivors

I describe it as showing up for your whole life...

• 100% balancing of work and home (not 150% vs 70%)



Mind, Body, Spirit: Care of Your Whole Self –

Showing up for Your Whole Life

Meaning BALANCE

In both Life and Work....

Begins with Your Awareness

Shifts Can Occur when you Notice

Learn Practices that Work for You



### Mind, Body, Spirit: Care of Your Whole Self –

Showing up for Your Whole Life

Then Make Actionable Steps

MOMENT by MOMENT



### Ways to Protect Against of Vicarious Trauma





# The Healthy Coping Tip Sheet...

Additionally, *The Healthy Coping Tip Sheet* highlights the following examples of coping methods. These proven strategies are trauma-informed in that they connect your body, emotions, and mind while helping you manage your reactions.

- Physical calming, or decreasing the physical signs of stress by taking good care of yourself. Physical calming methods include getting enough sleep, being physically active every day, and eating regularly.
- Emotional calming, or finding ways to express and deal with your emotions. You can release your emotions by talking with friends, writing in a journal, receiving counseling, or crying.
- Critical thinking and creativity You can use your analytical and creative powers to identify how you can change the stressful situation (e.g., ending an energy-draining relationship or finding a new job) and then follow through on the course of action you think is best.

Reference Source: The National Center for Victims of Crime Fact Sheets/Healthy Coping https://victimsofcrime.org/library/publications/other-topics/resilience-project/fact-sheets/healthy-coping



### **Breathing with Awareness**

### (I will guide- invite you to be flat footed on the floor....)



### Vagus Nerve & Connecting to Your Trauma-Informed Knowledge

- You may have heard that the VAGUS NERVE is "deep breathing and mental" calmneśs..."
- "Breathing deeply," "immediately relaxes the body because it stimulates the vagus nerve, which runs from the neck to the abdomen and is in charge of turning off the 'fight or flight' reflex."
  - Katie Brindle *Yang Sheng: The Art of Chinese Self-Healing*

Also: "Stimulating the vagus nerve," per <u>a recent Harvard Health blog post</u>, "activates your relaxation response, reducing your heart rate and blood pressure."

 Deep breathing "turns on the vagus nerve enough that it acts as a brake on the stress response,"





#### WHAT THE VAGUS NERVE DOES

**Conveys** information **Controls** throat from the organs muscles to send food and to the brain air down the right tubes Responsible for Lowers blood pressure speech muscle in the case of illness movements or emotional stress Controls digestion **Causes fainting** and is responsible when overstimulated, for your 'full' feeling leading to temporary loss of consciousness and bladder control

Image taken from: https://www.organic4greenlivings.com/unlock-the-power-of-the-vagus-nerve-to-reduce-chronicstress/

A long and wandering nerve, the vagus nerve is made of both motor and sensory fibers and connects the brain stem to organs and systems,

including the heart, lungs, liver, kidneys, and female sex organs,

as well as linking the neck, ears and tongue to the brain.

#### WHAT THE VAGUS NERVE DOES

**Controls** throat muscles to send food and air down the right tubes

> Responsible for speech muscle movements

**Controls digestion** and is responsible for your 'full' feeling

**Conveys** information from the organs to the brain

Lowers blood pressure in the case of illness or emotional stress

**Causes fainting** when overstimulated, leading to temporary loss of consciousness and bladder control

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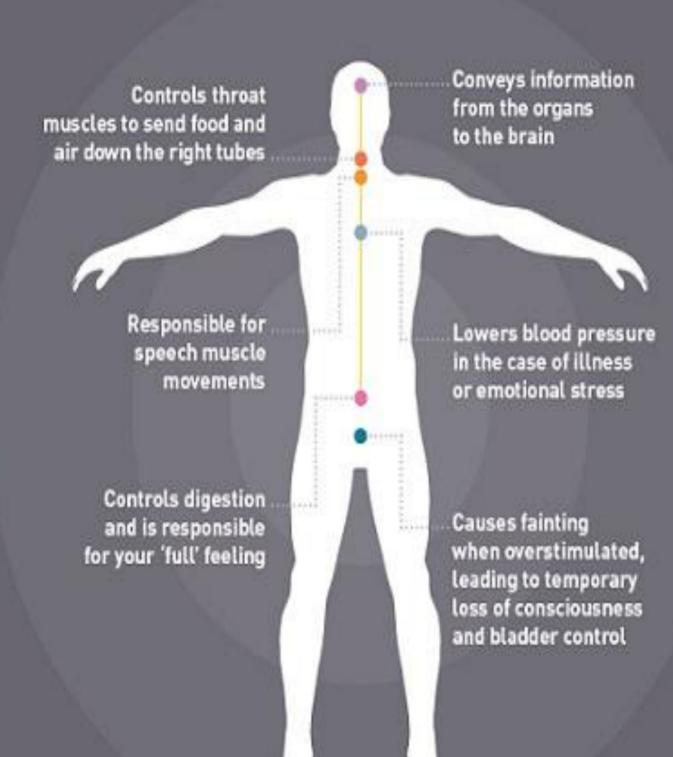
blood pressure, glucose levels, digestion and automatic responses like breathing and perspiration.

Crucially, the vagus nerve is the power source of the parasympathetic nervous system (PNS), which is the body's involuntary nerve center, and the enteric nervous system (ENS), otherwise known as the gut brain.

#### A well-toned vagus nerve helps to regulate

#### WHAT THE VAGUS NERVE DOES

Image taken from: https://www.organic4greenlivings.com/unlock-the-power-of-the-vagus-nerve-to-reduce-chronicstress/



These two nervous systems are key not just to the physical function of our bodies but also in our mental well-being.

An individual who is feeling the pressure of chronic stress is often locked in a "flight or fight" patterning, which is controlled by the sympathetic nervous system.

The PNS acts in opposition to this, enabling the much more pleasant "rest and digest" pattern

## Vagus Nerve Queen of Parasympathetic Nervous System"

- The vagus nerve is essentially the queen of the parasympathetic nervous system —
  - a.k.a. the "rest and digest," or the "chill out" one — so the more we do things that "stimulate" or activate it, like deep breathing,
- The more we banish the effects of the sympathetic nervous system
- — a.k.a. the "fight or flight," or the "do something" stress-releasing adrenaline/cortisol one.





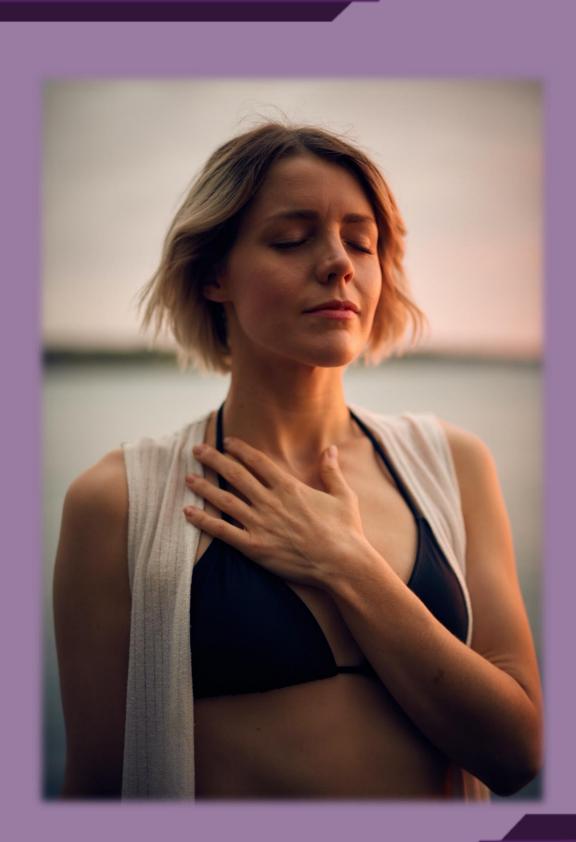
- Your body senses your breathing and adapts its heart rate in response," says Norcliffe-Kaufmann.
- When we breathe in, the sensory nodes on our lungs send information up through the vagus nerve and into the brain,
- and when we breathe out, the brain sends information back down through the vagus nerve to slow down or speed up the heart.
- So when we breathe slowly, the heart slows, and we relax.
- Conversely, when we breathe quickly, our heart speeds up, and we feel amped, or anxious.



# "So, what can you do to increase vagal tone and modulation?

- First, you can start right now by focusing on your breath.
- If you're familiar with meditation or mindfulness practices, you'll already be aware of the benefits of watching the breath and then controlling it.
- To get some extra benefit out of a breathing practice, focus on exhaling for longer than you inhale.
- During an exhalation, vagal tone increases as the heart rate decreases, enabling higher influence from the PNS and contributing to a much calmer state."

Reference from: https://www.organic4greenlivings.com/unlock-the-power-ofthe-vagus-nerve-to-reduce-chronic-stress/



https://www.organic4greenlivings.com/unlock-the-power-of-the-vagus-nerve-to-reduce-chronic-stress

- ...it's specifically the exhale that triggers the relaxation response,
- Norcliffe-Kaufmann confirmed: "Vagal activity is highest, and heart rate lowest, when you're exhaling."



#### Reference from: e-chronic-stress



Unlock The Power Of The Vagus Nerve To Reduce Chronic Stress 02/26/2018 / By Marla / 1 Comment / Herbs, Vitamins, & Alternative Health

• "...explore other natural practices or techniques to improve the function of the vagus nerve, then there are lots of things you can do such as:"

#### **Expressing your voice** –

- Letting your voice be heard, whether through singing, chanting, humming or laughing will increase your heart rate variability and kickstart the vagus nerve so that it can send relaxing waves through your entire nervous system.
- If you can do any of these in a group, you're also likely to increase your oxytocin levels, also known as the "love hormone" for some extra feel-good factor. 10/27/2021



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Unlock The Power Of The Vagus Nerve To Reduce Chronic Stress 02/26/2018 / By Marla / 1 Comment / Herbs, Vitamins, & Alternative Health

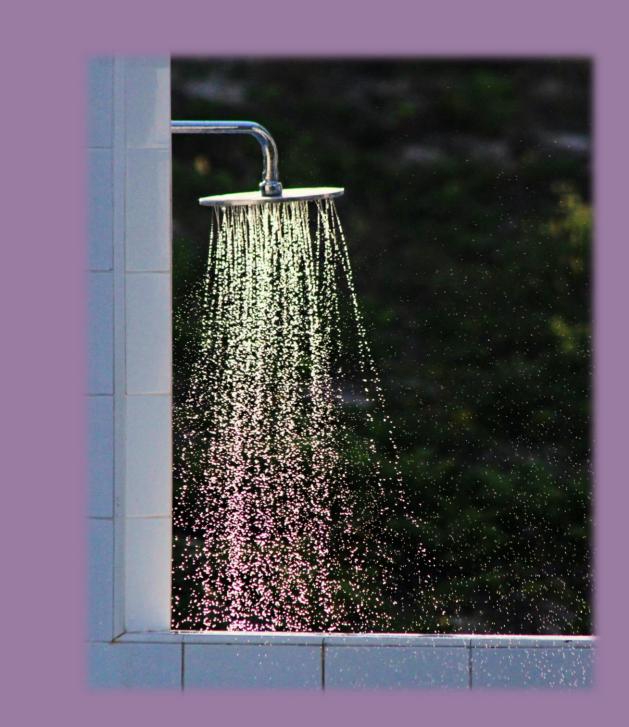
• "...explore other natural practices or techniques to improve the function of the vagus nerve, then there are lots of things you can do such as:"

#### Gargling –

• Gargling with plain water stimulates the pallet muscles, which, in turn, engages the vagus nerve and even helps to improve memory function.

#### **Cold** showers –

• if you can endure a short burst of cold during your daily shower or even dunking your face in cold water, you'll wake up that tenth cranial nerve!



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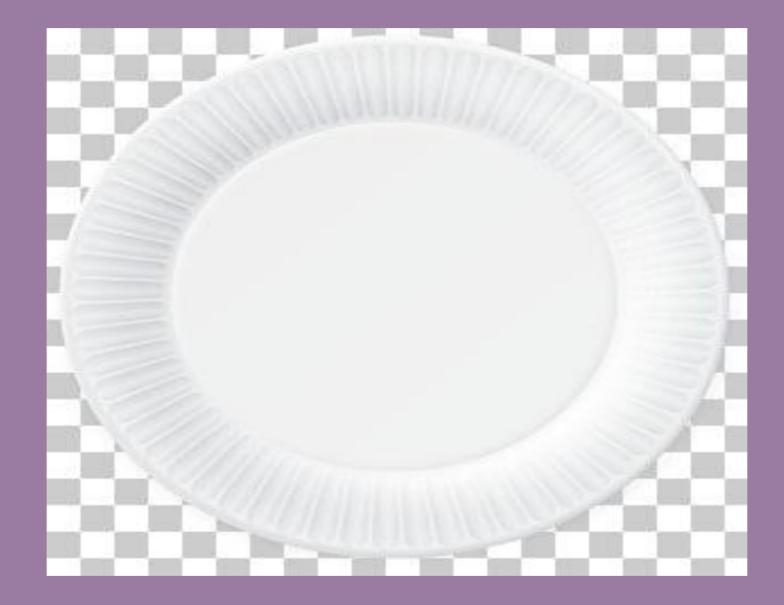
• "...explore other natural practices or techniques to improve the function of the vagus nerve, then there are lots of things you can do such as:"

#### Yoga, Pilates and Tai Chi:

- Each of these awareness-based movement practices has been found to have positive effects on anxiety and depression levels when carried out on a regular
- In fact, any form of mild exercise will stimulate the vagus nerve and the ENS, leading to many general and physical benefits.



# What's On Your Plate -- Activity





# Reflect What You Have Control In and What You Don't

Write or draw on your plate – All that falls on you –

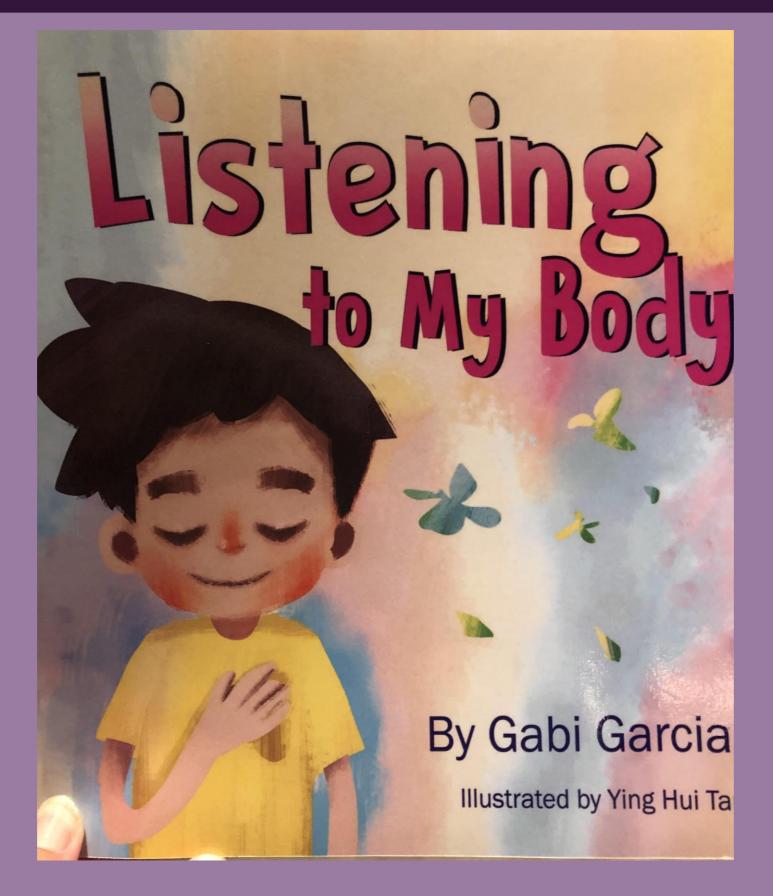
Circle What You Don't have control in Think about responding differently to those situations

Engage "awareness" and then "letting go"

Thoughts....?

### Mind, Body, Spirit: Care of Your Whole Self – Life and Work

Resource Book –



# Brain, body, and feelings connected

#### TAKE GREAT CARE OF YOU

Have you ever heard anyone say that our brain, body, and feelings are all connected or linked together? Do you wonder what that means?

It means that when we experience something - we feel it in different ways. Our brain and our body always send messages to each other. These messages tell our brain and body to make changes to the way they are working.

Our thoughts and feelings can affect our body. Almost at the same time, physical sensations or reactions are happening on the inside of our body too. These have an effect on what we think, how we feel, and what we do. We can learn to watch for cues to help us. Sometimes, if we need to feel calmer inside and less stressed, we can notice the cues and change how we respond by doing breathing, mini moves, or maybe singing, or humming.

For example, if someone goes to school on the first day, they might feel worried and that feeling of worry might show up inside their body as a stomach ache. Their belly might feel tight, like knots, or even sick. They might not be able to eat breakfast because they are feeling worried. They might express their worried feeling by sitting close to their parent or by not wanting to talk to anyone even if others are being nice to them. They may seem shy to other people until they feel safer.



### **ODVN's Youth Journ**

I am feeling worried about my first day at my school. I behave by not wanting to talk to anyone and it's hard to leave my parent.

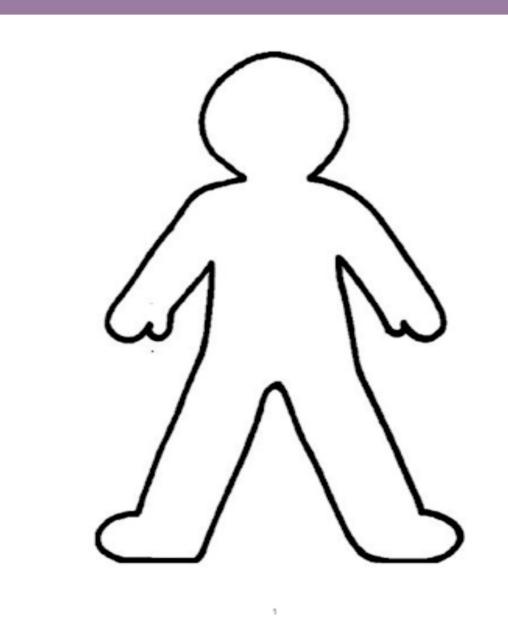
I feel the worry inside my body. I can tell by the cues inside my body. My stomach aches, feels tight like knots, and I feel like I might be sick.

Breathing, like we learned can be really, really helpful when feelings get big. Experiencing feelings happens to all of us. Sometimes our feelings may be okay while other times our feelings may not feel okay. How we decide to show our feelings to others through our behavior needs to be safe for us and for them. Finding a safe person to talk with is helpful, but if you can't find someone, you can find ways to help yourself, too.



Activity

# Noticing Where You Feel In Your Body





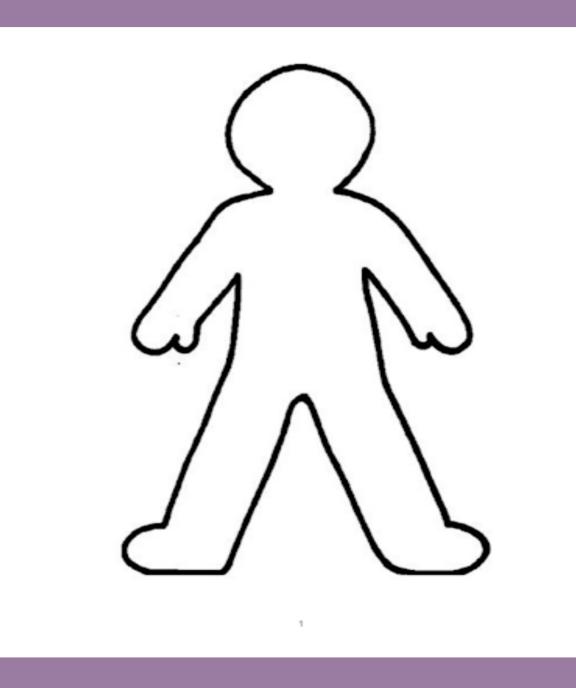
# Activity- Draw an Outline of Your Body

• Draw an Outline of Your Body

Sensations – physical internal

- What feelings do you give these
- Where in your body do you feel
- Think to describe what/how you Feel these sensations

Mark the areas where you feel



# Let's Practice Releasing and Restoring

- Sit silence on the ground, against a wall, in your chair
- Music
- Listen to you inner voice move and stretch
- Breathing in and out
  Not forcing any strain



# Let's move., breathe, and create a rhythm

- Breathing
- Movement
- Releasing tensed up places in hour body (autonomic)
- 100 times a day –
- Follow my lead...



## **Relax – Close Eyes**

if wish to Pause Breathe 4,2,6 Stand, Flat footed Breathe Head, Center, R Side, Center, L Side, Center, Forward, Center, Back, Center **Tongue to Roof of** Mouth



10/27/2021

Relax Furrowed Brow Loosen Tightened Jaw Stand – Forward fold Rise Up with Arms Out

**Roll Shoulders** 

- **Roll Shoulders opposite**
- **Butterfly Tapping**
- March legs and feet
- **Breathe** –Sigh out
- Fold hands over heart
- Smile and Bend forward

Namaste "The Goodness in Me Sees the Goodness in YOU"

## Advocate Be Well



## **Advocate Be Well**

I know I am who I am and that I am not what I do. I know I need to lead a balanced life while at work and at home. I know suffering and beauty co-exist in this world. I know I need to nourish my body and soul with nutrition, love, inspiration, and being present in my whole life. I know survivors, child, teen and adult, deserve my best in being present while supporting their choices. I drink eight glasses of water daily.

I am practicing breathing and centering, knowing I can access my inner place of calm before responding.

I know it is okay to begin each day at work with an awareness of being enough and leaving at the end of the day with intention while honoring the babies, children, teens, and adults whom I serve and support.

I know having healthy boundaries is not selfish in order to come back to this work every day.

I know it is critical and necessary to have laughter, joy, tears, and people in my life.

I can close my eyes amidst the business of this work, center myself with three deep breaths in and out, and then respond.

I know I may write, journal, sing loudly, laugh hard, dance, and experience gratitude.

I know survivors, child, teen, and adult, deserve my best in being present while supporting each of them in their lives.

I hear what my body is telling me. I know to pay attention to these messages. I will act with loving kindness toward myself, making healthy choices even when I might not want to, noticing my resistance.

I know suffering and beauty co-exist in our world.

I know I am accountable for my choices, my words, my actions, and the care of my own life.

I know I have only to breathe in and out deeply to come back to my inner place of calm and peace, grounding me.

S. Ferencik, 2019





# **Supporting Advocat**

## Additional Resources from ODVN

Refer to ODVN's website at www.odvn.org to review E-learning Courses or contact Denise Kontras, Training Coordinator at denisek@odvn.org for a variety of training modules to assist your agency in supporting advocates.

Also, see the Advocate's Self Care Corner on ODVN's website for additional resources on resilience and reducing the impact of vicarious trauma.

While you are on ODVN's website, check out *Just Breathe*, a booklet designed by Cathleen Alexander and Sarah Osmer. This printable workbook designed for survivors can also be a useful tool in self-care for advocates.

Below is a tool developed in ODVN's Vicarious Trauma, Hope and Resilience Project 2019 entitled "Roots of This Work". This graphic provides clear guidelines demonstrating a culture of care and compassion within these guiding principles. Supervisors may use this before beginning team meetings or in supervision with an individual.

## **Roots of How We Interact with One Another**

Setting the stage for safety, both emotional & physical whereby you create space for yourself.









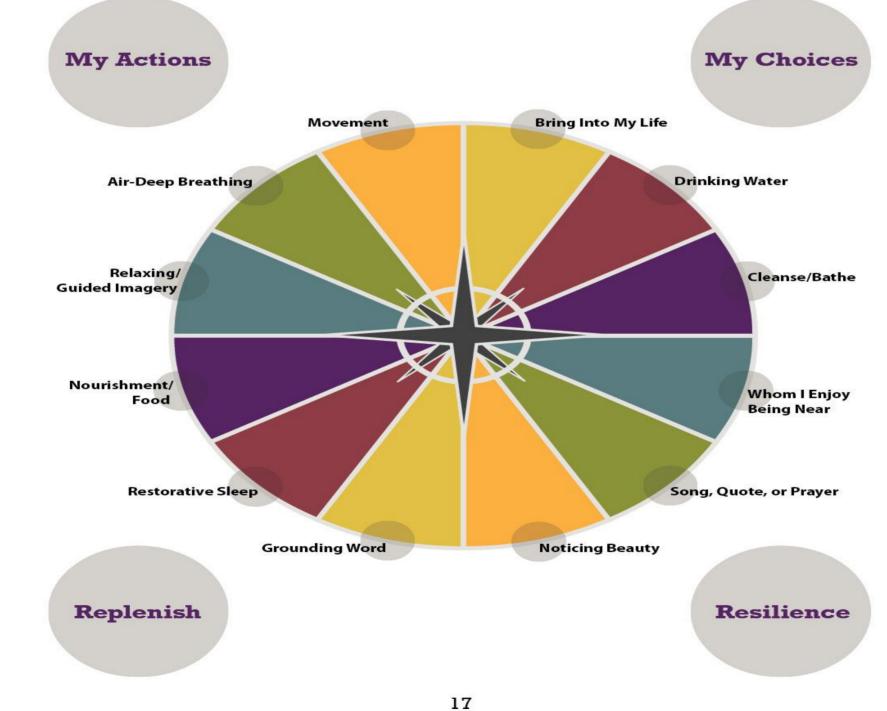
Invite Being Curious	Act with Compassion	Be Okay with Feeling Uncomfortable	Your Service to Others	Shift: in You
You are accountable for your own wellness. Take time to listen and do what it is you need in the midst of moments and choices.	There is trust that you will take care of yourself. You already possess a knowing of what it is you need. You can take the space to listen to what your body is telling you to do.	What this is not: This is not a "session of complaining" about agencies & those we support, rather this is a pause and repair for yourself.	Set your intention to do no harm to self & thereby doing no harm to others including children, teens, and adults survivors. As well as, peers, allied professionals, and others.	What the is about navigating inner com in how sustain you Creatin wellness, & space inner pea while do this difficu amazing w with the who suff



## **Advocate's Self-Care Wheel and Coping Activity**

The following handout is a tool developed by ODVN's Vicarious Trauma, Hope and Resilience Project for Advocates in 2019. This Self-Care Wheel offers you a visual worksheet to use individually or in supervision.

The wheel provides you a tool to determine deliberate choices to create your self-care action plan. The four sections anchored in choices, resilience, replenishing, and action parallel with movement, inspiration, grounding and air: Each allows space to write your personal choices in designing a balanced life throughout the day. Several pages follow that will describe ways to utilize your plan.





# Mind, Body, Spirit: Care of Your Whole Self – Life and Work

- Practices that you do now?
- What would you thought about doing?
- What do you know –inner voicemight be nudging you to do?



# Mind, Body, Spirit: Care of Your Whole Self – Life and Work

- Noticing with Awareness, Discussion, Noticing and Being Curious about "Resisting"
- Resistance tells us something. We have to be curious about what it might be telling us?
- What might be some ways of leaning into this discomfort?

Centering and Grounding Your Deep Breathing Re-Training from Shallow Breathing

Working from a Place of Calm...

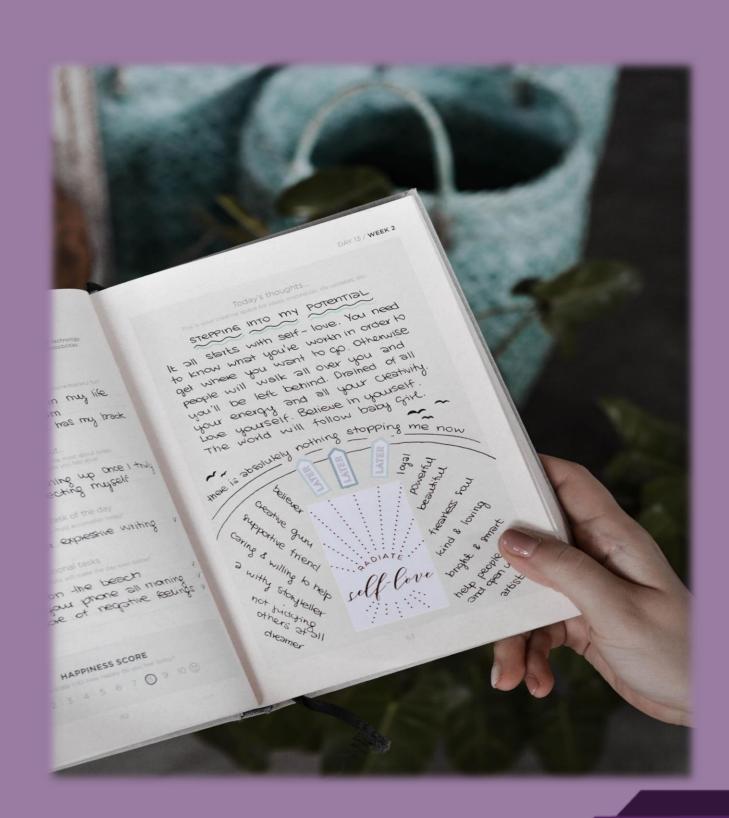
# Strategies and Exercises The Importance of Movement Moving &

# Centering

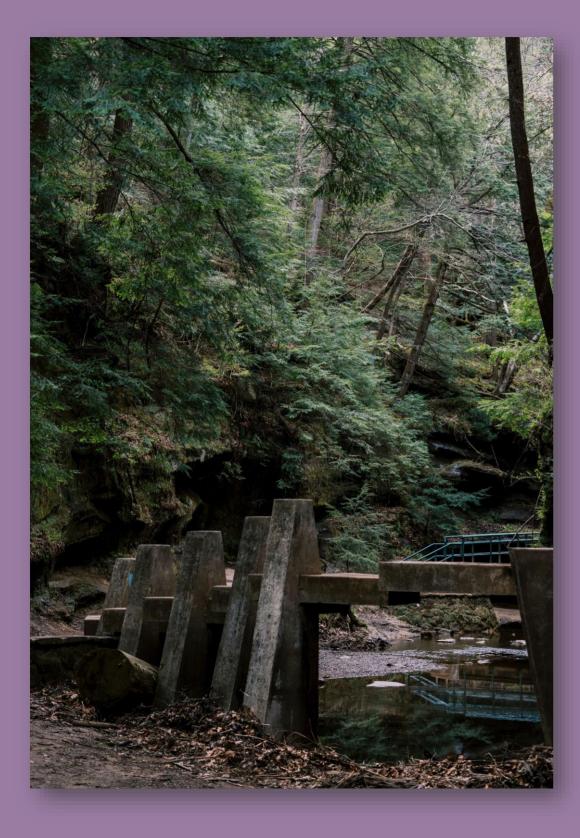


# Mind, Body, Spirit: Care of Your Whole Self – Life and Work

- What might be some ways of leaning into this discomfort?
- Journaling, walking, mindfulness,
- Reflection, prayers, drumming,
- Staying with the feeling and riding through it
- Seeking support from your circle of people or therapists or support group



# Mind, Body, Spirit: Care of Your Whole Self – Life and Work



- Guided Imagery
- Breathe
- Simple Acts of Expressing Your Gratitude
- Centering and Grounding
- Brushing Away after

# Rhythms and Rocking – Tapping

## Forest Bathing – Japanese Tradition

# Legs Up The Wall Pose – Modify to Chair – Careful - Caution



- Legs Up the Wall is a rejuvenating feet, spine, and nervous system.
- w-to-do-legs-up-the-wall-in-yoga

• This pose is one that children, adults, and advocates alike can practice to help regulate and calm their nervous system done.

inverted pose that brings relief to the legs,

• It is a gentle way to bring the body into a state of deep relaxation and renewal. This pose is recommended for all yoga students, no matter their level of experience.

<u>https://www.yogaoutlet.com/blogs/guides/ho</u>

# Modified Legs Up the Wall Pose



## • <u>yogajournal.com</u>

e/legs-up-the-wall-pose



# https://www.yogajournal.com/practic

# Let's Try Belleruth Naparstek

- Guided Imagery Free App for Phones, iPad, Spotify and you can purchase too
- <u>https://www.healthjourneys.com/audio-library/relaxation-general-well-being</u>





healthjourneys change your state of mind

# nd you can purchase too <u>on-general-well-being</u>

Centering and Grounding Your Deep Breathing

Eye Palming...

# Strategies and Exercises The Importance of Movement Moving &

# Centering



# Head, Shoulders, Knees and Toes

Quite Time 4-2-7- Breathing adapted from Dr. Andrew Weil

Engaging the body to heal Peter Levine

# Tapping - Emotional Freedom Technique EFT

# "I am Okay" hand exercises and voice

# **Tapping with Tapping Solution** Foundation



# You Can Tap with Youth and Adults



Ohio Domestic Violence Network soniaf@odvn.org

# ODVN Youth Journal – Play, Move, Imagine, I Matter! I Belong



# Engaging the body to heal Peter Levine

# Quite Time 4-2-7- Breathing adapted from Dr. Andrew Weil

# Head, Shoulders, Knees and Toes



## **Tracing Hand Breathing**

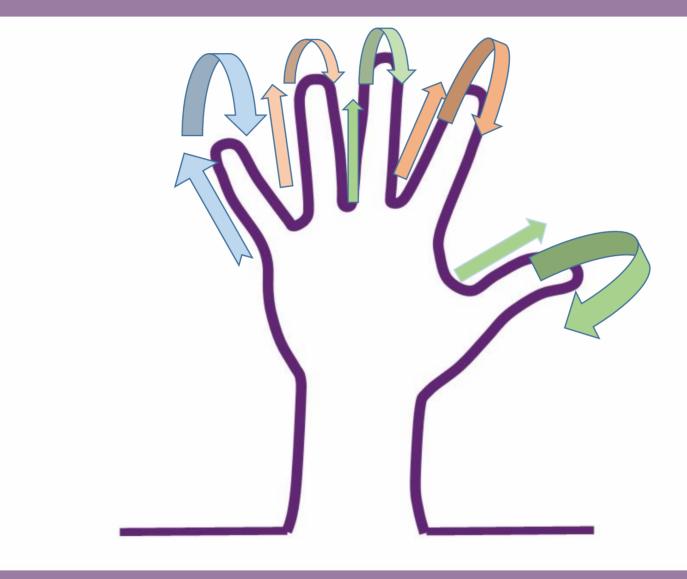
Trace your fingers, breathing in as you go up and breathing out as you go down. Go around your hand 3 to 5 times.



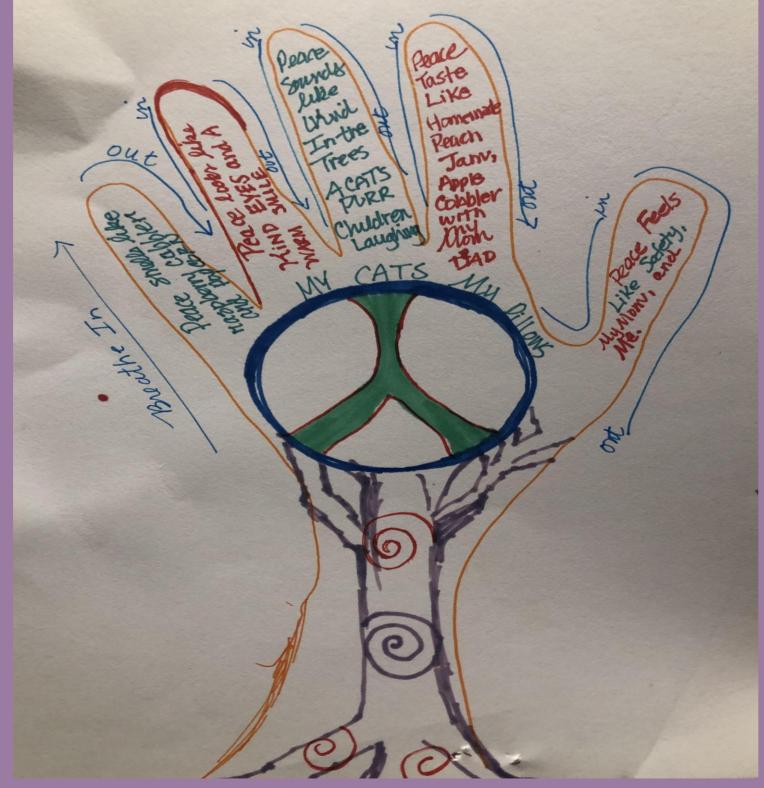
## Hand Art – Breathing Technique Connecting to Body and Breath

- Tracing Hand Breath
- Breath In
- Breath out

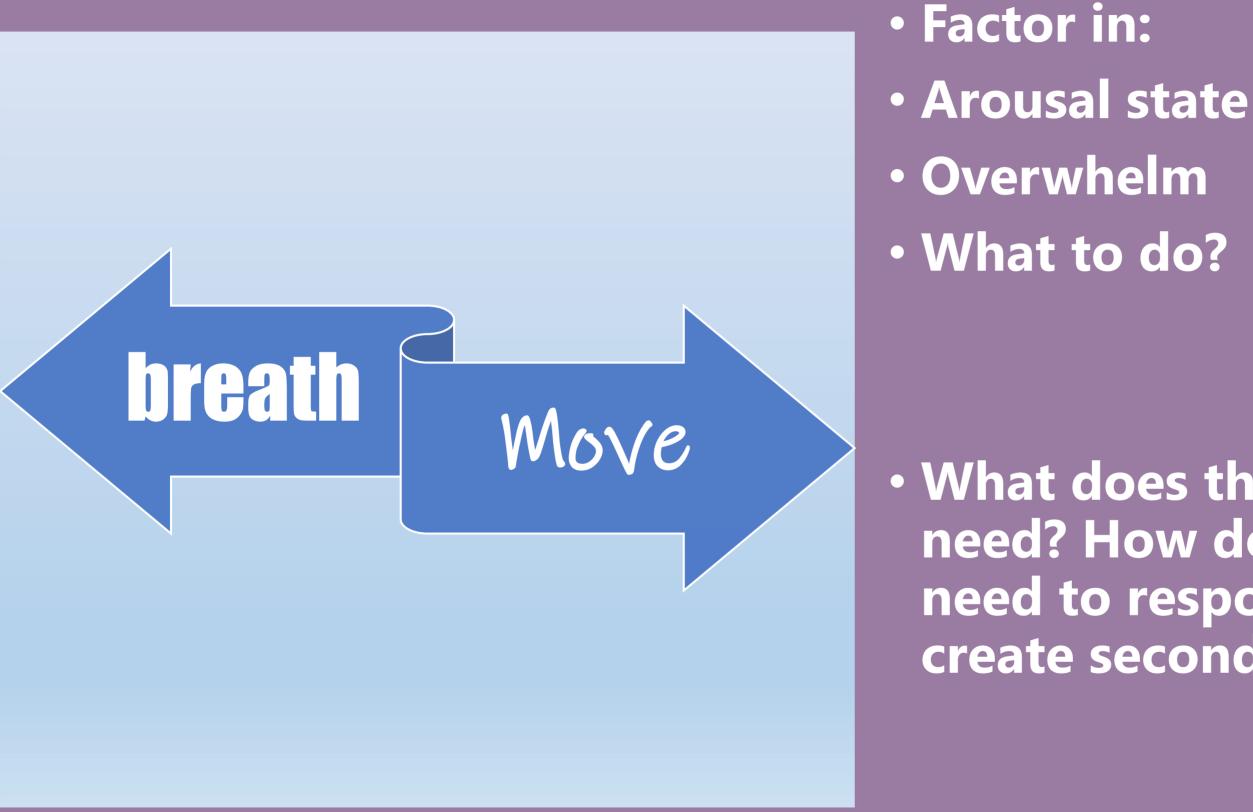




# Trace Your Own Hand – Breathing In & Breathing Out Activity



## Lower Brain Based Bottom Up Approaches



# What does the baby child, teen need? How does the advocate need to respond so to not create secondary harm?

# CALMING DOWN

USE THESE CALMING ACTIVITIES

## "On Purpose Breathing"

Breathe in through my nose to the count of 4 Hold my breath for 2 seconds Exhale out my nose to the count of 5 or 6

Repeat over and over and over

## Wear Something That Anchors Me

Select or make a bracelet, ring, or wear a color that makes me feel safer. Touch the object if I begin to feel upset inside my body, bringing my attention back to my "on purpose breathing" in and out.

## Grounding Myself with Mr Feet

Stand firmly with both feet on the ground Notice gravity and that it holds me safely Straighten my back Relax my shoulders Breathe in and breathe out Hum or sing a comforting song to myself Recall this feeling of feeling safer

## "I am Okay"

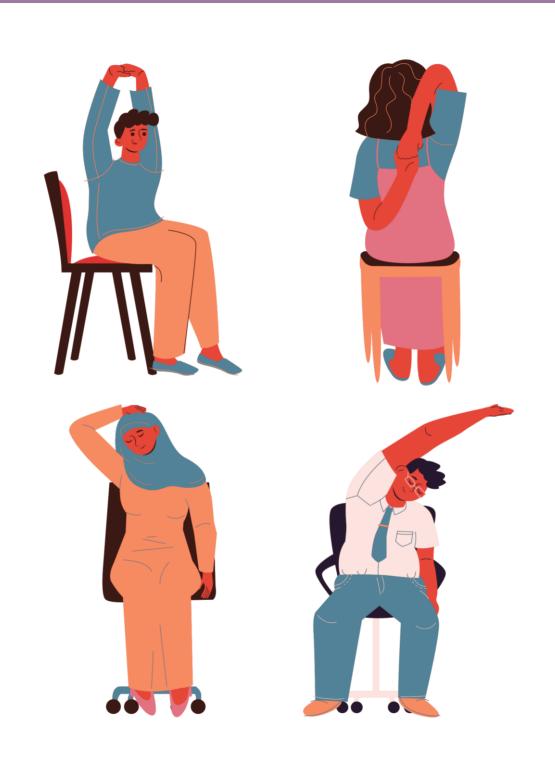
Using each of my hands - touch my thumb to my pinky finger, then my thumb to my index, then my thumb to my middle finger, then my thumb to my ring finger. As I am doing this bi-lateral motion I am saying to myself, "I am OKAY", repeating this action 3- 5 times.

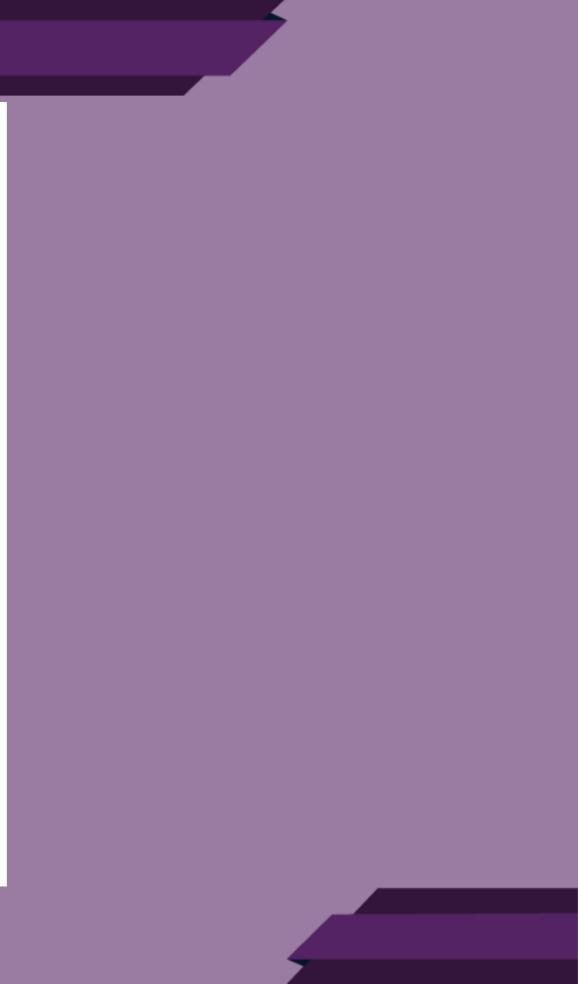
When we feel stressed or nervous we might shallow breathe, which means our breaths are quick, short, and faster. This type of breathing can make our bodies feel more upset. It happens to all of us. Begin recognizing if you are shallow breathing. What can help is to use your voice, by signing or humming or saying to yourself, "I am breathing in and out and I am calming myself down". Or try using the "I am Okay " mantra or use words that work for you.



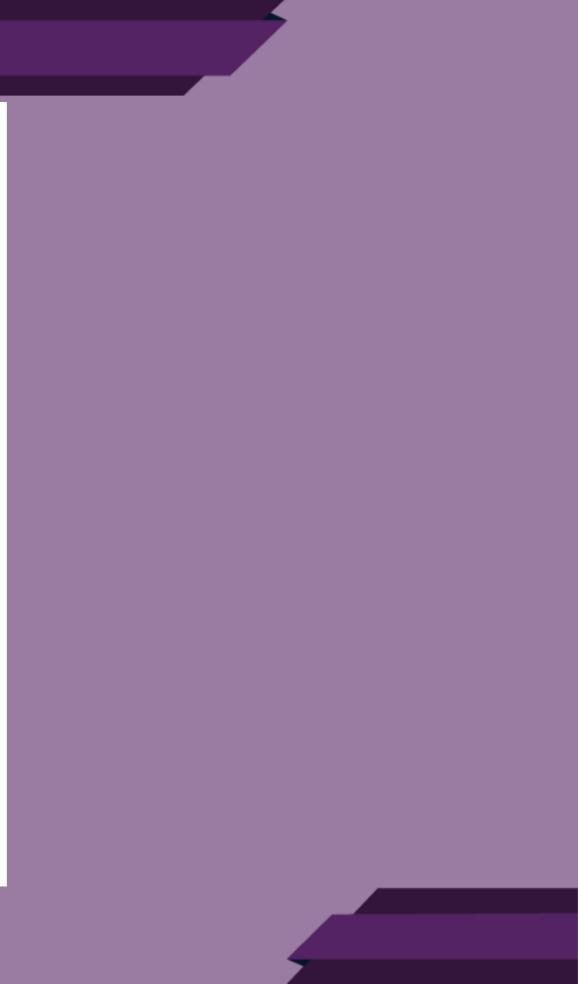
# More practical approaches

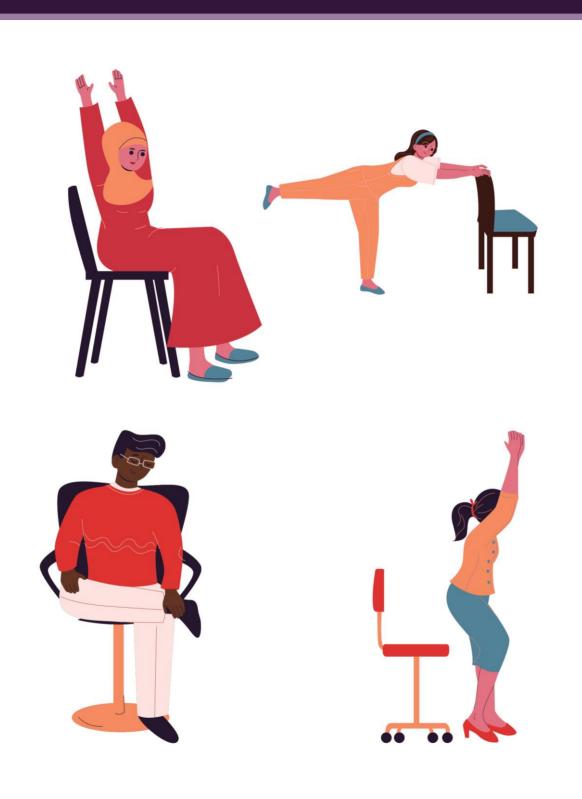




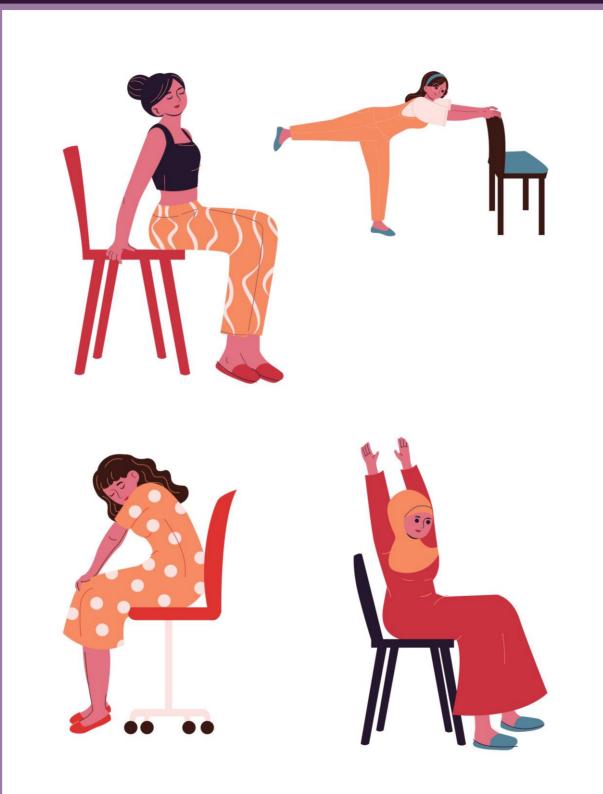










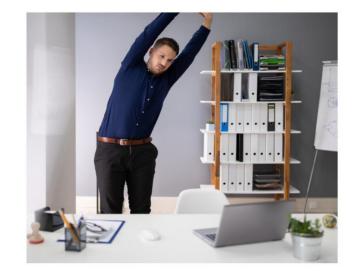










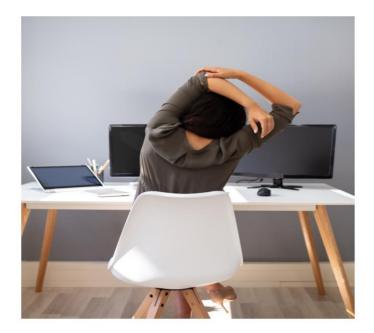




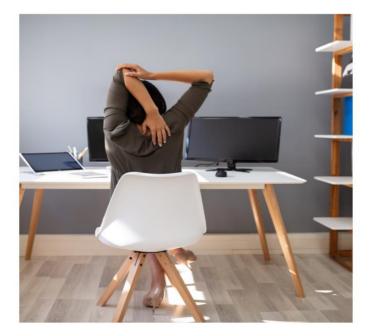




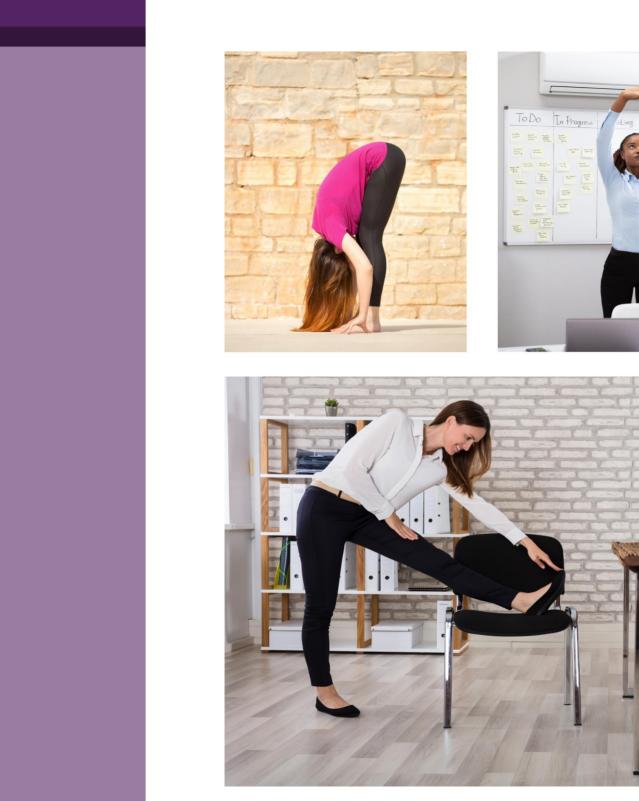
















- How can we make our way through times of senseless and unimaginable loss—whether in the world at large or close to home?
- Here, <u>Aruni Nan Futuronsky</u>, Kripalu faculty member and Senior Life Coach, shares some ways we can all seek solace and cultivate connection in the wake of tragedy.



# Renew your gratitude for what is.

- Take a few minutes today to appreciate what you have in your life: Speak your gratitude to others.
- Savor the love that is present.
- Enjoy and appreciate your children.
- We live in the illusion of permanence.
- Life, by definition, is impermanent. By becoming more aware of what is, by savoring it more, perhaps some meaning might emerge from tragedy.





# Time spent in Nature heals your Rody Mind & Spirit

- We are so profoundly connected: The loss of one life is the loss of all lives.
- Offering comfort to another person is a powerful way to remember our connection.
- What might a selfless action look like in your life today? Reach out to someone.



Whatever you do to quiet your mind and calm your heart, do it.

- Let your practice—whether it's sitting meditation
- walking in the woods, yoga on the mat, drawing—be your support.
- Your return to this place of internal solace will be profoundly integrating.
- By continual practice, we dig a well of consolation for ourselves. Rely on that nourishment.

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## Surrender the need to understand.

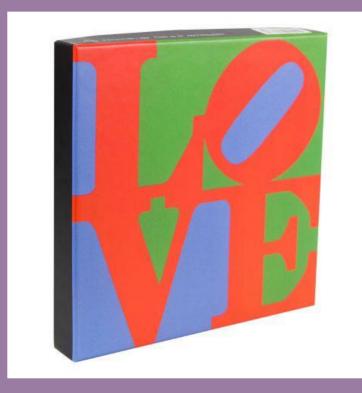
- Sometimes the quest for understanding is not a fruitful journey.
- Surrendering into reality without struggling to understand the why's of tragedy may reduce your suffering.
- See how much you can relax into the sensations of this moment, just as if you were on the yoga mat, holding a pose.
- Utilize the breath and relax around the sensations to support this process.

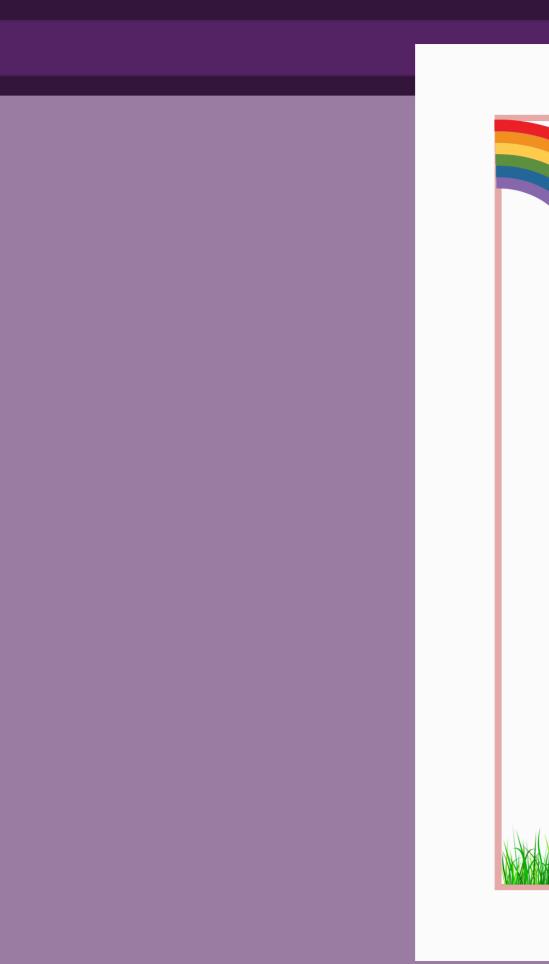
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# Write a Note of Intention

- Actionable Steps
- What you are committing to after today with for your self-care and awareness?



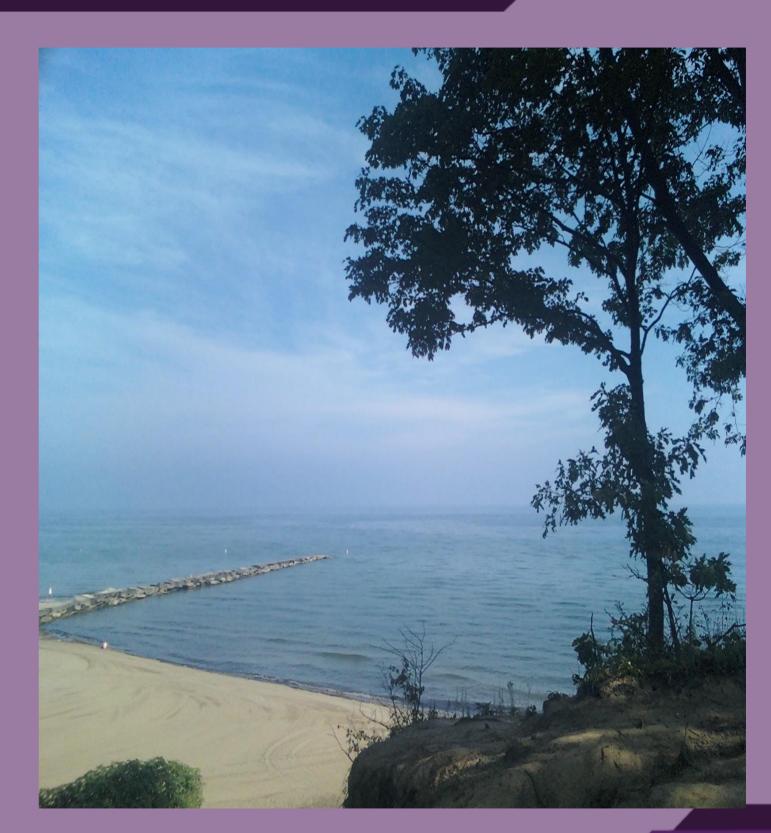


## A MESSAGE TO MYSELF



# Intentional Break during your break with Awareness --

- Outside walk looking up at the sky, noticing breezes, sounds, sights, vibrations
- Resist the urge to text and look at your phone
- Unplug and Soak in Nature
- If you can or commit to coloring or music



# Pausing to see if you have any comments?

Ohio Domestic Violence Network soniaf@odvn.org

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