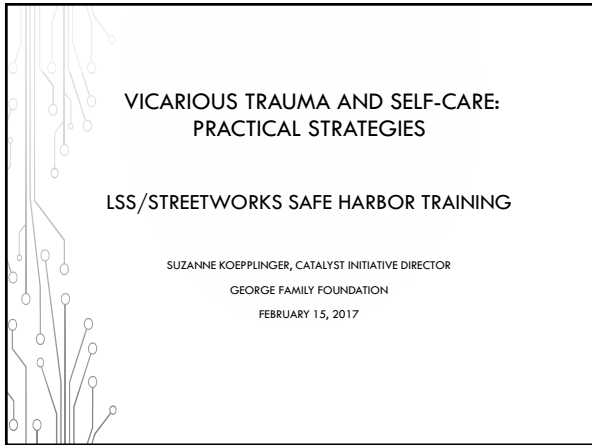




WELCOME
LSS/SWC Safe Harbor Training 2/15/17

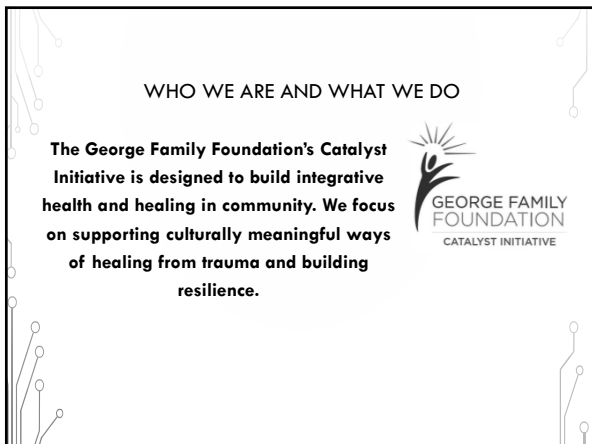




**VICARIOUS TRAUMA AND SELF-CARE:
PRACTICAL STRATEGIES**


LSS/STREETWORKS SAFE HARBOR TRAINING

SUZANNE KOEPLINGER, CATALYST INITIATIVE DIRECTOR
GEORGE FAMILY FOUNDATION
FEBRUARY 15, 2017



WHO WE ARE AND WHAT WE DO

The George Family Foundation's Catalyst Initiative is designed to build integrative health and healing in community. We focus on supporting culturally meaningful ways of healing from trauma and building resilience.



LEARNING OBJECTIVES:

- Participants will learn the impact of toxic stress and trauma on the human body and mind.
- Participants will learn practical tools to help better manage these symptoms.
- Participants will be able to recognize risk factors that contribute to burnout.
- Participants will gain deeper understanding of how their own self-care impacts the population they work with.

DEMANDS OF NON PROFIT WORK

- Multi-tasking
- Lack of external service/referral network coordination or availability
- Unstable landscape (funder priorities shift, legislative changes, etc)
- Competing priorities
- Personnel issues
- Work/life balance
- An expectation to do more with less

STRESS REDUCTION KIT




**BANG
HEAD
HERE**

Directions

1. Place kit on FIRM surface
2. Follow directions in centre circle of kit
3. Repeat step 2 as necessary, or until unconscious
4. If unconscious, cease stress reduction activity

VICARIOUS OR SECONDARY TRAUMA

- Vicarious or secondary trauma (also known as burnout) “is a process by which a professional’s inner experience is negatively transformed through empathic engagement with client’s trauma material” (Kilian, K. 2008).
- It shows up as anxiety, trouble sleeping, difficulty concentrating, anger, unprofessional behavior. It can accumulate over time.



REPEAT EXPOSURE

- Those who are repeatedly exposed to persons suffering from posttraumatic stress disorders symptoms can experience an increase in PTSD symptoms in the caregiver.
- How do caregivers model self-care for clients/program participants?
- The importance of self-awareness for advocates and leaders.

ADVERSE CHILDHOOD EXPERIENCES

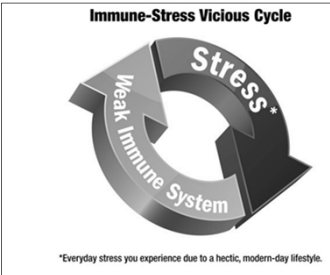
Cause changes in the architecture of the brain that affect everything from physical growth to emotional development to the capacity to make healthy decisions as an adult.

It also increases the risk of alcoholism, depression, liver disease, intimate partner violence, STIs, smoking and suicide.

(MDH Health Disparities Report, 2013)

STRESS –
RELEASES
CORTISOL, AN
IMMUNE SYSTEM
SUPPRESSANT &
INFLAMMATORY
AGENT.

Immune-Stress Vicious Cycle




*Everyday stress you experience due to a hectic, modern-day lifestyle.

The Role of Cortisol

- Balanced levels of cortisol are **essential for the body to function properly.**
- Levels that rise and stay high can cause significant damage.
- When stressed for a long periods of time, the **brain's internal thermostat resets and tells the adrenal glands to maintain this higher level of cortisol as though it were normal.**
- Chronically elevated levels can impair: **immune function, reduce muscle mass, increase fat, impair memory and learning, destroy brain cells, cause anxiety and sleep problems, and damage stomach, kidneys, and heart.**

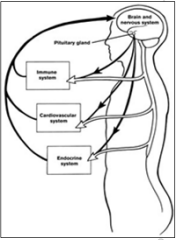
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AM I LUNCH?




OUR RESPONSE TO DANGER

- Danger signals the body's response – hormones released for ACTION.
- Fight/flight/freeze response natural and normal, except when it isn't.
- Fear or anxiety triggers the body to maintain levels of cortisol and adrenaline, resulting in inflammation and reduced immune functions.




THOSE IN FIGHT (REACT EXTERNALLY) RESPONSE

- The inner psychological need is to stay in control and feel in charge no matter what.
- Anger
- Feel the need for resolution RIGHT NOW
- Justify behavior –survival need
- Lashing out verbally
- Feel the need to be right at all costs. Have to make the point to stay in control
- Blaming-shaming language, put downs
- Threatening behavior



THOSE IN FLIGHT (FLEE) RESPONSE

- The inner psychological need to find a way to flee to avoid feeling more overwhelmed
- Distracting behaviors-procrastination
- Avoidance
- Shut out people—isolate
- Shut down-shut out pain-retreat
- Emotional distancing-"Don't let anyone get too close."
- Silence. "You can't make me talk to you."
- Playing dumb, dropping out of the conversation-"Whatever."
- Appease



FREEZE RESPONSE

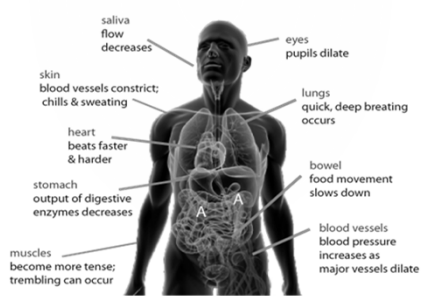
A BIOLOGICALLY DRIVEN REACTION IN THE FACE OF THREAT-USUALLY SEEN WHEN THERE HAS BEEN TRAUMA AND NO WAY TO ESCAPE.

DURING FREEZING- DISSOCIATION, THE BRAIN PREPARES THE BODY FOR INJURY. BLOOD IS SHUNTED AWAY FROM THE LIMBS AND THE HEART RATE SLOWS TO REDUCE BLOOD LOSS FROM WOUNDS.

A FLOOD OF ENDOGENOUS OPIOIDS-THE BRAIN'S NATURAL HEROIN-LIKE SUBSTANCES- IS RELEASED, KILLING PAIN, PRODUCING CALM AND A SENSE OF PSYCHOLOGICAL DISTANCE FROM WHAT IS HAPPENING.




Fight or Flight Response



- saliva flow decreases
- eyes pupils dilate
- skin blood vessels constrict: chills & sweating
- lungs quick, deep breathing occurs
- heart beats faster & harder
- bowel food movement slows down
- stomach output of digestive enzymes decreases
- blood vessels blood pressure increases as major vessels dilate
- muscles become more tense: trembling can occur

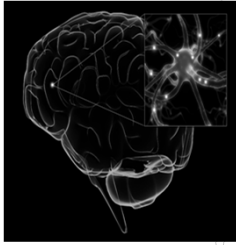
BODY SCAN EXPERIENCE


“Direct your eye inward, and you will find a thousand regions in your mind yet undiscovered”
Henry D. Thoreau



MIRROR NUERONS

A **neuron**, also known as a **neurone**¹¹¹ or **nerve cell**) is an **electrically excitable cell** that processes and transmits information through electrical and chemical signals. These signals between neurons occur via **synapses**, specialized connections with other cells. Neurons can connect to each other to form **neural networks**. Neurons are the core components of the **brain** and **spinal cord** of the **central nervous system** (CNS), and of the **ganglia** of the **peripheral nervous system** (PNS).





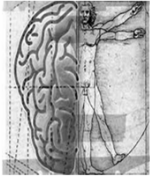
MIRROR NEURONS CAUSE US TO RESPOND TO OTHER PEOPLE'S ACTIONS OR EMOTIONS AND TO THE INTENT BEHIND THEM.

RELATIONSHIPS SHAPE THE BRAIN AND THE MIND

"Our mirror neurons are essential to how we attune to others internal states."
Marco Iacoboni, 2008

MIND-BODY MEDICINE

"It regards as fundamental an approach that respects and enhances each person's capacity for *self-knowledge* and *self care*."



DEEP BREATHING - MEDITATION

- Studies show meditation changes brain activity, enhances functioning in conflict monitoring and attention.
- Positive impact on depression & anxiety, pain management, substance abuse, ADHD.
- Results in decreased stress, lower blood pressure and blood sugar, improved mood.

Center for Mind Body Medicine at www.cmbm.org

MEDITATION CHANGES THE BRAIN

Before meditation... After meditation...

Frontal lobe Frontal lobe

Parietal lobe Parietal lobe

Occipital lobe Occipital lobe


MINDFULNESS

BEGIN WITH 90 SECONDS EACH DAY

Monday: Gratitude
Tuesday: Compassion
Wednesday: Acceptance
Thursday: Meaning
Friday: Forgiveness
Saturday: Celebration
Sunday: Reflection

NUTRITION

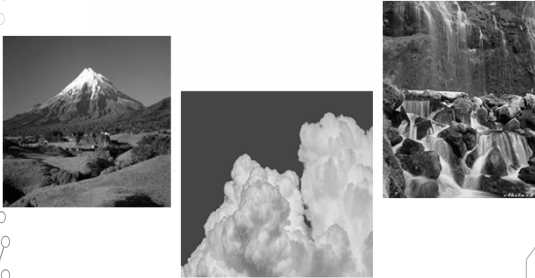
- Links between trans fats and depression established (Mayo and Pennings)
- Cortisol triggers cravings for sugar, fat, & carbs, which are then effectively stored at the waistline and can lead to an imbalance in blood sugars.
- Imbalanced blood sugars can result in feeling tired, moody, or having poor concentration. And Type 2 diabetes.



Movement is an essential form of Self-Care
Physical activity feeds the brain


- ❖ Movement increases the capacity of blood vessels, allowing for the delivery of oxygen, water, and glucose to the brain.
- ❖ Optimizes the brain's focus & performance,
- ❖ Provides greater sense of mastery and confidence in the body,
- ❖ Serotonin is released with movement—leading to a greater sense of well-being.

MOUNTAINS, CLOUDS & WATERFALLS




RESTORATIVE SLEEP

- Turn off electronics 1 hour before sleep.
- Prepare for sleep as you prepare for your day.
- Benefits include reduced blood pressure & heart rate, increased blood flow to major muscles.
- Some studies link inadequate sleep to short term memory loss and weight gain.



WHAT GETS IN YOUR WAY?



TRIGGERS

- Events or situations that instantly create highly emotional response.
- Limbic system hijacks us, we are no longer in control.
- Triggers are personal, often the result of past wounds.
- Automatic response, but we can make choices around how we react.
- Develop discipline around *not reacting* and shift to more resourceful, strategic state before taking action.

HABITS

Habits are unconscious, repetitive actions.

Individuals, organizations, movements all have habits.


ORGANIZATIONAL HABITS

| <small>HELPFUL</small> | <small>OR NOT</small> |
|--|---|
| <ul style="list-style-type: none">• Clear lines of communication,• Manageable case/work loads,• Debriefing,• Actively modeling self care,• Flexible work time/space,• Professional and personal development . | <ul style="list-style-type: none">• Lack of clarity in strategic vision,• Overwhelming work loads,• Lack of teamwork,• Unhealthy environment,• No flexibility in hours,• Few growth opportunities,• Gossip. |

PERSONAL HABITS

- Trauma histories pull people toward the past, it is familiar.
- We carry our family with us.
- I got this thing!
- Defensiveness.
- Survivor Habits.

DIMENSIONS OF RESILIENCE



- **AWARENESS**
 - Keeping the light on
- **BALANCE**
 - Rest and Recovery—the best way is through understanding how we work
 - Realistic Optimism
 - **Tools for Self-regulation** and enhancing your ability to do that with others
- **CONNECTION**
 - With yourself and others

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AWARENESS

- Assess your symptoms of stress on an ongoing basis.
- Understand the mind-body connection.
- Know what works for you to rebalance once you have been triggered.
- Being aware of beliefs that keep you from self-care.
- What gets in the way of caring for yourself as much as others?

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BALANCE

- Know what restores you and gives you energy and do it on a regular basis—even through mini escapes.
- List one thing that brings you joy.
- Name 3 things you feel grateful for today.
- When did you last have time in a calm, beautiful place?
- Understand and practice how to bring your body back into balance.

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CONNECTIONS

- How do you stay connected with **yourself** on a daily basis? How do you connect with your body, emotions, mind and spirit?
- How do you stay **REAL** and connected with others when you are stressed?
- Who can you talk out your stress with, process your thoughts and reactions?

PRACTICAL SELF CARE

| Organizational | Individual |
|---|---|
| Leadership counts – modeling self-care shifts social norms | 10 – 15 minutes a day of spaciousness to start |
| Establish self-care as core competency – which does not reduce accountability to show up! | Music, movement, ceremony, nature, nutrition, sleep, gratitude, body work, social supports, breath work. |
| Actively address poor organizational habits | Commit to identifying and showing away negative personal habits. Practice noticing triggers and using new tools to self-regulate. |
| Invest in personal and professional skill building. | Read, experiment with new practices, find what resonates. Apply! More resources on Catalyst website. |

SUZANNE KOEPLINGER, CATALYST INITIATIVE
GEORGE FAMILY FOUNDATION
 612-377-3302

SUZANNE@GEORGEFAMILYFOUNDATION.ORG
<http://www.georgefamilyfoundation.org/catalyst-initiative.org>

QUESTIONS?

Next Steps

Take the survey.
Do it.

JOIN US FOR OUR NEXT TRAINING:

SWC Safe Harbor Training Save-the-Date

11:30-1:00
4/19 - LSS Eustis - Topic TBD
6/21 - LSS Eustis - Topic TBD

