

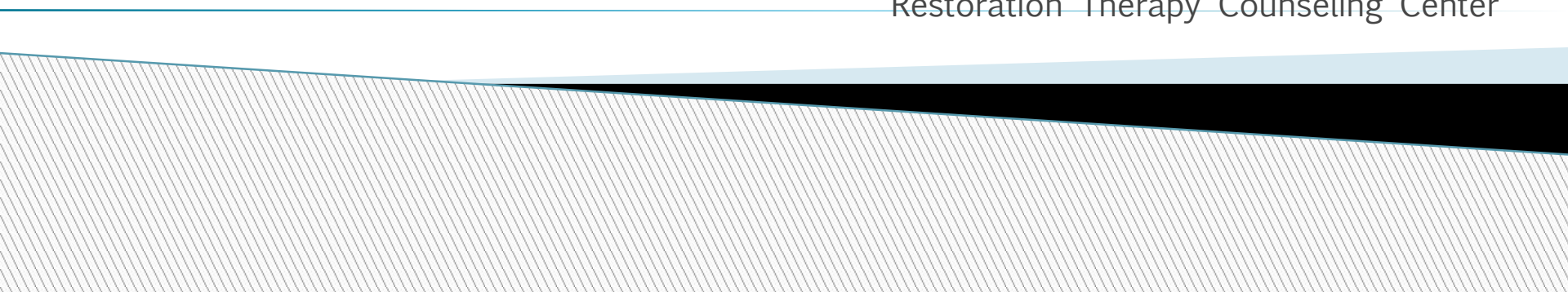
Welcome, we will be starting shortly...

Mental Health & Wellness Workshop


Peace in the Pandemic

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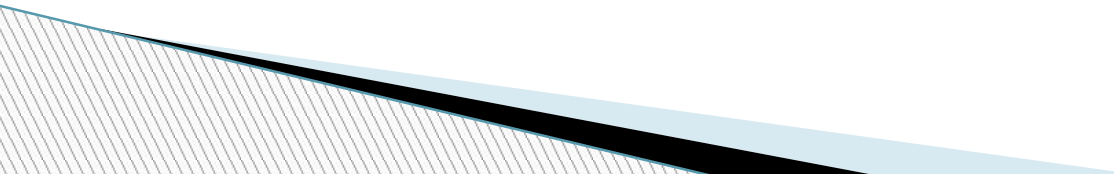


Workshop Goals

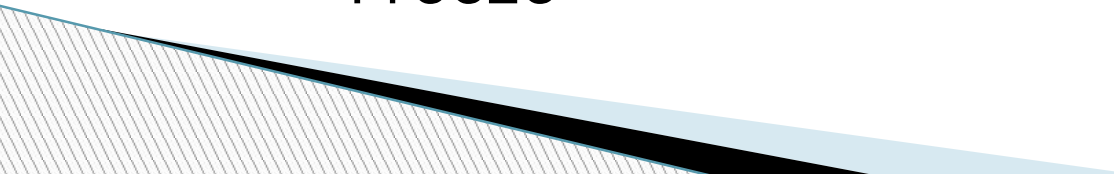
1. *Recognize* what we are dealing with, and how we cope during a Global Pandemic
 2. Solutions to cope in a healthy way
 3. Learn Stress Relief & Grounding Techniques
 - Deep Breathing Technique
 - Reframing
 - Grounding Technique
 - Bilateral Stimulation
 4. Encouragement & Hope/Q & A
- 

In a Pandemic...

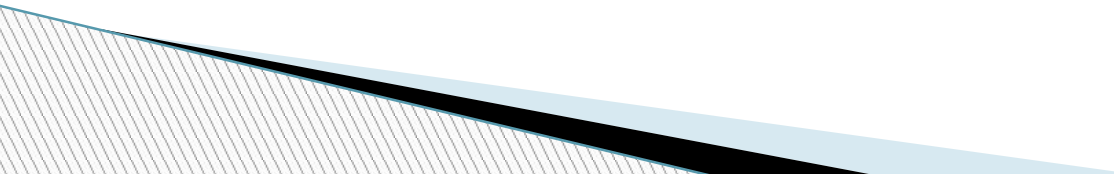
We need to name what is happening. “Recognition is the first step to resolution.”

- ▶ Collective Trauma- traumatic psychological effect shared by a group of people of any size
 - ▶ Ambiguous Loss- a loss that occurs without closure
 - ▶ Distress Tolerance- an individual’s perceived capacity to withstand an adverse emotional or physical state=RESILIENCE
- 

How our brains cope

- ▶ When current structures, institutions, and rituals of life have been shattered or severely disrupted, our brain will instinctively go into a survival mode-
 - ▶ Fight
 - ▶ Flight
 - ▶ Freeze
- 

When primitive brain gets triggered-

- We are not rational, brain goes into protection mode, we become reactive
 - Our executive functioning is hijacked
 - We become emotionally dis-regulated. Something that is a misdemeanor feels like a felony
- 

Coping Mechanisms

Hargrave, 2011



**What are some Solutions?
How do we find Peace ?**



***Find new structures & rituals of
Peace & Safety***

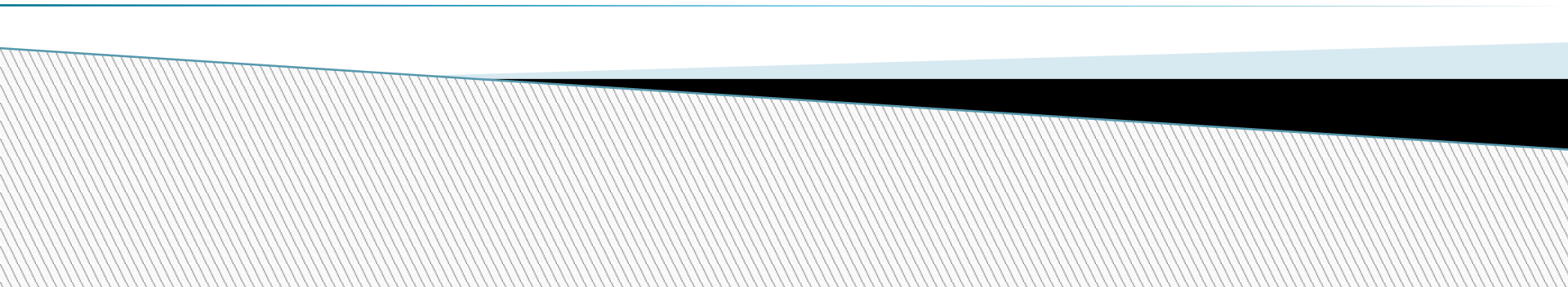


3 Tips for Peace

Reassurance- Keeping yourself safe is within your control- Safer at home!

Routines- Can help to lend structure & predictability to your days

Regulation- Deep breathing, grounding & other techniques



Sources for Solutions

1. Self
2. Others
3. Universal Truth

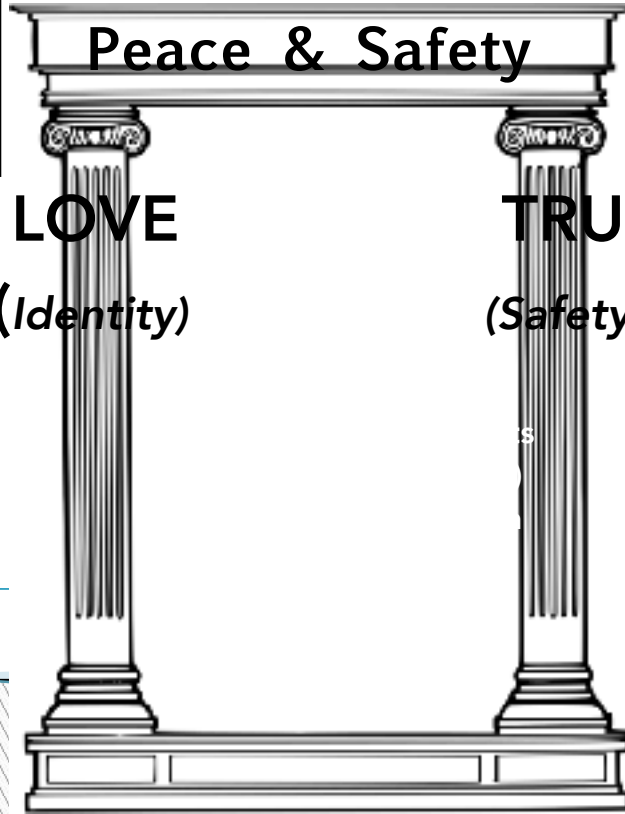
Pillars of Peace & Safety

LOVE
(Identity)

TRUST
(Safety)

- Self Care

- Family/Relational Care



Putting the pillars of Peace & Safety into practice

SELF CARE


Deep Breathing
Meditation
Prayer
Mindfulness
Kindness to self
Get Support

FAMILY/RELATIONAL CARE

Quality Time
Playfulness
Intentional connecting
Kindness to others
GRATITUDE!
Get Support

Deep Abdominal Breathing

We have a natural tranquilizer that we can use anytime, is perfectly safe and has no side effects.

1. Lean back in your chair with both feet on ground.
 2. Place your right hand on your stomach and left hand on chest.
 3. As you slowly breath in your right hand should rise while your left hand remains stationary.
 4. Breathe in through your nose to a slow count of 4 and breathe out through your mouth to a slow count of 8.
- 

Reframing

Gratefulness and Kindness

Identify 5 things that you are grateful for everyday
(i.e. instead of I am “stuck” inside”.

reframe

I am “safe” inside & growing more resilient)

What we focus on grows...

Rewire your brain by applying kindness to yourself and others

Grounding Technique

Exercise 5,4,3,2,1

Sit down in a quiet place & name:

5 Things that you can See & say them out loud

4 Things you can Touch & say out loud

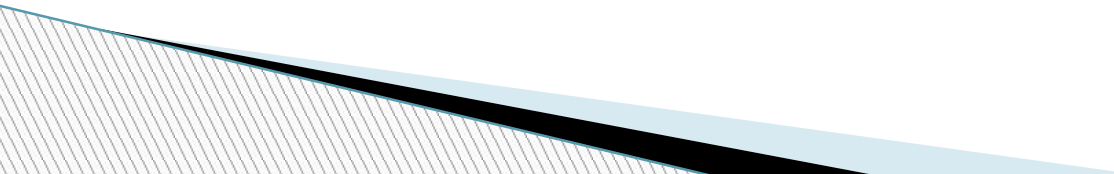
3 Things you can Hear & say out loud

2 Things you enjoy Tasting, imagine you're tasting them right now

1 Imagine your favorite Scent & that you're smelling it right now

Bilateral Stimulation

(Left to right movements that calm your brain)

- Throw a ball back & forth with yourself
 - Butterfly Hug
 - Folding a paper airplane or origami
 - Tap your toes to a fun beat
 - Go on a walk
 - Dancing
- 

RESOURCES

Books

Anxiety Gone by Dr. Stanley Hibbs

5 Days to a New Self by Dr. Terry Hargrave

Apps

CALM

Headspace

ABIDE

Support

EAP 877-851-1631

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HOPE, ENCOURAGEMENT and Q & A

- You are not alone
- You are being so strong, keep it up!
- We're in this together & can become stronger
- This too will pass, it won't last forever, just a chapter
- THERE IS HOPE!!!

***Suffering produces perseverance,
perseverance character, and character HOPE***

