

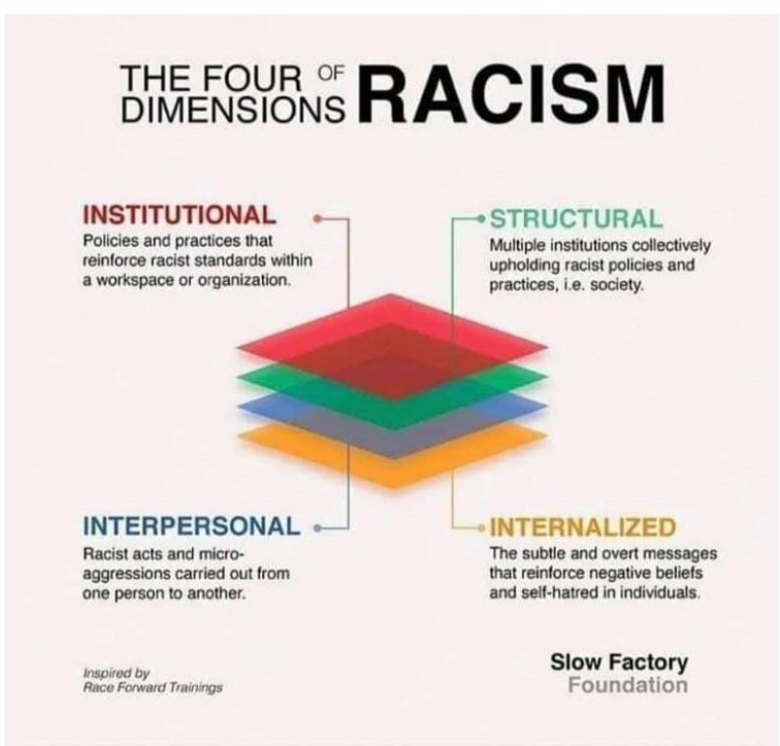
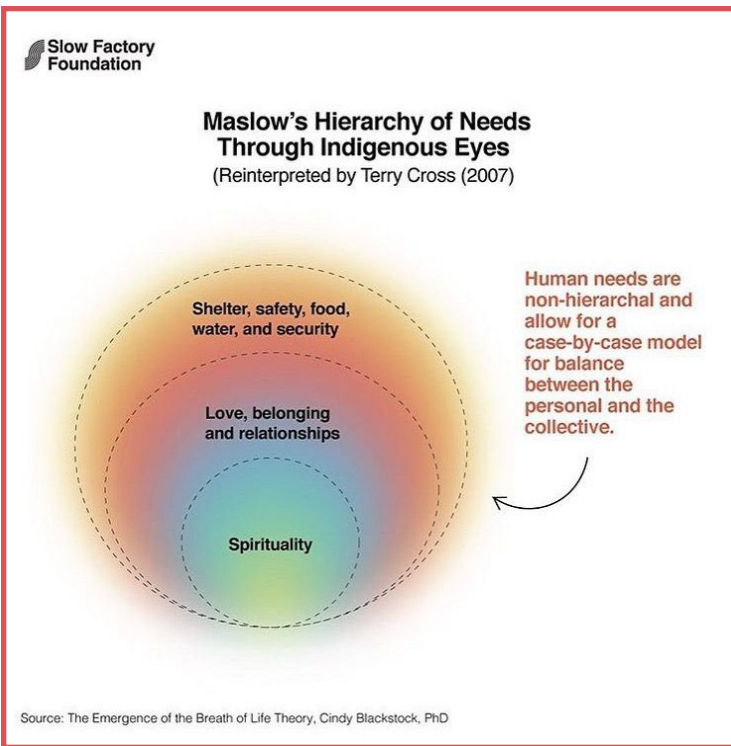
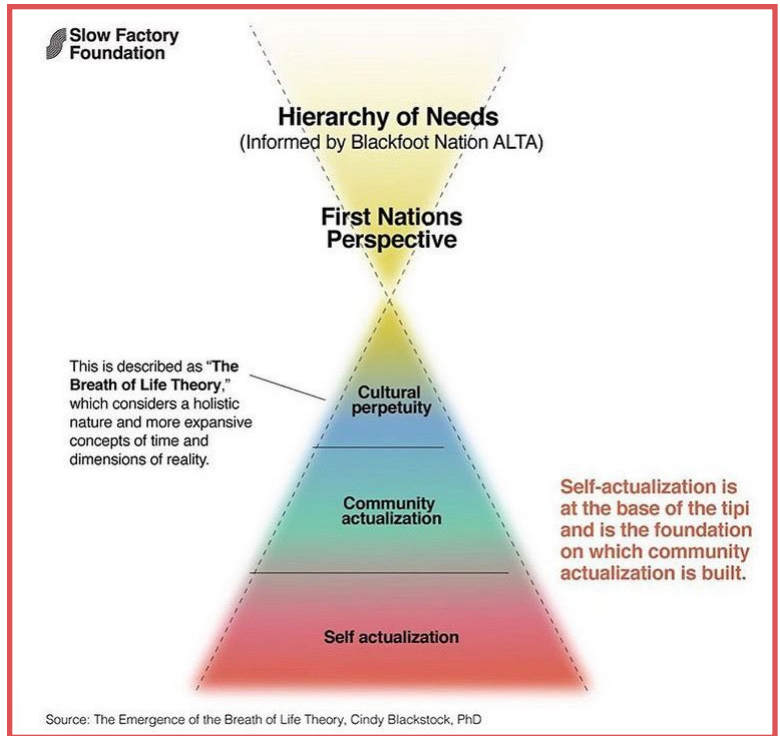
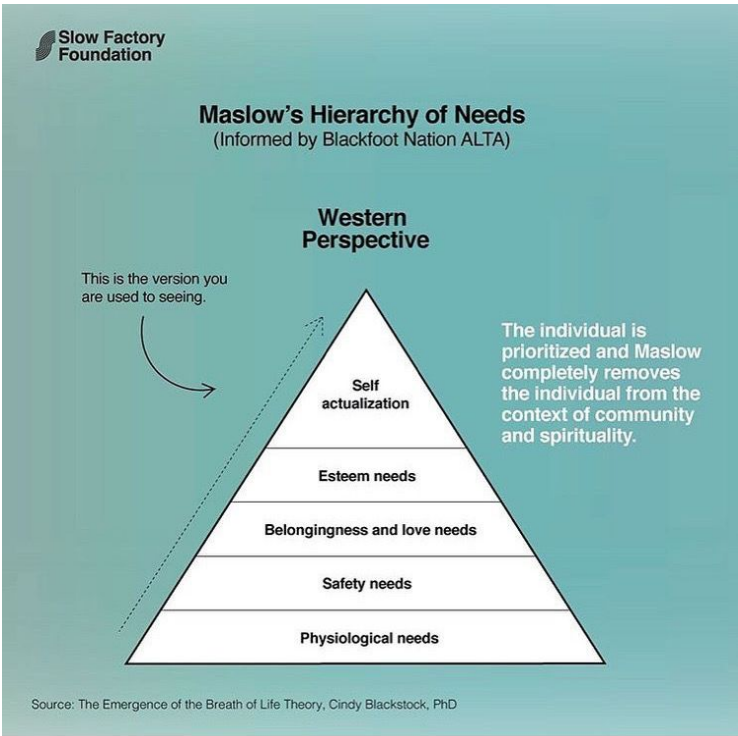
WHAT IS ESSENTIAL WHEN PROMOTING RESILIENCE AND ENSURING A CULTURALLY HUMBLE LENS?

- COMMUNITY NEEDS ASSESSMENT
- LISTENING SESSIONS
- COLLABORATION

REVIEW MISSION, VISION, POLICIES AND PROCEDURES AND HOW THEY IMPACT COMMUNITIES OF COLOR.

- CORE PSYCHOEDUCATION
- CROSS-SYSTEMS TRAINING
- ONGOING COACHING/MENTORSHIP

FRAMEWORKS & MODELS TO CONSIDER





BE AWARE OF YOUR SELF TALK

5 FACTORS IN RECOVERY FROM ADVERSITY AND STRESS



Dr. Patricia Watson, Material Center for PTSD
The Schwartz Center for Compassionate Healthcare

Six Symptoms of Post-Traumatic HYPO-AROUSAL



EMOTIONS

EMOTIONAL NUMBNESS



PHYSICAL

PHYSICAL NUMBNESS,
INABILITY TO FEEL PAIN



DETACHMENT

PROFOUND DETACHMENT



THOUGHTS

BLANK MIND, INABILITY TO
THINK OR SPEAK



CONSCIOUSNESS

EXTREME DROWSINESS OR
TEMPORARY LOSS OF
CONSCIOUSNESS



MOVEMENTS

INABILITY TO MOVE OR
RESPOND

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FIGHT

- TEMPER AND ANGRY OUTBURSTS
- AGGRESSIVE
- DOMINATES AND CONTROLS OTHERS
- DEMANDS PERFECTION FROM OTHERS
- PURSUES POWER AND CONTROL
- IMPULSIVE DECISION MAKING
- ASSERTIVE - "BULLY"
- INCESSANT CRITICIZING AND RAGING

FLIGHT

- FEELINGS OF PANIC AND ANXIETY
- "WORKAHOLIC"
- OBSESSIVE AND/OR COMPULSIVE BEHAVIORS
- ALWAYS ON THE GO AND STAYING BUSY
- OVER WORRYING
- PERFECTIONIST & OVER ACHIEVER
- HYPERACTIVE
- OVER ANALYTICAL

FREEZE

- DEPRESSION
- DISSOCIATION
- BRAIN FOG
- AVOIDS HUMAN CONTACT
- DETACHED
- STRUGGLES WITH MAKING DECISIONS
- HIBERNATING
- LIFELESS/FEELING DEAD INSIDE
- FEELING SPACED OUT
- ISOLATION

FAWN

- PEOPLE PLEASING
- CO-DEPENDENT
- HAS A HARD TIME STANDING UP FOR THEMSELVES OR SAYING "NO"
- LACK OF BOUNDARIES
- DEFERS TO OTHERS IN DECISION MAKING
- AVOIDS CONFLICT
- HIGHLY CONCERNED WITH FITTING IN



@ANANDAHEALINGPROJECT

#Self-care Saturday

Grounding Exercise

5-4-3-2-1

- Name 5 things you can see
- Name 4 things you can *hear*
- Name 3 things you can *touch*
- Name 2 things you can *smell*
- Name 1 thing you can *taste*

AYANA THERAPY

Signs Of Nervous System Regulation

Slow and steady heart rate

Even breath

Calm Emotions

Clear thinking

Calm belly

Eye contact

Flowing energy

Empowered posture

Hearing calm and supportive words from family and friends



@jakewhitehealing