Self-Regulation Strategies: Self- Care and Compassion
Today’s Presenter

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 Moment to arrive
Learning Objectives

1. UNDERSTAND THE IMPACT CRISIS HAS ON OUR BRAINS
2. DISCUSS THE 6 R’S OF REGULATING INTERVENTIONS
3. DESCRIBE THREE SELF-REGULATION STRATEGIES
The Human Stress Response
Impact of Stress on Brain Energy
McLean’s Brain

- Neocortex and Prefrontal Cortex (PFC): Executive Functioning
  - What can I learn?
- Limbic System: Emotions and Memory
  - Am I loved?
- Brain Stem: Appraisal & Survival Functions
  - Am I safe?

Survival Mode Response

Inability to
  • Respond
  • Learn
  • Process
We are striving to achieve

<table>
<thead>
<tr>
<th>Compassion Resilience</th>
<th>Compassion Satisfaction</th>
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<tbody>
<tr>
<td>The ability to maintain our physical, emotional and mental well-being while responding compassionately to people who are suffering</td>
<td>The ability to experience pleasure from doing the work</td>
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Coping with Stress and Fear

Stay informed—but don’t obsessively check the news

Focus on the things you can control

• Plan for what you can
• Ground yourself when you start to feel “what-ifs” spiraling

Stay connected—even when physically isolated

• Emotions are contagious, so be wise about who you turn to for support

Take care of your body and spirit

• Be kind to yourself
• Maintain a routine as best you can
• Take time out for activities you enjoy
• Get out in nature, if possible
• Find ways to exercise
• Avoid self-medicating
• Take up a relaxation practice
• Help others (it will make you feel better)
What might be causing other’s “bad” behavior?

Internal or external cause or stimuli we have little control over

An unmet need
Loss of personal power and need for control
External activating stimuli in the environment
Internal activating stimuli such as intense anxiety or fear
Brain Development

Cortex

Limbic

Midbrain

Brainstem

- Abstract thought
- Concrete thought
- Verbal and non-verbal communication
- Reward
- Sexual behavior
- Emotional reactivity
- Motor regulation
- Appetite/Satiety
- Sleep
- Blood pressure
- Heart rate
- Body temperature

Strategies for Self-Regulation (especially at work)

Roadmap for Regulation

Regulate – physical calming strategies needed for the brainstem and midbrain
Relate – focused on the relationship
Reason – focused on reasoning and solving problems

Strategies for preventing further escalation

Remain respectful and non-judgmental
Seek to gather more information
  • How can I help?
  • What do you need?
Actively listen for the unmet need
Reflect and clarify to be sure you understand
Allow for silence
Allow expression of emotions
Always empower
Empathy is...

seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.
Self-Regulation Strategies

Breathing
Movement
  • Walk & talk
Trigger identification
Take a break/safe spot
Mindfulness
Yoga techniques
Music
Sensory breaks
Grounding techniques
Progressive muscle relaxation
Grounding Exercises

- Hold a pillow, stuffed animal or a ball
- Place a cool cloth on your face, or hold something cool such as a can of soda
- Listen to soothing music
- Put your feet firmly on the ground
- FOCUS on someone’s voice or a neutral conversation
- 5-4-3-2-1 Game

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Consider WAIT

Why am I talking?

Coach yourself to calm down and keep focusing on the end in mind.

• What are the outcomes?
• What do I want to have happen?

Increase the space between a stimulus and a response
Strive to respond rather than react

“In between every action and reaction, there is a space. Usually the space is extremely small because we react so quickly but take notice of that space and expand it. Be aware in that space you have a choice to make.”

-Rebecca Eanes
Define Expectations

Unclear, hidden or unrealistic expectations drive compassion fatigue

Embrace Boundaries
What’s OK and What’s Not OK

Healthy Boundaries
Examples of "un-healthy" Boundaries

Limited non-existent
Loose or porous
RIGID "a wall"
16 Simple Ways to Relieve Stress and Anxiety

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Consider Supplements</th>
<th>Light a Candle</th>
<th>Reduce your caffeine Intake</th>
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<tbody>
<tr>
<td>Write it Down</td>
<td>Chew Gum</td>
<td>Spend Time with Friends and Family</td>
<td>Laugh</td>
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<tr>
<td>Learn to Say No</td>
<td>Learn to avoid procrastination</td>
<td>Take a yoga class</td>
<td>Practice mindfulness</td>
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<tr>
<td>Cuddle</td>
<td>Listen to soothing music</td>
<td>Deep breathing</td>
<td>Spend time with your pet</td>
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Remember

Everyone reacts differently to stressful situations

Take care of yourself and your community

Know the facts to help reduce stress

Take care of your mental health

Ways to cope with stress

• Take breaks from watching, reading, or listening to news stories
• Take care of your body
• Make time to unwind
• Connect with others

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Resources

www.7cups.com
https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety#section1
https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm
https://adaa.org/tips-manage-anxiety-and-stress
https://www.youtube.com/watch?v=4Bs0qUB3BHQ
https://www.neurosequential.com/covid-19-resources