

Self-Regulation Strategies: Self- Care and Compassion

Today's Presenter

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Moment to arrive



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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



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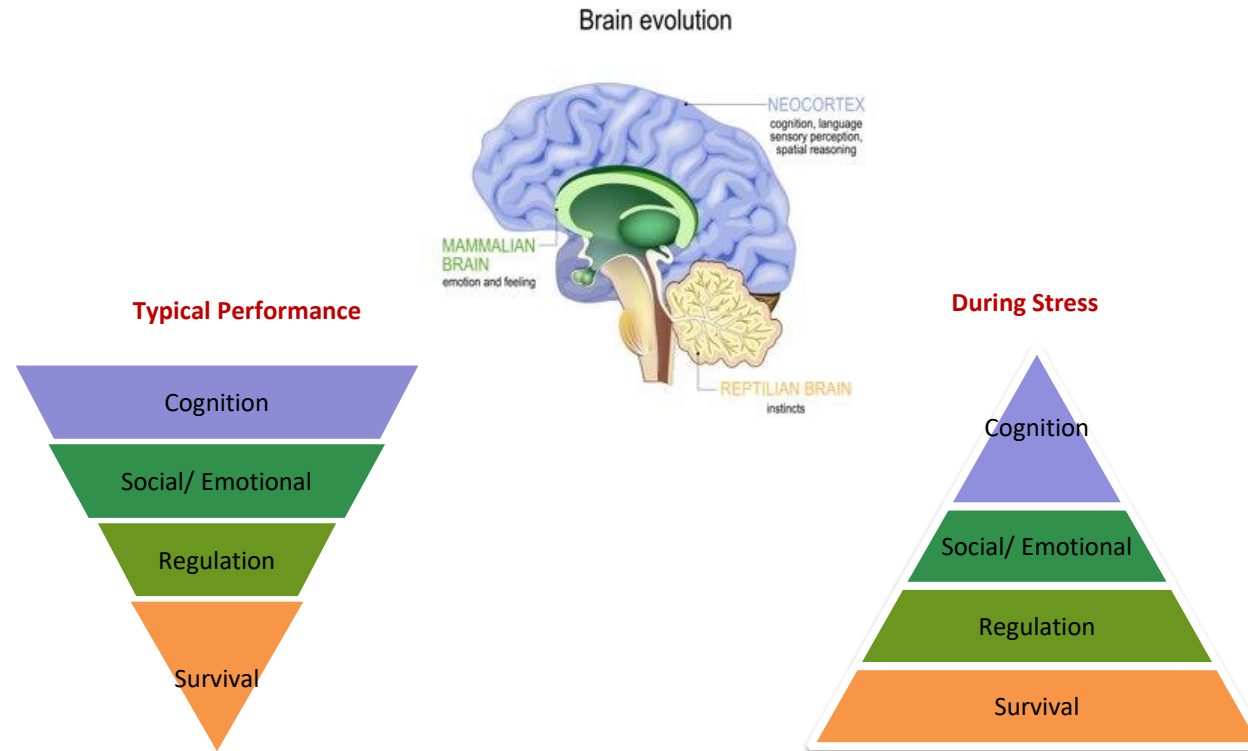


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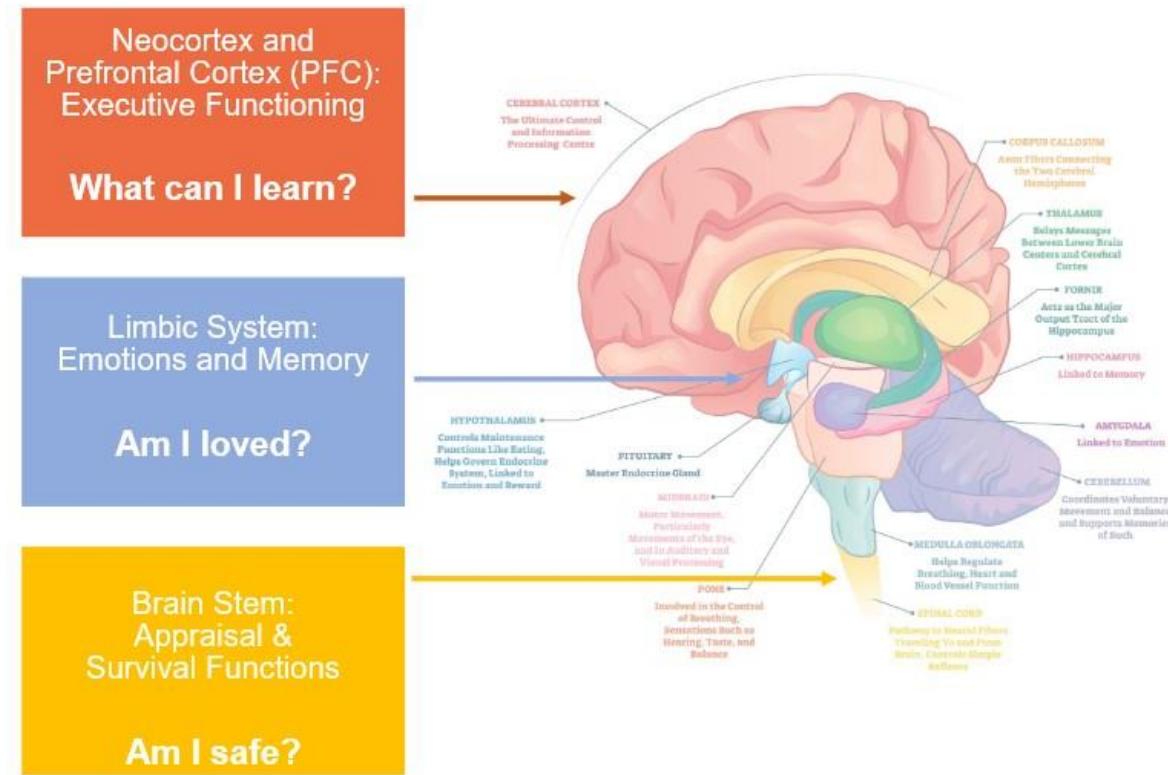
The Human Stress Response



Impact of Stress on Brain Energy



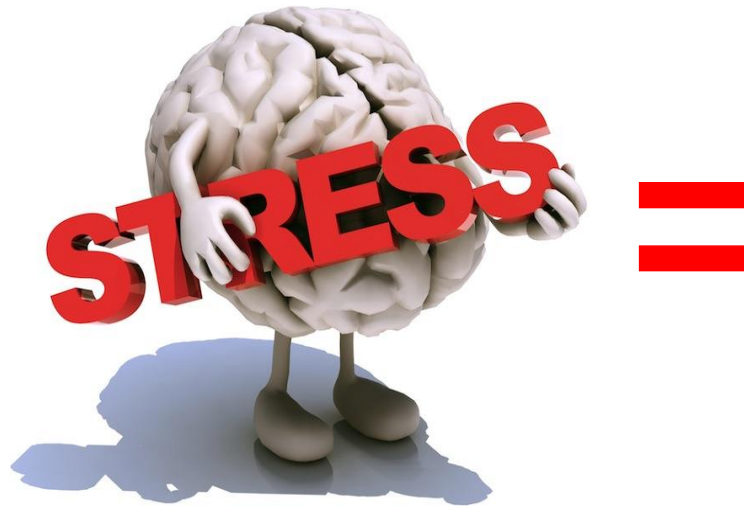
McLean's Brain



<https://drarielleschwartz.com/neurobiology-traumatic-memory-dr-arielle-schwartz>



Survival Mode Response



Inability to

- Respond
- Learn
- Process



We are striving to achieve

Compassion Resilience

The ability to maintain our physical, emotional and mental well-being while responding compassionately to people who are suffering

Compassion Satisfaction

The ability to experience pleasure from doing the work

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

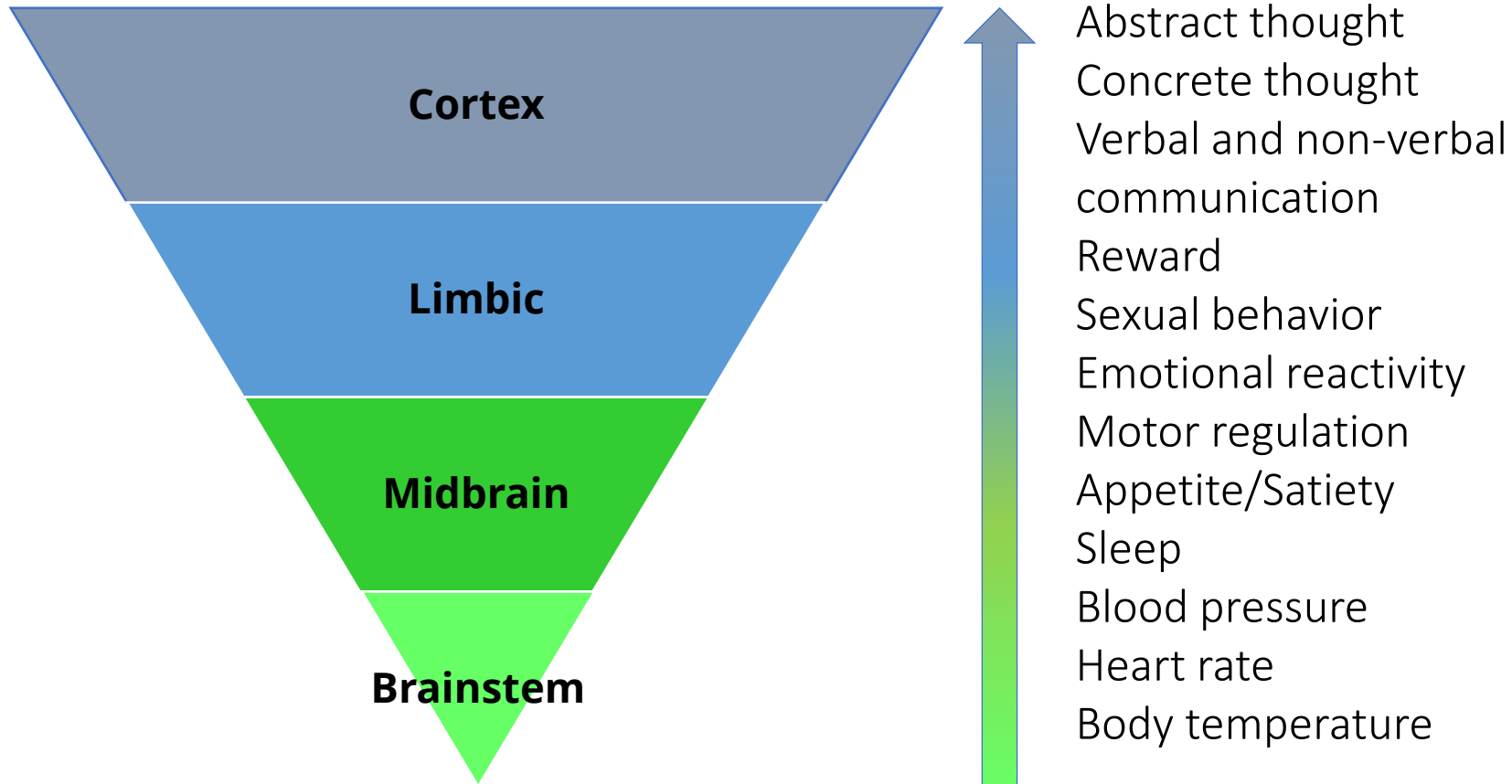
Loss of personal power and need for control

External activating stimuli in the environment

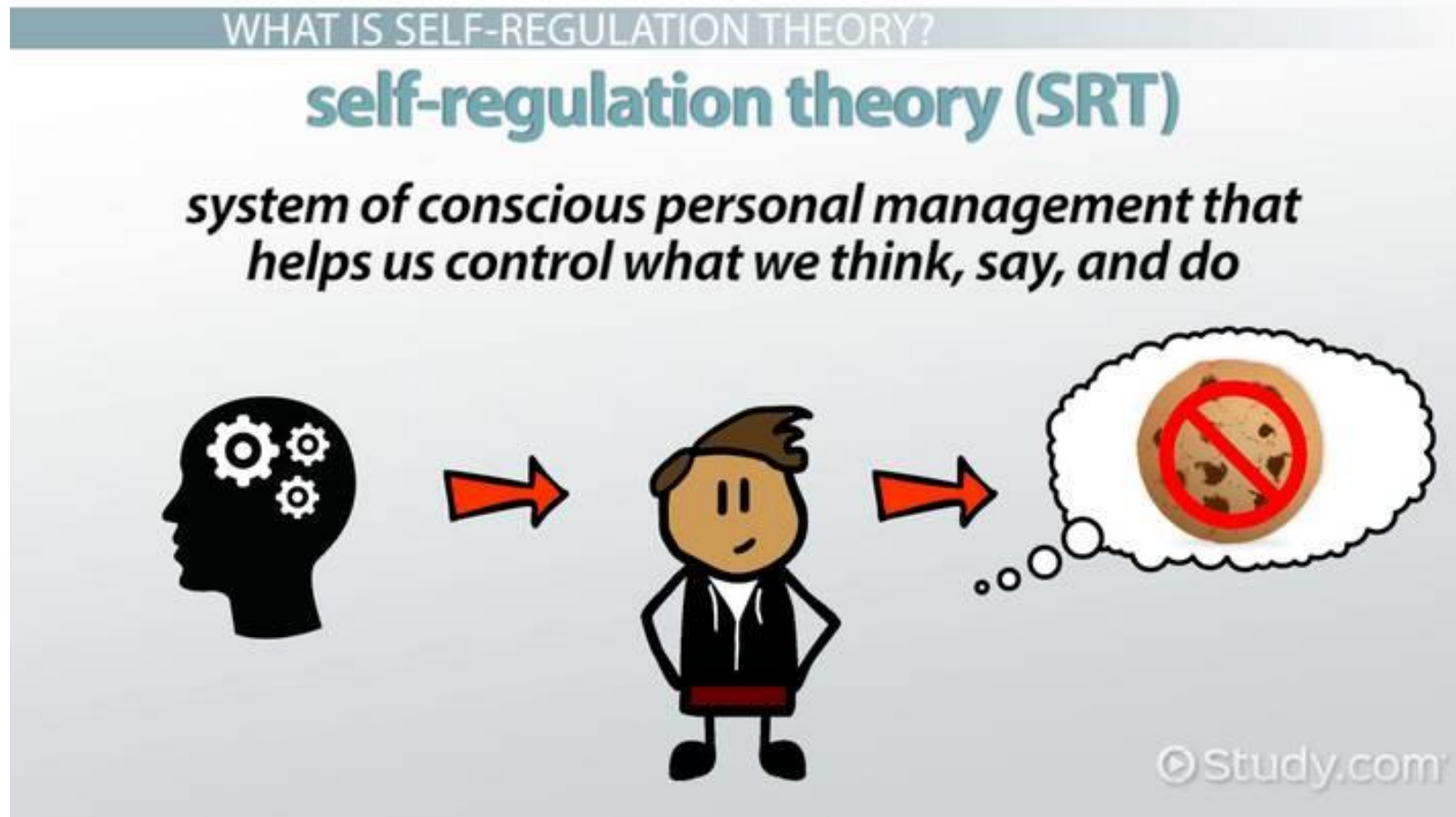
Internal activating stimuli such as intense anxiety or fear



Brain Development



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



Van Horn, K. (2018). Realizing brain potential: a trauma-informed curriculum adapted with permission from the work of Bruce D. Perry and the Child Trauma Academy. North Wales, PA: Lakeside



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.



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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



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

Hanson, R. Being Well Podcast: Friendly and Fearless in Relationships. Retrieved from <https://www.rickhanson.net/being-well-podcast-friendly-and-fearless-in-relationships/>



“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

Van Horn, K. (2018). Realizing brain potential: a trauma-informed curriculum adapted with permission from the work of Bruce D. Perry and the Child Trauma Academy. North Wales, PA: Lakeside



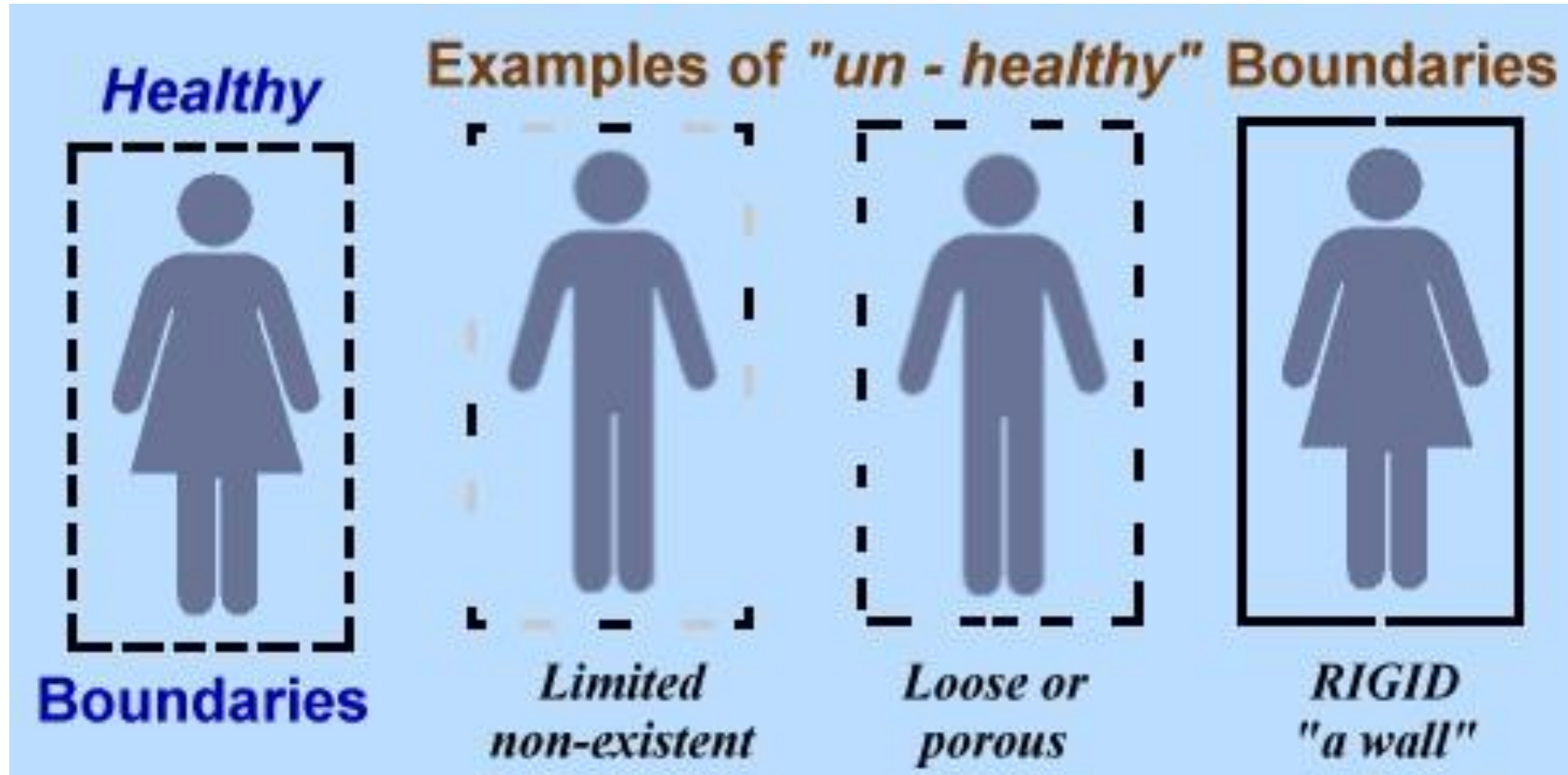
Define Expectations

Unclear, hidden or unrealistic expectations drive compassion fatigue



Embrace Boundaries

What's OK and What's Not OK



16 Simple Ways to Relieve Stress and Anxiety

Exercise

Consider
Supplements

Light a Candle

Reduce your
caffeine Intake

Write it Down

Chew Gum

Spend Time
with Friends
and Family

Laugh

Learn to Say
No

Learn to avoid
procrastination

Take a yoga
class

Practice
mindfulness

Cuddle

Listen to
soothing music

Deep
breathing

Spend time
with your pet



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>

<http://mentalhealthchannel.tv/episode/youre-wired-for-anxiety-and-youre-wired-to-handle-it>

<https://www.youtube.com/watch?v=4Bs0qUB3BHQ>

<https://www.neurosequential.com/covid-19-resources>

