

Resiliency Through Self Repair

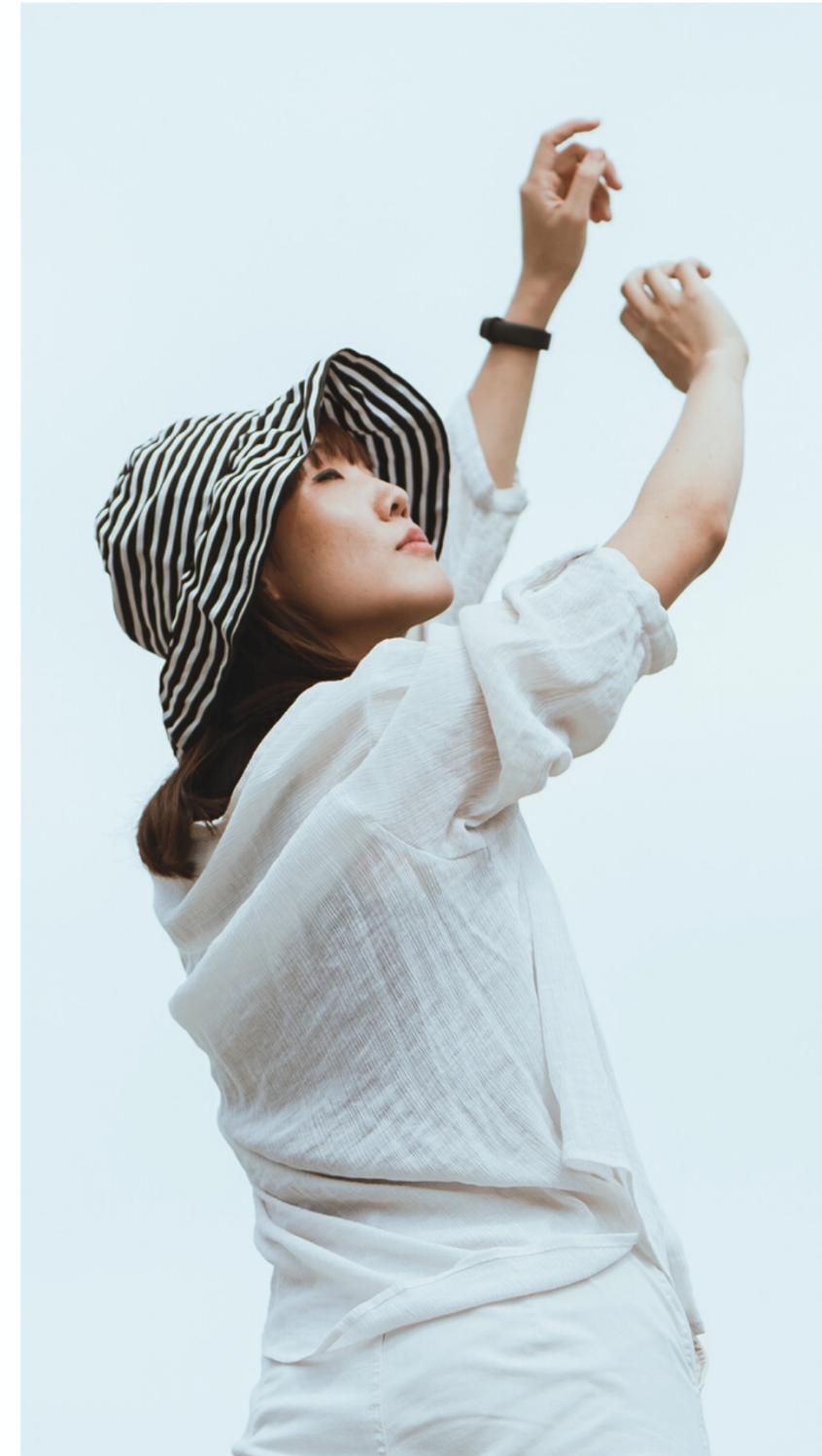
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Objectives

- Understand how stressors impact us
- Build psychological safety through self awareness of stress symptoms
- Explore holistic wellness & coping techniques to assist with balance & connectivity.
- Build a resiliency plan.



Stressors & Stress Responses

- **Stress** describes the non-specific responses of the body to any demand placed on it
- **Stressors** are environmental events that set the stage for the stress response
- **Coping** serves to mitigate the impact of our stress response on the body, mind, emotions, and in relationships
- Excessive stress, coupled with ineffective coping, results in break down in one or more of the above areas.
- Stress is not always a bad thing



The Stress Continuum

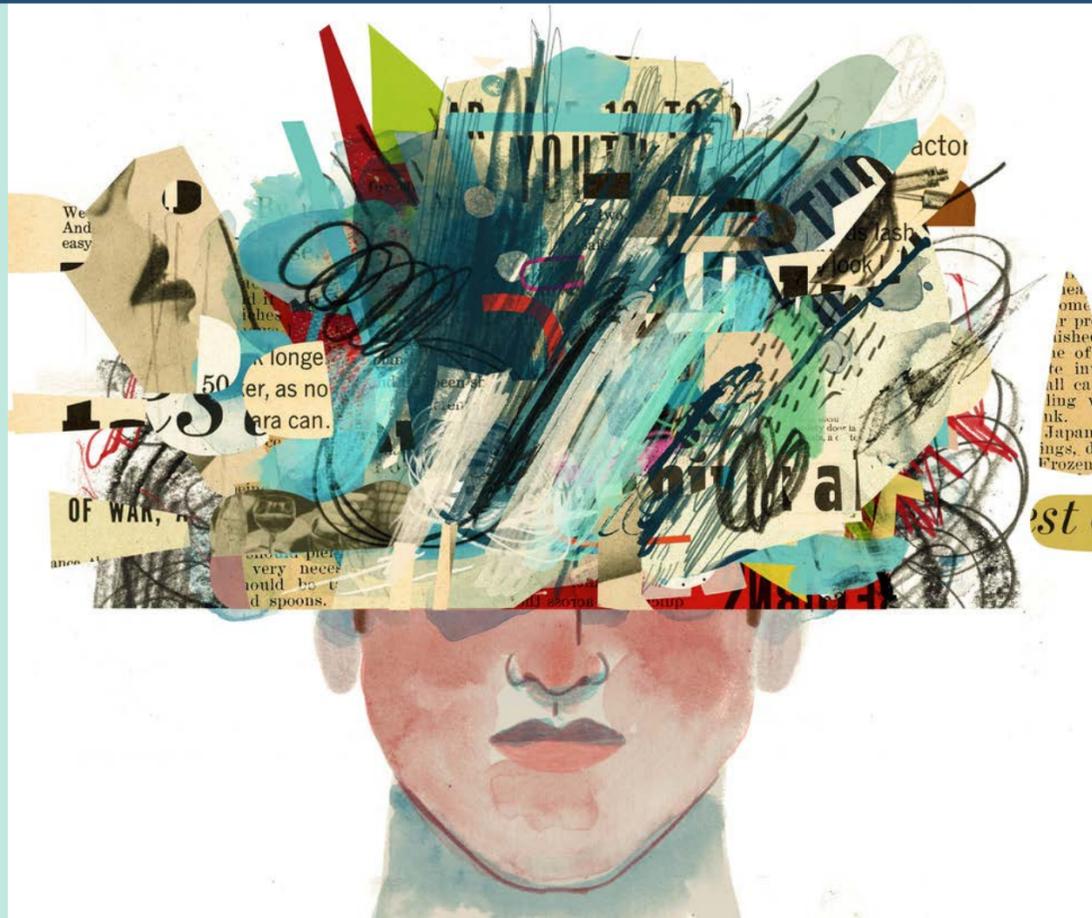
Allostatic Load

Chronic (Toxic) Stress

Intense Stress

Tollerable Stress

Positive Stress



Critical Incident Stress

What's happening to our brain & bodies during this time?

Threat Detection



Safety Seeking

Sympathetic Nervous System

Gas pedal on a car

Stress chemicals

Fight/flight/freeze

Prefrontal Cortex goes "off line:

Parasympathetic Nervous System

Break pedal

Calming hormones

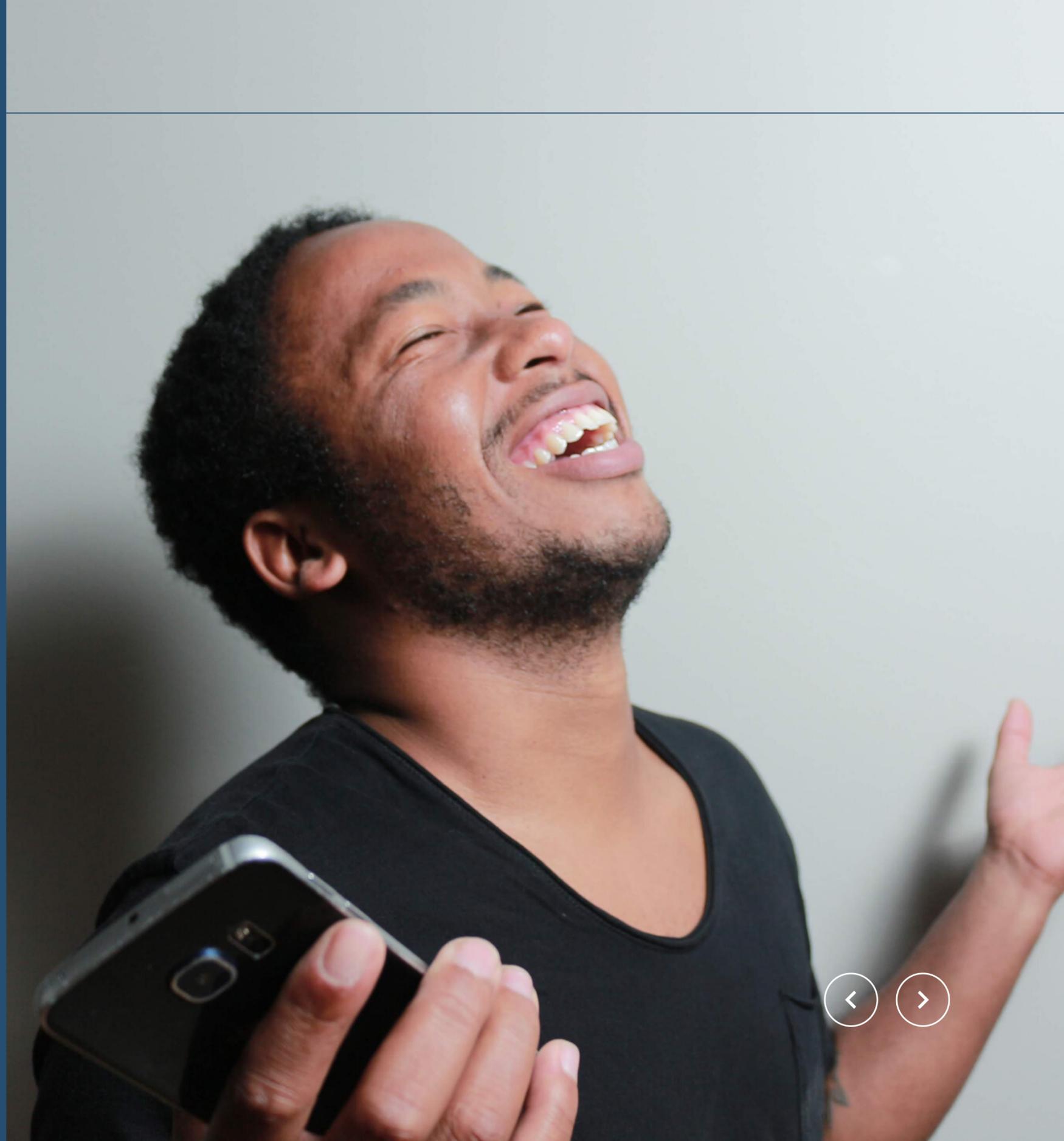
Lower heart beat to 60 b/p/m

Cortex comes "back online"



Lowering Stress Rates

Brain Based Self Repair Strategies



Awareness

Resiliency Practices

Build your Own Safety Plans

Build Your Own Safety Team

Ways To
Prevent & Reduce
Stress

Physical Activity



Why?

- Endorphins are released
- It forces the body out of its place of stasis
- It almost 100% of the time, a benefit to us

How?

- Choose activities wisely.
- To be nourishing not backbreaking
- Incorporate music-calming or upbeat
- Why music? It releases the "feel good" hormones

Creativity

Why?

- When we create anything- release of same feel-good hormones released chemicals
- Engaging in any creative endeavor is a mindfulness activity,

How?

- Creativity can also mean organizing
- If something is pleasing to your eye
- Sense of accomplishment

Curate & /or Limit Content

Why?

- Expose -& re-expose ourselves to traumatic stimuli
- Keep brain out of perpetual state of reactivity & elevated cortisol

How?

- Identify what is a traumatic stimuli or chronic stress
- What is your baseline of stress reaction
- Can you limit exposure to stressors/triggers
- Can you give your brain a break?

Humor

Why?

- Laughter releases -feel good hormones into the system
- Effects the brain by helping to re-build its muscle memory to release them.
- Pain tolerance increases when we are laughing

How?

- Find what's funny to you.
- Cathartic benefits of movies and literature.
- Experience & process emotions at a distance

Conversation & Dialogue

Why?

- Humans are hard wired for connection
- It assists with calming the heart
- Trauma wants us to isolate
-

How?

- Designate safe spaces and/or safe times
- Who are your support people

Individual Safety Plan or Stillness Practice

⌚ Time- frequency & time

- Location- selected Space & Place (when Possible)
- Posture & Body Weight -Seated & Standing, check your feet
- Set an Intention of your needs
- Inhale-Exhale (3:6 Breath or Complete Breathing)
- Chose an activity that works best for you
(Grounding techniques, breathing, tapping, silence, etc.)

Building Your Compassion Care Team

- Primary Care Physician
- Body “healers” (Chiro- Acupuncture)
- Fascia-connective tissue therapist
- Counselor and/or Spiritual Guide
- Social Connections & The “Short List”
(2-3 compassionate connections (Friends))
- Work short list

Thank You !

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