

# **WELLNESS WEBINAR SERIES #1: SELF CARE DURING OUR CURRENT PANDEMICS**



# WELLNESS WEBINAR SERIES

## Wellness Webinar #2: Herd Immunity: Exploring Collective Care

Wednesday, September 16<sup>th</sup>, 1:00 – 2:00 PM

## Wellness Webinar #3: SBHCs Supporting Staff Wellness and Healing Centered Workshops

Thursday, October 29<sup>th</sup>, Noon- 1:00 PM

**Thank you to Anthem Blue Cross for supporting this series**



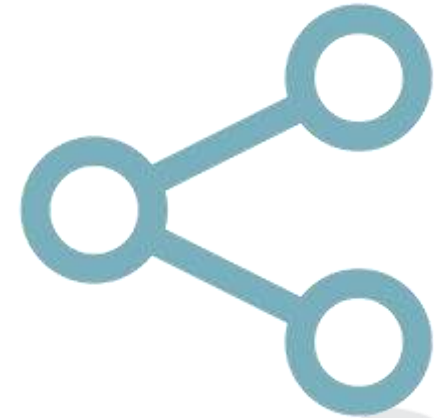


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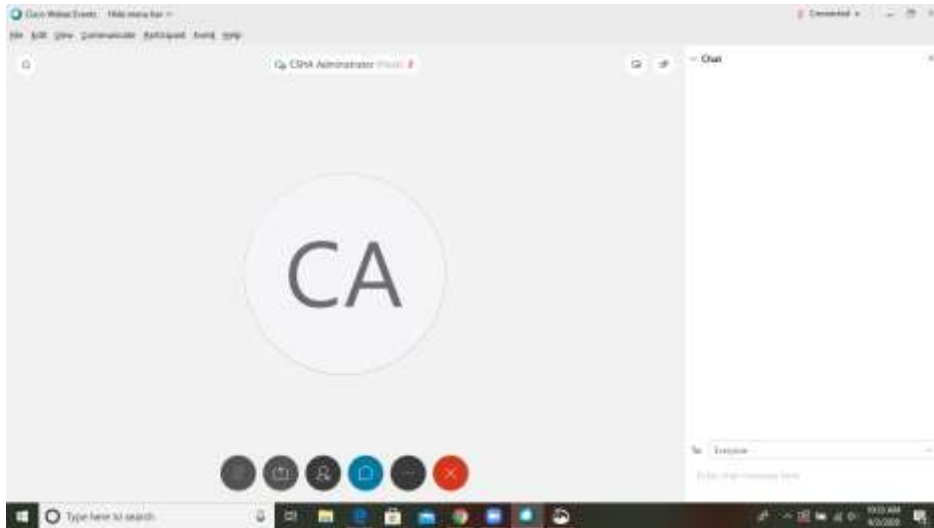
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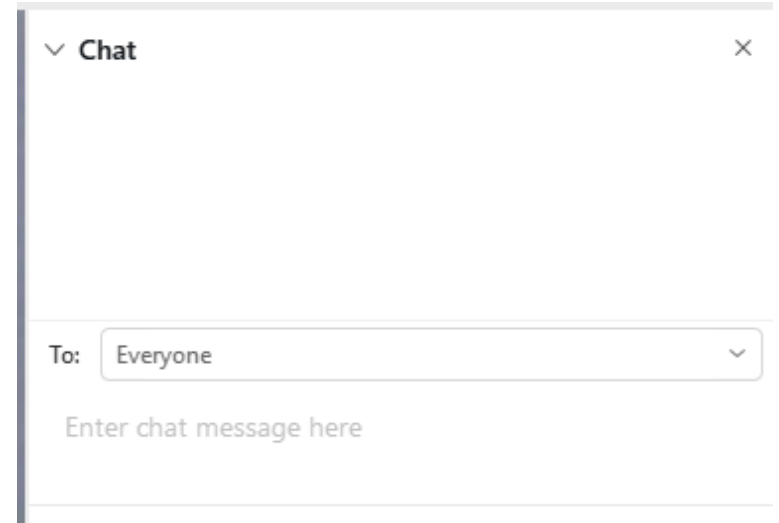
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### **Presenter**

**Hala Khouri, M.A., SEP, E-RYT**

Hala Yoga Health and Media



### **Moderator**

**Jessica Dyer, LCSW, SEP**

Behavioral Health Project Director,  
California School-Based Health Alliance



# Putting Health Care in Schools

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# Secondary Traumatic Stress and Self-Care

Hala Khouri, M.A

[www.halakhouri.com](http://www.halakhouri.com)





# AGENDA

Secondary Traumatic Stress

Self- Regulation

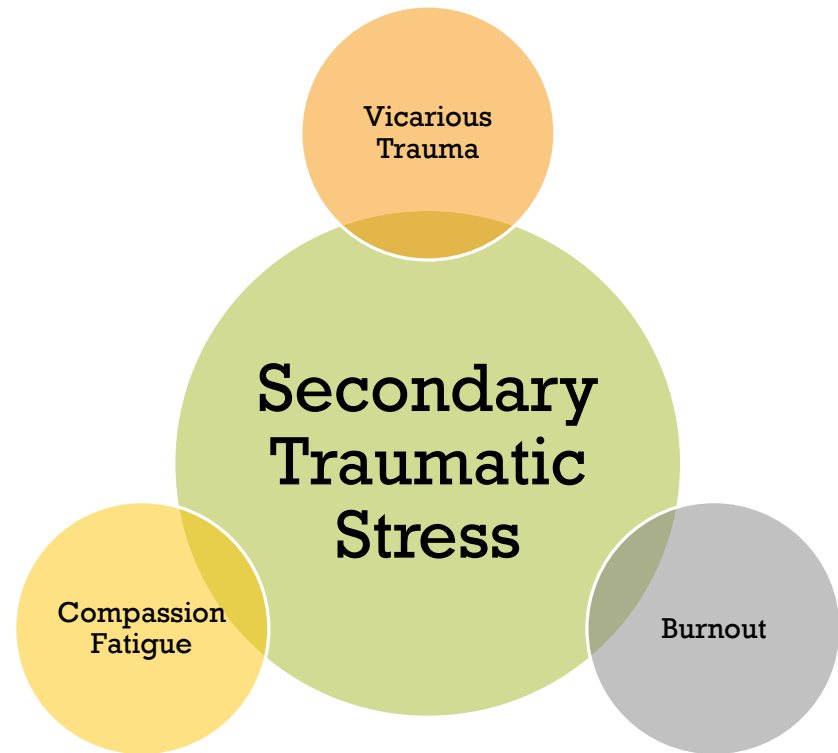
Stress and Trauma Basics

Tools to Release and Manage Stress



Put the Oxygen Mask on Yourself  
First, Then on Those Who  
Depend on You

## Impact of Stress on "Helpers"



A pink watercolor splash with irregular, feathered edges, centered on a white background. The text is written in a black, cursive script within the splash.

self-care  
isn't  
selfish



- 
- The ability to recover from adversity, to bounce back or be transformed by it.
- Resilience can also refer to an inner knowing that one can handle difficult situations should they arise.



The background of the slide features several thin, curved lines in shades of gray, some solid and some dashed, creating a sense of movement and depth. On the left side, there is a large blue square with a smaller blue rectangle on top of it. The word "Reflection" is written in white text inside the blue square.

## Reflection

- What role did you play in your family of origin?
- What did you learn about survival?
- What did you learn about self care?

## Self- Regulation

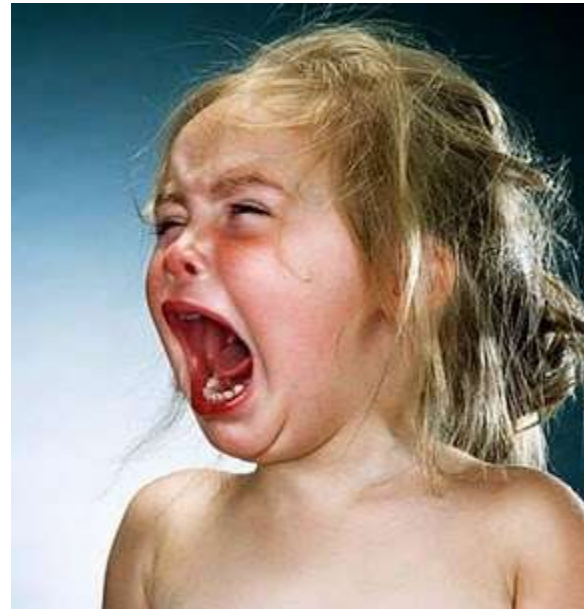
When we are self-regulated  
we feel grounded, centered, and  
present in the moment.



## Dysregulation

When one is dysregulated there is a general lack of control over one's emotional state and/or behavior.

It is reactive rather than responsive, impulsive rather than thought out.



# Shock Trauma

An event that happened too fast and too soon, and overwhelms our capacity to cope and respond, leaving you feeling helpless, hopeless and out of control





## Developmental Trauma

- Caused by to an ongoing mis-attunement between a child and it's primary caretaker.

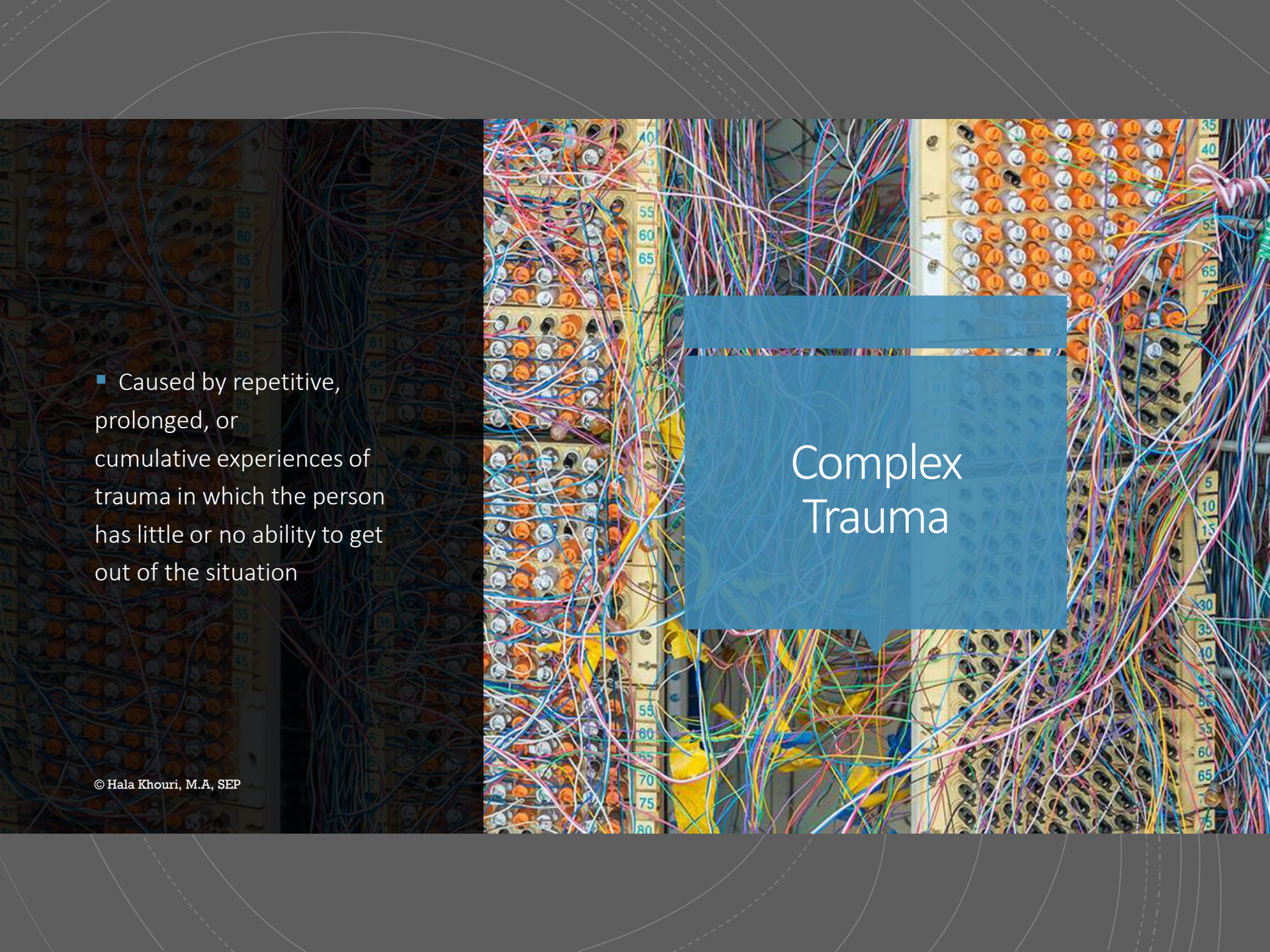


## Systemic/ Institutionalized Trauma

- Caused by unequal access to resources based on race, gender, ability, religion, sexual identity, etc. Bias and discrimination

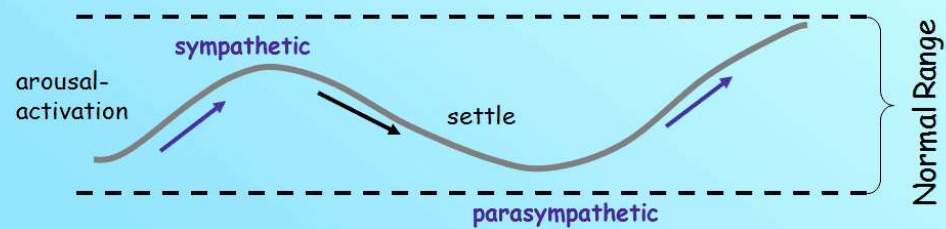




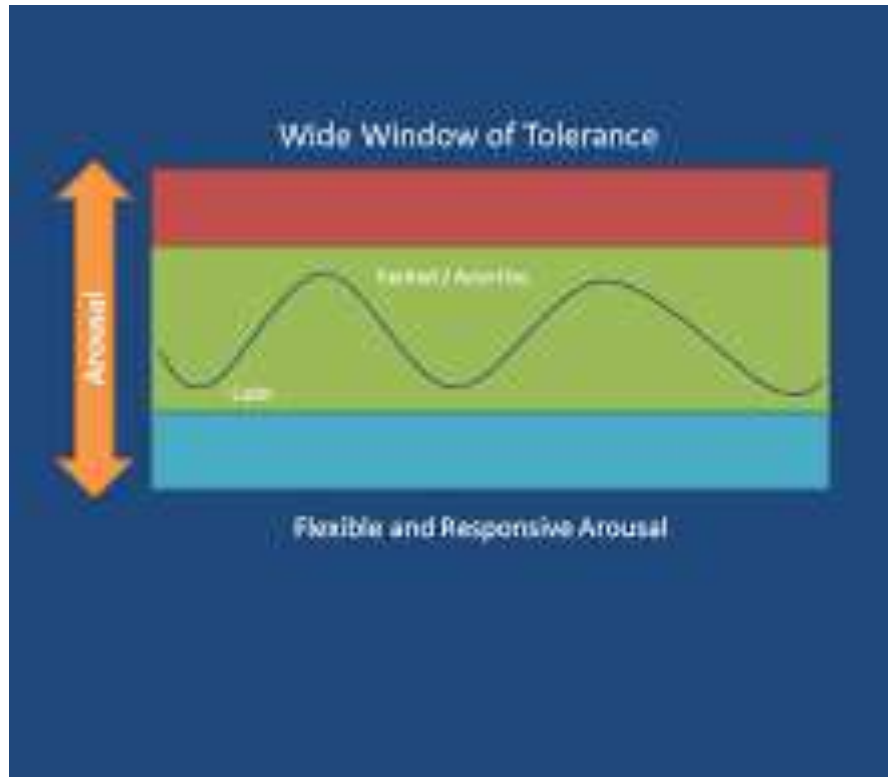
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- Caused by repetitive, prolonged, or cumulative experiences of trauma in which the person has little or no ability to get out of the situation

## Complex Trauma

## A Healthy Nervous System

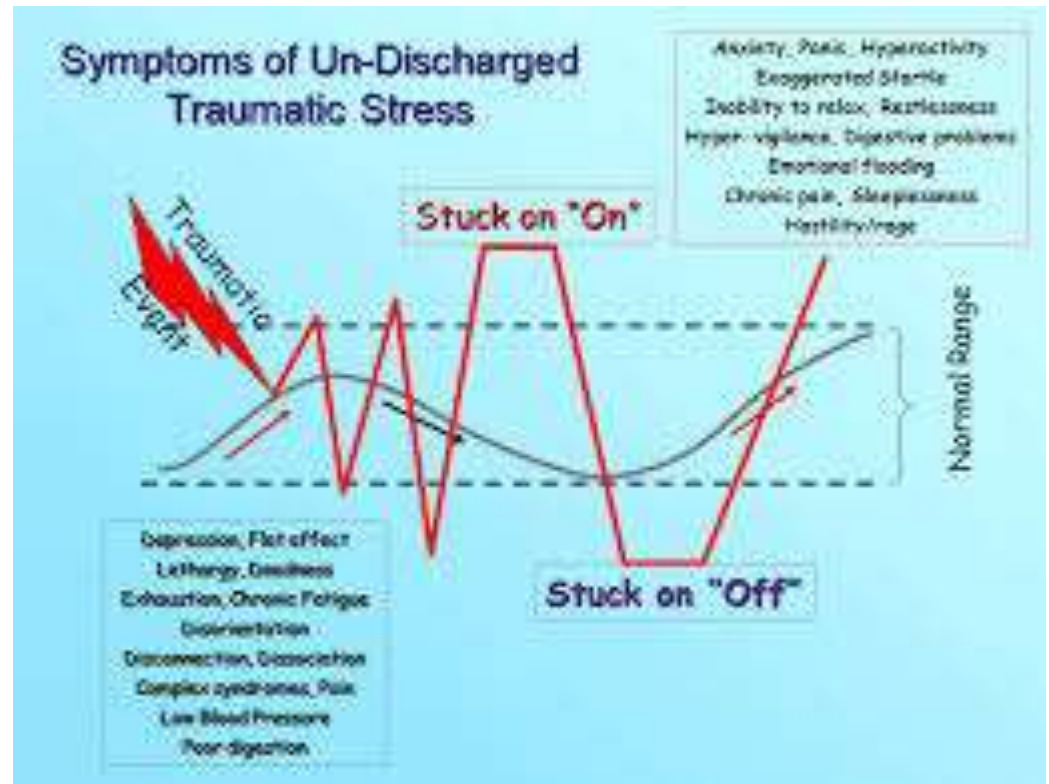







A flexible system allows us to be excited, upset, or deeply touched by something and still stay engaged without withdrawing or becoming violent. An internal sense of safety sets the stage for social connection and self-regulation.

Chronic stress levels that remain outside of our window of tolerance can be toxic to our bodies and brains.



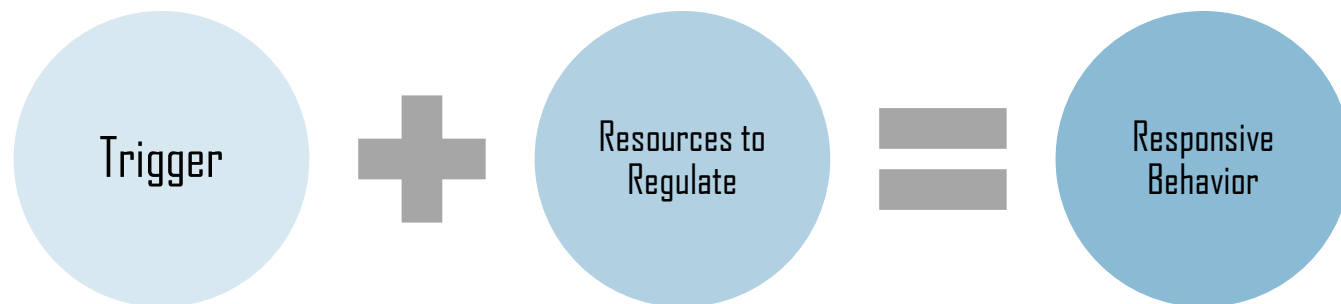


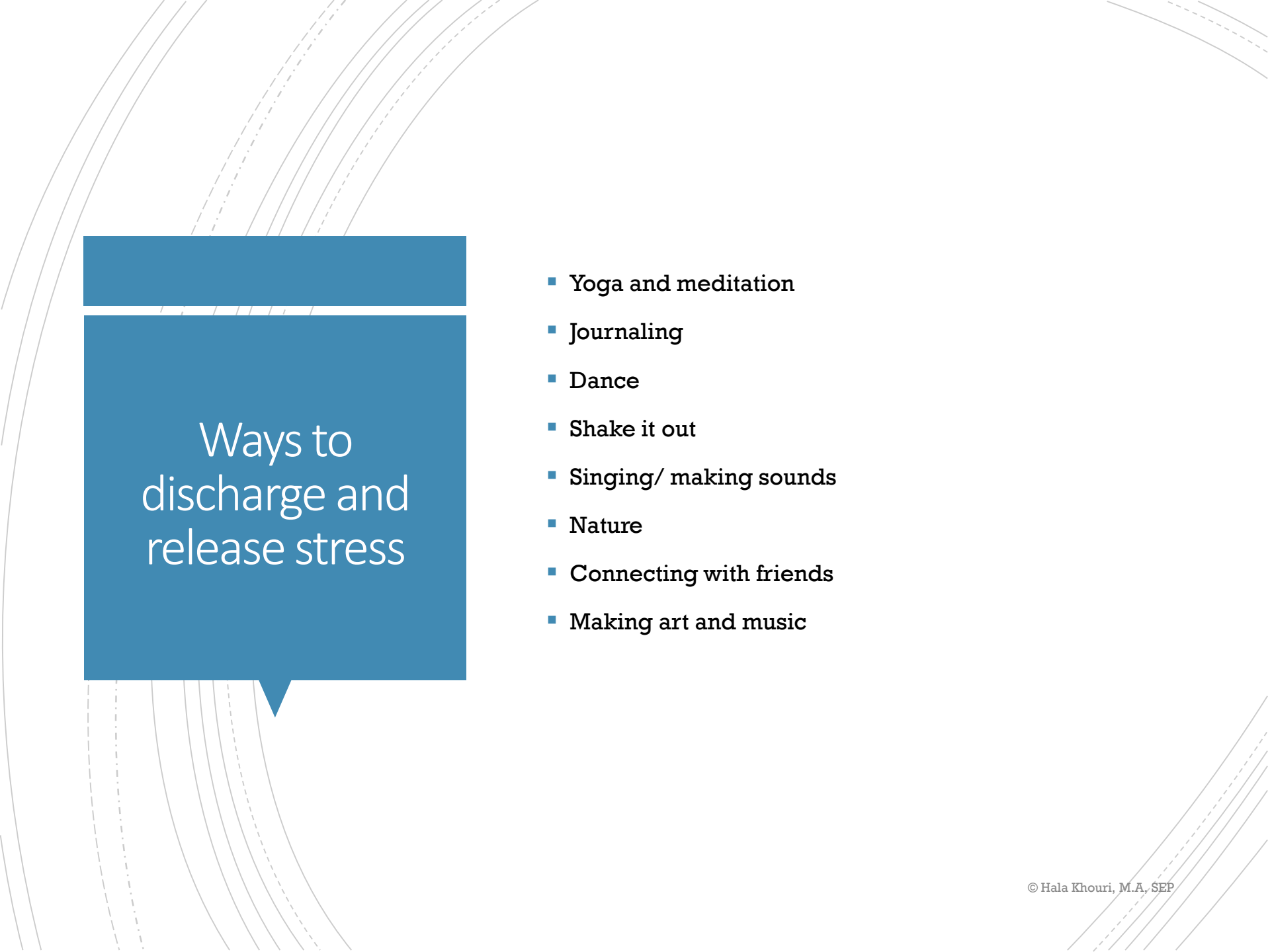
- 
- In order to release stress and trauma from our body/mind, we must be able to **discharge the energy** that was mobilized for fight-or-flight.

# Tools for Self-Regulation




- Breath
- Grounding
- Orienting
- Images, smells, objects, mantras
- Anything that supports you!



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## Ways to discharge and release stress

- Yoga and meditation
- Journaling
- Dance
- Shake it out
- Singing/ making sounds
- Nature
- Connecting with friends
- Making art and music

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## Daily self care (what are your non- negotiables)

- Sleep
- Food
- Water
- Exercise
- Connection with others
- Creativity
- Down time (no input)
- Media hygiene
- what else?



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Gracias

謝謝

Thank you

Cảm ơn

Salamat

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