

WHAT TRAUMA-INFORMED CARE HAS TO TEACH US ABOUT MANAGING OVERWHELMING STRESS: WE GOT THIS TEAM!

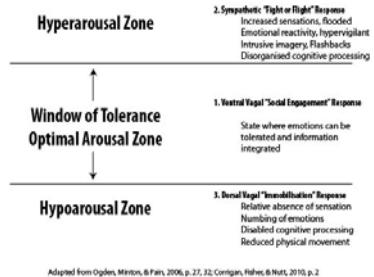
"Try this perspective shift. Instead of seeing 'social distancing' and travel bans as panic, try seeing them as acts of mass cooperation intended to protect the collective whole. This plan is not about individuals going into hiding. It's a global deep breath... an agreement between humans around the planet to be still. Be still, in hopes that the biggest wave can pass without engulfing too many of the vulnerable amongst us." (Dr. Lindsey Jernigan)

The Stress Response System

(Bruce Perry, MD, PhD)

Our bodies are built to respond to stress and our set point is ideally in the "optimal zone of arousal"—it is tolerable & does not cause ongoing hyperarousal or hypoarousal.

Window of Tolerance



The pattern of stress we experience determines whether we develop vulnerabilities or resilience.

Harmful Patterns of Stress

Unpredictable
Extreme
Prolonged
Alone

Manageable Patterns of Stress

Predictable
Moderate
Controllable or Dosed
Together/Connected

In our intentional self-care, we're trying to move our stress patterns to more predictable, more moderate, more controllable and dosed, and with more, not less connection.

Training & Consultation in Trauma-Responsive Services/Schools

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RECOMMENDATIONS FROM DR. BRUCE PERRY:

- ♥ Use "physical distancing" rather than "social distancing" to emphasize emotional closeness & social connectedness
- ♥ Develop a **regulation diet**
 - Connect with others
 - Routine & ritual
 - Patterned rhythmic activity (singing, dancing, making music, walking, playing catch)
- ♥ Take **control of news exposure**
 - Only reputable sources of information
 - Dose your exposure (e.g., 1 news cycle in the am, mid-day, & pm--nothing after 8pm)
 - After your exposure to the news take 5 minutes to intentionally engage in something that regulates you
- ♥ Use taking action (**acts of kindness**) as a way to have some **sense of control**
 - Double scoop: give others what you need or what they need to give others (their children)
- ♥ Commit **regular doses of self-care**
 - Make it small
 - Include "feel good" activities
 - Schedule when most needed
 - Remember to include humor, wonder, appreciation/gratitude, physical activity and the natural world

"The very last thing we need right now is a mindset of mutual distancing. We actually need to be thinking in the exact opposite way. Every hand that we don't shake must become a phone call that we place. Every embrace that we avoid must become a verbal expression of warmth and concern. Every inch and every foot that we physically place between ourselves and another must become a thought as to how we might help that other, should the need arise. Let's stay safe. And let's draw one another closer in a way that we've never done before."

(Rabbi Yosef Kanefsky on Facebook page of his Los Angeles congregation, B'nai David-Judea)