



Navigating Memories that Stir the Heart



Agenda



Introduction &
Community
Agreements



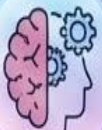
Journaling to Cope
& Journaling
Practice Exercise



Grounding
Exercise #1



Grounding
Exercise #2



Biological
Adaptations
to Trauma



Trauma &
Traumatic Stress
as part of Grief



Self-Care &
Self-Compassion
to navigate stress
& grief



Daily Life
Pie Exercise



Closing

Community Agreements

Our shared commitment to
a safe and brave space.



Be "whole body" present when things get difficult. "Tune in."

Speak your truth and respect the truth of others.



Practice Mindful Listening.
"Notice the source and seeking"

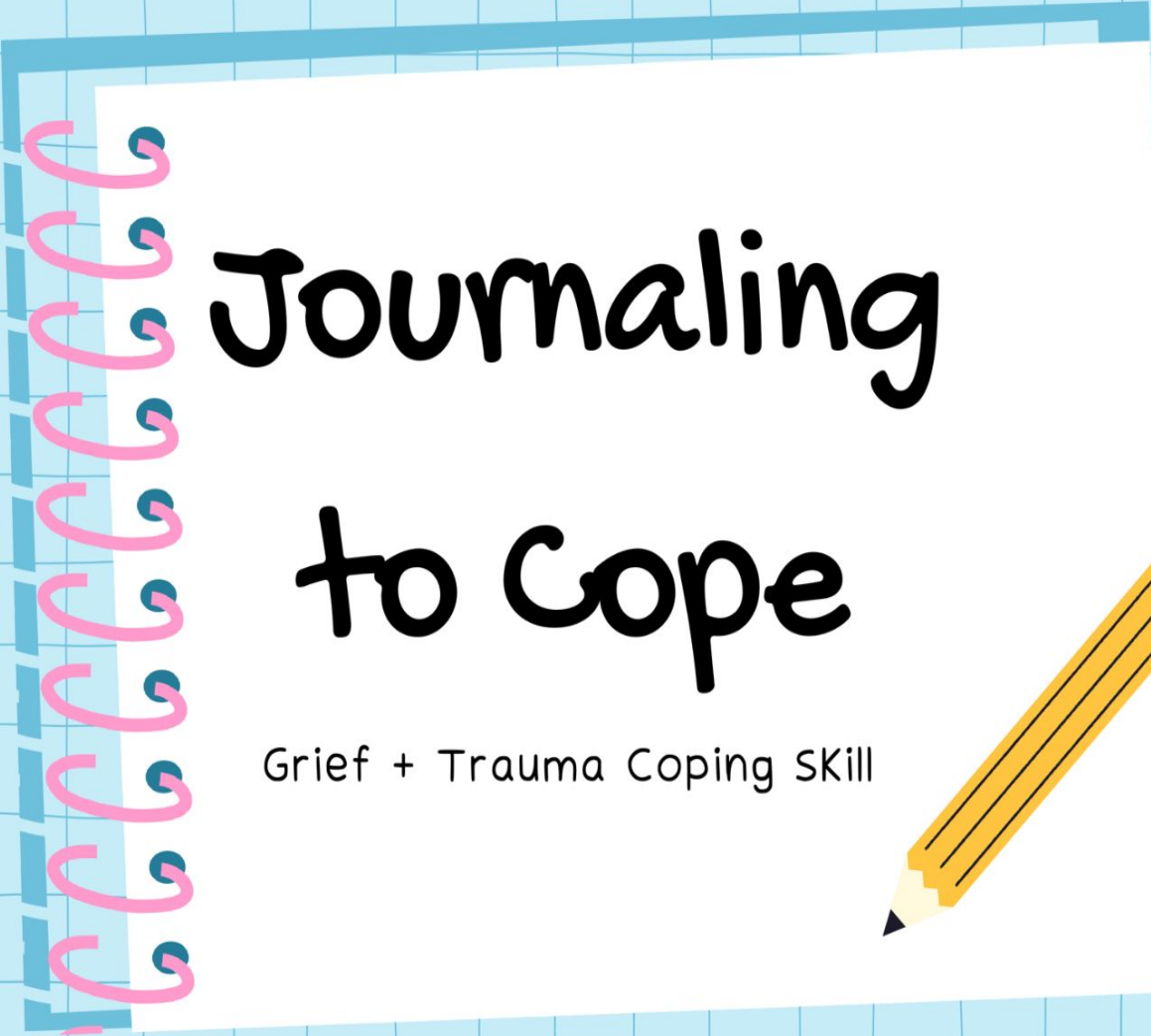
Practice being curious about assumptions, beliefs, and judgements.



Respect the struggle. Value silence.
Appreciate each other.

Keep stories sacred and share wisdom.





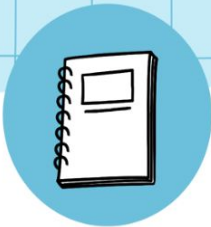
Journaling to Cope

Grief + Trauma Coping Skill

Why Journaling Helps

- Provides a Safe + Private space to release emotions by creating a space for reflection without judgement
- Helps organize overwhelming thoughts
- Reduces stress by getting feelings "Out of your head"
- Supports emotional regulation and grounding
- Builds awareness of patterns, triggers, and your healing process

How to Journal for Healing



Write openly +
Honestly- no
editing, no
overthinking.



Name or draw
your emotions



Use Prompts
when you feel
stuck

Journaling Prompts

Acknowledgement



What I really
need right now
is...

Self Awareness



A moment that was
difficult today was... A
moment that helped me
get through it...

Things that feel heavy...
And things that feel
steady...

Emotions



What I wish I
could say to my
past self in this
moment...

Letting Go of Grief Myths



What People Say About Grief



Common Clichés About Grief



Get Grounded

- Complete Breath



WHAT IS TRAUMA

The harmful interruption
of **safety, agency,
dignity, or belonging**

Overwhelms our ability
to **cope** with or **integrate**
our experience of
an event

Is embodied at multiple
levels: **individual,
collective, systemic,
intergenerational and/
or historical**

Can be **acute, chronic,
cumulative, complex**





4 Core Human Needs



Safety – the sense of being physically, psychologically and emotionally secure.

Agency – the ability to make a decision, experience reasonable consequences of that decision and make a subsequent decision.

Dignity – the sense of one's place and power in the world. Self-worth.

Belonging – the expression of being connected, a full member of a group.

WHAT IS

TRAUMA

The harmful interruption
of **safety, agency,**
dignity, or belonging



Overwhelms our ability
to **cope** with or **integrate**
our experience of
an event



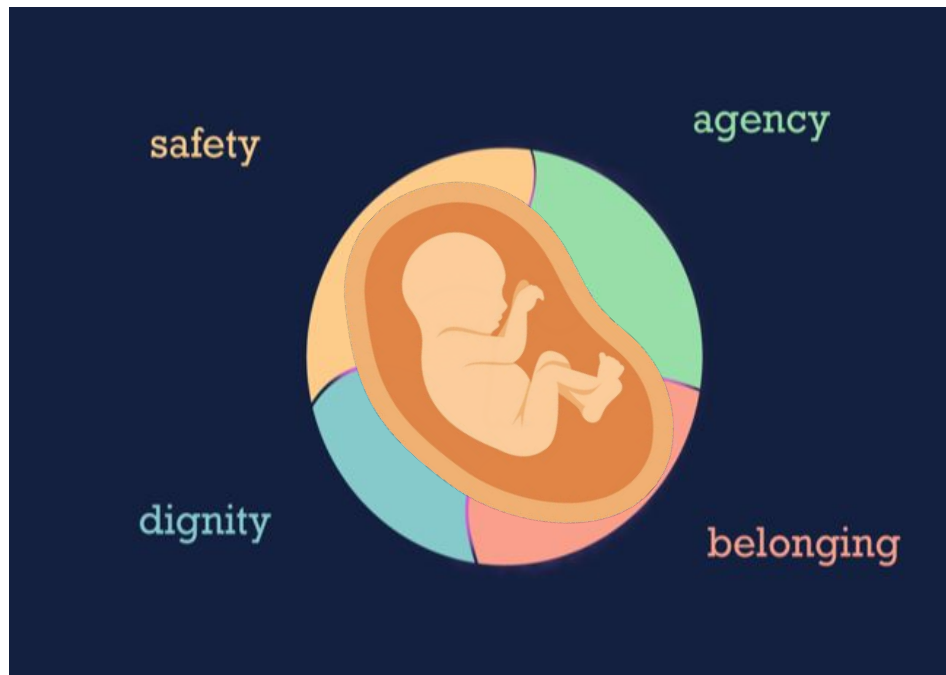
Is embodied at multiple
levels: **individual,**
collective, systemic,
intergenerational
and/or historical



Can be **acute, chronic,**
cumulative, complex



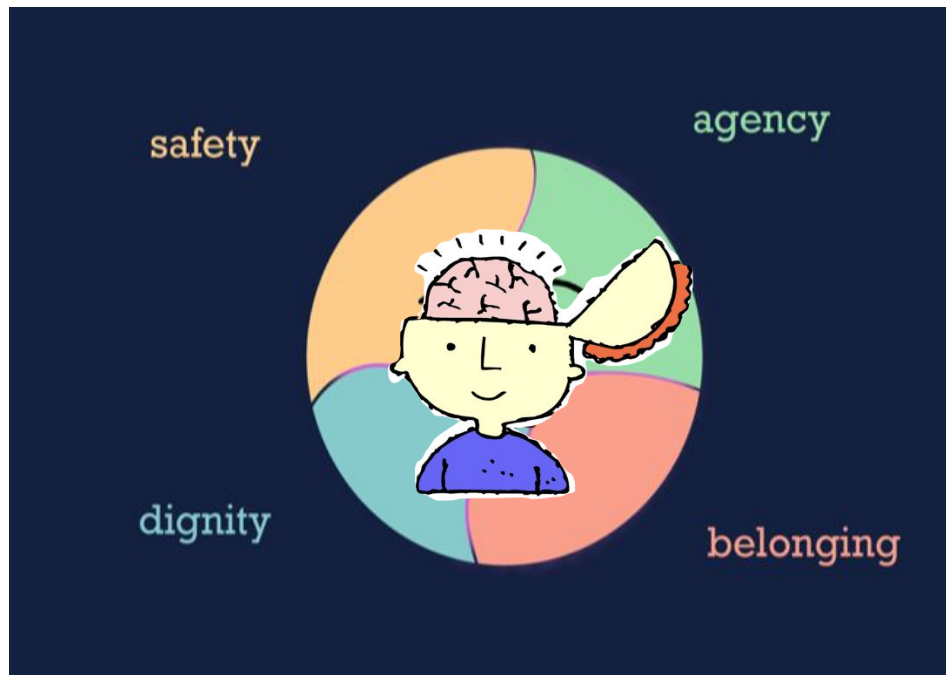
I invite you to take a journey with me from the womb to the world.



Copyright Social Strategies, LLC & In the Works, LLC 2021 | All Rights Reserved



I invite you to take a journey with me from the womb to the world.



Copyright Social Strategies, LLC & In the Works, LLC 2021 | All Rights Reserved



I invite you to take a journey with me from the womb to the world.



Copyright Social Strategies, LLC & In the Works, LLC 2021 | All Rights Reserved



I invite you to take a journey with me from the womb to the world.



Copyright Social Strategies, LLC & In the Works, LLC 2021 | All Rights Reserved



I invite you to take a journey with me from the womb to the world.



Copyright Social Strategies, LLC & In the Works, LLC 2021 | All Rights Reserved



Adaptations to Chronic Trauma



Thinking Adaptations

- Difficulty paying attention, problem solving, setting goals, taking perspective, retrieving prior learning
- Difficulty thinking clearly
- Difficulty storing, consolidating, and retrieving new information

Adaptations to Chronic Trauma



Thinking & Learning Adaptations

-  Difficulty paying attention, problem solving, setting goals, taking perspective, retrieving prior learning
-  Difficulty thinking clearly
-  Difficulty storing, consolidating, and retrieving new information

Adaptation to Chronic Trauma



Behavior Adaptations

"A highly sensitive stress-response system constantly on the lookout for threats can produce patterns of behavior that are self-defeating...: fighting, talking back, acting up, and, more subtly, going through each day perpetually wary of connection"

-- Paul Tough, 2016

Adaptation to Chronic Trauma



Behavior Adaptations

“A highly sensitive stress-response system constantly on the lookout for threats can produce **patterns of behavior** that are **self-defeating** in school: **fighting, talking back, acting up**, and, more subtly, going through each day **perpetually wary of connection** with peers or teachers.”

-- Paul Tough, 2016

Behavioral Adaptations to Chronic Trauma

How do we **recognize** the signs of trauma and the need for support in reclaiming safety, agency, dignity, or belonging?

Defense type	Recognize Signs	Worldview Adaptations (often subconscious beliefs)
Fight	- Easily frustrated, overwhelmed, or “set off” - Unpredictable emotional reactions - Angry, argumentative	“The world is dangerous, and I have to protect myself.” “If I don’t stand up for myself, no one else will.” “People will hurt me if I let my guard down.”
Flight	- Physical withdrawal (absenteeism) - Avoidance (lateness, procrastination) - Limited participation	“The world is overwhelming, and I need to escape to stay safe.” “I can’t handle this, so it’s better to avoid it.” “If I don’t get involved, I won’t get hurt.”
Freeze	Zoning out, daydreaming	“The world is unpredictable, and I don’t know how to respond.” “No matter what I do, it won’t make a difference.” “It’s safer not to make a choice.”
Fawn	People pleasing, overly affectionate, doing over and beyond what is necessary	“If I keep others happy, I’ll be safe and accepted.” “If I’m agreeable, people will like me and won’t hurt me.” “My worth depends on keeping others happy.”

Behavioral Adaptations to Chronic Trauma

How do we **resist retraumatization** and restore or foster safety, agency, dignity, and belonging?

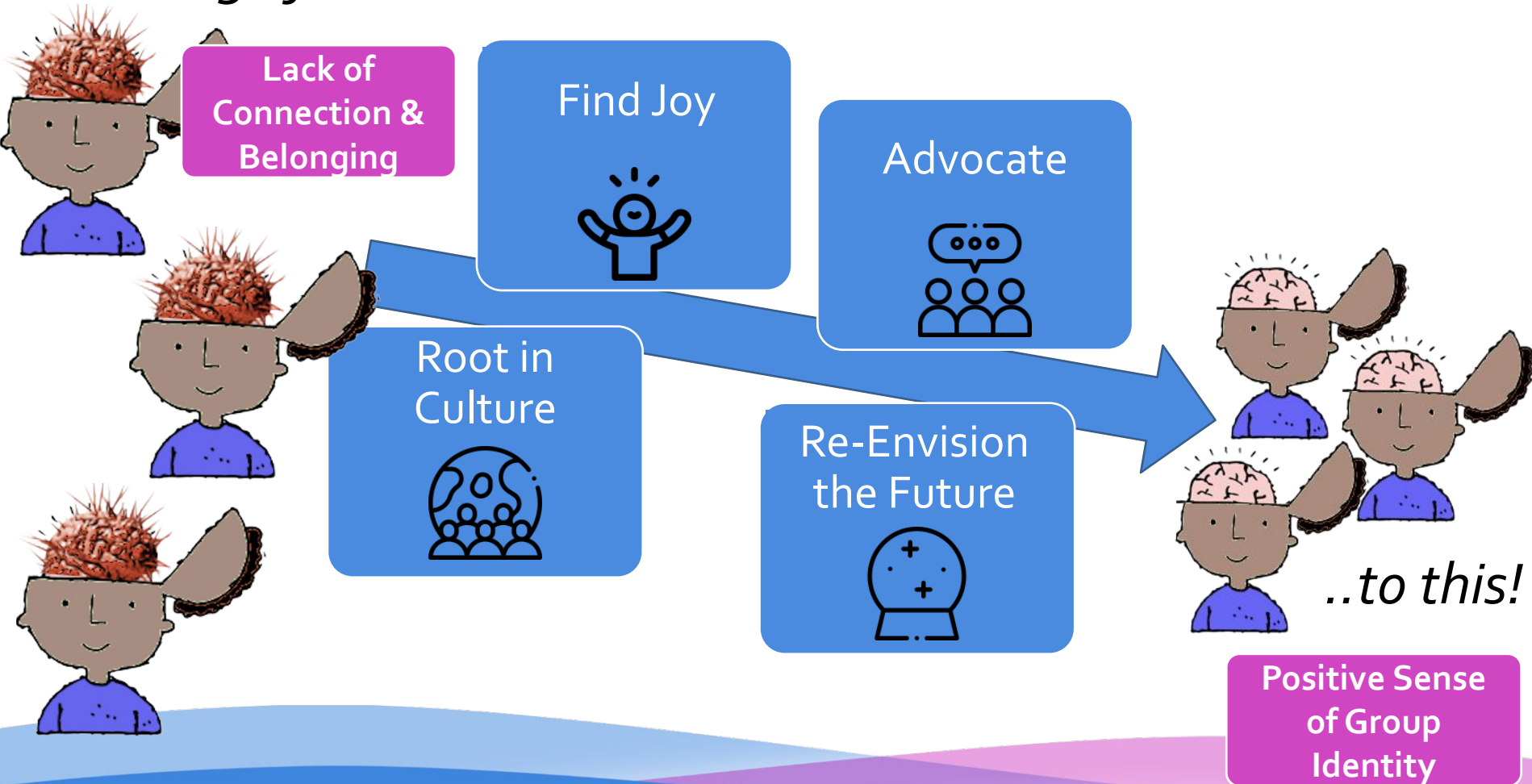
	Recognize Signs	Offer Supports
Fight	• Easily frustrated, overwhelmed, or “set off” • Unpredictable emotional reactions	• Consistency or clear expectations • Flexible/equitable policies & protocols • Co-create feedback systems that are supportive and bi-directional
Flight	• Physical withdrawal (absenteeism) • Avoidance (lateness, procrastination) • Limited participation	• Objective or genuine curiosity • Connect with optimal individual work styles • Abundant opportunities for self-expression
Freeze	• Zoning out, daydreaming	• Sense of appreciation, competence, • Tasks are clear and broken down into smaller chunks
Fawn	• People pleasing, overly affectionate, doing over and beyond what is necessary	• Ensure a sense of authenticity • Praising honesty • Foster healthy boundaries • Avoid the “curse of competence”





Healing from Collective & Systemic Trauma

We can go from this...

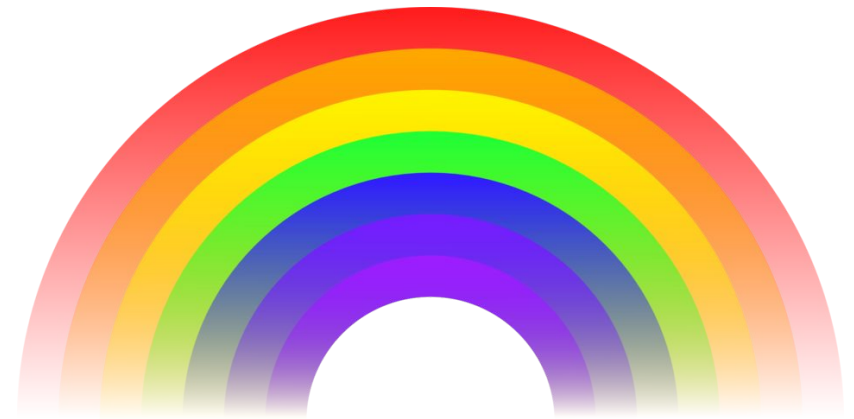


Rainbow Technique

Look for objects in the room
for every color in the
rainbow

OR

Focus on one color of the
rainbow and find as many
things with that color in the
room



Self-Care

- Rest and recovery on your own time
- Increases your general well-being
- Tending to or treating yourself

Self-care is a radical act of self-preservation in a system that often asks us to sacrifice ourselves

Self-Compassion

- Self-directed
- On the job
- In the moment

Self-compassion is the act of introspection free from judgement and with an intention to relieve suffering. It contains three elements.

- A turn toward pain
- An intention to alleviate suffering
- A sense of common humanity and connection

Self-Care: 7 Ways to Rest

7 Critical Ways to Rest		
	Rest	Useful Practices
Physical	Two Types of rest that restore the body: active and passive	Passive- Sleeping or napping Active- yoga, stretching, massage,
Sensory	Unplugging from inputs that are over stimulates one or more of our senses	Ear plugs, sleep masks, DND settings, no electronics in the bedroom, scheduled tech breaks
Social	Engaging in relationships that bring you belonging/joy, reevaluating/limiting draining/depleting connections	solo activities, sacred circle time, boundaries
Spiritual	Engaging in practices that help you feel a strong sense of peace, purpose, acceptance, grounded	meditation, prayer, oracle/tarot, intention setting, ritual, worship, reflection, music, community gatherings

Adapted from (Dalton-Smith, S. (2018)



Self-Care: 7 Ways to Rest

7 Critical Ways to Rest		
	Rest	Useful Practices
Mental	Taking a break from processing information	Keep lists, journal, noticing, stillness, music, task management systems, work time boundaries
Emotional	Making space to reflect and for self-expression	therapy, breathwork, peer support, truth telling, boundaries, self-permission, listening, center self
Creative	Stepping away from complex problem solving. Reengaging in different space/methods	outdoors, nature, art making, curated entertainment, shifts in living/working space

Adapted from (Dalton-Smith, S. (2018)



Self-Compassion During Stress Responses

Stress Response turned outward	Stress Response turned Inward	Self-Compassion Response
Fight	Self-Criticism	Self-Kindness
Flight	Isolation	Common Humanity
Freeze	Rumination	Mindfulness



Daily Life Pie

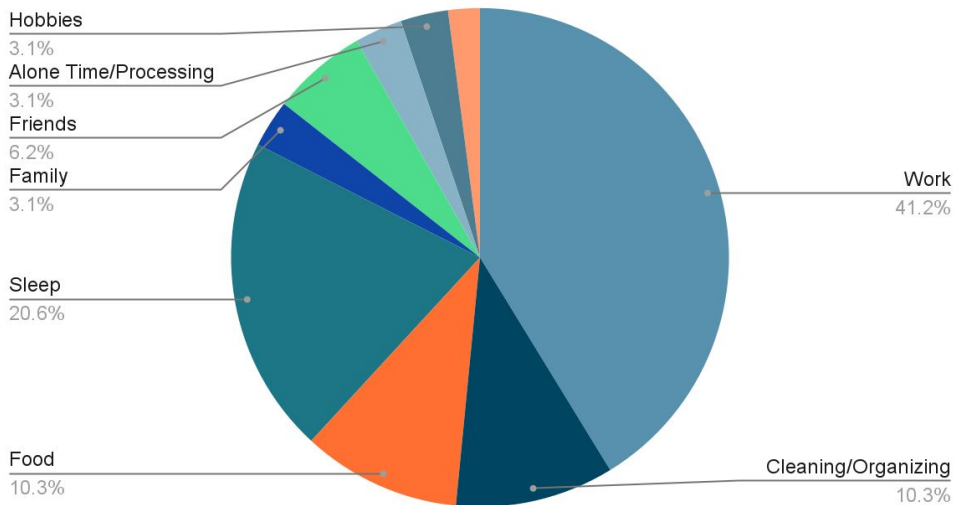


Burnout: 42%

- “How much rest is ‘adequate’? Science says 42%. That’s the percentage of time your brain and body need to spend resting. It’s about ten hours out of every twenty-four”

Daily Life Pie

Points scored



Let's Practice

- Draw a large circle
- List the activities that take up time, energy, emotions, thought, etc. on a typical day.
- Create a pie chart that illustrates your commitments
- Highlight the activities that would represent your "42%"

Daily Life Pie

Let's Practice

Points scored

Hobbies

3.1%

Alone Time/Processing

3.1%

Friends

6.2%

Family

3.1%

Sleep

20.6%

Food

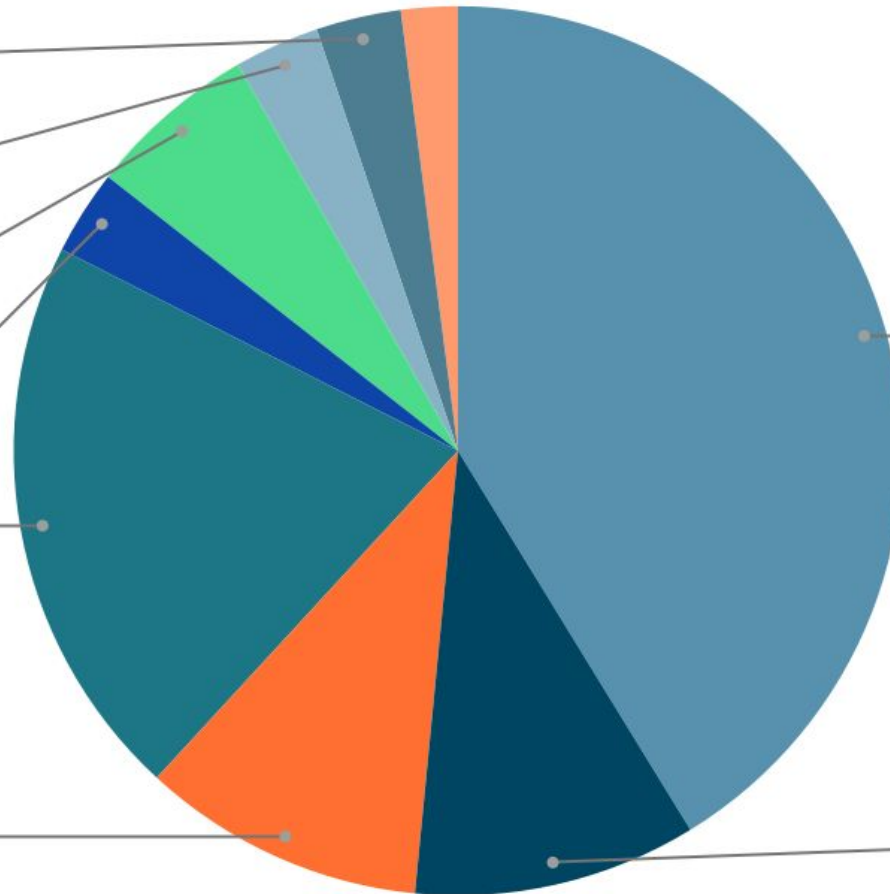
10.3%

Work

41.2%

Cleaning/Organizing

10.3%



Intention Setting

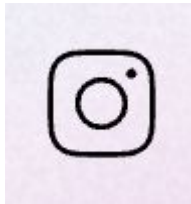
Drop in the chat:

One intention for a type of rest
you want to prioritize and how
you will do so



Thank you & Keep in Touch!

Follow us on social media, sign up for our newsletter, view our impact report, or visit Coalition Member websites all from the link/code below!



bit.ly/cforcslinktree

