Our Goals for Today…

- Understand how stress affects our bodies and behaviours.

- Learn a useful framework for pausing and taking stock.

- Tools including the Window of Tolerance, Low Impact Debriefing, and the Hot Walk & Talk protocol

- Build a toolkit of micro-skills that can be used before, during, and after stressful situations.

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What messages did you receive
about "self-care"?
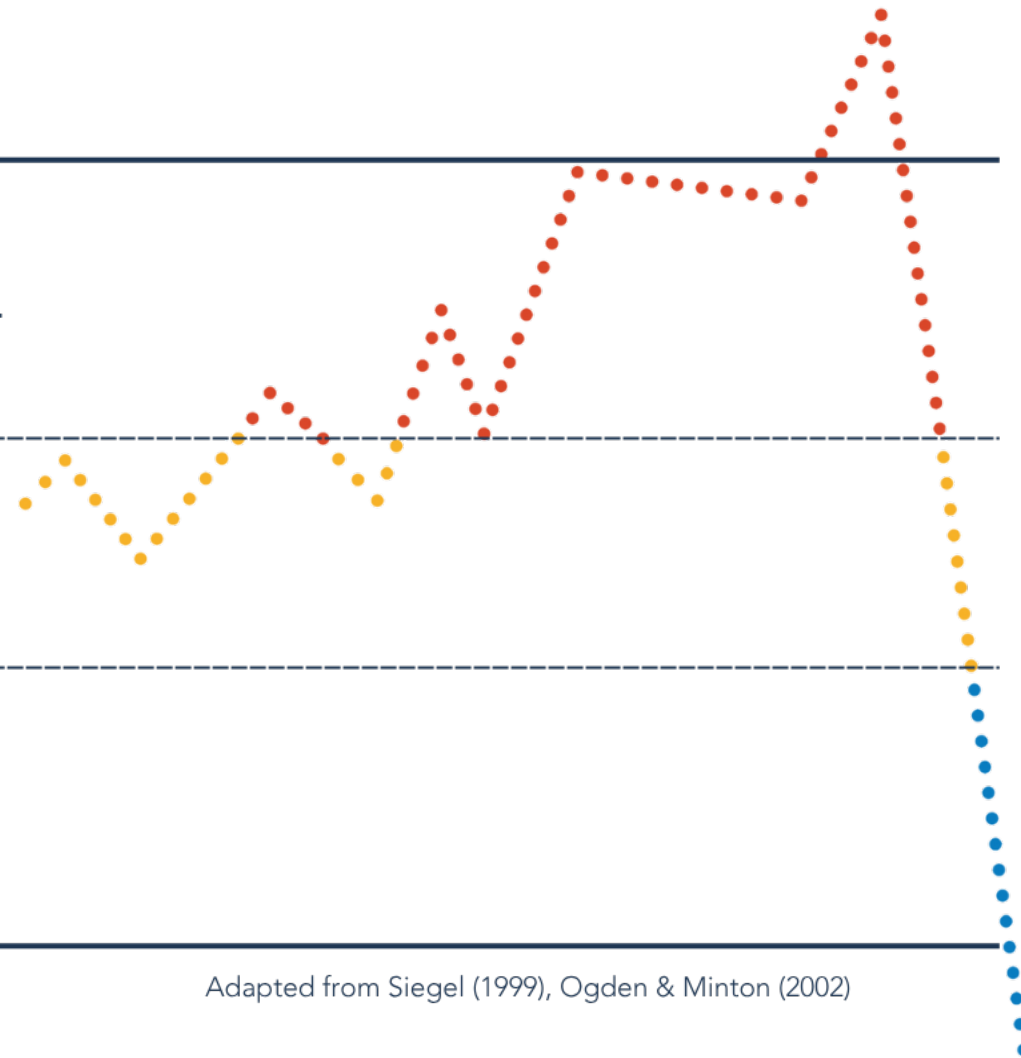
EMOTIONAL AROUSAL

HYPERAROUSAL

OPTIMAL ZONE

HYPOAROUSAL

Adapted from Siegel (1999), Ogden & Minton (2002)

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You receive an email
and notice...

- Racing heartbeat

- Throat constricts

- Tight chest or other physiological change

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We see or hear difficult things, a normal reaction is to want to debrief with someone.

The problem is that we are often **debriefing ourselves all over each other.**

(Mathieu, 2012)

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HOT WALK & TALK

A protocol for supporting others after a difficult, upsetting, or traumatic event

(Fisher, 2012)

"How **much self-care**
do you recommend?"

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Low Impact Debriefing

Adapted from Pearlman & Saakvitne, 1995

1. Self-Awareness

Check in with yourself - how are you feeling? After witnessing a challenging situation, take a moment to reflect on how you feel and what you need.

2. Fair Warning

After you've identified a trusted person to connect with, warn your listener that the content you want to discuss is potentially disturbing or traumatic.

3. Consent

Seek permission before sharing any details. This allows the listener to decline or set boundaries around what they have capacity to hear.

4. Limited Disclosure

Start with the least disturbing details and gradually add more info as needed. You may not need to share the most graphic details to get the benefits of connecting with a trusted person.

Downloadable postcard available on the TEND Toolkit:

Download

https://tendtoolkit.com/lid-postcard/