

Self Care and Building Resiliency



Pinnacle
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Sense In Activity



Part 1 Self Care today

Part 2 Self Care in the
Moment February 12

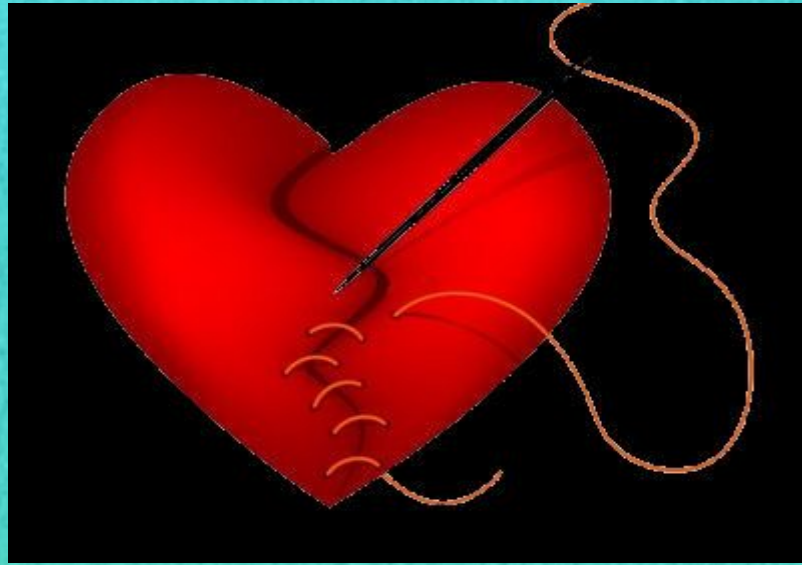
The February teaser:

Self-Care in the
Moment Prep Poll

Trauma is the ongoing reality of life.
Healing is the ongoing work of life.

DeVault Clevenger, Clinical Director, PFS





Trauma is the great
equalizer of life.

...and the effects of COVID-19 will add to stress and trauma globally and for each of us...

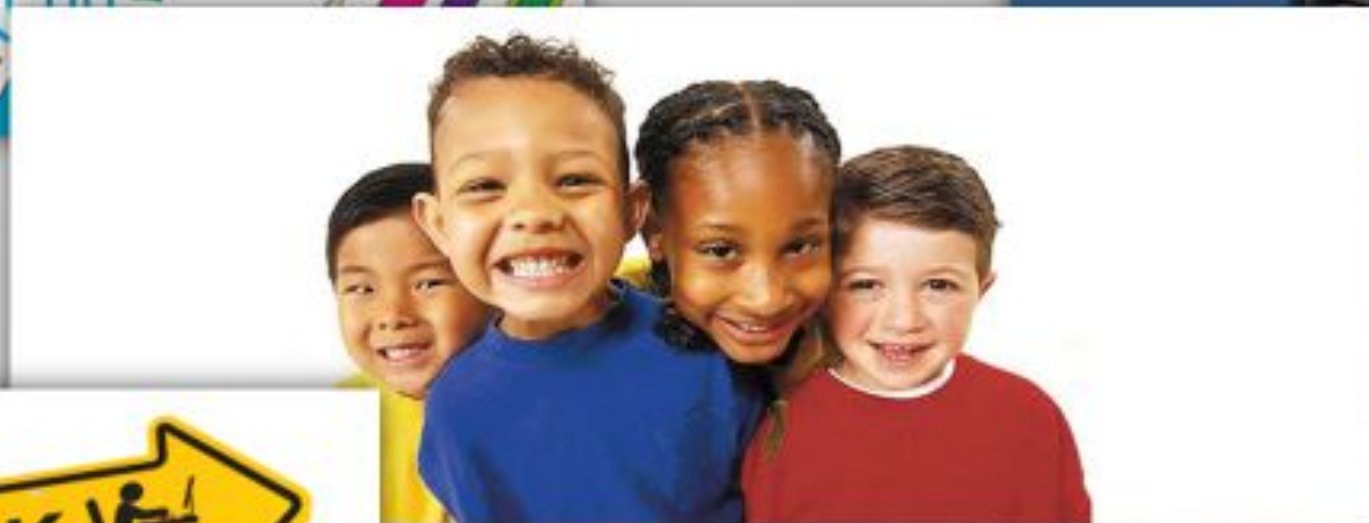


Why trauma
informed care for *me*?

And why is self-care so
important for me?

Superman
—Not!





It is normal to be feeling stress and anxiety during these times...

...and it will be important to how you deal with the stress and anxiety.



I'M WORRIED.

It is normal to feel fearful and anxious during this time.

Talking about your feelings will lessen your distress.

#MentalHealth #COVID19 #coronavirus

 World Health Organization
Western Pacific Region

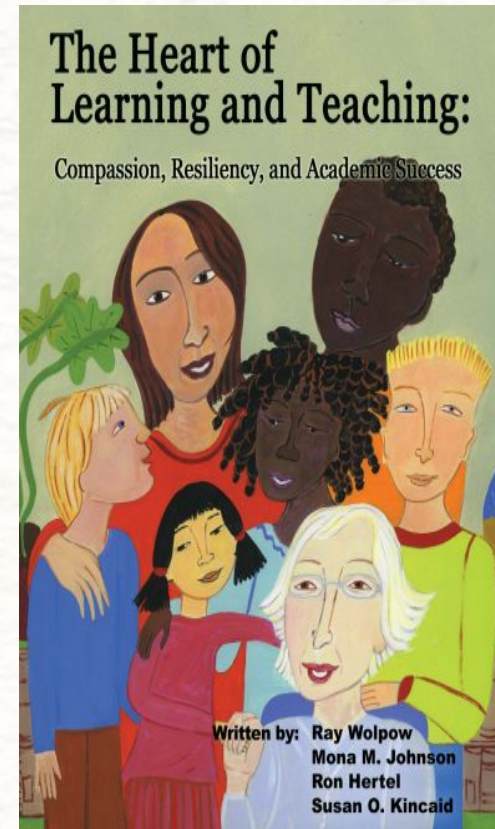
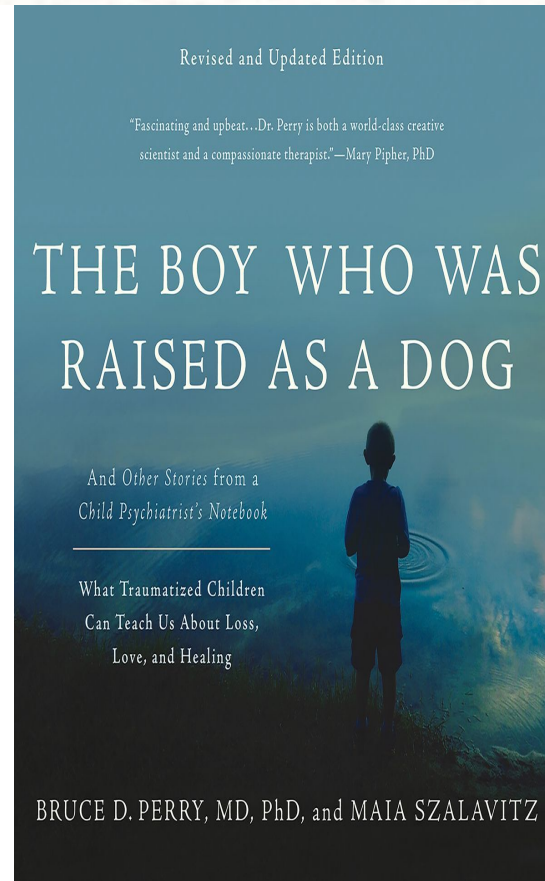
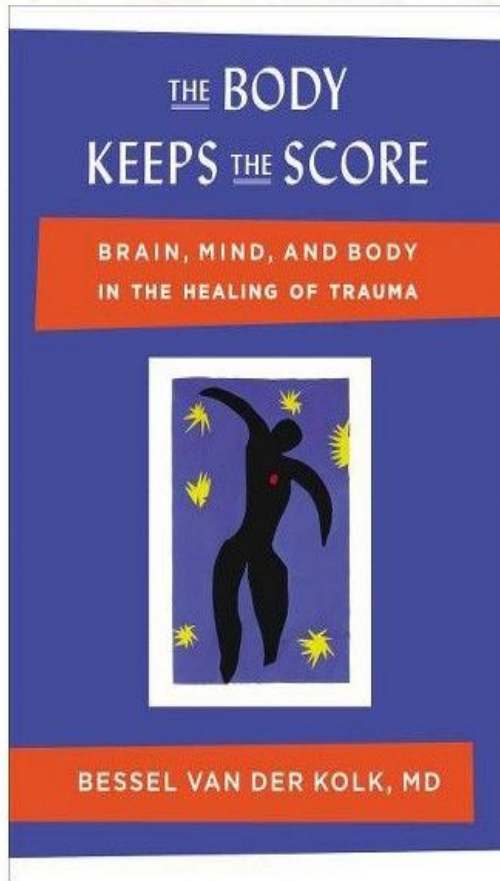
SELF-CARE IS CRITICAL....

Self-care is not about
self-indulgence, it's
about self-preservation.

- Audrey Lorde

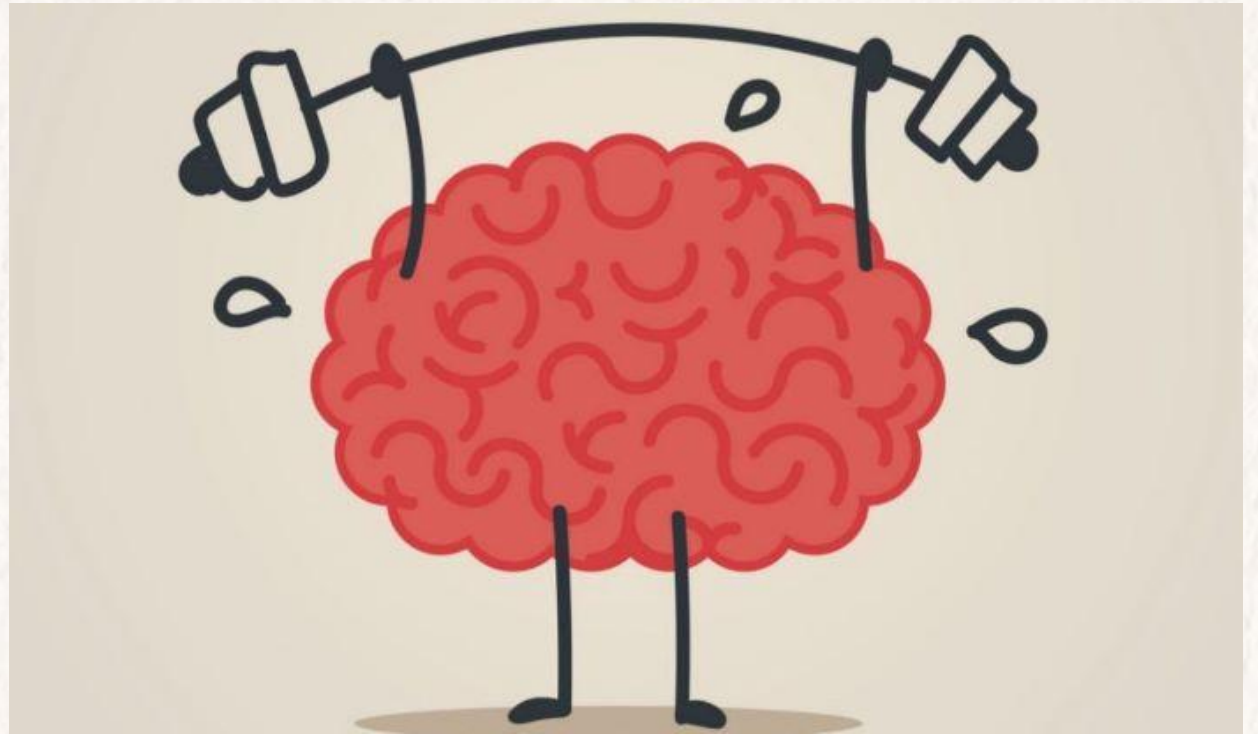
www.facebook.com/twuhealthstudies

Books that have influenced my work...



Tuesday Trauma and Resiliency TIPS

- Week 70 Importance of Physical Activity
- Mailed out across the state
- 5,000+ mailed out each week



https://www.youtube.com/watch?v=JMd1CcGZYwU&fbclid=IwAR2yPmOV2rhxVwr_iVdOIq8URBOi_0SlmfhLqDYtg_ojUHGdTDhxdg8RNO0



How has this
tree survived?

"A tree's beauty lies in
its branches, but its
strength lies in its
roots."

— Matshona
Dhliwayo

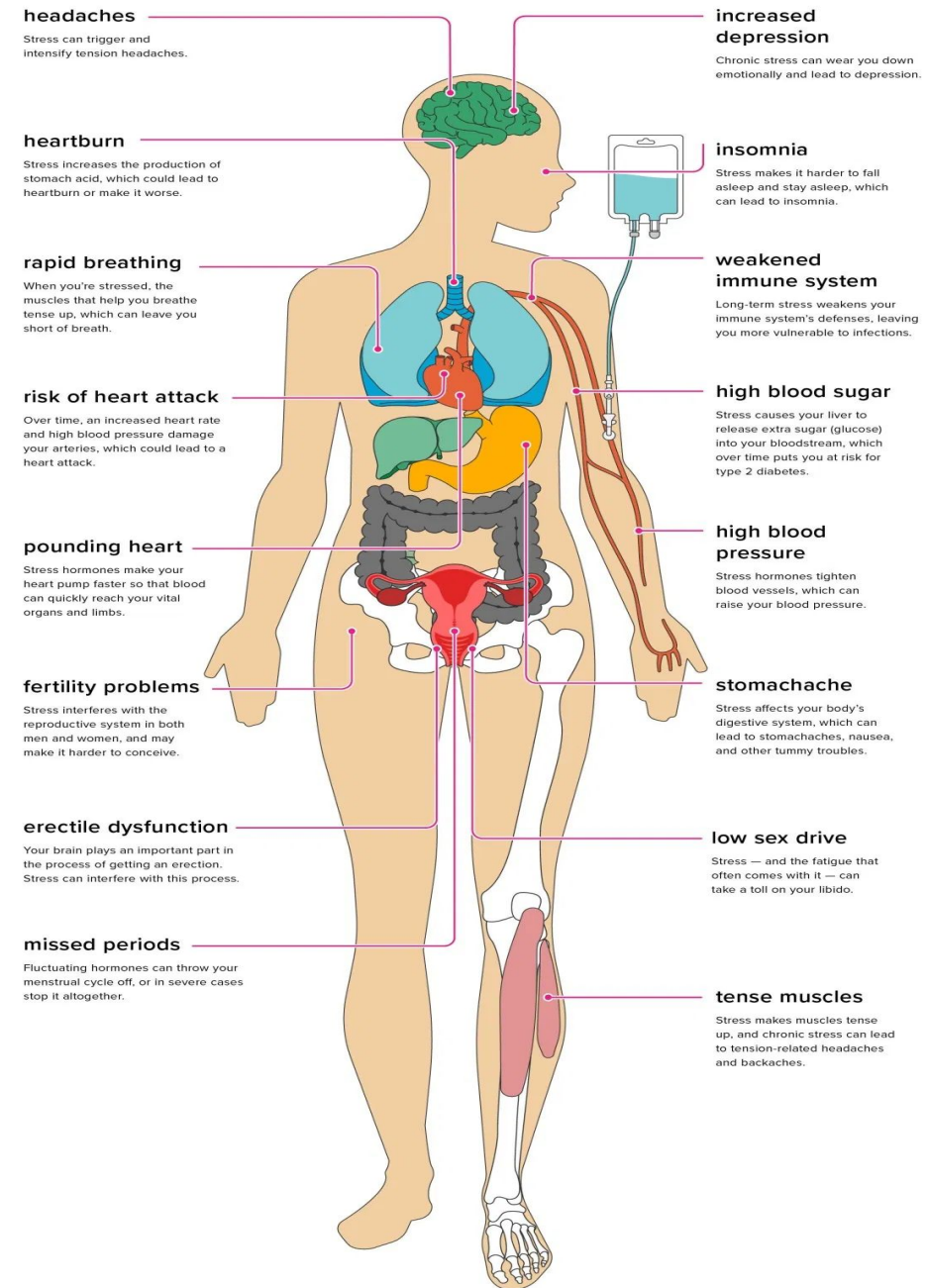




Did You Know

... that positive emotions create physiological benefits in your body?

And did you know
that stress and
anxiety affects both
the brain and your
body?



The Hand Model of the Brain

What happens when we "flip our lid"

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the Upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain

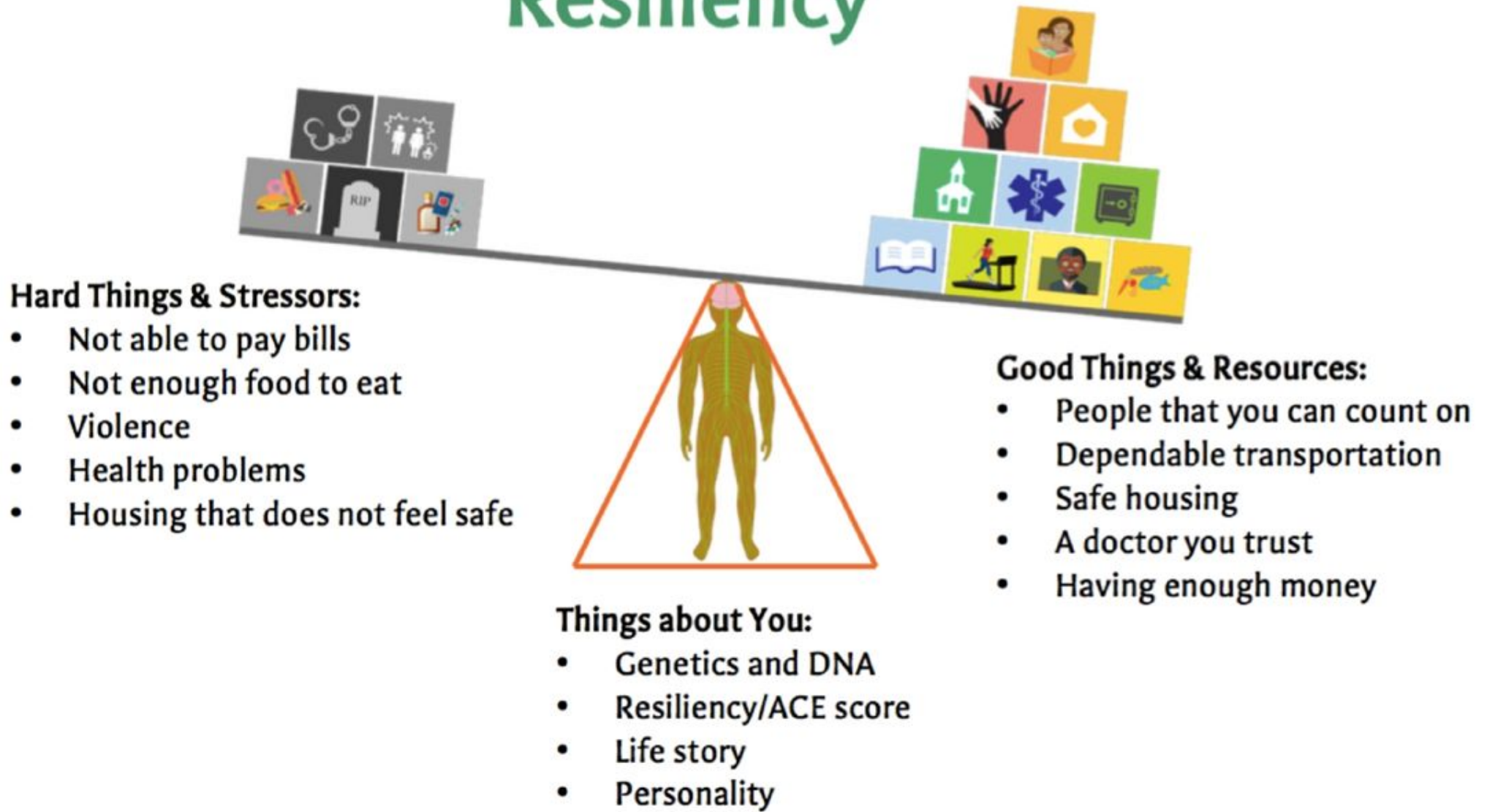




When you flip your lid, what animal are you?

- Bear
- Jaguar
- Puppy Dog
- Spider
- Eagle
- Shark
- Snake
- Owl
- Deer
- Raccoon
- Turtle
- Tiger
- Porcupine
- Puffer Fish
- Whale
- Sloth
- Chameleon

Resiliency



Resiliency is when the scale tips toward the good even when there are stressors and hard things.

The Resilient Zone

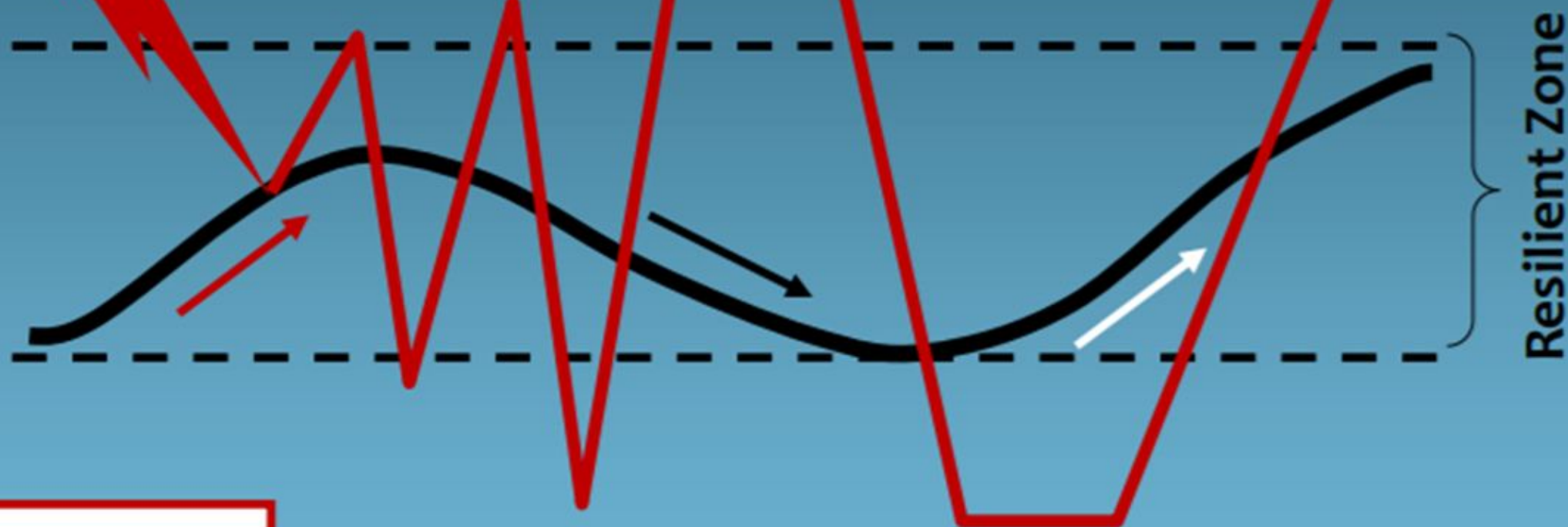
When we are in our Resilient Zone, we have the best capacity for flexibility and adaptability in mind, body, and spirit.



Traumatic or Stressful Event

Stuck on **HIGH**
Hyper-arousal

Hyperactivity
Hyper-vigilance
Mania
Anxiety and Panic
Rage
Pain



Depression

Calm Down Box

What is an item that you would have in your calm down box?



How To Create A CALM DOWN KIT

Creating a box of activities that will help your kids calm down

www.raisingkidswithpurpose.com



Creating your own self care box/basket

What would you place in your
basket?





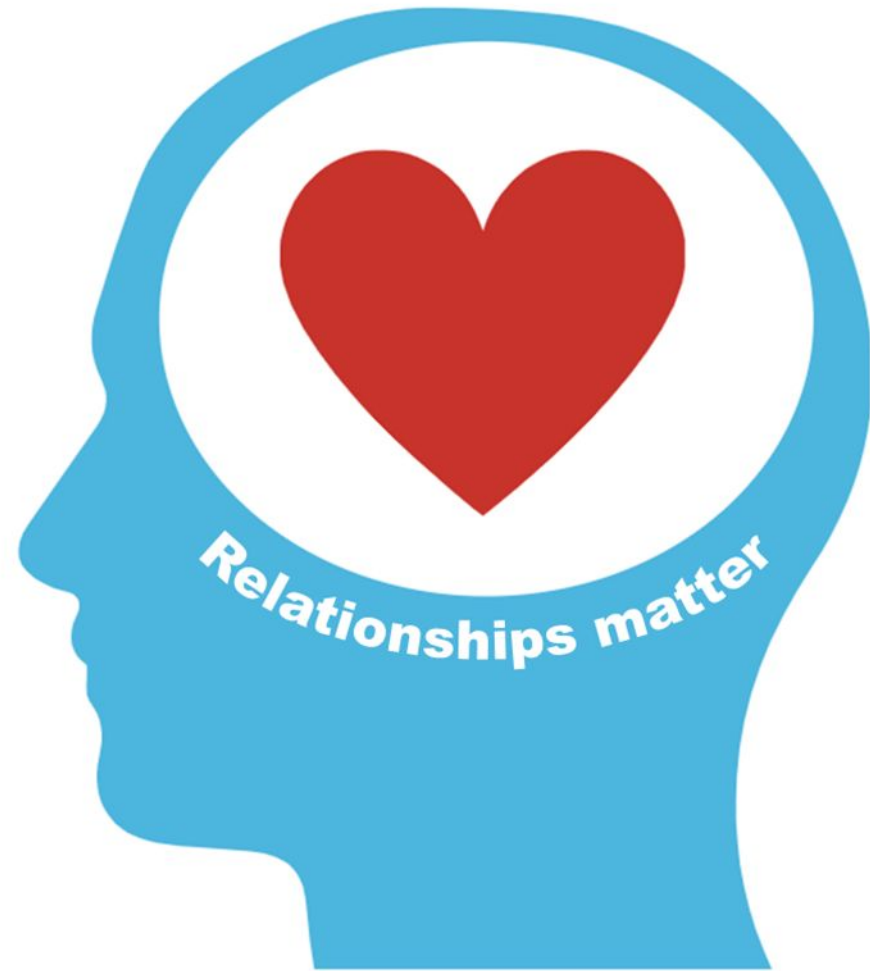
Resiliency Folder

Building your Resiliency Packet starting today...

- 5 4 3 2 1 Activity
- Practicing gratitude
- Understanding the Hand Brain Model and learning to self regulate
- Creating your Self Care Box/Basket
- Scavenger Hunts (coming up)
- Positive Word Jar (or an Anxiety/Worry Jar) (coming up)
- Using your resources (all of them) (coming up)

Relationships
do matter...

They really do!



A scavenger hunt can have self regulating effects for you and your child...



SCAVENGER HUNT

WHAT CAN YOU FIND?

- CHOCOLATE COVERED FRUIT
- A BULK FOOD THAT IS GREEN
- A COUPON FOR \$1 OFF
- SOMETHING PRICED AT \$5.99
- A FOOD LISTED AS ORGANIC
- YOGURT COVERED FRUIT
- 10 RED APPLES
- BIGGEST PIECE OF MEAT
- TODAY'S NEWSPAPER
- A "2 FOR 1" COUPON

@pinnacle_family_services

Find our scavenger hunts on our FB page...

<https://www.facebook.com/PinnacleFamilyServicesOfficial>



SCAVENGER HUNT

FIND SOMETHING...

- | | |
|---|--|
| <input type="radio"/> MADE OF STEEL | <input type="radio"/> THAT FLIES |
| <input type="radio"/> THAT MAKES YOU SMILE | <input type="radio"/> THAT TASTES GOOD |
| <input type="radio"/> WITH A FAMILY | <input type="radio"/> WITH WINGS |
| <input type="radio"/> THAT IS LOUD | <input type="radio"/> WITH BUTTONS |
| <input type="radio"/> WITH YOUR DATE OF BIRTH | <input type="radio"/> FROM YOUR CITY |

@pinnacle_family_services

Making your
own scavenger
hunt for self care

What would be on the
list?



Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- ☐ A TOY WITH WHEELS
- ☐ A BOOK WITH THE FIRST LETTER OF
YOUR NAME IN THE TITLE
- ☐ A PAIR OF MATCHING SOCKS
- ☐ 4 THINGS THAT ARE GREEN
- ☐ SOMETHING VERY SOFT
- ☐ A TOY SMALLER THAN YOUR HAND
- ☐ SOMETHING ROUND
- ☐ A BOOK WITH NUMBERS IN IT
- ☐ 5 LEGOS THAT ARE ALL DIFFERENT
- ☐ A PHOTO OF SOMEONE YOU LOVE
- ☐ AN ITEM YOU CAN SEE YOURSELF IN
- ☐ AN ITEM THAT MAKES YOU FEEL COZY
- ☐ A TOY THAT HAS 3 DIFFERNT COLORS
- ☐ A MOVIE THAT HAS "S" IN THE TITLE
- ☐ YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything
gets put back where it belongs!


Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- ☐ 5 LEAVES THAT LOOK DIFFERENT
- ☐ A STICK THAT IS LONGER THAN YOUR HAND
- ☐ A ROCK WITH SPOTS ON IT
- ☐ A FLOWER
- ☐ A FLAT ROCK
- ☐ 10 BLADES OF GRASS
- ☐ SOMETHING YOU LOVE TO PLAY WITH
- ☐ A PIECE OF TRASH YOU CAN RECYCLE
- ☐ SOMETHING THAT IS BROWN
- ☐ SOMETHING THAT IS HEAVY
- ☐ SOMETHING THAT IS VERY LIGHT
- ☐ SOMETHING THAT NEEDS SUN TO LIVE
- ☐ AN ITEM SMALLER THAN YOUR THUMB
- ☐ SOMETHING THAT STARTS WITH "M"
- ☐ SOMETHING THAT SMELLS GOOD

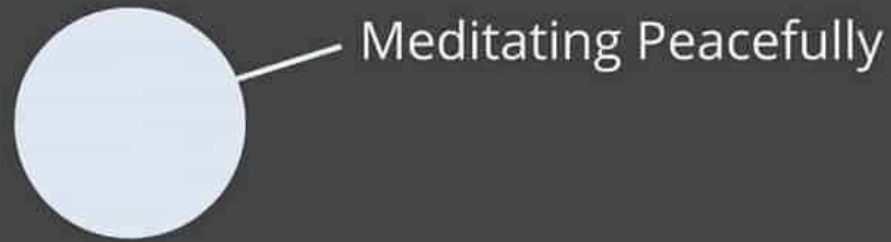
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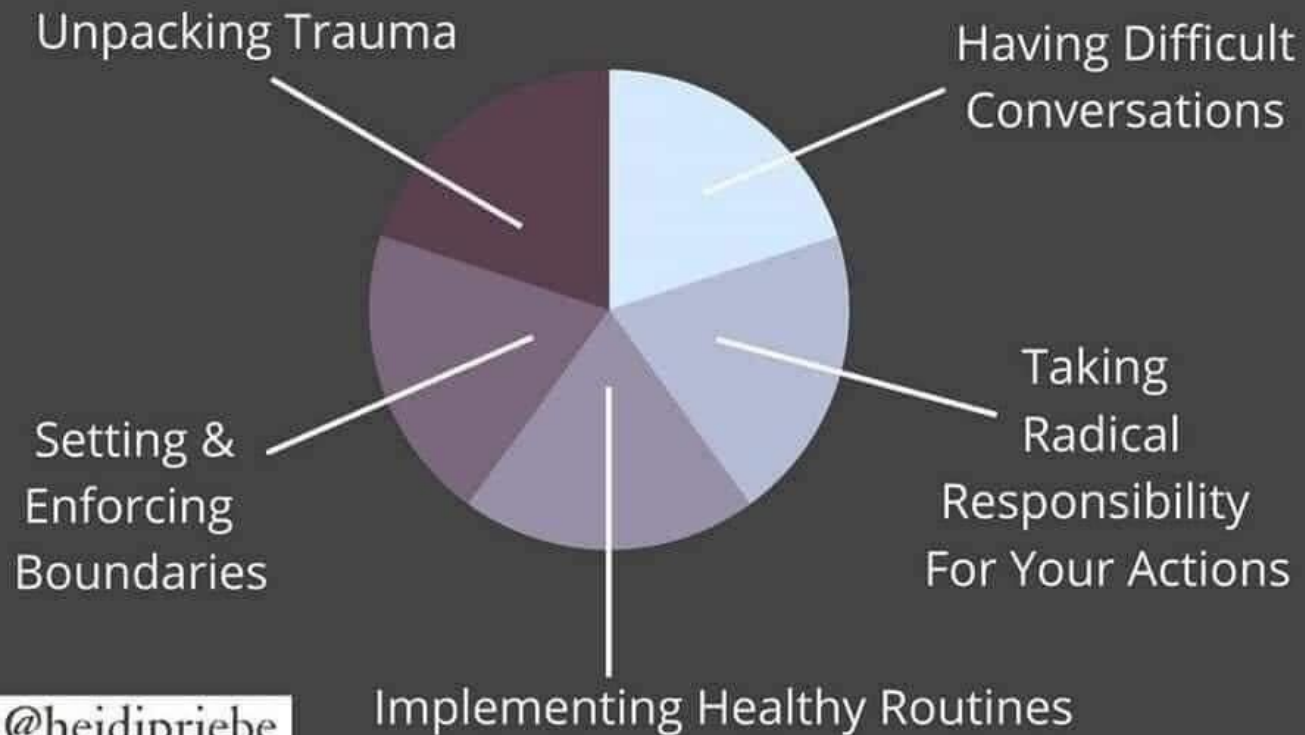


**put a positive word
in this empty jar**

WHAT WE THINK HEALING WILL LOOK LIKE:



WHAT HEALING ACTUALLY LOOKS LIKE:



By @heidipriebe

Acknowledgements and Resources

- ACES TOO HIGH: [HTTP://ACESTOOHIGH.COM/](http://ACESTOOHIGH.COM/)
- THE ADVERSE CHILDHOOD EXPERIENCES STUDY:
[HTTP://ACESTUDY.ORG/HOME](http://ACESTUDY.ORG/HOME)
- CENTERS FOR DISEASE CONTROL AND PREVENTION:
[HTTP://WWW.CDC.GOV/ACE/INDEX.HTM](http://WWW.CDC.GOV/ACE/INDEX.HTM)
- DR. BRUCE PERRY AND THE CHILD TRAUMA ACADEMY:
[HTTP://CHILDTRAUMA.ORG/](http://CHILDTRAUMA.ORG/)
- DR. DANIEL SIEGEL PRESENTS HAND MODEL OF THE BRAIN.
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=DD-LFP1FBFKPROQOL](https://WWW.YOUTUBE.COM/WATCH?V=DD-LFP1FBFKPROQOL)
- NADINE BURKE HARRIS [HTTP://WWW.NADINEBURKEHARRIS.COM/](http://WWW.NADINEBURKEHARRIS.COM/)
- IN The LOOP PODCAST
<https://anchor.fm/jermaine-white69/episodes/S1-Ep-5-The-Importance-of-Self-Care-ecj5mr/a-a1rk9h8>

Resources (continued)

- Removed (YouTube)
- Removed 2 (YouTube)
- Removed 3 (YouTube)
- Josh Shipp (YouTube) (One Caring Adult Away From Being a Success Story)
- Paper Tigers (Amazon Prime)
- Resilience: The Biology of Stress and The Science of Home (Screenings) (KPJR Films)
- The Bad Kids (Netflix)
- The Body Keeps Score (Book: Bessel Van Der Kolk, M.D.)
- The Boy Who Was Raised As a Dog (Book: Perry and Szalvits)
- Mindsight (Book: Daniel J Siegel)
- www.acestoohigh.com
- <https://www.naturalhigh.org/>

Self-Care in the Moment Prep Poll

1. What Song Inspires you – Can't stop this feeling, Justin Timberlake
2. Song Calms You – Songs with Tibetan Singing bowls.
3. Favorite Meal – Soul food – Collards, Turkey, Mash potatoes, broccoli Casserole
4. Comfort Food – Soul Food
5. Happy Place – Beach or Yoga Studio
6. Favorite Color – Teal blue
7. Touch – Soft Blanket
8. Smell Memory – Essential Oil -
9. Smell like – Candles

1. Hobby – Yoga, reading
2. Dance class – Tap, Jazz, Ballet
3. Art – Yes – Middle and High school, Wine and Design
4. Writing Class – Yes Creative Writing
5. Reading – Non-Fiction
6. Favorite Book – Running with Scissors
7. Play – Middle School

Contact me @:

Check Us Out on Social Media!



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