

Self-Care in the Era of COVID-19

Webinar developed and facilitated by
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Author of
The Re-Set Process: Trauma-Informed Behavior Strategies

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1

Webinar Tips

- 1 Close any applications that use bandwidth or resources on your device
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- 3 To minimize the webinar panel, click the orange arrow in the upper left of the panel
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2

The Re-Set Process

Coming Fall 2020

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3

Giveaway


We're giving away 3 FREE copies of
**The Re-Set Process:
 Trauma-Informed
 Behavior Strategies!**

Three attendees will be selected at random and emailed after the webinar. Submit your questions to increase your chances!



4

Every person's experience is unique



Demands


Resources

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5

Our Self-Care Focus is on...
 what calms the neurological system...

- Predictability
- Pause and Engage in a Re-Set Process
- Connectedness
- Good Sleep



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6

Predictability

- Schedules as frameworks
- Flexibility
- Attention to personal cues

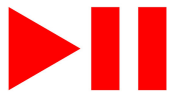
- Comforting rituals and activities



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7

An Effective Pause



- Where you are
- Short time frame
- Brain-friendly

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8


Pause and Re-Set



1. Do a **large, patterned, repetitive movement** (some ideas: 10 lunges, 10 marches in place, 10 wall push-ups, 10 big arm circles, 10 big arm stretches, 10 chair-push-ups)
2. Transition to a **more controlled movement** (some ideas: smaller arm circles, holding a standing yoga position, pull yourself up on your toes and hold it to a count of 10).

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9



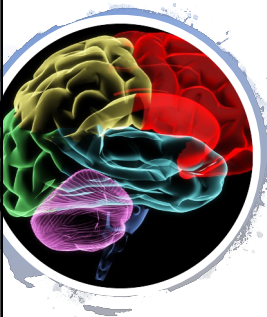
Pause and Re-Set

3. **Tune into one of your senses.** Perhaps pick up an object and see what you notice about it - its weight, its texture, its colors, its smell. Or pay attention to what you are hearing or smelling or seeing for just 20 – 30 seconds.

4. Take a **breath** and then exhale long and slow. Do this 3 times emphasizing the exhale.

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10




Pause and Re-Set

5. Do a **simple mental task** (some ideas: how many different words can you think of for bodies of water, skip count by fours, think of 6 words you know in a different language)

6. **Re-focus** on what you might need to next. Identify the first step and...go!

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11



What about others when you are engaging in a pause?

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12

Connectedness

- Smiles
- Laughter
- Solace
- Service
- Gratitude

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13

Sleep

Quantity

Sleep Requirements - National Sleep Foundation/CDC website for all ages
Adults: 7-9 hours/night

Consistency

Quality

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14

**Interested in more thoughts about self-care in the era of Covid-19 or
want to reach out to me with other trauma-informed questions?**

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15

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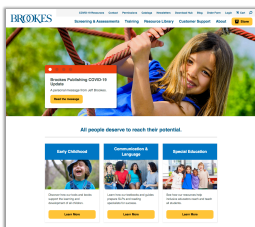


16

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17

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18

COVID-19 Resources

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