

Self-care Through Cultivating Emotional Wellness

January 18th 2024



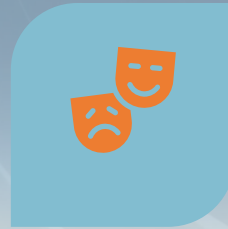
Arriving Activity: Awareness of Breath



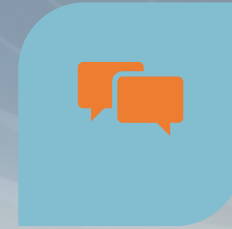
What is Emotional Wellness



SELF AWARENESS



EMOTIONAL
REGULATION



EFFECTIVE
COMMUNICATION



EMPATHY



ADAPTABILITY



POSITIVE
RELATIONSHIPS



communities
that care **PLUS**

Sympathetic Nervous System

Stress Response

Revs you up, preparing you to fight, take flight or freeze

- Heart beats fast
- Breath is fast and shallow
- Pupils of eyes expand (can make you sensitive to light)
- Gut becomes inactive (difficult to digest)
- Blood rushes to your skeletal muscles and away from your brain, making it hard to think clearly
- Hormones rush through your body, making you feel anxious
- Expend your energy

Parasympathetic Nervous System

Relaxation Response

Calms you down, preparing you to rest, think and restore

- Heart beats in slow, rhythmic pattern
- Breath is full and slow
- Pupils of the eyes shrink
- Gut is active (helps you digest and absorb the nutrients from your food)
- Increased blood flow to gut, lungs and brain
- Hormones rush in, lifting your mood and helping you to relax
- Conserves your energy

- **Stress** - physiological & psychological response to a perceived threat/challenge
- **Burnout** - chronic physical & emotional exhaustion often with feelings of cynicism & detachment from work
- **Compassion Fatigue** - emotional & physical exhaustion that can occur when exposed to suffering & trauma of others over time



3 Practical tools to increase emotional wellness

Mindfulness



Gratitude



Body Regulation



What is Mindfulness

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally

- Attention
- Acceptance
- Beginner's Mind
- Non-striving



communities
that care PLUS

Research on Mindfulness

Mindfulness Based Stress
Reduction (MBSR)

Mindfulness Based Cognitive
Therapy (MBCT)

Decrease in:

- Stress
- Anxiety
- Depression
- Chronic Pain
- Physical Health
- Substance Use

Increase in:

- Attention
- Empathy
- Compassion
- Relationships



Mindfulness Practice



What is Gratitude

The appreciation of what is valuable and meaningful to oneself—it is a general state of thankfulness and/or appreciation



4 Elements:

- Recognition
- Appreciation
- Expression
- Awareness



Research on Gratitude

Increases in:

Hope

Forgiveness

Inspiration

Appreciation or Thankfulness

Life Satisfaction

Positive Mood

Prosocial Behavior

Resilience

Decreases in:

Materialism

Burnout

Stress



Gratitude Practice

Journaling
Expressing Thanks
Reflection
Acts of Kindness

Savoring



communities
that care PLUS

Gratitude Practice

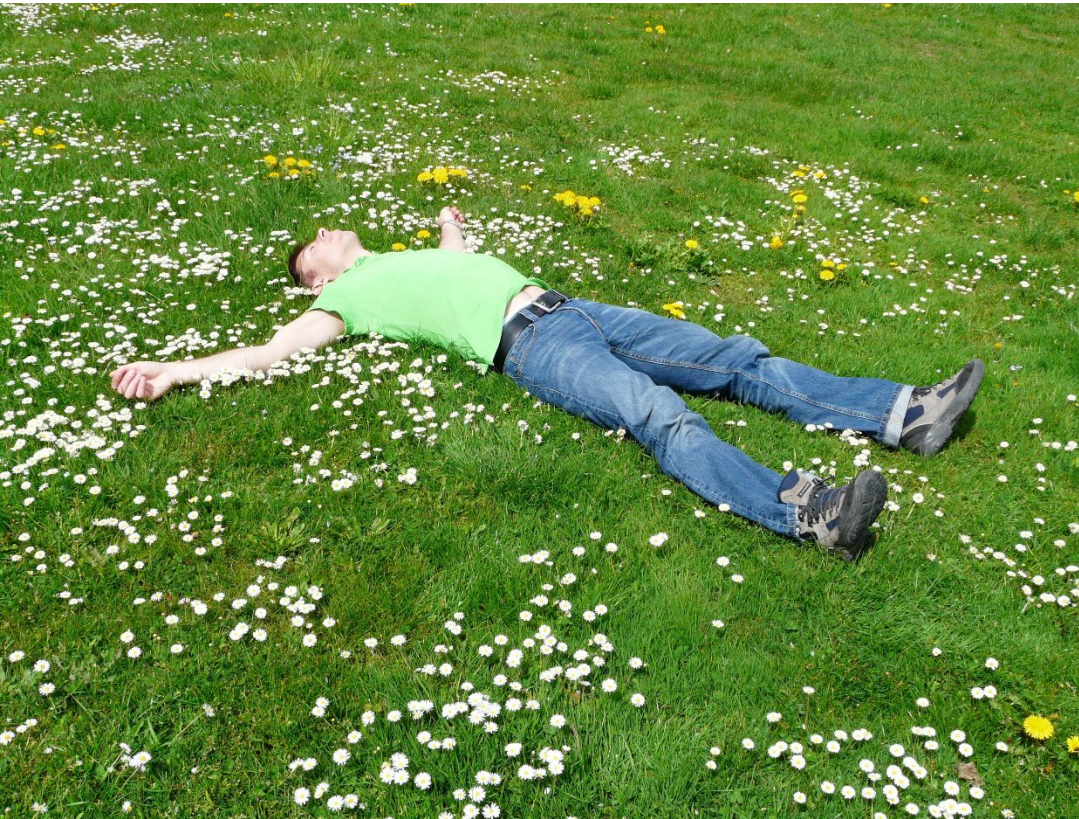
Savoring: Reflect and writing exercise

- Take a few moments to think about enjoyable activities that you can savor during an average day. List those activities
- Choose two enjoyable experiences you could savor daily

Sharing exercise - Breakout Room:

- Your list of activities each day that bring you joy
- What two activities you could select to savor each day

What is Grounding or Body Regulation



Bringing the focus back to our physical experiences and inviting tension release



Research on Grounding or Body Regulation

Decrease:

Stress

Depression

Anxiety

Negative Affect

Increase:

- Relaxation States
- Concentration
- Focus
- Sleep quality
- Physical health



Practice of Grounding or Body Regulation

Body Scan



Resources



- Mindfulness Apps
- Brown University Mindfulness Center
- UC San Diego Center for Mindfulness
- Mindfulness Based Stress Reduction
- Mindfulness Based Cognitive Therapy
- Positive Psychology
- Mindfulness Handouts
- Gratitude Handouts



Next Steps

Activity:

What steps will you take to improve your emotional wellness?

Share with your fellow professionals what you are willing to do and your level of commitment.



communities
that care PLUS

Closing Practice



Contact Info

Jennifer Hogge, MS, LMFT

Community Prevention Strategist
Center for Communities That Care
Social Development Research
Group

University of Washington

jhogge53@uw.edu

www.communitiesthatcare.net

