

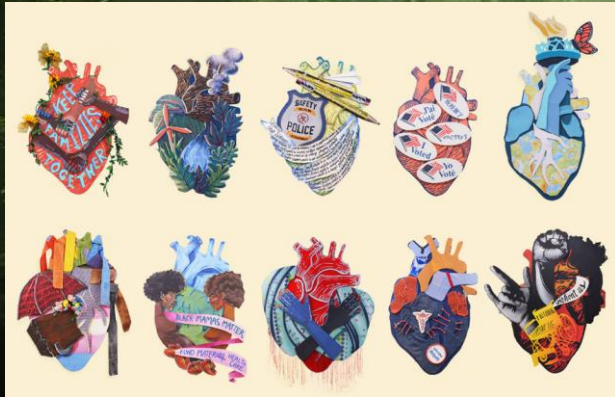


Susan Andrien LMFT

Nurturing the Nurturer

“Decolonizing invites us to reimagine our bodies as our best friend, to observe where and when we disconnect from ourselves, and to navigate new ways of coming home – both to ourselves and to the communities we love to serve.”

— Meenatchi





Understanding the relationship between your wellness and the wellness of those you care for is critical to sustainable caregiving.

You can't give what you don't have.

And it is OK to pause and take
care of yourself! actually it is
more than OK is is necessary!

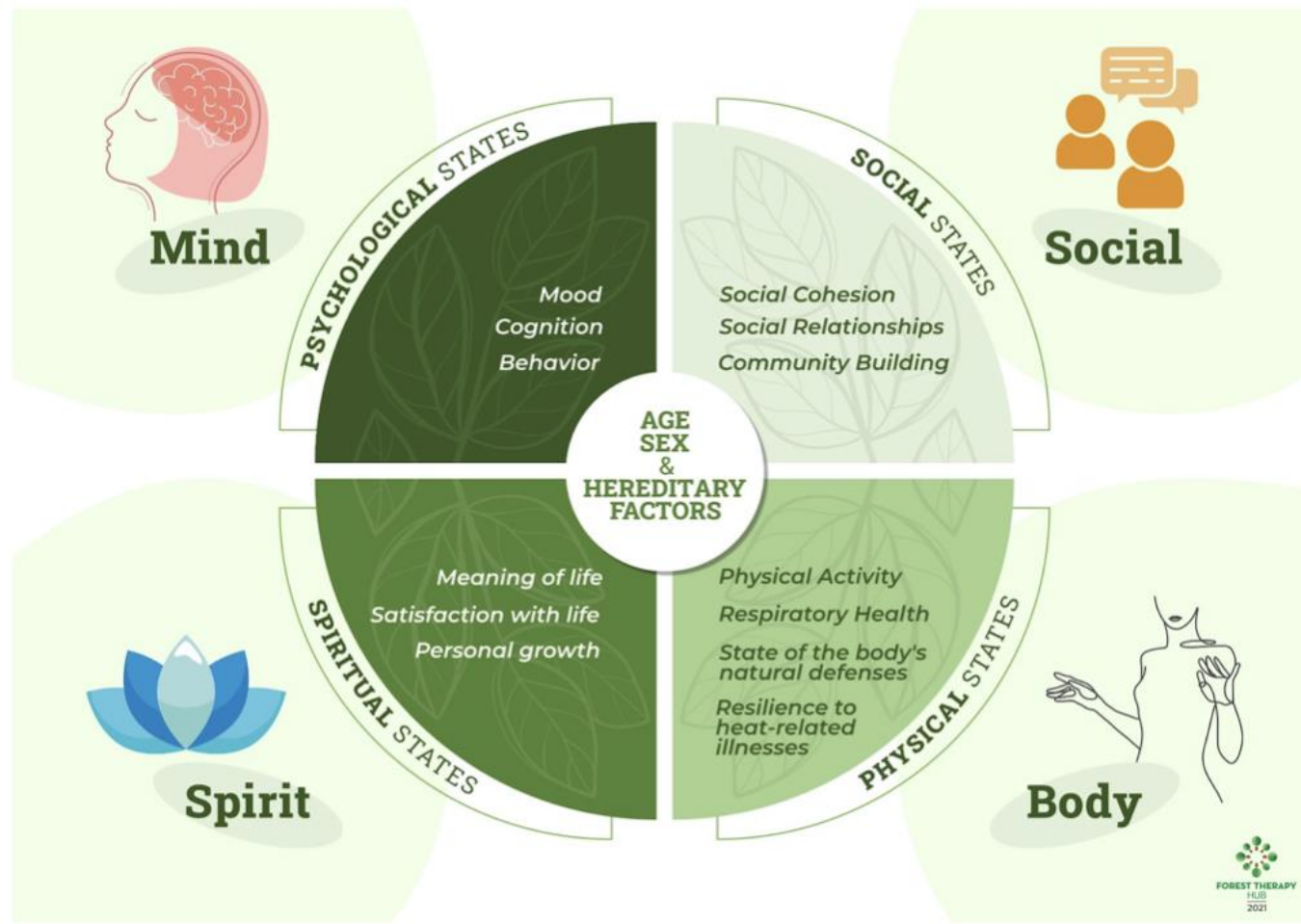
The Importance of
caregiver affect
management How
do you build your
RESERVE?



A photograph of a large tree with prominent, thick, horizontal roots spreading across the ground. The roots are light brown and have a textured, slightly wrinkled appearance. The tree trunk is thick and gnarled, with a small metal tag attached to it. The ground is covered in dry leaves and twigs. The background shows more trees and green foliage.

Grounding











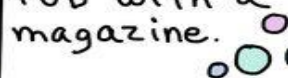





5 states of Health

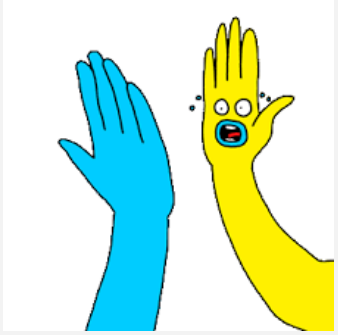


The 5 states of Health require a wellness strategy!

- **Doing things that help you stay well and sustain you as a person!**
- **The things that help you fill your cup and stay connected to who you are as a person, not just as a caregiver!**
- **A practice not an event!**

SELF-CARE IDEAS

<p>Listen to that one song. Repeat.</p> 	<p>Talk to a friend. Or pet. (Wait, those are synonyms.)</p> 	<p>Comfort food.</p> 	<p>Fold laundry. (Repetition + Productivity = calm.)</p> 
<p>Write. Or draw.</p> 	<p>Play like a kid. Silly putty, bubbles, Legos, cartoons, coloring,...</p> 	<p>Make your bed. Fresh sheets!</p> 	<p>Drink cocoa by the fireplace.</p>  <p>Don't forget the marshmallows!</p>
<p>Look up funny memes.</p> 	<p>Compliment someone and watch their face light up.</p> 	<p>Take a shower. Better yet, soak in the tub with a magazine.</p> 	<p>Read a book. Bonus points if it has pictures.</p> 
<p>Make something without caring whether it's "good."</p> 	<p>Have a good cry, but keep it short. Use the expensive tissues.</p> 	<p>Buy yourself a smallish gift, just because.</p> 	<p>Forgive yourself for what you couldn't do today, and resolve to try again tomorrow.</p> 



What are the things on this list or on your own list that help you sustain?

Find 3 people to share and if you feel comfortable five them a high five

A Solid Wellness Plan Includes!

Prevention and Maintenance

Physical, Emotional, Cognitive, Spiritual, Social & Financial

The things we do to stay healthy and show up as the caregiver we aspire to be.

Emotional Self- Management

Physical & Emotional When things get tough

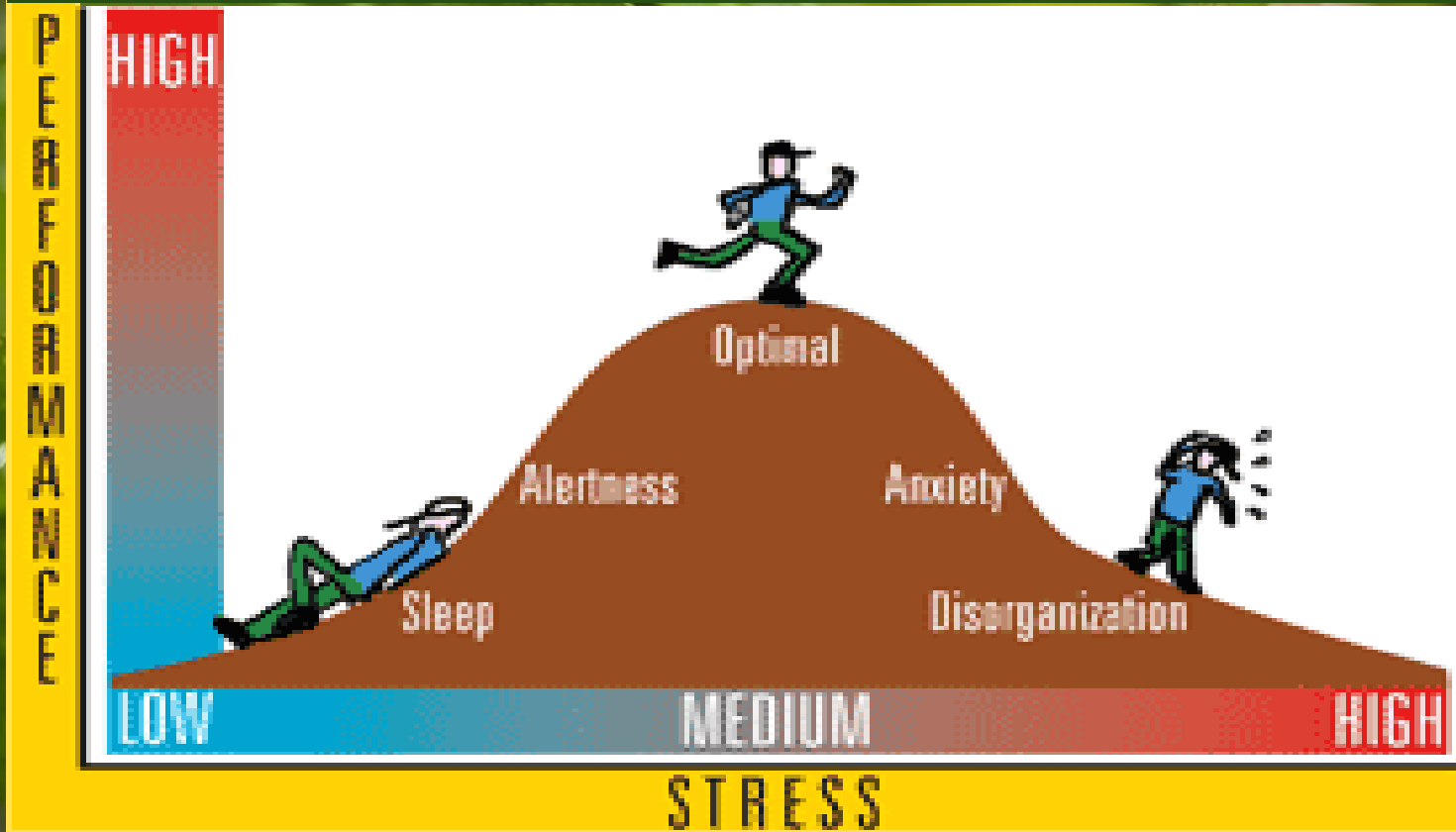
The tools we use in the moment and throughout the day to help us cope with

Recovery and Meaning Making

Reparative & Reflective

Grappling with how challenging experiences fit into our sense of self and our worldview, and how they change us and change our work.

STRESS PERFORMANCE CONTINUUM



Stress

Unpredictable

Severe

Prolonged

Vulnerability

Predictable

Moderate

Controlled

Resilience



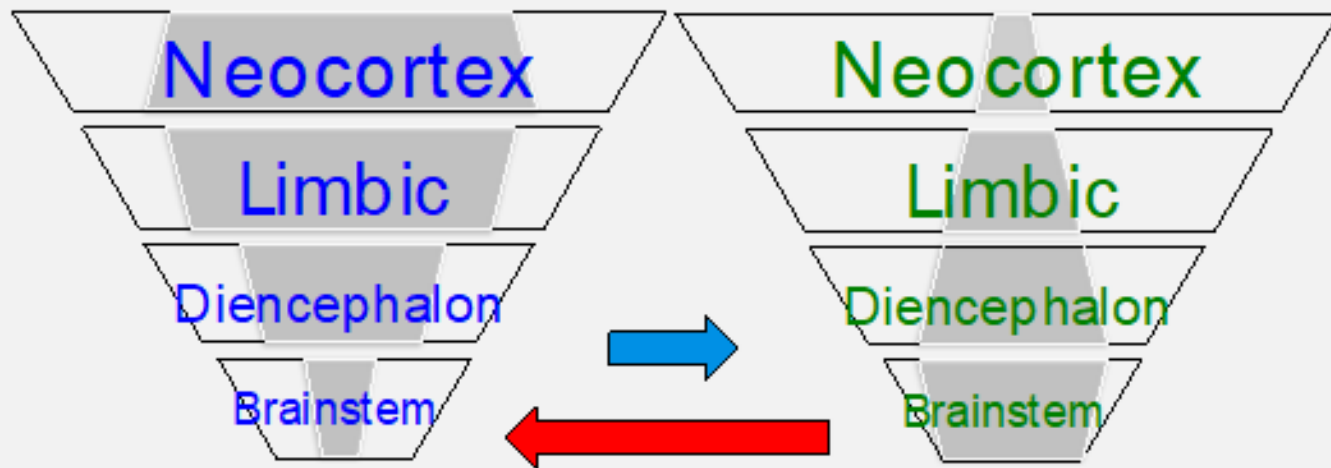
30 Second Wellness Break!

Choose one or more

- **Box Breathing**
- **Stretch**
- **Humming**
- **Singing**
- **Hug yourself or someone else (with consent of course)**
- **Anything that is calling to you in this space**

Relational Contagion

A dysregulated adult can never regulated a dysregulated child



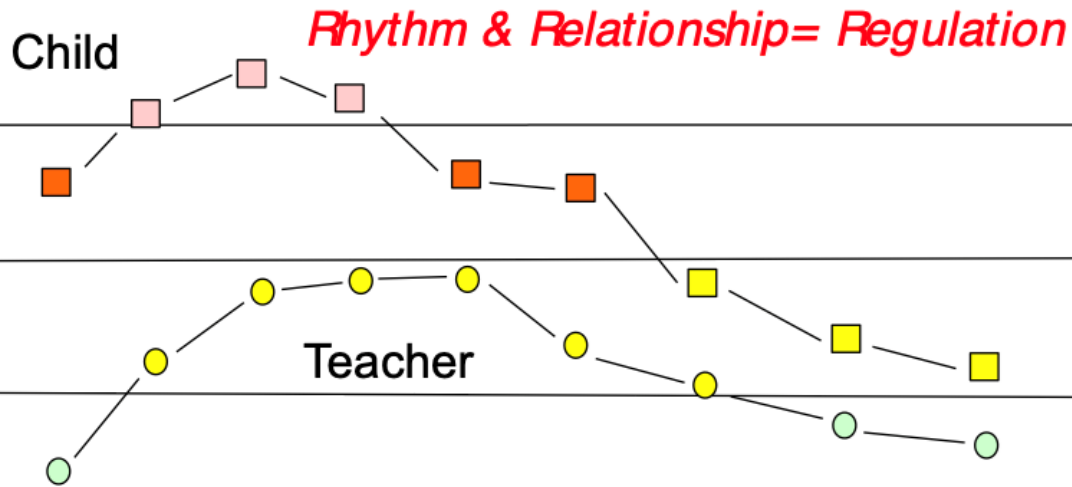
AND

A dysregulated adult will dysregulate a regulated child

Co-regulation

Reactive child and well-regulated teacher

Present, parallel, patient, persistent –
facilitate multisensory, multi-domain, repetitive activity

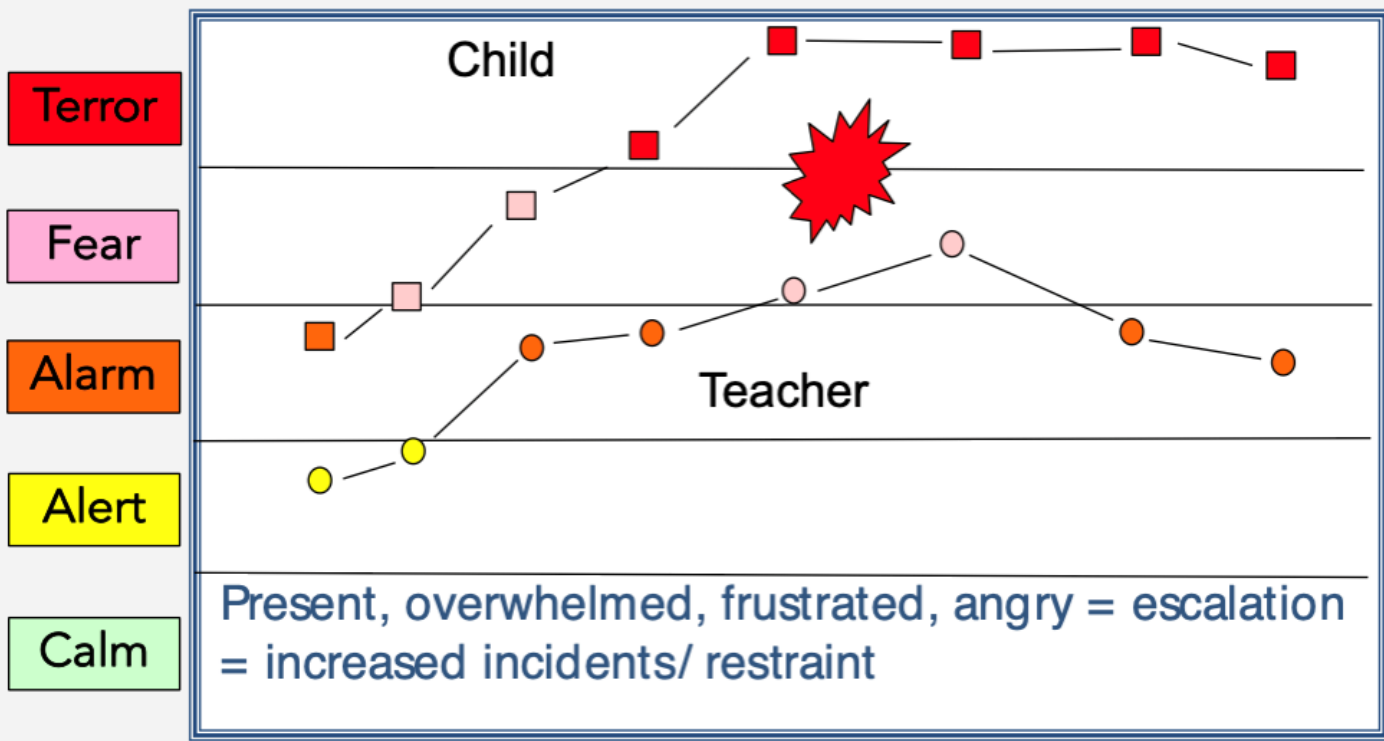


Time



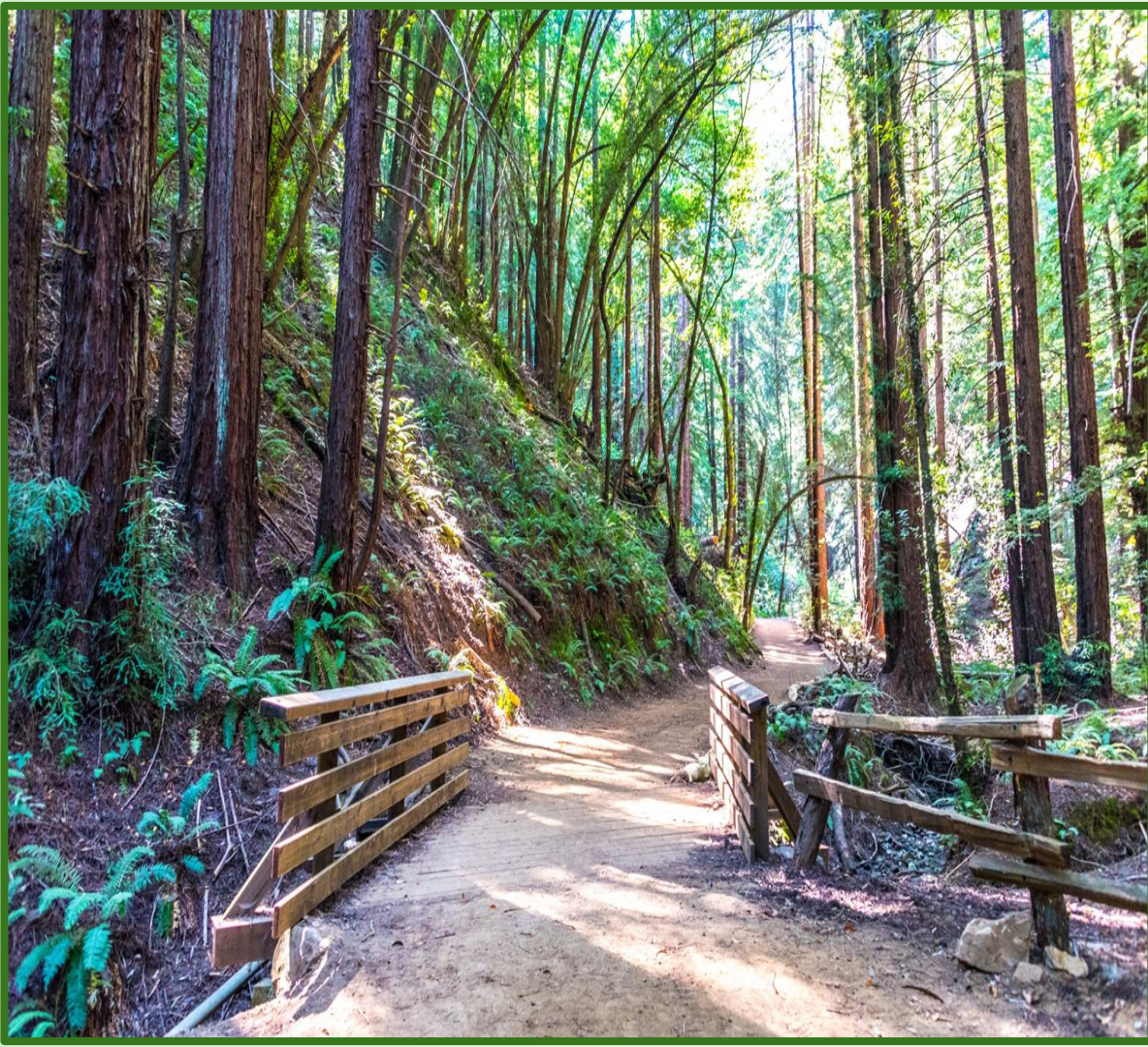
Co-dysregulation

Reactive child and overwhelmed teacher



Time





- **Do you have a Wellbeing Plan?**
- **Do you have a community to support you?**
- **What support do you need?**

Signs that you may need more support!

Physical – Sleep disturbances, change in appetite, increased alcohol consumption, impaired immune system, low energy, fatigue, aches & pains.

Emotional – Anxiety, guilt, irritability, anger, sadness, loss of empathy, emotional shutdown, hopelessness, depression.

Behavioral – Impatience, irritability, routine changes, absentmindedness, accident prone, elevated startle response, moodiness, self-destructive behaviors.

Sharing Collective Wisdom



AH AH
AH AH
AH AH
AH AH