WELLNESS WEBINAR SERIES #1: SELF CARE DURING OUR CURRENT PANDEMICS
WELLNESS WEBINAR SERIES

Wellness Webinar #2: Herd Immunity: Exploring Collective Care
   Wednesday, September 16th, 1:00 – 2:00 PM

Wellness Webinar #3: SBHCs Supporting Staff Wellness and Healing Centered Workshops
   Thursday, October 29th, Noon- 1:00 PM

Thank you to Anthem Blue Cross for supporting this series
For audio, dial (415) 655-0003
Access code 667 697 647

The webinar is being recorded

Supporting materials will be shared
To chat with Participants, please click the chat bubble, the blue one in the image. You can close the Q and A box. This only goes to Panelists.

Please ensure in your chat box you have selected Everyone in the drop-down menu.
Presenter
Hala Khouri, M.A., SEP, E-RYT
Hala Yoga Health and Media

Moderator
Jessica Dyer, LCSW, SEP
Behavioral Health Project Director,
California School-Based Health Alliance
Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools**.

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Secondary Traumatic Stress and Self-Care

Hala Khouri, M.A

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AGENDA

Secondary Traumatic Stress

Self- Regulation

Stress and Trauma Basics

Tools to Release and Manage Stress
Put the Oxygen Mask on Yourself First, Then on Those Who Depend on You.
Impact of Stress on “Helpers”

Secondary Traumatic Stress

Vicarious Trauma

Compassion Fatigue

Burnout

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self-care isn’t selfish
The ability to recover from adversity, to bounce back or be transformed by it.

- Resilience can also refer to an inner knowing that one can handle difficult situations should they arise.
Reflection

- What role did you play in your family of origin?
- What did you learn about survival?
- What did you learn about self care?
When we are self-regulated we feel grounded, centered, and present in the moment.
When one is dysregulated there is a general lack of control over one’s emotional state and/or behavior. It is reactive rather than responsive, impulsive rather than thought out.
Shock Trauma

An event that happened too fast and too soon, and overwhelms our capacity to cope and respond, leaving you feeling helpless, hopeless and out of control.
Developmental Trauma

- Caused by ongoing misattunement between a child and its primary caretaker.

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Systemic/Institutionalized Trauma

- Caused by unequal access to resources based on race, gender, ability, religion, sexual identity, etc. Bias and discrimination

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- Caused by repetitive, prolonged, or cumulative experiences of trauma in which the person has little or no ability to get out of the situation
A Healthy Nervous System
A flexible system allows us to be excited, upset, or deeply touched by something and still stay engaged without withdrawing or becoming violent. An internal sense of safety sets the stage for social connection and self-regulation.
Chronic stress levels that remain outside of our window of tolerance can be toxic to our bodies and brains.
In order to release stress and trauma from our body/mind, we must be able to discharge the energy that was mobilized for fight-or-flight.
Tools for Self-Regulation

- Breath
- Grounding
- Orienting
- Images, smells, objects, mantras
- Anything that supports you!

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Trigger + No Resource = Reactive Behavior

Trigger + Resources to Regulate = Responsive Behavior
Ways to discharge and release stress

- Yoga and meditation
- Journaling
- Dance
- Shake it out
- Singing/ making sounds
- Nature
- Connecting with friends
- Making art and music
Daily self care
(what are your non-negotiables)

- Sleep
- Food
- Water
- Exercise
- Connection with others
- Creativity
- Down time (no input)
- Media hygiene
- what else?
STAY CONNECTED

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