

Dr. Shawna

Love. Wellness. Liberation.



**ACT EMPOWERED: WELLNESS WORK
WITHOUT LOSING YOU**



“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Rachel Naomi Remen, MD,
Kitchen Table Wisdom: Stories that Heal, 1996



WELLNESS
KNOWLEDGE & PRACTICES

The diagram features a balance scale with a horizontal beam supported by a central fulcrum. On the left side of the beam is a large teal circle containing the text 'WELLNESS KNOWLEDGE & PRACTICES'. On the right side of the beam are three stacked white spheres labeled 'Stressor', 'Challenge', and 'Vulnerability' from top to bottom. The scale is perfectly balanced.

Stressor

Challenge

Vulnerability



My life purpose is to support and serve others.



My life purpose is to live well – a healthy, happy, fulfilling life of meaning that [also] positively impacts the lives of others.



- *Cultivating my own wellness is the minimum required to effectively engage in wellness work for others.*
- *Embracing all dimensions of wellness enables me to be effective as a catalyst for healing and wellness.*
- *My wellness serves as a living guide for others and informs the work I do for others, organizations, and communities.*



- *How am I defining wellness?*
- *How well am I in each of the dimensions of wellness?*
- *Do I realize how pivotal it is for me to truly live well?*
- *What does living well look and feel like for me?*
- *What skills and practices support my wellness?*
- *Which skills and practices do I need to activate or strengthen?*
- *What additional supports would be ideal for me now?*

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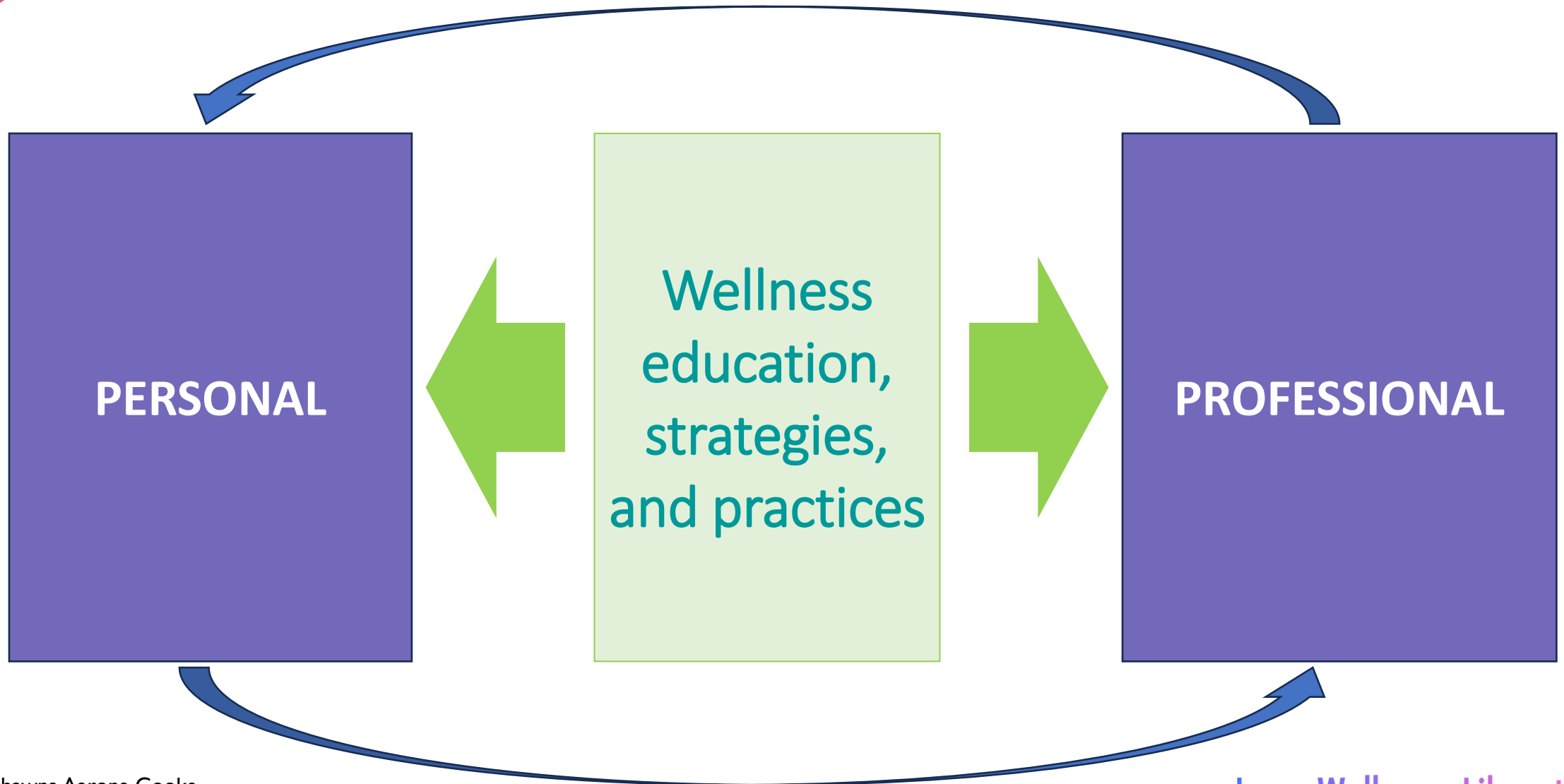
Let's Check-In



- *Are you naturally kind and caring to you?*
- *Are you attentive to your needs?*
- *Are you empathetic and consider your experiences, emotions and point of view?*
- *Are you a good listener to you?*
- *Are you well supported by friends and family?*

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What is Wellness?

“The active pursuit of activities, choices, and lifestyles that lead to a state of holistic health.”

(The Global Wellness Institute)



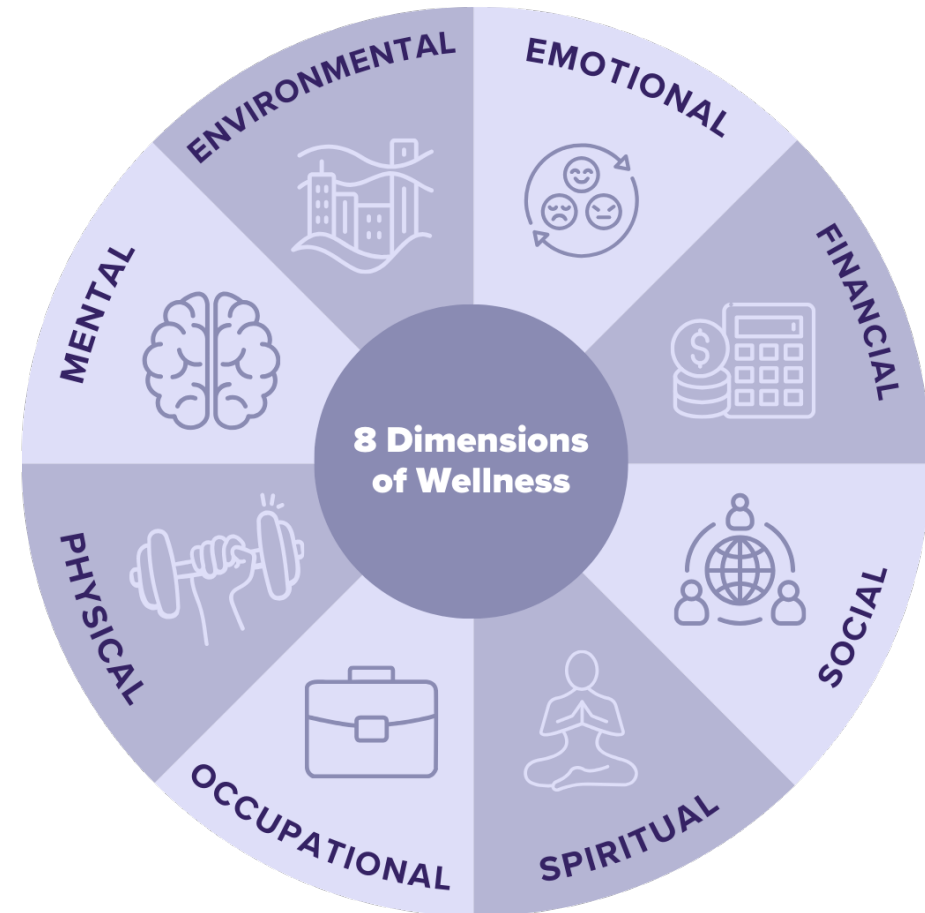
Wellness is...

- Caring for mind, body, and soul.
- Inner knowing and connection.
- Alignment and harmony.
- Full expression of my emotions.
- Living on purpose with meaning.
- Joy, fun, and creativity.
- Awareness of self, others, and nature.
- Peace within regardless of circumstances.
- Safety in body and environment.
- Consistent quality rest.
- Ability to meet daily needs.
- Supportive meaningful relationships.

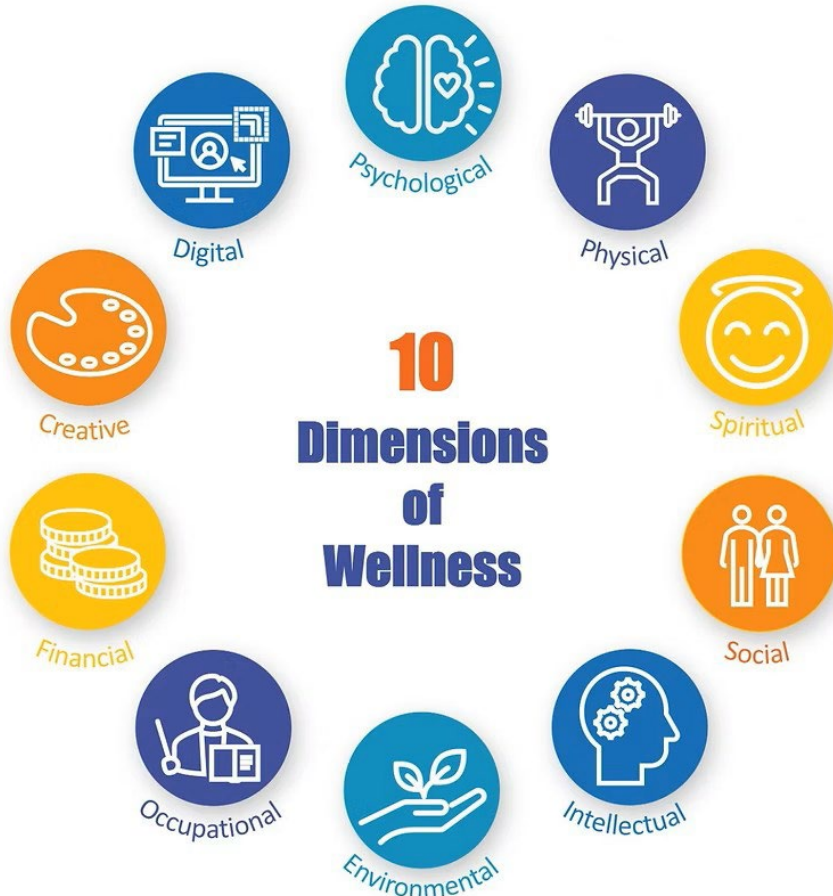
The Global Wellness Institute



**Substance Abuse and Mental Health
Services Administration (SAMHSA)**



Total Wellness Initiative Singapore

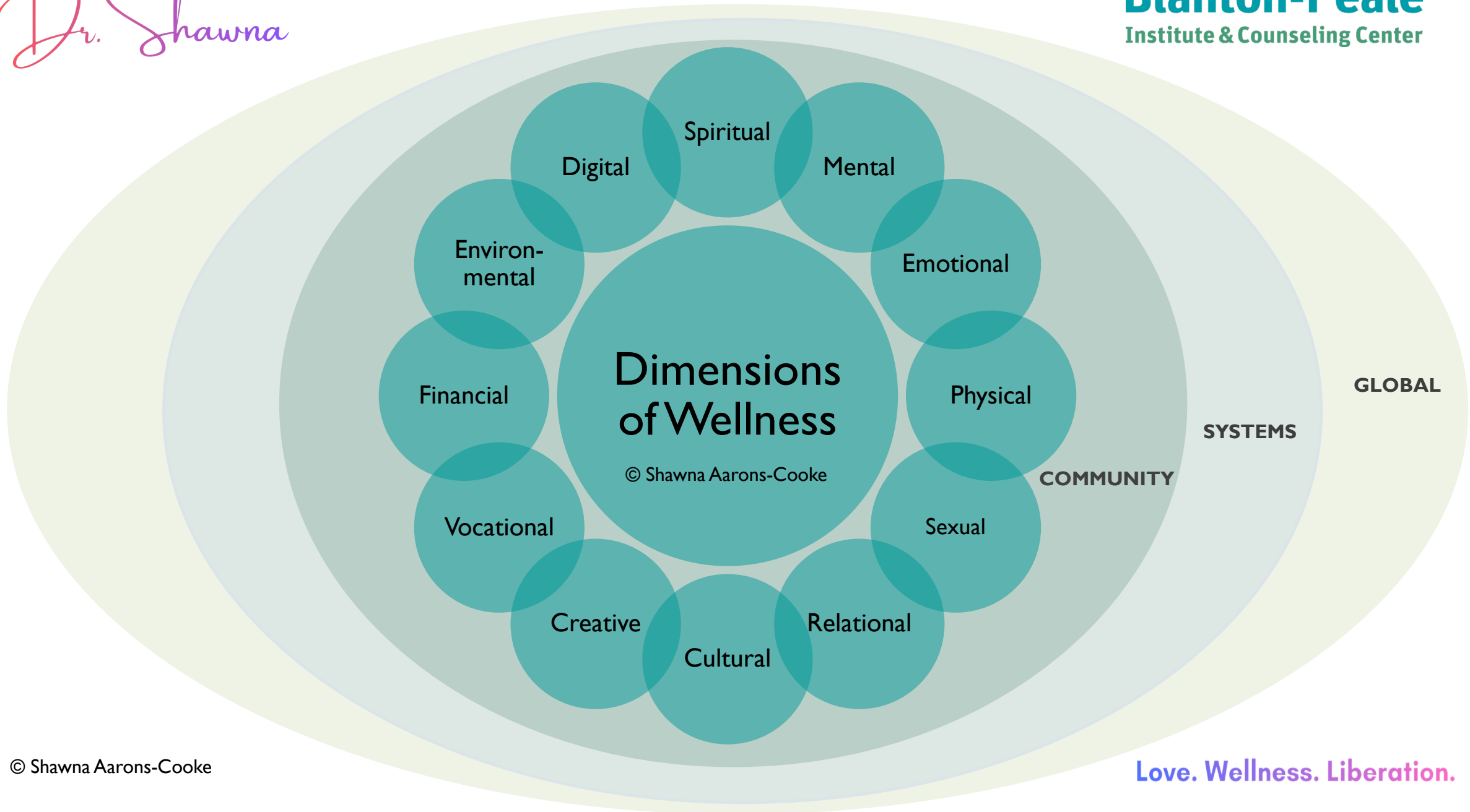


LSU Wellness Wheel



Additions:

- Creative
- Cultural
- Sexual
- Digital



STRESS

“A state of **mental** or **emotional** strain or tension resulting from adverse or very demanding circumstances.”

(Oxford Dictionary)

“A state of **worry** or **mental tension**; A natural human response that prompts us to address challenges and threats in our lives.”

(World Health Organization)

“A **physical, chemical, or emotional** factor that causes **bodily** or **mental** tension and may be a factor in disease causation.”

(Merriam-Webster Dictionary)

THE HUMAN STRESS CONTINUUM



Positive Stress

- Short lived
- Normal
- Promotes growth, change, & goals
- Needed for healthy development



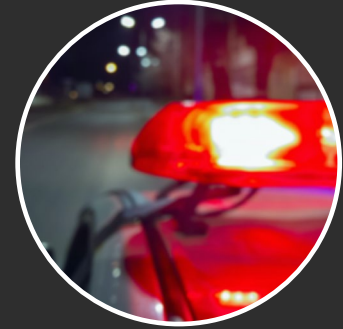
Tolerable Stress

- Has beginning and end
- Universal
- Impact reduced by sufficient social supports (when available)



Chronic/Toxic Stress

- Prolonged, intense activation of stress-response system
- Adverse Experiences in Childhood & Adulthood
- Community and environmental impact



Traumatic Stress

- Results from an overwhelming event
- Impacts multiple domains of living
- Complicated by pre-existing vulnerabilities
- Post-event activities may provide buffer

+Racial Trauma

+Historical Trauma

+Intergenerational Trauma

+Complex Trauma

FIGHT-FLIGHT-FREEZE-FAWN: HOW IT SHOWS UP...



- Irritability
- Loss of Temper
- Defensiveness



- Avoidance
- Anxiety
- Fear



- Numbing
- Detachment
- Giving Up Easily
- Inability to Make Decisions



- Pays compliments
- Avoids Conflict
- Difficulty saying "no"



SHORT-TERM

Physical Changes occur throughout the body quickly without thought

Inability to access Thinking – “Upstairs Brain”

Emotionally Reactive or Shut Down

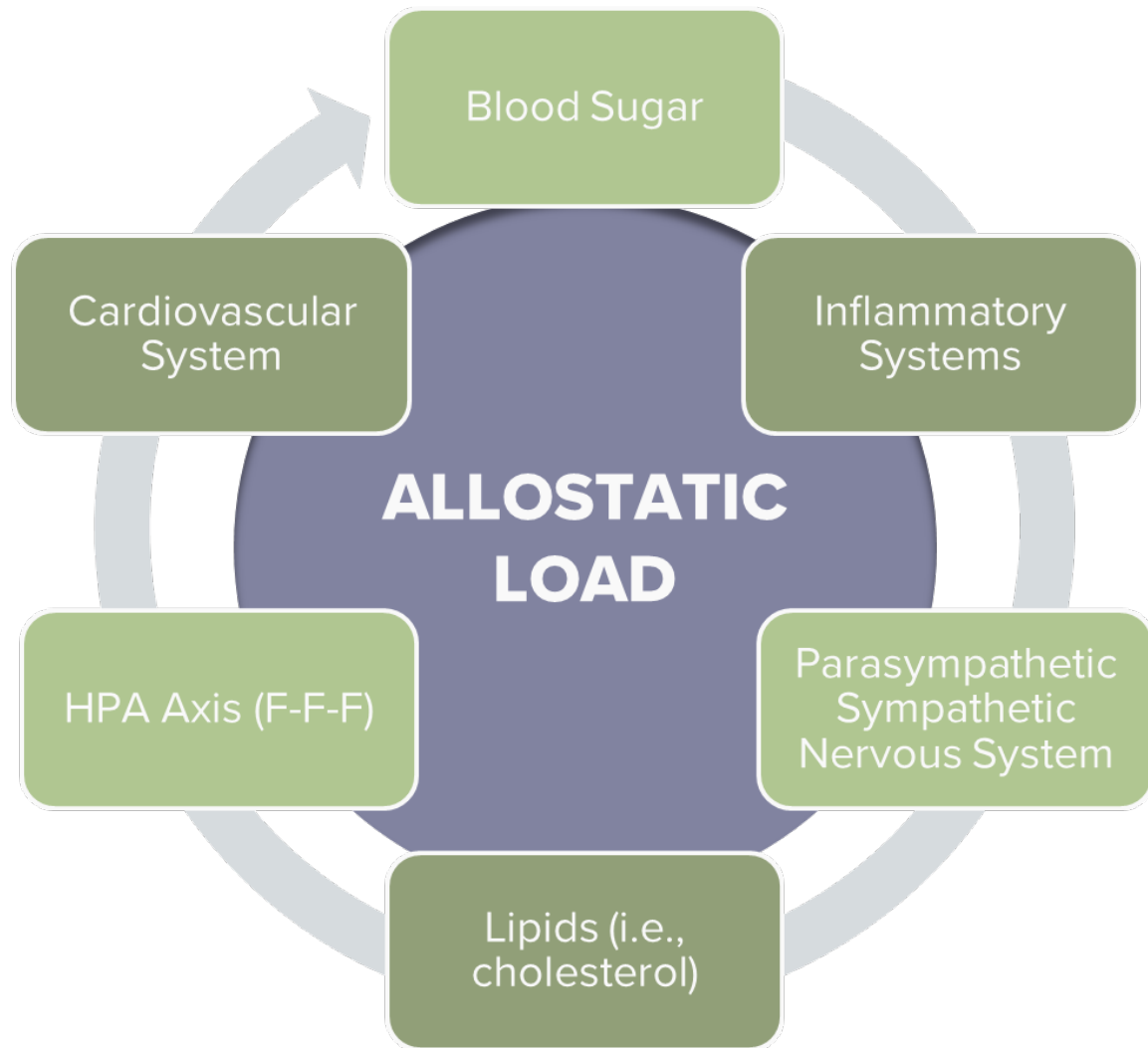
May misperceive others’ intentions

STRESS ACCUMULATION

ALLOSTATIC LOAD...

is the wear and tear in the body that accumulates as an individual is exposed to repeated or chronic stress

- As we experience doses of **chronic/toxic stress** and **acute trauma**, we are adding weight to this load.
- Without intervention and support, over time this stress burden takes a toll on our physical and mental health and our overall well-being.



HPA Axis = Hypothalamic-Pituitary-Adrenal Stress Response



LONG-TERM

Areas of Brain Adapt

Genetic Expression Affected

Immune System is Compromised

Possible Extended State of
Over/Under Arousal

Body Adapted for Survival

Trauma-informed healing and wellness practices are...

1. Ways to become (**and remain**) calm and focused.
2. Ways to be fully alive in the present moment **and in our bodies**.
3. Ways to **be present and engaged** with the people around us.
4. Ways that foster **self-confidence** and the capacity for **playfulness** and **creativity**.
5. Ways that increase **self-awareness and interoception** (looking inside ourselves).
6. Ways to **acknowledge, nurture, and release** how we've been harmed and stressed.
7. Ways to **proactively prevent and/or reduce** stress and trauma.























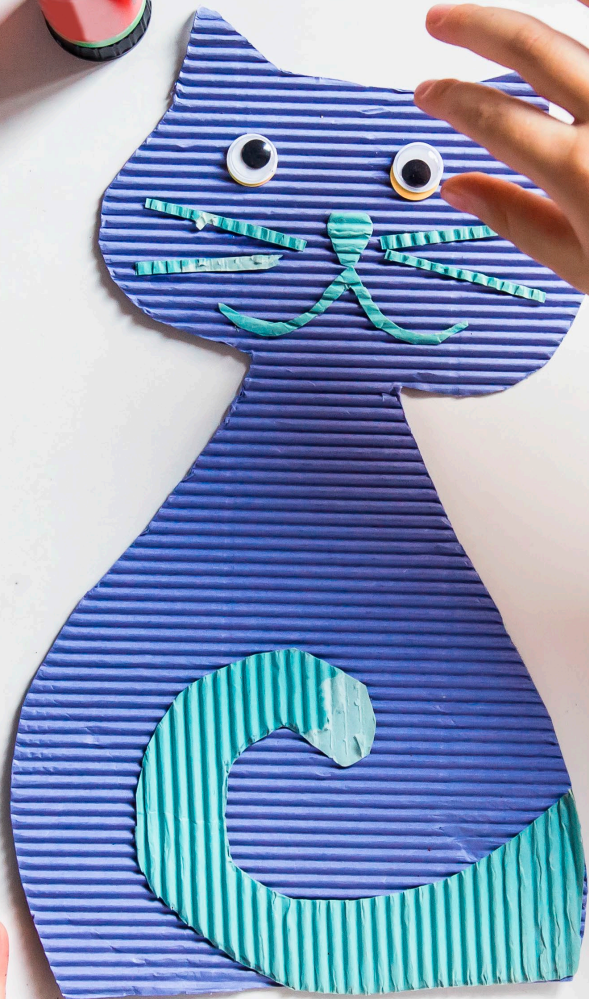






























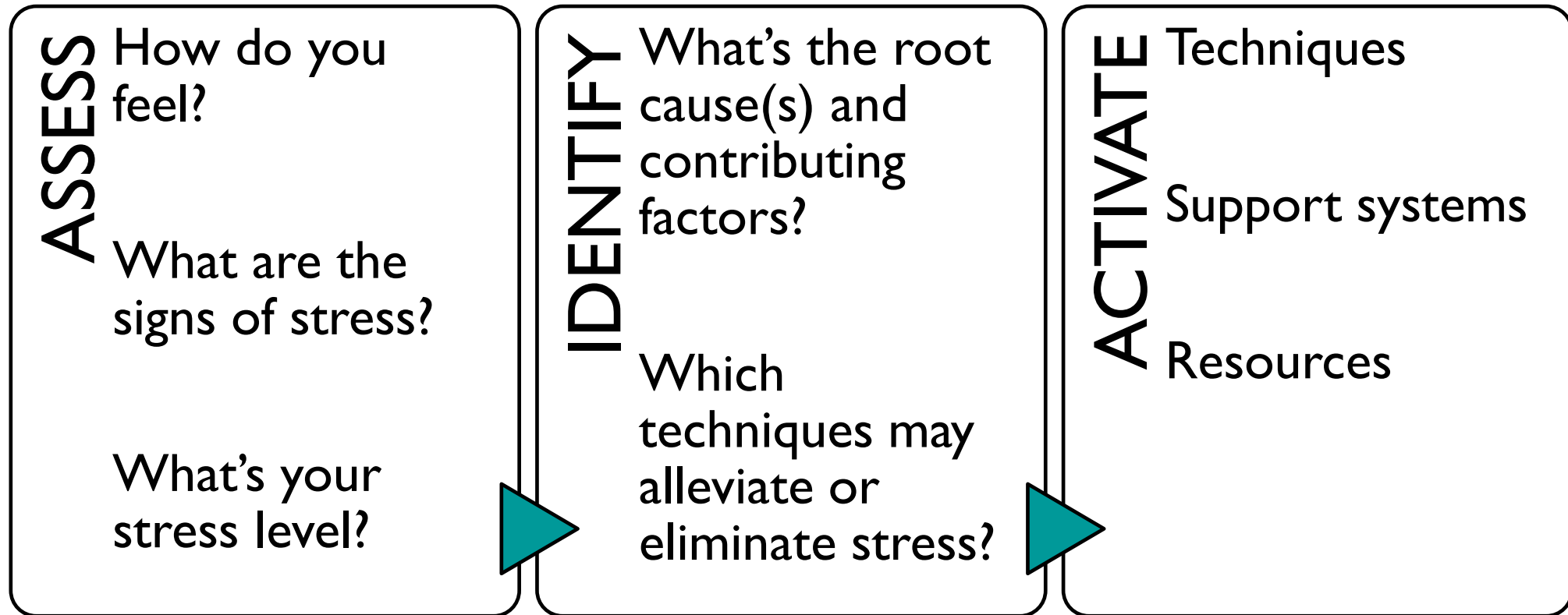




TECHNIQUES

- Take a walk/run or exercise
- Listen to music; sing, hum, or drum
- Read a book; watch a video
- Mindfulness & Deep breathing
- Meditate/Pray
- Self-Talk & Affirmations
- Learn about or engage in cultural practice
- Aromatherapy (candles or oils)
- Individual, family or group therapy
- A bath/soak; sauna time
- Digital detox or limits
- A Vacation
- Say “No”
- Root cause solution
- Get a massage
- Convene with others
- Get or give a hug
- Healing circles

THE PROCESS



INNER WORK

1. *What does wellness look and feel like for you? (Think: Best Possibilities)*
2. *Which dimensions of wellness are important to your concept of wellness?*
3. *Which dimensions reflect areas of strength?*
4. *Which dimensions reflect where you have opportunities for support & healing?*
5. *In what situations do you operate in Fight-Flight-Freeze-Fawn?*
6. *What signs have you noticed that reflect moderate, high, chronic, or crisis level stress?*
7. *What have you found helpful to alleviating stress and addressing trauma?*

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or call 212.725.7850

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