

How to Adjust to Change

M. Beuttah, R. Jefferson, D.Omosun

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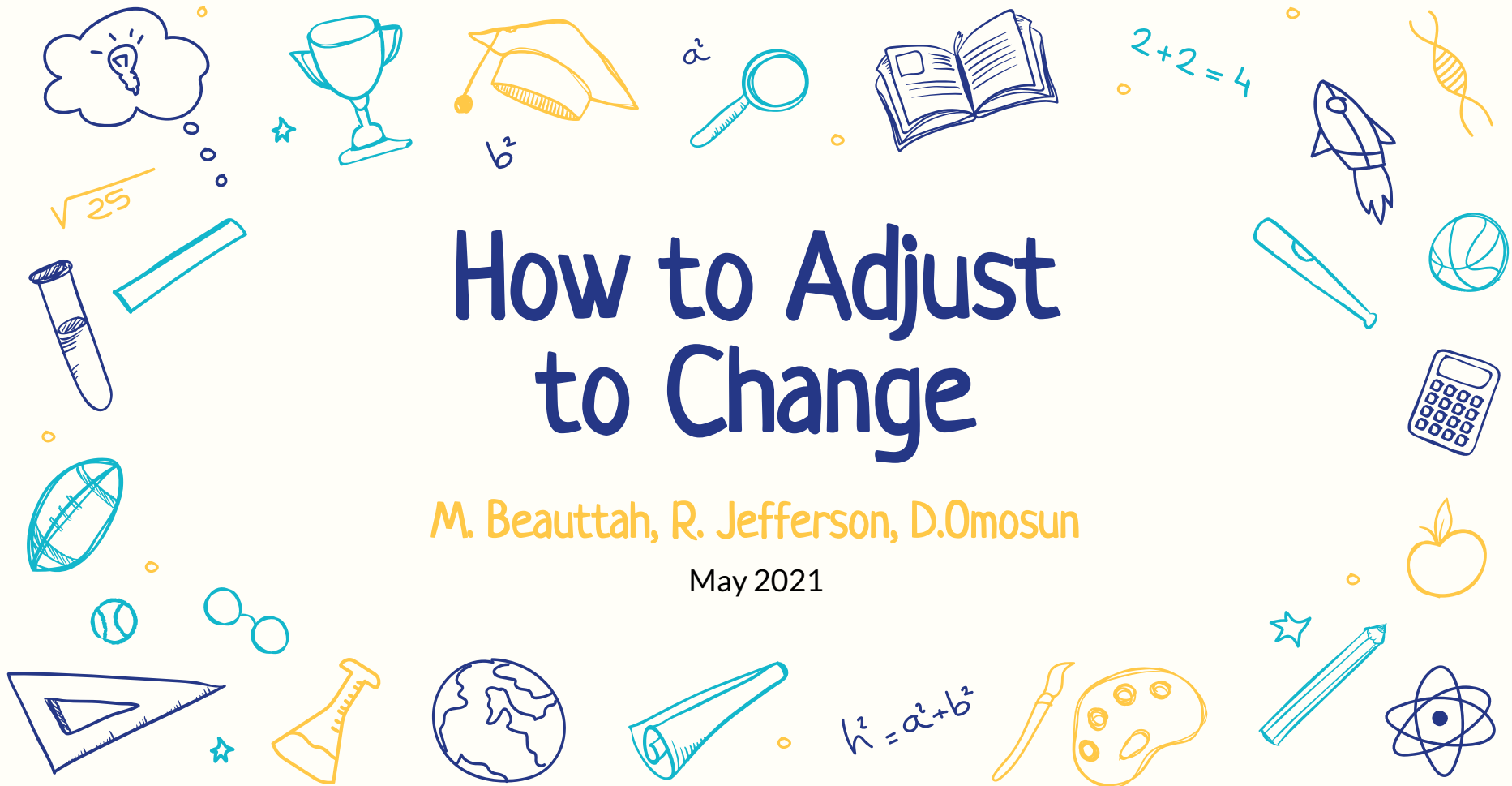
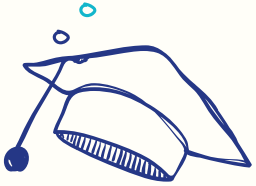


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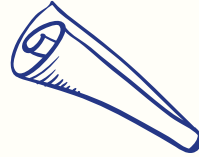
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What is Trauma



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Coping Skills

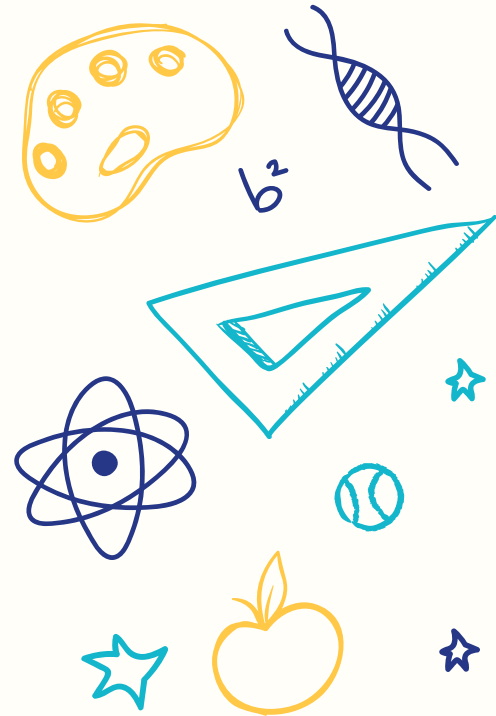


-04-

Self Care as a
Daily Practice

Objectives

- Define trauma
- Effects of trauma
- A.C.Es (Adverse Childhood Experiences)
- Define & explore coping skills
- Solution Focused techniques
- Self-care as a daily practice



Mental Health Awareness Month

5 reasons Mental Health is important

- 1. To Combat Mental Health Stigma**
- 2. To Understand You're Not Alone**
- 3. To Encourage Care And Support**
- 4. To Lower The Risk Of Suicide**
- 5. To Maintain Good Mental Health**



What is Trauma

Trauma results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, and/or spiritual well-being.

Violence

Physical violence in home or community

Loss

Death of a family member or friend

Instability

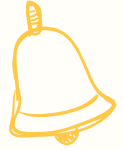
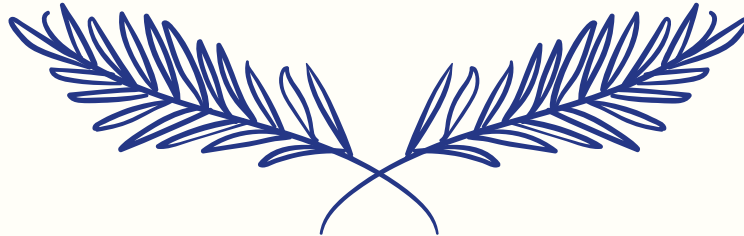
Homelessness, from natural disaster, fire, etc.

Results of Trauma

Develop hard to navigate feelings and emotions

Feeling Hopeless, Helpless, or Powerless,
Sadness, Depression, Anxiety

Trauma is personal and everyone responds
differently to traumatic events



A.C.Es

Adverse Childhood
Experiences

Abuse

Community Violence

Divorce

Mental illness

Brain Response to Trauma

Adversely affects a brains development

When children repeatedly experience traumatic events, their brains are negatively affected by causing delays in its development.

Poor academic performance
Behavioral problems
Negative relationships
Substance abuse/self-harm

ACES



Prevent ACEs Now

Learn how you can prevent
Adverse Childhood Experiences!

Coping Skills





What are Coping Skills?

- Skills that teach people how to tolerate, minimize, and deal with stressful situations in life.
- Managing stress can help your mind and body feel better.



Choose Your Attitude

You have a choice in how you approach and react to a situation

We can choose the attitude we take, and whether we view each situation as a threat or a challenge

Attitude affects the options you see *AND* options you do not see

Meditate

- Mindfulness Meditation is a highly effective stress relief technique that carries many benefits. It is the act of being present in the moment.
- Mindfulness can be practiced anywhere and at any time.
 - does not require silence or a special meditation area or physical position.
- Requires only a presence of mind.
- Mindfulness can be useful in detaching from racing thoughts, concerns, “clutter” of the mind.



Practice Positive Self-Talk



Using more enthusiastic language in your head



Focus more on the possibilities



Replace negative adjectives with positive adjectives

Solution-Focused Coping Strategies

Using time-management strategies when you feel overwhelmed by a busy schedule

- Set a time limit to each task.
- Use a to-do-list, but don't abandon tasks
- Plan ahead

Talk to a trusted adult if you feel overwhelmed

- Family Member
- School Counselor
- Mentor

Using conflict-resolution strategies to relieve the stress in a relationship

- Take turns-
- Compromise
- Agree to Disagree
- Use I- statements

Exercise

25 Jumping Jacks

Run in place for 30 seconds

20 knee lifts (raise each knee up to your chest 20 times)

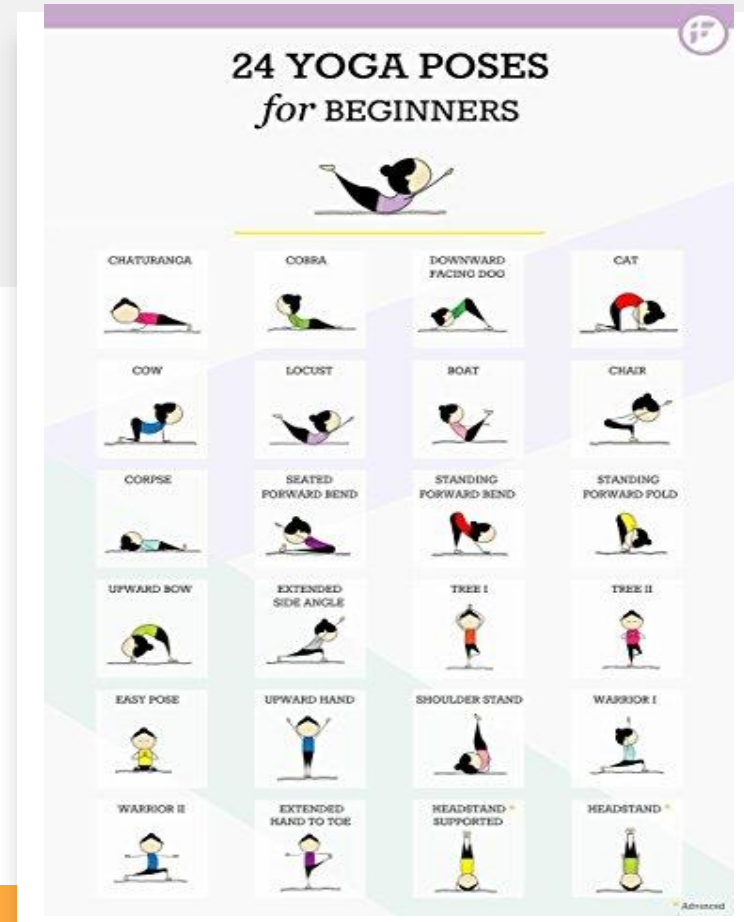
25 push-ups

25 crunches

Yoga Poses

When trying each yoga pose, make sure you have enough space around you.

Also, be careful while doing each pose.



Taking Care of Yourself as a Daily Practice



Create space

Find a space that you can be silent for a time each day. You know the time that is best for you.



Journal

Spend some time with your thoughts so that you can clear space for new ideas.



Meditate

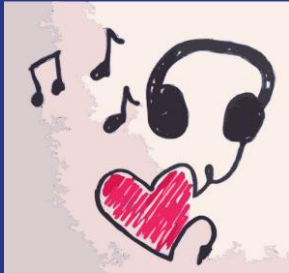
Center yourself with meditation to slow down your mind and rest your body.

Create Space

Define space for you

Considerations

- time of day
- traffic in your home
- your daily workflow
- peace



Journal



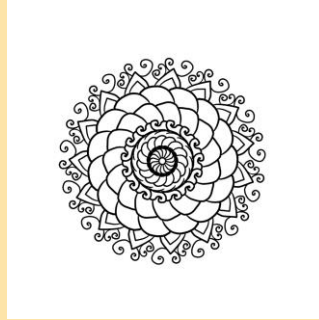
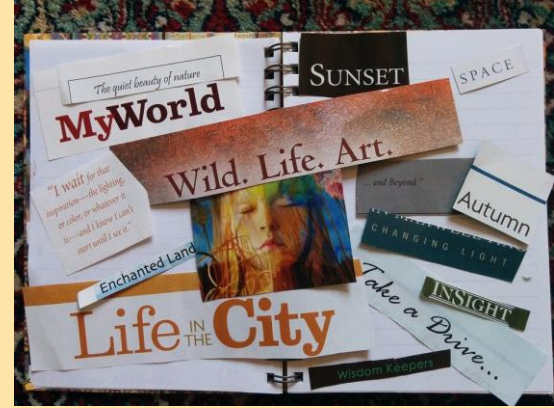
Make this what you want it to be.

Take a moment to talk with yourself daily.



Meditate

Slow down your
mind and rest your
body.



Self Reflection Steps

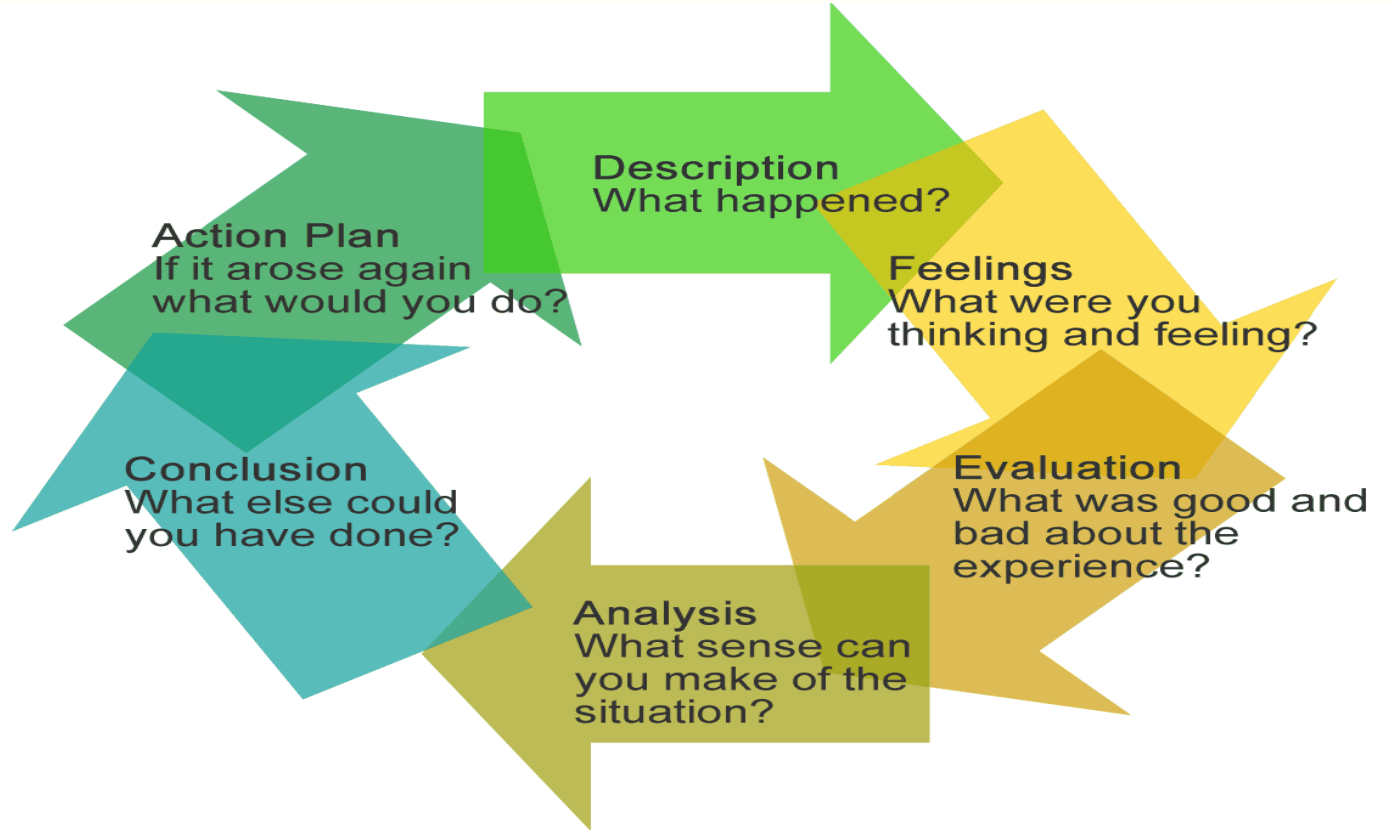
1. Evaluating your own performance

2. Developing self-awareness

3. Monitoring potential for burnout

4. Ensuring adequate self-care

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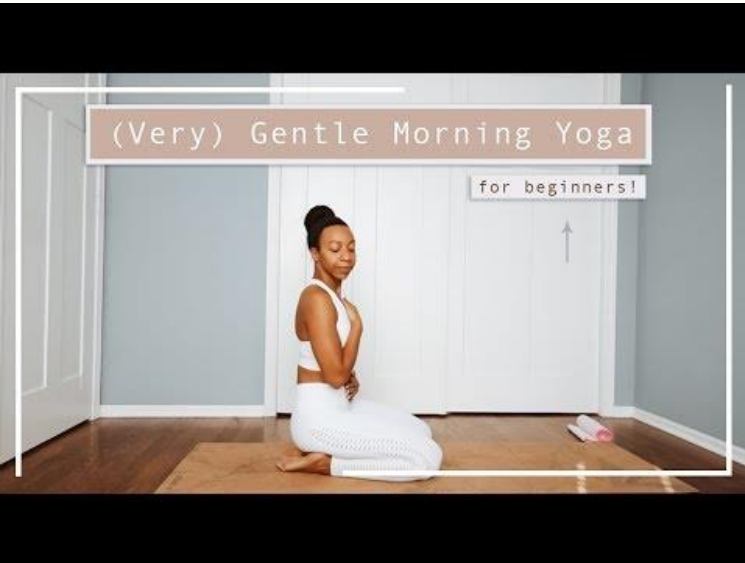


Let's read this message together.

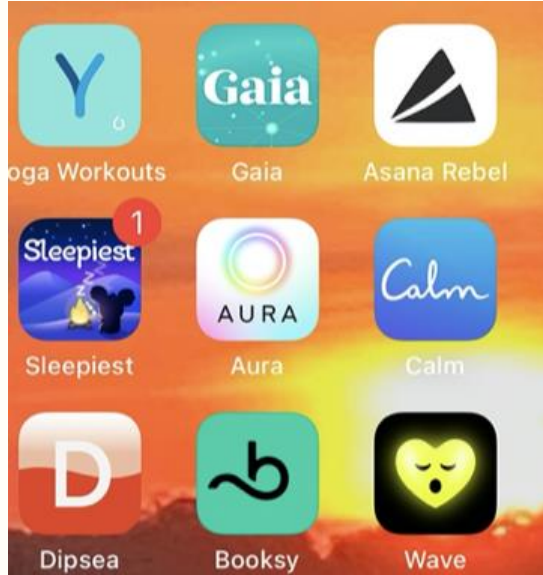
BE YOURSELF
ACCEPT YOURSELF
VALUE YOURSELF
FORGIVE YOURSELF
BLESS YOURSELF
EXPRESS YOURSELF
TRUST YOURSELF
LOVE YOURSELF
EMPOWER YOURSELF

Additional Resources:

Mindful Movement Audio



Additional Resources:



A screenshot of the Calm app interface. At the top left is the Calm logo. To its right, the text 'SLEEP STORIES' is displayed in a white, elegant script font. Below this, the text 'Available exclusively in the Calm app' is written in a white sans-serif font. Underneath, a paragraph reads: 'Sleep stories are soothing tales that mix music, sound fx and incredible voice talent to help you drift into dreamland.' At the bottom, there is a dark purple playback bar with a white pause icon on the left, the text 'What is a Sleep Story?' in the center, and '-03:08' on the right.