



Self-Empathy in the Presence of Trauma

As promised, here is a list of resourcing you can use. Remember, have mercy for yourself, you are doing the best you can with what you have! With gratitude for your work, dedication, spirit and skills!

Nervous System:

The limbic system is wisdom, but it has no actual view of reality so it will hijack your ability to think clearly when it “decides” there is a threat present. A threat could be trauma, loud sounds, fast movement, unhappy people in your midst (patients, co-workers, family of patients, your family...). The best thing you can do is (even briefly) *s l o w d o w n*. Even for a minute or two. This allows the chemical cascade from the body’s reaction to lessen a bit and gives you a chance to connect with your body and heart wisdom.

YOUR BODY

- Breathe: -Become aware of the spaces between breathing in and breathing out.
- Touch: -Let your hands rest on your heart and belly and feel the space between them where the touch is felt by your body and by your hands.
 -Place your hands in a gentle embrace of each other and be aware if each hand sensing the other
 -Place a hand on the back of your neck and be aware of the sensation of touching your neck and of your neck *being* touched.
 -Place one hand softly on your forehead and the other on the back of your neck
 -Soften your face as best you can and allow the corners of your mouth to very gently turn upward, like the *hint* of a smile.

MAKE CONTACT

Offer acknowledgment in order not to push away, and also not to be overcome.

- Feeling so sad, huh?
- Really stressed, eh?
- There is _____*_____ here. (Instead of I am “this feeling”)
 *Fear, Anger, Sadness, Frustration, Overwhelm
- Offer mercy to the limitations you experience within yourself and the environment you are in.
- Mourn by making room for offerings to that which has been or is being lost
- Celebrate by making a space for things that represent joy, relief, appreciation...