

May 2023 Facilitated Discussion

Engaging in Self-Care

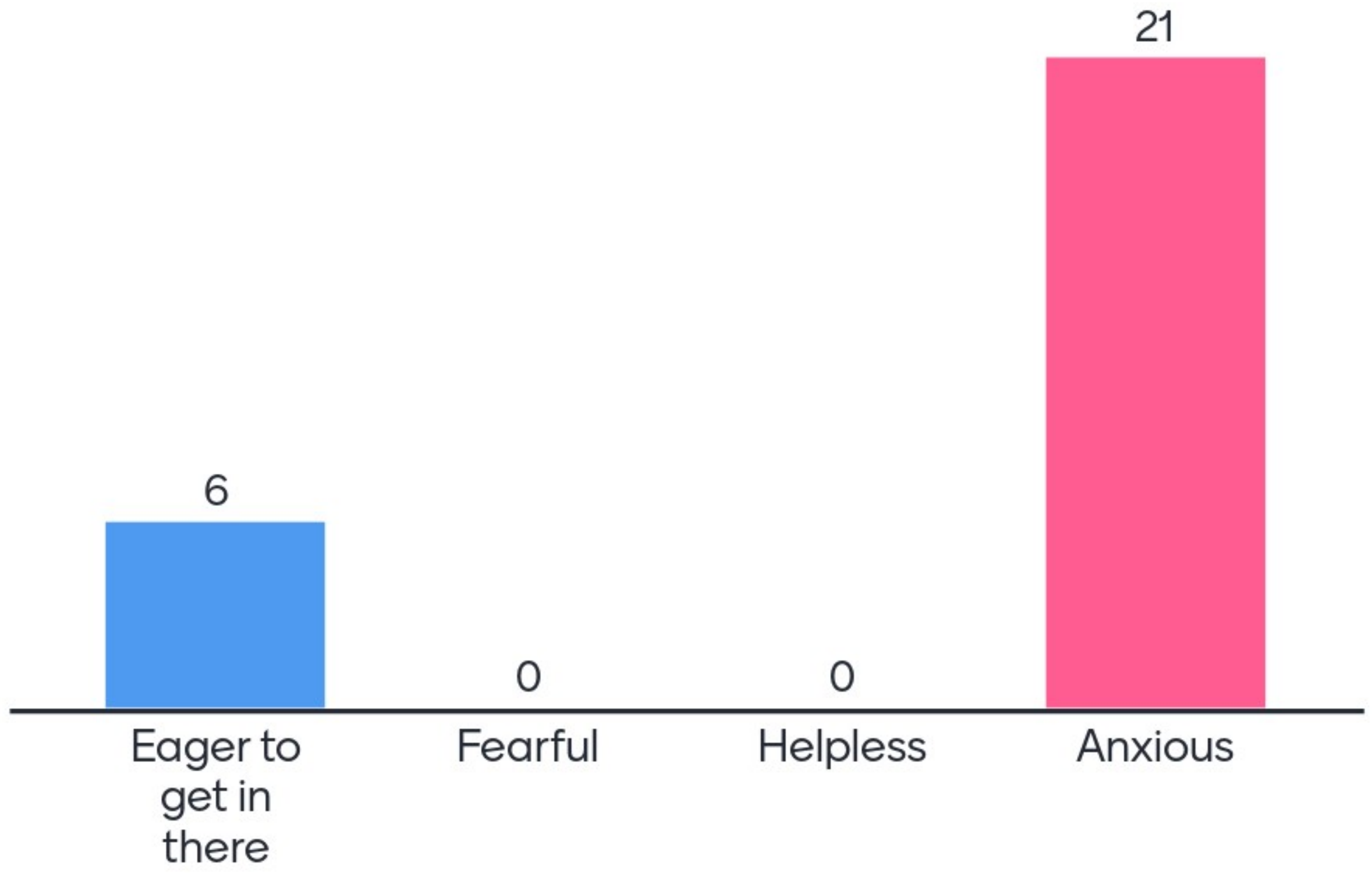


The ABCs of managing self-care during interactions.

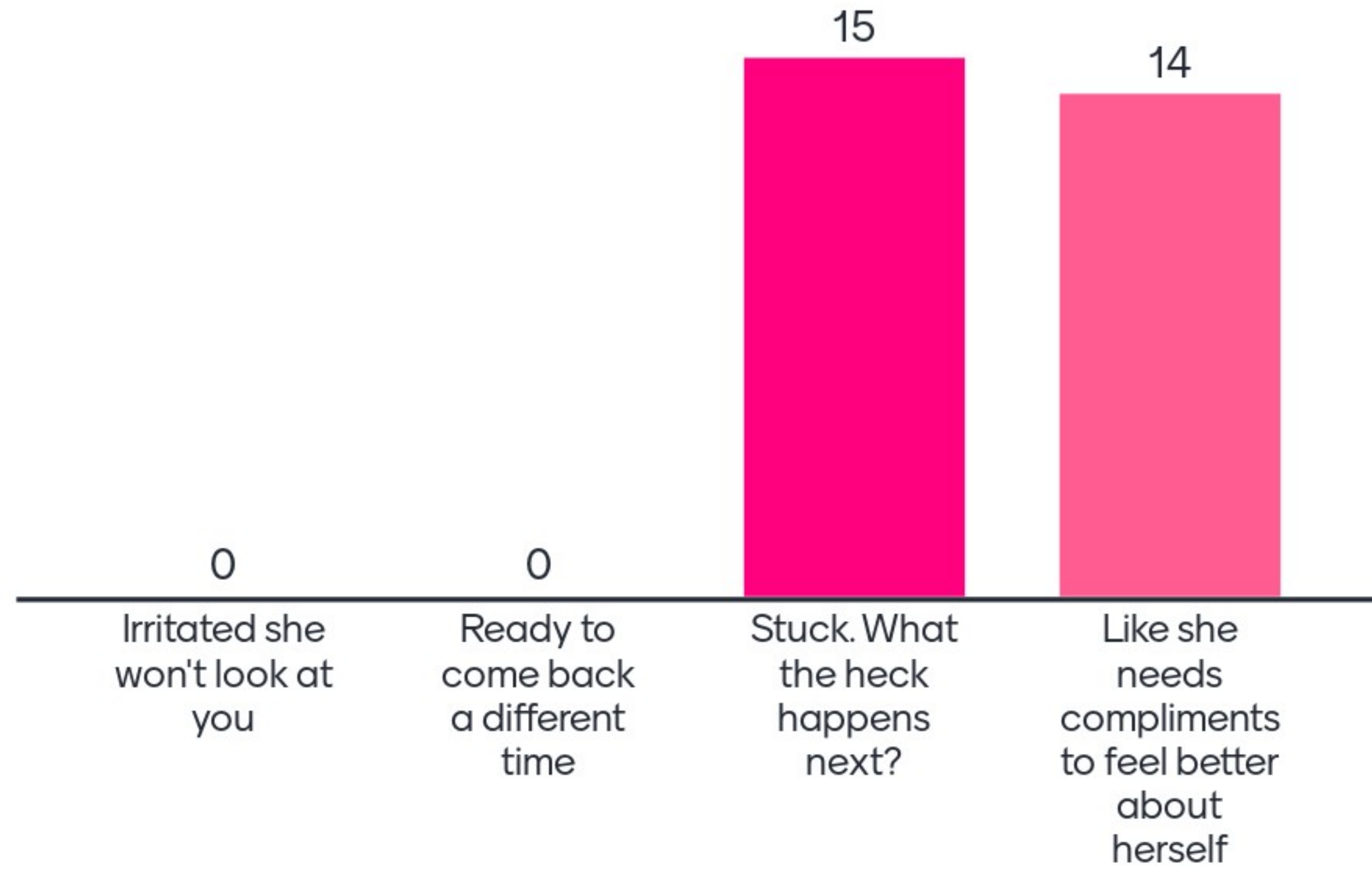


Bring attention to physical, psychological, and emotional safety. Plan for the contact with your agenda, your hopes for the interaction and any anticipated barriers. Consider what you may need to say or do if/when challenges present themselves. Check in with yourself to ensure you can start from a calm and constructive place.

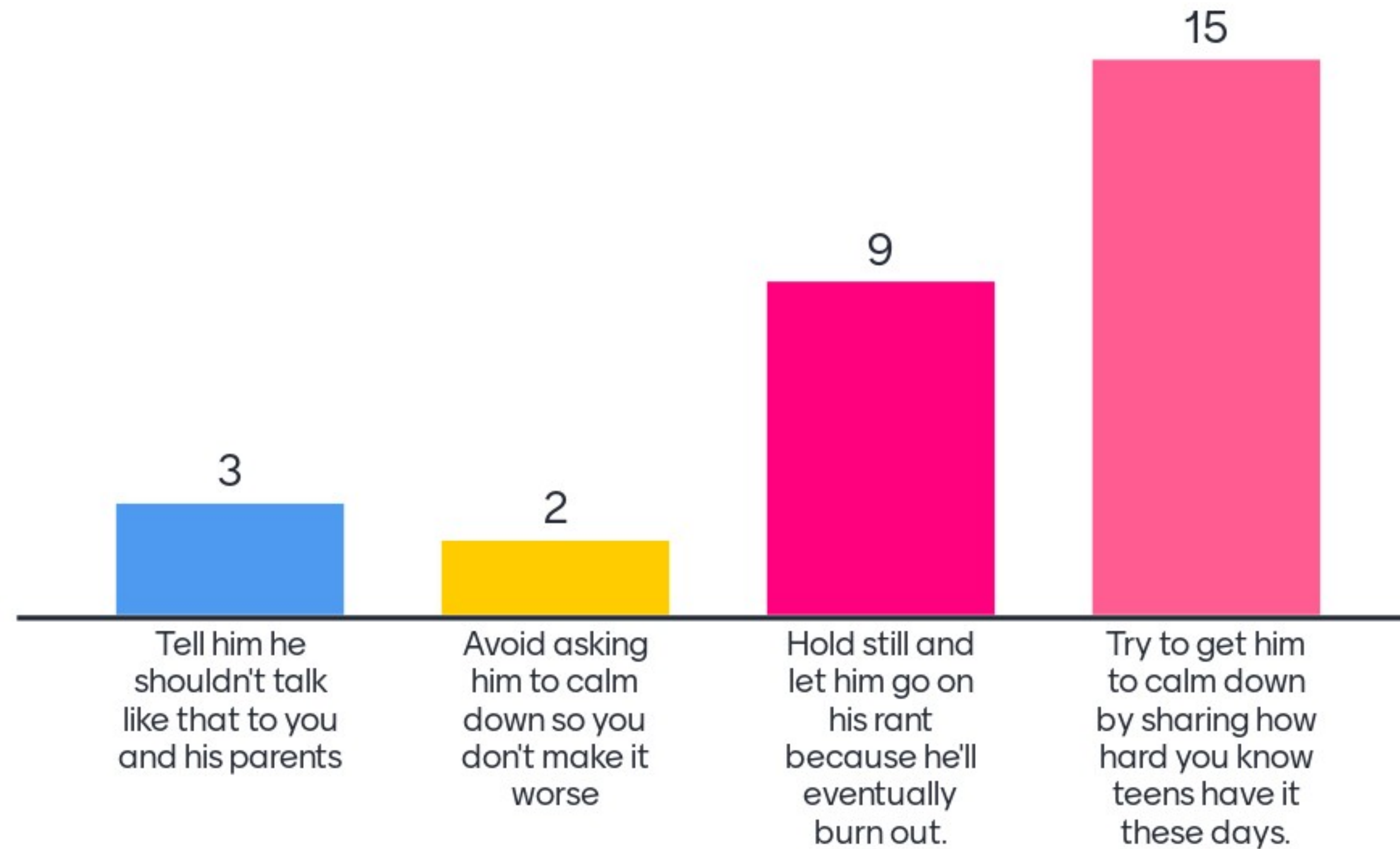
From the porch you hear yelling inside the house and you feel...



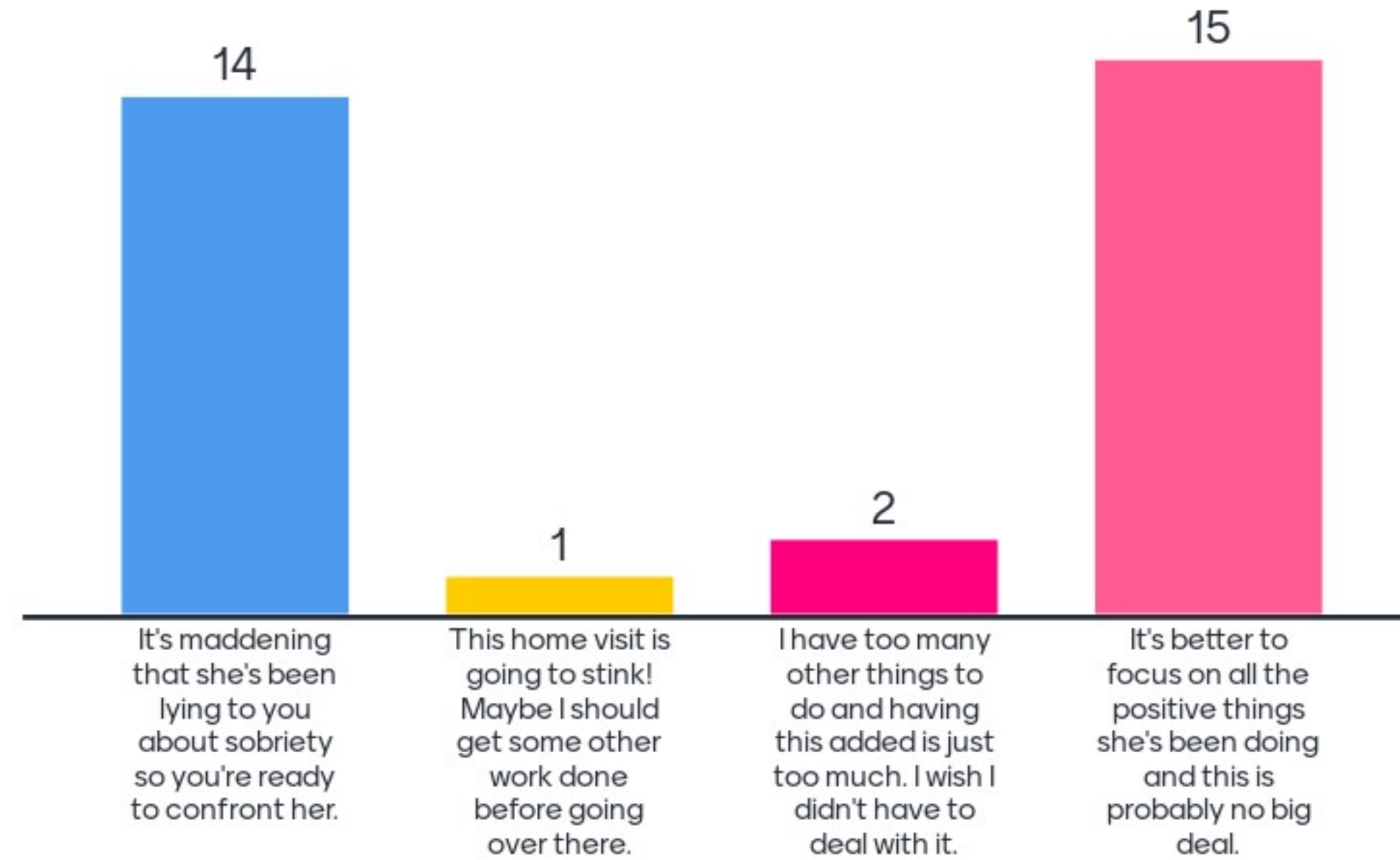
The mother is super depressed and crying with her head on the table and you feel...



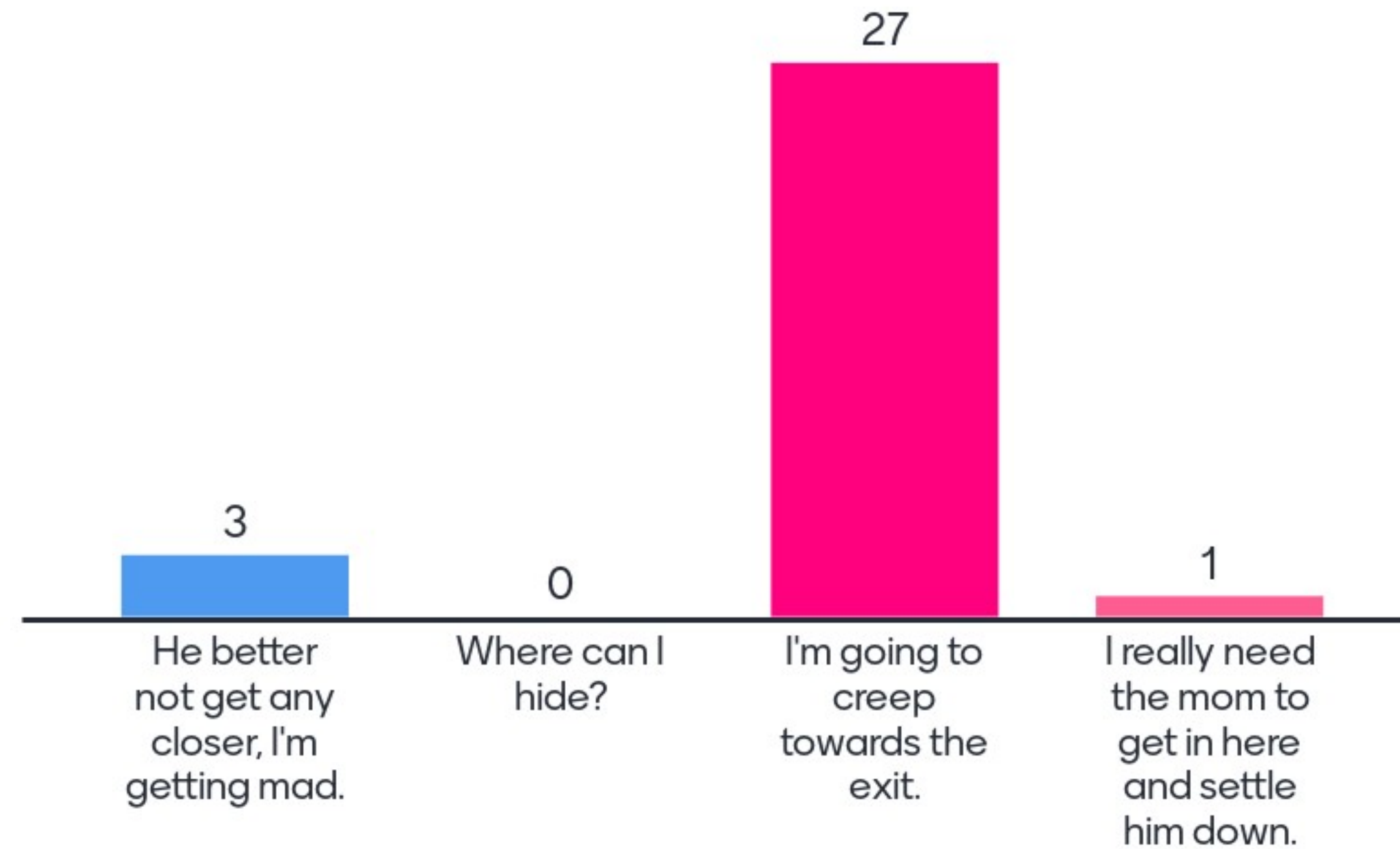
The teen begins escalating and cussing when reviewing the house rules and you...



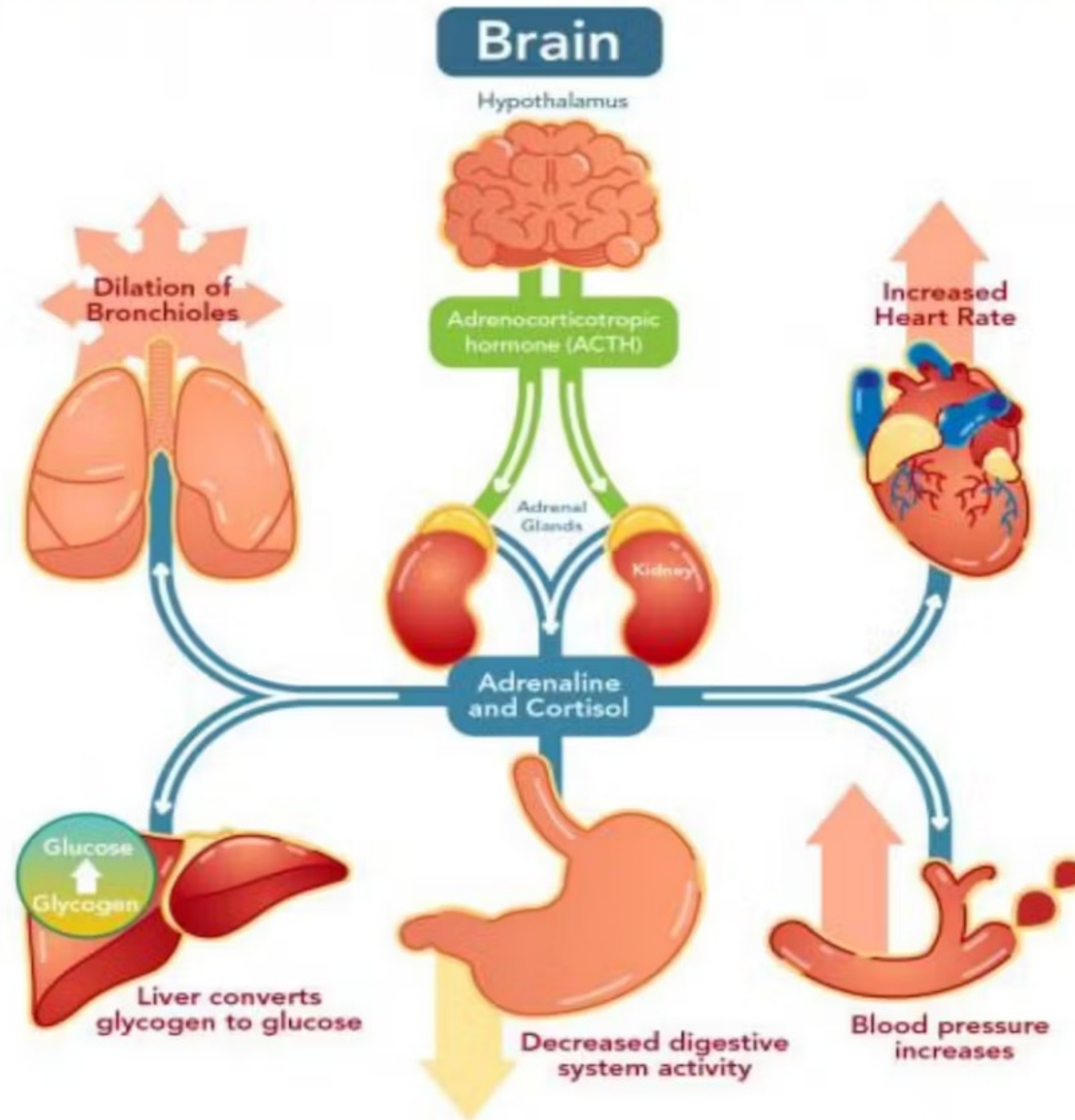
You're on your way to a home to discuss the mother's positive drug screen and you're thinking...



When discussing the recent police contact about a domestic dispute , the dad gets upsets and gets into an aggressive stance. You think...



STRESS RESPONSE SYSTEM



Immediate impact of stress

- Increased heart rate and respiration
- Increased blood pressure
- Upset stomach, nausea and diarrhea
- Repeated experiences lead to chronic stress and additional conditions



Which response category are you?

- Mostly 1st choice: Fight
- Mostly 2nd choice: Flight
- Mostly 3rd choice: Freeze
- Mostly 4th choice: Fawn

- FIGHT: The goal of the “fight” is self-preservation and protection through conflict. A “fight” response may feel like a rush of adrenaline, a desire to defend ourselves and feel empowered at all costs. From the outside it may look like an explosive temper or angry outburst.
- FLIGHT: The intent of “flight” is protection from pain through escape. A “flight” response can make it difficult to slow down and rest. It may feel like you’re constantly rushing, worrying, panicking, or micromanaging. You might be a workaholic, over-achiever, or perfectionist. You’ve ghosted people before to avoid difficult conversations.

The Four “Fs” of Fear and Stress

FREEZE: “Freeze” types attempt to self-preserve through dissociation. When you dissociate it can have the effect of spacing out and feeling detached from the world around you or yourself. A “freeze” response can be categorized by feeling immobilized by stress, self-isolating, struggling to make or act on decisions.

FAWN: “Fawning” is an attempt at self-preservation and safety through placation. This might look like people-pleasing, flattering others to avoid conflict, difficult saying “no”, feeling afraid to share what you think or feel, concern with how others perceive you, anticipating others’ need to fit in or be useful to them.

The Four “Fs” of Fear and Stress

The ABCs of managing self-care during interactions.

B

BREATHING, BODY AND BRAIN

Breathing and mindfulness techniques decrease tension. Easiest tool is breathing through your nose, filling your lungs, and breathing out slowly. Calling attention to breath can decrease the physical signs of panic. Slow, steady breathing when you start to feel your fight, flight, or freeze senses kick in allows time for your brain to process the information around it to come up with the best response.

Body posture can change the feelings during challenging conversations. If you can stand and move rather than sit you activate the thinking part of the brain. Another mindfulness technique with the body is called “anchoring”. Concentrating on a physical sensation, feet on floor or squeezing a pressure point, helps to distance yourself from the fearful feelings.

Brains get triggered in challenging conversations. This causes your heartrate to increase, hotness under the skin, even tears when the person across from you is crying. If we get lost in the emotion, we can be consumed by taking on another person’s feelings. Saying or repeating a mantra such as “this isn’t about me” can keep you grounded in your own self rather than letting your mirror neurons guide the conversation and your own feelings.

Don’t forget when strategies seem to be unsuccessful there’s another “B”. Take a Break. Whether it’s stepping away or outside to make a phone call or rescheduling for a different day, time, or location, the professional’s safety and well-being are important to making the partnership work and be effective.

BREATHE WITH THE SHAPE

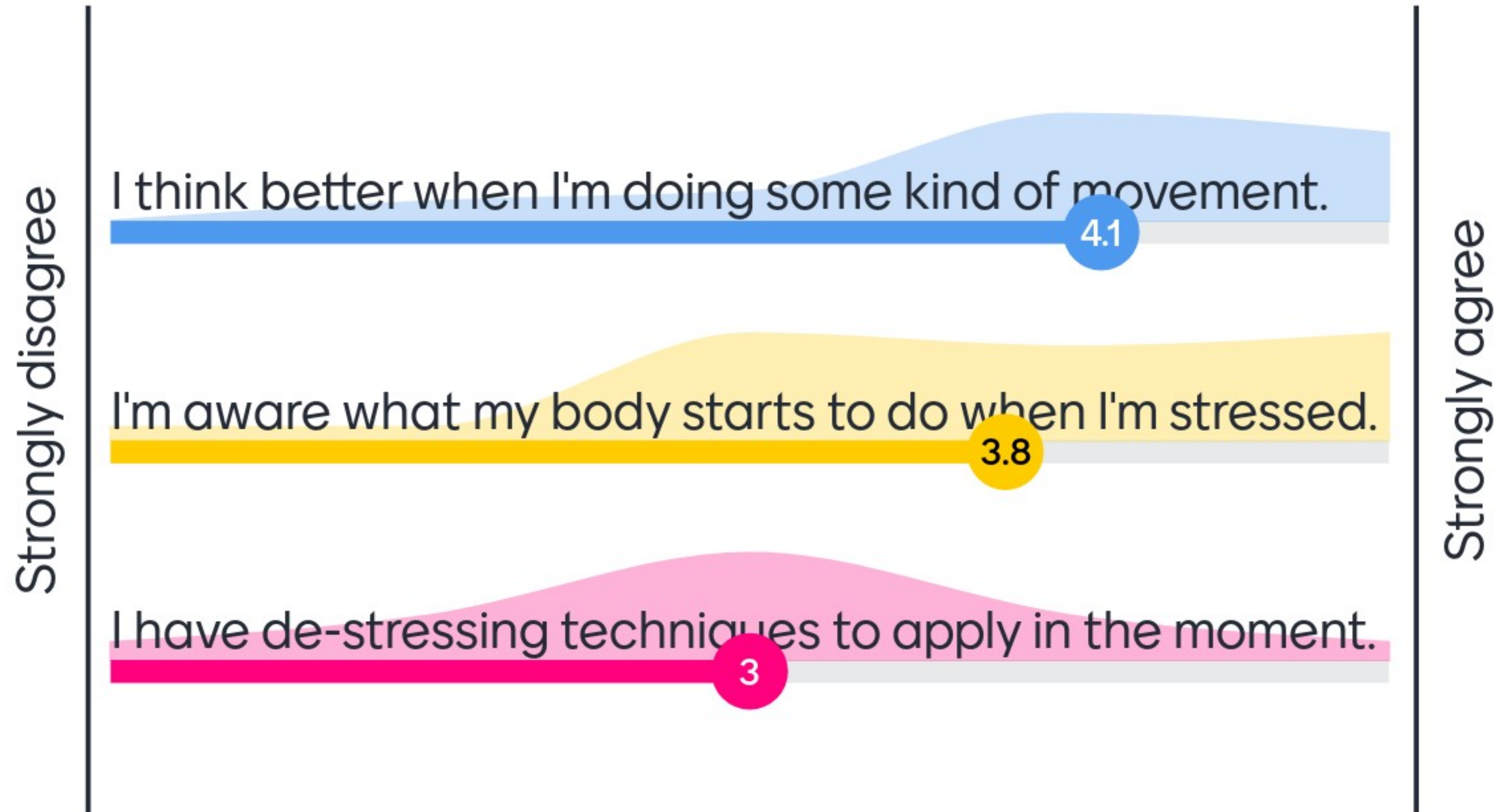


#DeStressMonday

DeStressMonday.org

**DE STRESS
MONDAY**

Body Awareness











What's your mantra?

20

Answers

This is not about me

Assume positive intent always.

This too will pass

This too shall pass.

Let it Be

Everything will get done

This will pass. Just keep, keeping on

I can only do so much

Breathe and let it go

What's your mantra?

20

Answers

It is what it is

It'll be fine

It is what it is

This too will pass

Whatevs

it is what it is

Everything is fine. Eeverything will be fine

Perfection does not exist.

I can get through today

What's your mantra?

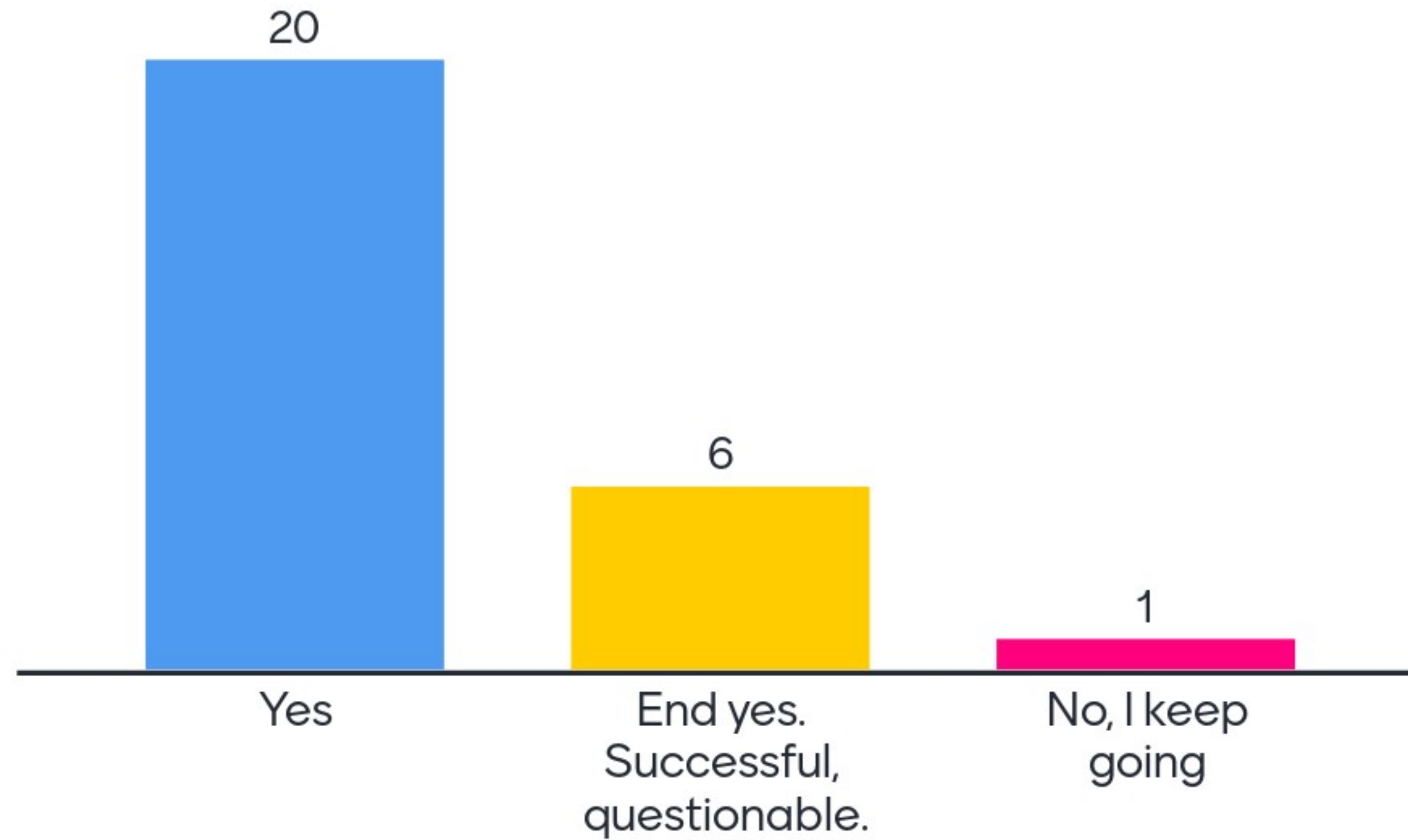
20 Answers

What message is the behavior sending

Exhale negative. Inhale tacos



I have successfully ended a conversation for a later time or date.



What did you say to end the conversation without it damaging the partnership?

17 Answers

Let's come back to this another time

Do you think we need to take a break?

Let me talk to my boss and get back to you.

This conversation is no longer productive. I think we need to table it and come back later

Let's discuss this next time

Let's table this and bring it back later

I think we both need a break and we can schedule another date

Let's just take a moment.

This conversation is no longer productive. Let's chat another time



What did you say to end the conversation without it damaging the partnership?

17 Answers

This conversation was really good. I think we should continue this later.

I know this is a hard conversation and am wondering what your thoughts are to continue at a different time

It's important we talk about this. I need a break now and we will come back to it.

I see (xyz) and hear that you are frustrated with this conversation. Why don't we take a break and talk about this after we've had time to process

I think this is a conversation to have in person (If the conversation is over the phone)

Asking to wait until break until next time

Lets take a minute to reflect and think about bringing this back at a later time. Thoughts on this?

Ok, we'll come back to this

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C

CONNECT BACK TO THE GOAL OF THE INTERACTION

With all that occurs in child welfare and the plethora of emotional and challenging conversations, it's easy to get off track. When the interaction doesn't seem to be going as smoothly as you hoped, or you've found yourself feeling stuck, it's OK to just stop talking and reiterate the common goal. Listening and validating is key but as this happens you can re-direct by re-stating the direction you want to take as partners.

A blurred background image of two women in an office. The woman on the left is seen from the back, wearing a dark top and a pearl necklace. The woman on the right is wearing glasses and a light-colored blazer, holding a smartphone. The text is overlaid in the center in a large, bold, black font.

**June Learning
Collaborative: Knowing
Yourself; Approaching
a Crucial Conversation.**