

May 2023 Facilitated Discussion

Engaging in Self-Care

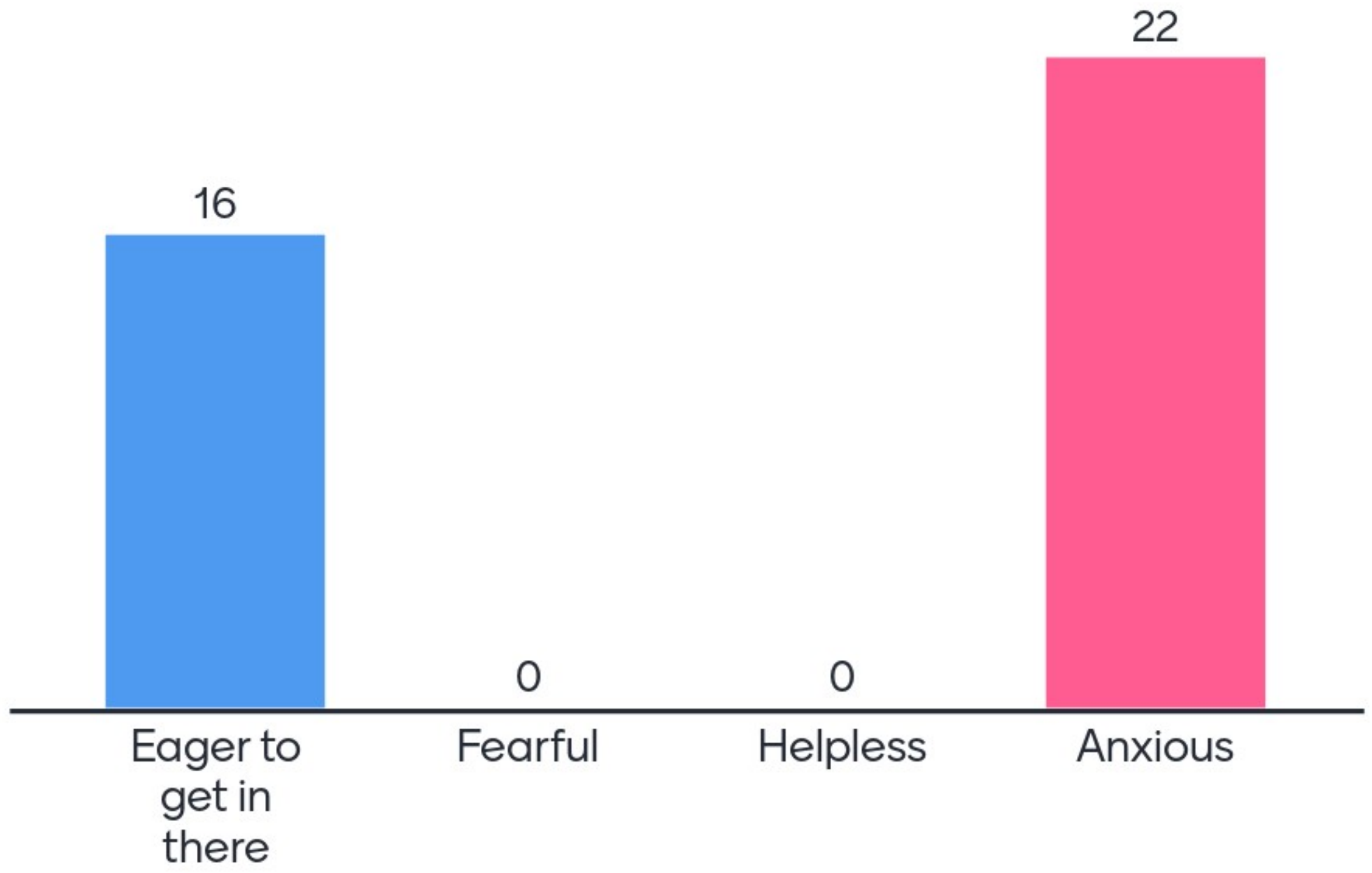


The ABCs of managing self-care during interactions.

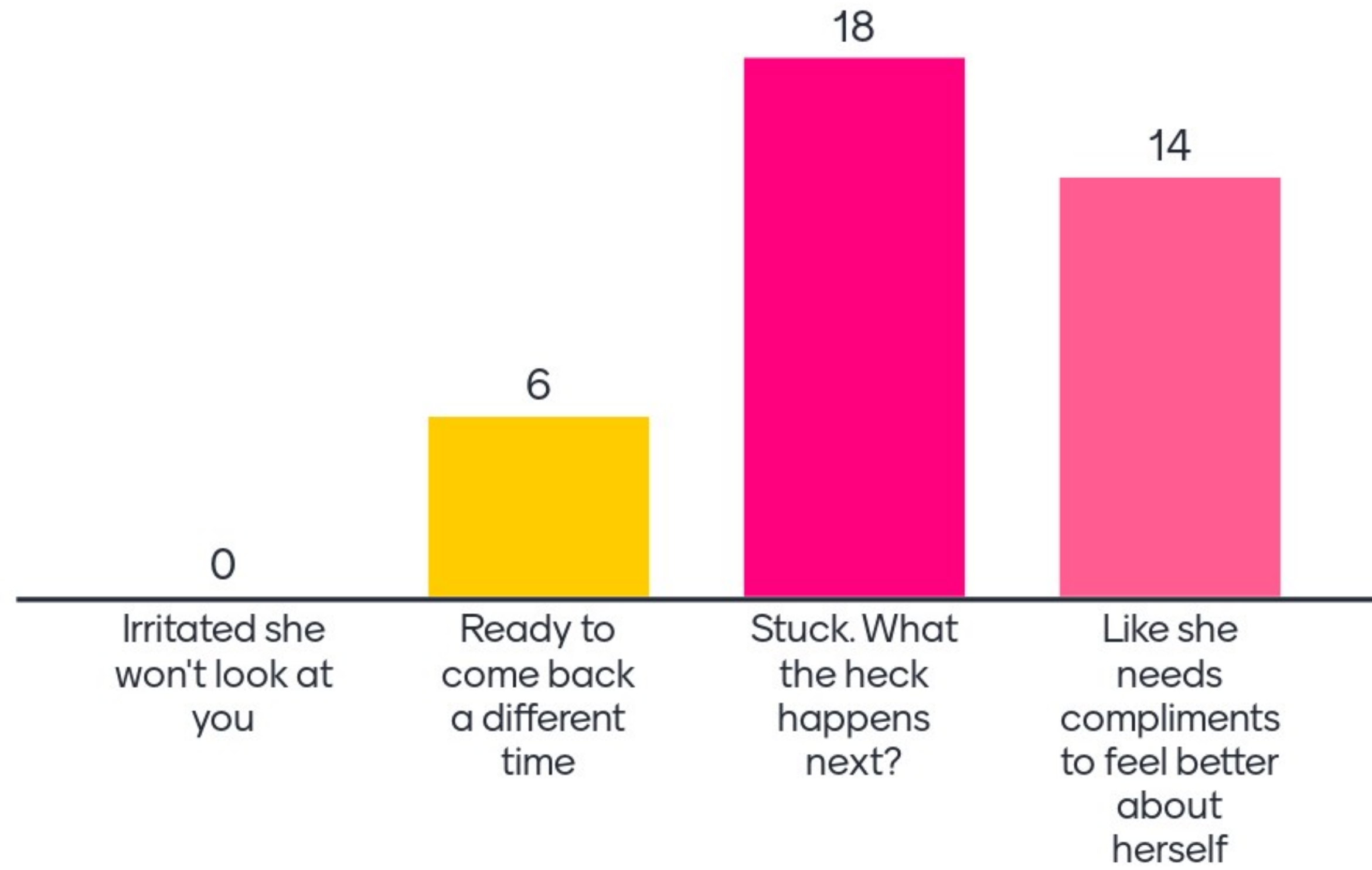


Bring attention to physical, psychological, and emotional safety. Plan for the contact with your agenda, your hopes for the interaction and any anticipated barriers. Consider what you may need to say or do if/when challenges present themselves. Check in with yourself to ensure you can start from a calm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

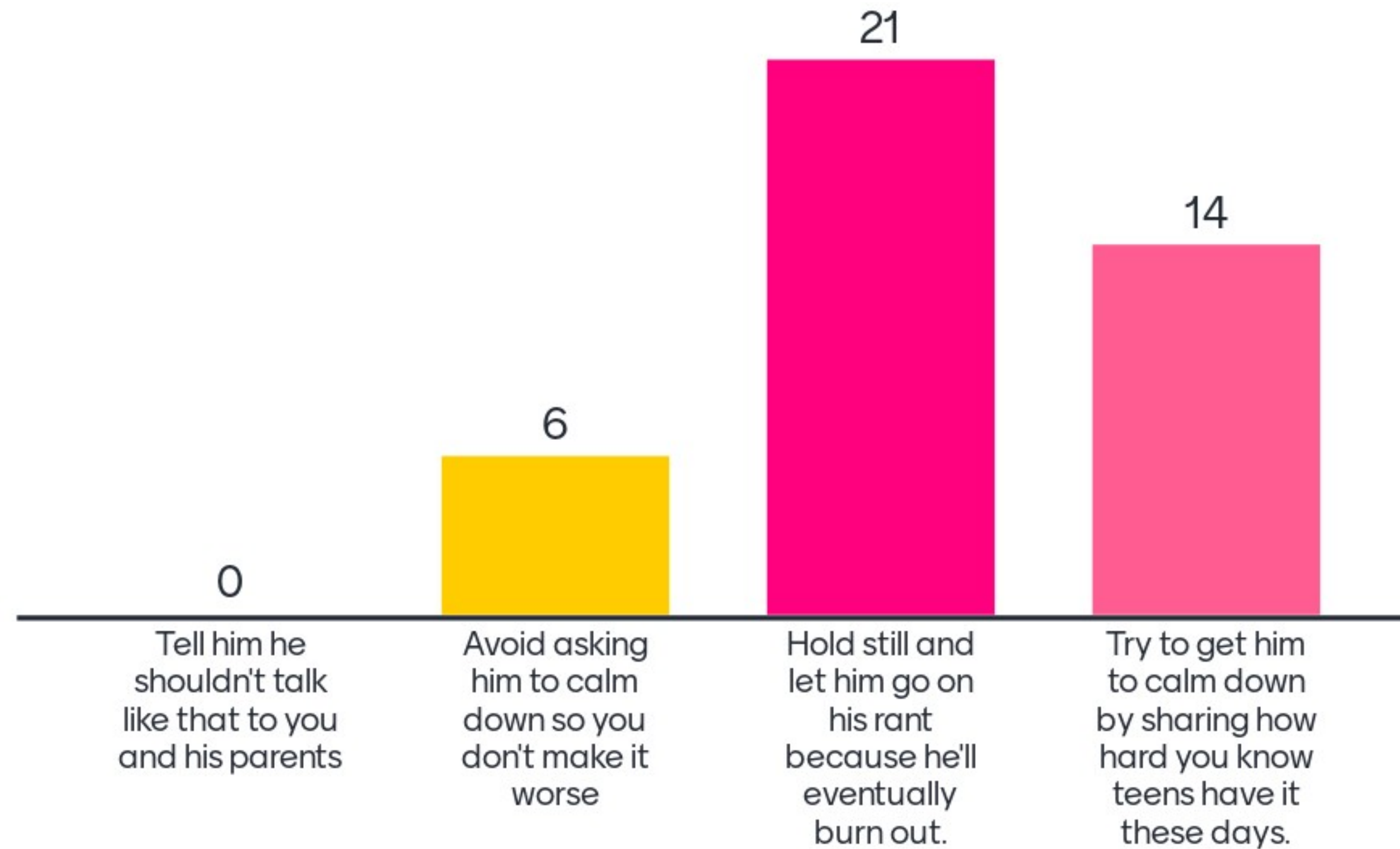
From the porch you hear yelling inside the house and you feel...



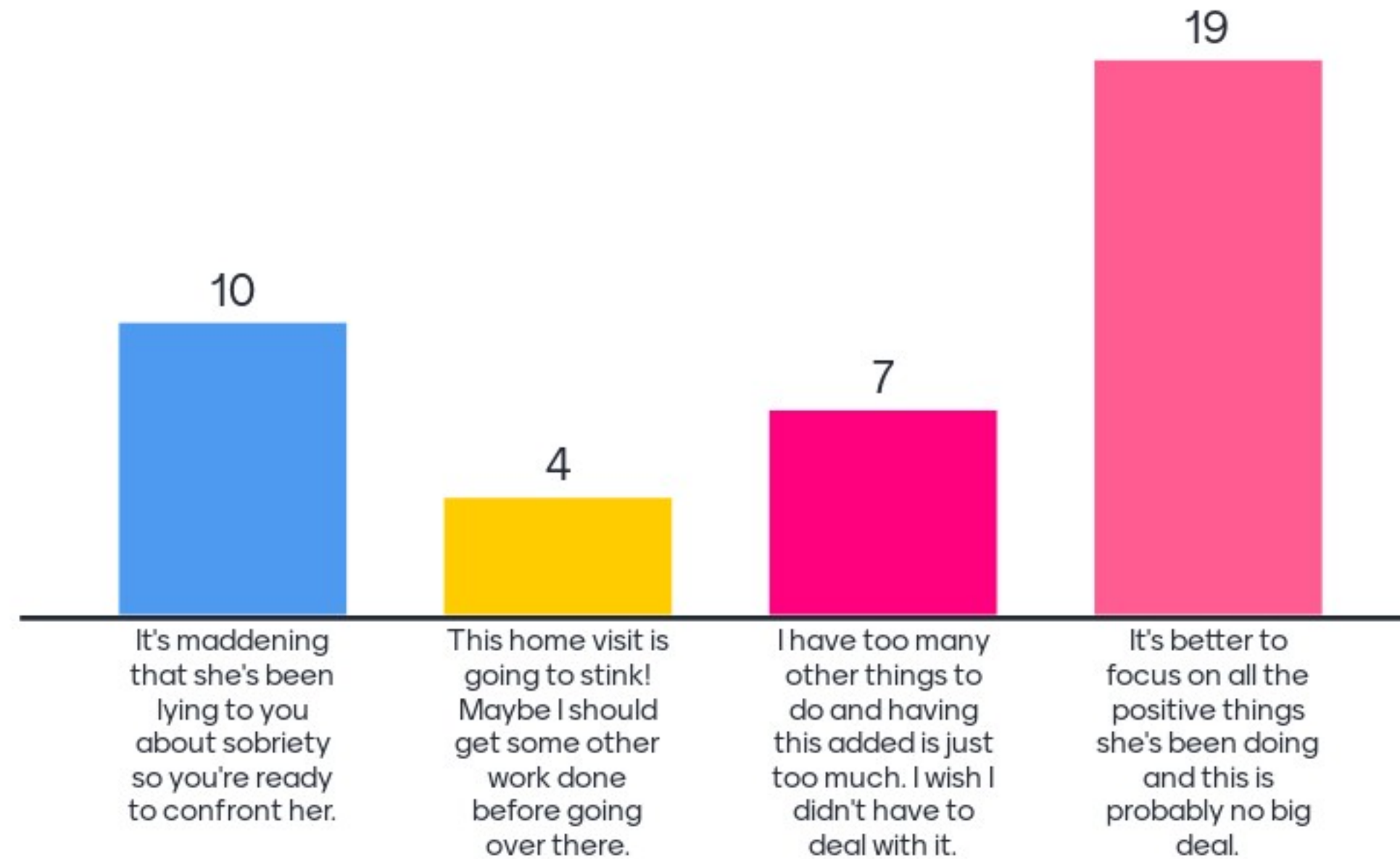
The mother is super depressed and crying with her head on the table and you feel...



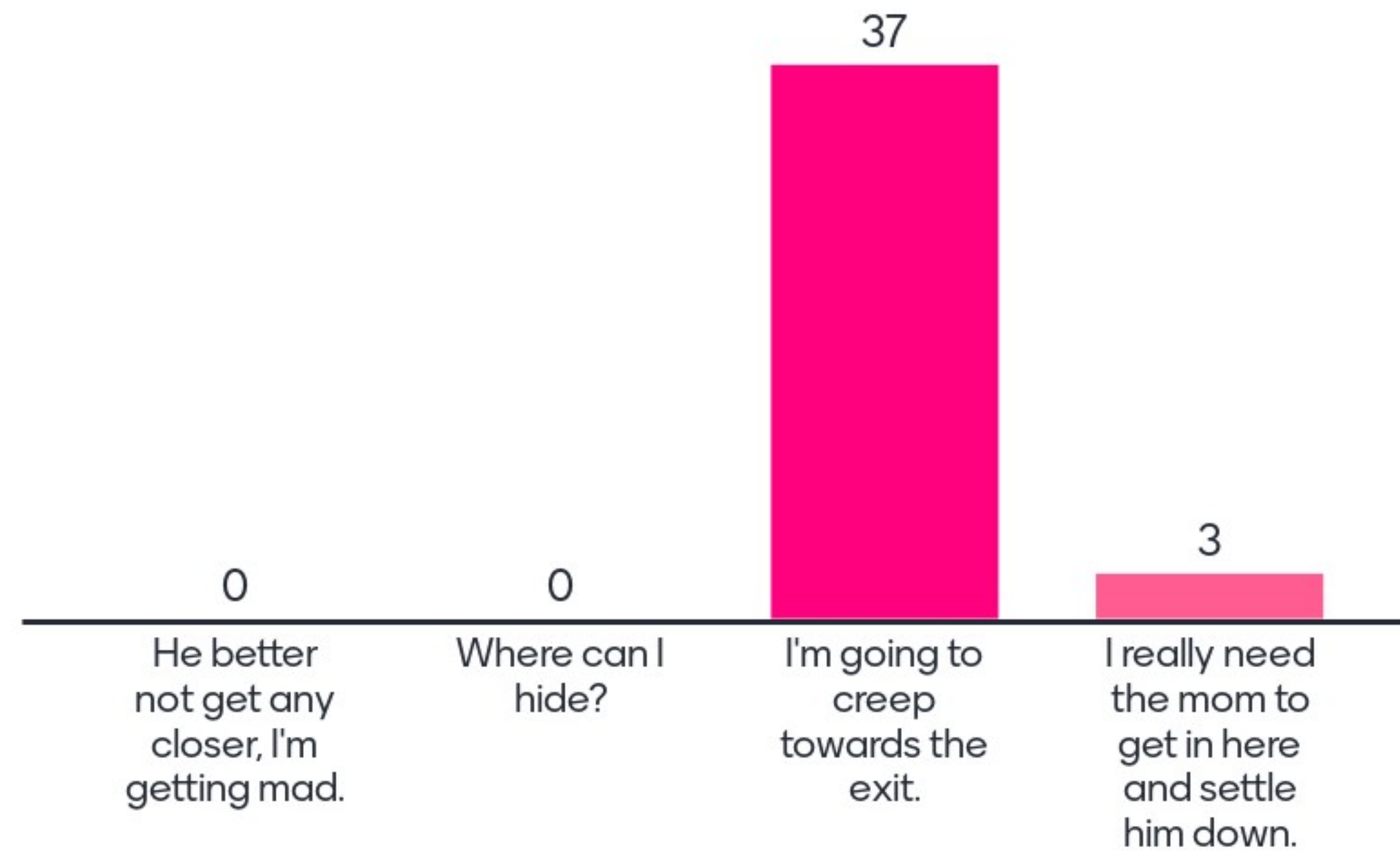
The teen begins escalating and cussing when reviewing the house rules and you...



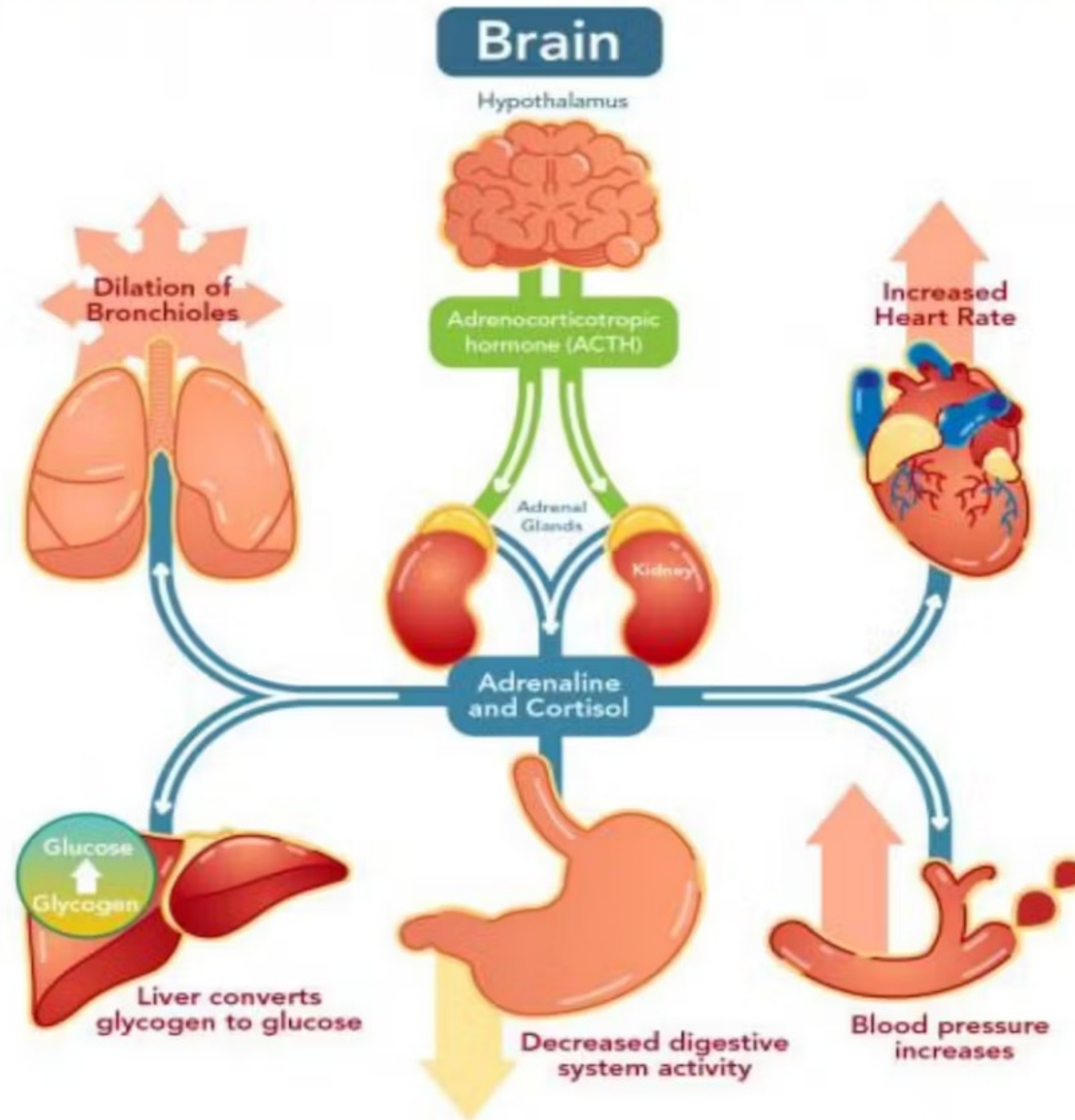
You're on your way to a home to discuss the mother's positive drug screen and you're thinking...



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

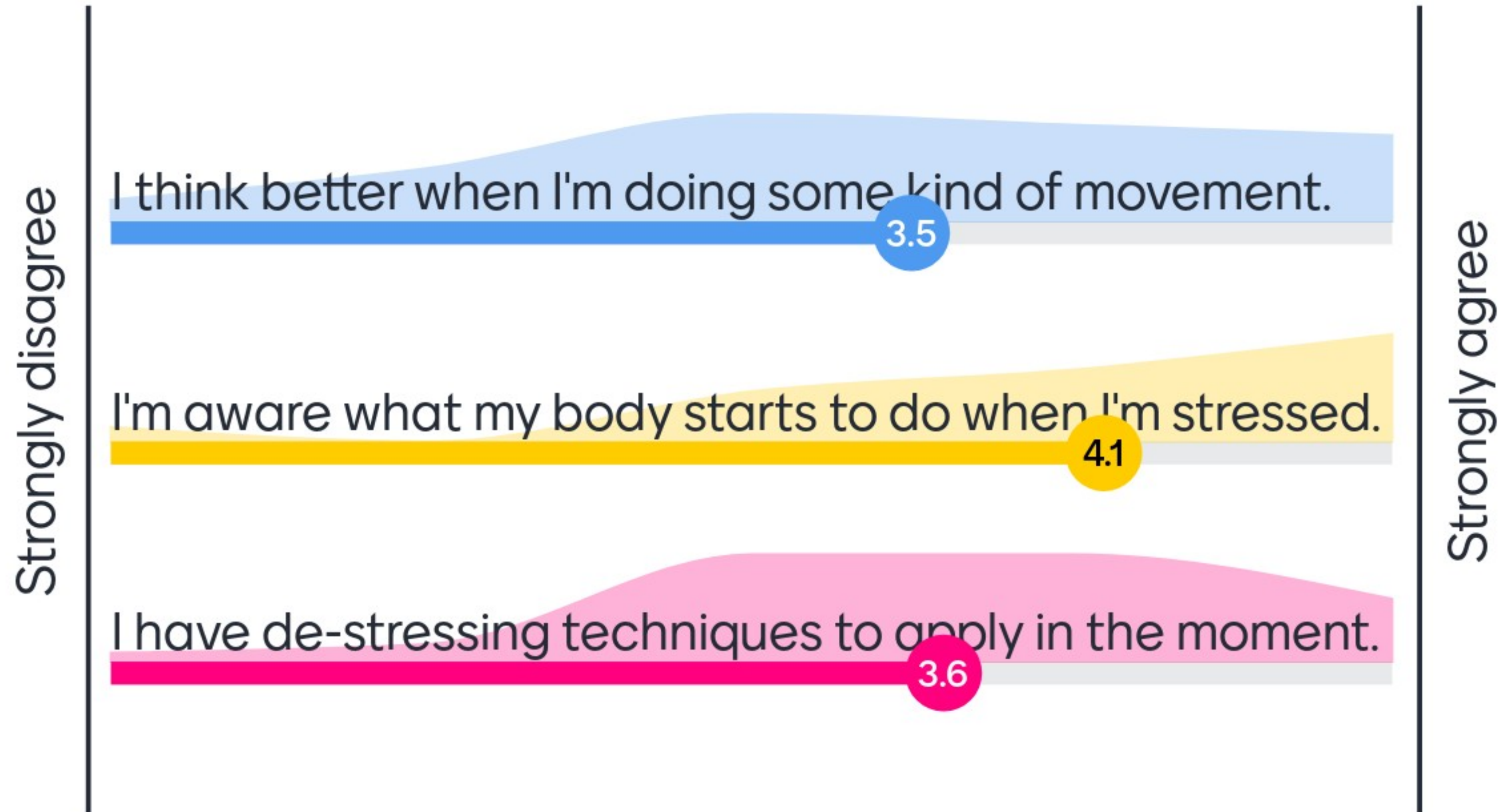


#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

Body Awareness











What's your mantra?

33

Answers

Do now, stress later

I can do this!

You got this!

This isn't about me.

Slow down

Goose frabba

Take a breath, you are fine!

I am smart, i am capable, i am strong

It's only chaos

What's your mantra?

33

Answers

QTIP

You can do this!!

You're fine. Everything is fine. You're okay.

Every storm eventually runs out of rain.

Lower the heat.

it is what it is

Stop thinking

One day at a time

Stop and take a breath

What's your mantra?

33

Answers

Keep \$ going.

Breathe be still

Chill out

When they go high, you go low (calm your voice down)

Calm

It's only this moment, just breath.

We've been here before.

I only control my response

Retirement is 946 days away

What's your mantra?

33

Answers

Another day another dollar

You got bills to pay.

I can only control how I respond to others not how they respond

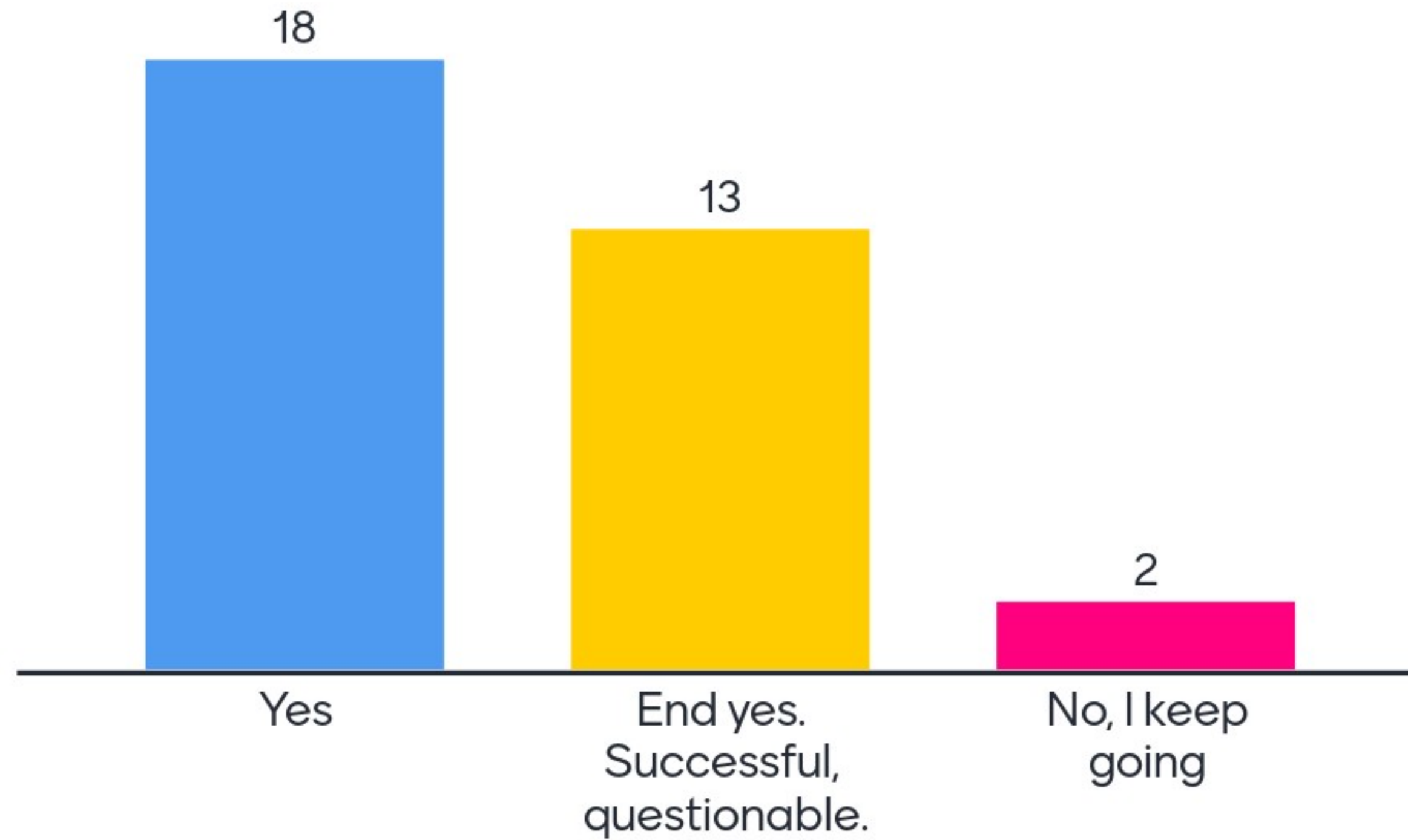
It's only one day and it could be worse

Remember who is watching

"Negative" feelings and emotions are valid and OK



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?

23 Answers

I need to be done

Let the party know that I have another meeting and need to move on

I think we both need time to think about what we processed and touch base again in a few days

Being transparent, normalizing that we are coming from different places and that together we could be more successful at a later date

I have another visit to go to, we can discuss this next visit.

I want us to hear one another, lets take a break and come back to this.

I'm wondering if it might be more productive to continue this conversation on (specify date and time)

Would it be okay if we pause and revisit this conversation in a few days or next week?

It seems like we need to take a break and it's ok. We can come back to this at a time where we're both in a better place to be productive



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

23 Answers

I can tell this isn't going to be a productive conversation, let's schedule for another time to revisit this topic.

There is a lot going on here, can we stop and regroup at a later time?

I think we've gotten as far on this topic as we're going to get today. Let's set another time to pick it back up.

Acknowledge what they say is important, explaining need to schedule more time at a later time to continue the conversation

It seems we're at a point where we aren't going to make progress. Let's schedule for a later time.

We've talked about a lot of difficult things, it would help me to process it all. Mind if we reconnect on this later.

Identify the barrier and say we will talk again.

Let's bring this up later after we brain storm more

Emotions are high and this is not time sensitive, are you good with a break?



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

23 Answers

Reassure them that we can all have days that don't go the way we'd like. So I'd like to reschedule when we are both in a better state of mind.

This may be beneficial to pick up in a few minutes or later time

Lets take a break and talk more about this later.

Validate their feelings. So need to consult with supervisor.

Hey, I think I need time to think about this, I know we have different views, and I want us to be able to collaborate and not have differing opinions impact our ability to do so.

The ABCs of managing self-care during interactions.

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.**