

**Webinar Series:**  
*Self Care, Resiliency and Compassion Fatigue  
in Student Support and Educational Services*

# **Webinar Ten: Social Support**



# Your Balance Map

Simplifying	Physical Health	Stress Relief
Reactions to Change	<b>Social Support</b>	
<i>“Trauma stewardship”</i>	Managing occupational stress/resentment	

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# The Ripple Effect



# Research from 9/11 – Van Der Kolk



*Image source: vapi - 123RF Stock Photo*

"There is no more  
effective neurobiological  
intervention than a safe  
relationship"

-- Bruce Perry

*Slide courtesy of Diana Tikasz, MSW. RSW.*

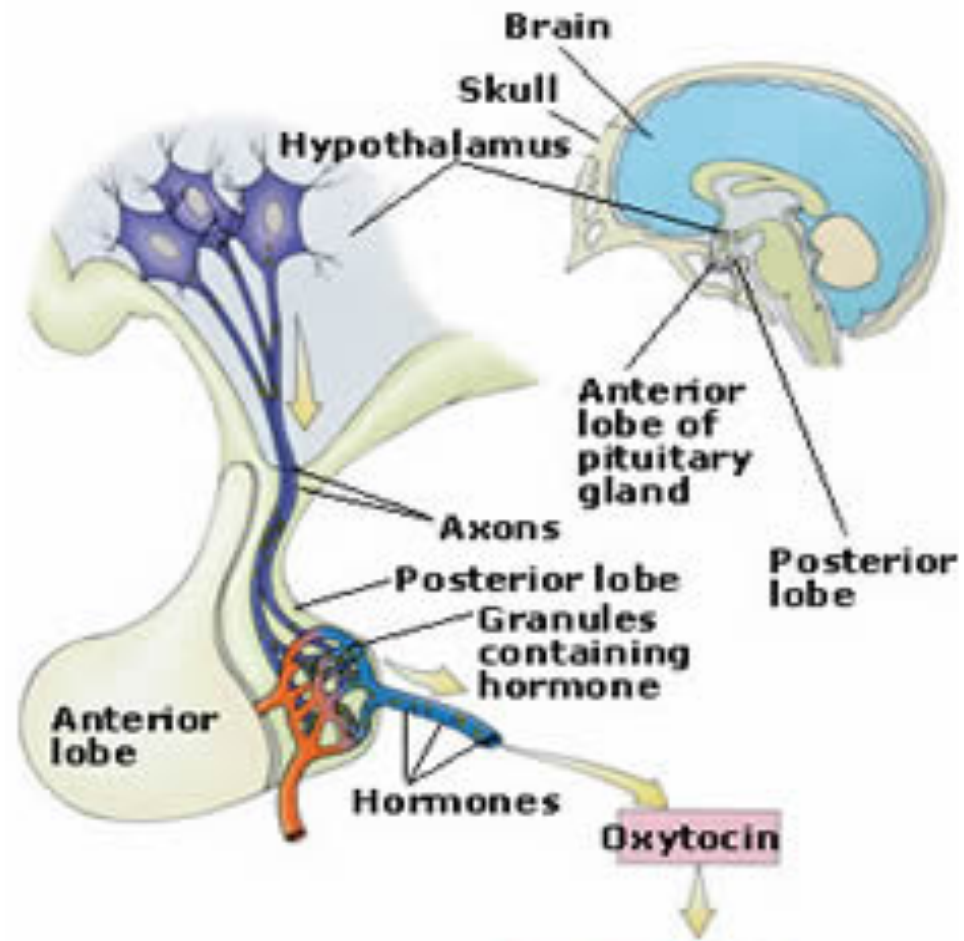
# **#1 Solution to reducing Stress is Social Support**





# Oxytocin

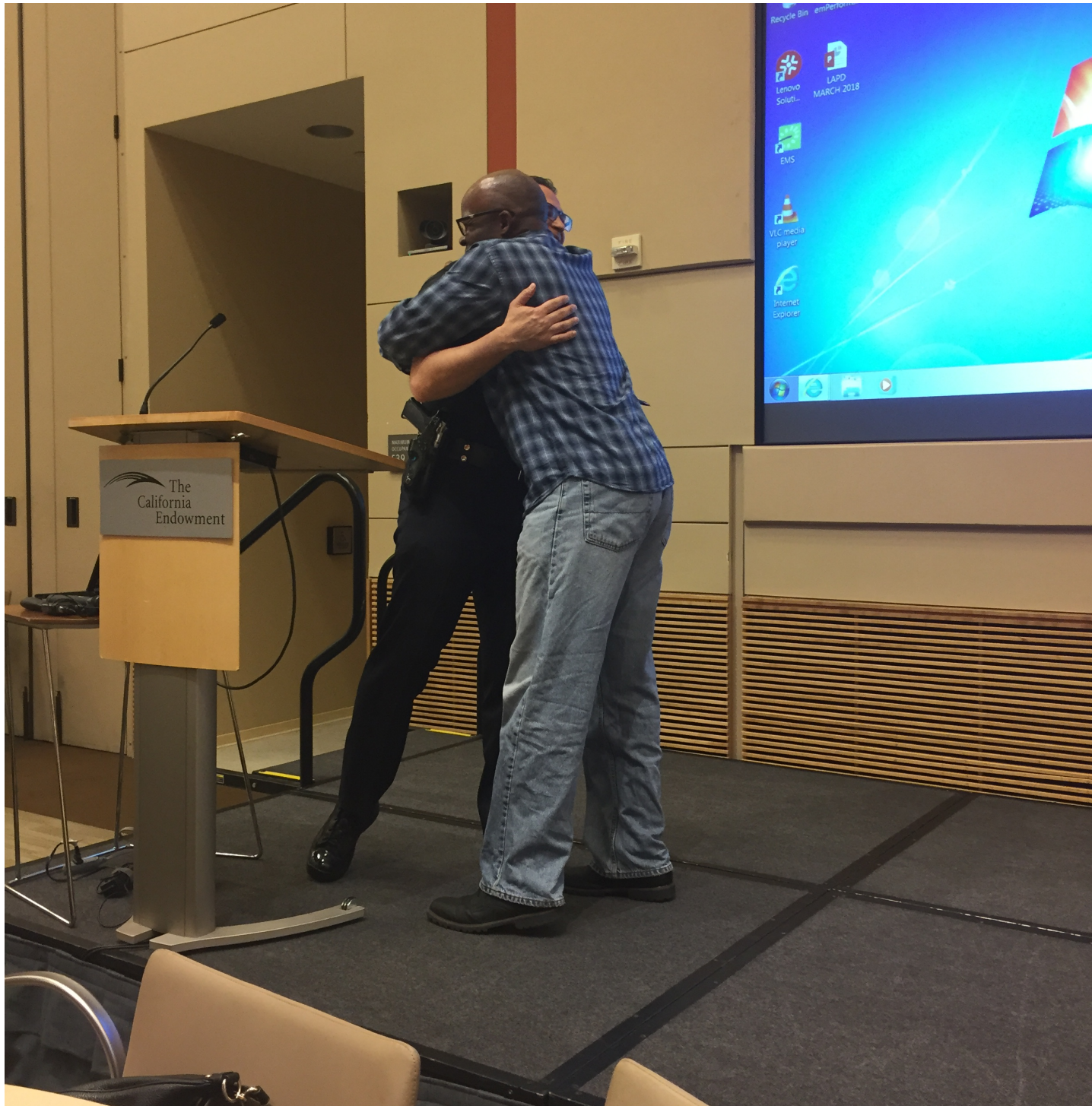
- Parental care/bonding
- Love and trust
- Reduces stress hormones
- Reduces reactivity
- Reduces cardiac responses to stress
- Generosity
- Empathy



*Slide courtesy of Diana Tikasz, MSW. RSW.*







# Setting limits with friends & family



## Simple strategies

Sleeping on a decision

“I’ll get back to you on that”

# Potential negative consequences of setting limits?





# Potential positive consequences of setting limits?



- Are there people you would like to spend more time with? If so whom?
- Is there a hobby that you have wanted to begin or spend more time on? What?
- If you had one free day to spend spontaneously Doing whatever you desire, what would you do?

- New sport/activity you would like to try?
- Class/workshop you have been meaning to take?
- New career direction?
- Learn about a different culture/food/music etc.?
- When can you begin 1% of one of these things?

# Activity



- Something you could say no to?
- Something you could say yes to?



# Activity:

## Create or restore your social supports



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