

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

**Webinar Six:**  
**Grounding Skills before, during and  
after an incident**



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**Your Balance Map**

Simplifying	Physical Health
"Trauma stewardship"	

[www.tendacademy.ca](http://www.tendacademy.ca)

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**What works?**  
**Managing Exposure**



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Don't watch trauma-filled  
media at night



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### Managing Trauma Exposure

Before  
During  
After

Source: Diana Tikasz, MSW, Tend Academy

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### Preparation Activities



"They're for emotional protection"

Slide courtesy of Diana Tikasz, MSW, RSW.

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## Managing Trauma Exposure

During

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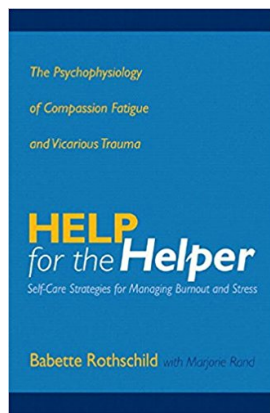
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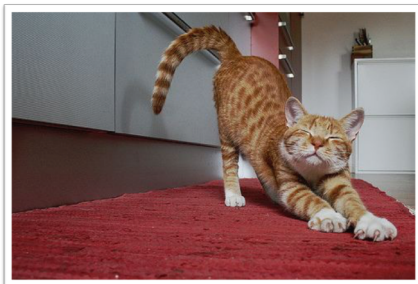
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## Mirror Neurons



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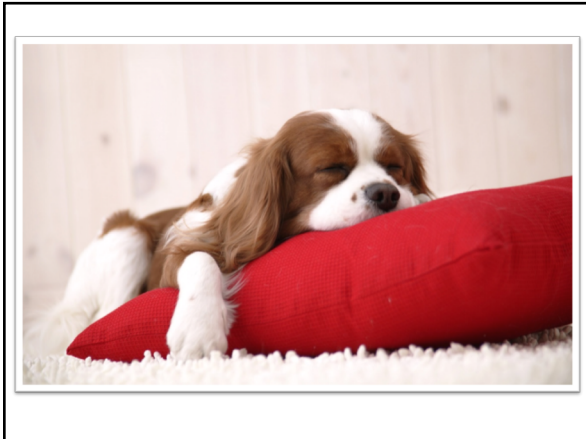
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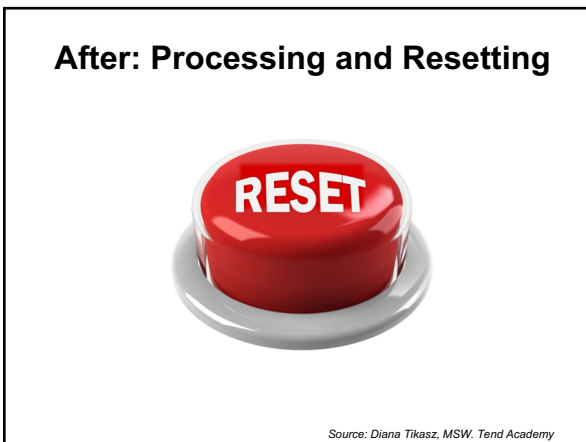
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**5,4,3,2,1**

See  
Hear  
Feel

Source: Diana Tikasz, MSW, Tend Academy

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**Learn basic grounding  
skills**



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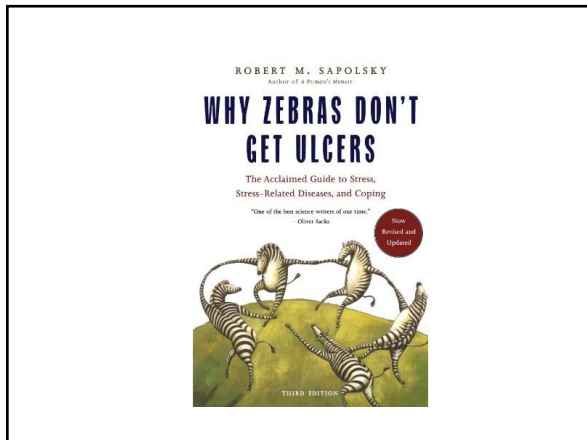
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### After: Processing and Resetting

Activities of the nervous system that allow the body to metabolize stress hormones include:

- trembling or shaking it off
- crying
- laughing
- singing or chanting
- moving our body in some way and getting our heart rate
  - up e.g. jumping jacks, running, climbing stairs, dancing
- meditation or some other type of relaxation activity
- sleep
- connecting with a significant other and perhaps sharing a hug (remember oxytocin)

Source: Diana Tikasz, MSW, Tend Academy

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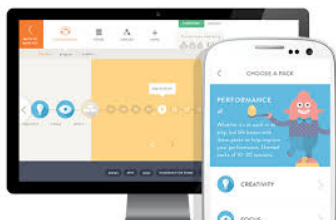
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### Mindfulness App

Headspace.com




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## Neurofeedback - "Mindlight"




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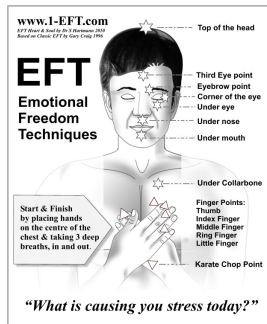
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## Emotional Freedom Technique



*"What is causing you stress today?"*

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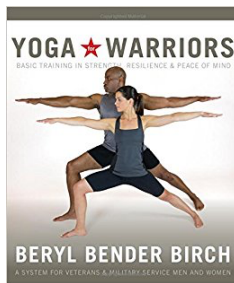
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## Yoga




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Reflection Activity:  
What resetting/grounding  
activity would work for me?

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