



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

## Webinar Eight: Self-Care at Work


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### Your Balance Map

Simplifying	Physical Health	Stress Relief
Reactions to Change		
"Trauma stewardship"		

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## Reflection

How has the landscape of your work changed in the past 5, 10 years?

- 1) Things we have more of....
- 2) Things we have less of....
- 3) Things that work better than they used to...
- 4) Things that work less well than they used to.....

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### The reality...



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### Understanding how you cope with change and uncertainty



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### Dealing with Change...

- Three words that come to me when I think of change...
- Examples of three changes I have experienced in my life...

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How does your way of coping  
with change and uncertainty  
impact others you work with?

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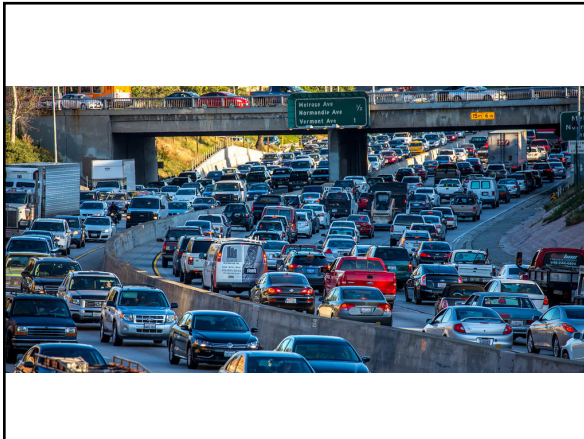
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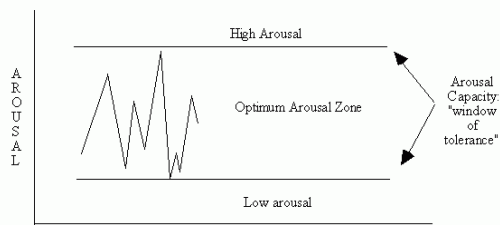
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### UNDERSTANDING THE WINDOW OF TOLERANCE



Ogden et al 2006, Corrigan et al 2010

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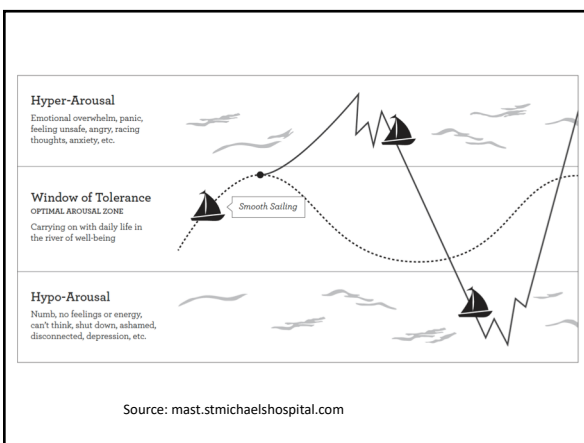
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Source: mast.stmichaelshospital.com

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**Cheryl Richardson –  
What's fueling you?**

Premium vs junk fuel

"Adrenaline is a hormone produced by your adrenal gland, it increases heart rate, constricts blood vessels and air passages"

ORGANIZATIONAL HEALTH IN TRAUMA-EXPOSED ENVIRONMENTS [www.tendacademy.com](http://www.tendacademy.com)

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**Beware of Being in  
Crisis Reactivity Mode**

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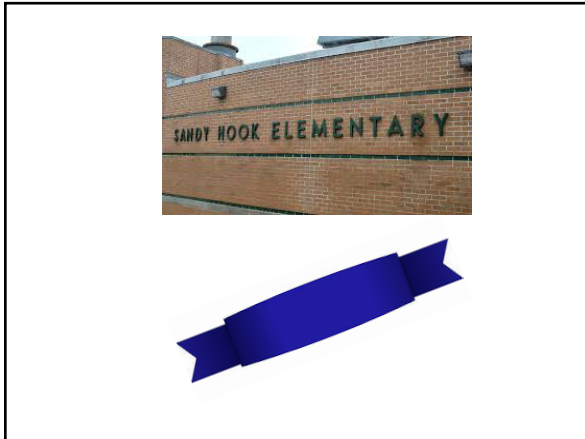
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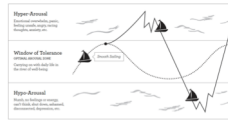
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**Reflection Activity:**  
**What are your experiences with WTF?**

- Can you think of situations recently when you have been either hyperaroused or hypoaroused? How did that affect the situation?




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•Three top strengths of your way of reacting to change

•Best ways to approach you if we work with you

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