"Like a Rock" Bob Seger &

Stood there boldly Sweatin' in the sun Felt like a million Felt like number one The height of summer I'd never that strong Like a rock

I was eighteen Didn't have a care Working for peanuts Not a dime to spare But I was lean and Solid everywhere Like a rock

My hands were steady My eyes were clear and bright

My walk had purpose My steps were quick and light And I held firmly To what I felt was right Like a rock

Bob Seger & The Silver Bullet Band

Like a rock, I was strong as I could be Like a rock, nothin' ever got to me Like a rock, I was something to see Like a rock And I stood arrow straight **Unencumbered by the** weight Of all these hustlers and their schemes stood proud, I stood tall High above it all I still believed in my dreams **Twenty years now**

Where'd they go? Where'd they go? Twenty years I don't know I sit and I wonder sometimes Where they've gone And sometimes late at night When I'm bathed in the firelight The moon comes callin' a ghostly white

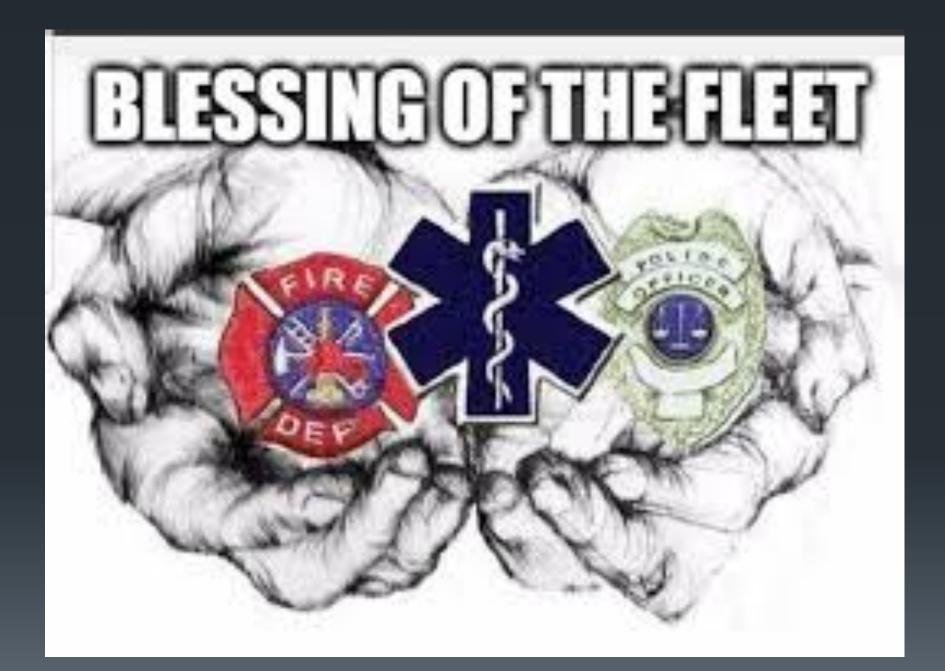
And I recall I recall Like a rock, standin' arrow straight Like a rock, chargin' from the gate Like a rock, carryin' the weight Like a rock Like a rock, the sun upon my skin Like a rock, hard against the wind Like a rock, I see myself again Like a rock

STRESS AND SELF-CARE EDUCATION

Psychological First Aid for Acute Stress and Reduction Techniques

The Bridge Retreat February 7th-9th, 2019 Dr. John Malinky "Some days I feel a thousand different emotions all at once. Other days I am nothing but numb. I am tired of this rollercoaster masquerading as my life. Stop the ride. I want to get off."

-Anonymous fire fighter



Risk Assessment

- Rated 0: none/NA, 1: occasional, 2: frequent
 - History of substance abuse
 - Mental health problems
 - Thoughts about not wanting to wake up in the morning/others might be better off if you were not around
 - Suicidal thoughts with specific plan and intent
 - History of suicide attempts
 - Impulsive behavior
 - Employment problems
 - Relationship instability
 - Enjoying life and freedom
 - Following departmental policy and rules
 - Positive personal relationships
 - Need for speed
 - Enjoying risk taking behavior
 - Problems with anger
 - History of violent acts

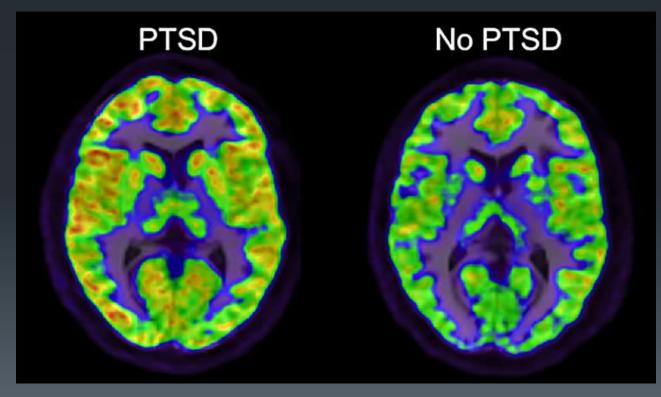
Risk Assessment: Symptom Checklist

Symptom	None	Mild	Moderate	Severe
Nightmares				
Flashbacks				
Irritability				
Problems with memory				
Problems with concentration				
Sleep problems				
Change in weight				
Feel sad, blue, down				
Hopelessness				
Helplessness				
Worthlessness				
Anger				
Tense and nervous				
Worry				
Doubt decision making				
Thoughts that you can't get out of your mind				
Loss of pleasurable activities				
Lack of energy				
Jumpy				
Avoid people				

911 WHAT IS THE LOCATION OF YOUR BAD GUY?

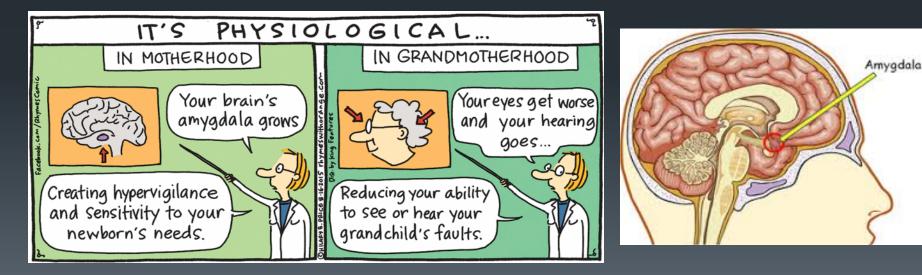
I COME BITE HIM FOR YOU

PHYSIOLOGICAL CHANGES IN THE BRAIN



HOW DOES YOUR BRAIN CHANGE WITH STRESS?

- Increased activity in the amygdala
 - This area helps us process emotions & is also linked to fear responses.



THE AMYGDALA

Connected to the hypothalamus, thalamus, & parts of cerebral cortex.

Central cross roads junction

- Where all the senses are tied together & endowed with emotional meaning.
- It's an alarm system
- Scans for danger & sends message to neocortex.

AMYGDALOID ACTIVATION

- Arouse from extreme stress & external anxiety.
- Adrenal Gland triggers epinephrine & norepinephrine.
- Strengthens memory expression of emotional arousal.
- The more extreme the amygdala arousal, the stronger the memories impact.
 - Examples:
 - When did president Eisenhower die?
 - When did president Kennedy die?
 - Where were you on 9/11/2001?

OVERSTIMULATED AMYGDALA

Summary

- The amygdala is responsible for survival-related identification.
 - Tagging memories with emotion
- After the trauma, the amygdala can get caught up in a highlyalert & activated loop, during which it looks for & perceives threats everywhere.

"Nah, man. Night shift is pretty easy." - Derek, age 24



HOW DOES YOUR BRAIN CHANGE WITH STRESS?

Hippocampus shrinks

 This area helps us distinguish between past & present memories.



HIPPOCAMPUS

- Gateway to limbic system
- Involved in motivation, emotion, learning & memory
- Memory & emotion are integrated
- Under severe stress, the stress hormones that affect the strength of memory consolidation are secreted.
- Norepinephrine
 - Excessive stimulation of amygdala & interferes with hippocampal function.
- Memories are stored in sensory motor & sensation visual images.

UNDERACTIVE HIPPOCAMPUS

- An increase in the stress hormone, glucocorticoid, kills cells in the hippocampus & renders it less effective in making somatic connections necessary for memory consolidation.
- The interruption keeps both the body & mind stimulated & in a reactive mode, as neither element receives the message that the threat has formed into the past tense.

HIPPOCAMPAL TEMPORAL MEDIATION

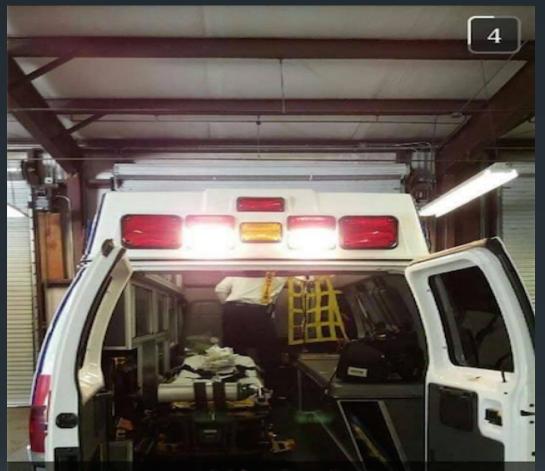
- Differentiate past from presentBackfires
 - Examples:
 - Child's death in a movie
 - Explosion in a movie

Can't differentiate the past from the present

HIPPOCAMPAL CONTEXTUAL MEDIATION

 Unable to differentiate dangerous situation from situation without danger.

Bear in the zoo from bear in the backyard.



New guy searching for fallopian tubes



INEFFECTIVE VARIABILITY

- Constant elevation of stress hormones interferes with the body's ability to regulate itself.
- Sympathetic nervous system remains highly activated, leading to fatigue of the body and many of its systems.
 - Notably: the adrenal

ADAPTIVE INFORMATION PROCESSING

- Hippocampus integrates memory & emotion.
 - Neurons are then associated with similar neuronal maps.
 - Maps are then set to associate ones of the cortex.
- When stress stimuli are too great, the associated neural maps are not linked & move forward.
- There is fragmentation or non-integration.
- Temporal context & contextual context are frozen.

ASSOCIATION Thoughts about environment. Thoughts about relationships. Thoughts about self. Allows us to make predictions.

PREDICTION ERROR

- Frozen in sensory motor areas & the amygdala.
- Excessive norepinephrine shrinks the hippocampus.

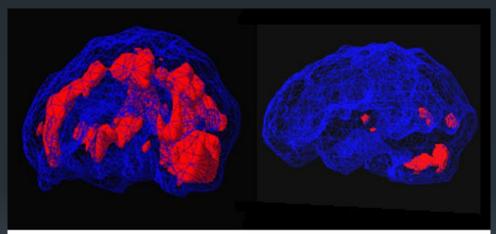
Prevent the signal from moving into the cortex & association with the most adaptive neuronal mapping.

PREDICTION ERROR

- Time
 - Past/present.
- Context
 - Danger/safe.
- Self
 - "I'm not good enough."
 - "I'm worthless."
 - "I'm incompetent."
 - "I should have done something."
 - "I am not safe."
 - "I am not in control."
 - "I am a failure."
 - "I am helpless."

OH CRAP!!! BOMB GUY SAID "OOOPS!"

PHYSIOLOGICAL CHANGES IN THE BRAIN



Before and after EMDR brain scans.

Left photo shows woman with Post Traumatic Stress Disorder. Right photo shows same woman after four ninety minute EMDR sessions. The red areas indicate over-activity in the brain. Photo by Dr. Daniel Amen

PHYSIOLOGICAL CHANGES IN THE BRAIN



Brain showing overactivity in red



Same brain after EMDR treatment

(Ginny, 2018)

- The amygdala can learn to relax.
- The hippocampus can resume proper memory consolidation.
- The nervous system can recommence its easy flow between reactive & restorative modes
- Key to achieving state of neutrality, healing lives, & helping to reprogram the body & mind.

- Diaphragm Breathing
 - 1. Place temperature thermistor on little finger of non-dominant hand
 - Reason: when we are in a flight/fight response, blood flows away from the extremities causing the fingers & hands to get colder. We use the non-dominant hand & little finger because they are the most difficult to condition; if we can bring warmth back into the little finger of the non-dominant hand, it can be done for the other fingers.
 - 2. Have a graph & put 0 where the baseline temperature starts & put a dot where it ends.
 - **3.** A stressed-out state is a temperature in the 70's.
 - 4. Intermediate state is a temperature in the 80's.
 - **5**. A relaxed state is a temperature in the 90's.

Diaphragm breathing exercise:

You are invited to close your eyes for this exercise, if you feel comfortable doing so.

If you do not wish to close your eyes, you are invited to lower your gaze to a spot in front of you or a spot on a wall nearby.

- Diaphragm breathing exercise:
 - Place hand 1 inch below navel
 - Inhale
 - Feel hand move up
 - Exhale
 - Feel hand move down
 - Focus in the present
 - Experience whatever comes to you when you inhale
 - Release when you exhale

AUTOGENIC RELAXATION PHRASES

- Heaviness Phrases
 - I feel quiet
 - I am beginning to feel quite relaxed
 - The muscles in my toes and feet feel heavy and relaxed
 - The muscles in my calves, thighs, hips, waist, abdomen, solar plexus...
 - Continue moving through your body (take 1-2 minutes)
- Warmth Phrases (for hands and fingers)
 - I am quite relaxed
 - My arms and hands feel heavy and warm
 - I feel quite quiet
 - My whole body is relaxed and my hands are warm, relaxed and warm
 - I can feel the warmth flowing down my arms into by handle
 - My hands and fingers are warm, pleasantly warm
 - Continue moving along this feeling of warmth in the hands and fingers (1-2 minutes)

- Warmth Phrases (for feet and toes)
 - I feel quite quiet
 - My legs, feet and toes feel heavy and warm
 - I am quite relaxed
 - My whole body is relaxed and my feet feel warm and relaxed
 - I can feel warmth flowing down my legs into my feet and toes
 - Continue moving along this feeling of warmth in the feet and toes (1-2 minutes)
- Quietness phrases (for calming the mind)
 - My whole body feels relaxed and my mind is quiet
 - I release my attention from the outside world and I feel serene and still
 - My attention is turned inward and I feel at ease
 - Gently, I can visualize, imagine and experience myself as relaxed and still
 - Continue moving along as your body is relaxed and feeling your mind calm (1-2 minutes)
- Reactivation Phrase
 - The relaxation is now concluded and the whole body is reactivated with a deep breath and the following phrases: I feel life and energy flowing through my toes, feet, calves, knees, thigs, hips, waist, abdomen, solar plexus, chest, shoulders, arms ,hands, fingers, neck, jaws, lips, and head. ...

- Safe Place
 - Sights, images, colors
 - Sounds
 - Smells
 - Sensations

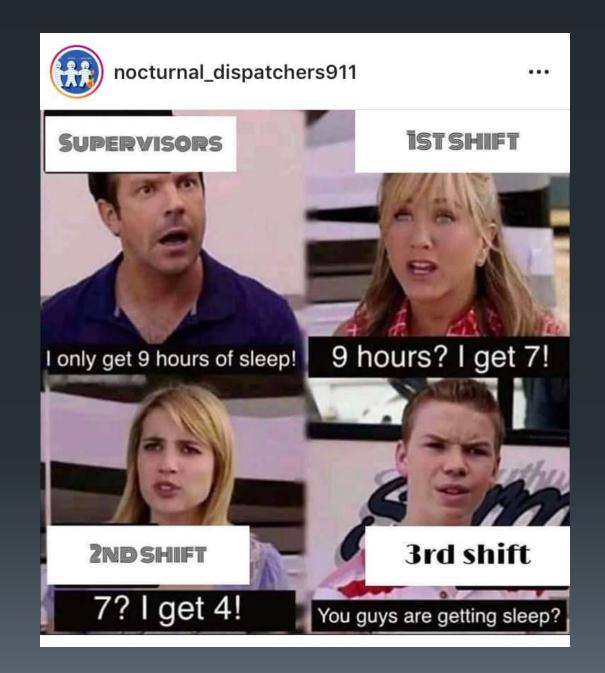
- Olfactory Stimulation
 - Altoids



"You know, Phil, admitting you have a monkey on your back would explain your back pain, that funny smell, and why there's never any peanuts in the break room."

- Tactile stimulation
 - Tap feet side to side
 - Tap top of thigh with hands side to side

- Journal Structure for Interpersonal Communication
- TICE
 - <u>T</u> Trigger
 - <u>I</u>– Image
 - <u>C</u> Cognition/Belief
 - <u>E</u> Emotion



RESILIENCY

- Resilience is the ability to:
 - "bounce back"
 - "pick yourself up from the ground if you've been dealt some blows"
- You are able to cope well & effectively with adverse conditions.
- Includes various properties:
 - Optimistic
 - Having confidence in yourself.
 - Believing in yourself to overcome things.
 - Having skills you need such as social support, ability to find meaning/purpose in life.

HARDINESS

• Mix of commitment, control, & challenge.

- 1. Make connections
 - Good relationships with close family members, friends, & others are important.
 - Accepting help & support from those who care about you & will listen to you.
- 2. Avoiding the view that crises are insurmountable problems
 - This can change the fact that highly stressful events happen, which can change how you respond to these events.
- **3**. Accept that change is part of living
 - Certain goals may no longer be obtainable, as a result of adverse situations.
 - Accepting circumstances that cannot be changed can help you focus on circumstances you can alter.

- 4. Move toward your goals
 - Develop realistic goals, do something regularly, even if it seems like a small accomplishment. This enables you to move towards your goals.
 - Instead of focusing on tasks that seem unachievable, ask yourself: "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"
- **5**. Take decisive actions, rather than detaching completely from problems.
 - Act on adverse situations as much as you can
- 6. Look for opportunities for self-discovery
 - People learn something about themselves & find that they have grown, in some respect, as a result of their struggle with loss.

- 7. Nurture a positive view of yourself
 - Developing confidence in your ability to solve problems & trust your instincts helps to build resilience.
- 8. Keep things in perspective
 - Even when facing very painful events, try to consider the stressful situation in a broader context.
 - Keep a long-term perspective.
- 9. Maintain a hopeful outlook
 - An optimistic outlook enables you to expect that good things will happen in your life.
 - Try visualizing what you want, rather than worrying about what you fear.

10. Take care of yourself

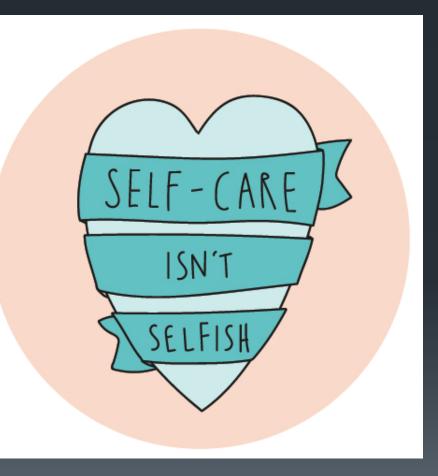
- Pay attention to your own needs & feelings.
- Engage in activities you enjoy & find relaxing.
- Exercise regularly.
- Taking care of yourself helps to keep your mind & body primed to deal with situations that require resilience.

STRENGTHENING RESILIENCY

- Journaling
 - Some people write about their deepest thoughts & feelings related to trauma, or other stressful events in their life.
- Meditation, spiritual practices
 - Help some people build connections & restore hope.

SELF-CARE

- Key to living a balanced life
- What we can do to take care of ourselves, mentally, emotionally, and physically.



SELF-CARE BASICS

- Don't force it.
 - If you don't see it as self-care, it won't work.
- Get enough sleep
- Promote a healthy diet
- Exercise
- Follow-up with and maintain medical care
- Use relaxation techniques (and/or practice meditation)
- Laugh!
 - Stimulates organs, activates and relieves your stress response, and soothes tension.

SELF-CARE CAN BE:

- Sensory
 - Breathe in fresh air
 - Get a cozy blanket to wrap up in
 - Take a hot shower or warm bath
 - Get a massage
 - Cuddle with a pet
 - Pay attention to your breathing
 - Burn a scented candle
 - Stare up at the night sky
 - Listen to music
- Pleasure
 - Garden
 - Do a craft project or make art
 - Journal
 - Walk your pet(s)
 - Go for a walk and take pictures
- Physical
 - Yoga
 - Go for walk/run
 - Stretch
 - Dance
 - Bike ride

- Mental
 - Clean out a junk drawer/closet
 - Try a new activity
 - Do a crossword puzzle or word search
- Spiritual
 - Attend church
 - Read poetry/inspiring quotes
 - Meditate
 - Pray
 - Spend time in nature
 - Make a grateful list (& repeat daily!)
- Emotional
 - Accept your feelings
 - Cry when you need to
 - Laugh when you can (laughter yoga!)
 - Practice self-compassion
- Social
 - Go on a lunch date with a friend
 - Book clubs
 - Support groups

RELATIONSHIPS

When someone is experiencing stress...

DO:

- Acknowledge the reality of their struggle
- Offer to go with them to see a counselor
- Listen to them
- Love them
- Encourage & support them
- Try to imagine a day & night in their shoes
- Accept you will never fully understand what they went & are going through
- Respect their need for space
- Ask how you can help & support them... then do that.

DON'T:

- Call them crazy or weird
- Say it is all in their head or that they are making a big deal out of nothing
- Assume you know what they are going through
- Judge, pity, or try to fix them
- Tell them to suck it up, move on, or just get over it

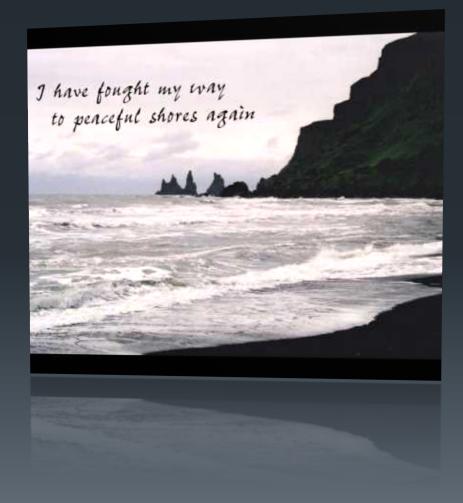
Video: "<u>The Other Guys</u>"



"PEACEFUL SHORES"

By Patricia wake

https://youtu.be/5H9qzaqjU_s





"TOUCH OF GREY"

"Touch of Grey" - The Grateful Dead