



Mind & Body Connection

S.C.O.P.E

Newcomer Wellbeing Workshop Series



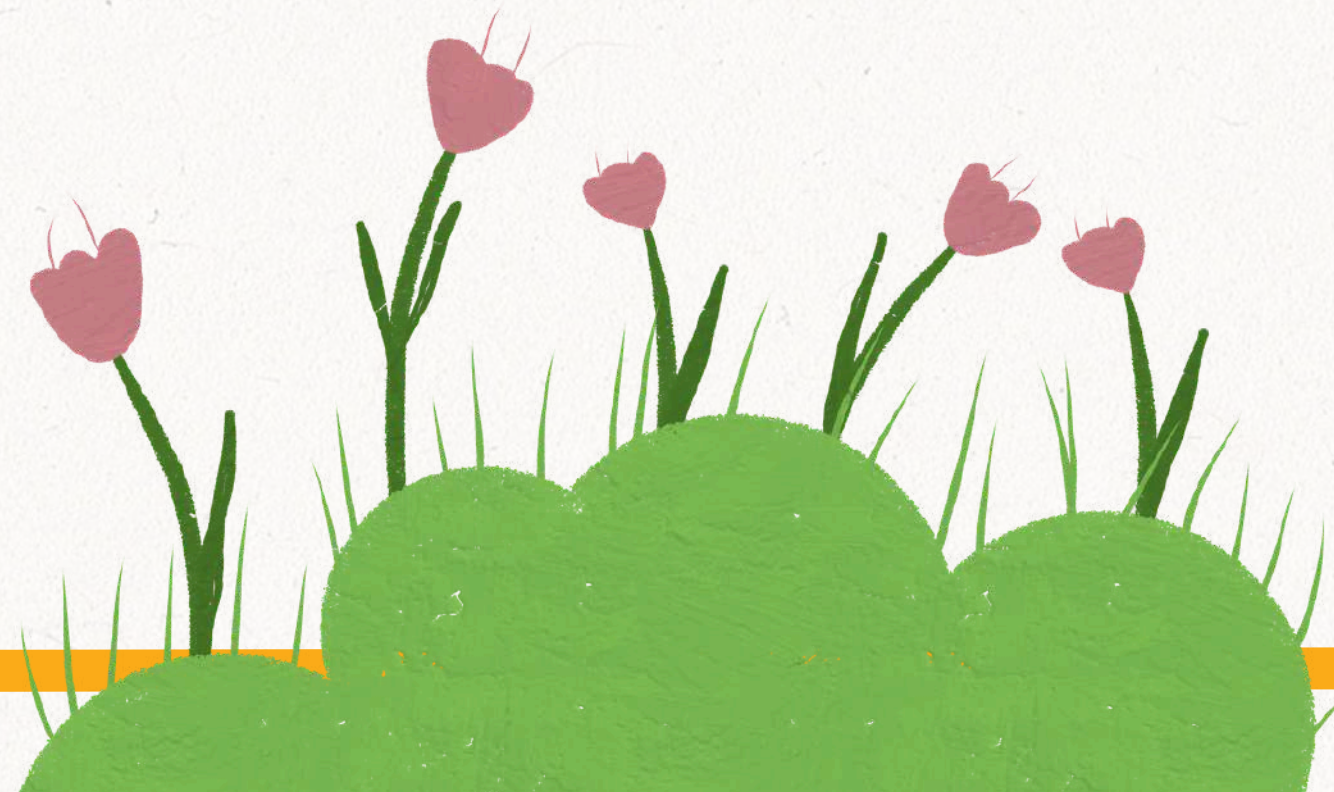
Access Alliance
Multicultural Health and Community Services

Group Guidelines

How can we create a safe, trusting, and secure space?

- Confidentiality: No video recording, telling friends or others
- Respect each other
- Mute, if you are not speaking
- Use the chat function
- Try Something New
- Ask Questions
- Connect & Get support

OTHER Group Guidelines?



Check In **What is your favourite** **physical activity? Why?**



Purpose of Workshop

- Learn how to identify a trigger in your body.
- Learn 5 different techniques to manage stress.
- Share with others what you use to manage your stress.



HOW **STRESS** AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

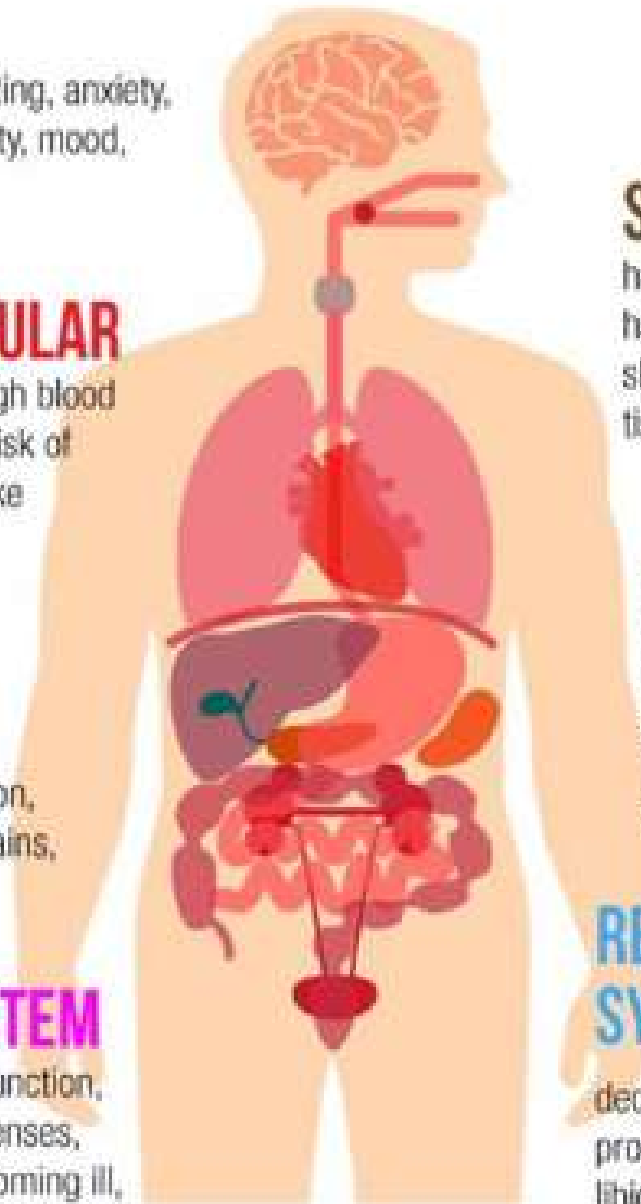
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

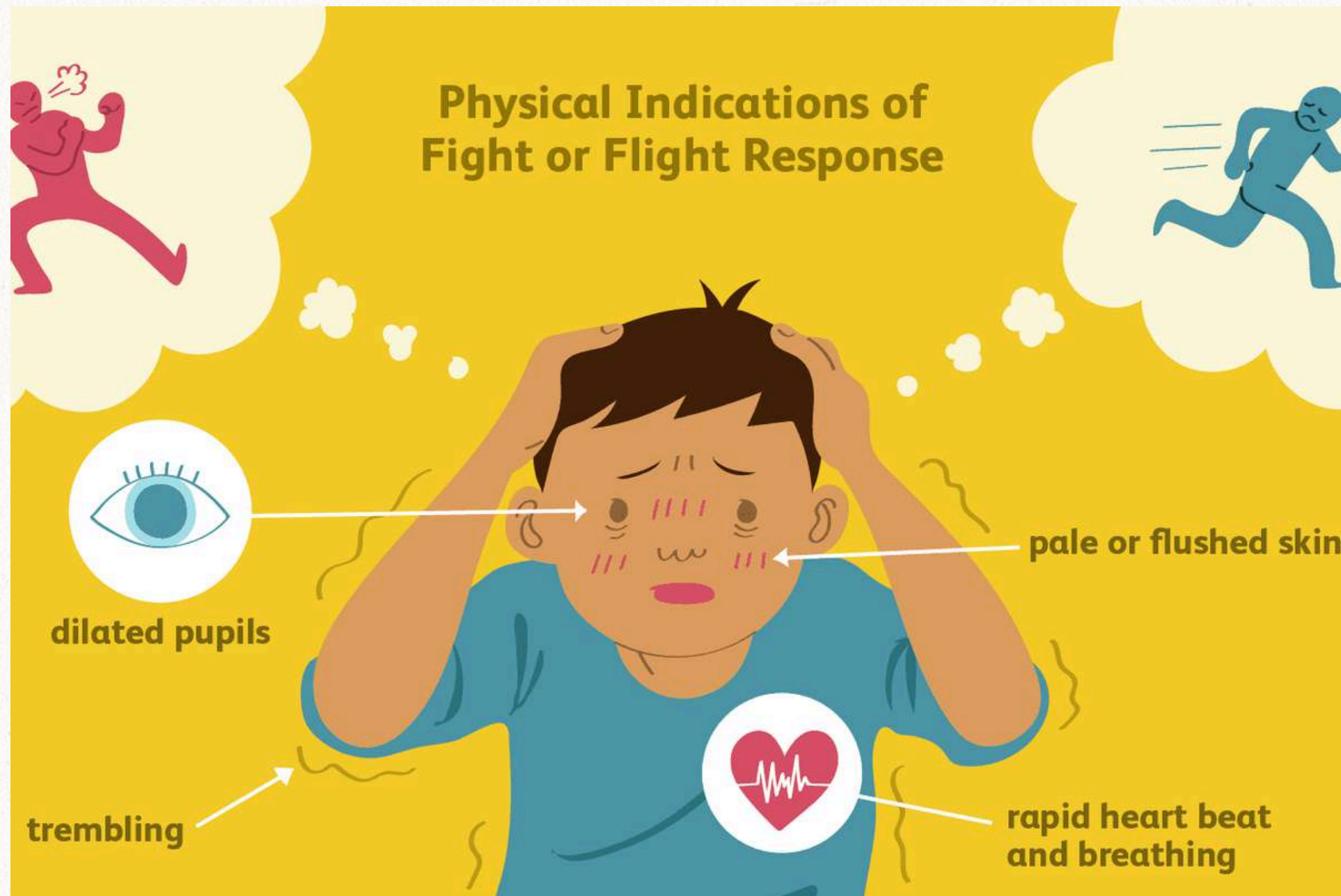
REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

What is a Trigger?

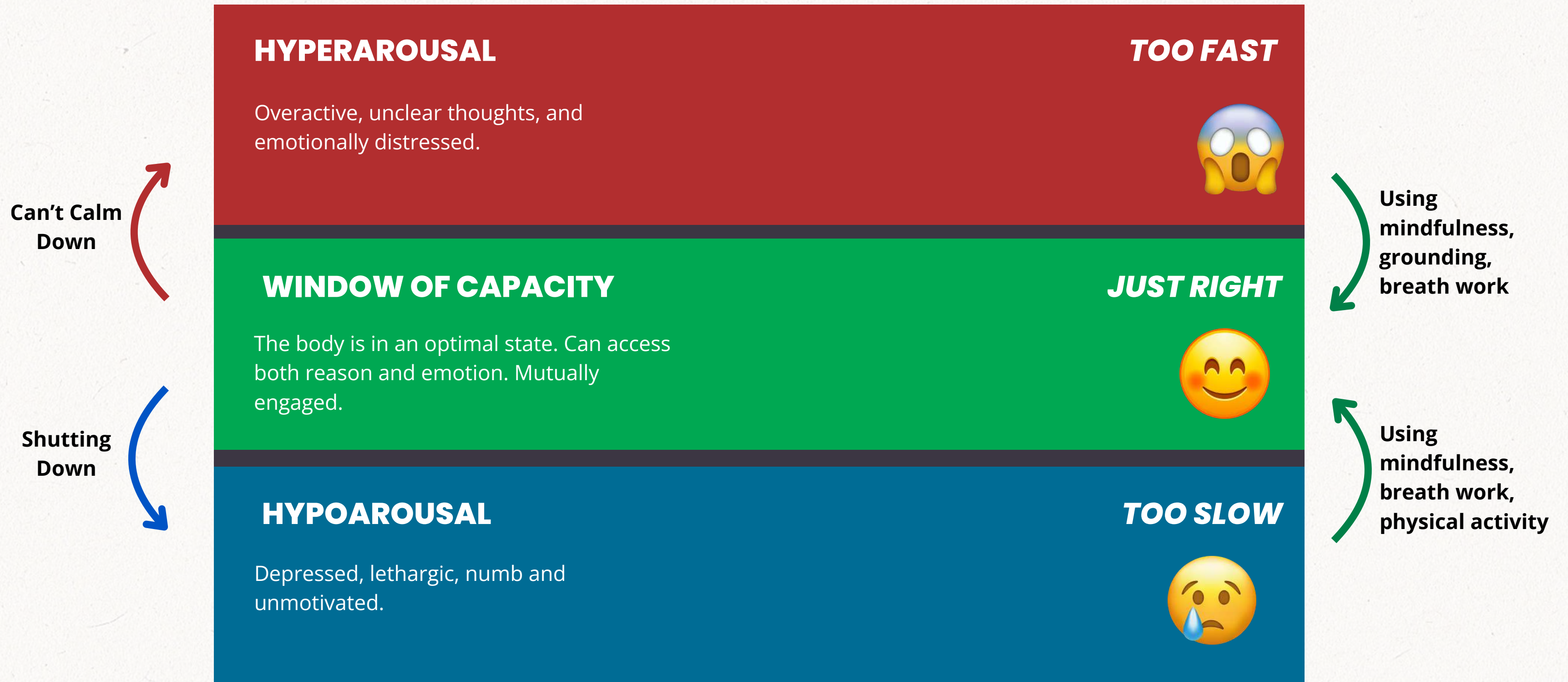


A trigger (a person, place or thing) is a reminder of a past trauma that can cause a person to feel overwhelming sadness, anxiety, or panic (unwanted or behavioral response)

Trigger Sensations

- heart racing
- fast breathing
- sweating
- feeling hot
- foggy feeling
- headache
- numbness
- dizziness

Trigger Responses



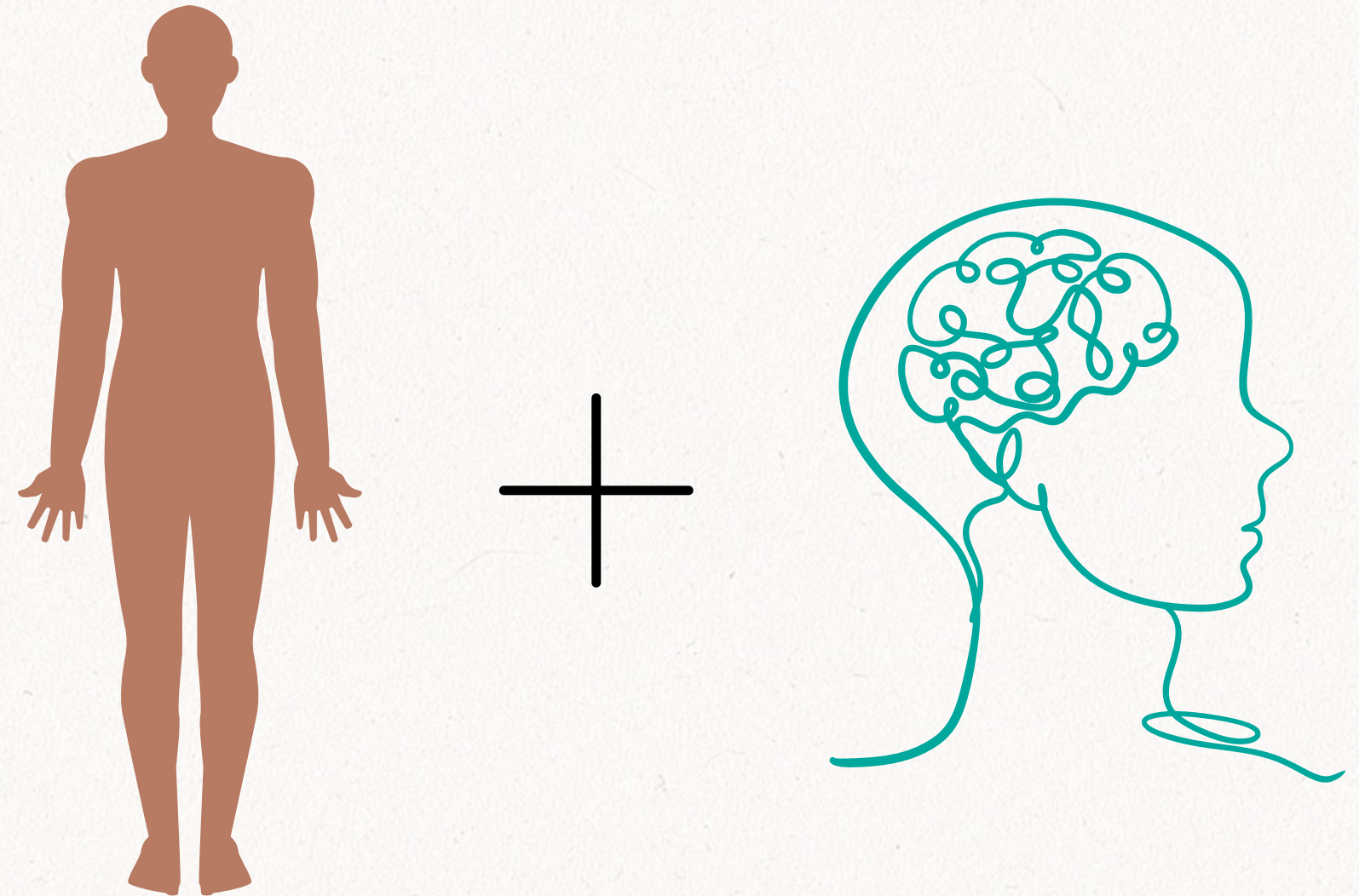
Some amount of stress is important and helpful, however increasing amounts of stress becomes bad for our health

Ask yourself the question:
In this moment, am I really in danger?

How can our bodies be a source of strength to help regulate our body and mind?

SOMATIC RESOURCING

- Your body stores stress
- Body-centric approach by building awareness to the body, mind and emotions.
- Helps release stress, tension and trauma from the body.
- Building awareness of mind, body and emotions and how they can change



What is SCOPE?

S Slow Down
C Connect to Body
O Orient
P Pendulate
E Engage

- **SCOPE is the handy use tool that can go with you anywhere and anytime**
- **Basic inventions to interrupt the stress**
- **Do in less than 5 minutes**

S Slow Down

Take 10 steps very slowly, noticing any sensations on the bottom of your feet



C Connect to Body

Cross your arms and ankles, tuck hands under armpits, lower head, and breathe



O Orient

**Slowly look around
Noticing colors and shapes**

**Let our gaze rest on
something pleasant or
comforting like a brief
visual vacation**



P Pendulate

Notice a place of ease in the body and a piece of tension

Slowly shift attention between ease - tension- ease



E Engage

**Engage socially
Connect with
someone who
can support you**

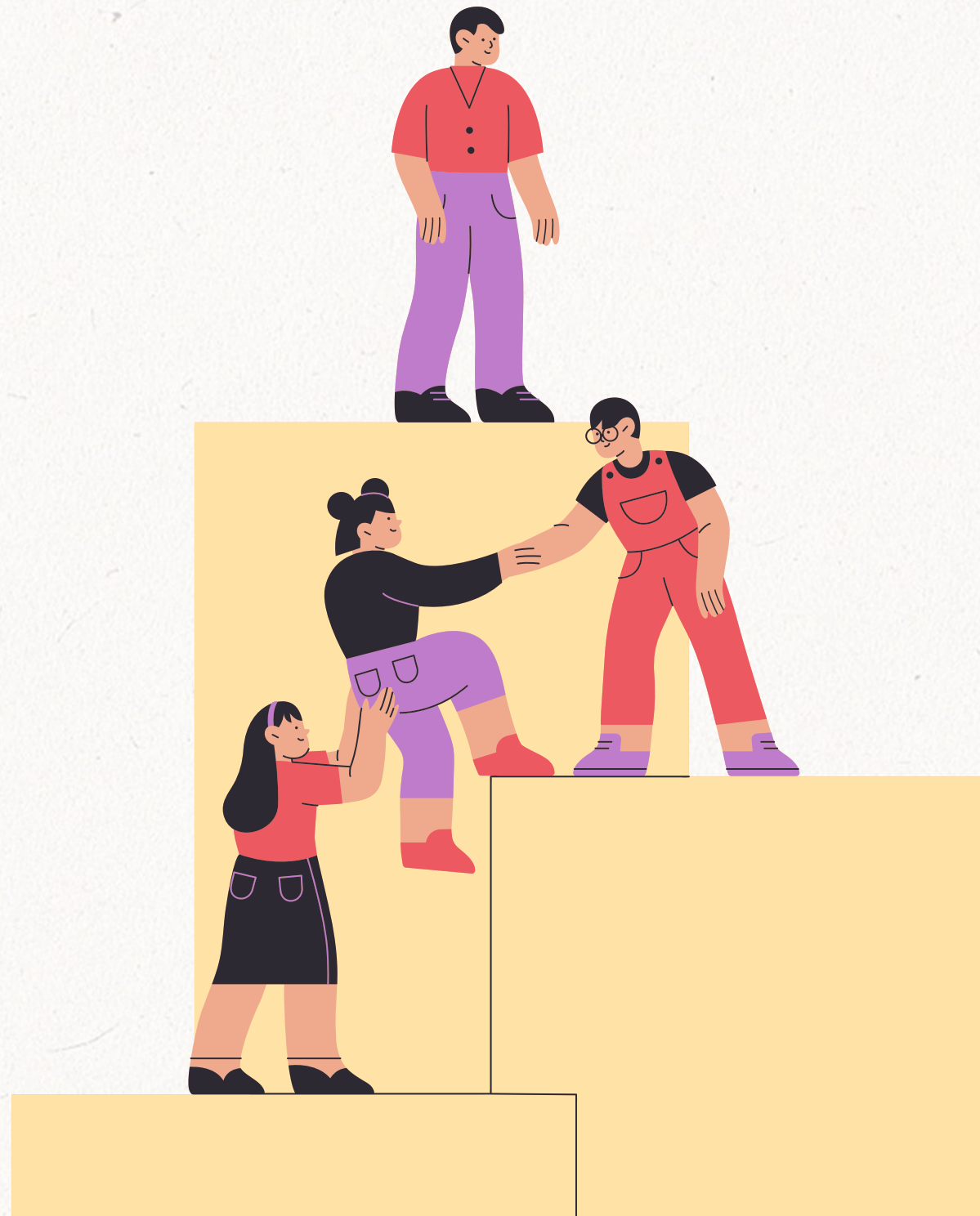


5 steps to self-regulating



1. **Identify** (rather than focus on) triggers
2. Instead of focusing on triggers, **focus on what happens internally** (body, emotions, thoughts) when you are triggered
3. **Select one or more SCOPE techniques** to return to a calm and engaged state
4. **Focus on and savour what happens** internally when you use a somatic resource. Focus for several seconds to wire the response.
5. **Repeat these 4 steps many times a day.**

More Support



SINGLE SESSION THERAPY

Book a single session of therapy for extra support.

REGISTER WITH ACCESS ALLIANCE

If you don't have a family doctor, register with Access Alliance to join our primary care services.