



Mind & Body Connection

Newcomer wellbeing session



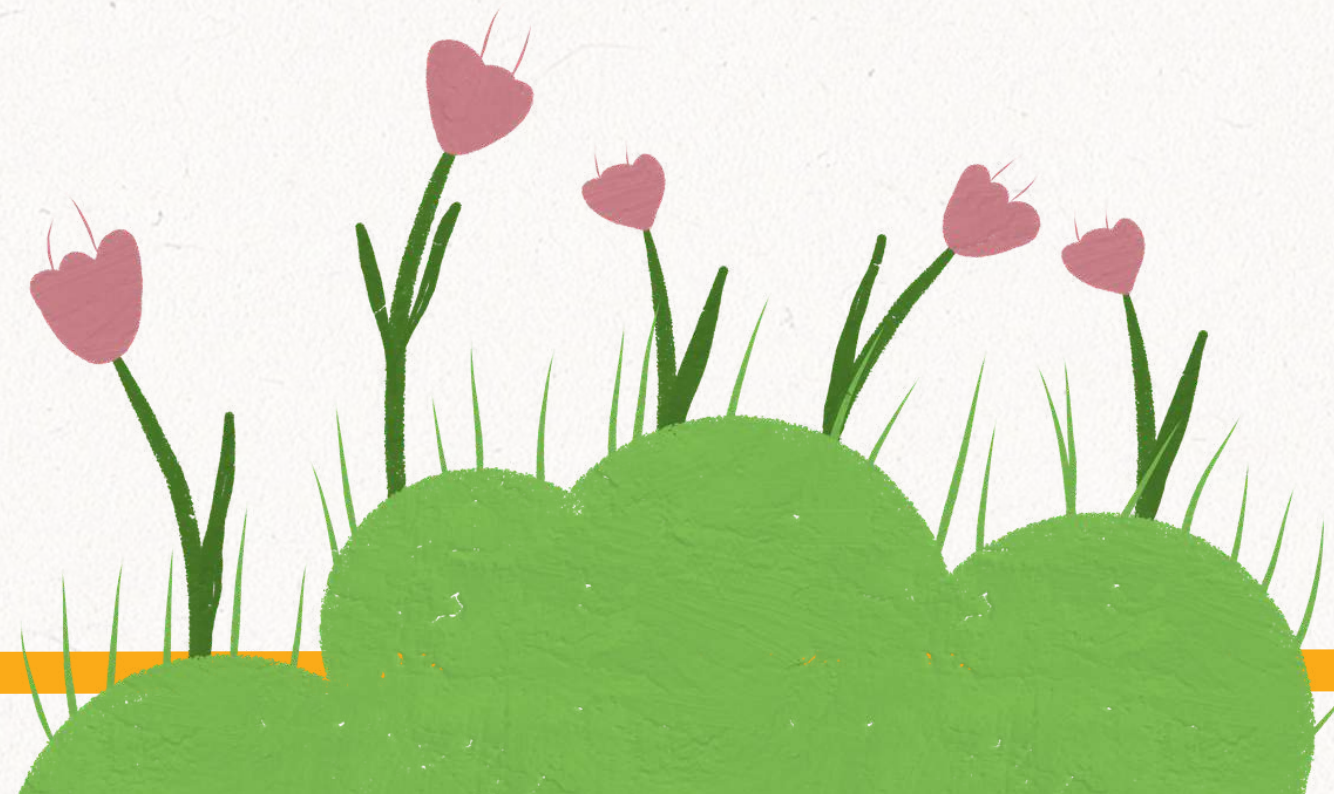
Access Alliance
Multicultural Health and Community Services

Group Guidelines

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

- **Respect** each other
- **Boundaries:** Protect personal and emotional space
- **Confidentiality:** No video recording, telling friends or others
- **Curiosity:** Ask Questions and Try something new!
- **Mute**, if you are not speaking
- **Chat function** to share
- **Connect & Get support**

Other Group Guidelines?



Check-In

How does your body
experience stress?



Purpose of Workshop

- Learn how to identify a trigger in your body.
- Learn 8 different techniques to manage our stress responses.
- 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

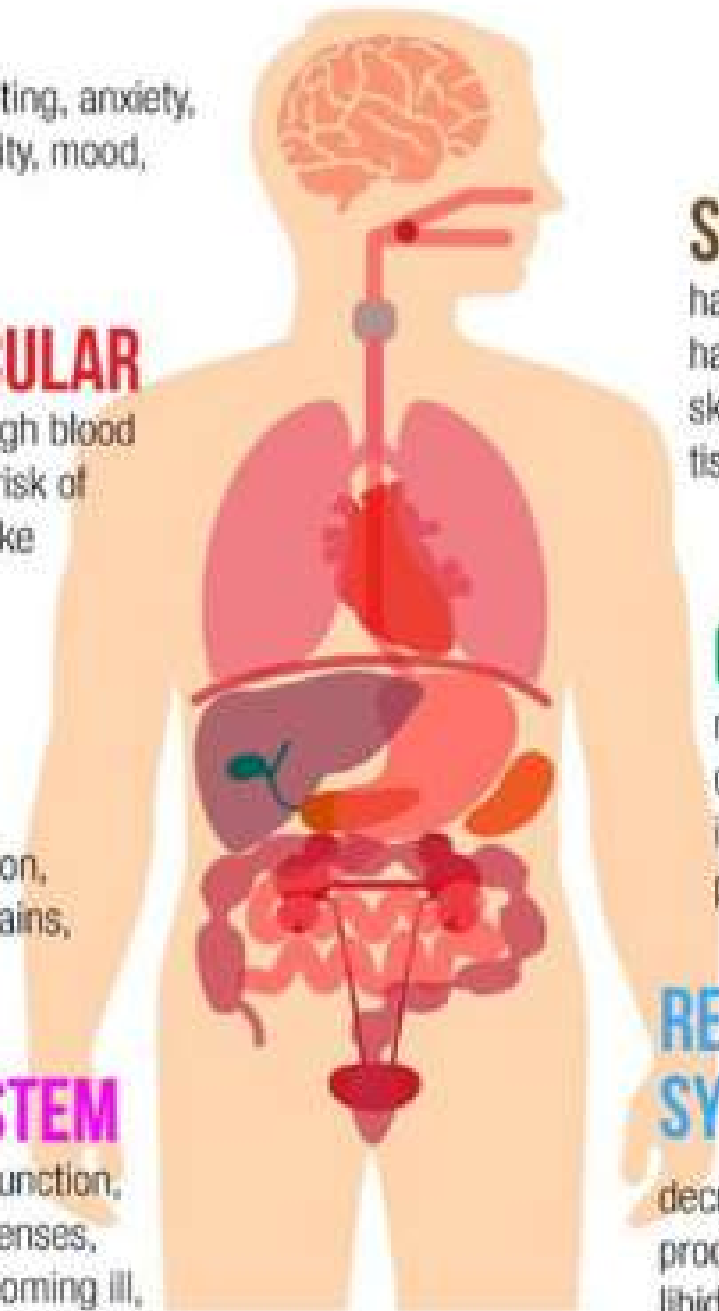
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

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 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.

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

Stress responses are controlled by the sympathetic and parasympathetic nervous system!

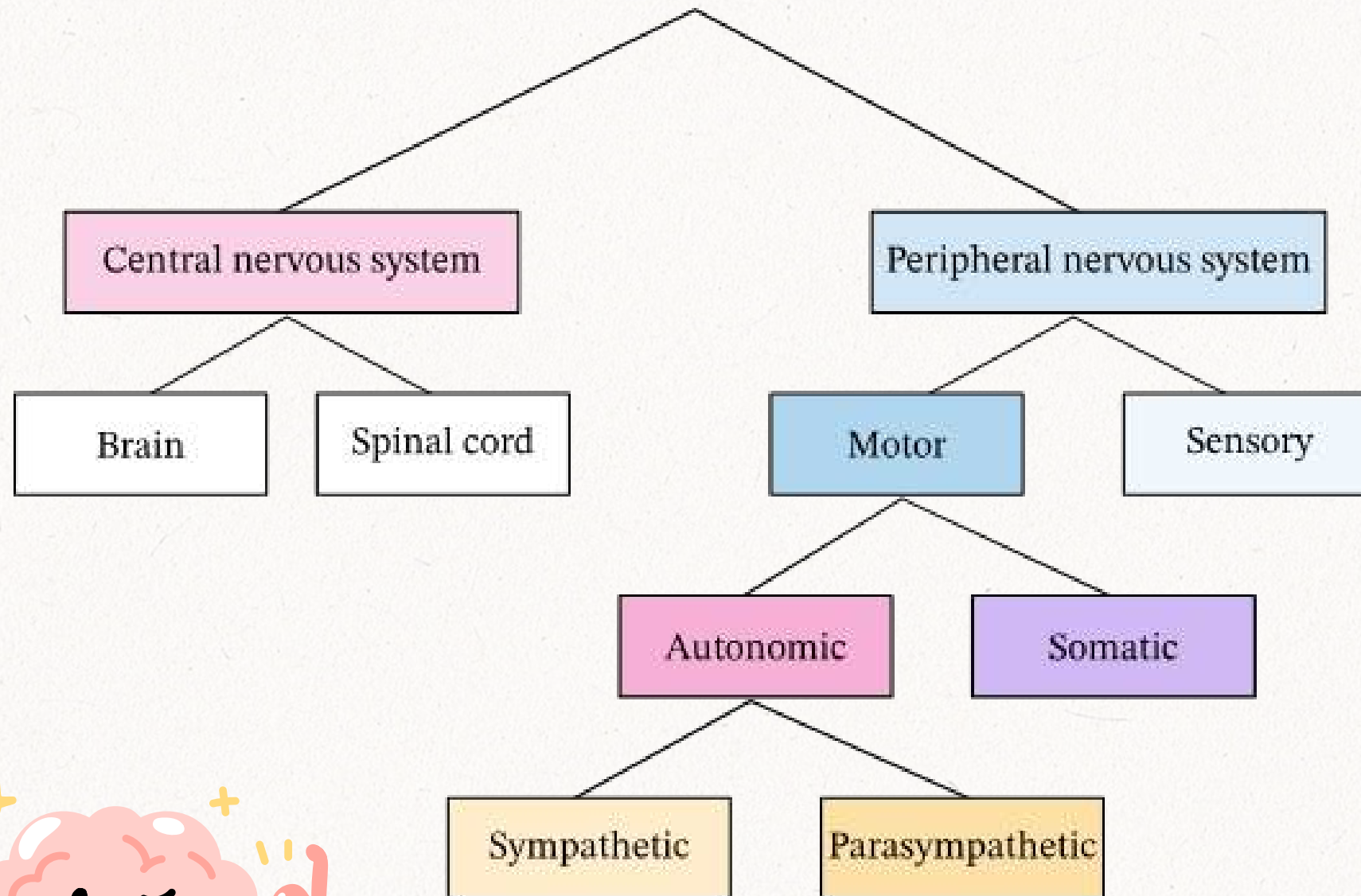
Reflection question:

In this moment, am I really in danger?

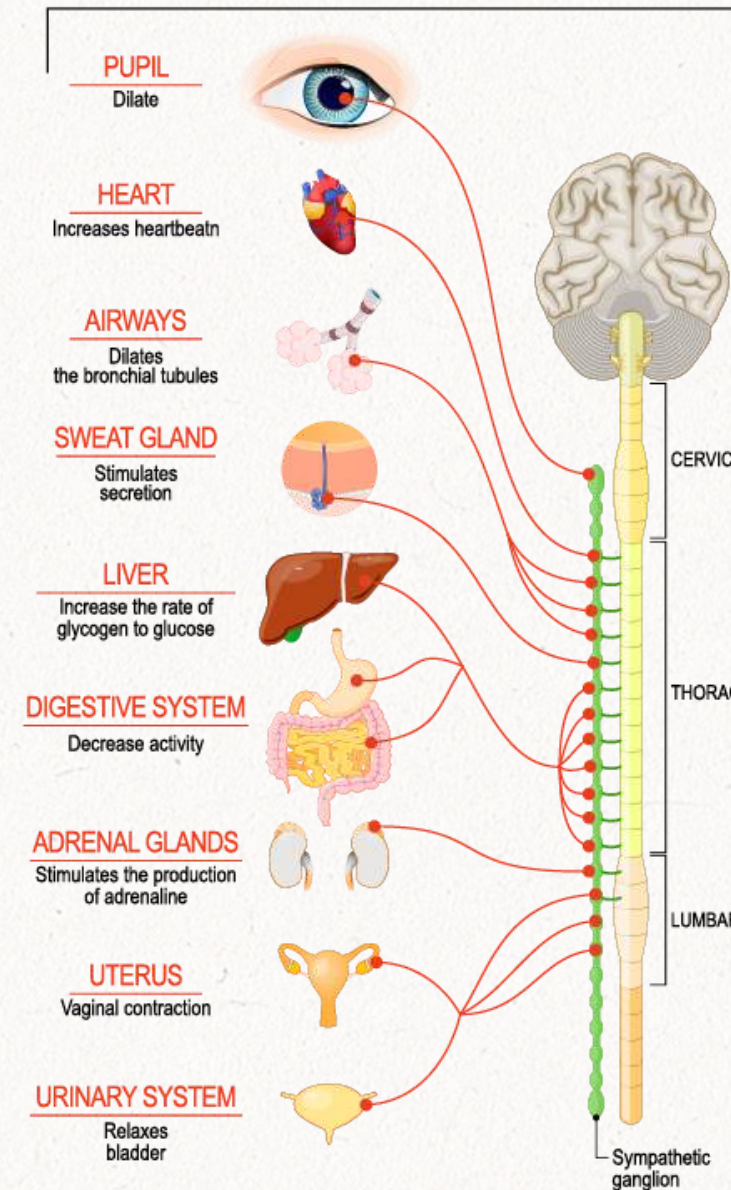


The Nervous System

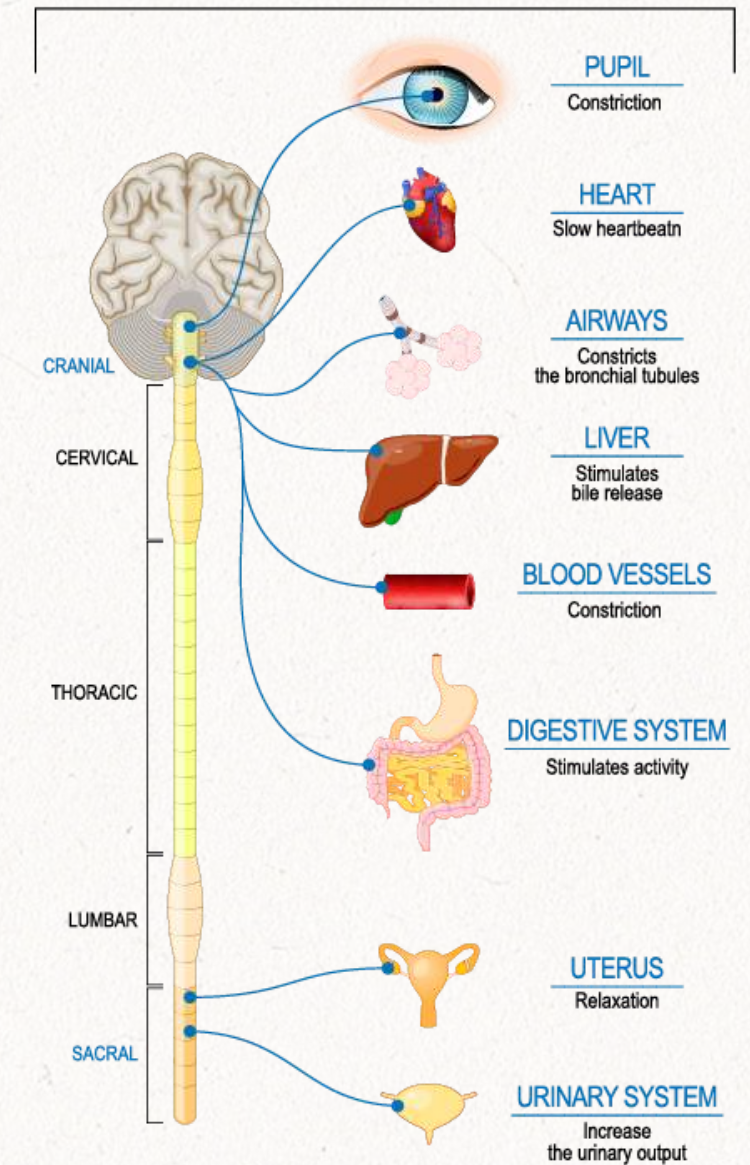
The Human Nervous System



Sympathetic

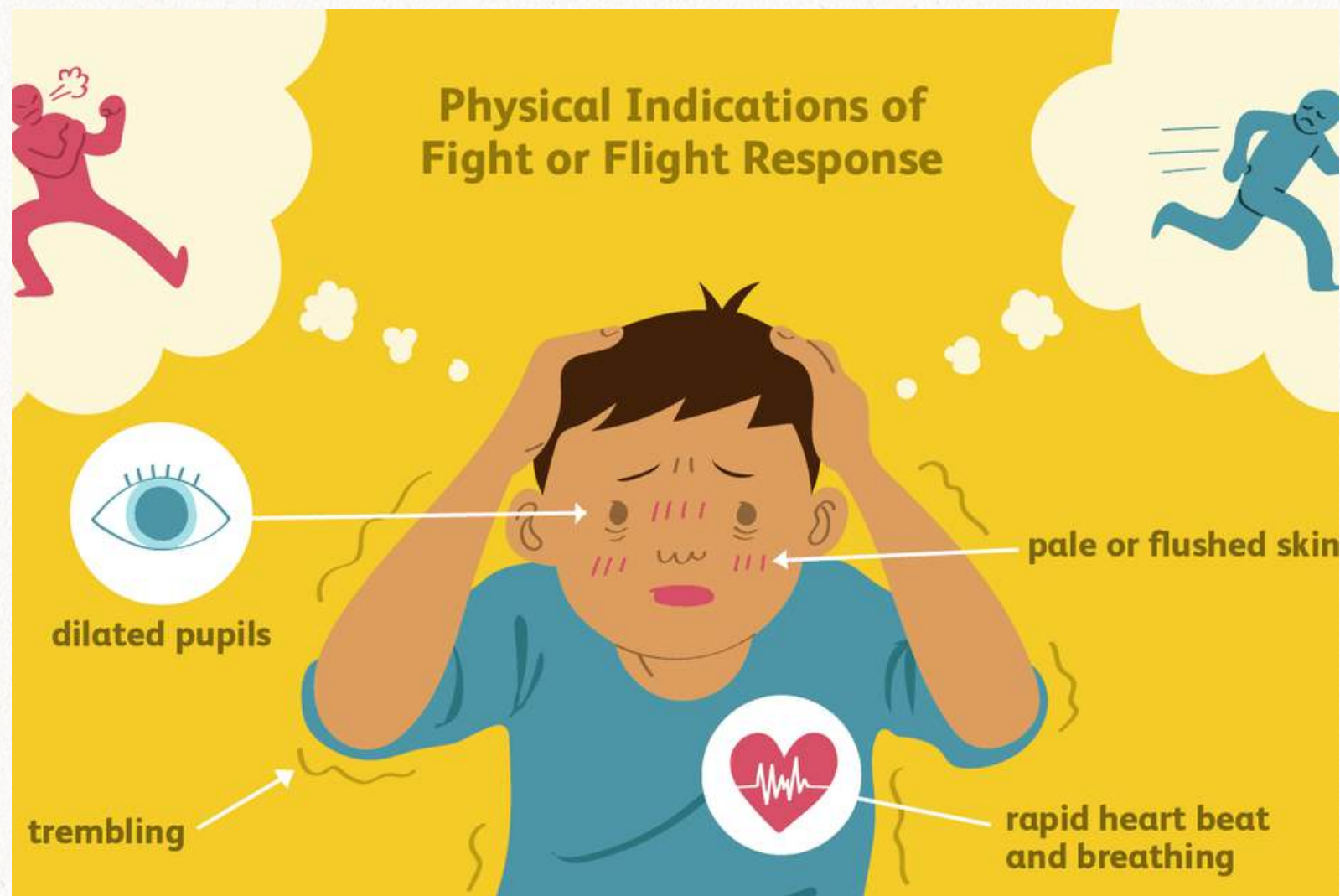


Parasympathetic



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

Can't Calm Down



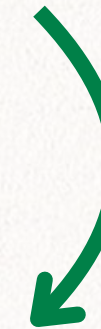
HYPERAROUSAL

Overactive, unclear thoughts, and emotionally distressed.

TOO FAST



Using mindfulness, grounding, breath work



WINDOW OF Capacity

The body is in an optimal state. Can access both reason and emotion. Mutually engaged.

JUST RIGHT



Using mindfulness, breath work, physical activity



Shutting Down



HYPOAROUSAL

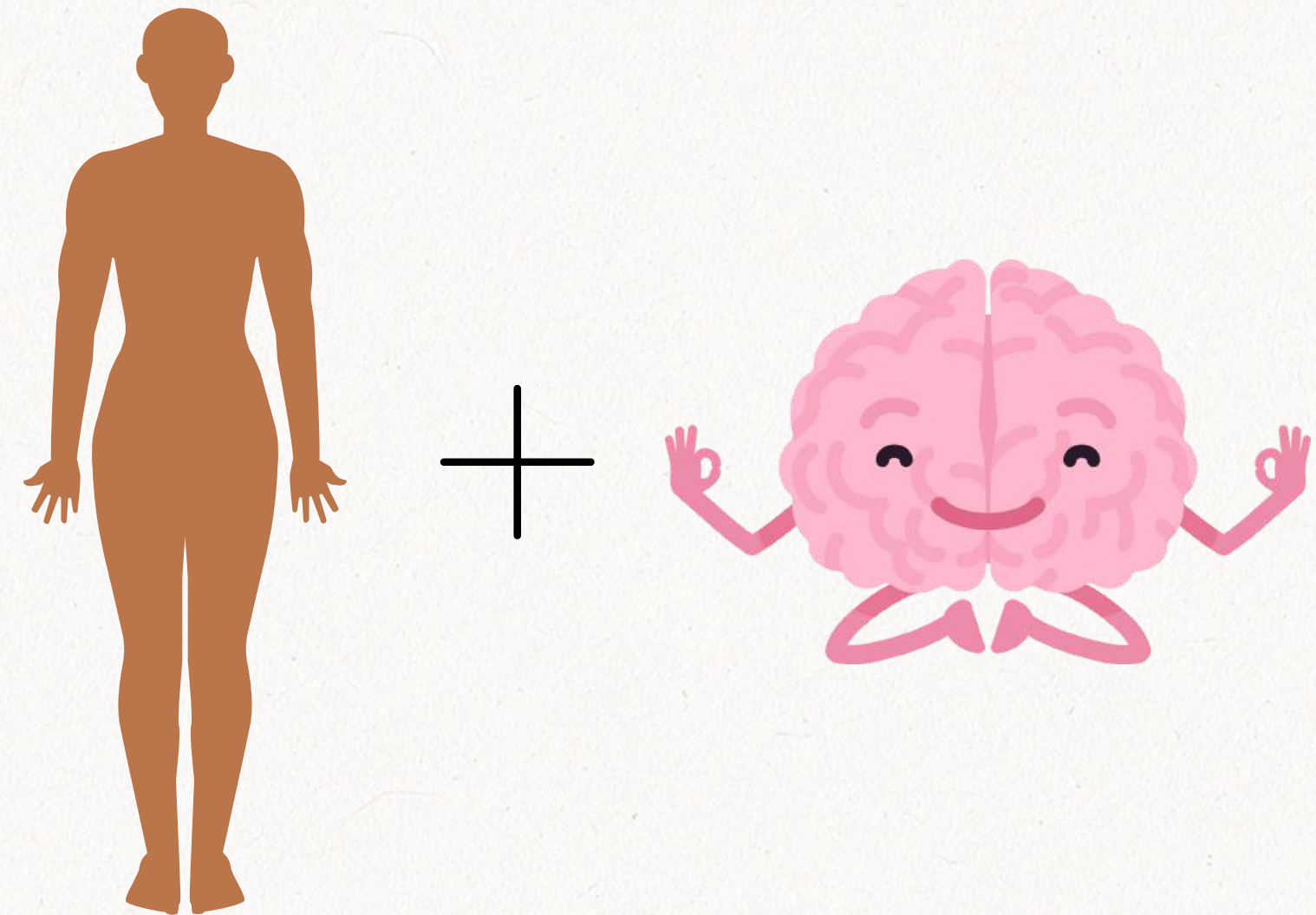
Depressed, lethargic, numb and unmotivated.

TOO SLOW



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



Somatic Resources



Breathing



Grounding



Orient to Your Surroundings



Lengthen the Spine



Move



Self-Touch



Smile



Defensive Action

BREATHING



Controlling our breathing helps regulate our nervous systems.

We are telling our body that it can calm down, we are safe.

GROUNDING



**Grounding is a technique that tethers you in the present moment,
and helps reorient you to the here-and-now**

ORIENT TO YOUR SURROUNDINGS



By familiarizing ourselves with our environment, we are telling ourselves that we are safe in this space.

LENGTHEN THE SPINE



Improve your comfort and confidence!

MOVE



**Get our energy levels up! Telling our bodies that it is time to start going!
This can also lead to laughs and smiles :)**

SELF-TOUCH



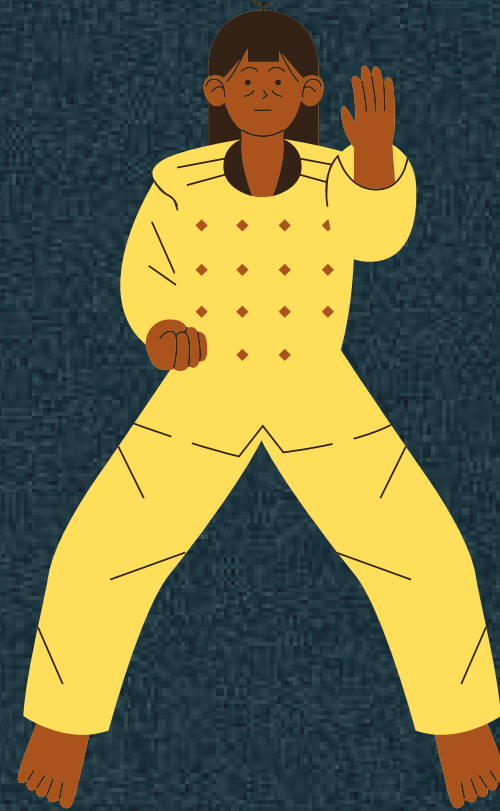
**Giving ourselves comfort, just like we would comfort our friends, families,
even babies**

SMILE



Just moving your smile muscles releases dopamine and serotonin, which increases our feelings of happiness and reduces stress.

DEFENSIVE ACTION



Doing actions that remind us of our own strength. Such as pushing against a wall and feeling the strength of your muscles.

SELF CARE

Self compassion is the ways that we show kindness, love, and care to ourselves in instances when we feel like we are not enough, like a failure, or are suffering.



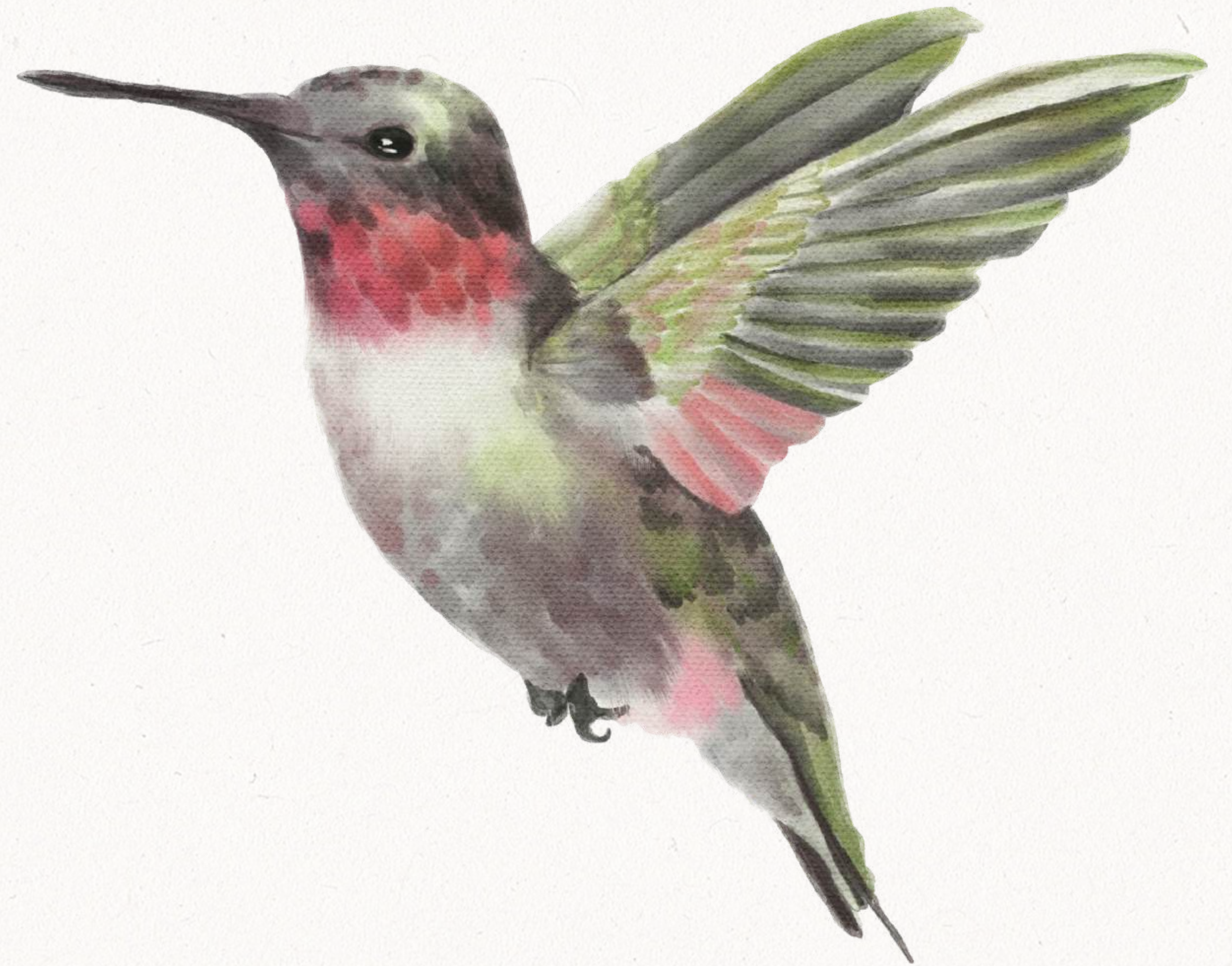
5 Steps to Self-Regulating

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 Somatic 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.**



Check-In

**Which strategy will
you try in the future?**



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.