

SURVIVAL SKILLS

for Those Who Help Others

Presented by:
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TheHumanAnimalConnection.org



In the Caring Professions

Stress-Related Occupational Hazards

Emotional Fatigue

Physical Fatigue

Mental Fatigue

Depression

Anxiety

Burnout

Compassion Fatigue

Secondary Traumatic Stress



**Who has time for
self-care??**

9 Battle Tested Quick Energy Fixes

you can do anywhere

Polyvagal Games



We help
because
we **care**

But because we care
we can become
depleted



You can't
drive forever
without
replenishing
your gas

You can't
CARE FOREVER
without replenishing
Your Energy

**It's not about character,
It's about Energy**



Caring Takes Energy

What replenishes your energy?

LOVE...

PRESENCE...

BALANCE...

KINDNESS...

COURAGE...

PLAY...

FORGIVENESS..

JOY...



The Beautiful Energy of Caring

What Fills Your Caring Energy Tank?

What Depletes Your Caring Energy Tank?

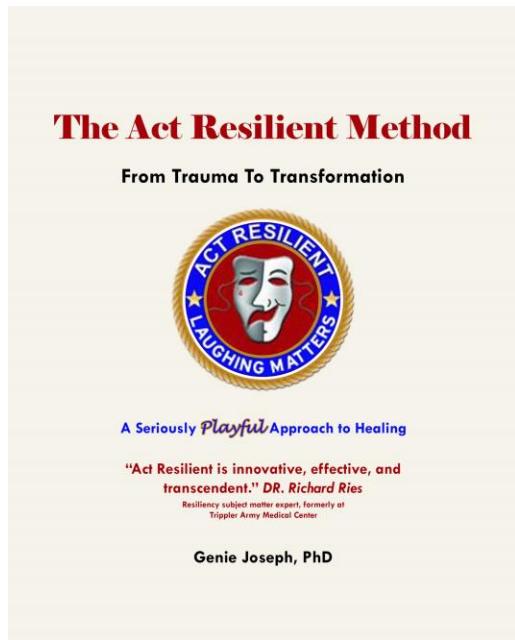


What I learned from working with soldiers

The Power of Vitamin “S”

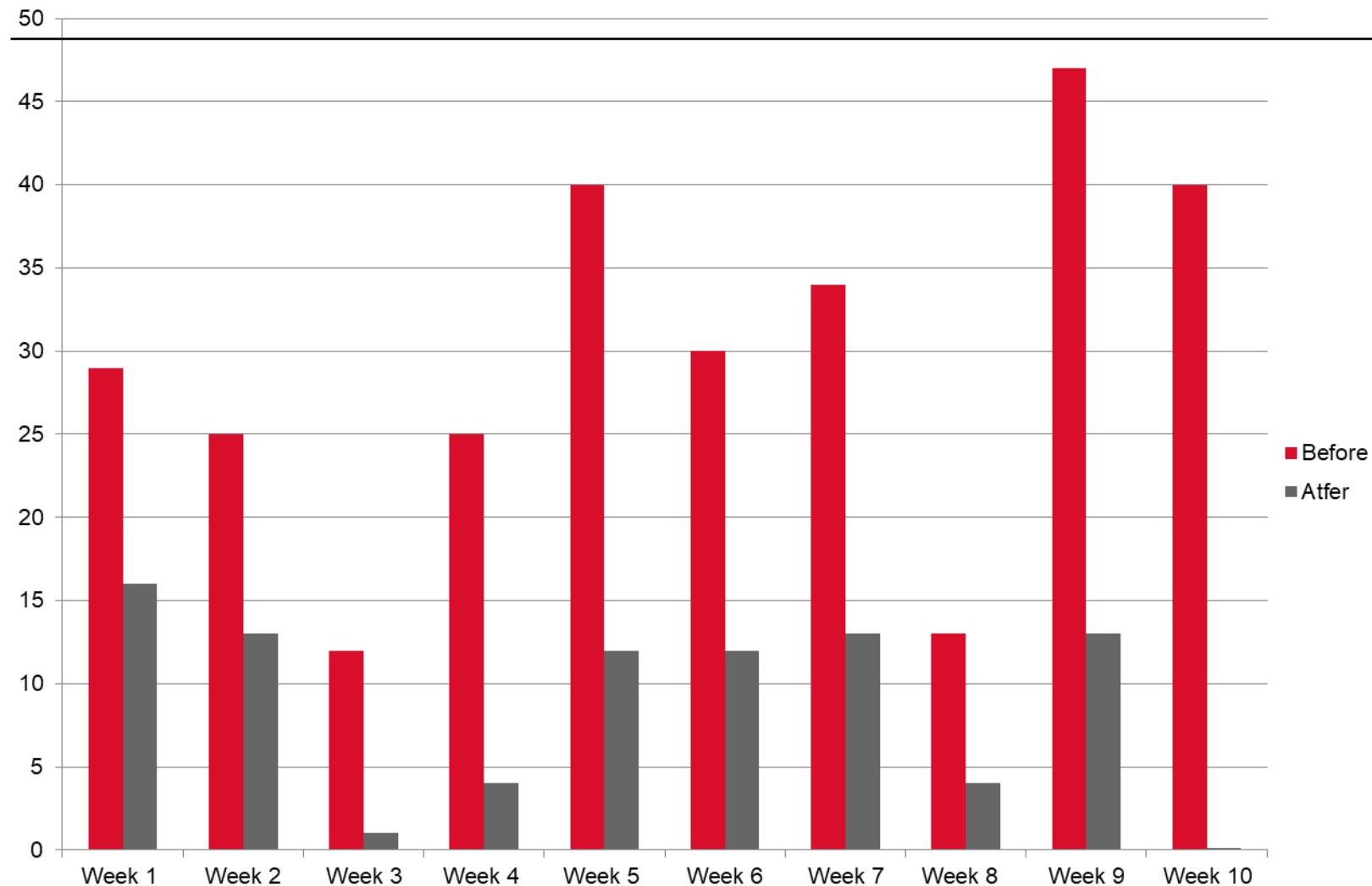


The Healing Power of Play



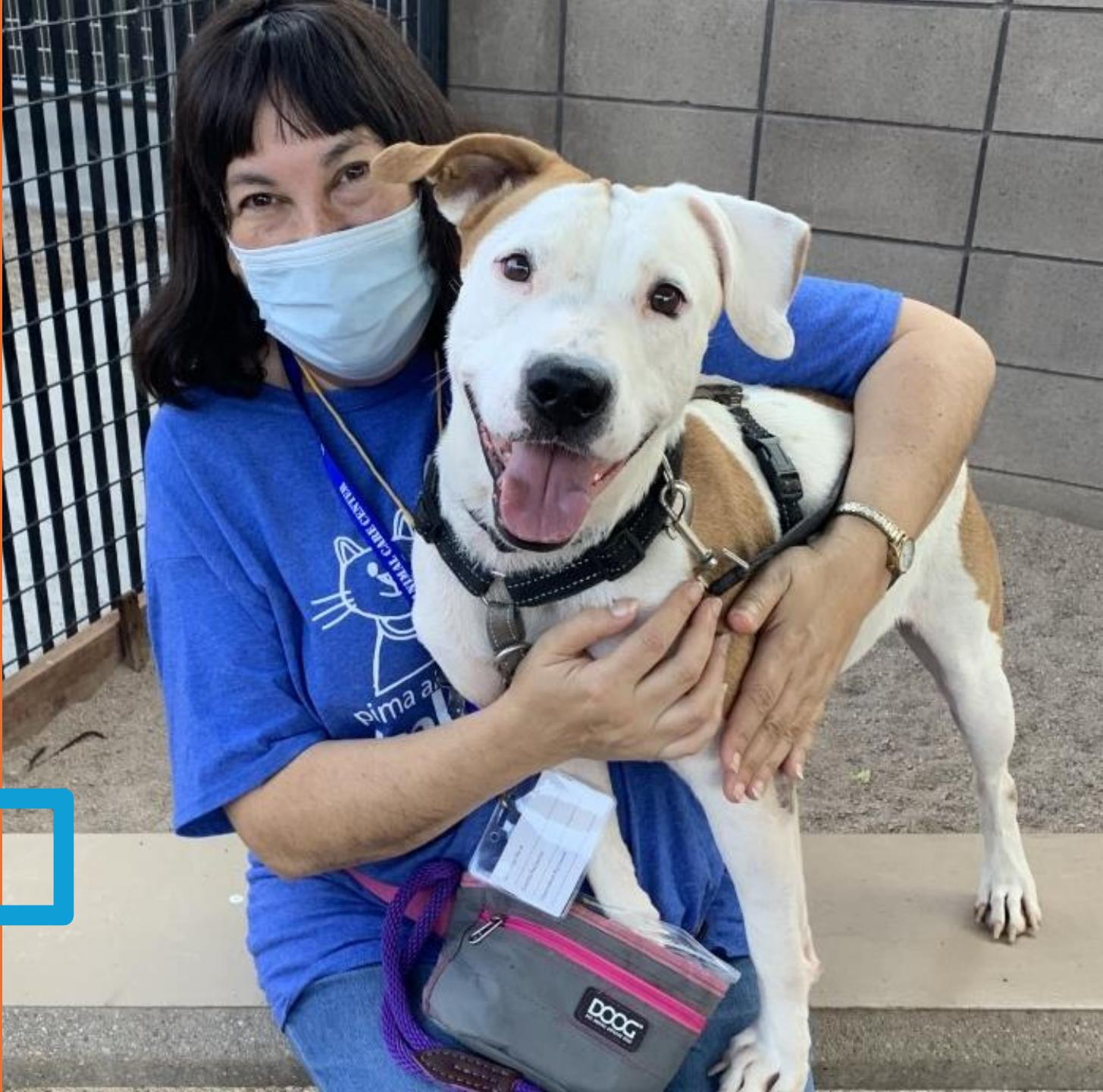
Re-Silly-ance – restoring the spirit
The Act Resilient Method

Individual stress levels were surveyed before and after each class.
After ten weeks of training, participants reported near zero stress levels.



What I learned from Shelter Dogs

Healing Emotions is Physical



Subjective Units of Distress

1-10 Scale of Emotional Energy



Where are you now?

What I learned from working with Soldiers

Act Resilient Principal # 2

The Power of the Present to Heal the Past

The FORCE or ENERGY
of the PRESENT
must be
equal or greater to
the pull of the past



Create a Compelling Present

What I learned from Shelter Dogs

**The Human-Animal Connection
33 Principles of Rapid Healing**





WHY
PLAY?

PLAY
changes
perception

Benefits of Play

- Improves Empathy
- Improves Communication Skills
- Accurate Situational Awareness
- Creates Group Cohesion
- Cultivates Coping Skills
- Sharpens the Mind
- Increases Creativity & Whole Brain
- Improves Short-Term Memory



Tip 1

A Good Yawn... goes a long way



To reset your nervous system

What is one of your doorways into the present moment?

Emotional Sandwich Switch

- 1) What/who you love
- 2) Stressor
- 3) What/who you love

SWITCH



Whatever You Love



Tip 3

Holding Your Own Space



How do you feel when your space or time has been violated?

Tip 4

Shaking Medicine



Shake it off!

The SENSE of GOOD

What looks good?

What sounds good?

What tastes good?

What feels good?



Using our Senses to *FEEL GOOD*



The GOOD Alphabet Game

A list of anything that feels good in alphabetical order

Your Name Game



The Power of Seeing Good in Yourself

The Secret to Well-Being is Balance



Too MUCH or Too LITTLE

of anything important

can cause imbalance and stress

Laughing Matters Formula:

More Balance = More Resilience



More Imbalance = More Stress

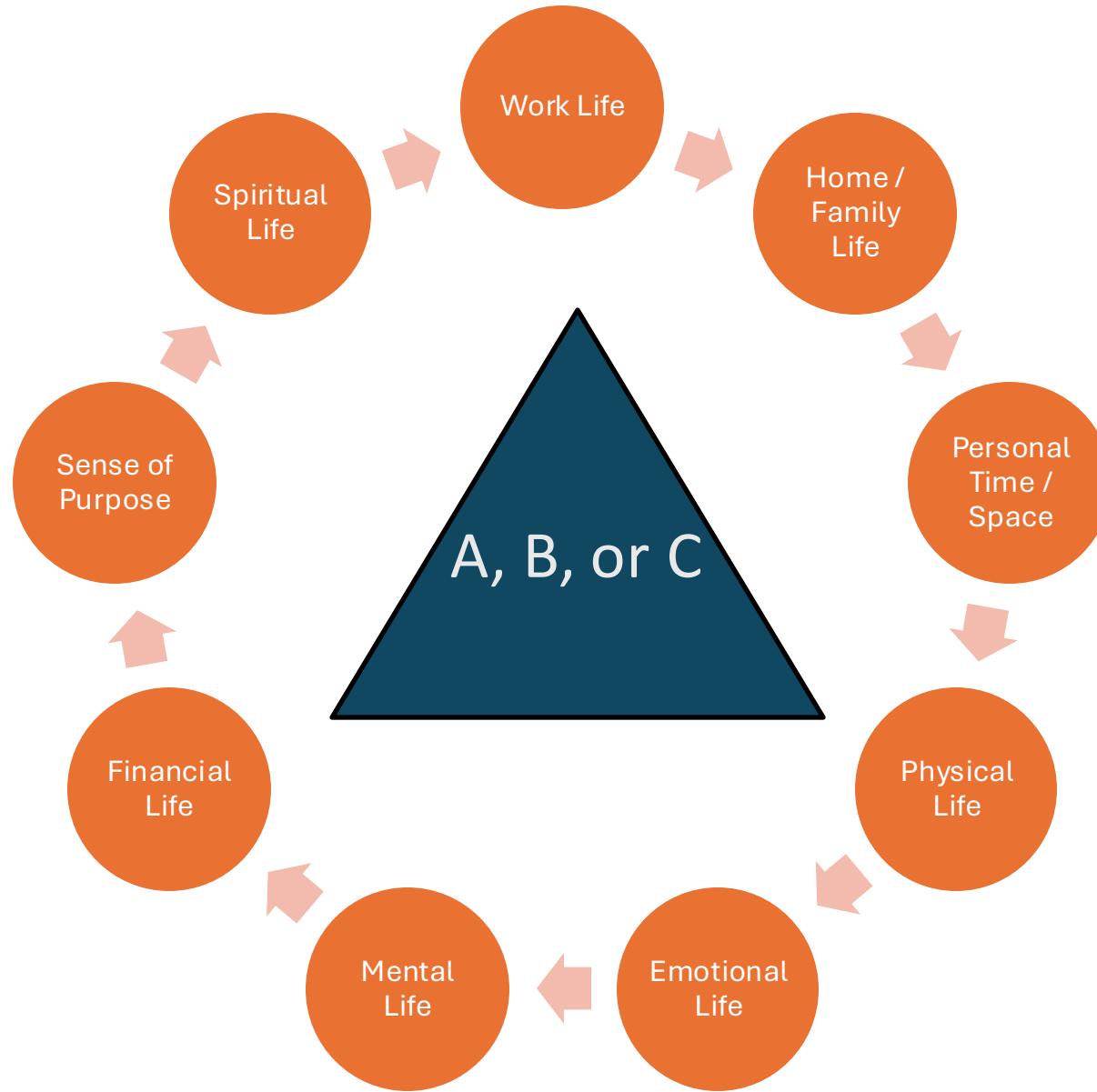
Balance Game

What brings you more balance?



What causes more imbalance?

What Sectors of Our Life Feel in Balance?

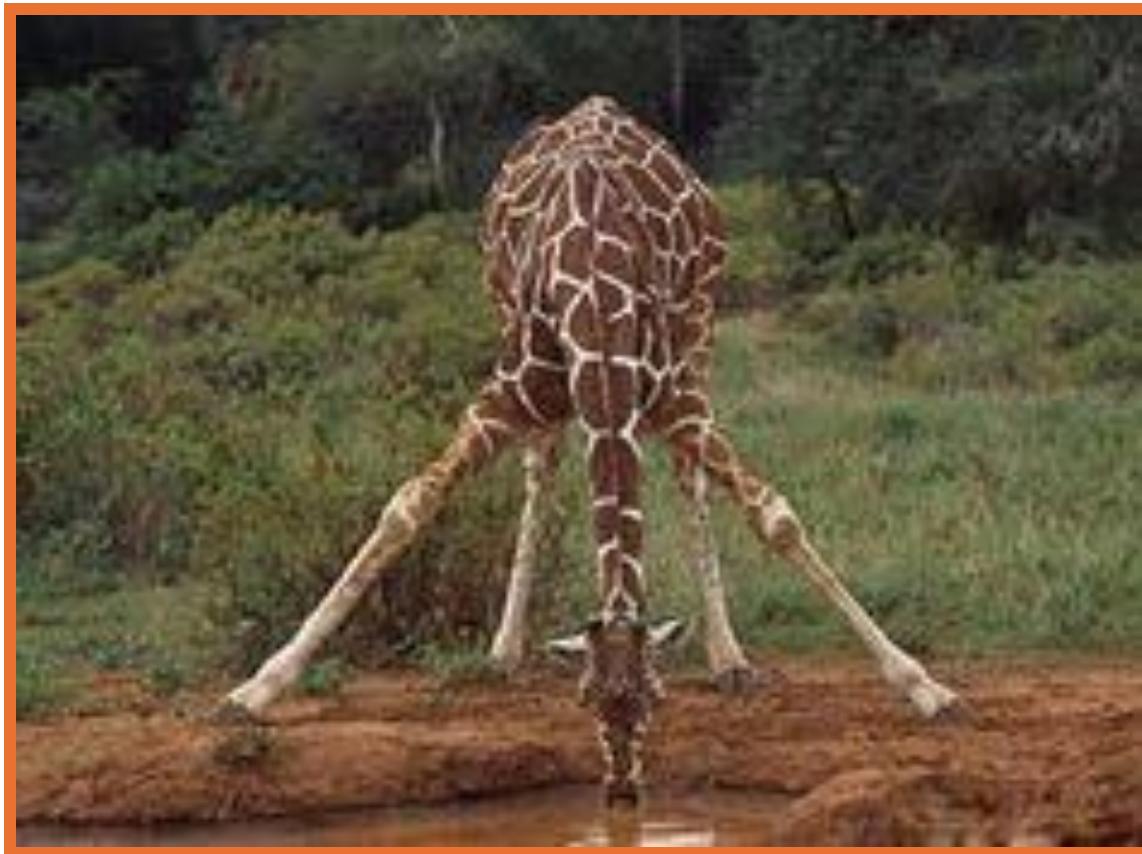


Orienting Towards Balance



But it's not about
PERFECT BALANCE
all the time – in every area

Imbalance Can Be Our Teacher



Because it invites us to stretch

Balancing Your Energy

What are three things
that help you feel
more balance?

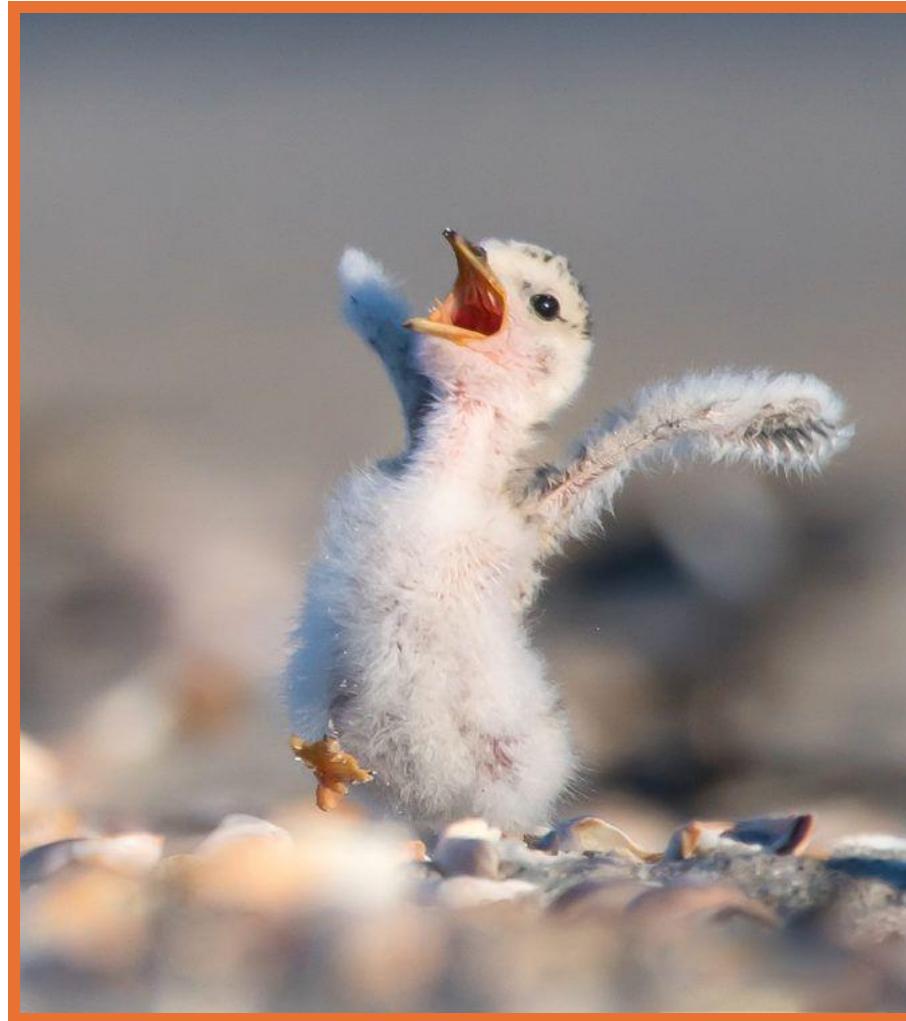


Tip 8

Rock and Sway Your Way to Balance

Switches
you to calm
response

Sitting
or
Standing





**Share an insight
you have about yourself from
the Balance Evaluation.**

Chooser Fatigue & Chooser Burnout

Some Causes of Chooser Issues:

- Traumatic circumstances and choices
- Too much regimentation / absence of choice
- Emotional Flooding
- Neurological “traffic jams”
- Guilt or Shame about previous situations
- Psychological “Reversal”



How is Your Chooser Doing?

What causes Chooser Fatigue for you?



What kinds of choices are hard/easy?

Chooser Burnout Leads to Poor Choices



Acceptance or Choosing Change

**“There are two primary choices in life:
to accept conditions as they exist,
or accept responsibility for changing them.”**

Dennis Waitley



Choosing Acceptance or Change

Practice:

What is a situation that isn't working?

Ask yourself:

*Do I need to practice
acceptance?*

Or

Do I need to make a change?



How to Restore the Healthy Chooser

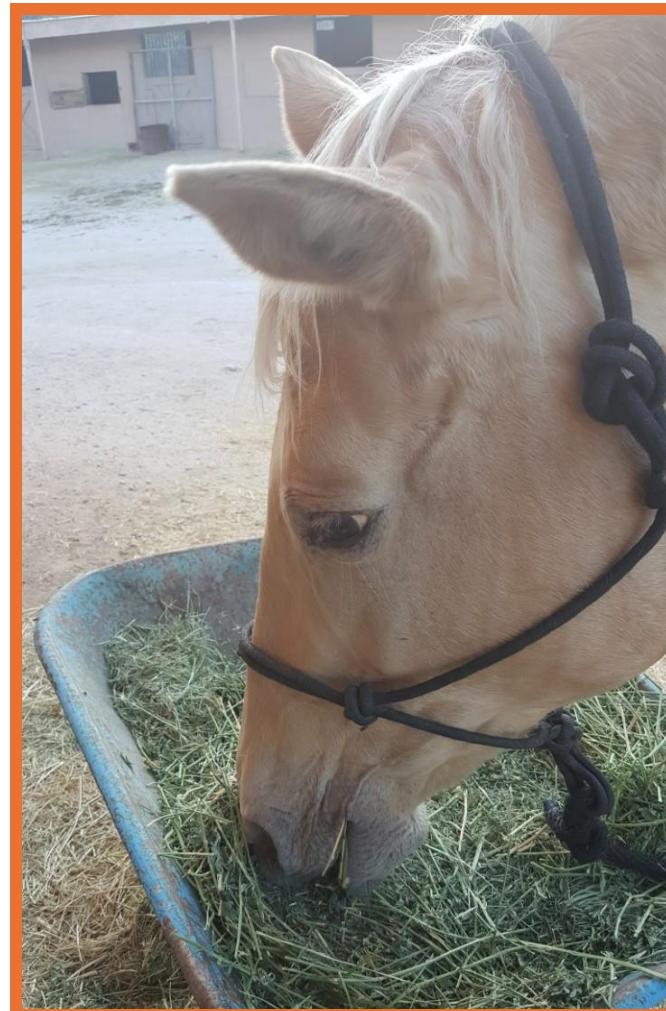
Consciously Choosing

vs.

Reactive Habits

Feel into the Choice
(Body Wisdom)

Practice Small Simple Choices
Or
Reduce Choices



Chooser Affirmations

I choose to be alive

I choose to be happy

I choose to love each day

I choose “good.”

I choose to forgive myself for choosing (...)

I connect to my (higher self)
to make the best choices.



Find one that works for you

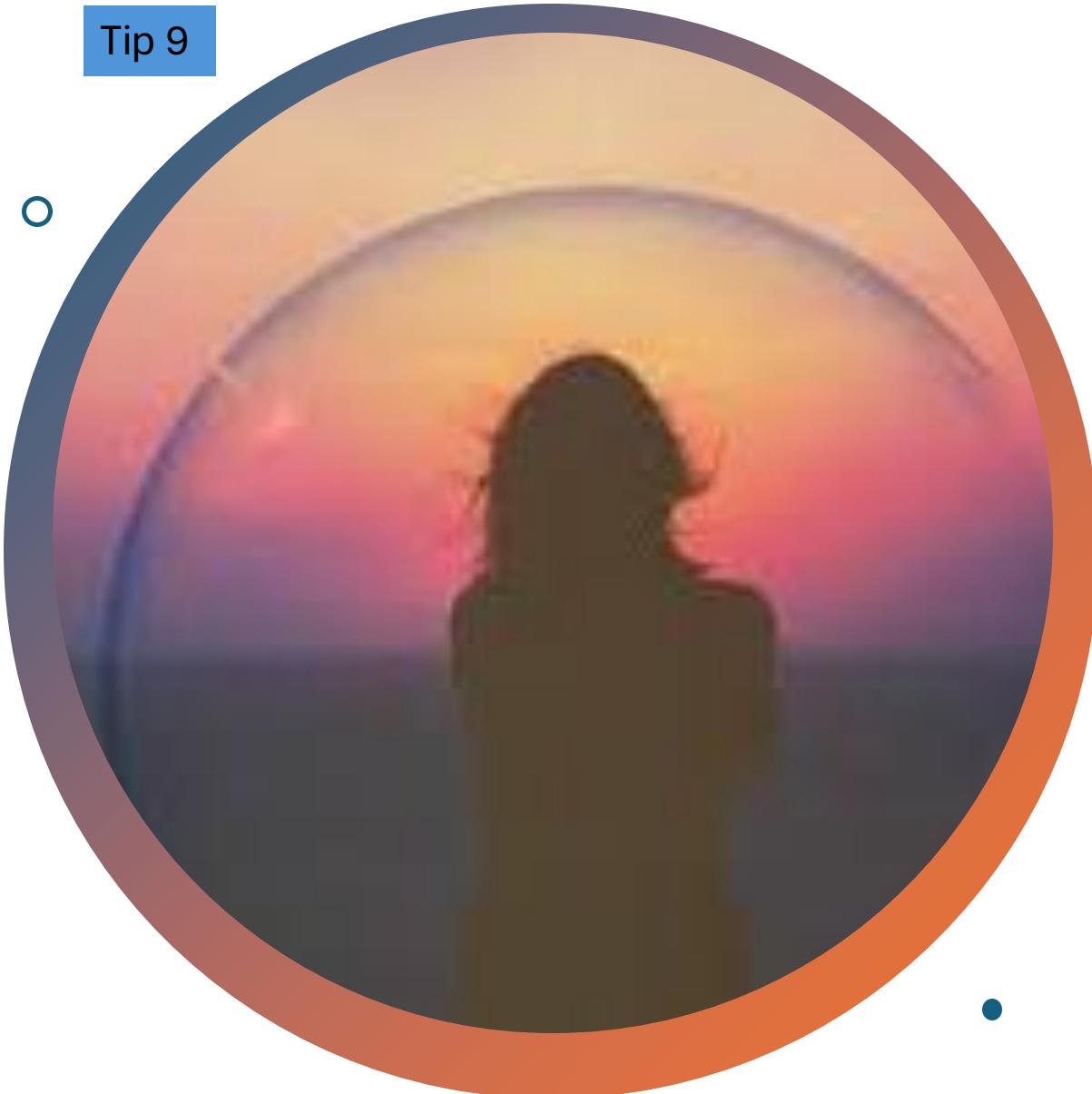
Your Unique Path to Spiritual Restoration

“What’s Best Will Be”



“Turning it Over” to a Higher Power
Connecting with Your Higher Self

Tip 9



Your Energy Bubble

Holding Your Space

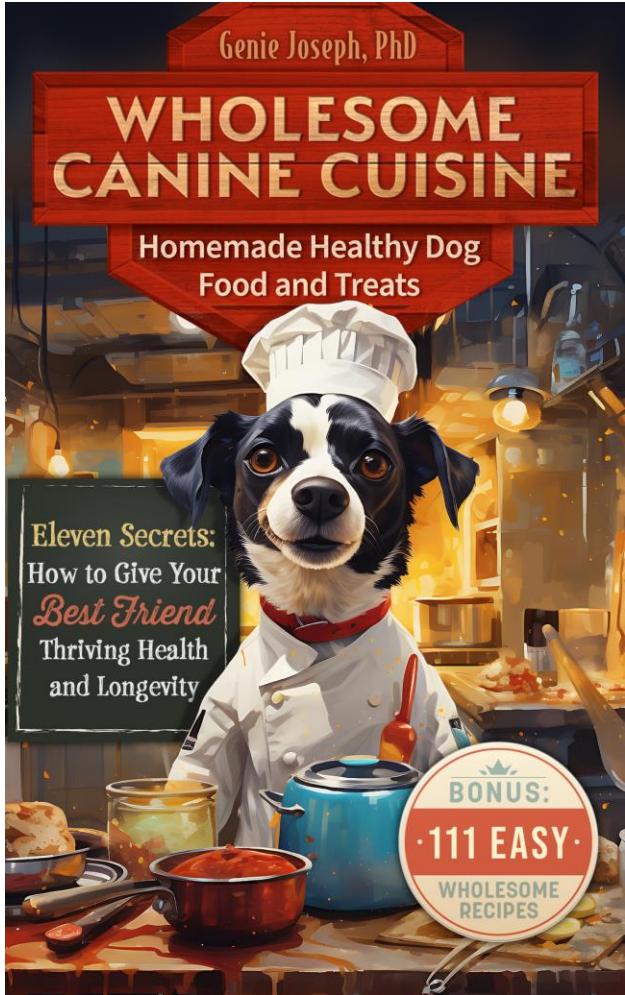
Laughing Matters



What was your favorite part?

Please share or post your answer in chat.

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Coming Soon!
Online Training Programs

