

Trauma Informed Care Symposium

*“Strategies on Taking Care
of the Caring Support”*

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We are impacted by life's many stressors...

STRESS impacts us physically and emotionally. It can negatively impact our relationships, how we feel about ourselves and our overall well being.

There is HOPE....



Goals

- I. Identify emotional triggers
- II. Identify psychological and physiological symptoms
- III. Build upon your personal 'tool kit' to help enhance your well being



A decorative vertical image on the left side of the slide. The top portion shows a blurred blue background, possibly water or a sky. The bottom portion shows a close-up of a yellow flower with multiple petals, likely a plumeria, resting on a dark surface.

I. Stress / Self Regulation

- Positive and Negative
- Everyone has their own unique way of responding
- Triggered by feeling Threatened and/or Unsafe
- Nervous System
 - Hyperarousal
 - Hypoarousal
 - *Goal is to achieve a balance between the two*

A decorative vertical image on the left side of the slide. The top half shows a blurred view of water, and the bottom half shows several bright yellow flowers, possibly plumeria, in sharp focus.

II. Emotional Triggers

- Driven by internal and external realities
- Current responses are often triggered by past experiences
- Prior trauma can be an unconscious trigger
- Unique for each person



Name some common emotional
external and internal triggers





EXTERNAL - FINANCES





EXTERNAL – RELATIONSHIPS





EXTERNAL – WORK





EXTERNAL – ILLNESS





External

Situations (scents, sounds, etc) that remind you of a prior trauma, etc.





Internal

- Negative self-talk
- Low self esteem
- Unrealistic expectations, etc.





III. Psychological Symptoms / Behaviors

- Unhappy and/or depressed
- Constant worrying/anxious
- Poor judgment
- Moody/irritable/short tempered
- Sense of loneliness and isolation
- Increased use of alcohol or drugs to relax

Physiological Symptoms

- Memory problems
- Inability to concentrate
- Poor judgment
- Constant worrying
- Change in appetite
- Changes in your digestive system



Your responses trigger others...

- Your children
- Your family
- Your friends
- Your peers
- Your work colleagues
- & more





IV. Build Upon Your Personal Took Kit To Help Enhance Your Well-Being

WHERE DO I BEGIN?

- Safety is first
- Everyone already has a kit
- Trust your gut/instinct
- Only you know what works best for you
 - Practice every day
 - Simple things can be of great significance

My Personal Wellness Toolkit



- Stress/Self regulation
- Emotional Triggers
 - External
 - Internal
- Psychological Symptoms/Behaviors
- Physiological Symptoms



WORKSHEET: Building Your Personal Tool Kit To Help Enhance Your Well-Being

We all experience some level of stress throughout our day. This is normal. Prior experiences and/or trauma may trigger reactions that may appear unrelated but are. Use techniques to manage stress at the point that it is triggered. Everyone already has their own personal tool kit; use what you have and continuously add to it.

Starts with Awareness

I know I am stressed because (e.g. breathing patterns change, pain in abdomen or neck)

BODY

When stressed, my body starts to feel (e.g. tense, sore, stiff): _____

THOUGHTS (Psychological symptoms/behaviors)

When stressed, I tend to (e.g. worry more, have a negative outlook about myself, have poor concentration, etc.): _____

COPE (Physiological symptoms/behaviors)

To help cope with stress, I may (e.g. smoke, change my eating and sleeping habits)

SOME THINGS I CAN DO TO REDUCE MY STRESS (e.g. deep breathing, talk to a friend, go out for a walk, positive affirmations) _____

**If I use my tool kit and need additional support, I can call
The Mental Health Access and Crisis Line at: 1 (888) 724-7240**

There is HOPE...

