When the World Turns Upside Down:

Compassionate Self-Care.
non-stop changes
balancing role overload.
The burden.
disenfranchised and judged.
resources vs. demand.
it’s all about relationship.
resisting mode
what we resist persists.
resourcing mode
what’s needed in this moment.
we all cope in different ways.
to Goldilocks (a verb.)
too hot  too cold  just right
discovering resilience.
taking a moment for self-repair.
slowing it down vs. revving it up.

• deepen breath
• lengthen exhale

• shallow breath
• lengthen inhale
grounding ourselves.
because we are mammals.
Both the speaker and the listener.
Be careful how you are talking to yourself because you are listening.

~Lisa M. Hayes
The compassion to be kind to yourself.
“The kinder and more compassionate we are with ourselves, the more we can develop the courage to tolerate difficult things.”

- Paul Gilbert
clear-seeing meets compassion.
The burden.
Worden’s Four Tasks of Mourning
Task #1: Accepting the loss.
Q: What’s the hardest part right now?
all the things we don’t want to face.
Task #2: Feel It to Heal It.
Q: What’s it like for you right now?
let’s get granulated.
"We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions."

- Brene Brown
adjusting our emotional exposure.
Task #3: Finding a New Normal.
Q: What matters the most right now?
facing the new direction.
Task #4: Reinvesting in the new life
Q: What do you need the most right now?
opening to the new way.
we’re all in this together.
words from the friend within.
its inexhaustible.
the power of two.
from resisting . . .
... to resourcing & resilience.
I am grateful for........
the invincible summer.