

Building Resiliency: Mini Skill-Building Drop-In Series

MINDFUL STRESS MANAGEMENT

Session 3 of 3

Thursday, May 12, 2022 from 3:00-3:45pm ET

Photograph by Ante Hamersmit via unsplash.com



**NATIONAL
NURSE-LED CARE
CONSORTIUM**

a **PHMC** affiliate

National Nurse-Led Care Consortium

The **National Nurse-Led Care Consortium (NNCC)** is a membership organization that supports nurse-led care and nurses at the front lines of care.

NNCC provides expertise to support comprehensive, community-based primary care.

- Policy research and advocacy
- Technical assistance and support
- Direct, nurse-led healthcare services

Building Resiliency: Mini Skill-Building Drop-In Series

Session 1: Developing a Mindfulness Practice

Thursday, January 13, 2022 at 3:00pm ET

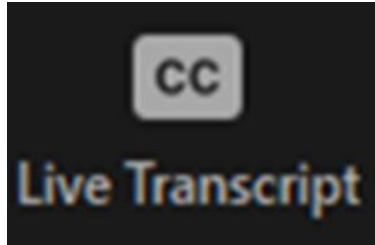
Session 2: Centering Mindful Self-Compassion

Thursday, March 10, 2022 at 3:00pm ET

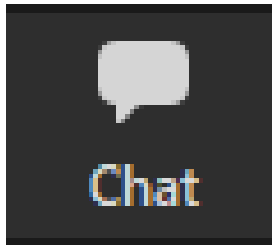
Session 3: Mindful Stress Management

Thursday, May 12, 2022 at 3:00pm ET

Housekeeping

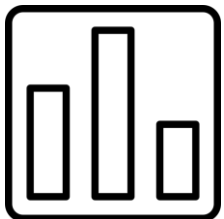


Captions: To adjust or remove captions, click the “Live Transcript” button at the bottom of your Zoom window and select “Hide Subtitle” or “Show Subtitle.”



Feel free to ask questions!

Please add your questions for the speaker, tech support, and comments for the group into the Chat box. You can also raise your hand in the Reactions bar and unmute when called on.



Evaluation: Please take the Zoom evaluation survey that will pop up on your screen as you exit out of this session to help us improve our trainings for you.

Plan for Today

- Check-in
- Mindful Stress Management
- Opportunity to Practice
- Wrap-up and Evaluation

In the chat...

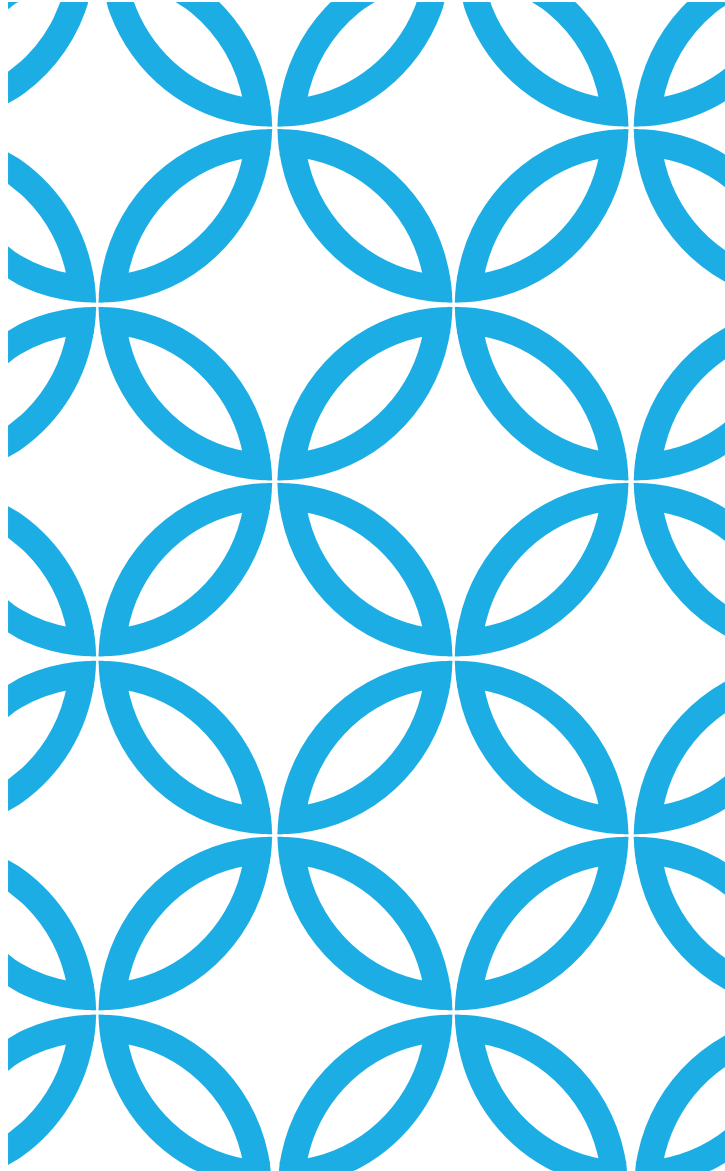
1. What is something that made you smile this week?
2. Where do you most feel centered and happy?



Mindful Stress Management

Rebecca Bromberg, MBA, RYT
Principal Consultant and Founder
Sole Clarity





MINDFUL STRESS MANAGEMENT

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TOPICS

About Stress and Stress Management

Four Pillars of Emotional Regulation

Resilience Exercises

Final Thoughts

STRESS IS
INEVITABLE.

ALL WE CAN DO IS
CHANGE OUR
RELATIONSHIP TO IT.



STRESS MANAGEMENT

Understanding Stress

Reframing Stressor

Building Nervous System Resilience

Creating Healthy Routines

Reducing Stressors (Boundaries)

*Your life becomes a masterpiece
When you learn to master peace.*

UNDERSTANDING STRESS

We can redefine and reframe what stress means to us.

Eustress

a form of stress having a beneficial effect on health, motivation, performance, and well-being



Distress

the type of stress we are referring to when we say stress. It is the form of stress with negative implications

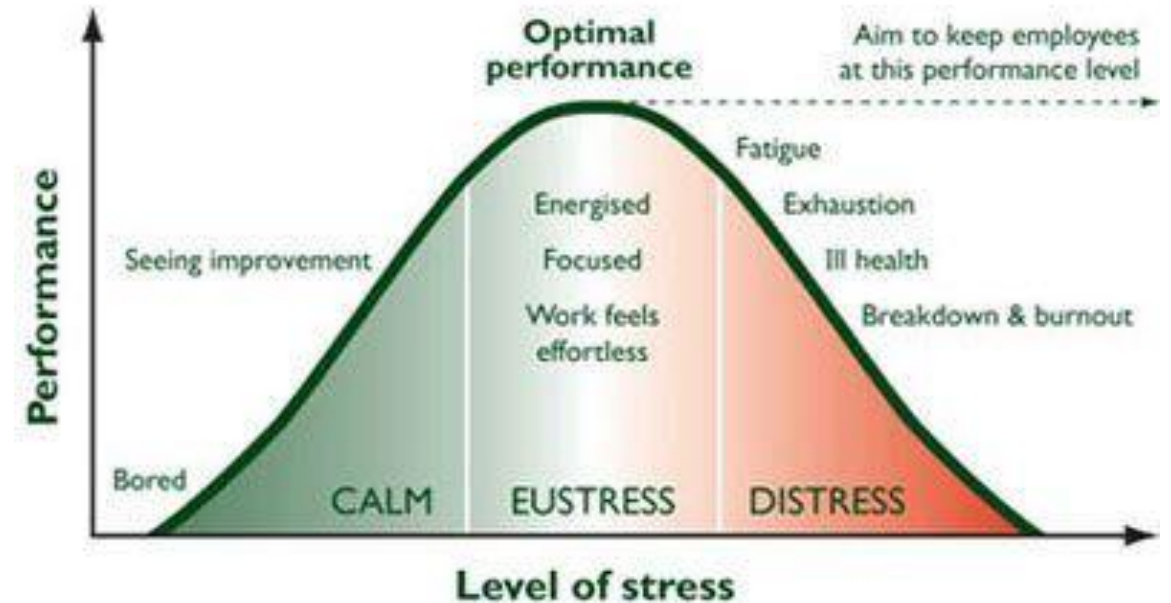


BENEFITS OF GOOD STRESS / EUSTRESS

Builds muscle

Strengthens connective tissue

Builds nervous system resilience



STRESS MANAGEMENT = RESILIENCE

Not about “staying” in a calm state

About ability to RETURN

We are building *FLEXIBILITY* of the nervous system.



THE FOUR PILLARS OF EMOTIONAL REGULATION

Awareness

Knowing our Control Panel

Resourcing

Reframing

4 TYPES OF AWARENESS

Body Awareness

Thoughts

Feelings

Relational

OUR EMOTIONAL CONTROL PANEL: THE POLYVAGAL THEORY

Fight or Flight



Sympathetic
Nervous System

Just Right



Ventral Vagal
Parasympathetic

Shut Down



Dorsal Vagal
Parasympathetic

Our work is returning to that “just right,” ventral vagal state of the autonomic nervous system.

RESOURCING

Building resources within body-mind.

How does a calm, “resourced” body-mind feel?

Gives us a place to return.

REFRAMING TIPS/PHRASES



I am not this feeling /
situation.



What might I say to a friend
in this state?



This too shall pass: emotions
last 90 seconds!

RESOURCING PRACTICES

Buoy meditation - equanimity

Compassion practice

Breath work

BUOY MEDITATION

You are the buoy.

Anchors: steady breath
and body.

As the mind drifts, return
attention to anchor.



COMPASSION

Can you **MAKE SPACE** for it?

Salt story



BREATH EXERCISE

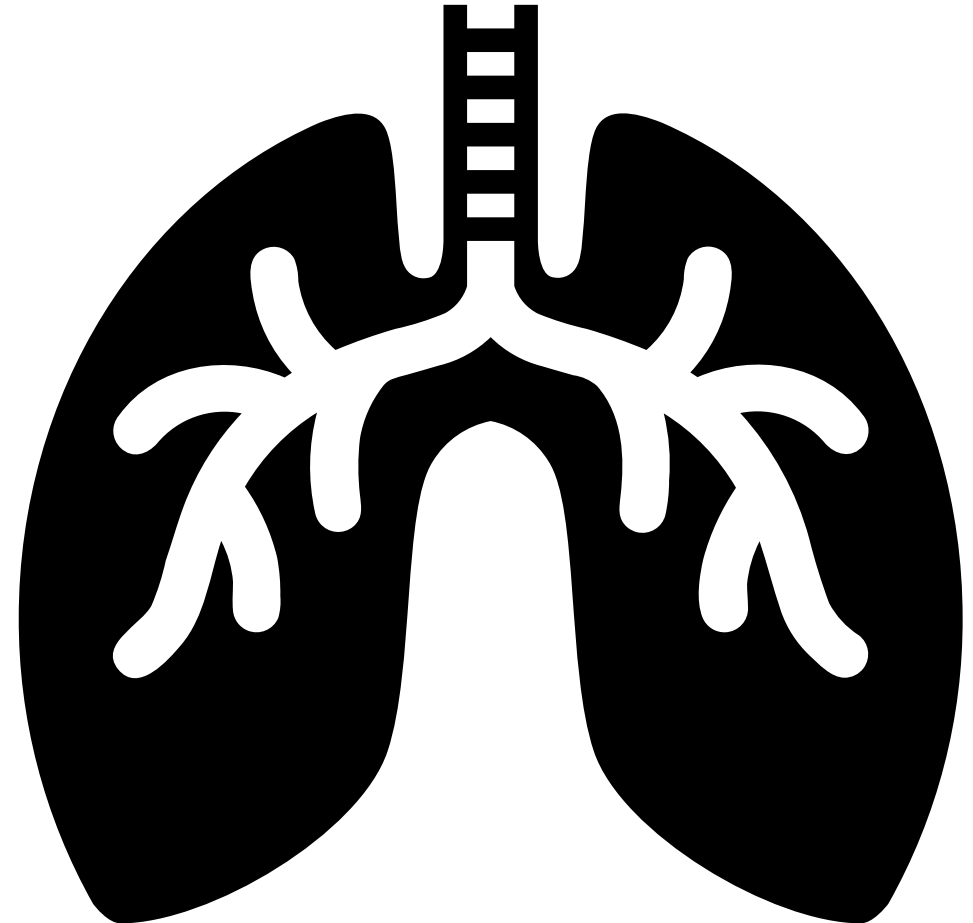
Breathe in count of 4

Hold count of 4

Exhale count of 8

Repeat 2-10 minutes

Fact: lengthening exhale stimulates vagus nerve and slows down heart rate



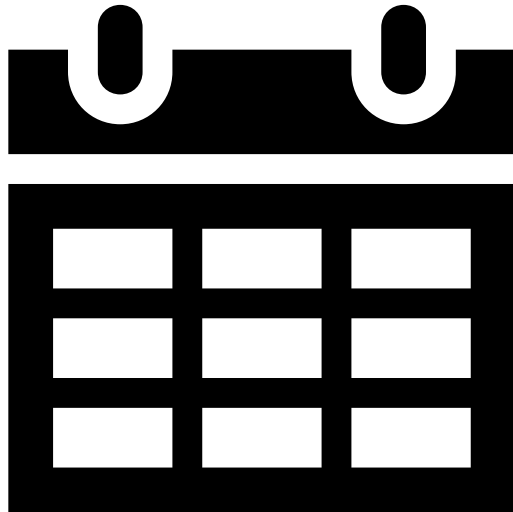
WHEN IN DOUBT, REACH OUT.

Research shows: the most resilient people have best support systems.

Polyvagal Theory says we co-regulate to self-regulate.

Discernment: what are your criteria for support and community?

BUILDING A HEALTHY ROUTINE



What is your routine?

Daily: meditation, exercise, social connection

Weekly: writing/journaling, creativity, PLAY

Put it in your calendar!

REDUCING STRESSORS

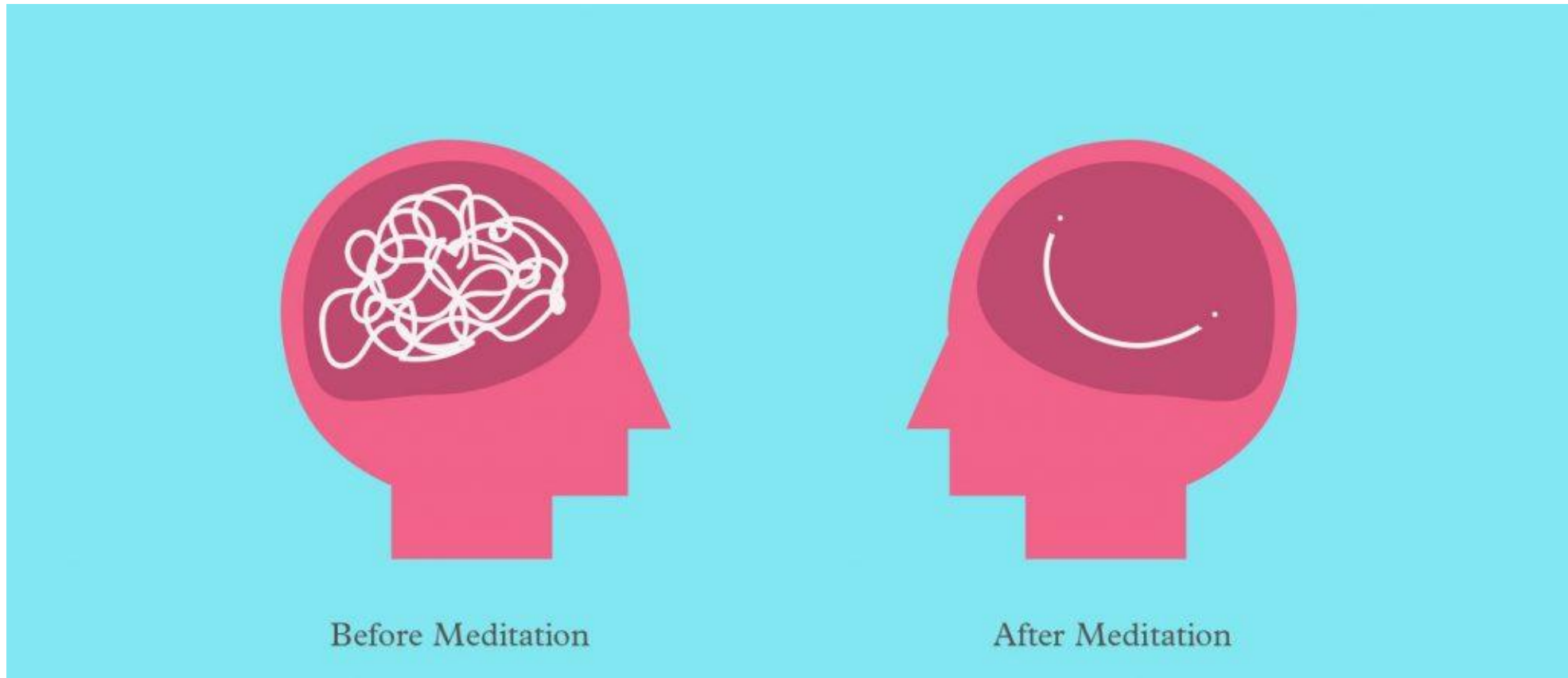
Step back and evaluate:

What stressors can I remove?

What stressors must I accept? Is this true I must accept?

Where am I saying “yes” when I could say “no”?

What is my relationship to saying “no”?



WRAPPING UP

What insight /next step
are you taking home?

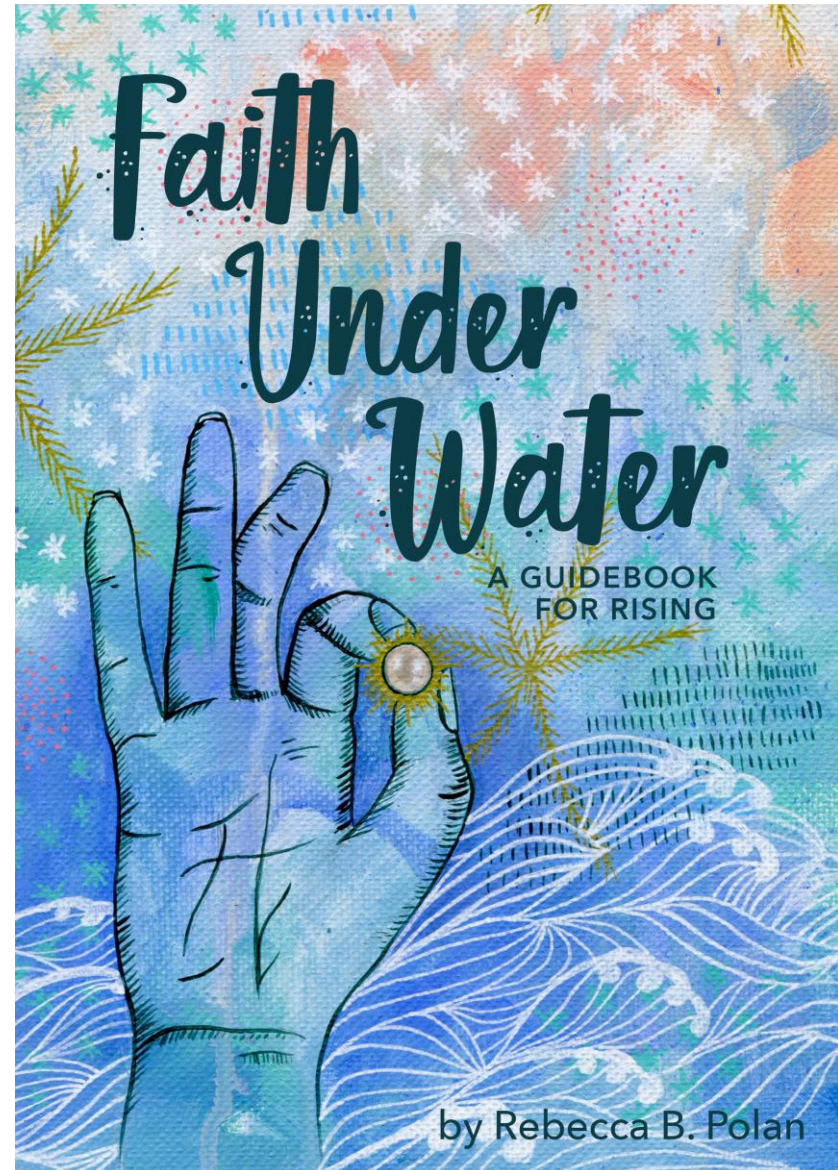
THANK YOU!

Rebecca Bromberg

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Wrap Up & Evaluation Survey

Please help us measure our impact with this session by filling out the **Evaluation survey** that will pop up on your screen once you exit Zoom – this should take <2 minutes.

Recordings and resources for all three sessions will be available in the resource library on our website.

Thank you for coming!