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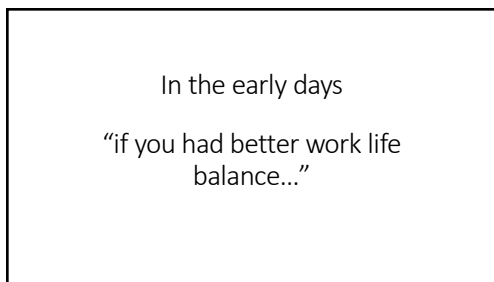
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**“What is the recommended amount of self-care?”**

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**Breathe, Reset, Refuel.  
Rinse, Repeat.**  
*by Françoise Mathieu*

I don't think that the aim is to race through our days at rocket speed and then collapse in a heap at the end of the day on our couch or yoga mat and call that "self-care". I think that self-care needs to be a moment by moment process.

F. Mathieu (2019) www.tendacademy.ca

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Creating habits through  
micro-practices:

“Small and often” vs magic bullet

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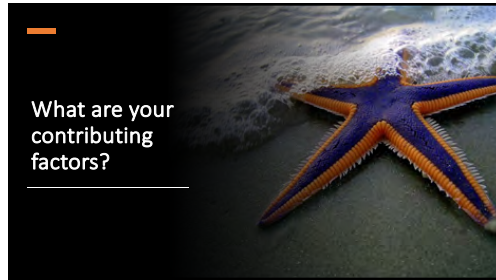
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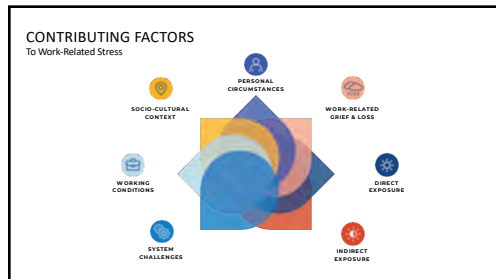
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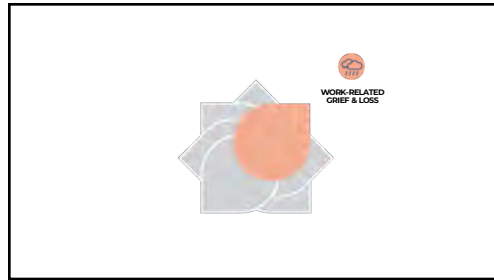
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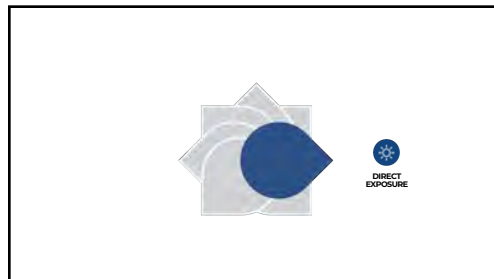
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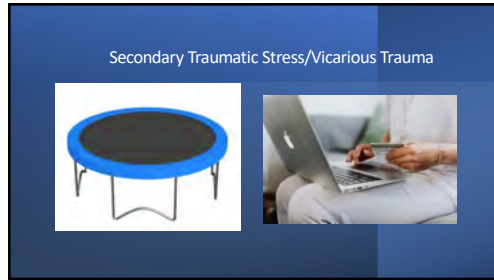
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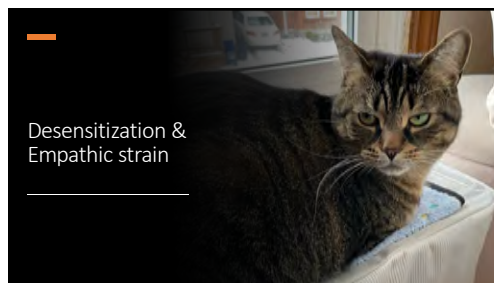
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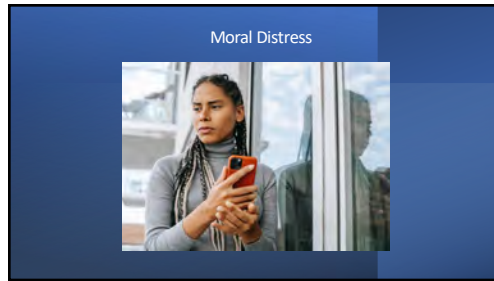
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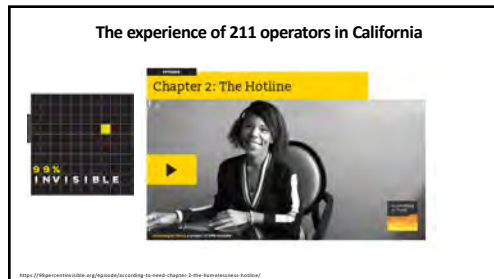
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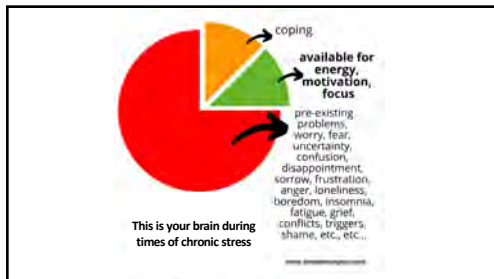
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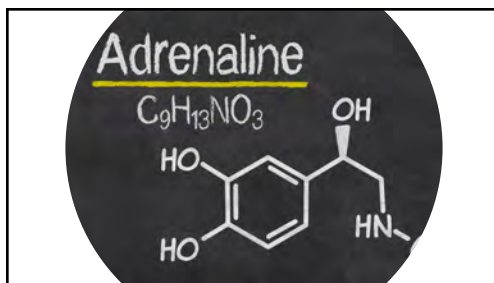
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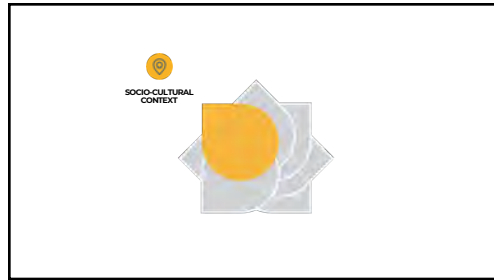
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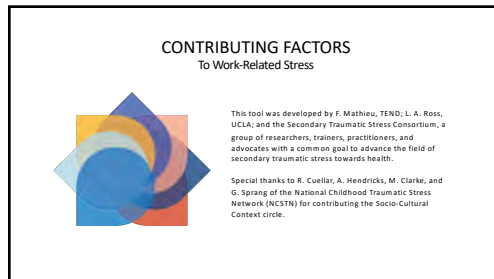
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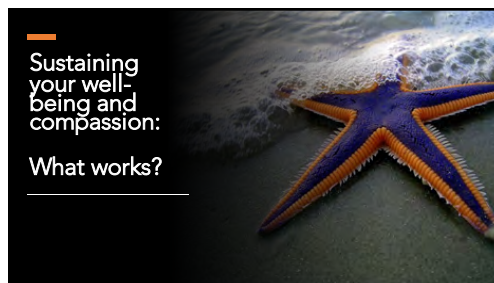
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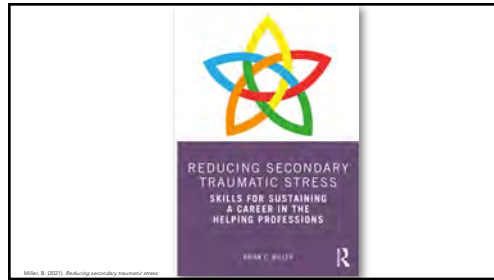
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"Our brain is "sticky"— [...] our brain holds onto stressful experiences.

We possess the (unfortunate?) ability to conjure and re-conjure events in our minds eye that can **re-energize those events ad infinitum.**"

This process is called "**rumination**"

Miles, © 2007) Reducing secondary traumatic stress: Skills for sustaining a career in the helping professions. Routledge.

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**What is rumination?**

"...the intrusion of distressing thoughts of a past experience into the present experience."



Miles, © 2007) Reducing secondary traumatic stress: Skills for sustaining a career in the helping professions. Routledge.

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**Rumination**

"...obsessive thinking about an idea, situation, or choice [...]"



Miles, S. (2017). Reducing secondary traumatic stress: Skills for sustaining a career in the helping professions. Routledge.

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"Re-creating these experiences—letting them intrude into our thoughts-- is the **hallmark of secondary trauma**. [...]"

What can be done?

**First we need to notice**

Miles, S. (2017). Reducing secondary traumatic stress: Skills for sustaining a career in the helping professions. Routledge.

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**Positive neuroplasticity**



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**Positive Neuroplasticity**

"[...] notice the good things that already surround us in everyday life."

- Dr. Rick Hanson



Hanson, R. et al. (2013). Learning to feel from positive experiences. *The Journal of Positive Psychology*, 11(2).

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**Train your brain to be "here"**



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Key Tools for  
Reducing Harm & Mitigating Risk  
to our Wellbeing

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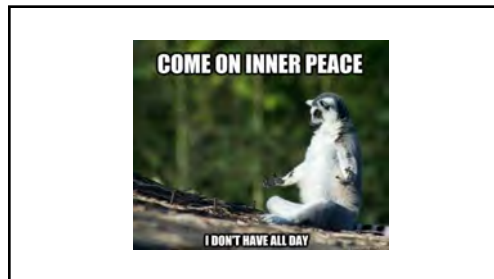
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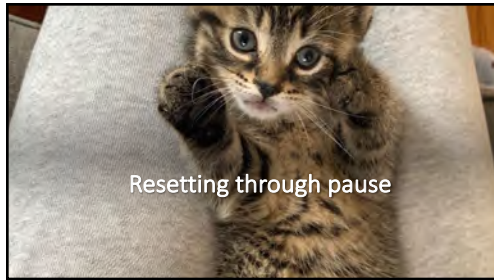
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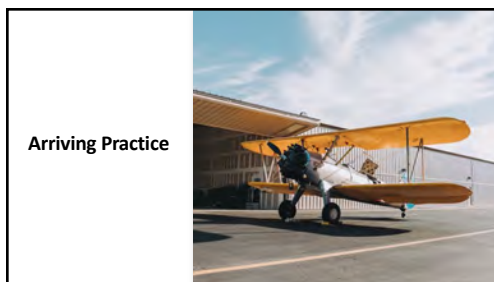
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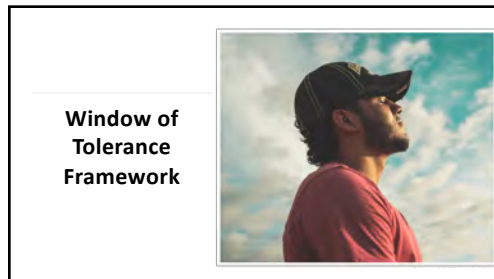
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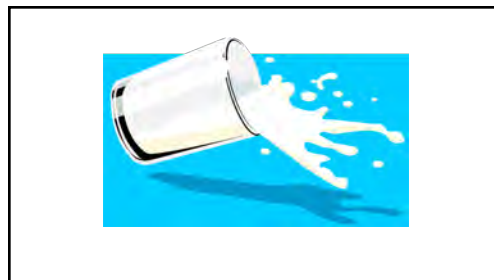
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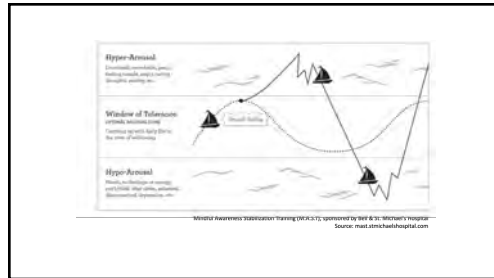
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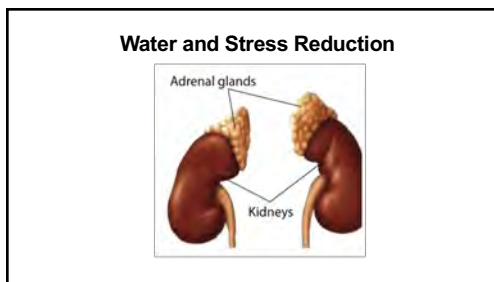
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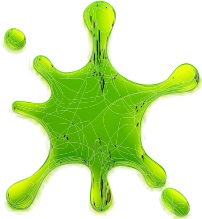
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Talk about it,  
but don't slime  
each other



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The Four Steps of  
**Low Impact Debriefing**



SELF-AWARENESS    FAIR WARNING    CONSENT    LIMITED DISCLOSURE

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**STRATEGY: Self-regulation**



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How do you clear your head?



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STRATEGY: \_\_\_\_\_

**Micro Practices to Reset**



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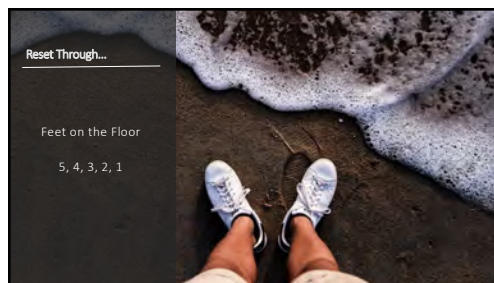
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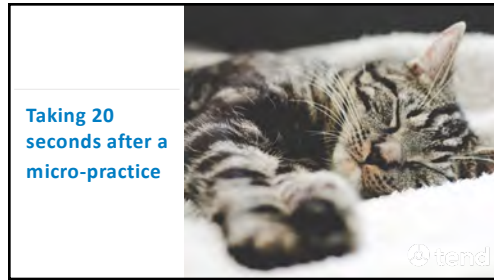
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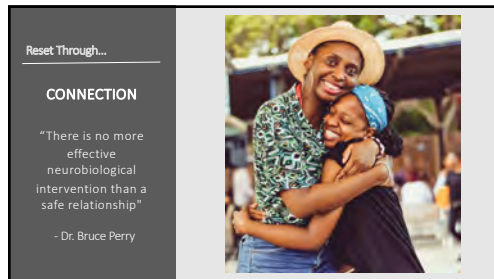
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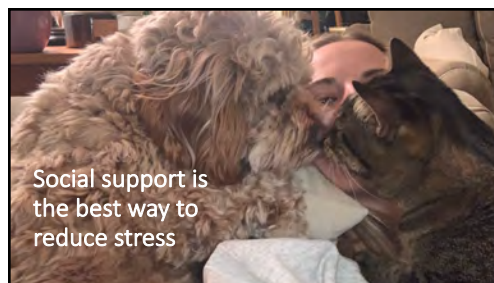
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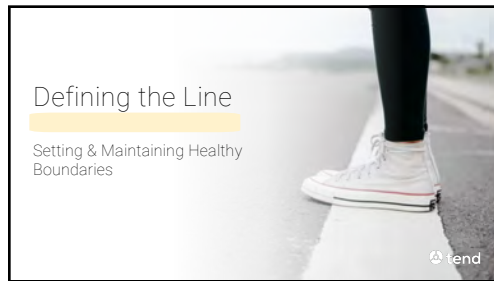
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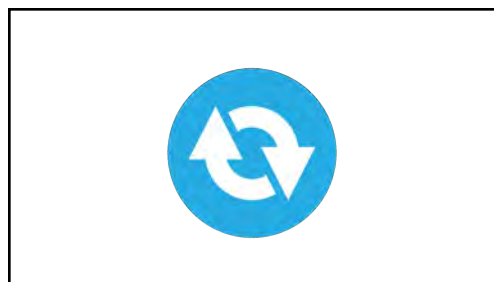
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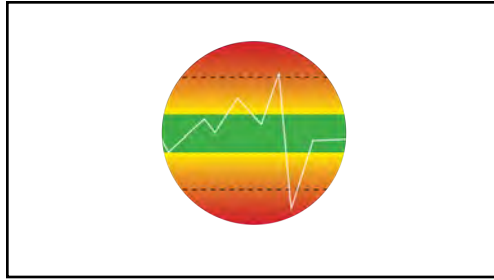
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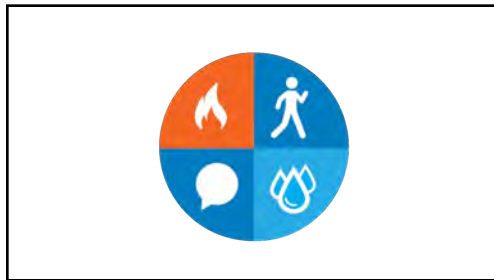
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