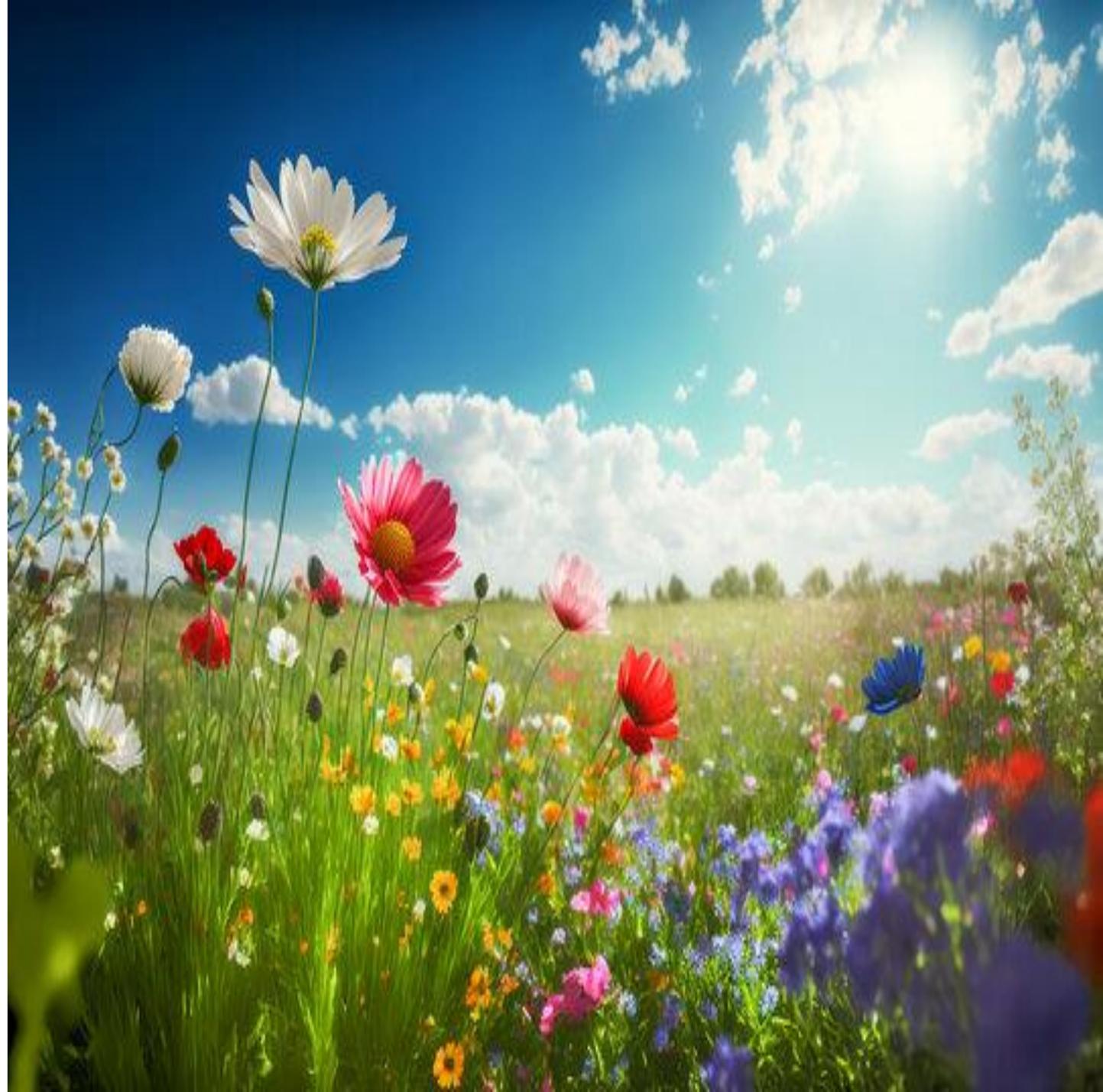


Reset & Reconnect:
Caring for Ourselves
During Times of Stress
& Uncertainty

Trinh Mai, LCSW
May 9, 2025
Promising Youth
Conference



Self-care is
Community-
care



“Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare.”



*Audre Lorde,
A Burst of Light: and
Other Essays*

S-T-O-P

- Stop/Slow down
- Take a breath
- Observe w/ openness
 - physical sensations, thoughts, feelings
- Proceed with intention & compassion
 - What would be helpful?
 - What's my intention now?



What's Hard Right Now?



WHAT HURTS?



WHAT ARE YOU WORRIED
ABOUT?



WHAT MAKES YOU
ANGRY?

Name it...Feel it...Soothe it

Honoring Your Pain While Centering the People Most Impacted

1

Write or draw
continuously for 5
minutes

2

Bear witness: review
your writing/picture &
circle or underline what
really resonates; add on
if desired

3

Share some words on
what is hard on a sticky
note for the community
table

Responding with Self-Compassion

Mindfulness: Acknowledge, accept our experience

“Name it to tame it.” E.g.: hurt, inadequate, fear

Connectedness: Remember you’re not alone, that this is human

Normalize: “I’m human; it’s ok to feel this.”

Reach out to a trusted person

Self-kindness: How would you respond to a friend?

A kind touch or kind words:
“It will be ok. I got this.”

Breathe deeply, soften,
move

Ask “What do I need?” &
Provide

(Kristen Neff)

Debrief with a Partner



How do you feel?



What did you discover?



What shifted for you?

Reconnecting with Our Bodies

- [Mindful Movement](#)
- [Silent Aimless Wandering](#) (15 minutes)
 - Leave shoes and phone behind if possible
 - Use watch or set a timer on your phone
 - Start with 3 deep breaths
 - Let your senses guide you: What do you hear, see, feel, smell, taste? What calls to you? Go to that & engage. Zoom in & zoom out
 - Then move to what calls you next
 - Channel your inner toddler or inner dog/cat



Picture from
<https://thedognerd.hu>

“Your hand opens and closes, opens and closes. If it were always a fist or always stretched open, you would be paralysed. Your deepest presence is in every small contracting and expanding, the two as beautifully balanced and coordinated as birds' wings.”

— Jelaluddin Rumi , [The Essential Rumi](#)



What's giving
you purpose?

- Reflect on a recent work task or project that you're doing that feels meaningful to you.
 - What is most meaningful and important to you about this work?
 - What relationships are supporting you?
 - What values are guiding you?
- 

Appreciative Inquiry

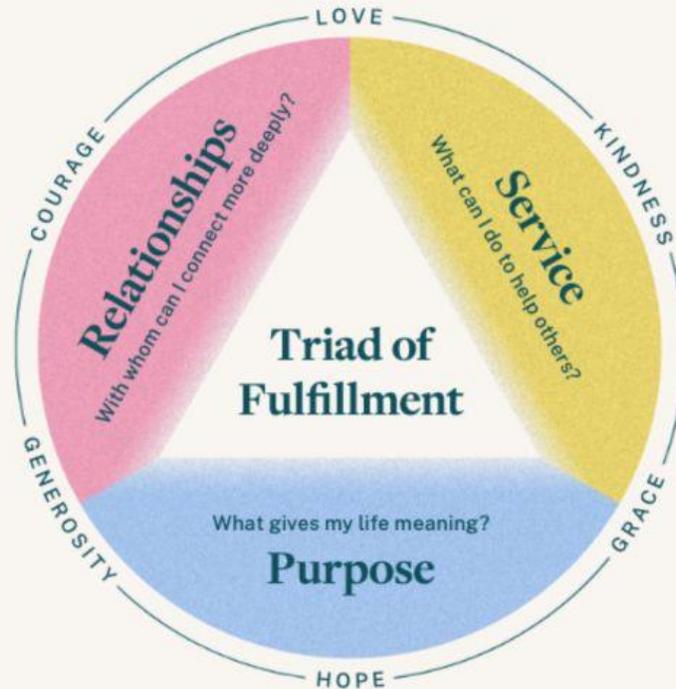
- Listen without interrupting
- Express empathy with nonverbals
- Thank the person for sharing when they're done (3 min.)
- "Mine for the good" with questions
 - What did you learn about yourself ?
 - What supported you?
 - What do you care most about?
- Switch roles





The Triad of Fulfillment

*The core elements of **community**—relationships, service, and purpose—also define the triad of fulfillment. When combined with the core virtue of love, they create an ecosystem for meaning and belonging.*



Dr. Vivek Hallegere Murthy
19th & 21st Surgeon General of the United States



What you pay attention to grows. What do you want to remember?

Resources

[Mindfulness, Resilience, Communication Courses](#)

[U's Wellness & Integrative Health Youtube Channel](#)

[HCI 's Wellness & Integrative Health Youtube Channel](#)

[Accelerate Resilience Toolbox \(Under revision\)](#)

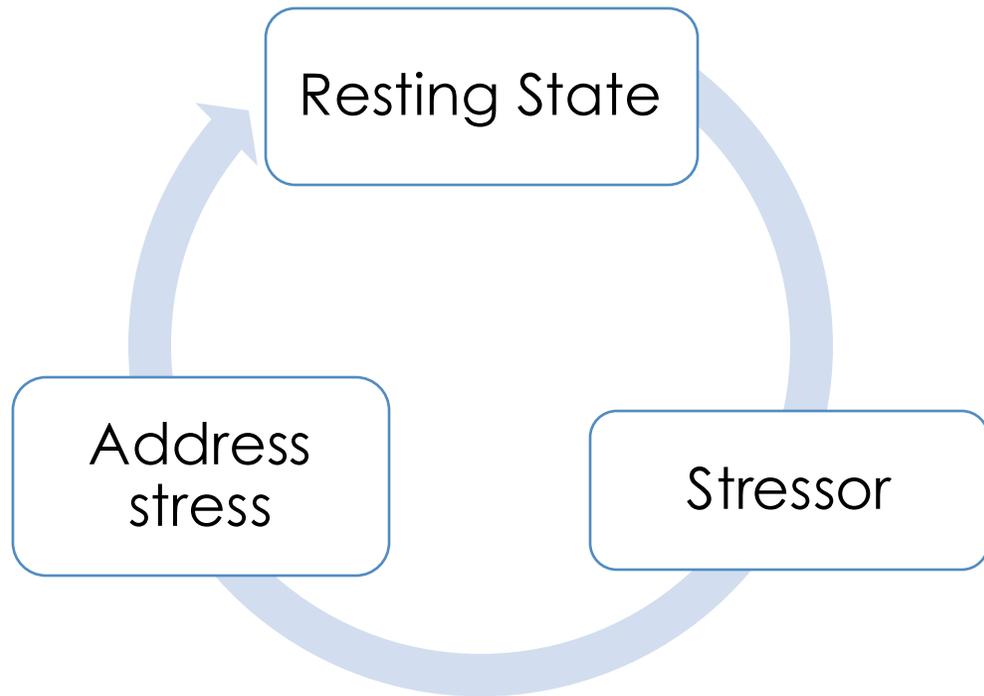
Caring for Ourselves

- Are you meeting your **basic needs**?
 - Sleep, Eat, Hydrate, Move, Routine
- Are you taking **breaks**?
- Are you able to **recognize** the good?
- Are you staying **connected**?
- Can you **ask for help** if you need to?

(Megan Call, U Health Resiliency Center)



Complete the Stress Cycle



Returning to Resting State



Physical
Activity



Breathing



Positive Social
Interaction



Laughter



Affection



Crying



Creative
Expression



Q &A

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