

## **It Begins With Us** (Trainer: Darcie Van Voorst)

- Our children's healing journey needs to begin with our own healing journey
- Trauma is in the nervous system and not the event
- Stress response: a body response, emotional response, and cognitive response
  - Ideally the stress response is successful and our body calms and releases all the stress hormones....stress doesn't continue to impact us
  - When the stress response is not successful, our body isn't calmed and all the stress hormones get stored in our body...the stress continues to impact us
  - Fight shows up as:
  - Flight shows up as:
  - Freeze shows up as:
- **Peter Levine:** "The trauma response is part of a natural non-pathological process that has been interrupted".
- Cortisol that stays in our body causes ALL sorts of problems...cortisol impacts:
  - Glucose (Type 2 diabetes and obesity)
  - Triglycerides (obesity and damage major organs)
  - Aging (accelerates)
  - Arteries (high blood pressure and heart problems)
  - Digestion (ulcers, indigestion, irritable bowel syndrome, colitis etc.)

- Immune system (autoimmune diseases)
- Mental health (anxiety, depression, and other conditions)
- Bone density (osteoporosis and fractures)
- Brain (neurological issues)
- Cancer (increases your risk)
- **Ways to reduce cortisol**
  - Omega 3's (900 mg)
  - Resistance training (30 minutes every other day)
  - Yoga/Tai Chi
  - Acupuncture
  - Bright light therapy (10,000 LUX)
  - Sleep (aim for 7 hours)
  - Connect with others
- **Secondary Trauma:** results from being around those who have experienced trauma...symptoms are the same as those who directly experienced the trauma
- **Trigger:** anything that evokes a strong emotional or physical reaction....a sign that something hasn't been properly worked through
  - Be curious whenever you (or someone else) reacts stronger to a situation than a situation warrants
  - Body signs that you are being triggered:

- **How is ongoing stress showing up in your life?**
  - Emotionally:
  - Relationally:
  - Mentally:
  - Physically:
  - Spiritually:
  
- **Take self-care assessment at home**
  - What one area would you like to improve on?
  - What one idea are you ready to implement?
  
- Name it to Tame it....
  
- Feel it to Heal it...
  
  
- Healing with body-based therapy...
  
  
- **Therapeutic Approaches to consider beyond talk therapy:**
  - EMDR
  - \*Body centered psychotherapy/somatic experiencing/sensorimotor psychotherapy/any type of body based therapy\*
  - Play therapy

- Therapeutic art/writing/dance/yoga
- Life span integration therapy
- Neurofeedback/biofeedback
  
- **Books**
  - Bessel van der Kolk: The Body Keeps the Score
  - Any of Peter Levine's books
  - Daniel Siegel: Parenting from the Inside Out
  - Allison Botke: Setting Boundaries with Your Adult Children

**Matthew 11: 28 – 30** (The Message): -“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

**“Rest for Your Soul”** – Austin French