

The background of the slide features a serene sunset or sunrise over a body of water, with a gradient from light blue at the top to warm orange and yellow near the horizon. The water in the foreground is a deep teal color with gentle ripples. Purple decorative elements, including four-pointed stars of varying sizes and several thin diagonal lines, are scattered around the central text, adding a whimsical touch.

Living in the Paradox: Finding Joy & Calm in Today's Chaotic World

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Introduction



**"Name it to
tame it"**



**Safely growing
your social
bubble**



**Living in the
paradox:
Finding
balance**

Agenda

Introduction

- Our world has always been complicated.
- New stressors: COVID pandemic, social distancing, 24/7 news cycles, increased gun violence, and social unrest.
- Add to those concerns, the fact that you or a loved one is going through treatment, and it takes stress to a new level.





Name it to Tame It



ORIGINS OF TECHNIQUE

This coping technique was developed by Dr. Daniel Siegel, a psychiatrist, writer, and professor who is also the founding co-director of the Mindful Awareness Research Center at UCLA. The process begins with mindfulness.

RECOGNIZE WHERE YOUR STRESS LIVES

Most of us have physical sensations that our body uses to signal us that we are becoming stressed. That place can vary: head, neck, shoulders, abdominal or chest fluttering, etc. Pay attention to where your stress lives.

CALL IT WHAT IT IS

When you feel stress coming on, try to define or name what emotion you are feeling (for example, fear, anger, sadness, misunderstood), and you may be better able to overcome or cope with the stressful situation.



*Name it
to
Tame It*

AVOID LABELLING HOW YOU FEEL AS "GOOD" OR "BAD"

Emotions or feelings are a part of the human condition. They are neutral, they are common to all of mankind, and we shouldn't be hard on ourselves for what we feel.

DON'T TRY TO IGNORE OR TAMP THEM DOWN

When we try to push our concerns down or ignore them, they tend to pop up together at a time we'd rather they didn't. Try sitting with the emotion for a bit.

CONSIDER HOW TO "FLIP" THE FEELING

Dig a little deeper and try to understand what might help:

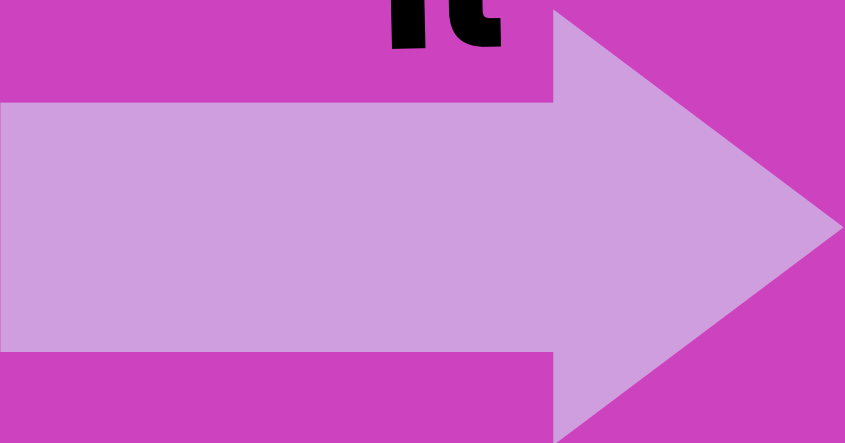
Do you need more information?

Do you need an expert opinion?

Do you need to speak to someone who loves and understands you?

Do you just need more time to sort through it all before taking any action?

**Consider
it**



SELF

CARE

Self-care
IS EMPOWERMENT

Because really, it is!



Safely Growing Your Social Bubble

WHAT IS A SOCIAL BUBBLE?
Social bubbles offer an opportunity to socialize in close proximity with a small group of people. Connections and community are essential to our well-being. Having a strong social bubble can strengthen our coping.

CREATE LAYERS OF SAFETY

- Social distancing
- Masking as recommended
- Handwashing
- Keep your social bubble size small
- Engage people with similar goals
- Always listen to your "gut"

GETTING OUTDOORS

- Outdoor activities are a great way to engage with your social bubble.
- Being outside can naturally enhance your immune support and endorphin levels.



- Develop a personalized plan of action.

- Consider developing a practice of journaling, reflection, or meditation.

- Some days we have to do things differently--and that's ok.

- Stay self-compassionate.

Living in a Paradox:

- Avoid comparison syndrome.

- Create gentle boundaries.

Finding Balance

- Be willing to ask for specific help.

- Let others know what works for you.

- It is okay to say "No."

- Try to remain flexible.

Conclusion

Every day is different, our responses often vary, and it's important to feel safe without becoming overly isolated.



***Thank
You!***



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