

# When the World Turns Upside Down:



*Compassionate Self-Care.*



**non-stop changes**



**balancing role overload.**



**The burden.**



**disenfranchised and judged.**



resources vs. demand.



**it's all about relationship.**



**resisting mode**  
*what we resist persists.*





**resourcing mode**  
*what's needed in this moment.*



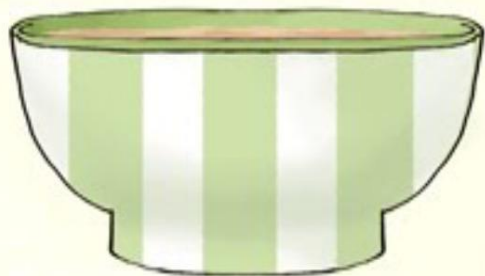
**we all cope in different ways.**



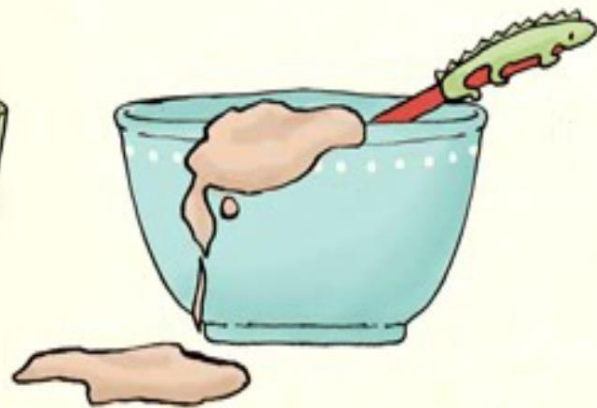
to Goldilocks (a verb.)



*too hot*



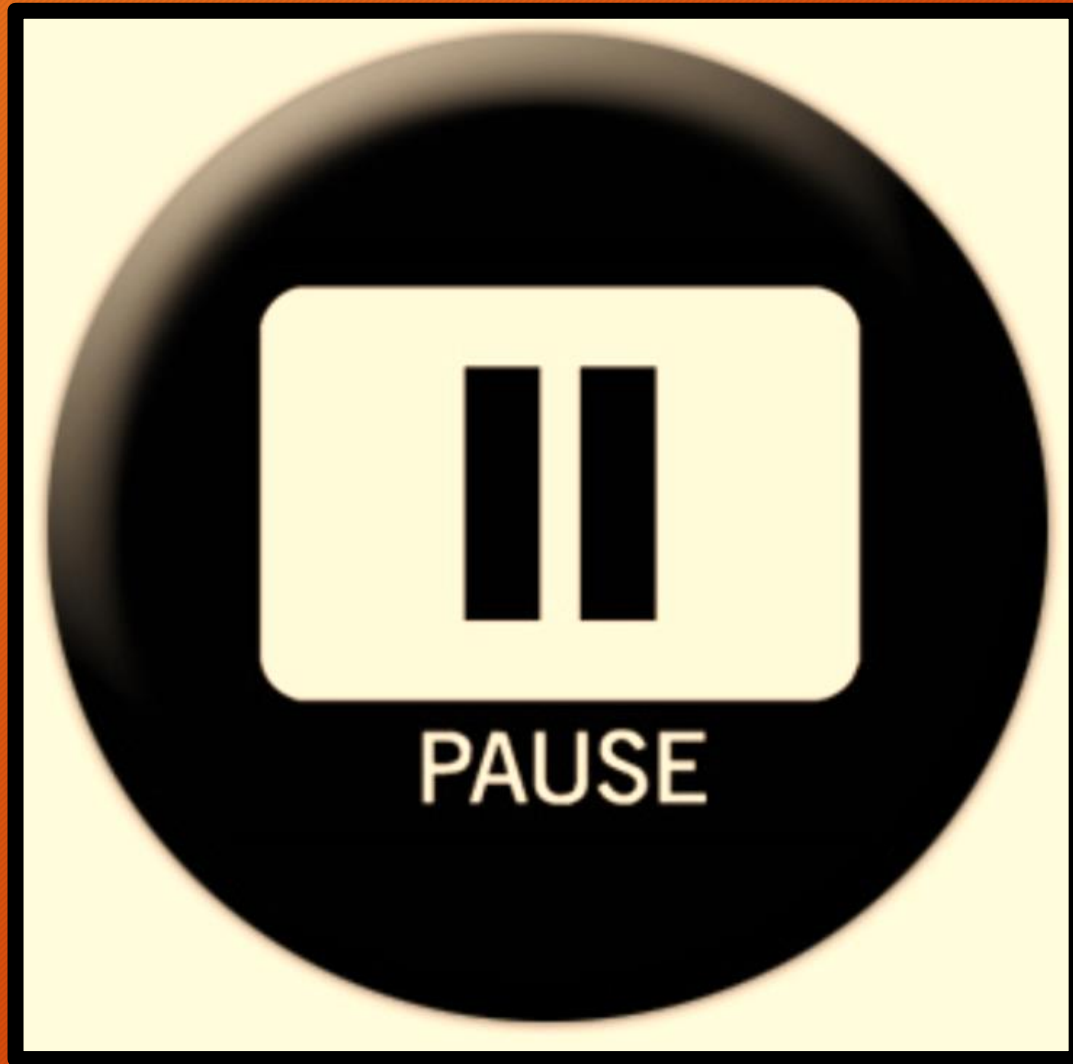
*too cold*



*just right*



**discovering resilience.**



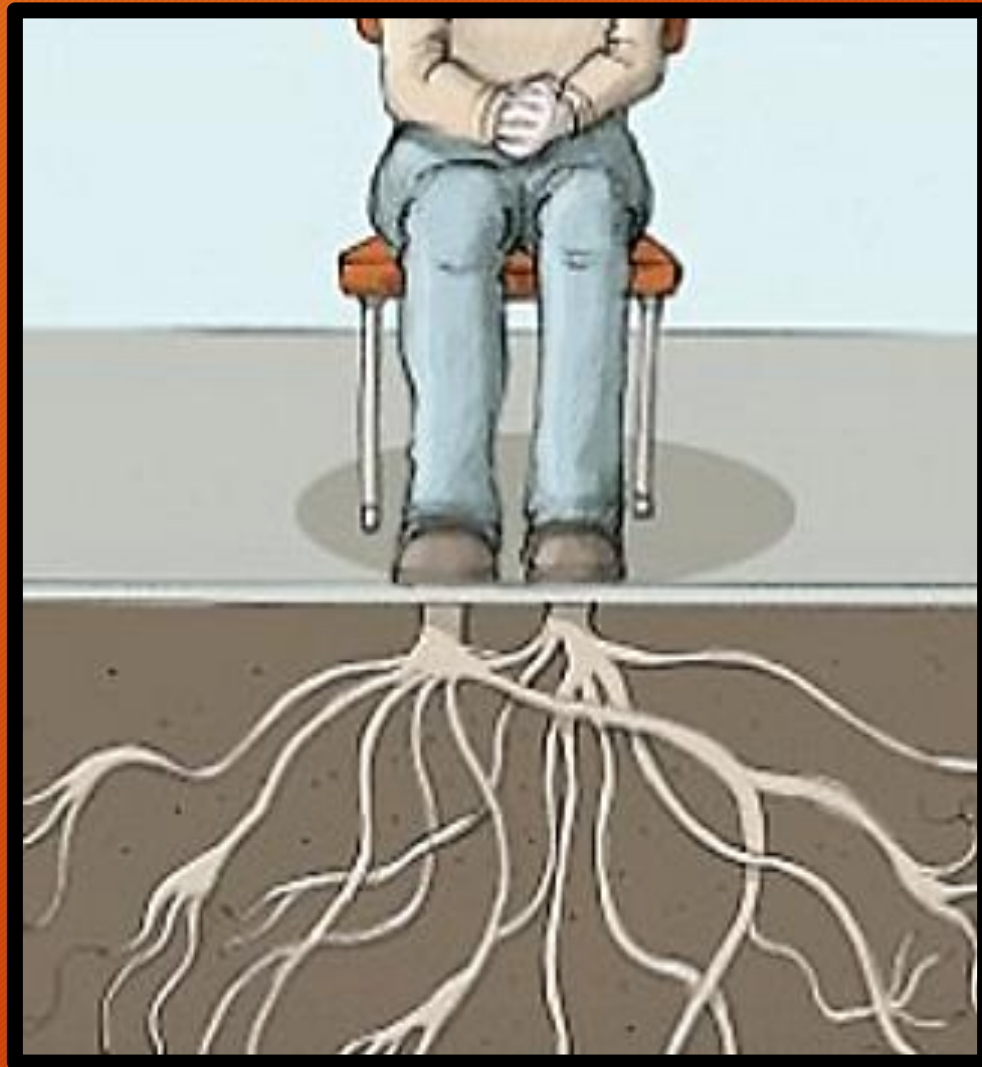
**taking a moment for self-repair.**

- deepen breath
- lengthen exhale



- shallow breath
- lengthen inhale

slowing it down vs. revving it up.

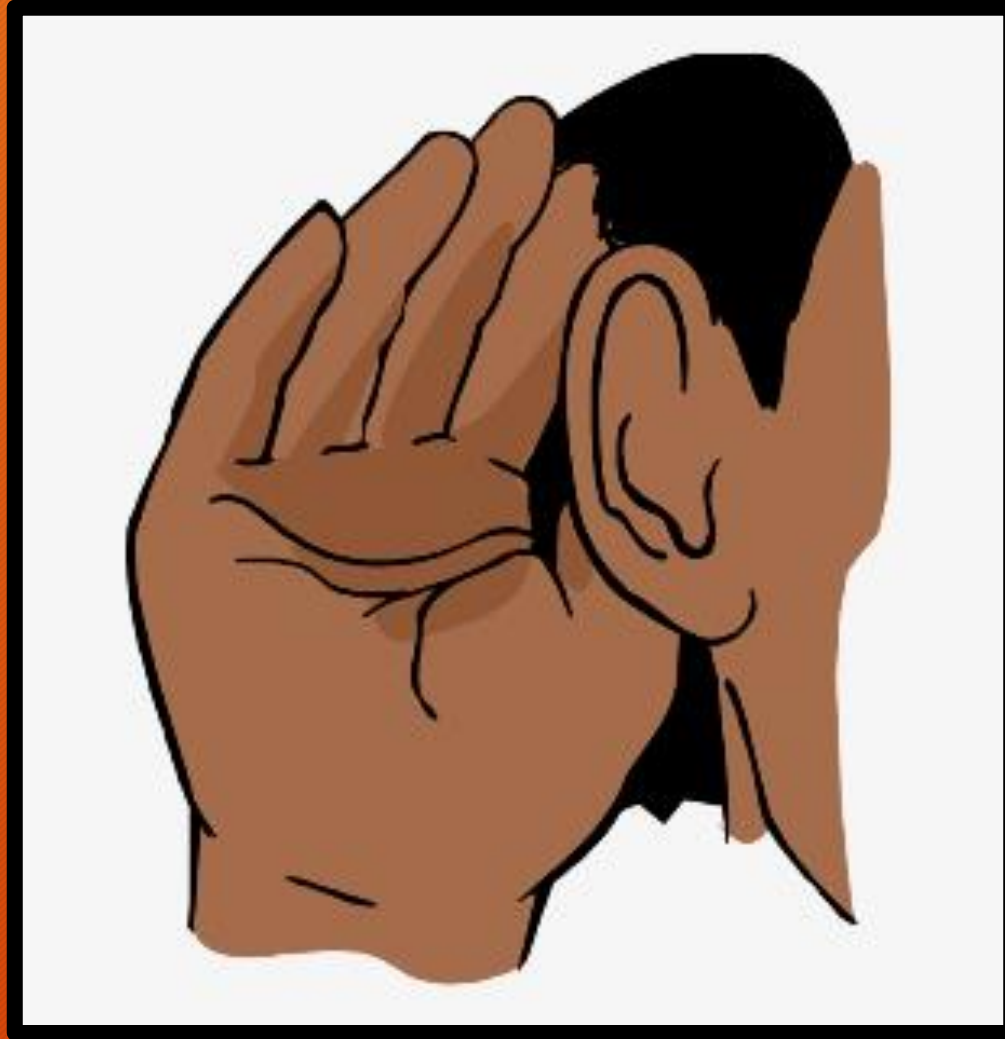


**grounding ourselves.**

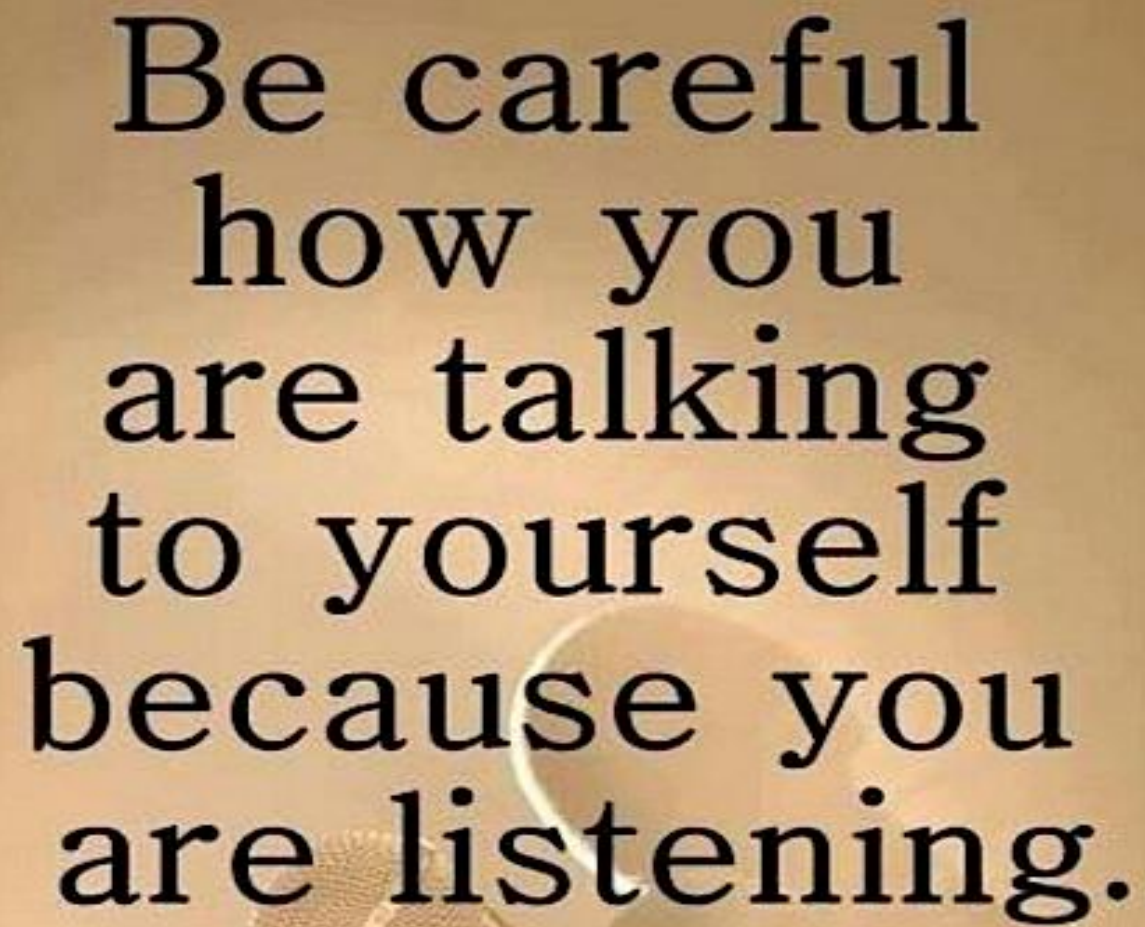




because we are mammals.



**Both the speaker and the listener.**



Be careful  
how you  
are talking  
to yourself  
because you  
are listening.

~Lisa M. Hayes

The compassion  
to be kind  
to yourself.



*“The **kinder** and **more compassionate**  
we are with ourselves, the more we can  
develop the **courage** to tolerate difficult things.”*  
- Paul Gilbert



**clear-seeing meets compassion.**



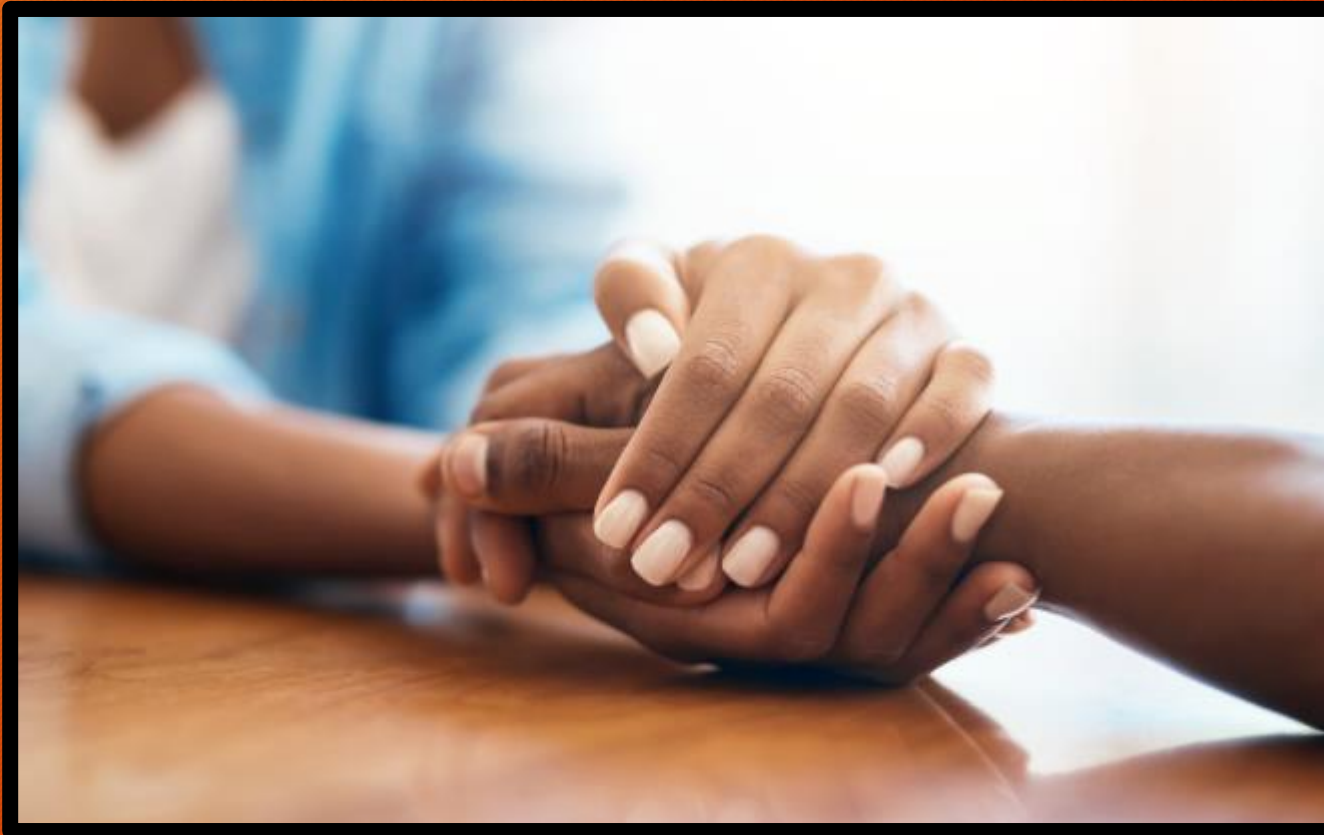
**The burden.**



# Worden's Four Tasks of Mourning



# Task #1: *Accepting the loss.*



***Q: What's  
the hardest  
part right  
now?***



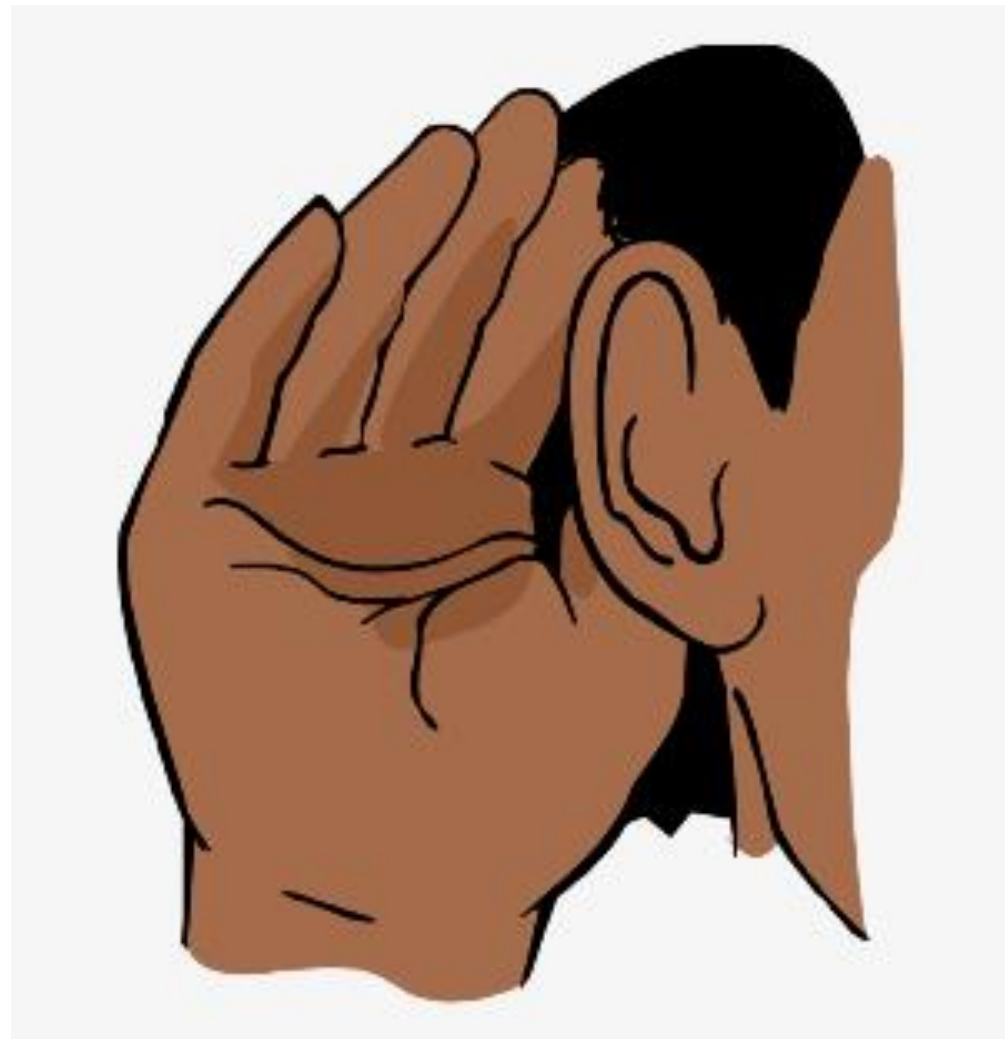


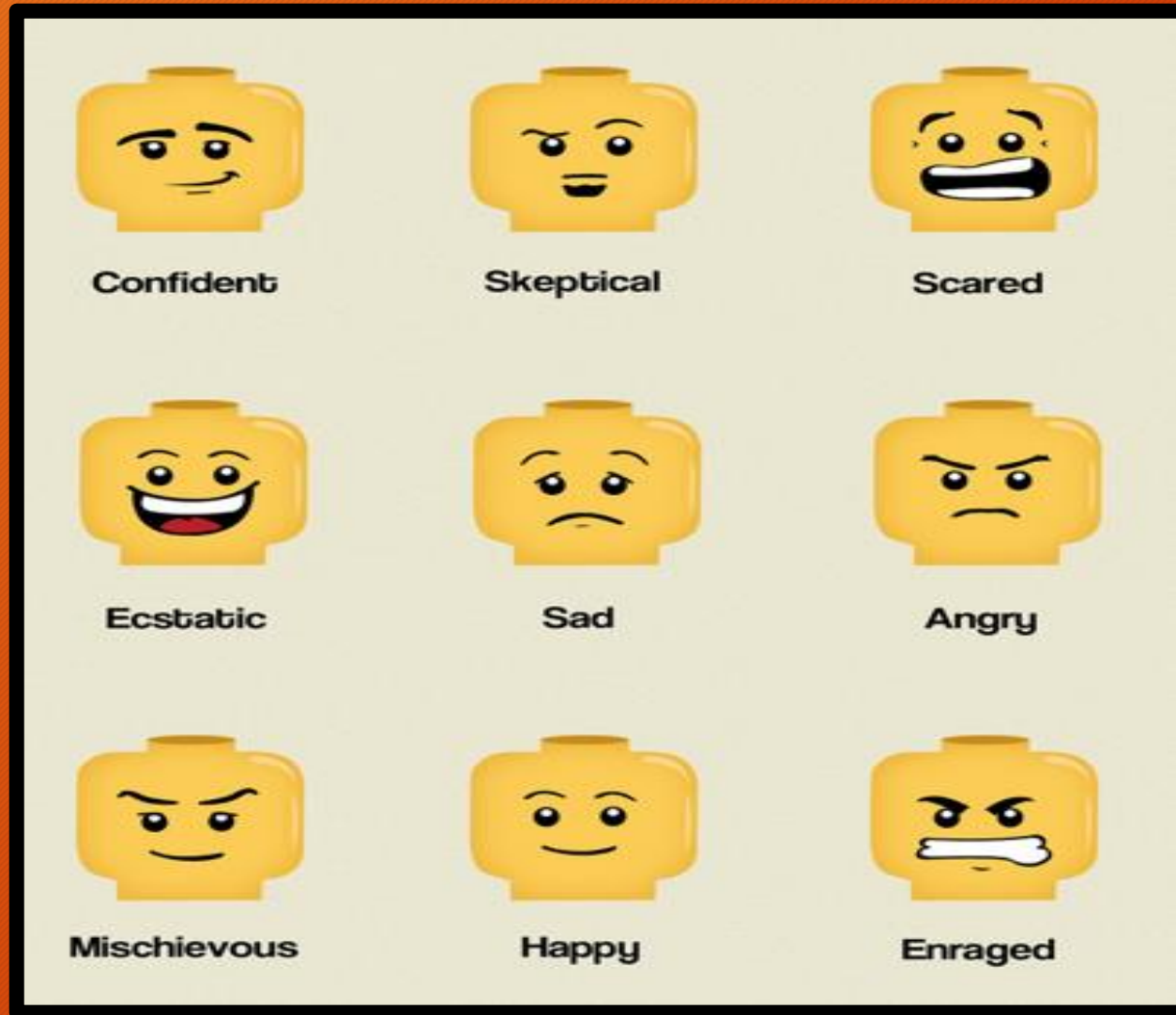
all the things we don't want to face.

# Task #2: *Feel It to Heal It.*



***Q: What's it  
like for you  
right now?***





let's get granulated.

"We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions."

- Brene Brown



**adjusting our emotional exposure.**



# Task #3: *Finding a New Normal.*



***Q: What matters the most right now?***



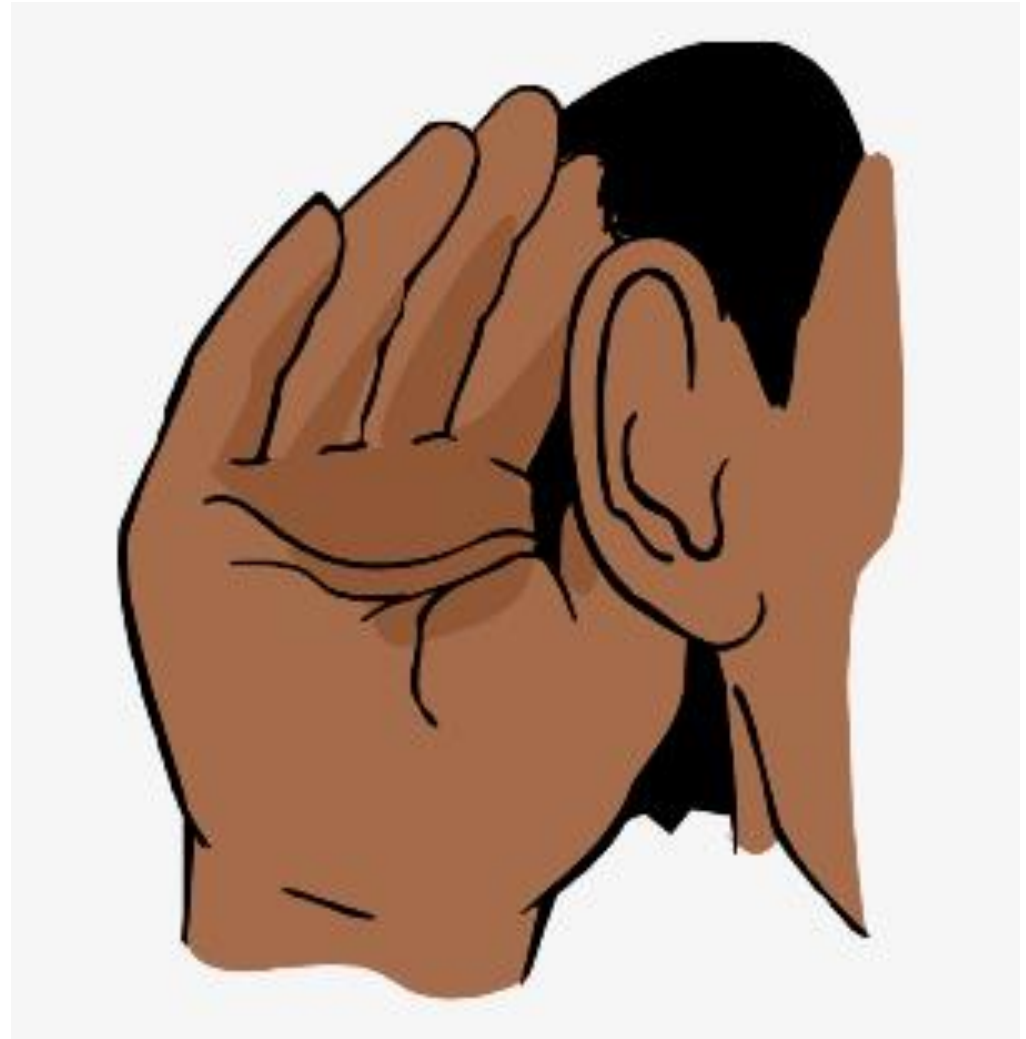


**facing the new direction.**

# Task #4: *Reinvesting in the new life*



***Q: What do  
you need  
the most  
right now?***





**opening to the new way.**



**we're all in this together.**



**words from the friend within.**





its inexhaustible.



**the power of two.**



**from resisting . . .**



**. . . to resourcing & resilience.**

I am grateful  
for.....



**the invincible summer.**