

COVID 19 AND EMOTIONAL WELLNESS



- Nancy S Hagman, M.Ed, LMHC
- Specializing in trauma and abuse recovery



A LITTLE ABOUT ME

- As a psychotherapist for over 29 years, I worked with clients of Domestic Violence, DV Offenders, Sex Offenders, sexually and physically abused children (male and female), as well as adults.
- Most recently I retired from Lutheran Services, where I providing direct services and Supervised therapists at the Gulf Coast and Santa Rosa Kid's House.
- My favorite part was working with any and everyone that was seeking healing, no matter what experience brought them.



INTENTION FOR THIS EXPERIENCE

- Identifying your own experiences, emotionally, physically, mentally and behaviorally.
- Learn more about Human anatomy and behaviors
- Learn about the impact of Trauma



TAKE TIME TO WRITE ABOUT YOUR
CURRENT:

FEELINGS,
THOUGHTS, &
BEHAVIORS



EMOTIONS.....OVERWHELMED

- Angry
- Discouraged
- Upset
- Feeling lazy
- Unmotivated
- Easily distracted
- Depression
- Enraged

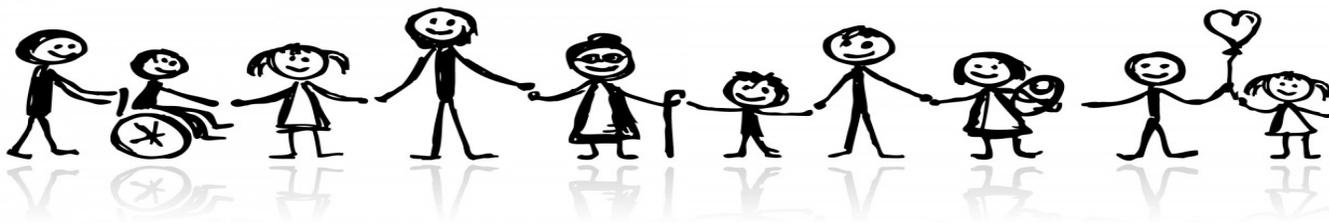
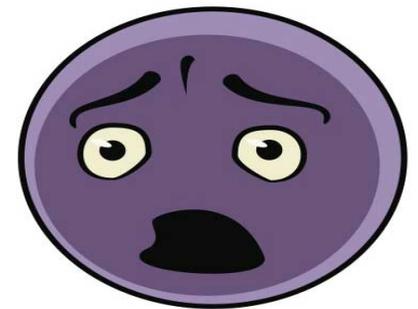


CHRONIC VS SITUATIONAL TRAUMA

- **Chronic Stress/trauma:** Is maintained over a longer period of time. It usually starts with a traumatic episode or situation and begins to manifest itself in other areas of our bodies and lives. Impact of Cortisol release!
- **Situational Stress/trauma** is just that....it is a specific situation that is causing the stress....therefore, we can identify and address the stress...easy right! Not necessarily.....
- **Trauma** resides in our emotions

WHAT IS OUR FOUNDATION?

- Let's start here....
- Did it look like this?





ADVERSE CHILDHOOD EXPERIENCES (ACE) STUDY CDC KAISER FOUNDATION

1995-1997, CURRENTLY CONTINUING THROUGH 2019

- Abuse
- Neglect
- Household Dysfunction

KNOW YOUR SCORE

1. Loss of a Parent
2. Parent with mental illness
3. Physical Abuse
4. Sexual Abuse
5. Emotional Abuse
6. Physical Neglect
7. Emotional Neglect
8. Household Domestic Violence
9. Household Member in jail
10. Parent with Substance Abuse





WHAT'S YOUR SCORE?

- Scores:

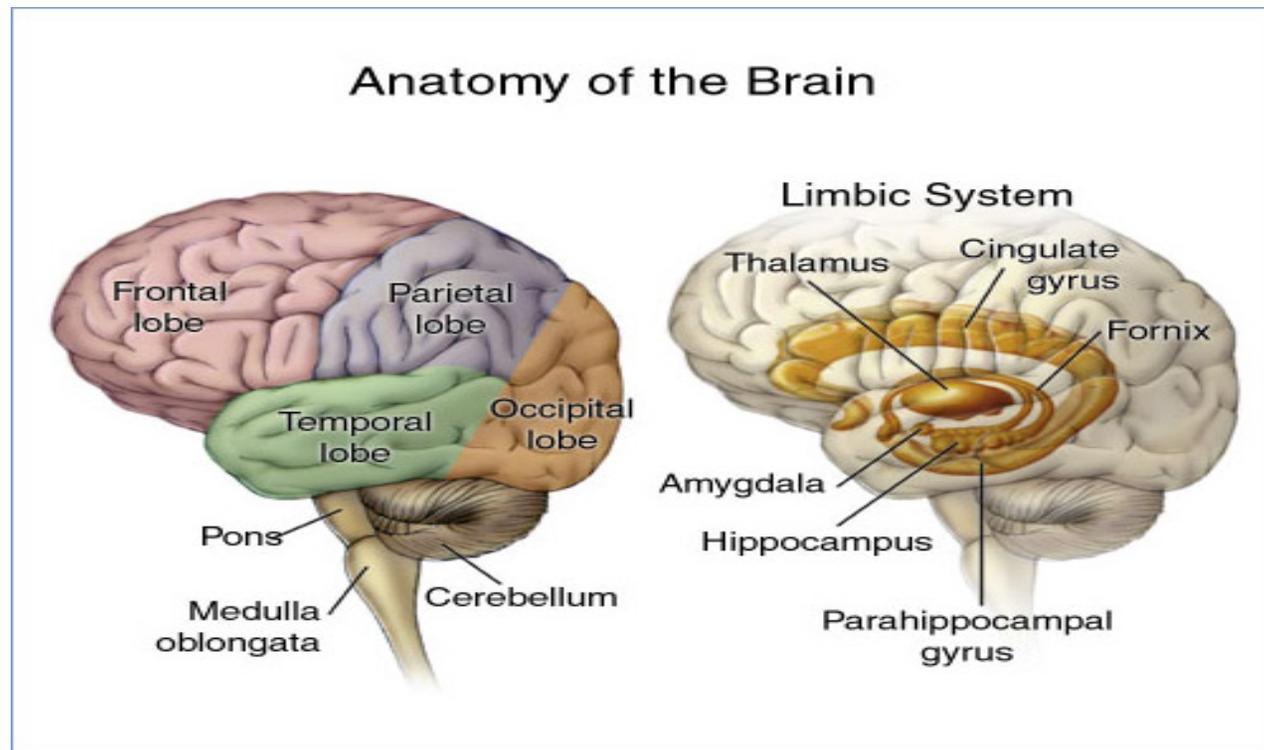
Zero...38%

1.... 24%

4 or more ...16%

- 
- The higher the score....four or more are likely to be at higher risks for later health problems such as depression, anxiety, intestinal problems, increased risk for cancer and heart disease, etc.

NEUROPLASTICITY (THE PLASTIC BRAIN)



THE FIVE SENSES



SIGHT: I see with my **eyes**.



HEARING: I hear with my **ears**.



TASTE: I taste with my **tongue**.



SMELL: I smell with my **nose**.



TOUCH: I touch with my **hand**.

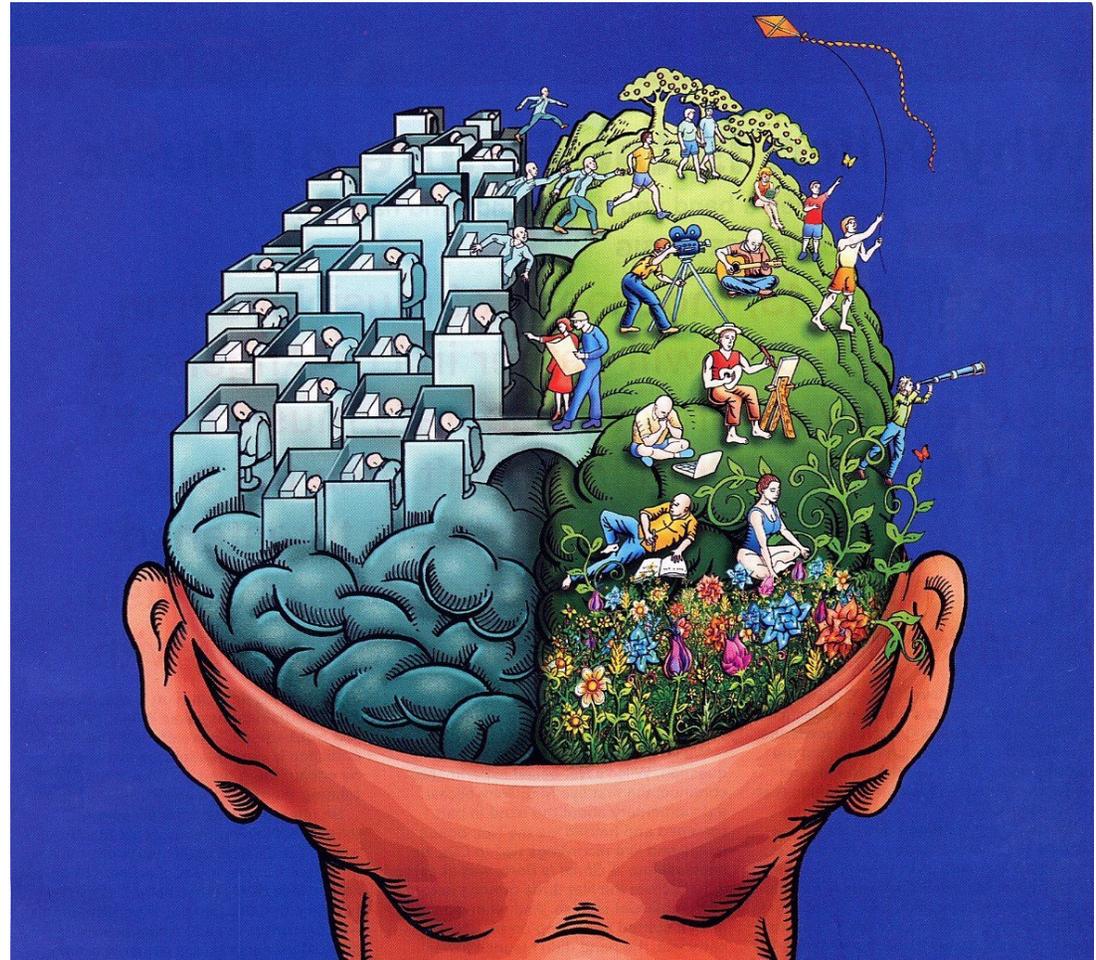


SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEM



Left Brain-
organizes, sets
structure

Right Brain-
creative, playful,
where trauma
resides





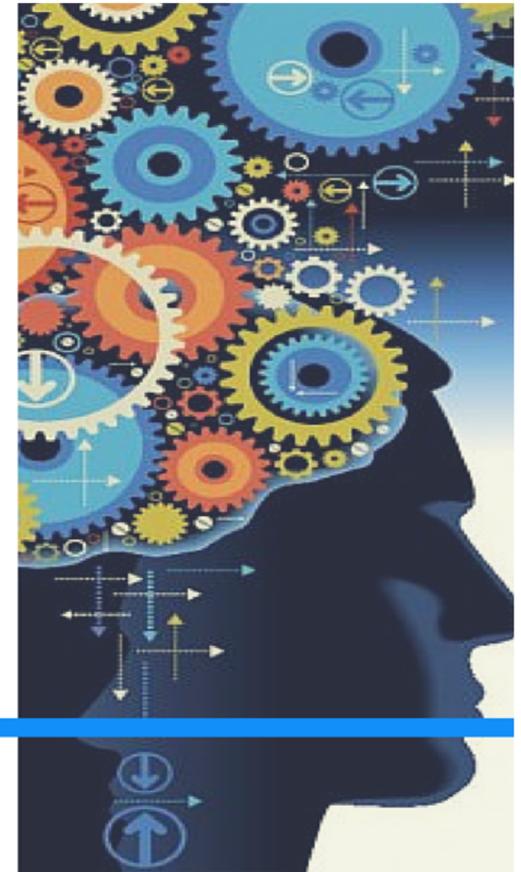
HOW DO HUMANS PROCESS ANYTHING, ESPECIALLY TRAUMA?

❖ Talking about it.....

- Feelings
 - Thoughts
 - Behaviors

Thoughts are powerful!

WE CHANGE THE PHYSICAL NATURE OF OUR BRAIN BY WHAT WE THINK WHICH AFFECTS OUR IDEAL MENTAL AND PHYSICAL HEALTH.



MUSCLE MEMORY





GFCL0129 www.fotosearch.com



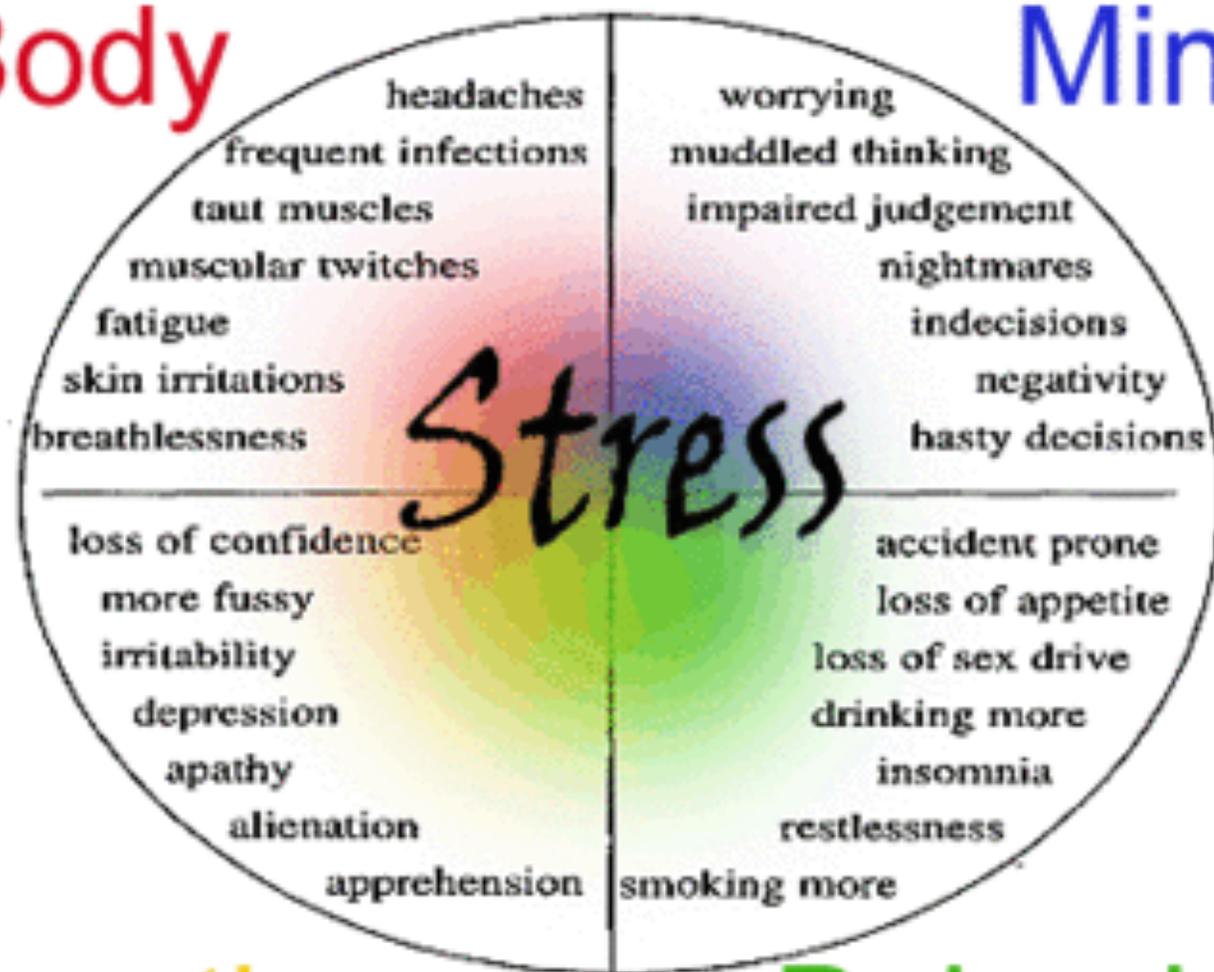




HOW DOES UNRESOLVED TRAUMA
AFFECT US?

Body

Mind



Emotions

Behavior



MINDFULNESS....WHAT ROLE DOES THIS PLAY? IT IS THE MOST POWERFUL TOOL!

- What are we paying attention to...current news
- But what else....TED talks, Motivational Speakers, You Tube
- Human Interaction...Zoom....
- So what are you feeling, thinking and doing?



WHAT CAN WE DO?

- You're doing it right now....You're learning something new
- Process with one another, talk about feelings, thoughts and behaviors
- Listen and share openly with others about your experiences....Affirm one another
- Maintain stability, change patterns



COURAGE...WHAT IS IT?

- Development of Courage
 - Where does it come from.....?
 - What does it mean to you.....?
 - It takes Courage...to change?



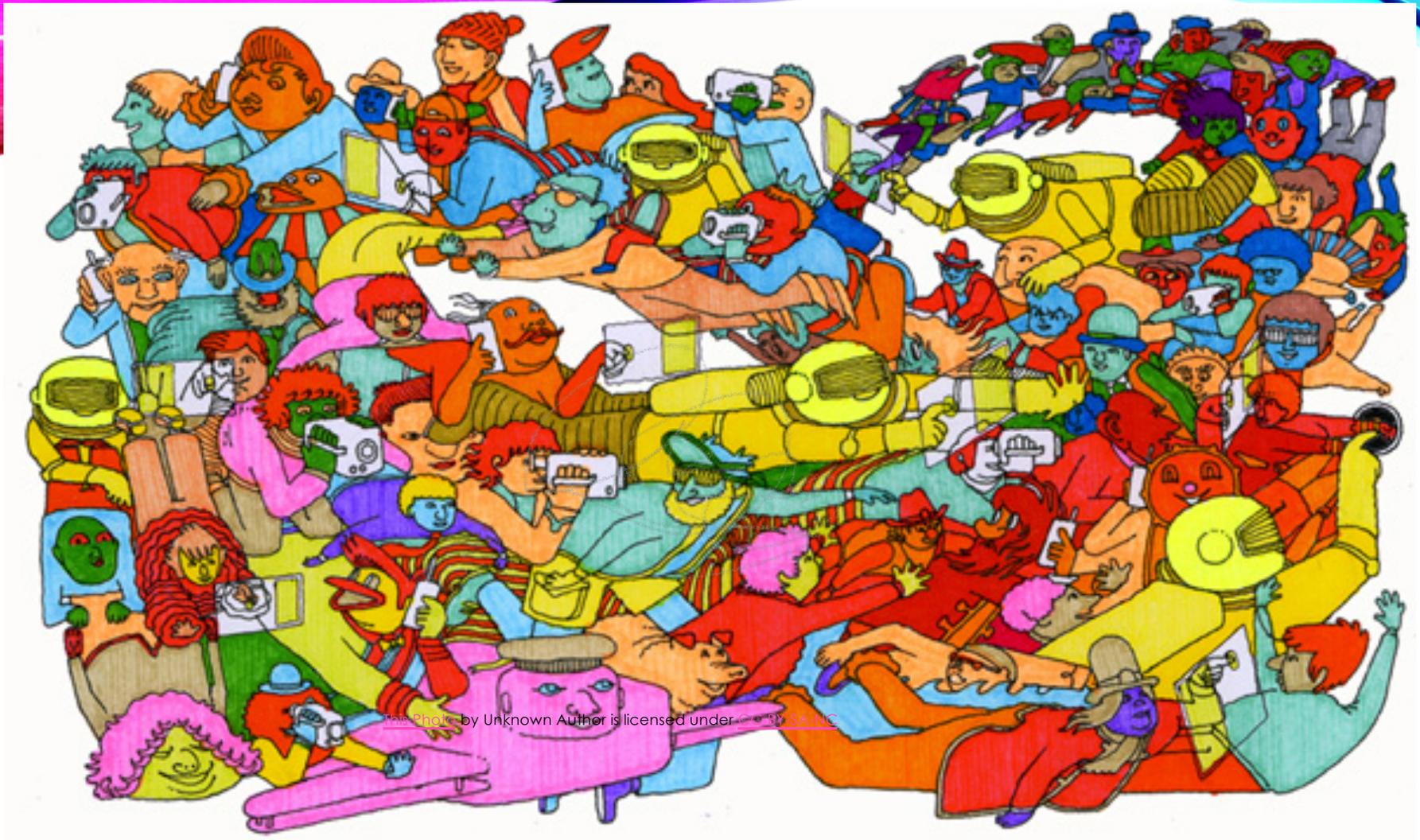
WHAT'S THE SERVICE DO YOU BRING?

- Perhaps developing a purpose during this time is what will “save” us, if we need saving!



HOW CAN WE MAKE IT THROUGH THE PANDEMIC?

- How can I help others make it through the Pandemic?
- Purpose for the day...one thing you want to do...one thing you don't want to do....



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ACTIVE, POWERFUL BRAINS

