

Befriending The Tiger: Exploring Resilience and Wellbeing On The Frontline

Part 3

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Part 3

**Befriending the Tiger:
Exploring Resilience and Wellbeing
on the Frontline**

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Outline Part 3



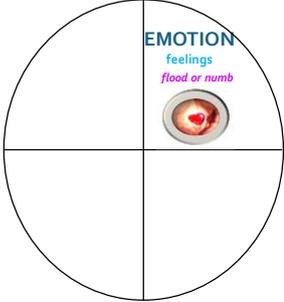
4 domains of Self-care:

- Emotion
- Meaning

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4 domains of Self care



EMOTION
feelings
flood or numb

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It's not only the stories, but the toll of being present

Interacting with people in distress requires us to be **grounded and regulated** to assist with **co-regulation with the client**.

Co-regulation requires **attunement, empathy, observation and presence**. Our **ANS is constantly adjusting**, so that we remain calm and grounded when our clients cannot.

Every interaction is **rewiring the brain**. When we don't attend to **self 'intentionally'** our work begins to **rewire us**. It is not 'just' **burnout** it is **biology**.



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Emotions and Feelings

EMOTIONS

- Create biochemical reactions in the body
- Produce quick survival reactions
- Emotional reactions are coded in our genes
- Generally universally similar across all humans and even other species

FEELINGS

- Subjective being influenced by personal experience, beliefs, and memories
- Mental associations and reactions to emotions and are influenced by experiences
- Feelings arise from thoughts and involve cognitive input, usually subconscious

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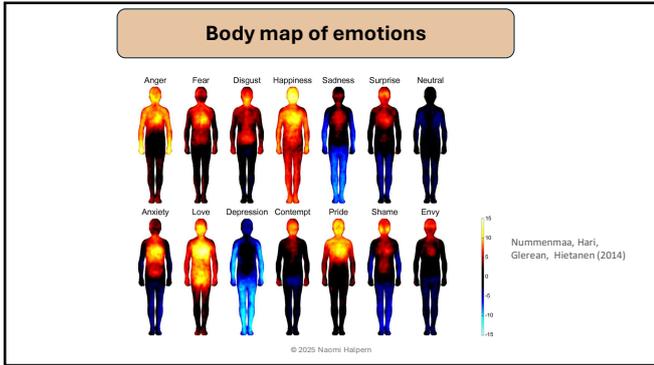


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Empathy vs Compassion



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Let your body do the talking

Emotions being held in the body
 'Parts' of Self as metaphors, unique to you not categorised roles
 Physical symptoms as communication

If X part of your body could talk, what would it like you to know?

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Mindfulness

Potential benefits

- Decreased physical and psychological symptoms
- Increased ability to cope with stressful situations
- Improved self-esteem
- Greater enthusiasm for life
- Greater energy
- Improved pain levels or coping with chronic pain

Potential cons

- **During meditation** for individuals with **trauma or mental health issues** risk of increased depression, negative emotions and flashbacks.
- **Meditation induced** feelings of depersonalisation.
- **Detached** and emotionally unresponsive.
- **Contraindicated** for people with active suicidal thoughts.

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Mindfulness

Maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment, through a non-judgemental and compassionate lens.


slow deep breathing


eating and cooking


gardening


progressive muscle relaxation


walking


brushing teeth


meditation


notice your thoughts (monkey mind)


bathing

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Just breathe



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Emotion



Don't imagine client's story happening to you / someone you love

Explore and work with personal issues, set clear and appropriate boundaries in personal and professional relationships

Allow space for connecting and expressing feelings

Sense of humour and fun

Reach out & stay connected (also know when need space)

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Emotion reflection

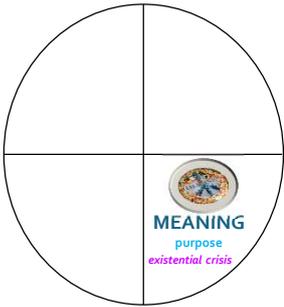


- How do I regulate myself when I am feeling uncomfortable or overwhelming feelings? Am I grounding myself?
- Do I allow myself to connect with uncomfortable feelings or do I try to cut them off, push them down or away?
- Do I practice self-compassion when I am feeling difficult emotions and/or when I feel I have made a mistake, not acted towards self or others in a way I feel is fair, ethical or in line with my values?
- Do I engage in self-reflection practices that support me on a regular basis?
- Do I reach out and allow trusted people to support me when I am at my most vulnerable and insecure?

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4 domains of Self care



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Meaning

What replenishes you and gives your life meaning?

Remind yourself of the reasons you do the work you do

Reaffirm your commitment

Stay attuned to your values and purpose

Focus on the bigger picture

Choose your battles

Know you have choice



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Vicarious Resilience and Compassion Satisfaction



- **Positive transformation** in one's worldview and spirituality in response to helping others live through trauma.
- **Deeper understanding** of the world, suffering and **humanity's capacity to overcome adversity**, renewed or enriched spirituality, greater value and appreciation of relationships, compassion, understanding of various cultures, fulfillment, **sense of purpose, meaning and pleasure.**
- **Sense of meaning** that is gained from working in the fields of victim services and first responders. Can motivate and, in turn, **protect against the negative effects** of trauma exposure.

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Has my world view been impacted by my work, if so, how?

- Am I feeling less safe, more cautious or suspicious of others or institutions because of my work?
- Do I feel less joyful or hopeful in my life and for the world?
- Why did I choose to do this work?
- Are these reasons still valid?
- What will help me reaffirm my commitment, sense of meaning and purpose?
- In what ways do I feel inspired and hopeful about my work?
- What replenishes, nurtures and gives me meaning in my life?

Meaning reflection



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If signs and symptoms persist

If you find strategies for self-care are not helping, things feel like they are getting worse, not better, please reach out for support.



"I'm not saying she's level at the moment. I just think that it also might be helpful to see a therapist."

18/06/2025

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We all need someone to lean on



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Closing
meditation



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Emotion Refection Exercise

How do I regulate myself when I am feeling intense, uncomfortable or overwhelming feelings?

Do I allow myself to connect with uncomfortable feelings or do I try to cut them off, push them down or away?

Do I practice self-compassion when I am feeling difficult emotions and/or when I feel I have made a mistake, not acted towards self or others in a way I feel is fair, ethical or to my values?

Do I engage in self-reflection practices that support me on a regular basis?

Do I reach out and allow trusted people to support me when I am at my most vulnerable and insecure?



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Meaning Reflection Exercise

Has my world view been impacted by my work and if so, how has it changed?

Am I feeling less safe, more cautious or suspicious of others or institutions because of my work?

Do I feel less joyful or hopeful in my own life and for the world in general?

Why or how did it come about that I do this work? What motivated and inspired me to do this work?

Are these reasons still valid? What will help me reaffirm my commitment and sense of meaning and purpose?

In what ways do I feel inspired and hopeful about my work?
