Grounding Ourselves
The Age of Overwhelm
What does overwhelm look like?

- Personal
- Family
- Community/Society

A way through

- Metabolize Exposure
- More Intention
- Be Present
- Curiosity
- Stamina
- When to Step Away

Age of Overwhelm, Laura van Dernoot Lipsky
Befriending Emotions

“Name it to Tame It” -Dan Siegel

“Between Stimulus and Response there is a Space” -Victor Frankl

Naming moves the feelings from the Limbic to the Prefrontal Cortex
Emotional hygiene is “Being mindful of our psychological health and adopting brief daily habits to monitor and address psychological wounds when we sustain them” - Guy Winch, Ph.D.

➔ Recognize Emotions
➔ Know the Triggers or What’s Activating You
➔ Connect with Your Body
➔ Manage your Reactions
➔ Adjust and Learn
Self Compassion

Empathy + Action = Compassion

Compassion includes **Being** and **Doing**
Grounding to Transition