

Thriving Through Turbulence Strategies for Stress Management and Resilience

Welcome! Wendy Figone supports clients in cultivating interoception, or the ability to feel- both physically and emotionally. Wendy's website was the product of studying compassion through Stanford's ACT program. When we learn how to cultivate regular self-care practices that recognize and release chronic stress, this allows us to be more present. Deep and embodied presence allows us to listen better to ourselves and others. Take a moment to feel cared for by the CCHealth Wellbeing team. Let the feeling of being cared for land. Now, let's take 5 deep belly breaths followed by long, slow, and complete exhalations. Notice how you feel after some diaphragmatic breathing. Unrecognized and untreated stress accumulates when we don't address the symptoms- ranging from tight shoulders to and lack of overall ease within. Today we will use a therapeutic movement technique called "rebounding" to help release stress hormones and create ease within.

Here is a link to my talk about embodied cognition Embodied Cognition- <https://tinyurl.com/4zasduza>. How we feel impacts how we hold our bodies and how we hold our bodies impacts how we feel. One skillful way to get better in touch with your emotions is to purchase a small journal. For a few weeks, every morning upon waking, name as many emotions that you currently feeling. Use the feelings wheel to help you explore the tremendous range of human emotions. Our emotional vocabulary tends to be rather small. This morning exercise can be quite helpful in identifying your emotions. <https://feelingswheel.com/>

As we become more aware of our emotions, we can feel them so we don't embody them. For example, if you are not connecting how every time you feel overwhelmed, you are squeezing your shoulders up to your ears, your shoulders become very tight. Becoming more aware of your emotions and how you hold your body (interception) can be very helpful in improving how you are feeling physically and emotionally.

Rebounding: This self-myofascial release technique is also called jiggling. This technique was designed to help you become aware of how you hold your body while also releasing stress hormones. As always, never do anything that doesn't feel great to your body, keep yourself safe by listening to what feels good and stopping right away if anything doesn't feel good. To try rebounding (jiggling) click here: <https://tinyurl.com/yv8hm8ka>
Remember that stress contributes to all pathology, so treating your stress should be a daily endeavor. Most people are chronically dehydrated, so drink more water! For more information about how chronic dehydration impacts your overall health, check out this book: <https://tinyurl.com/bdfyefe9>

You should bring your body through full range of motion while breathing daily. Repetitive movement patterns and prolonged positions (particularly with poor ergonomics) will leave you feeling very tight and achy. Reach your arms over your head, out to the sides. Try shoulder rolls and gentle movement of your eyes and neck by simply looking side to side and up and down. We need to move regularly and with full range of motion daily!

Summary:

1. **Grounding by breathing will lead to greater presence, which impacts our ability to show up for ourselves and others.**
2. **Check-in at least once daily using the feelings wheel. Equally valuing negative and positive emotions. Journal emotions in the morning.**
3. **Jiggling:** <https://tinyurl.com/mvyahymw>
4. **Practice upper body range of motion in your office chair daily. Pay attention to prolonged positions, and make sure your ergonomics are supportive.**
5. **The key to resilience is regular self-care which is rooted in self-compassion, valuing yourself more and becoming your own best friend. When we soften into all of our emotions, this builds strength of character and the ability to recover from stressful**

situations more quickly. This also keeps stress from accumulating in our bodies.