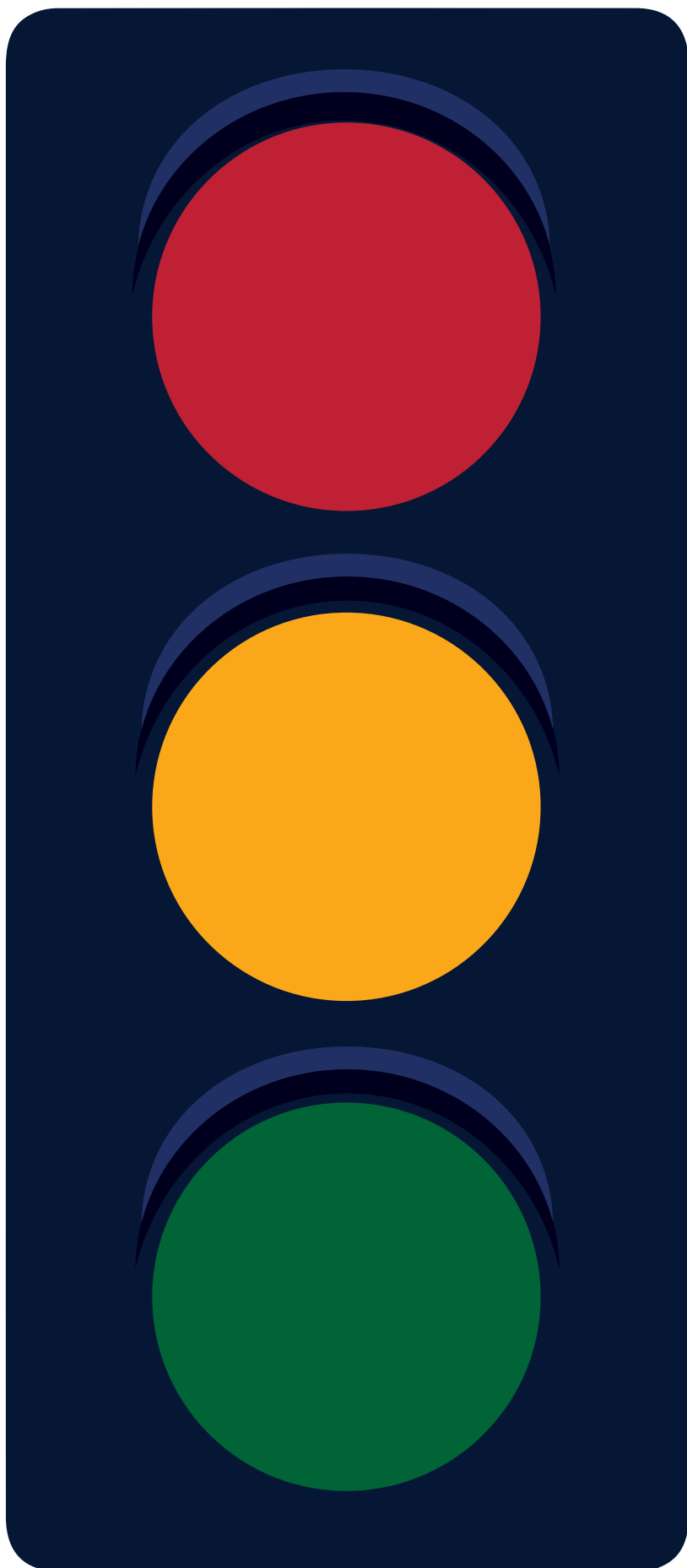


# BE SELF-AWARE

SELF REGULATION AND EMOTIONAL AWARENESS

## SOME CAUSES OF DYSREGULATION:

Hunger, Tiredness, Stress At Work, Trauma, Relationships, Environment, Noise



### SHUT-DOWN STATE

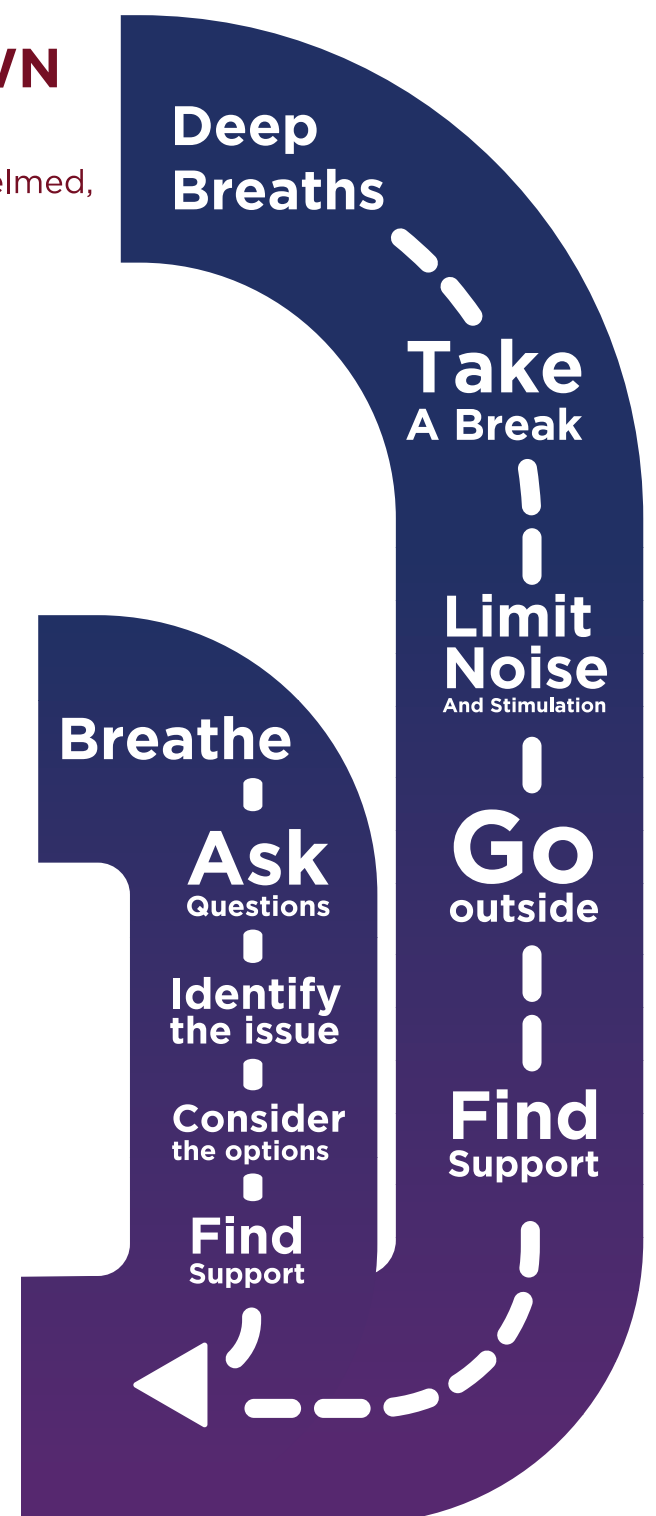
Hopeless, Overwhelmed, Numb, Frozen

### STRESS STATE

Fight or Flight, Reactive, Scattered Thinking

### STEADY STATE

Open to Connection, Creative, Problem Solver, Clear-Headed, Acting Compassionately



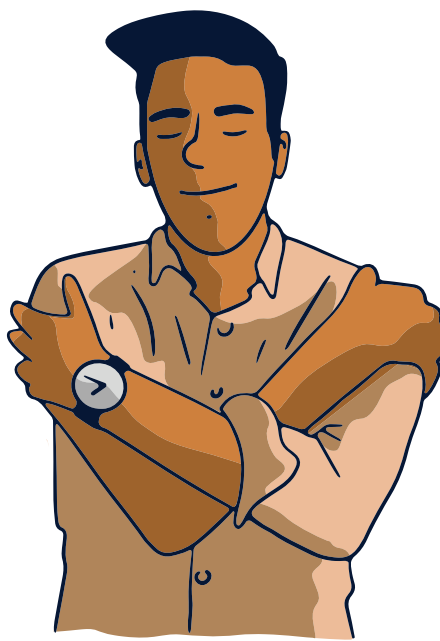
# BE GOOD TO YOURSELF

## SELF-COMPASSION

### 3 COMPONENTS TO SELF-COMPASSION

Kindness & Warmth • Mindfulness • Connection

- 1. KINDNESS AND WARMTH:** Self-compassion boosts your strength to handle tough times in life. It involves self-kindness, avoiding negative self-talk, and giving yourself kind, calming, and supportive words and gestures. It's like being a good friend to yourself.



## SENSORY AWARENESS

Touching your face, resting a hand on your heart, or giving yourself a hug can change your nervous system and have a calming effect.



- 2. MINDFULNESS:** In times of struggle, remember you can be there for yourself and others by staying present in the moment. Recognizing what you are experiencing and feeling helps you to process without judgement.

**BE PRESENT**  
For yourself and others.

Take a self compassion test at [www.selfcompassion.org](http://www.selfcompassion.org)

- 3. CONNECTION:** Self-Compassion recognizes the full range of shared human experiences.



**ASK YOURSELF**  
**“How do I**  
**treat my self compared**  
**to how I treat others?”**

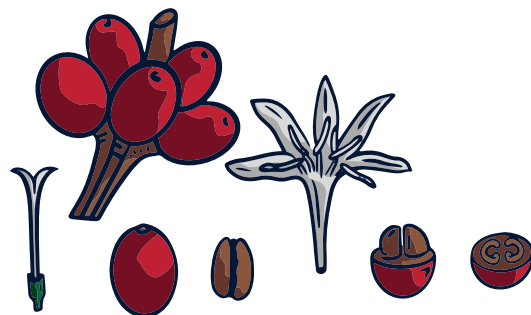
# BE GRATEFUL

## GRATITUDE AND INTERDEPENDENCE

**Gratitude** is a positive emotion that involves being thankful and appreciative



**Interdependence** is the process by which interacting people influence one another's experiences. Here we use coffee as an example of interdependence.



**Soil & Seed**



**Farmer**



**To You**



**Roaster**



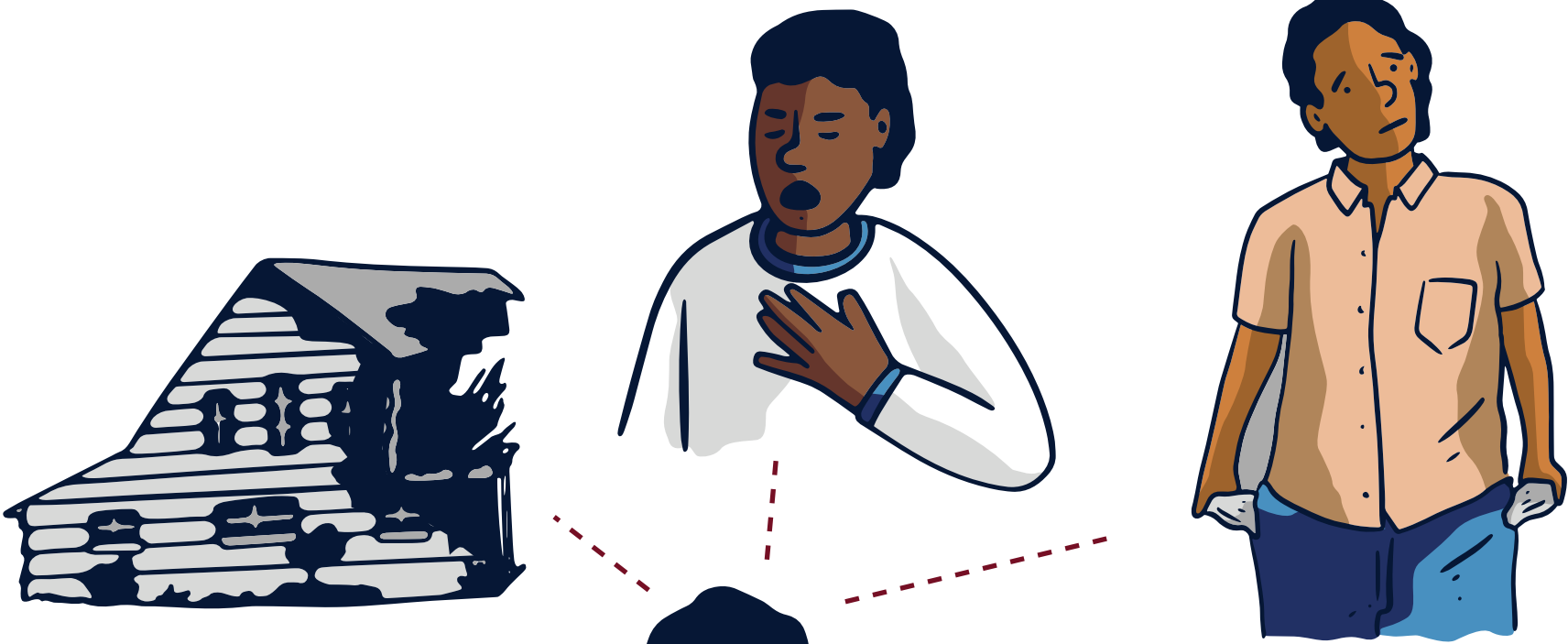
**Driver**



compassionate **USA**

# BE COMPASSIONATE

## COMPASSION FOR OTHERS



### COMPASSION = ALLEVIATE THE SUFFERING THROUGH ACTION:

When we recognize the suffering of others and feel the wish to relieve their suffering, we experience one of the super powers of our humanity.



When humans witness the suffering of another, it alerts our brains to react. It releases a chemical reaction that compels us to feel concern, love, and a desire to help.



### COMPASSION IN ACTION:

People doing ordinary and extraordinary things in moments when they are most needed.



compassionate USA

# BE THE CHANGE

## COLLECTIVE TRAUMA AND COLLECTIVE HEALING

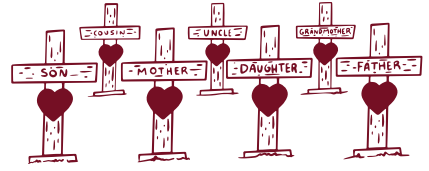
**Collective Trauma** is a life-altering event that disrupts our well-being and causes harm and suffering to many people.



Natural Disasters



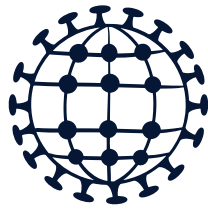
Racism



Mass Shootings



Food Insecurity



Global Pandemics

### IMPACTS

### GRIEF

ADDICTION

CHRONIC ILLNESS

SOCIAL ISOLATION

DEPRESSION

### HEALING PRACTICES

SEE A THERAPIST

SURROUND YOURSELF WITH POSITIVE FRIENDS & FAMILY

ABSORB CONTENT THAT MAKES YOU LAUGH

ATTEND MEMORIALS PROTESTS & VIGILS HEALING CIRCLES

TAKE DEEP BREATHS

QUESTION THOUGHTS THAT LEAD TO NEGATIVE FEELINGS

MEET SUPPORT GROUPS

JOIN FAITH-BASED COMMUNITIES

VOLUNTEER YOUR TIME



**Collective Healing** is a model where people are supported and empowered to develop their skills and capacities to enable healing in their communities, families and in themselves.

# BE CONNECTED

COMPASSION IN SYSTEMS

## CULTIVATING SYSTEMS OF COMPASSION



Together, we can develop systems that produce greater well-being for one another.