

HOW THE BODY KEEPS THE SCORE

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Care
Providers
of Minnesota

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INTRODUCTIONS

Shirlynn LaChapelle, RN, BSN, SNP, PHN, MSN, PMHNP, President/CEO

Nursing Is The Answer, LLC

My goal is to holistically and positively impact the health of persons, specifically those in the African American other communities of color. Understanding the emotional barriers hindering their willingness to trust and access the healthcare system based on the historic trauma still existing.

My biggest achievement is being able to compassionately address the needs of the community through educating and teaching self-advocacy and empower them to be able access and utilize the healthcare system. Providing education on heart disease, diabetes, and their comorbidities will equip the community with the tools needed to participate fully as active partners with their providers in their care and result in the desired achievement of positive health outcomes.

Current Health related Committees:

Attorney General's Drug Pricing Taskforce

MDH Cardiovascular Collaborative

MDH 2030 Cardiovascular and Diabetes Work Group

Ramsey County's Mental Health and Wellness Action Team (MHWAT)

DHS COVID taskforce member with the African American Child Wellness Institute

MN Nurses Association Diversity Taskforce

National Black Nurse Practitioner Association

Holistic Nurses Association





HOW THE BODY KEEPS THE SCORE

COGNITIVE, BEHAVIORAL,
EMOTIONAL, AND PHYSICAL
SIGNS YOU ARE IN
DISTRESS

HOW THE BODY KEEPS THE SCORE

COGNITIVE SIGNS OF STRESS



DIFFICULTY THINKING CLEARLY
OR PROBLEM-SOLVING

FORGETFULNESS

DIFFICULTY MAKING DECISIONS

DISTORTED THINKING

CONFUSED THOUGHTS

HOW THE BODY KEEPS THE SCORE

BEHAVIORAL SIGNS OF DISTRESS

- Becoming easily angered, argumentative
- Increased use of alcohol or other substances to cope
- Refusing to follow orders
- Difficulty supporting peers
- Withdrawal, Isolation from others
- Engaging in risky behavior; not using PPE as required



HOW THE BODY KEEPS THE SCORE



Happiness



Surprise



Sadness



Fright



Disgust



Contempt



Anger

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HOW THE BODY KEEPS THE SCORE

EMOTIONS

- Anger, irritability, fear or terror, hostility,
- Suspicious, sadness or depression,
- Difficulty maintaining emotional equilibrium

PHYSICAL

- Difficulty sleeping, heart racing,
- headaches, issues with digestion,
- nausea, nightmares, feeling tense,
- flashbacks, inability to relax, or tremors

HOW THE BODY KEEPS THE SCORE



- Have you stopped talking about your feelings?
- It's time to become in touch with ourselves and each other again.
- Know that we all need each other to survive.



Tell me how you are feeling now.

Do you feel agitated, unable to relax?

Wondering what good is all of this?

Do you feel your level of distress has become normal or are you relaxed and happy?

HOW THE BODY KEEPS THE SCORE

Relax, close your eyes, take a deep breath and slowly exhale for 5-breaths.

Focus on your breaths.

Let your mind focus on the picture as a starting point as we walk down the beach.

Who will you take with you?

Imagine.....



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CENTERING

Centering is important for inner peace and well-being.

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“Centering usually refers to our mental and physical state of mind. It's the place we know we have to get back to when we're not feeling like ourselves. When we're not centered, we might feel lost or out of touch with ourselves. When we center ourselves, we bring calm to our emotions (Raab, 2020).”

Raab, D. (2020, Feb 3). *Psychology Today*. Retrieved from What Is Centering? What Is Grounding?: <https://www.psychologytoday.com/us/blog/the-empowerment-diary/202002/what-is-centering-what-is-grounding#:~:text=Centering%20usually%20refers%20to%20our,bring%20calm%20to%20our%20emotions.>

HOW THE BODY KEEPS THE SCORE

Grounding has a calming effect by controlling that part of the brain (the amygdala) which is responsible for our emotional responses such as fear and how it gets the body readied for danger.

HOW THE BODY KEEPS THE SCORE

The heart races, breathing becomes rapid, muscles become tense. When we are constantly exposed to stressors, the amygdala may go into overdrive and misinterpret any of these physical symptoms as a sign of danger, further activating this cycle and causing increased anxiety.

Grounding can interrupt this cycle of distress.

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START GROUNDING

Grounding is a practice used to bring your focus to what is going on with you physically or in your immediate surroundings. Grounding helps you be present in the here and now and not worrying about what's next or has already happened.

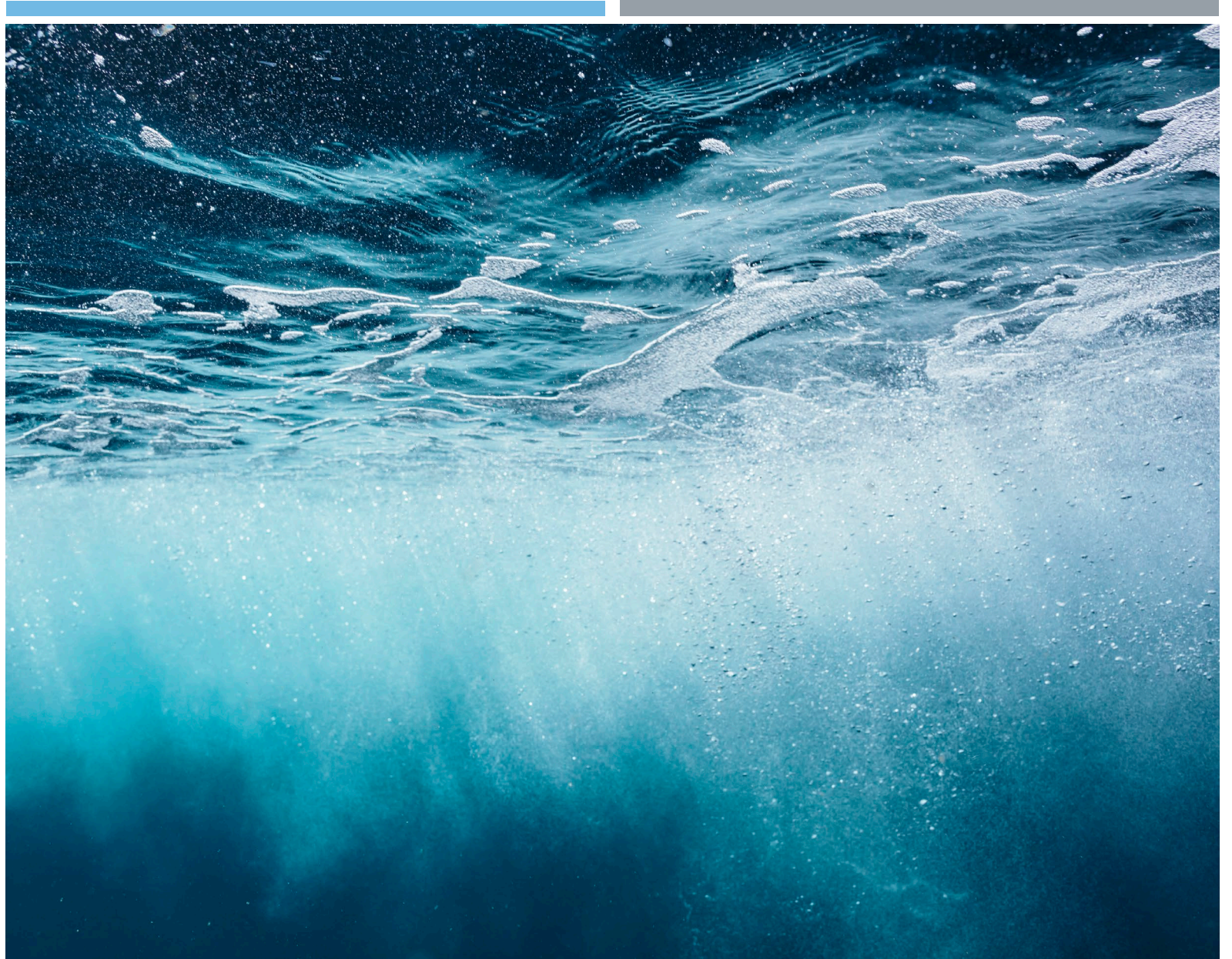
HOW THE BODY KEEPS THE SCORE

GROUNDING TECHNIQUES

- Physical techniques that use your senses or touching objects, the earth or ground, especially with bare feet
- Slow deep breathing exhaling slowly through pursed lips observing how it feels
- Keep a comforting scent that appeals to your sense of well-being like lavender and lemon balm, slowly inhale and note its quality of sweet, citrusy, or spicy aroma.

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Listen to the sounds
around you, can you
differentiate the various
sounds, and what are
they?





HOW THE BODY KEEPS THE SCORE

Move your body by walking, doing stretches, jumping up and down, or running in place for a few minutes if you feel excess adrenalin, observe how your body feels while moving

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Mental techniques

Develop a mantra to recite
of positive affirmations

- Visualize doing something that brings you peace and enjoyment
- Visualize a certain someone joining you taking a walk
- Focus on the surroundings you find comforting take your time to savor the experience



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SOOTHING TECHNIQUES

- When feeling distressed, imagine yourself with someone who makes you feel safe and appreciated
- Imagine you're listening to your favorite music and enjoying the experience and how it makes you feel



HOW THE BODY KEEPS THE SCORE



Spend time with your pet when at home, focus on the softness of their fur, their playfulness, and other characteristics that bring you peace and comfort



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STEPS TO SELF CARE AND SELF ACCEPTANCE

- It's OK to take breaks
- Consider your own needs, then you will feel less pressured before helping others.
- Stop take a few deep breaths and acknowledge your feelings.



HOW THE BODY KEEPS THE SCORE

Remember we're in
this together

We need each other



Connect with others

Talk with colleagues

Check in on others

Offer help and allow others to help you

Support each other

Withhold judgements

HOW THE BODY KEEPS THE SCORE

<https://www.youtube.com/watch?v=-0IJ0HqYY3A>

Hezekiah Walker – *I Need You To Survive*

