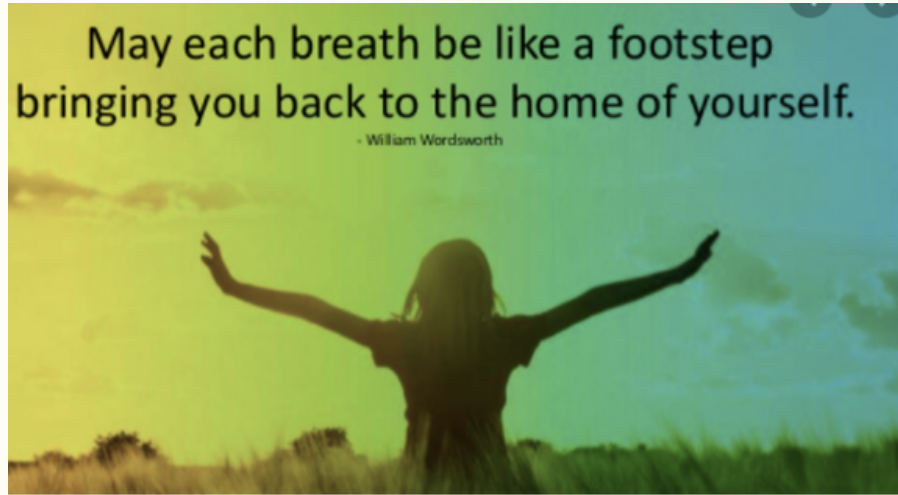
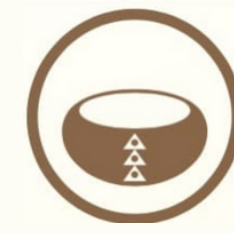


# Stress Management Plan



"Come to Me, all who are weary and I will give you rest."  
- Matthew 11:28

"People become attached to their burdens sometimes more than their burdens are attached to them." - Bernard Shaw



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## Definitions

**Toxic Stress:** Results in prolonged activation of the stress response system (adrenaline & cortisone dump) with failure of the body to fully recover.



**Resilience:** The capacity to develop skills and capabilities to adapt to adversity. It is a developmental process over the lifespan that must be modeled, promoted and taught.

**Kilo:** Observing with all of our senses- whole body.

## Understanding Secondary Traumatic Stress

- **STS:** Trauma that is experienced by professionals who work with trauma survivors. It can result from repeated exposure or a one-time incident. On a 1-10 scale ("1" being low) I work weekly with communities on the 7-8 scale of trauma.
- **Vicarious Trauma:** The "emotional residue of exposure that counselors have from working with people as they are hearing their trauma stories and become witnesses to the pain, fear and terror that trauma survivors have endured." (ACA, 2011)
- **Compassion Fatigue:** The physical, emotional, psychological impact of helping others. This can be the "cost of caring."



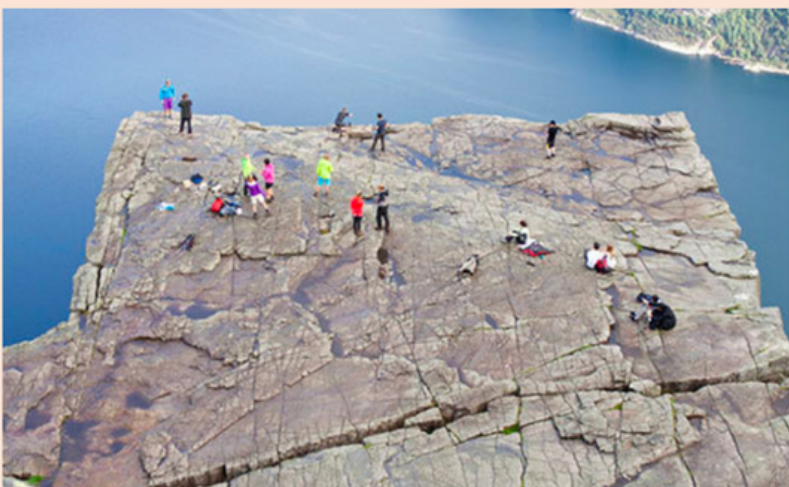
## Take care of my body

- "Hanu/Hā" Practice "4-7-8" breathing.
- Restore my "3 piko" by swimming in the ocean.
- Eat and sleep well. Exercise 4-6 hours before bed and avoid night screen time.



## Open Door/Close Door.

- This is activity done when you feel you are on at the edge.
- Identify your triggers "What gets me to the edge of the cliff?"
- "Open the door" visualize the experience of being open.
- "Pause and check" Hanu/Hā 4-7-8
- "Close Door" Visualize the closing of the door- or "Walking back from the edge of the cliff" "Who can help you walk back?"
- Ground yourself:
  - **Five** things you can see
  - **Four** things you can touch
  - **Three** things you can hear
  - **Two** things you can smell
  - **One** thing you can taste.



## Three Piko:

- **Piko po 'o-** our connection to our past.
- **Piko Na 'au-** our connection to the present
- **Piko Ma 'i-** our connection to the future.



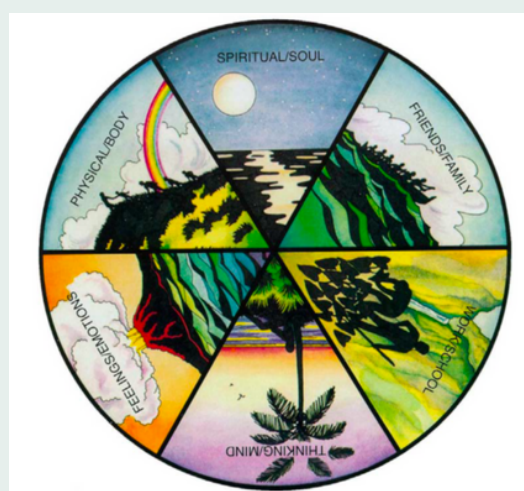
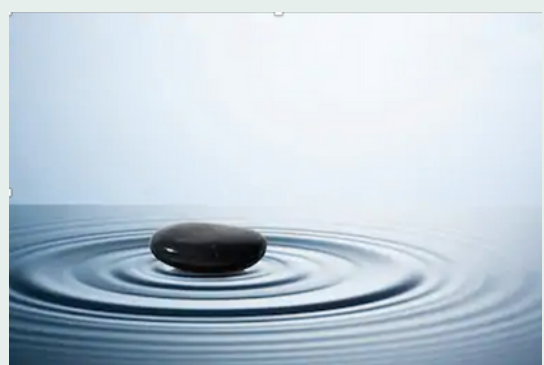
- **Connection to my past.** Restore broken relationships and continue to be mentored by our kupuna.
- **Peer-to-peer support.** Continue to share with peers/fellow trainers to "fill our cups."
- **Invest in building TIC trainers.** Mentor and develop future TIC trainers .



## Release Emotional Tension:

Potential Strategies:

- **Journaling.** Weekly (twice a week would be a SMART goal) collection of thoughts and stressors.
- **Creative Energy.** Play my guitar and revisit my songwriting.
- **Prayer.** This is connected to journal, but will commit to once-a-month contemplative prayer.
- **Talking it out loud.** Co-regulation and allow myself to be vulnerable.
- **Be Kind.** Be kind to myself and stay away from negative emotional contagions.



## Commitment to restore balance and harmony

- Hawaiian creation story stresses balance & harmony with nature.
- A balanced ecosystem is both "resilient" and "resistant" to threats.
- Be aware and address the toxic relationships in my life (resist).
- Heal relationships that have been broken (resilience).
- It is okay to say, "no." I do not need to solve every problem and issue.



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