**Handouts**

**March 1, 2022**

* **Gentle reminder that stress and body response talk can “bring up stuff.” Take the breaks you need, to notice and stay grounded in case you’re “feeling” anything.**
* **Container-Compartmentalization Coping Skill** 
  + **Not “stuffing it”- but creating a place to “put it away” for a period of time**
* **Plight of the Administrator- notice the “hats” and balancing act.**
* **Decision Fatigue and Mental Depletion**
* **Secondary Traumatic Stress, Compassion Fatigue, Vicarious Trauma**
* **Burn out**
* **Circle of Influence**
* **Brain “digestion” of memories**

**Trauma is stored in our memories differently than ordinary experiences**

* **Get to know your nervous system**
* **Stress Cycle Completion**
* **Things I can do when we have a Minute or Less?**
* **Nervous System Reset Skills**
* **Build a Desk Kit**
* **Transitions**
* **Healthy Mind Platter**

* **Moving forward**
* **Self-Care Action Plan**

**One thing I think I’m doing well is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?**

**One thing I can do differently after today is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?**

**One longer term goal is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?**

**Something I’m thankful for is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?**

