

*Grounding  
Ourselves*





*The Age of Overwhelm*



## What does overwhelm look like?

- Personal
- Family
- Community/Society

## A way through

- Metabolize Exposure
- More Intention
- Be Present
- Curiosity
- Stamina
- When to Step Away

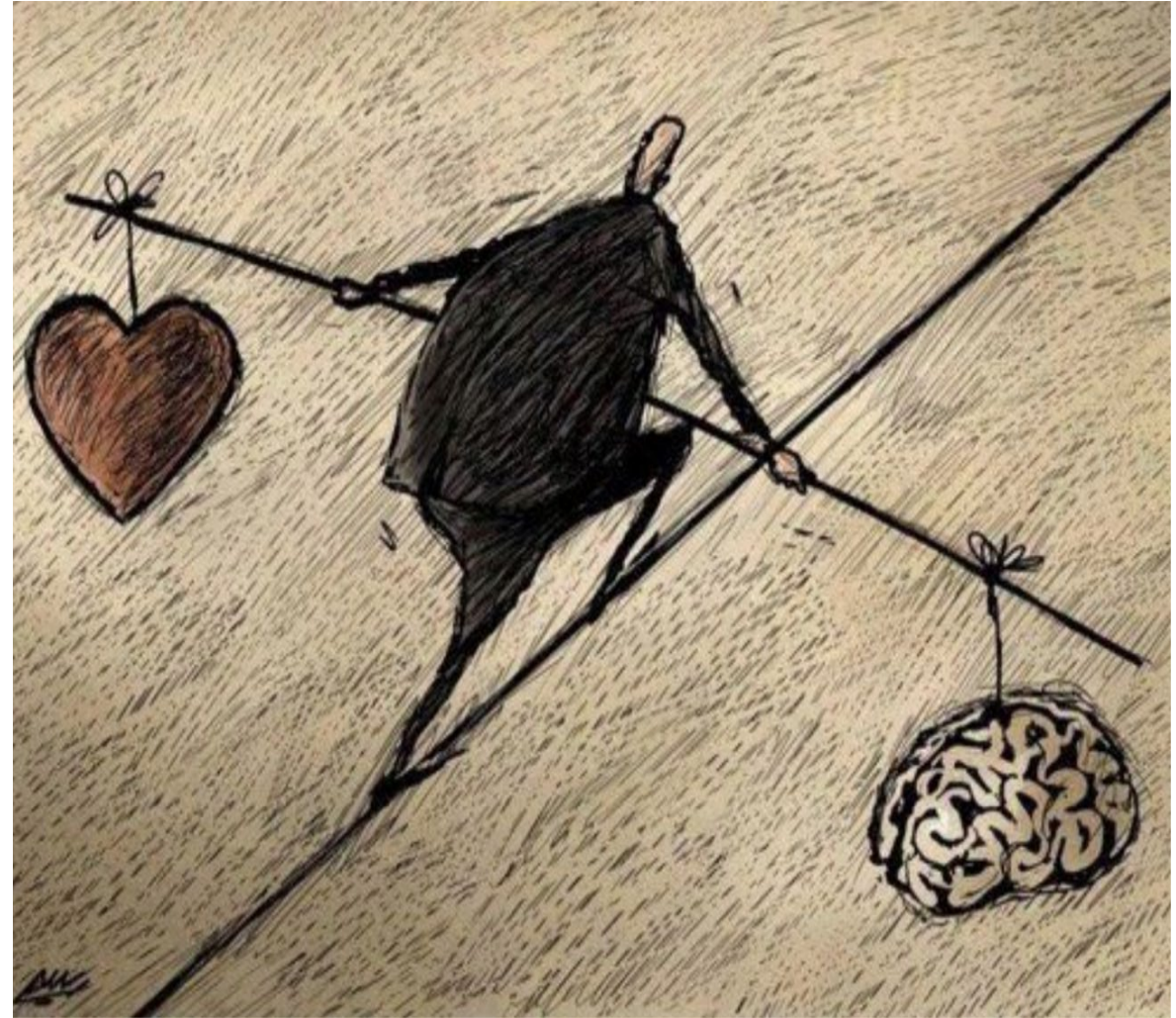


# *Befriending Emotions*

“Name it to Tame It” -Dan Siegel

“Between Stimulus and Response  
there is a Space” -Victor Frankl

Naming moves the feelings from the  
Limbic to the Prefrontal Cortex



# *Emotional Hygiene*

Emotional hygiene is “Being mindful of our psychological health and adopting brief daily habits to monitor and address psychological wounds when we sustain them” - Guy Winch, Ph.D.

- Recognize Emotions
- Know the Triggers or What's Activating You
- Connect with Your Body
- Manage your Reactions
- Adjust and Learn



Values are related to our emotions, just as we practice physical hygiene to preserve our physical health, we need to observe emotional hygiene to preserve a healthy mind and attitudes.

— Dalai Lama —

# *Self Compassion*

Empathy + Action = Compassion

Compassion includes  
**Being** and **Doing**



*Grounding  
to Transition*

