

# Keep Your Cup Full:

## Self-Care and Wellness Workshop for Professionals of Color

### Supporting Students in Higher Ed

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Dr. Komal Chandra

Lexi Losch



TRELLIS<sup>®</sup>  
C O M P A N Y



# Expert Panelists

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# Learning Outcomes

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*In this workshop we will:*

- Join in a mindfulness exercise
- Review psychological education surrounding current events
- Explore grounding and other techniques to cope with trauma and heightened anxiety
- Create and learn how to use a self-care checklist
- Learn how to manifest mindfulness, and incorporate strategies to achieve better work-life balance
- Discuss how to utilize self-care strategies when supporting students and colleagues experiencing trauma



# Moment of Acknowledgement

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# Mindfulness Exercise

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**Breathe in...**



# Common Concerns

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[www.menti.com](https://www.menti.com) use the code 75 67 12



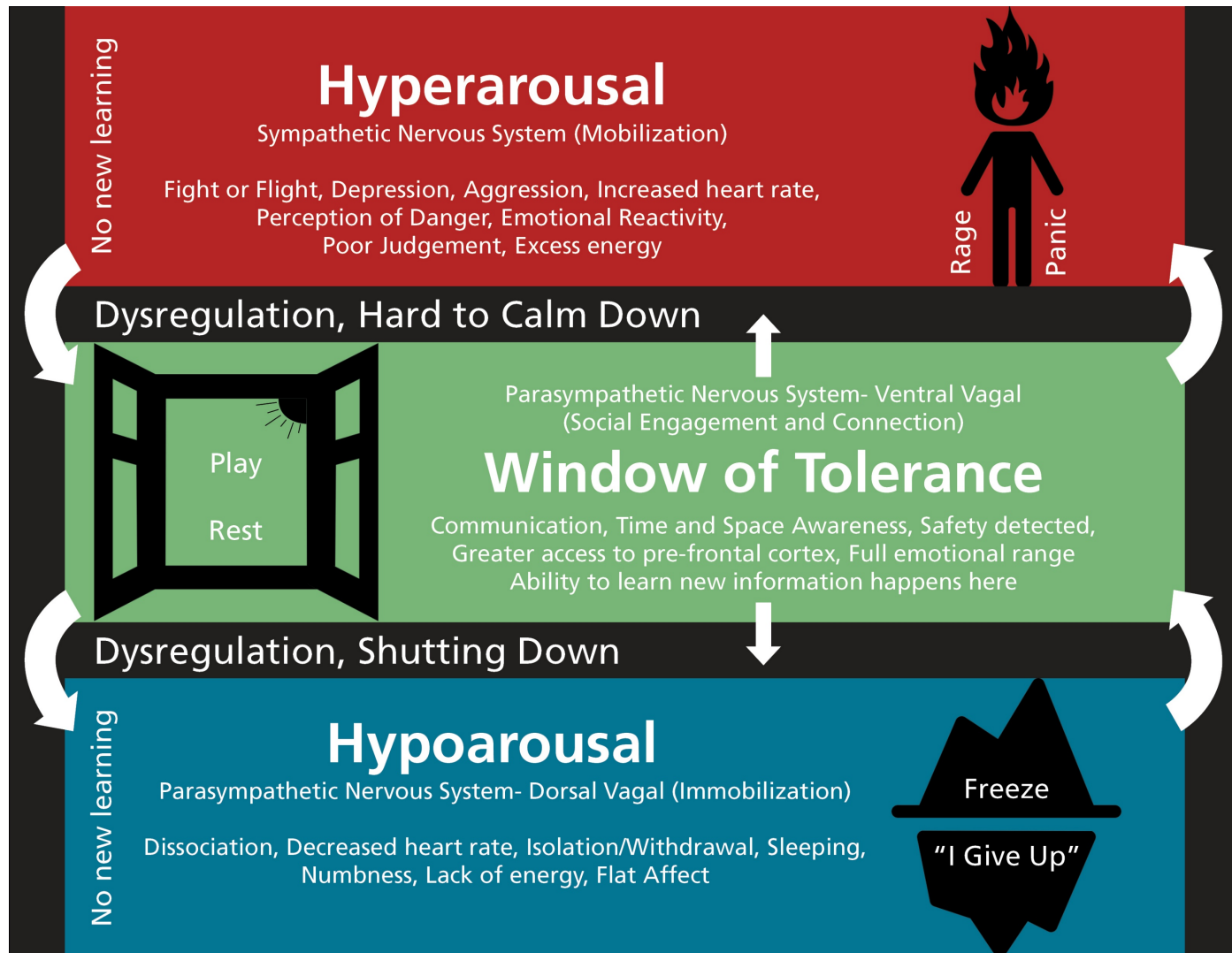
# Secondary Traumatic Stress

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“Emotional duress that results when  
an individual hears about the  
firsthand trauma experiences of another.”  
(National Child Traumatic Stress Network)



# Window of Tolerance





# Presentation of Window of Tolerance

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- Hyperarousal

- Over-engaged with one particular person and their presenting issues
- Taking on more projects than appropriate
- Frequent arguments with colleagues
- Office “expert” and the “go-to” person for fixing issues

- Hypoarousal

- No video during Zoom calls
- Slower to respond to emails/voicemail
- Memory Loss
- Absenteeism



# Presentation of Window of Tolerance

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- Window of Tolerance/Ventral Vagal State
  - “I hear what you’re saying.”
  - Energy restored
  - Present during meetings and able to participate
  - Responds to students/colleagues
  - Able to say “no” based on bandwidth

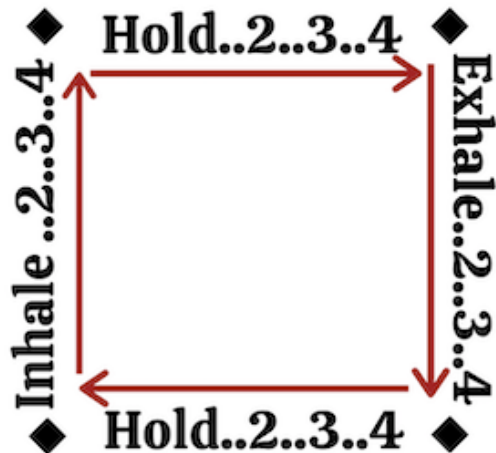


# Coping with Trauma

Grounding: a coping strategy to discharge built up energy, reconnect, and focus on the present.



## Breathe



## Touch

- ◆ Hold an Ice Cube
  - ◆ Dig your Toes in Sand
  - ◆ Stand Barefoot in Grass
- extreme temperature / surface changes aid in grounding*

## Identify 🔍

- 5 things you **SEE**
- 4 things you **FEEL**
- 3 things you **HEAR**
- 2 things you **SMELL**
- 1 thing you **TASTE**



# Coping with Trauma

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## Decrease Arousal

- Drink through a straw
- Weighted blanket
- Throw a ball around/against a wall
- Exercise
- Soothing music
- Yoga ball
- Jumping
- Humming

## Increase Arousal

- Invoke senses (essential oils, favorite food)
- Weighted blanket
- Cold water to face
- Dancing
- Humming



# Self-Care Check List

Activities and strategies to address and enhance physical, mental, and emotional health.

## Physical

- ☐ Food
- ☐ Hygiene
- ☐ Fitness



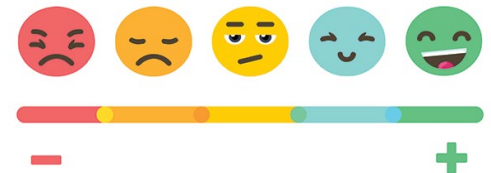
## Mental

- ☐ Unplug
- ☐ Meditate
- ☐ Read/Write



## Emotional

- ☐ Release
- ☐ Connect
- ☐ Be Mindful



# Communicating Your Self-Care Needs

*How to tell others what you need to take care of you.*

1. Find time and a safe space to think.



2. Utilize a grounding or mindfulness technique.



3. Talk it out and write it down.



4. Identify areas of self-care you would like to address.



5. For each area, ask yourself:

*What is lacking?  
What do I need?  
How do I incorporate what I need?  
What are barriers to achieving what I need?*

6. Identify your team, and how they can assist you.



# Communicating Your Self-Care Needs

*How to tell others what you need to take care of you.*

## 7. Now you have identified:

*What areas need self-care  
Specific actions to address those needs  
Who can help/hinder the self-care process*

## 8. Communicate with your team:

*"I need \_\_\_\_\_,  
can you please help  
me by \_\_\_\_\_"*

## 9. Practice self-care and fill your cup!



## 10. Thank, appreciate, acknowledge your team.



# Manifesting Mindfulness

The process of being consciously aware of one's present experience through a holistic lens.

## 1. Train Your Mind



## 2. Time to Unwind



## 3. Stop Multitasking



## 4. Pay Attention



## 5. Be Introspective



## 6. Find Acceptance





# Habit Forming for Work-Life Balance

Re-evaluate and Balance your expectations, output, and energy.

1. Discuss  
Needs &  
Expectations

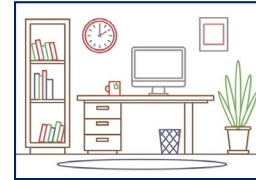


2. Adjust  
Schedule &  
Goals



3. Create a  
Productivity Zone

4. Form  
Accountability  
Partners



5. Communicate with  
Your New Team



6. Be Flexible & Kind,  
“Unzip / Unbutton”



# Supporting Others Experiencing Trauma

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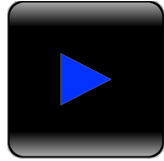
## *Prior to Interaction*

1. Define your boundaries, time, and emotional energy
2. Be aware of resources – on and off campus
3. Create your “library” of literature/articles
4. Utilize other methods to check in
5. Schedule time between meetings to decompress
6. Information gather



# Supporting Others Experiencing Trauma

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## *During Interaction*

1. Be aware of your boundaries
2. Calm & Cool
3. Normalize and Validate
4. Assess/Triage & Connect
5. Listening vs. Advising

Active Advising	Reflective Listening
This is what I would do...	<i>How does that make you feel?</i>
Let me fix this for you	<i>What I hear you saying is....?</i>
Why don't you try...	<i>I hear you're confused. What would you like to try?</i>



# Supporting Students Experiencing Trauma

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## *Post Interaction*

1. Schedule time after meetings to decompress
2. Reflect upon the recent interaction, accept how you are feeling.
3. Emotionally detach: acknowledge, shift your focus
4. Physically decompress: stretch, breathe, walk
5. Mentally decompress: meditate, music, games



# Reflection / Takeaways

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*Psychological Education of Trauma*

*Window of Tolerance*

*Grounding*

*Self-Care Checklist / Communication*

*Manifest Mindfulness*

*Habit Forming for Work-Life Balance*

*Supporting Others Experiencing Trauma*



# Resources



Daily Yoga

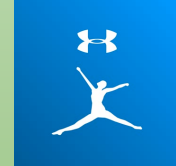


JEFIT Workout

## Physical Health Apps

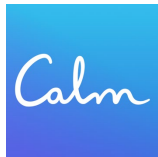


CBT-I Coach



My Fitness Pal

## Mental Wellbeing Apps



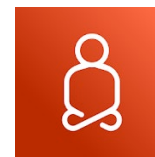
Calm



Headspace



Aura



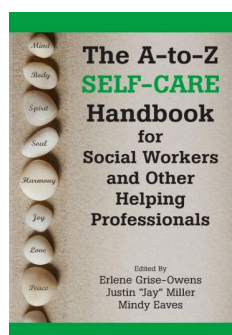
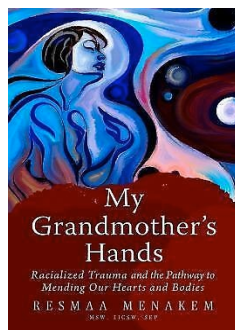
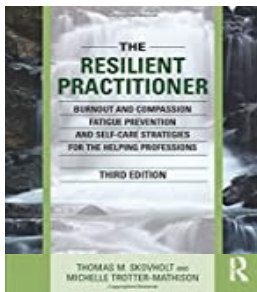
Liberate



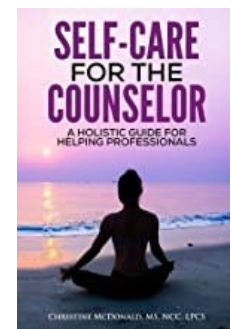
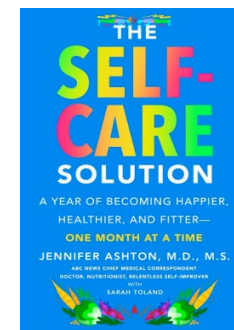
Think Up

## Websites

<https://positivepsychology.com/active-listening/> & <https://www.resmaa.com/courses>



## Books



# Contact Information

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