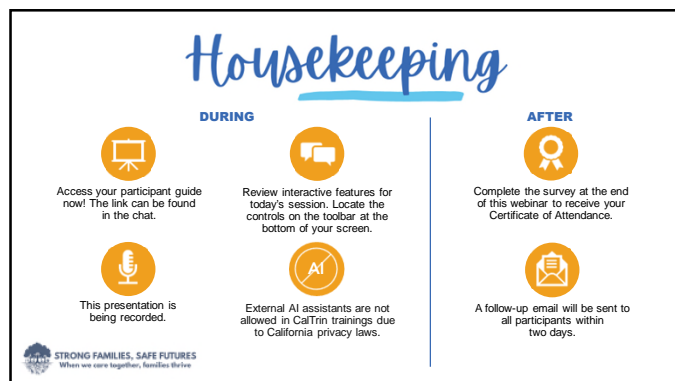




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Series Overview

APRIL 01 State of the State: Programs & Initiatives Transforming Services for Children & Families	APRIL 08 If Help Had Come First: Live Experts on Community Pathways	APRIL 15 Reimagining Mandated Reporting: Building Prevention-Focused Pathways for Families	APRIL 22 Concrete Supports in Action: Meeting Family Needs to Prevent Crisis	APRIL 29 Self-Care Tools for High-Impact Care Teams
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STRONG FAMILIES, SAFE FUTURES
When we care together, families thrive

SCAN THE CODE TO LEARN MORE & REGISTER FOR SESSIONS INDIVIDUALLY



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Welcome & Series Overview



Hillary Konrad
Bureau Chief,
Office of Child Abuse Prevention

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Today's Speaker

Dr. Nick Monzon,
Founder & Executive Clinical Director, Integrative Trauma Collective




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Sustainable Care

REAL-TIME SOMATIC TOOLS FOR STRESS, BURNOUT, AND SECONDARY TRAUMATIC STRESS



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About Me



- Began working with trauma in 2012
- Licensed Clinical Psychologist and Somatic Experiencing Practitioner
- Integrative Trauma Collective
- Have experience across a wide range of populations and clinical settings

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Why This Matters



Child abuse prevention work places real demands on the people doing it.

The work can be meaningful, necessary, and deeply impactful.

It can also be activating, exhausting, and hard on the body over time.

Stress does not stay in the mind. It shows up in the nervous system, the body, attention, tone, and capacity to stay present.

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Today's Focus

This workshop is about real-time support, not perfect self-care.

Today we will focus on:

- How stress shows up in the body
- Fight, flight, and freeze in helping professionals
- Concrete somatic tools for the office, the field, and home
- Ways to return to yourself in hard moments

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What This Space is and is Not

This is:

- Educational
- Practical
- Body-based
- Flexible and optional

This is not:

- Therapy
- Trauma processing
- A space for personal disclosure


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Participation Guidelines

- Keep your eyes open if that feels better
- No pressure to share personal material
- Pause or step away if needed
- If a tool increases activation, stop and orient
- Follow your own limits
- Small shifts count

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The Work is Hard Because the Work is Hard

 Irritability, numbness, overload, shutdown, and burnout are not signs of failure.

 They are often signs that your nervous system has been carrying a lot.

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When Stress Lives in the Body

- Jaw tension
- Racing thoughts
- Irritability
- Numbness
- Fatigue
- Brain fog
- Shutdown
- Overworking
- Difficulty transitioning home

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A Simple Map of Common Survival States

 **FIGHT** = HOT, SHARP, PRESSURED


 **FLIGHT** = FAST, SCATTERED, URGENT

 **FREEZE** = BLANK, NUMB, HEAVY, SHUT DOWN

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When Fight Shows Up

Fight may look like:

- Heat in the face or chest
- Clenched jaw
- Pressure in the arms or hands
- A sharp tone
- Irritability
- Urge to argue, push, or control
- Feeling braced and ready to snap

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Fight Tool 1: Desk Push or Wall Push

Desk Push / Wall Push:

- Place both hands on a desk or wall
- Push firmly for 5-10 seconds
- Keep the jaw as loose as possible
- Feel arms, chest, and legs engage
- Release slowly
- Repeat 2-3 rounds

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**Fight Tool 2:
Hand Press
Into Thighs**

Hand Press Into Thighs:

- Sit back in your chair
- Press both hands firmly into your thighs
- Hold 5–8 seconds
- Exhale as you press
- Release slowly
- Repeat 3 rounds

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**Fight Tool 3:
Silent
Scream**

Silent Scream:

- Open the mouth as wide as feels comfortable
- Let the jaw, face, and throat engage without forcing
- Make a silent scream shape on the exhale
- Soften and close the mouth
- Repeat 2–3 rounds

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When Flight Shows Up

Flight may look like:

- Rushing
- Scanning
- Jumping tasks
- Can't settle
- Over-functioning
- Talking fast
- Urgency that will not turn off

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Flight Tool 1: Controlled Stomps

Controlled Stomps:

- Stand if available
- Alternate feet in 8-12 slow, deliberate stomps
- Feel the whole foot land
- Stop and feel both feet
- Do alternating foot presses if standing is not available

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Flight Tool 2: Push Into the Ground

Push Into the Ground:

- Seated or standing
- Press both feet firmly into the floor
- Hold 5-8 seconds
- Release slowly
- Repeat 3 rounds

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Flight Tool 3: Wall Push or Desk Push

Wall Push / Desk Push:

- place hands on a wall or desk
- push firmly for 5-10 seconds
- feel legs, back, and arms engage
- step back and pause
- repeat 2-3 rounds

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When Freeze Shows Up

Freeze may look like:

- Blank mind
- Heavy body
- Numbness
- Shutdown
- Staring at the screen
- Difficulty speaking
- Can't start
- Feeling far away



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Freeze Tool 1: Voo Sound

Voo Sound:


- Take a gentle inhale
- On the exhale, make a low, steady "vooooooo" sound
- Let the sound be low and easy
- Repeat 2-4 times
- Pause and notice what shifts

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Freeze Tool 2: Chair Pushback


Chair Pushback:


- press your upper back gently into the chair
- press your feet into the floor
- hold for 5 seconds
- release slowly
- repeat 3 times





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**Freeze Tool 3:
Toes + Orient
+ Time**

 **Toes + Orient + Time:**

 wiggle your toes in your shoes

 look around and name 3 things you see

 quietly say: I'm here
I'm in this room
This is now

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**Freeze Tool 4:
Hum Before
Speech**

Hum Before Speech:

Closed-mouth hum on the exhale

Feel the vibration in the lips, face, or chest

Then say one short sentence only

Examples:

"Give me a moment."

"Let me slow down."

"I need a second to think."

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In the Office

Hand press into thighs

Melting tongue / guppy mouth with longer exhale

Push into the ground

Desk push

Closed-mouth hum

Orient to 3 objects if the system needs help settling

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In the Field

Field Tools:

- Controlled stomps
- Push into the ground
- Wall push if available
- Feel your feet in your shoes
- One longer exhale before re-entry
- Orient to 3 colors or landmarks

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At Home

Home Tools:

- Voo
- Wall push
- Controlled stomps if needed
- Short transition walk before entering home or the next room
- Lie on the floor with bent knees
- Hand to chest or sternum if steady contact helps
- Intentional reset before reconnecting

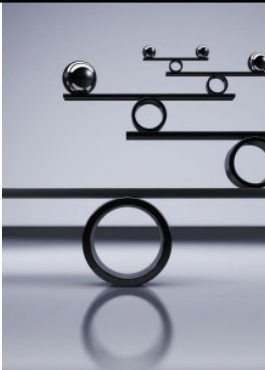
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When the Stressor is the System

- Sometimes the overload is not only the cause.

Sometimes it is:

- Budget cuts
- Uncertainty
- Conflict
- Pressure from leadership
- Lack of support
- Moral strain
- Responsibility without enough control



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Boundary + Body Anchor

- Feel your feet
- Relax your jaw
- Exhale
- Say one clear sentence

Examples:

- "I need a moment before I respond."
- "Let me come back to that clearly."
- "I want to answer that carefully."
- "I need to slow this down."


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A Practical Framework

- 1**
Before hard moments: Prepare
- 2**
During hard moments: Interrupt
- 3**
After hard moments: Recover

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Build Your Plan



Choose:


- one tool for the office
- one tool for the field
- one tool for home

Finish these sentences:

- When I start to go into fight, I will...
- When I start to go into flight, I will...
- When I start to go into freeze, I will...

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Closing



- You do not need a perfect nervous system to do meaningful work.
- But you do need ways to come back to yourself while doing it.

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Q&A




- Questions, reflections, or tools you want to think through more specifically?

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Thank you

- Follow on IG: integrative_trauma_collective
- Take care of yourself and take care of each other



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Thanks for joining us!

What's Next?

- Survey & certificate in the chat now
- Follow-up email with resources within two days

