

Child Abuse Prevention Month

APRIL 2026 WEBINAR SERIES

Presented by:



Webinar 5

Self-Care Tools for High-Impact Care Teams



Housekeeping

DURING



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Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.



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AFTER



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A follow-up email will be sent to all participants within two days.



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Series Overview



State of the State: Programs & Initiatives Transforming Services for Children & Families



If Help Had Come First: Lived Experts on Community Pathways



Reimagining Mandated Reporting: Building Prevention-Focused Pathways for Families



Concrete Supports in Action: Meeting Family Needs to Prevent Crisis



Self-Care Tools for High-Impact Care Teams



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SCAN THE CODE TO LEARN MORE & REGISTER FOR SESSIONS INDIVIDUALLY



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



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



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.

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

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



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



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.



When Stress Lives in the Body

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

A Simple Map of Common Survival States



FIGHT = HOT, SHARP,
PRESSURED

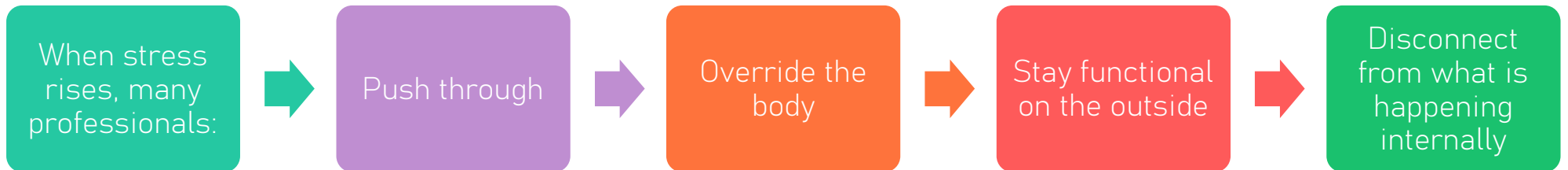


FLIGHT = FAST,
SCATTERED, URGENT



FREEZE = BLANK, NUMB,
HEAVY, SHUT DOWN

What Helping Professionals Often do





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

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

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

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



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

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

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

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

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



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

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



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

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.”

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

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

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 steadying contact helps

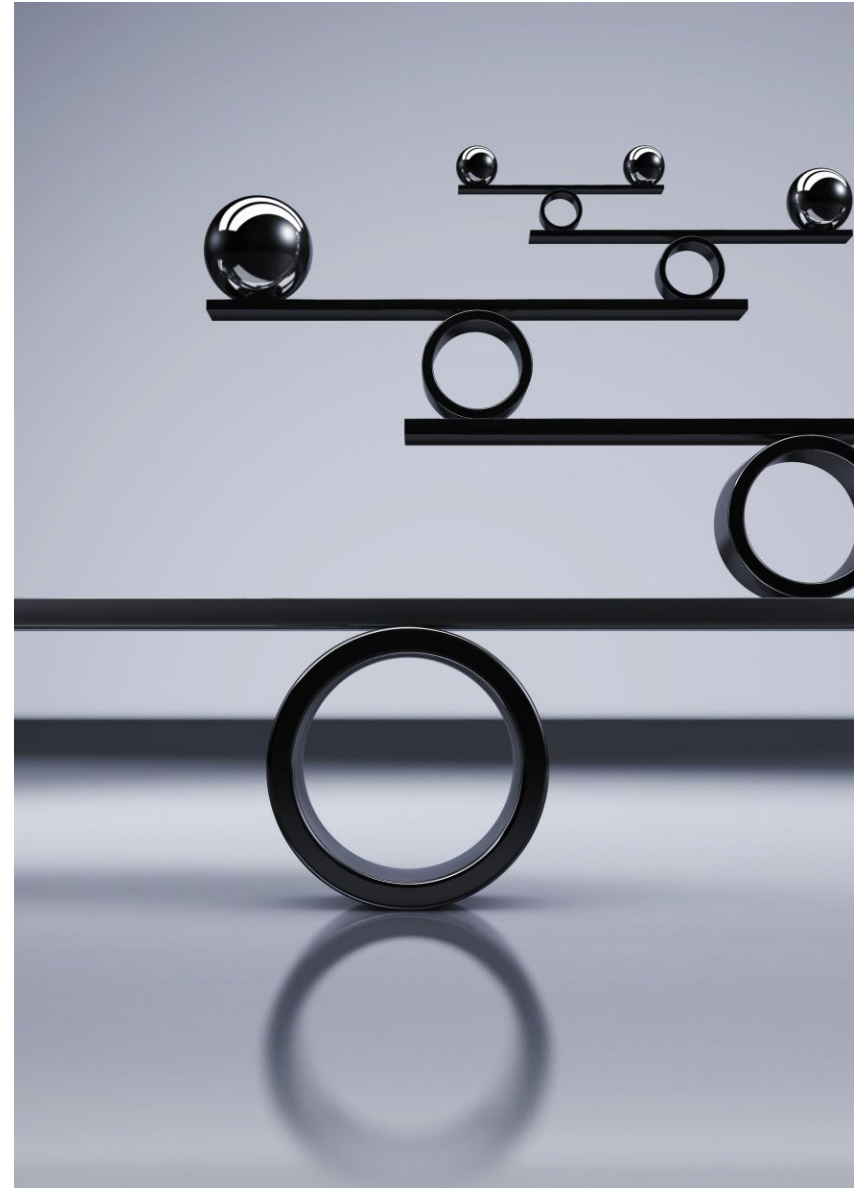
Intentional reset before reconnecting

When the Stressor is the System

- Sometimes the overload is not only the case.

Sometimes it is:

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



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."

A Practical Framework

1

Before hard
moments: Prepare

2

During hard
moments: Interrupt

3

After hard
moments: Recover

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...
-

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.



Q&A



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



Thank you

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



Thanks for joining us!

What's Next?

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



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