

Welcome to

# Self-Care Tools for High-Impact Care Teams

*Herramientas de autocuidado para los equipos de atención de alto impacto  
(Interpretación al español comenzará pronto)*

THE TRAINING WILL BEGIN SHORTLY! WHILE YOU'RE WAITING...

 Icebreaker Question  
(answer in the chat)

What is your favorite BBQ food?



Survey & Certificate of Completion

Available following the training.

Connect With Us!



VISIT **CALTRIN.ORG** &  
SCAN TO LEARN MORE



# SPANISH INTERPRETATION AVAILABLE!

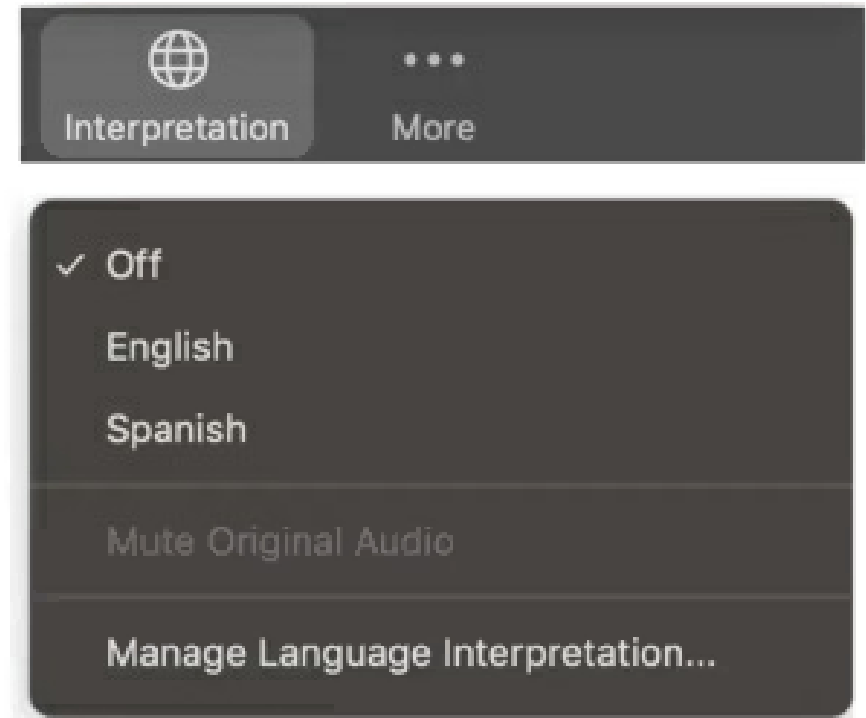
## INTERPRETACIÓN AL ESPAÑOL DISPONIBLE!

Today's training will be in both English and Spanish.

*La capacitación de hoy será en español y inglés.*

Click the "Interpretation" icon in your toolbar;  
select "Spanish."

*Seleccione el ícono "Interpretation" de las opciones al debajo de su pantalla. Elige la opción "Spanish."*





**Supporting child abuse prevention in California through FREE professional development & extended learning.**

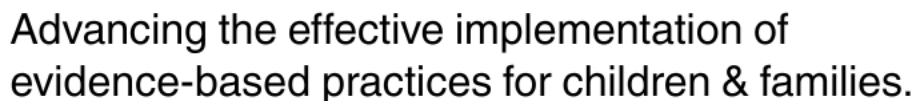
## Who We Are

CalTrin delivers free science-based training to staff of Family Resource Centers, Child Abuse Prevention Councils, community-based organizations, and other child- & family-serving systems.

## What We Offer

- Live webinars & interactive, small-group training
- Virtual, self-paced courses
- Job aids & other resources

**And check out our partner project, The California Evidence-Based Clearinghouse (CEBC)!**



A FREE, searchable database of 500+ programs & resources for implementation.

**SCAN TO  
LEARN MORE**





# LET'S LEARN ABOUT YOU!



# UPCOMING TRAININGS

*mark your calendars!*

Visit [caltrin.org](https://caltrin.org) to view and register for upcoming webinars or workshops



**September 14:** Trauma-Informed Care Foundations: Understanding Trauma, Adaptation, & Healing



**September 15:** Protective Factor of the Month: Knowledge of Parenting & Child Development



**September 16:** The Ripple Effect of Social Media on Youth Well-Being



**October 20:** Protective Factor of the Month: Concrete Support

# Before We Begin...

## BEFORE



Access the notetaking slides now! The link can be found in the chat.



This presentation is being recorded.

## DURING



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



AI assistants are not allowed in CalTrin trainings due to California privacy laws.

## AFTER



Complete the survey at the end of this webinar to receive your Certificate of Attendance.



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



# Self-Care Tools for High-Impact Care Teams

Presented by Dr. Nick Monzon





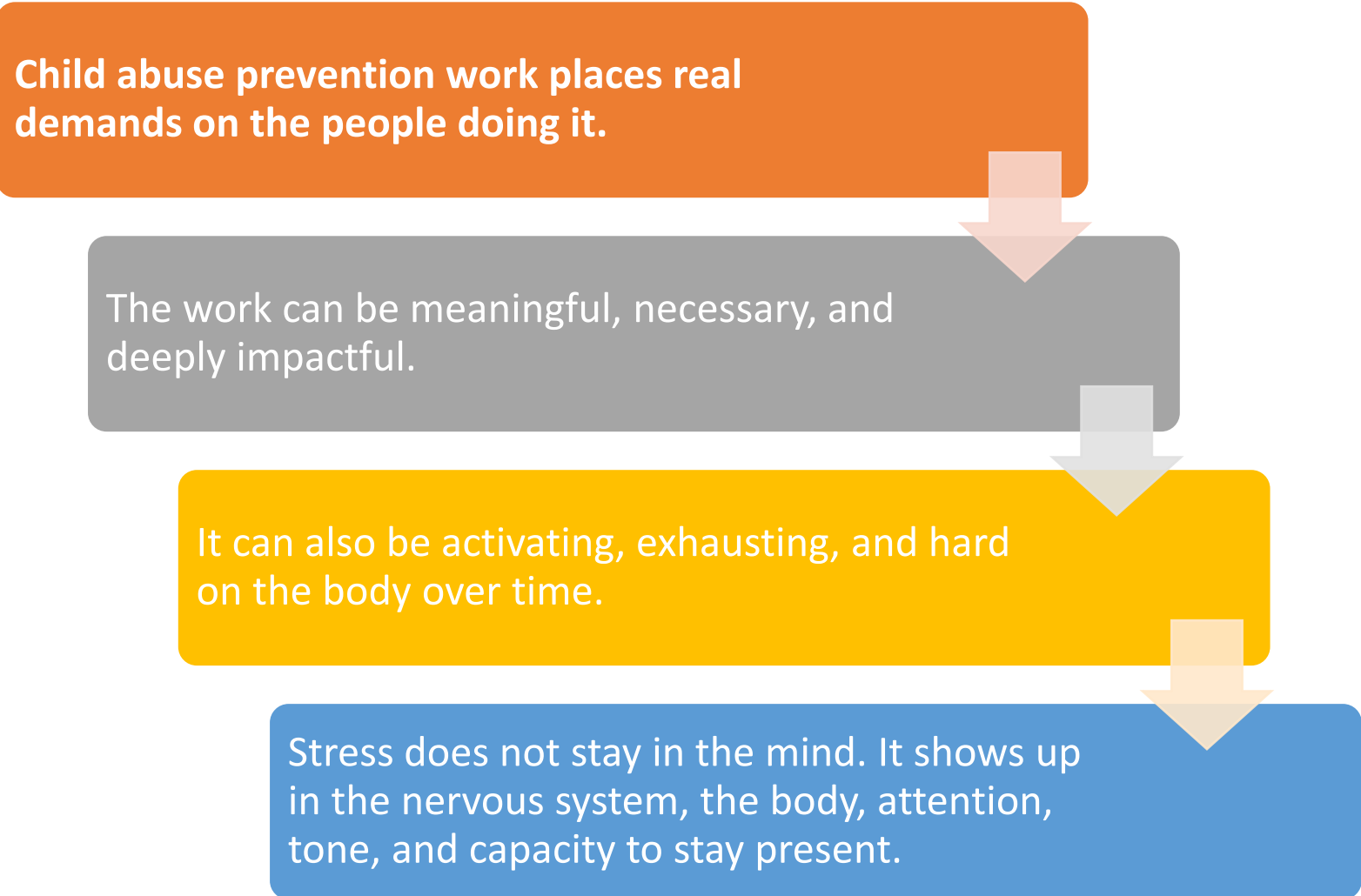
**Dr. Nick Monzon**

- Licensed psychologist, Somatic Experiencing Practitioner (SEP), and founder of Integrative Trauma Collective.
- Specializes in trauma, burnout, grief, nervous system regulation, and relational healing.
- Professor of Psychology at SCU
- Facilitates workshops on stress, boundaries, trauma-informed care, and resilience for organizations and communities.
- Known for a warm, practical approach that translates nervous system science into actionable tools.



## Why This Matters

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



```
graph TD; A[Child abuse prevention work places real demands on the people doing it.] --> B[The work can be meaningful, necessary, and deeply impactful.]; B --> C[It can also be activating, exhausting, and hard on the body over time.]; C --> D[Stress does not stay in the mind. It shows up in the nervous system, the body, attention, tone, and capacity to stay present.];
```

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, fawn, 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

# 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 Patterns



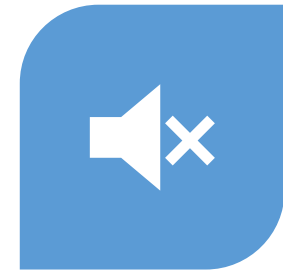
**FIGHT** = HOT, SHARP,  
PRESSURED



**FLIGHT** = FAST, SCATTERED,  
URGENT

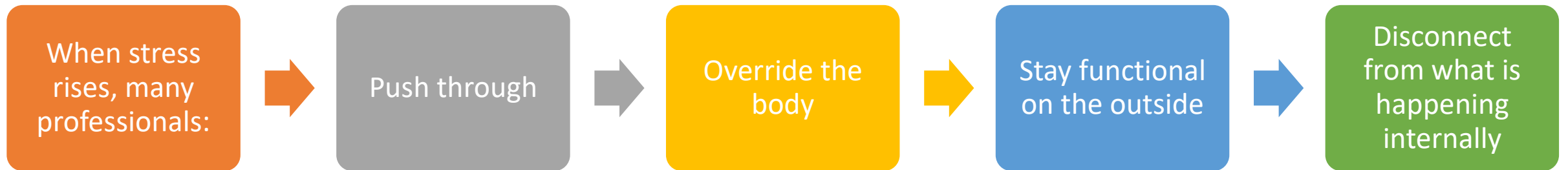


**FREEZE** = BLANK, NUMB,  
HEAVY, SHUT DOWN



**FAWN** = APPEASING, OVER-  
ACCOMMODATING, SELF-  
SILENCING

# 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

---

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

---

Seated or standing

---

Press both feet firmly into the floor

---

Hold 5–8 seconds

---

Point toes up/switch to have toes into the ground

---

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

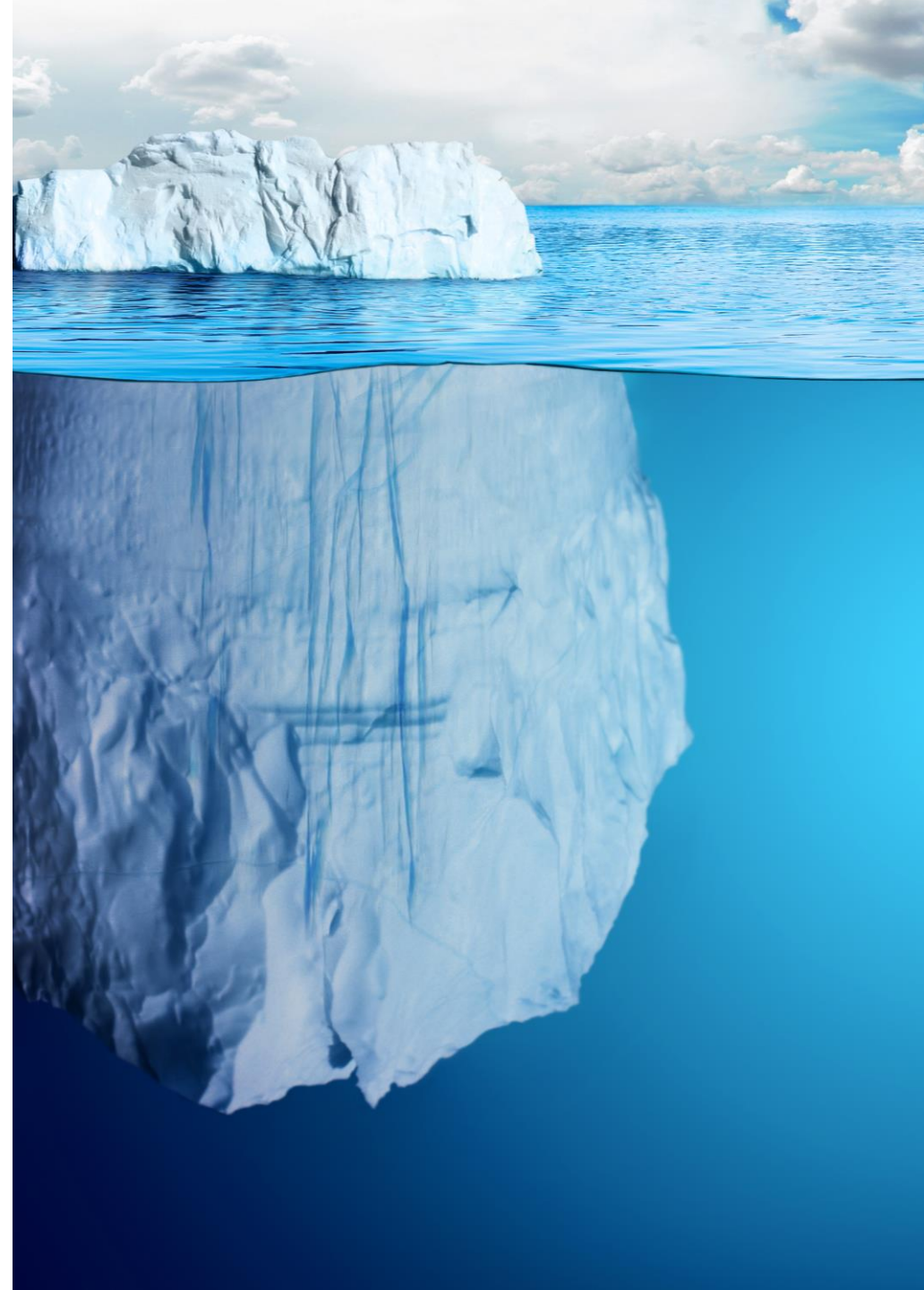
---

Can't start

---

Feeling far away

---



# Freeze Tool 1: Voo Sound

---

## **Voo Sound:**

---

Take a gentle inhale

---

On the exhale, make a low, steady “vooooooooo” 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.”

---

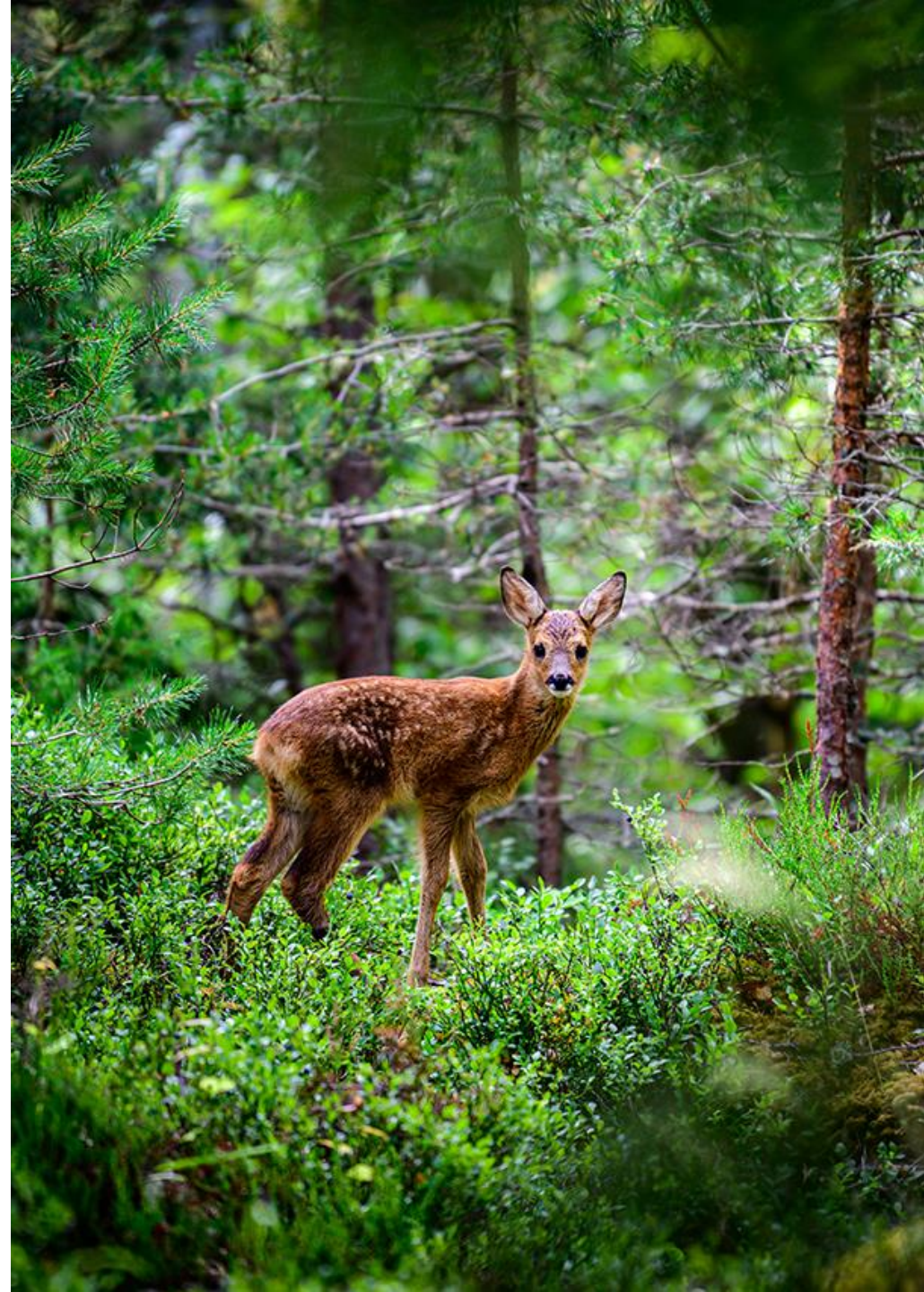
“I need a second to think.”

---

# When Fawn Shows Up

## **Fawn may look like:**

- Agreeing before you know what you think
- Taking responsibility for other people's feelings
- Apologizing automatically
- Smoothing conflict at your own expense
- Difficulty saying no or naming a need
- Feeling anxious or disconnected while accommodating



# Fawn Tool #1: Return From The Threat

|        |                                                                       |
|--------|-----------------------------------------------------------------------|
| Use    | Use a bridge phrase: “Let me think about that.” or “I need a moment.” |
| Let    | Let your eyes slowly travel to three neutral points in the room.      |
| Feel   | Feel your feet or sit bones make contact with something solid.        |
| Notice | Notice your back body: chair, wall, clothing, or the air behind you.  |
| Let    | Let one exhale lengthen slightly.                                     |
| Notice | Before responding, notice one sensation that belongs to you.          |

## Fawn Tool #2: Make a Little Space

|         |                                                                                      |
|---------|--------------------------------------------------------------------------------------|
| Place   | Place your palms gently on a desk, chair arms, or an invisible wall in front of you. |
| Press   | On an exhale, press at only 10–20% effort.                                           |
| Feel    | Feel your arms, side body, feet, and back working together.                          |
| Release | Release slowly but keep the sense of space around your body for one breath.          |

# In the Office

---

Hand press into thighs

---

Melting tongue / guppy mouth with longer exhale vs.  
Silent scream

---

Push into the ground

---

Desk push

---

Closed-mouth hum

---

Orient to 3 objects

In the Field

---

Controlled stomps

---

Push into the ground

---

Wall push or Push hands

---

Feel your feet in your shoes

---

One longer exhale before re-entry

---

Orient to 3 colors or landmarks

# At Home

---

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

---

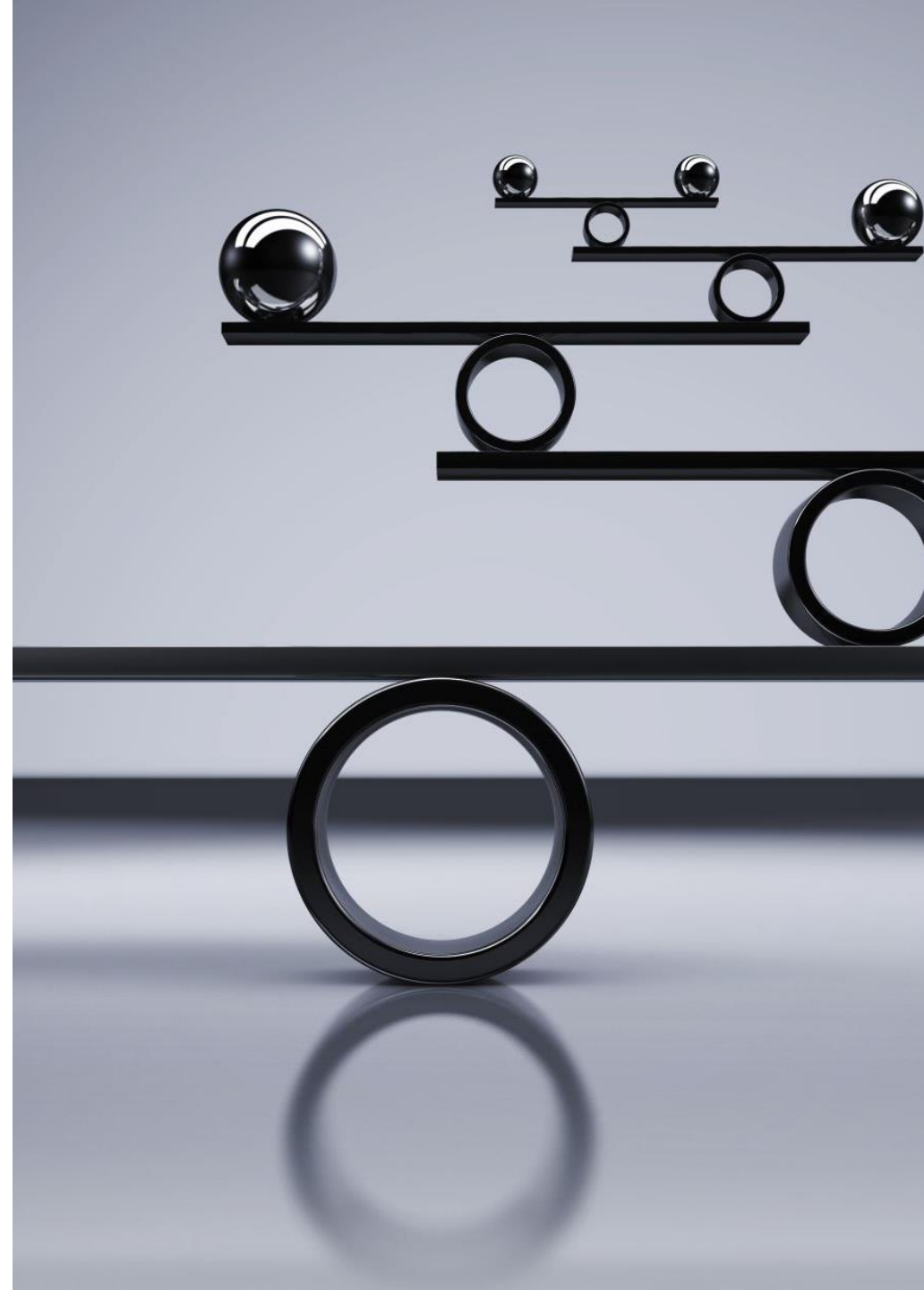
Finding space around you

# 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



# 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...
- When I start to go into fawn, 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 and certificate in the chat now
- Follow-up email with resources within two days
- Watch your inbox for the next issue of *CalTrin Connect*



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