



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.

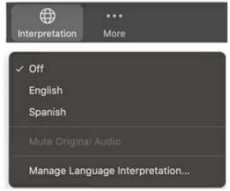
Connect With Us!  VISIT [CALTRIN.ORG](https://caltrin.org) & SCAN TO LEARN MORE 

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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 icono "Interpretation" de las opciones al debajo de su pantalla. Elige la opción "Spanish."




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Hi. We're CalTrin
 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)**!



Advancing the effective implementation of evidence-based practices for children & families.
 A FREE, searchable database of 500+ programs & resources for implementation.

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UPCOMING TRAININGS

mark your calendars!

Visit caltrin.org to view and register for upcoming webinars or workshops



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

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

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

October 20: Protective Factor of the Month: Concrete Support

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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.

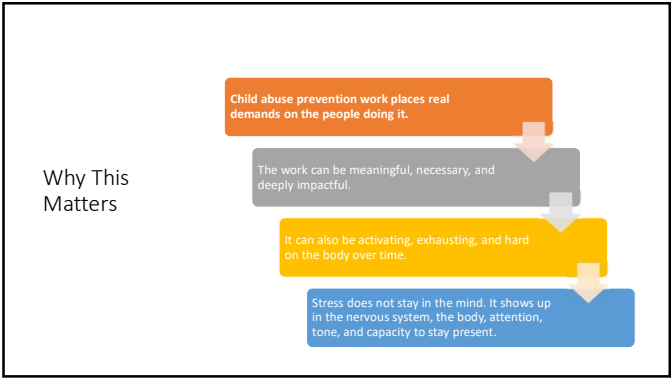
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Today's Focus

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, fawn, 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

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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 Patterns



FIGHT = HOT, SHARP, PRESSURED



FLIGHT = FAST, SCATTERED, URGENT



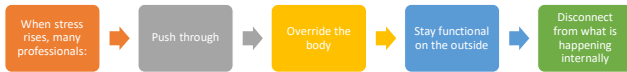
FREEZE = BLANK, NUMB, HEAVY, SHUT DOWN



FAWN = APPEASING, OVER-ACCOMMODATING, SELF-SILENCING

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What Helping Professionals Often do



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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

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

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

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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

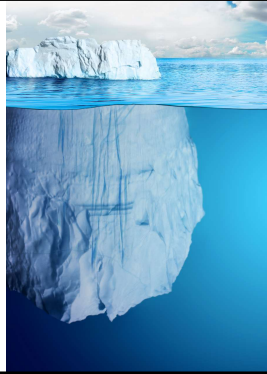
repeat 2–3 rounds

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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 "voooooooo" 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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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



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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.

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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.

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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

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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

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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

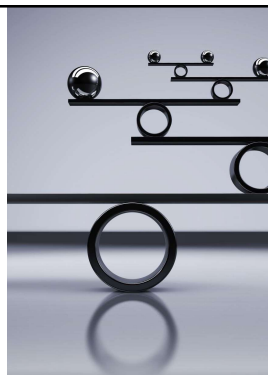
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When the Stressor is the System

- 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



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A Practical Framework



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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...
- When I start to go into fawn, 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 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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