

# Stress: An Inside Job

Exploring the Impact of Emotional  
Blockages+Burnout

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## THE HISTORY

### Guardians of the Gift

Our journey began when we met at LifeSource, both sharing a background in Trauma Nursing. We were colleagues in transplant and are now partners in coaching.

We found it challenging as nurses to find resources that were unique to this work that were centered around emotional wellbeing. Our goal is to provide this along with a connection to healthcare professionals through our deep passion and understanding of the mission.

We want to be on the forefront of innovation for this community by providing resources that are currently unavailable or difficult to find.



### Our Purpose

*Maximize the Experience;  
Maximize the Gift*

### Methodology

- Professional Education Approved by American Holistic Nurses Association
- Ongoing Professional Coaching
- Deep Connection to the Mission



Guardians of the Gift



## Check In First

Red  
Overwhelmed  
Hard to Engage

Yellow  
Distracted  
Wanting to Engage

Green  
Calm  
Engaged

# Personal Intake



Who



Where



How

*"There isn't enough strategy in the world to fix bad energy, because your brain runs on energy not strategy." (DiGangi, 2023)*

## Word List

### Pick Your Top 3



- |    |              |
|----|--------------|
| 01 | Scared       |
| 02 | Stressed     |
| 03 | Sad          |
| 04 | Disappointed |
| 05 | Angry        |
| 06 | Embarrassed  |
| 07 | Annoyed      |
| 08 | Jealous      |
| 09 | Anxious      |
| 10 | Guilty       |

## Word List

### Pick Your Top 3



- |    |            |
|----|------------|
| 01 | Happy      |
| 02 | Joyful     |
| 03 | Confident  |
| 04 | Proud      |
| 05 | Excited    |
| 06 | Optimistic |
| 07 | Hopeful    |
| 08 | Loving     |
| 09 | Peaceful   |
| 10 | Open       |



### Mindfulness Exercise

# Why the Body FIRST?

*What starts in the body needs to be  
changed in the body*

Our Body is a Memory Card  
Our Body Keeps Score

## BUILDING TO THE STUCK



## Stress Cycle

### Phase 1 Beginning

Threat  
(Stressor)

### Phase 2 Middle

Response  
(Stress Response)  
EMOTION

### Phase 3 End

Release  
(Emotional Release)

"Emotions are tunnels. if you  
go all the way through them,  
you get to the light at the  
end."

(Nagoski, 2020, p. xii)



## Phase 1 *Stressors*

Internal vs. External

- Internal: Self Talk, Physical Illness, Beliefs
- External: Environment, Social/Cultural Norms, Opinions

Firsthand vs. Secondhand

- My Experience
- Your Experience

# autonomic nervous system

## "Taking Action"



### Sympathetic Nervous System (SNS)

Fight or Flight  
Vision changes  
Increased HR  
Movement  
Healing is not possible

## "Engagement"



### Parasympathetic Nervous System (PNS)

Safety  
Relaxed  
Grounded  
Stable/Flexible  
Healing is possible



## Phase 2 *Emotion*

Automatic Response to Stressor  
Conscious Feeling  
Sensed in the Body FIRST

## Where do you divide from yourself?

When you're exhausted, do you let yourself rest or do you push through?

When you want to say no, do you respect your boundaries or do you please others?

When you want to speak up, do you honor your voice or stay quiet ?

When you have made a mistake, do you speak to yourself with compassion or do you become self-critical?



System Overwhelm  
"I can't do it anymore"  
Functional Freeze

# Basic Life Safety

**B**

Boundaries  
Ability to say "yes"  
or "no"

**L**

Love  
Did you FEEL love?

**S**

Safety  
Physical,  
emotional,  
environmental

## Burnout

**Too little for  
too long**



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Emotional Exhaustion

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Depersonalization

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Decrease sense of accomplishment

(Nagoski, 2020, p. xi)

## *Secondary Trauma*

**Compassion Fatigue  
vs.  
Burnout**



## **The Mission** *Saving Lives*

Cultural Norm

Ego

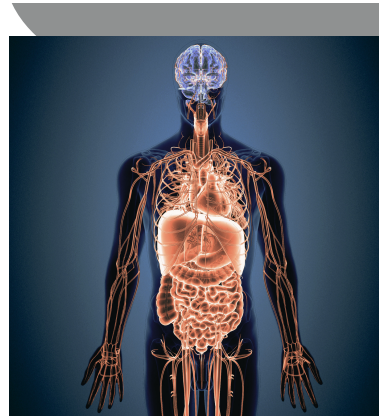
Isolation

Conditioning

Detachment Experts

# Phase 3 "Release"

*Healing is not possible in a stressed state. We must give our bodies what it needs in order to heal.*



Our bodies are a memory card

**AND**

We can build new pathways

## Safety Tools



Physical Movement  
Breathing/Meditation  
Laughter  
Crying  
Grounding  
Human Connection  
Talking  
Physical Affection (pets  
included!)  
Cold Exposure  
Sunlight and Heat

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