

Mindfulness and Managing Our Own Stress

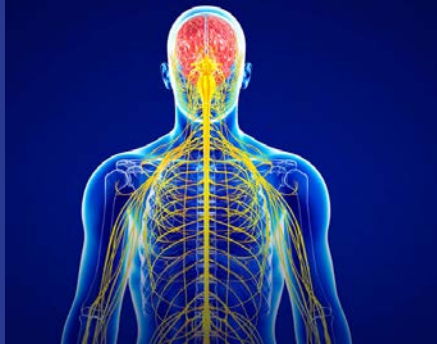
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Guided mindfulness



Somatic body-based processing of experience



TOP DOWN



BOTTOM UP

Cognitive Processing

- Executive functioning
- Linguistic
- Meaning making
- Narrative

Emotional processing

- Expression of feeling and affect

Sensorimotor processing

- Movement patterns
- Body sensations

R Recognize what's going on

A Acknowledge

I Investigate

N Non Identify



Mindfulness

- Calms the nervous system
 - physical and mental health benefits
- Observation invites curiosity, not judgement
 - Cognitive insight / interpretation can harden resolve to continue procedurally learned patterns of response



Resources to manage stress

What's worked in
the past to de-stress
and soothe your
nervous system?



CDC- Coping with a Disaster:

- Take care of your body
 - a. Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs
- Connect with others
- Take breaks
 - a. Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy
- Stay informed
- Avoid too much exposure to news
- Seek help when needed

<https://emergency.cdc.gov/coping/selfcare.asp>

Seeking help

NYS OMH Emotional Support Helpline: 1-844-863-9314

Crisis Text Line: Text GOT5 to 741741.

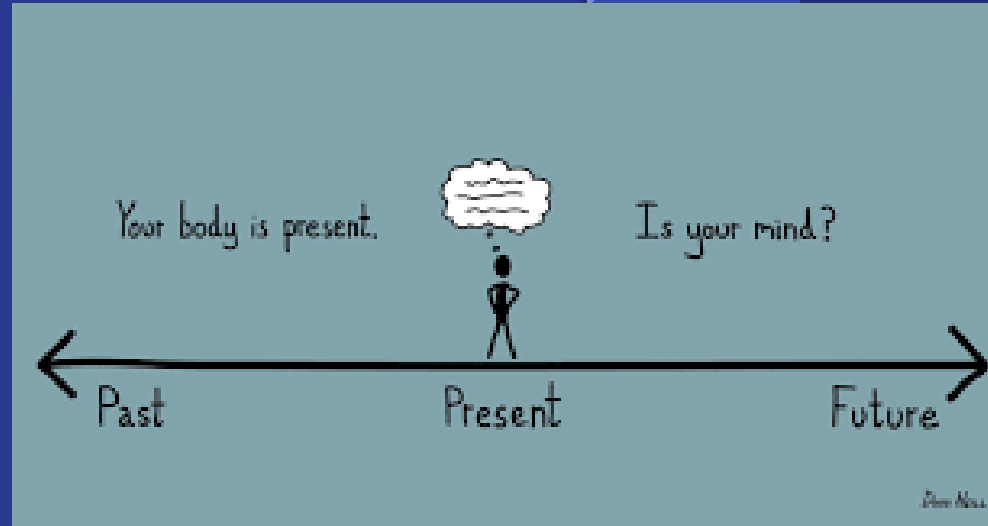
SAMHSA Disaster Distress Helpline: 1-800-985-5990

Domestic Violence: 1-800-799-SAFE(7233)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

What's working now to stay present?

- Physical activity
- Connecting with a friend
- Reading
- Faith practice
- Zoom facetime with family
- Learning about viruses
- Filing CR requests
- Reflecting on collective wellbeing
- Cooking
- Caring for plants, loved ones





Validation

- 1) Being alongside someone and seeing things from their perspective
- 1) And then telling that person what you see as a way of letting them know you're with them and on their side.

Learning and Healing Together - Collective Liberation

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

Audre Lorde, *A burst of light: And other essays*

“To the so many white people who practice yoga, please don’t stop, but please do take a moment to look outside of yourself and understand how the history of yoga practice in the United States is intimately linked to some of the larger forces of white supremacy.”

Shreena Ghandi & Lillie Wolff. (2017). Yoga and the Roots of Cultural Appropriation. *Kalamazoo Praxis Center* Available at <https://www.kzoo.edu/praxis/yoga/>

Resources for learning

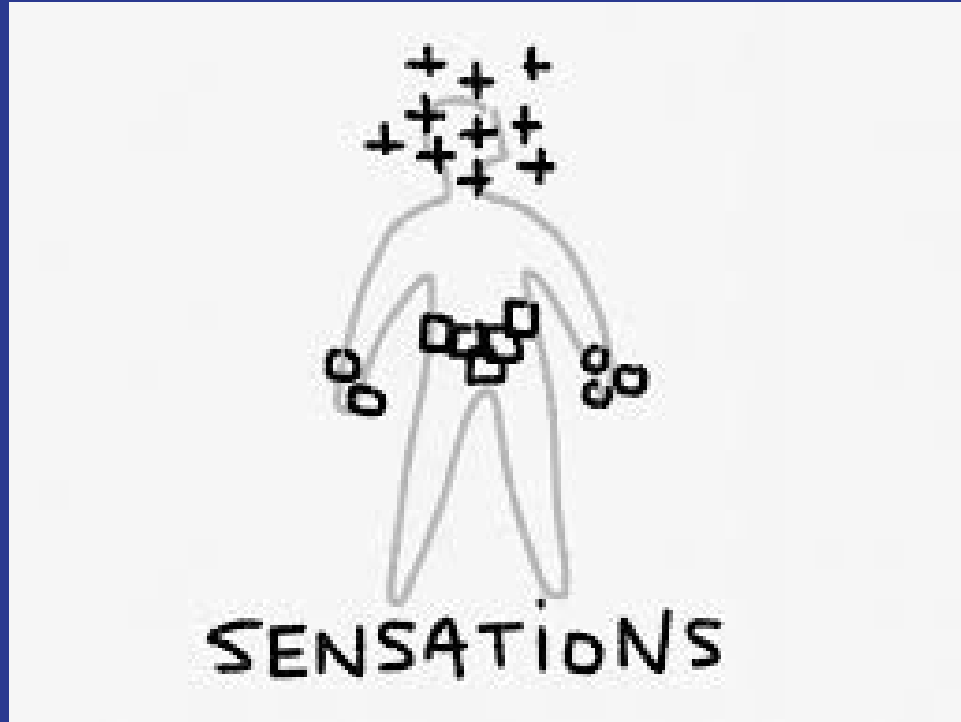
Menakem, R. (2017). *My Grandmother's hands: Racialized trauma and the pathway to mending our hearts and bodies* Central Recovery Press. Available at <https://www.resmaa.com/books>

Green, J. A., & Simon, R. A. (2019). Self-Mastery: The Pathway to Peak Performance and Well-Being in the Law. *Sw. L. Rev.* 48, 207.

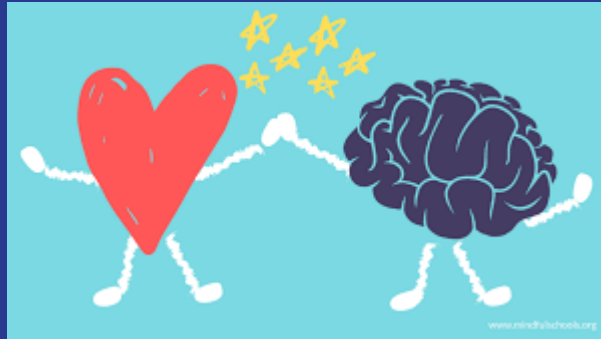
Iglesias, T. (2014). Offering and Teaching Mindfulness in Law Schools. *USFL Rev.* 49, 24.

Ngnoumen, Christelle T. 2019. The Use of Socio-Cognitive Mindfulness in Mitigating Implicit Bias and Stereotype-Activated Behaviors. Doctoral dissertation, Harvard University, Graduate School of Arts & Sciences. Available at <https://dash.harvard.edu/handle/1/42029500>

Back to the body



What's one thing to try?



Defenders Supporting Each Other

Take a breath: Take time to *not* reinvent the wheel and show each other some grace. (And think twice about whether to reply all.)

Share your victories! We need them to build on and be inspired by. Bail, Compassionate Release, Sentencing, Speedy Trial.

Share your defeats. We need those, too, to help brainstorm the next victory.

Lift each other up. During the 5 minute break, think of some one whose work has inspired you and post a shout out in the comments.