



Effective Re-Entry:

Managing your experience

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Photo Credit: Katharine Spencer @kspence.1



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Our Nervous Systems

Sympathetic vs. Parasympathetic

Parasympathetic Nervous System restores your body to a state of calm

Sympathetic Nervous System prepares our body for survival - fight or flight

Remember these 3:





Exhibits and Events:

You were the first to shut down, and
are one of the last to return.

Back in the Spring of 2020

Large and immediate decline of mental status was documented at the beginning of the pandemic - worldwide - and has continued throughout.

Anxiety, brain fog, depression, and PTSD are among the most common emotional and mental health consequences of the pandemic.

Symptoms of fatigue, exhaustion, and burnout are common, and stress can have long-lasting effects on brain physiology and function.



14 months later,

We're edging our way toward 40% of the population reporting some level of anxiety and/or depression. With or without the pandemic, anxiety disorders are the most common mental health disorder, reported in 18% of the U.S. population.

Anxiety or depression manifests in many ways.

Some can't focus or are unproductive, while others are utterly exhausted.

Many are grieving the loss of loved ones.

Others are lonely or unsure of what to do now that they're vaccinated,

or fearful about a variant evading vaccine protection and making them or their loved ones ill.

feeling
anxious
time
variant?
back
navigate
scared
confused
Secure
extra
control
stays
Prioritizing
wave
virus
order
year
shuts
finding
organizing
business
due
outcomes
Wearing
Pricing
figure
Supply
starts
delays
Safe
past
customers
demand
companies
excited
rebound
shows
Regain
colleagues
afford



Wide Range of Experiences



From severely depressed to ready and excited to move forward:
everyone has their own response and situation.
Most are finding themselves somewhere in the middle.




“Languishing”

The emotional long haul of the pandemic

“Languishing is a sense of stagnation and emptiness. It feels as if you’re muddling through your days, looking at your life through a foggy windshield. And it might be the dominant emotion of 2021.”

<https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>



**You're not alone, but you alone
need to know how to effectively
manage your own needs.**

**No matter where you land on the spectrum,
get back to the basics.**



- Sleeping
- Talking
- Being in Nature
- Breathing

Human Beings are the only animals who...



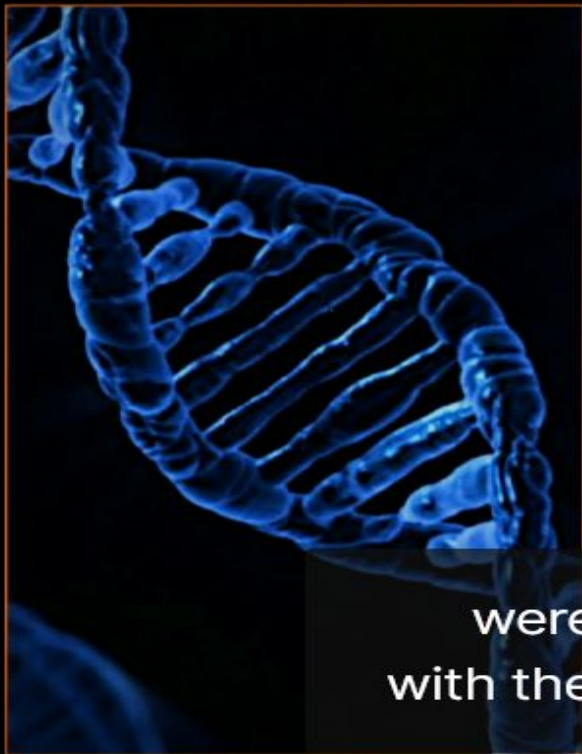
- intentionally deprive ourselves of sleep (the exception being animals who are hunting out of hunger)
- breathe through our mouths (with the exception of dogs)
- don't honestly display our emotions
- Who have shunned nature



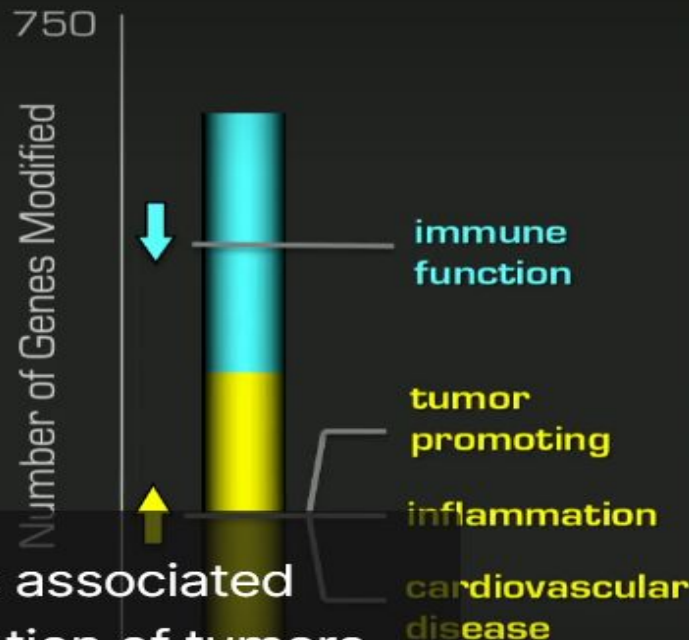
Sleep

Sleep: the elixir of life!


Gene Modification



6hr of sleep for 1 week



were genes associated with the promotion of tumors,



“There is simply no aspect of your wellness that can retreat at the sign of sleep deprivation, and get away unscathed.”

– Matt Walker



What to do?

- Avoid naps
- Avoid caffeine
- Avoid Alcohol
- Sleep hygiene:
 - Sleep regularity 7 days
 - 65-67 degrees sleeping room temperature
 - Dark, quiet room

Talk



You cannot stay
quiet and expect
people to show
up the way you
need them to. Your
words are your
gateway to your
needs being met.

ght . get your
mine . d



VIENNA PHARAON





Talk therapy is a useful resource.





Nature



Nature

- 120 minutes per week -or-
- 10 minutes per day
- Easy approach to activating your parasympathetic nervous system
- Effective to break through rumination

Nature Connectedness Typology

Type	Description	Examples	Research
Nature Disengaged	Little to no connection or use of nature. Rarely thinks of nature or outdoors.	Office, car, home, video games, technology, city, computer, school, work, etc.	Disconnection due to urbanization, loss of green space, parental fears and control, etc., Louv 2005
Nature Aware	Rarely engages or uses nature in an intentional way. Has awareness of trees, plants, grasses, parks, etc., and values their existence.	Appreciates sunsets, notices rainstorms, seeks the room with a view of nature, etc.	2015 Nature Awareness study: citizens send strong messages to policy makers...giving greater consideration to the impact of their actions on nature.
Nature Responsible	Takes steps to preserve nature in some way (e.g., gardens, flowers in yards, etc.) Makes efforts not to destroy nature.	Picks up trash, recycles, supports causes, donates, volunteers, etc.	Nature Connectedness influences 4 core areas: enjoyment, empathy, sense of oneness, and sense of responsibility.
Nature Connected	Connects with nature somewhat intentionally. Enjoys being in nature, but not for any specific goal or purpose. Finds value/benefit in being in nature.	Goes to park, walks outside, goes to zoo, etc.	The Human Nature Relationship and its Impact on Health: A Critical Review
Nature Engaged	Engages with nature with health related goal-driven intention on a regular basis.	Hiking, fishing, ropes course, walk/jog/run outside, bike, yoga/meditation outside, etc.	National survey shows interaction with nature has a range of significant ecological and economic benefits. Governments are implementing policies to increase humans' engagement in nature.
Nature Immersed	Engages with nature with health related goal-driven intention for an extended period of time.	Camping, backpacking, nature-based/wilderness therapy, Outdoor Behavioral Healthcare, NOLS, adventure retreats, etc.	Growing empirical research that OBH programs are effective: over 90 peer-reviewed studies in last 6 years showing positive gains.



Breathe

Breathing

- 8/10 cancers are related to breathing malfunctions
- Breathing affects every organ in the body from skin to heart, to the lymphatic system to the brain...
- Breathing is the most important function that we participate in.

Breathing

- One of the most powerful ways to control mind & body
- Can change PH balance in blood, improve digestion, lower cortisol levels, lower heart rate, and lower blood pressure.
- Controlled by our autonomic nervous system - automatic, yet you can take control.



Breathing and Mood

The way we breathe affects anxiety, mood, stress, depression levels, etc.

You can't be an over-breather and be at ease with your surroundings.

Golden Rule:

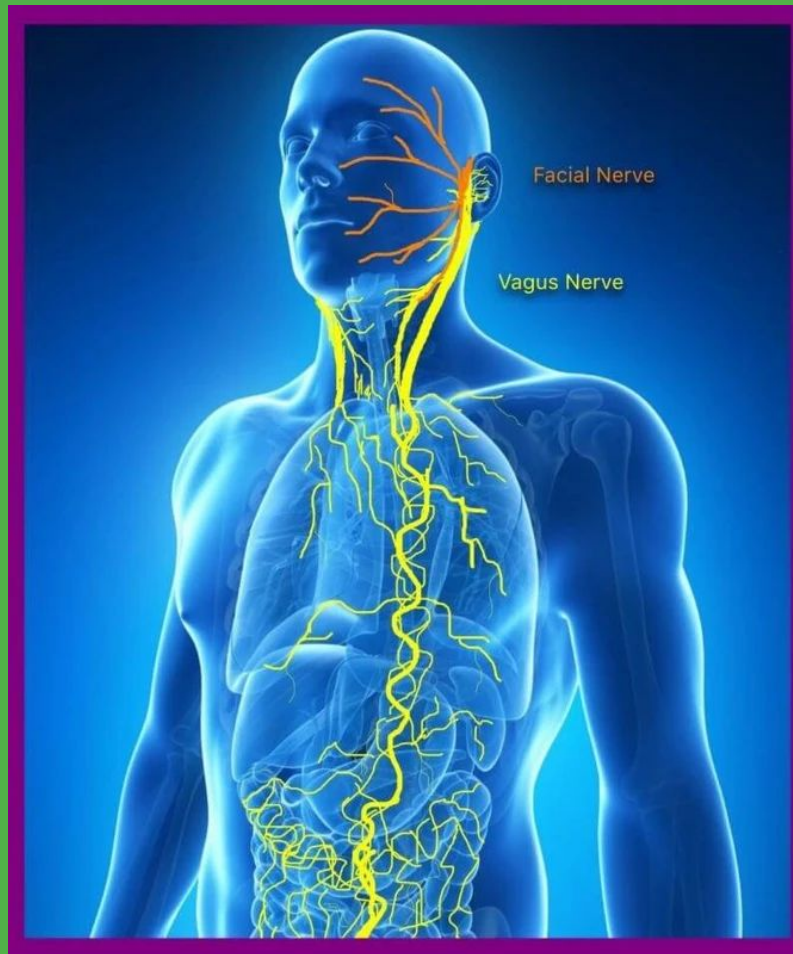
Breathe through your NOSE ONLY!



Vagus Nerve Correlation

You stimulate the Vagus Nerve by breathing. This tells your sympathetic and parasympathetic nervous system how to respond.

- Shallow breathing activates the sympathetic nervous system -- fight or flight -- panicked breathing
- Deep breathing activates the parasympathetic nervous system -- soothing, relaxed, & easy



"Why We suspect the Vagus Nerve may be Key to our Wellbeing." <https://enhancecbd.co.uk/blogs/wellbeing/why-we-now-suspect-the-vagus-nerve-and-gut-health-are-the-fundamental-keys-to-our-wellbeing- and-how-the-creation- of-poop-doping-came-to-be>. Accessed 25 May. 2021.



Water, Whiskey, Coffee

The following breathing exercises can be found here:

[Change your Breath, Change your Life.](#) TEDx Talk by Lucas Rockwood.



Water

- Always good for you - anytime.
- Your go-to practice
- Inhale *through your nose* 4, exhale *through your nose* 4.
- Repeat 10 times, 4-6 breaths per minute (approx. $\frac{1}{2}$ your normal rate)
- Practice required! This does not come naturally.

Whiskey


- Good *at times*: for sleep & countering high levels of stress
- Breathe in through nose for 4, exhale through nose for 8.
- 10 rounds can take the place of alcohol and pills
- Stimulates parasympathetic nervous system





Coffee

- Small doses at key times
- Provides needed energy before a long drive or after lunch pick me up
- Used the most sparingly
- No inhale, just exhale in sneeze-like fashion for 20

A decorative graphic on the left side of the slide. It features two green leaves: a smaller one with a white vein and a larger one with detailed vein patterns. There are also three light blue circles of varying sizes, one at the top, one at the bottom left, and one partially visible at the bottom right.

If you need to, or think
you may need to,
please call or see
someone -- **contact
information on the
last slide.**

Thank You!



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Call or email anytime!

Resources

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8. <https://parkrxamerica.org/>
9. <https://www.americashealthrankings.org/explore/annual/measure/Suicide/state/IL>
10. Nichols, Wallace J. *Blue Mind: the surprising science that shows how being near, in, on, or under water can make you happier, healthier, more connected, and better at what you do*. 2014, Little, Brown and Company, New York, NY.
11. Cornell, Joseph. *Sharing Nature with Children: the classic parents' and teachers' awareness guidebook*. 1998, Dawn Publications, Nevada City, CA.
12. <https://www.cnn.com/style/article/riba-vertical-forest-stefano-boeri/index.html>
13. [Breath Holding is the New Black: Stig Severinsen](#)
14. [Change Your Breath. Change Your Life: Lucas Rockwood](#)
15. <https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>

Resources, continued

16. <https://www.northernpublicradio.org/post/scared-return-work-or-cant-kids-home-heres-what-you-need-know>
17. <https://theconversation.com/student-mental-health-10-minutes-a-day-in-nature-could-reduce-stress-and-anxiety-expert-Explains-132633>
18. Walker, Matthew. (2017). Why We Sleep: unlocking the power of sleep and dreams.
19. Irwin, C. and Weber, B. (2001). Horses Don't Lie: What horses teach us about our natural capacity for awareness, confidence, courage, and trust.
20. https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
21. <https://doyoumined.com/>

National Suicide Prevention Hotline 800-273-8255

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