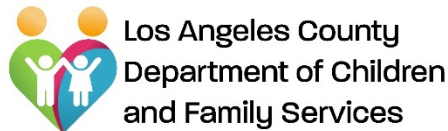


Addressing Trauma, Toxic Stress & Self-care

Child Care Bridge Program, Los Angeles County

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The Parallel Process



A scenic view of a mountain range with misty valleys and a cloudy sky. The mountains are layered, with the foreground being dark and silhouetted, and the background showing lighter, hazy peaks. The sky is filled with soft, white clouds, suggesting a bright but slightly overcast day. The overall mood is serene and majestic.

ACKNOWLEDGEMENT

SELF-COMPASSION IS SELF-CARE

Photo by [asoggetti](#) on [Unsplash](#)



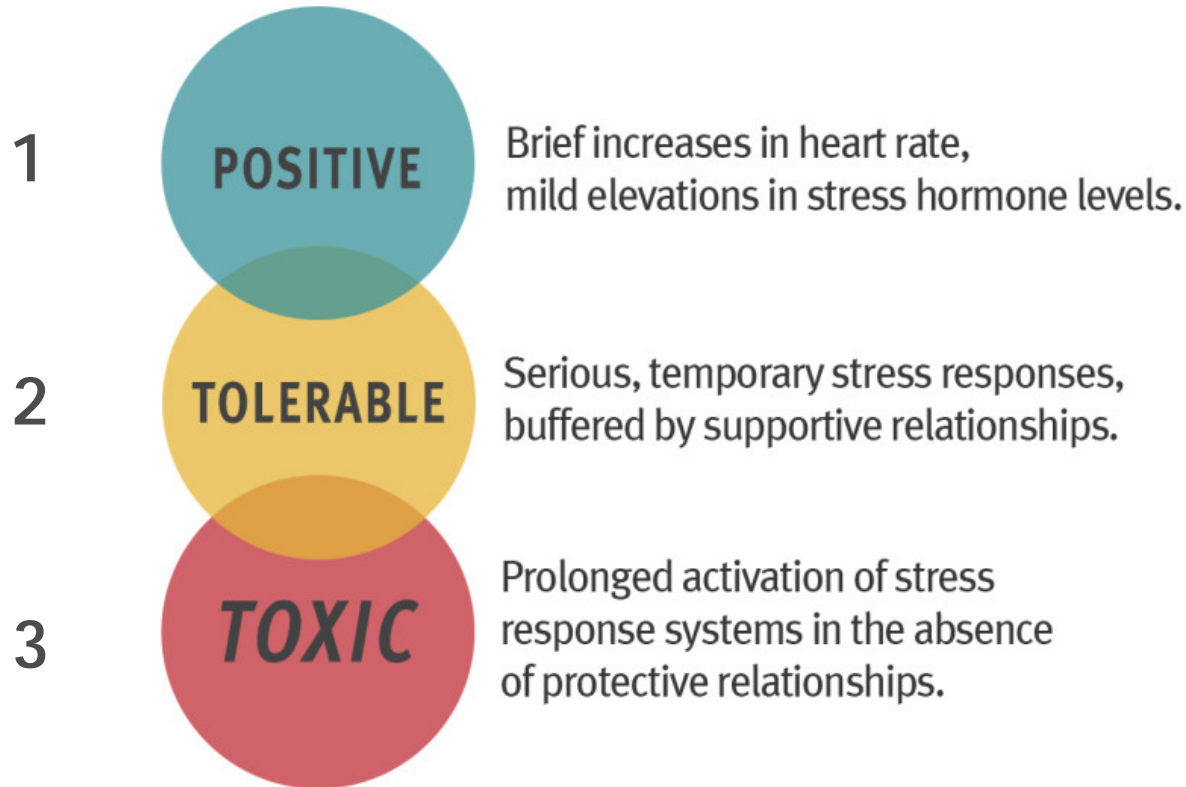
What are we facing right now?

Global Pandemic – COVID-19

Societal Unrest – Protesting police
brutality



Levels of Stress Response



Resources for Providers:

- [SAMHSA Disaster Distress Helpline](#) 24/7 at 1-800-985-5990 or by texting TalkWithUS to 66746
- [National Suicide Prevention Lifeline](#) for resources. People can call: 1-800-273-TALK (8255) 24/7 or access the [chat](#) option (there may be a wait time to connect for the chat).
- LA County Department of Mental Health – [Get Help Now!](#) 24/7 Help call (800) 854-7771
- [211la.org](#) LA County - Guide to local human services
- The [California Peer-Run Warmline](#) is a great resource for statewide non-emergency mental health support; call 1-855-845-7415 or [chat](#) via instant messaging.
- Supportive Community Networks

Managing Stress is Self-care!

A tool for self-reflection.

MANAGING STRESS

Stress is a normal reaction to changes in our environment. Stress can be experienced as positive, tolerable or toxic. In order to help prevent your stress from becoming unmanageable, it's important to reflect on how you recognize stress in your body.

How are you most likely to react to stress?

Please circle one.



Fight

I move into "fight mode". I can become aggressive. I go on the "attack".



Flight

I move into "flight mode". I want to get as far away from the problem as possible.



Freeze

I move into "freeze mode". I will ignore the problem and try to pretend it's not there.



Fawn

I move into "fawn mode". I try to be agreeable and just "go along with" whatever is stressing me.

WHEN YOU FEEL STRESSED, WHERE DO YOU FEEL IT IN YOUR BODY?



What are some things you do to help manage your stress?



Supportive Resources for Children & Families:

- LA County Department of Mental Health – [Get Help Now!](#) 24/7 Help call (800) 854-7771
- [211la.org](#) LA County - Guide to local human services
- [Responding to Change and Loss Toolkit](#) – National Alliance for Grieving Children (Spanish)
- [Sesame Street in Communities](#)
- Recommended Reading: [Books to Build Character & Values](#)
- Recommended Reading: [31 Children's Books to discuss race and racism](#)

Professional Development:

LA County Emergency Child Care Bridge Program

