DR. GLENNA PRESENTS THE HAPPY HOUR WEBINAR SERIES

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HELLO, I'M DR. GLENNA

I am a Licensed Clinical Social Worker with a private therapy practice in Torrance, CA. I have coined the mantra "Therapy is a Lifestyle" which encourages one to make a concerted effort to focus on their mental health before it becomes a mental illness. As a mental healthy therapist with nearly two decades of experience and education, I provide tools and resources to, not just manage our lives, but thrive in our lives despite the stresses and pressures that may affect us daily





50 YOU SURVIVED A PANDEMIC: RESTRUCTURING YOUR LIFE AFTER LONG-TERM TRAUMA



Trauma

- DEFINITION: "TRAUMA SHATTERS YOUR MOST BASIC ASSUMPTIONS ABOUT YOURSELF AND YOUR WORLD- "LIFE IS GOOD," "I'M SAFE," PEOPLE ARE KIND," "I CAN TRUST OTHERS," "THE FUTURE IS LIKELY TO BE GOOD"- AND REPLACES THEM WITH FEELINGS LIKE "THE WORLD IS DANGEROUS," "I CAN'T WIN," "I CAN'T TRUST OTHER PEOPLE..." MARK GOULSTON
- DECONTEXTUALIZED TRAUMA LOOKS LIKE PERSONALITY: THIS IS NOT YOU, THIS IS YOUR RESPONSE TO TRAUMA.
- TRAUMA RETRAINS THE BRAIN TO FOCUS ON PROTECTION RATHER THAN CONNECTION. IT CHANGES HOW THE BRAIN PERCEIVES THE WORLD.

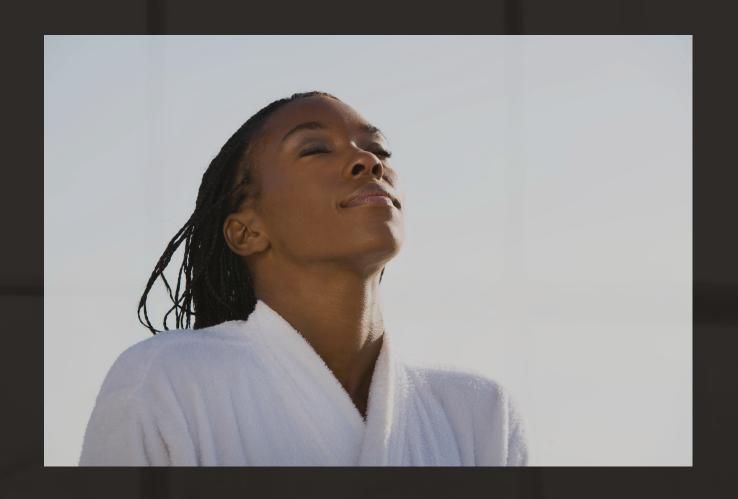


YOUR TRAUMA IS VALID! IT DOESN'T MATTER IF "SOMEONE HAD IT WORSE". NO ONE IS HANDING OUT TROPHIES FOR THE WORST TRAUMA. KEEPING A GRATEFUL MINDSET CAN HELP, BUT IT DOESN'T INVALIDATE YOUR EXPERIENCE.



What Was it Like?

- GRIEF
- FEAR
- LOSS
- TEMPORARY ADAPTING
- THRIVING: SHOUT OUT TO THE PLANT MAMA'S AND DADDY'S
- EXHAUSTION





What happens with long-term trauma?

- SENDS YOUR BODY INTO A STATE OF HYPERAROUSAL
- DIFFICULTY REGULATING EMOTIONS
- SELF MEDICATING
- AVOIDANCE
- DEPENDENCE
- FEELING NUMB: A DETACHMENT FROM EMOTIONS
- SOMATIC SYMPTOMS: HEADACHE, MUSCLE ACHES, GASTROINTESTINAL ISSUES, ETC
- TROUBLE WITH SLEEP
- COGNITION ERRORS: MISINTERPRETING SITUATIONS BECAUSE IT RESEMBLES PREVIOUS TRAUMA
- EMOTIONAL EXHAUSTION



- Name your experience: what made you feel unsafe? Start there...
- Stabilize: Establish Safety
 - Physical
 - Emotional
 - Financial



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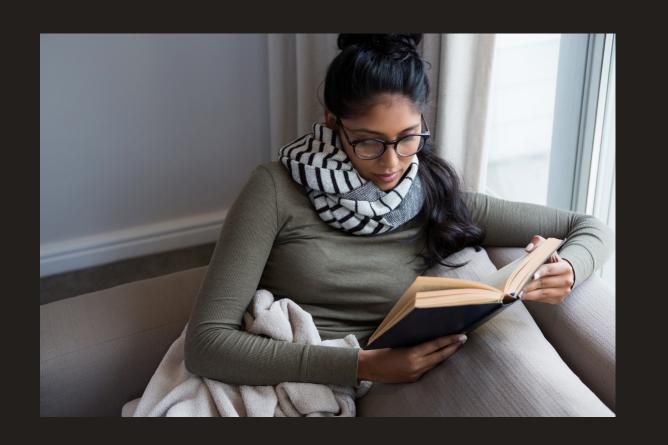
- Rest: breathe
- Recovery
 - have slow mornings
 - meditate
 - night time rituals
 - reconnect with your friends, your partner
 - Purge

- Avoid content that is emotionally triggering or draining
- Go to sleep
- Muscle relaxation exercises
- Surround yourself with safe, emotionally available people
- Take breaks
 - Ease back into life



How to reconstruct your life (continued)

- Educate yourself
- Allow yourself to have feelings: feelings are sources of information. Listen!





(continued)

- Validating Statements
 - It's normal to feel this way
 - I am having a normal reaction to an abnormal amount of stress
 - I am more than my accomplishments or my failures
 - It's okay to cry
 - I am not the only person that feels this way
 - I'm making progress

https://www.verywellmind.com/what-is-emotional-validation-425336



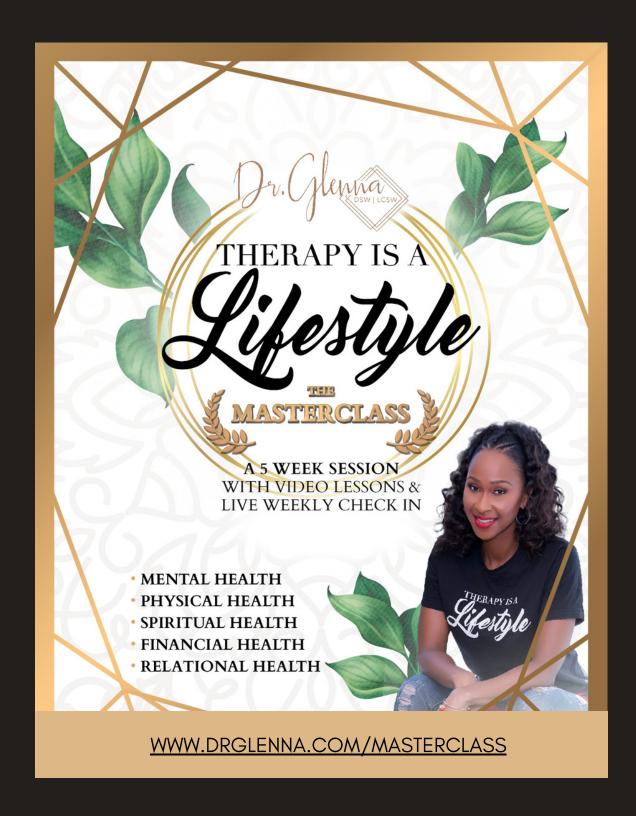
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- Be Aware of Invalidating Statements
 - There's nothing to be upset about
 - You need to be tougher, it's not that serious
 - o I'm sure it wasn't that bad
 - o It could be worse
 - Just let it go



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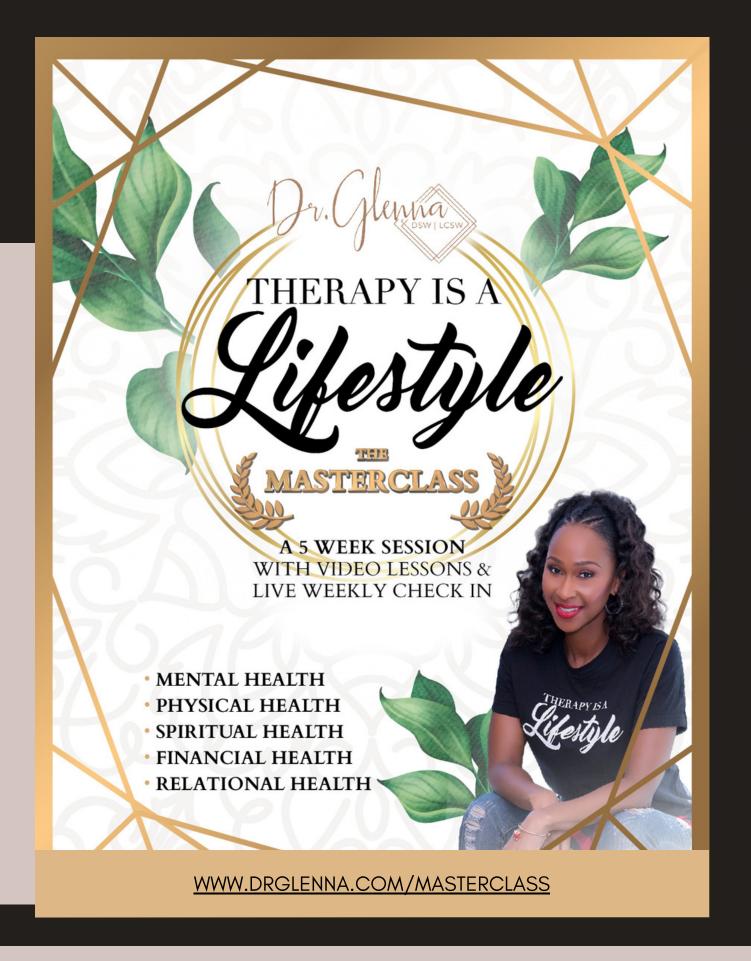
- Revise Your Priorities:
 - How much of pre-quarantine life you want back?
- Set Boundaries
 - Move at your own pace: vaccination or not, cdc says no mask or not... You get to decide for yourself
- Evaluate every major area of your life





Resources

- Take the Masterclass
 - www.drglenna.com/masterclass
- https://www.hopeforbpd.com/bord erline-personality-disordertreatment/validating-statements







NEED INDIVIDUAL SUPPORT?

https://www.drglenna.com/therapy

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