

The Path of Recovery

Presentation to All Employee
Meeting: February 4th 2025
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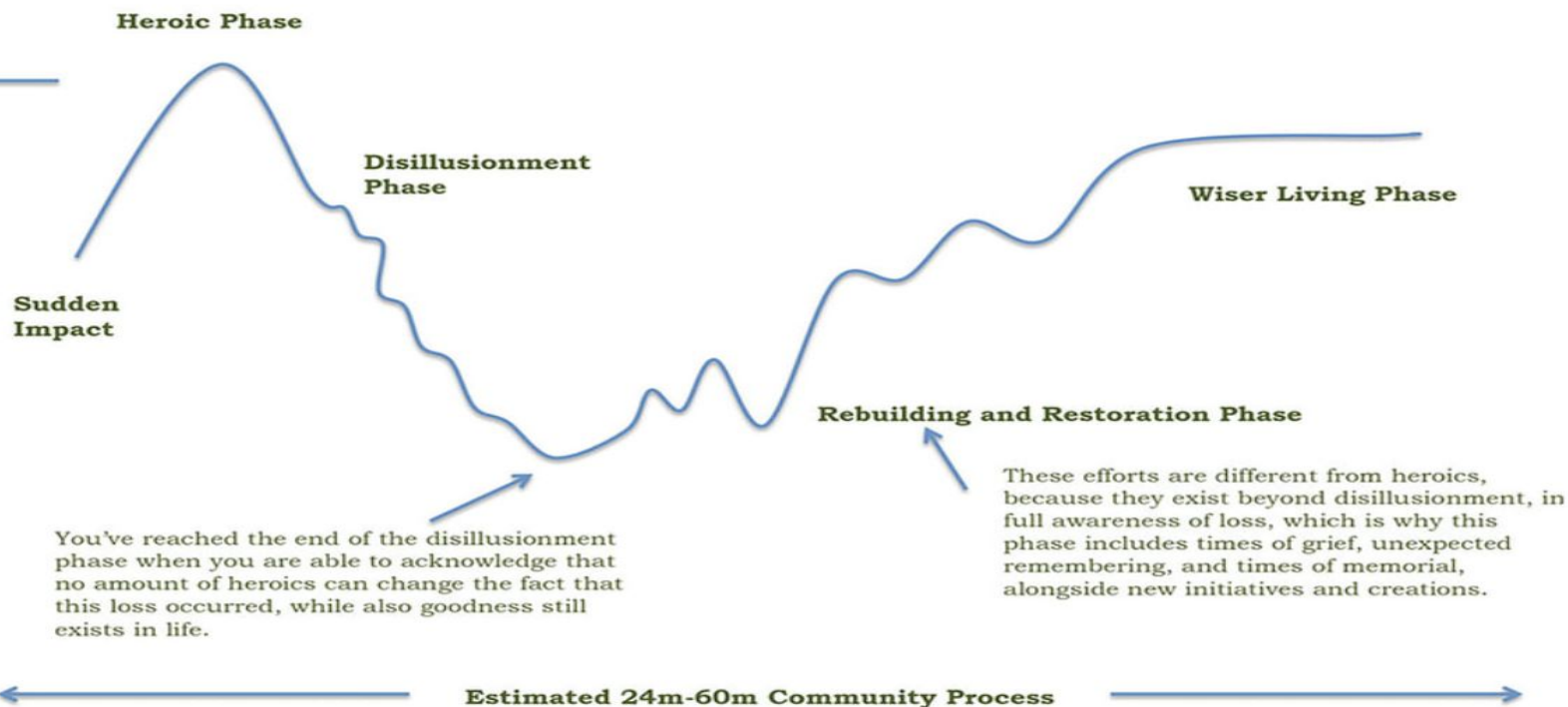


Checking the map of the journey...

The phases of disaster response

Photo by cottonbro studio:
<https://www.pexels.com/photo/man-sitting-on-rocks-while-looking-at-a-map-near-the-lake-9940785/>

Phases of Collective Trauma Response



What is in your backpack?



Photo by Ravindra rawat:
<https://www.pexels.com/photo/selective-focus-photo-of-red-hiking-backpack-on-green-grass-1294731/>



What we often experience...

- ❖ Feeling drained, physically & emotionally
- ❖ Changes in eating and sleeping
- ❖ Feeling sad, numb, lonely,
- ❖ Having trouble concentrating, or making decisions
- ❖ Feeling agitated, jumpy or anxious
- ❖ Reacting to reminders
- ❖ Withdrawing from others, avoiding people
- ❖ Feeling easily frustrated, arguing with family and friends

[Red Cross Disaster Relief Services: Recovering Emotionally](#)

What we can do...

- ❖ Limit your **exposure** to images and media from the event
- ❖ **Nurture** your body: eat well, get rest (take breaks).
- ❖ Stay **connected** in relationships: give and receive support.
- ❖ Make plans to do things you **enjoy** with others.
- ❖ Be **patient** with yourself and others: don't judge, everyone has their own story

[Red Cross Disaster Relief Services: Recovering Emotionally; Skills for Psychological Recovery](#)

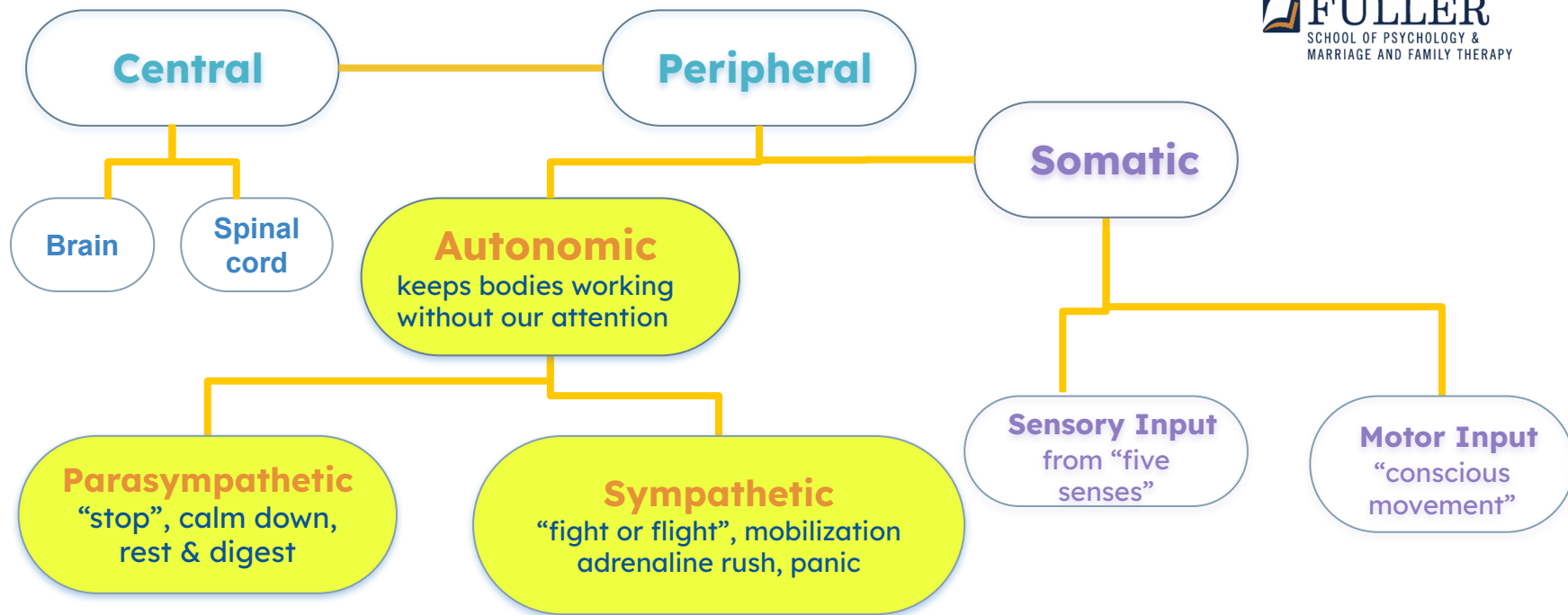
What we can do...

- ❖ Set **priorities** , break down tasks into small steps, gather information you need
 - Write down your thoughts and feelings as needed
- ❖ Keep the **whole journey** in mind: remember the ways you have seen God's grace
- ❖ Practice calming and positive **coping** skills, limit unhealthy coping
- ❖ Do things that help **"regulate"** your nervous system (prayer, stretching, relaxation apps, centering, breath)

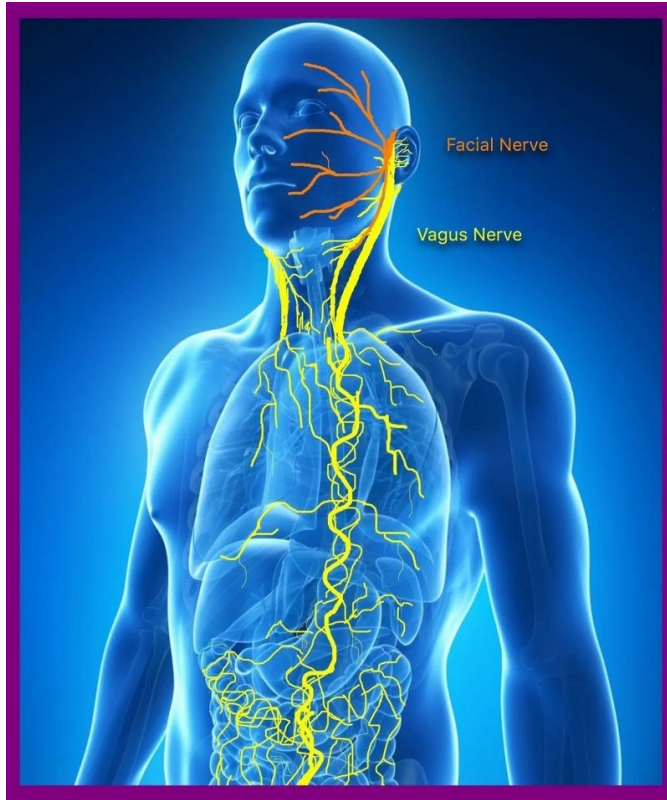
Practicing for Recovery & Resilience: Regulating our Nervous System



Photo by [Kelvin Valerio](#) from [Pexels](#)



The vagus nerve



The image shows the path of the vagus nerve (and a section of the facial nerve).
Contributed by Bruno Bordoni, PhD.
From: [Neuroanatomy, Cranial Nerve 10 \(Vagus Nerve\)](#)

90% of the neuronal messages that pass through this nerve flow **from body to brain**, while only 10% flow **from brain to body**

Regulation and Settling our Bodies

Activating the Vagus Nerve helps to “put on the brakes” (Menakem, 2017)

- ❖ Humming
- ❖ Body Scan
- ❖ Twisting to look behind
- ❖ Singing
- ❖ Sighing
- ❖ Slowing our exhale



Be still...

... and know

Breath Prayer

References

- Berkowitz, S., Bryant, R., Brymer, M., Hamblen, J., Jacobs, A., Layne, C., & Watson, P. (2010). *Skills for psychological recovery: field operations guide*. The National Center for PTSD & the National Child Traumatic Stress Network.
- Dana, D. (2020). *Polyvagal exercises for safety and connection: 50 client-centered practices*. W. W. Norton & Company.
- Menakem, R. (2017). *My grandmother's hands: Racialized trauma and the pathway to mending our hearts and bodies*. Central Recovery Press.

Key Resources

Fuller Psychological and Family Services:

<https://www.fuller.edu/fuller-psychological-and-family-services/>

National Child Traumatic Stress Network: www.nctsn.org (Skills for Psychological Recovery)

Institute for Collective Trauma and Growth: www.ictg.org

Spiritual First Aid: https://www.spiritualfirstaid.org/updated_trailer

Red Cross Disaster Relief and Recovery:

<https://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally.html>