

Tools for Managing Stress & Burnout



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Since 1969, the Crisis Centre has been dedicated to providing hope, help and healing to individuals, organizations, and communities.

Located on the unceded and traditional territories of the Coast Salish peoples – skwxwú7mesh (Squamish), sel̓íl̓wítulh (Tsleil-Waututh), and xwməθkwəy̓əm (Musqueam) nations.



Crisis Centre, 1970

"Although the world is full of suffering,
it is also full of the overcoming of it."

~Helen Keller



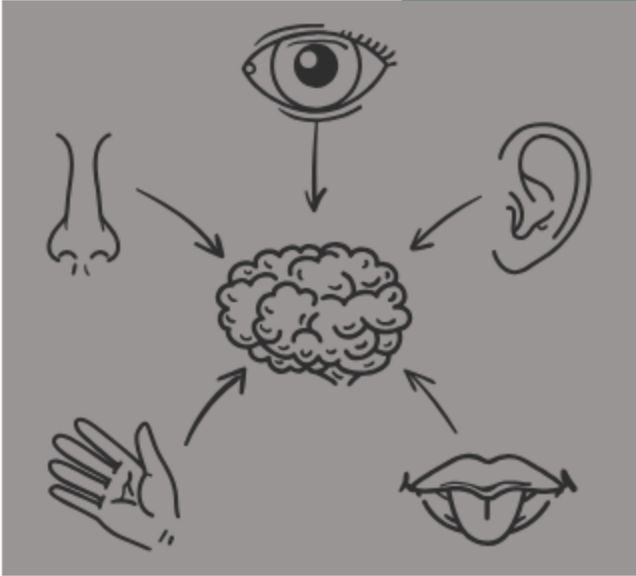
TODAY'S SESSION:

- Mindfulness-based tools that can support well-being
- How & why these tools help
- Three practical exercises for daily wellbeing

Mindfulness is...

***Intentionally paying attention to one thing
for an extended period of time
without judgement.***

The Science of Mindfulness-Based Tools



Hyperarousal

Fear, terror, rage, hypervigilance
Defenses of flight, fight & freeze
Impulsivity, intrusive thoughts
“I’m not safe” “You can’t trust anyone.”
Serves the biological purpose of
sounding the alarm and warning of danger

Window of Tolerance

Optimal Arousal Zone
Curious, Mindful, Capable

Hypoarousal

Flat affect, numb, “not there”
Defenses of shut down & submission
Preoccupied with shame, despair, depression
Cognitive functioning is slowed, “lazy”
“I’m worthless/helpless/hopeless”
Serves the biological purpose of supporting our survival



The Stress Response

Amygdala

- Detects dangers
 - Reactionary; 'defensive'
 - Stress hormones released
 - Designed to keep us safe
 - Flight, fight, freeze, shut down
 - Stores memories of events
-



Flight * Fight

Freeze * Shut Down

- Autonomic Nervous System
 - Stress Hormones released
 - React rather than respond
 - Normal biological response
 - Survival state
-



Prefrontal cortex

- Insight
 - Body regulation
 - Fear modification
 - Flexibility in thinking
 - See the bigger picture
-



Tool #1

S.T.O.P.

A Short Mindfulness Practice



S.T.O.P.

A Short Mindfulness Practice

Stop

Take a breath

Observe internally and externally without judgment

Proceed thoughtfully :

Is it helpful to me, to others, to the planet?

What matters most right now?



STOP was developed by Elisha Goldstein, Phd.

Neurons that
fire together,
wire together



MINDFULNESS IS...

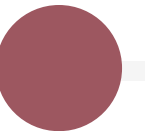
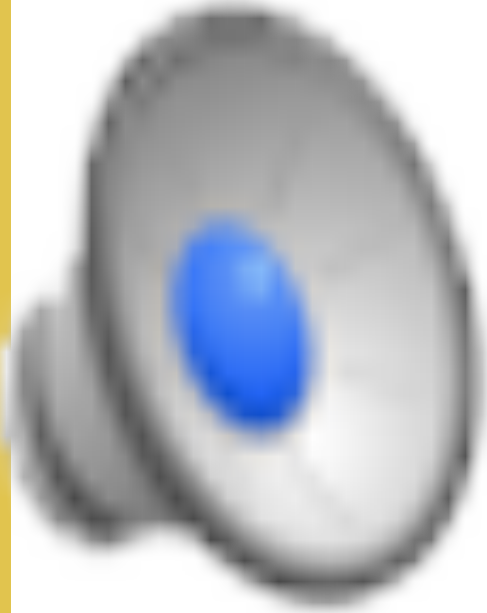
- Paying attention
 - Open curiosity to the present moment
- Compassionate
 - Noticing with kindness and non-judgement
- A practice



MINDFULNESS IS NOT...

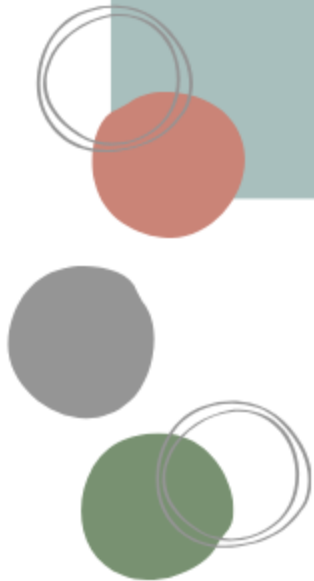
- A silver bullet
- About being calm
- Spacing out or escaping
- Absence of thoughts or emotions





Tool #2

Mitigating the Negativity bias



Negativity Bias

The phenomena of giving more psychological weight to bad experiences than good ones



Mitigating the Negativity Bias

“

"The brain is like velcro
for negative experiences
& teflon for positive experiences"

~Rick Hanson, PhD

”



Mitigating the Negativity Bias

1. Intentionally notice
the good/easy/gentle moments
2. Stay with it 20-30 seconds
3. Make it a daily practice





Tool #3 SELF-COMPASSION

“

"Self-compassion is a practice of goodwill, not good feelings... With self-compassion we mindfully accept that the moment is painful, and embrace ourselves with kindness and care in response, remembering that imperfection is part of the shared human experience."

~Dr. Kristin Neff

”

SELF-COMPASSION

- *“This is a moment of suffering.”*
- *“We all struggle in our lives.”*
- *“May I be patient”*
- *“I’m not alone”*





*"It is time we start valuing
the incredible capacity of
our biology to find a way
in hard times."*

~ Alison Escalante, M.D.

Distress Services



Help is Available!

We are here to listen, here to help - 24 hours a day, 7 days a week.

Crisis Lines:

- 1-800-SUICIDE (1-800-784-2433)
- Mental Health Support Line - 310-6789
- National Crisis Line : 988 *call or text*



Other Training Opportunities



Training for Adults

- Suicide Response Training
- Crisis Response Training
- Wellness & Resiliency Training

Free Programming for Youth

- Self-Care for Mental Health Workshop
- MindFlip: Brain Science Tools for Everyday Living
- RealTalk: Program for Youth In-care



Suicide Grief Support

- Programming to support suicide loss survivors
- Training, Events, and Activities



In Summary

- Science of stress & wellbeing
- S.T.O.P Tool
- Mitigating the Negativity Bias
- Self-Compassion

