



**Personal Wellbeing and Self-Care**  
VMware - Summer 2021

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[Welcome]

**Class Review & Homework session 8**

**Starting Part 4 of this Training: Learning to recognize *triggers***

In Week 7 and 8: we will work with becoming aware of our triggers and continue to move towards more behaviours of self-care and self-compassion

**Summary**

For the next 2 weeks, we are going to move from self-compassion into Triggers and back to self-compassion.

What Triggers us?

Today we continued to practice ‘How to work with this new knowledge?’

How can we work with these emotional moments AND stay self-compassionate during these triggers?

What have YOU noticed after the session working with Trigger?

What’s up for you? Can I help?



## Outline Session 8:

Today we are going to continue on Triggers. What Triggers us?

Remember last week we spoke about our Limbic brain.

Subconsciously our mind focuses on negative things that are going on because of our survival instinct. When we are on autopilot, it's easy for these negative feelings to overwhelm us. By intentionally bringing awareness to your thoughts and your emotions, you can make a conscious choice to shift your focus.

We can interrupt that pattern and check in with yourself. This gives you the information to understand why you feel the way you do and where your focus is.

Triggers can be **people, places or things**, as well as smells, words or colours. Emotional triggers are automatic responses to the way others express emotions, like anger or sadness. For example, you may not have a problem interacting with an angry person, but find it hard to deal with someone who's crying.

Mindfulness is really the quality of wanting it; **ASKING YOURSELF:** 'what's happening here?' and can I **FEEL** self-compassion. If you keep practicing it in meditation new synapses are made in the brain and nature cooperates.

Trigger and Response:

**The time between trigger and response is quicker than light!**

The tendency is to focus on the trigger - we spend hours on the trigger and we focus less on our reaction to it.

**SO let's go over the steps again to give a better Response and be Response-Able better:**

**STEP 1: Identify what are your common symptoms when you are triggered.**



To notice: hey what happens to me when I am triggered:

- a. Check in with yourself *physically*- How am I?
- b. We look *emotionally* acknowledging: This is how I feel.
- c. We look *mentally*: What Am I telling myself?
- d. *Nervous system*. Depending on the trigger, check our system: am I in fight mode or in flight mode.

## **Session 8: Let's work with this new knowledge**

**These tools for recovering your sanity is really all about shifting your state of mind, body and heart.**

Dealing with emotional reactivity; the practice of shifting your state helps train us to manage ourselves and our reactions when our capacity to think and act has been hijacked by the fight/flight response.

**Some Tools: During the moment but also in our practice so that when we get triggered, our response is more mindful.**

Breathing, literally moving our bodies, meditating, self-soothing, connecting to purpose, humour, describing the situation out loud, anchoring ourselves.

### **Meditation Anchoring**

**Exercise (see course environment)**

Working with (y)our Triggers:



## HOMEWORK

For consistent habitual practice: we keep returning to the subject.

1. Continue your practice
2. Check out the week 7 and 8 exercises in the course environment
3. Read and listen about Triggers in the course environment
4. Reach out to a colleague