

SELF-ATTUNING PRACTICE:

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**Self and
Collective
Attuning:**
Tending to
Emotional
Activation in
these Acute
Times

A vibrant field of red poppies in full bloom, with green stems and leaves visible. The background is a clear, bright blue sky. The image is framed by a white central box containing text, with orange and purple horizontal bars on either side.

SELF ATTUNING: THE FRAMING

What is “Self Attuning”?

How might it support our self and collective renewal?

How did this program come to be?



Understanding Our **Attuning**
and **Activation** as
Opportunities for **Recovery**
and **Renewal**

ACTIVATION

An emotional and/or physical response to something we identify as a threat, consciously or subconsciously.

SELF ATTUNING

Befriending or bearing witness to our own experiences, **compassionately.**

Unattended Activation as a Barrier to Recovery and Renewal

Activates a threat-based mindset.

- Hypo or hyper arousal limits flexibility and intentionality (operate from a fight, flight, freeze or fawn response)
- Compromises creative problem solving
- Interferes with our ability to be present
- Prevents one from seeing the full picture, joys and gains as well as deficits and challenges


Distorts our sense of self and self-efficacy.

- Impairs our ability to see and feel an accurate depiction of self
- Our value dependent on our merit and productivity

A vibrant field of red poppies in full bloom, with green stems and leaves. The background is a clear, bright blue sky. The image is framed by a white rectangular box containing text, with orange and purple horizontal bars on either side.

ATTUNING TO THIS MOMENT
[EXPERIENCING]

Befriending our Strong Emotions

A background image of a field of red poppies in the foreground, with a dirt path leading through them. The sky is filled with soft, white and grey clouds, suggesting a dawn or dusk setting. The overall tone is contemplative and serene.

“The expectation that we can be immersed in the suffering and loss daily and not be touched by it is as unrealistic as expecting to walk through water without getting wet. This sort of denial is no small matter.

The way we deal with loss shapes our capacity to be present to life...We’ve allowed our hearts to become so filled with loss that we have no room left.”

**The Cost of Caring
Remen in Mathieu (2012, p.7)**



"What if the way we respond to crisis is part of the crisis."

- Bayo Akomolafe

A field of vibrant red poppies in full bloom, with some green buds still visible. The background is a soft-focus landscape with trees and a bright sky, suggesting a peaceful outdoor setting.

PAUSE AND REFLECT

What about **this very moment** feels profound to you?

What are we noticing about **safety**, **crisis** and **healing** in this moment?



— PAUSE AND REFLECT —

How is this moment showing up for you?
How are you being *touched* by it?

- In your body, heart, spirit, and mind?
- In your respective role, pedagogy and practice?
- In your relationships and school community?

**When you feel like you've completed your thoughts,
highlight a portion to share with the group.**

Self & Collective Attuning

Attuning to the Impact of Crisis in Our Own Lives

On a piece of paper:

1. Identify a past personal crisis experience to reflect upon.
2. Using the analogy of a flower, explore the quality and influence of the noted elements.
3. In your experience and along your healing journey, where have you found soothing, what has been activating?
4. How might this past crisis experience be showing up for you present day?

Weather Conditions:

What were the local and federal policies/trends/tones

Petals:

Where did you find unexpected blooming or growth in or after this experience?

What was your past crisis Experience?

Leaves:

What existing or new relationships were strengthened or emerged? What relationships were lost or caused harm?

Soil:

How might your ancestral legacy and historical trauma been healed, activated or exacerbated as a result of this experience?

Roots - What existing core elements of your community or cultural norms are important to acknowledge



OUR NATURAL ABILITY

There is a way out of this mess and it requires each of us to begin with our own body. You and your body are important parts of the solution...Your body - all of our bodies - are where changing the status quo must begin.

- Resmaa Menakem

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies (2017)



FULL GROUP DISCUSSION

What supports or hinders your ability to feel into your grief?

- **Internal resources**
- **Lineages, relationships and communities**
- **Systems, norms and structures**