

May 2025 Webinar

Helping Healers Heal by Completing the Stress Cycle

Presenters:

Carol Frame and Jo Cruz

In With Out

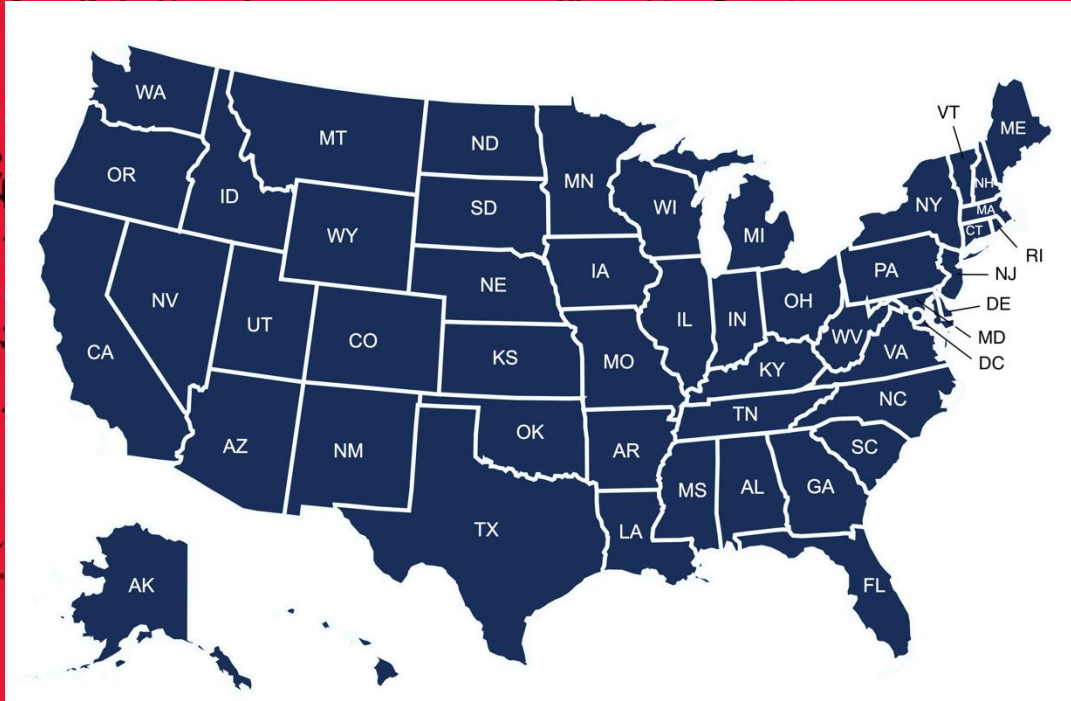
Technical Questions

1. If you cannot hear this presentation, please exit the webinar and opt to call in on your phone, as this can solve most audio problems.
2. Locate the “hand” on your GoToWebinar control panel to indicate if you are new to Dibble webinars.
3. You will find **handouts** and the **questions box** located in your control panel.

Charlie and Helen Dibble



2023-2024 Clients
served approximately 114,890 youth



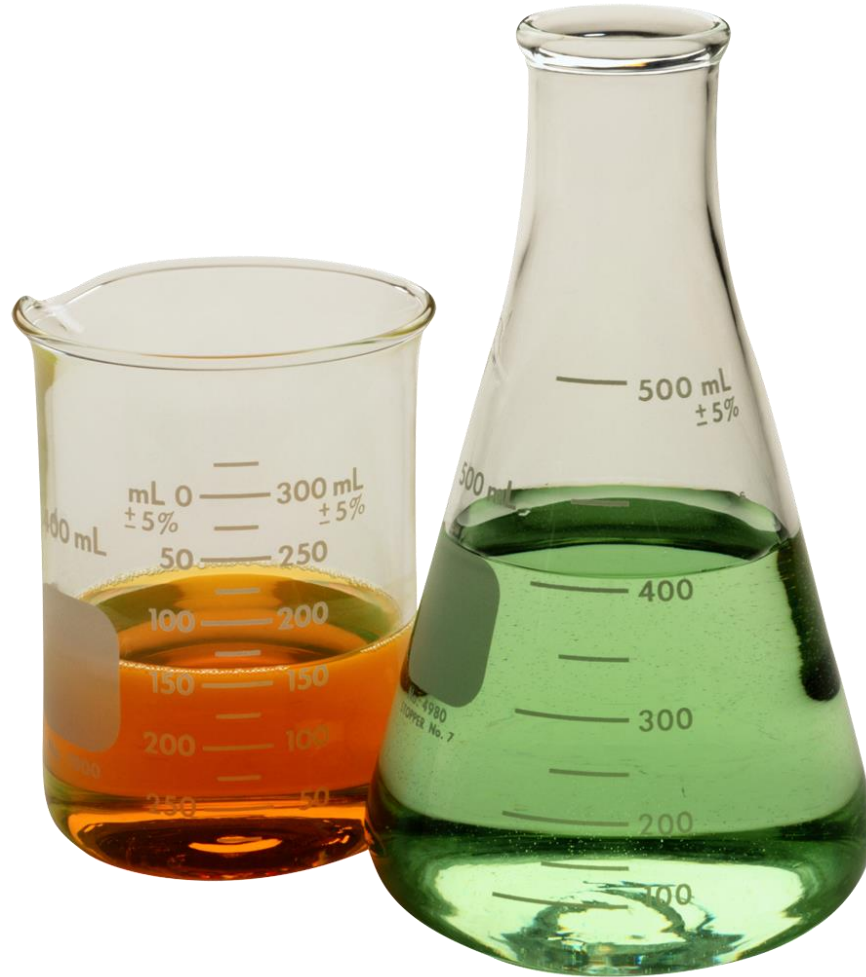
The Dibble Institute is
a national,
independent non-
profit organization.

Our Mission

Empowering youth and young adults with skills to build and sustain healthy interpersonal and romantic relationships.



We believe in research.



We believe in stable, safe, and nurturing families.



We believe that relationship education is for everyone.



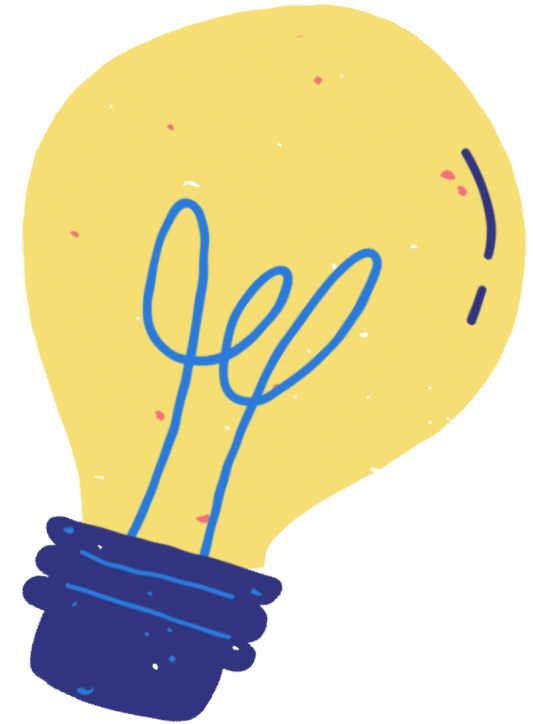
COMPLETING THE STRESS CYCLE

Jo Cruz and Carol Frame



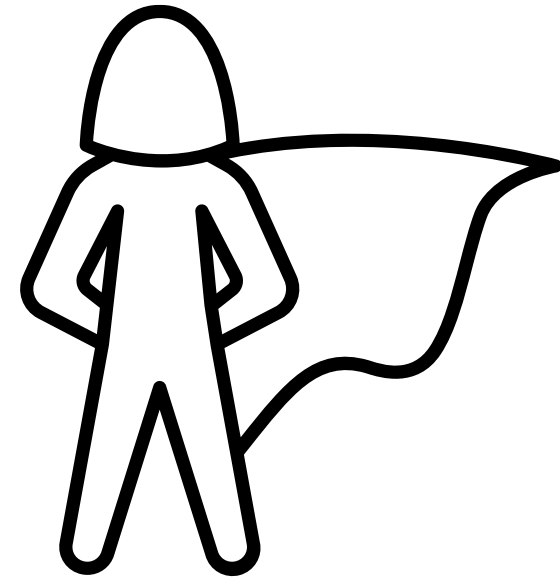
Training Objectives

1. Understand the neurobiology of stress.
2. Learn and practice several evidence-based strategies to complete the stress cycle.
3. Discuss how to implement these strategies in youth programming.



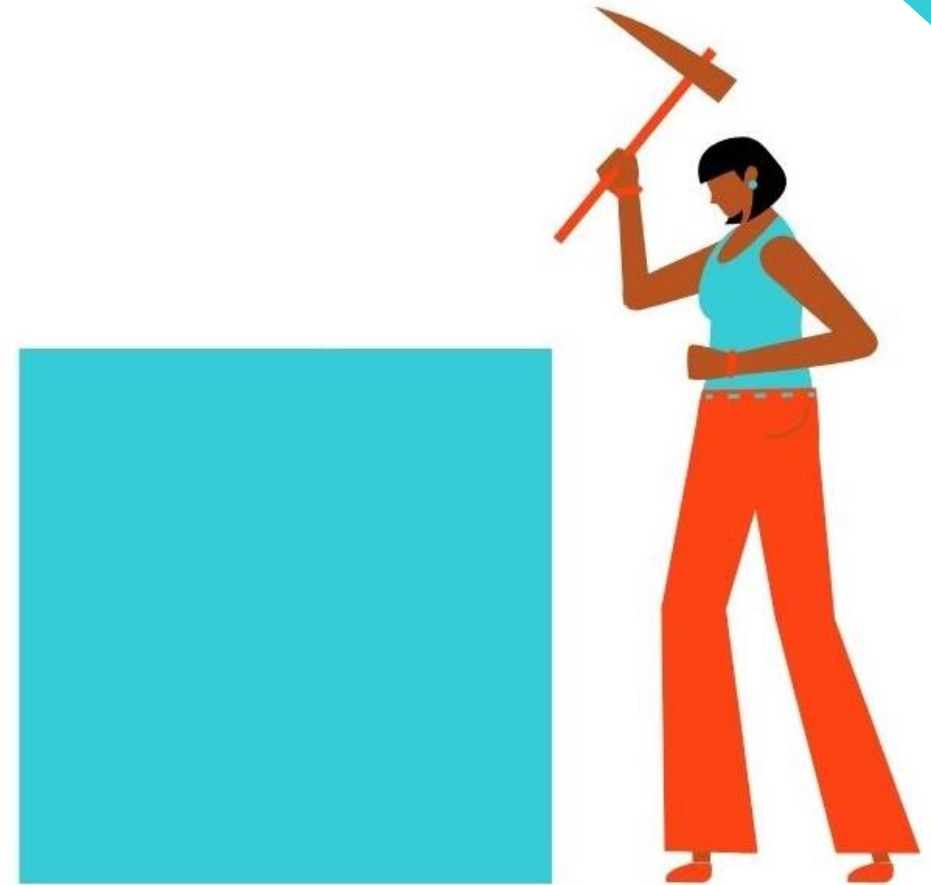
Creating a Safer, Braver Space

1. Be present.
2. Be curious, open, respectful.
3. Have fun and laugh.
4. Participate though challenge by choice.
5. Honor intent but understand impact.



Icebreaker

1. Share your name.
2. Share your organization.
3. Share your favorite way to relax.



STRESSOR

A challenge or threat that
causes worry, difficulty, tension.

In the chat box,
share what is stressful to you.

STRESSOR VS. STRESS RESPONSE



STRESSOR

A challenge or threat that activates a stress response

- External: work, money, family, time, cultural norms/expectations, discrimination
- Internal: self-criticism, memories, rumination, trauma history



STRESS RESPONSE

Mind and body response to real or imagined challenge/threat (stressor)

- Brain notices stressor and activates “stress response”
- Neurological/hormonal activity that initiates physiological changes to survive
- Entire mind and body change in response

TWO KEY TAKEAWAYS:

1

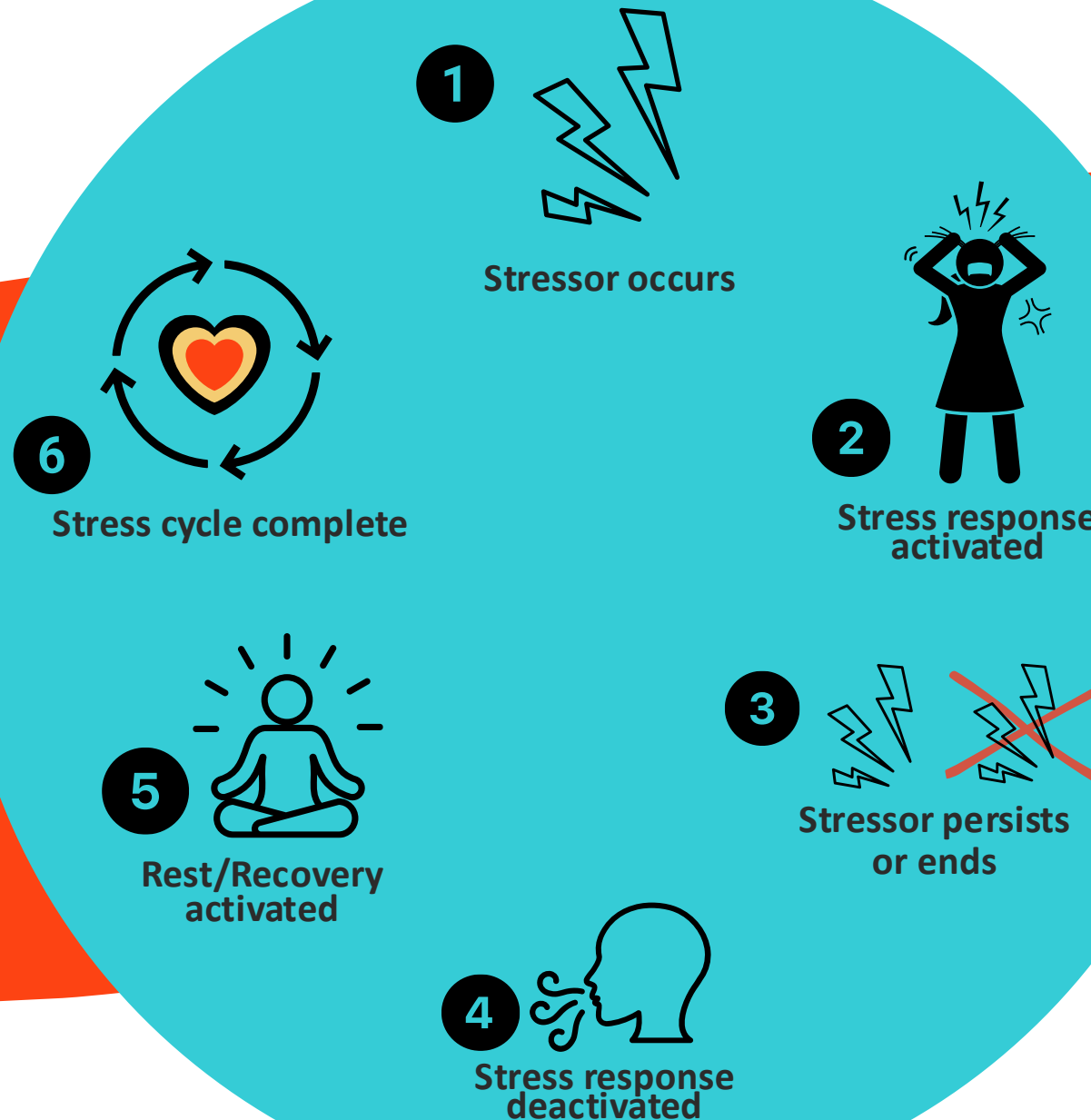
Removing the stressor, doesn't mean we've managed the stress response.

2

We don't have to remove the stressor to manage the stress response.



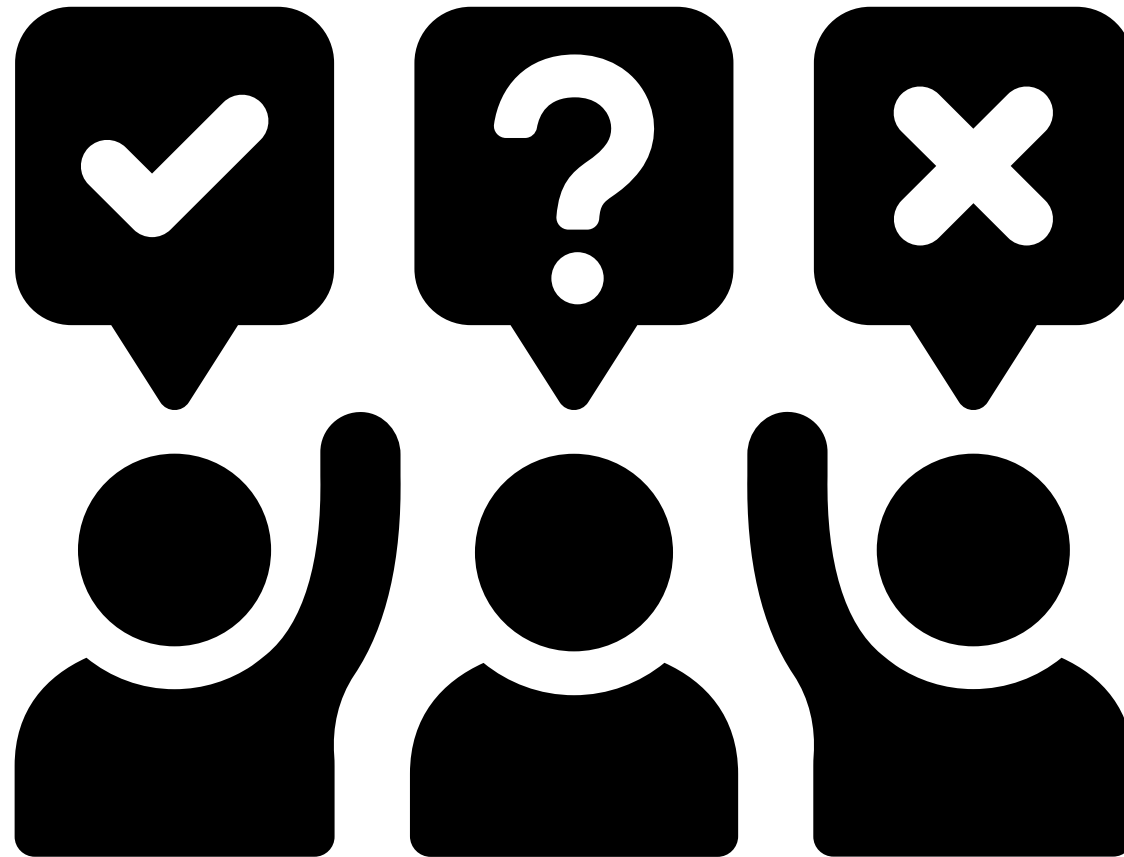
THE BODY STRESS CYCLE



Where do
we get
stuck?

Completing the Stress Cycle

Polls



COMPLETING THE STRESS CYCLE: MOVEMENT

Single most efficient way to
complete the Stress Cycle.

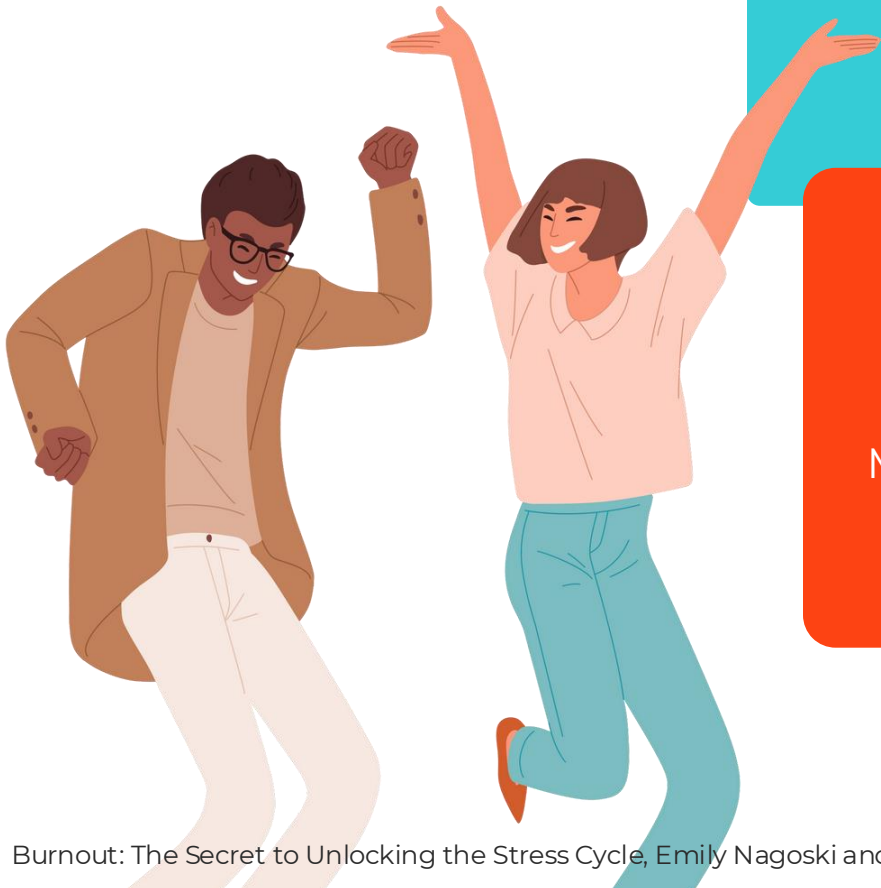
Communicates safety to the
brain and body.

THE KEY:

Move enough to breathe deeply
At least 20 minutes most days

Practice:

Movement snacks for 10 min every 50
Tense and release muscles; Stretch
ANY MOVEMENT OF THE BODY



COMPLETING THE STRESS CYCLE: **BREATHING**

Deep slow breaths downregulate
the stress response.

Gentlest way to regulate the nervous system.

Simple breathing can start to unlock trauma.

THE KEY:

At least one minute of practice.
It's okay if you have lots of thoughts.

Practice:

Exhale completely
Belly Breathe
Box Breathing
Exhale twice as long as inhale



COMPLETING THE STRESS CYCLE: LAUGHTER

Benefits:

- Social bonding
- Regulate emotions
- Lower cortisol
- Improve immune system
- Release endorphins
- Protect the heart
- Relax mind and body

THE KEY:

Deep belly laughter (not polite)

Practice:

- Laugh with others
- Reminisce about laughing in the past
- Watch comedies!



COMPLETING THE STRESS CYCLE: POSITIVE SOCIAL INTERACTION

Casual, friendly interaction is a sign
that there is kindness in the world.

THE KEY:

Challenge yourself to initiate friendliness.

Practice:

- Smile at the cashier
- Compliment others
- Start casual conversations
- Connect with friends/family/co-workers



COMPLETING THE STRESS CYCLE: AFFECTION

Benefits:

Lower blood pressure and heart rate.
Improve mood.
Release hormone: Oxytocin.
Decreases Cortisol

THE KEY:

Affection with someone you trust.

Practice:

6-second kiss
20-second hug (can be self)
Cuddle with a pet
Safety, love, support from higher power



COMPLETING THE STRESS CYCLE: CREATIVE EXPRESSION

Art/Storytelling allows us to celebrate and move through big emotions.

We process our past and our feelings.

THE KEY:

Use your imagination!

Practice:

Practice or view literary, visual, or performing arts.

Visualize what you need:
joy, celebration, peace, connection



COMPLETING THE STRESS CYCLE: CRY

Crying is a physical expression of stress.

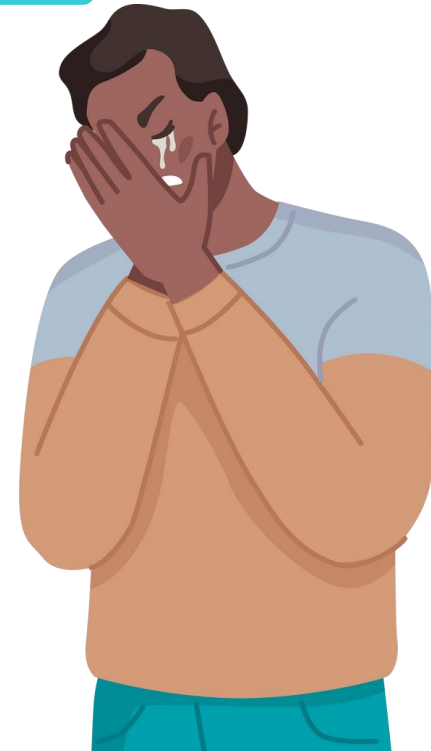
Crying allows the emotion to move through the body instead of getting trapped.

THE KEY:

Pay attention to the physical experience of crying rather than the source of stress.

Practice:

Watch tearjerker movies to go through the emotions with the characters.



Completing the Stress Cycle: **PRACTICE ONCE A DAY!**

Find what works for you.
When possible, combine them.
Look for improvement not perfection.
Have fun!



MOVEMENT

Move body for 20
minutes a day.



BREATHING

Slow your
breathing.



LAUGHTER

Belly laugh.



SOCIAL INTERACTION

Remember the
world is safe.



AFFECTION

Hug a loved one.



CREATIVE EXPRESSION

Get creative.
Enjoy creativity.



CRY

Allow tears.

Take Aways

Professional Development Workshops for Teams

Stress Resiliency:

Understanding the
Biology of Stress

Completing the
“Stress Cycle”

Assessing Compassion
Satisfaction/Fatigue
and Mitigating Burnout

Team Building:

Understanding Individual
and Collective Workstyles

Finding the Strengths in
an Intergenerational Team

Connecting to Have Fun,
Practice Problem-Solving,
and Boost Morale

Interpersonal Skills:

Using Healthy
Communication
Techniques

Providing
Effective Feedback

Practicing Strong
Conflict Resolution Skills



Helping Healers Heal

Jo Cruz and Carol Frame
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How to develop habits

What doesn't work:

- If we use **willpower** and force ourselves, we will avoid the practice the next day.
- If we make **big goals**, we give up.
- If we try to be **perfect**, we cannot be.

What works: (The most challenging part is getting started.)

- **Connect new habit** with something you are already doing.
- Make it easy to start with small steps that get rewarded.
- Just start for **30 seconds then celebrate!**
 - This releases dopamine.
 - Might go longer, might not. Either way works.

Thank you for joining us today!

There is a brief survey after the end of this webinar.
Thank you for providing us feedback by completing this survey.

Webinar will be available in 3 days:

<http://www.dibbleinstitute.org/webinar-archives/>

Questions? RelationshipSkills@Dibbleinstitute.org

Second Wednesday Webinar

June 11, 2025

Mind Matters

An Intervention for Substance Use and Misuse Prevention

Julie Craig

Arizona Youth Partnership