



NAVIGATING DISTRESSING & UNCERTAIN TIMES: Recognizing and Regulating Trauma Responses During Ongoing Stress

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS SESSION:

During distressing and uncertain times, and ongoing stress, responses vary widely.

For some, there is heightened anxiety or irritability. For others, numbness, distraction, or difficulty concentrating.

This session offers a structured space to pause and understand how current events may be affecting you- psychologically, physically, and relationally.

This session will provide:

- Education on common trauma and stress responses during active stressful events
- Guidance on recognizing shifts in mood, cognition, and behavior
- Evidence-based grounding and self-regulation tools
- Practical strategies to maintain psychological steadiness

This session is suitable for those who are:

- Navigating ongoing uncertainty or heightened stress
- Supporting others during challenging times
- Seeking practical, research-informed tools to regulate and stay steady
- Wanting clearer language to understand what they're noticing in themselves or others

