



**Welcome to the  
26<sup>th</sup> Annual AB 1058  
Child Support Training  
Conference**

# Mindful Techniques for Maintaining Professional Competency

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Judicial Council Training, October 13, 2022

# Agenda

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Overview and brief  
introduction

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Work environments and  
“allostatic load”

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Trauma Stewardship

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Practical Tools for maintaining  
professional wellbeing



# Introduction

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- Mindfulness – giving awareness to the present moment without judgment
- Why introduce it in a professional setting?

# Myth of Normal by Gabor Mate

- Consider a laboratory culture
- “Toxic” culture – unsuitable for the creatures it is meant to support or dangerous to their existence

# Myth of normal cont.

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- “Trauma is when we are not seen and known.”
  - Chronic restrains in the self
  - British Journal of Psychiatry in 2005 found that people undergoing relatively ordinary stresses and emotional losses such as relationship issues and work problems that would not qualify for a formal diagnosis suffered more PTSD-like symptoms, including bad dreams or emotional numbing
  - [T]rauma vs. [t]rauma



The body's attempt to maintain inner equilibrium in the face of changing circumstances.

“Allostatic load:” the strain on our body's regulatory mechanisms

Excessive and prolonged release of stress hormones, nervous tension, immune dysfunction, etc.

# Allostasis

# A Trauma Response

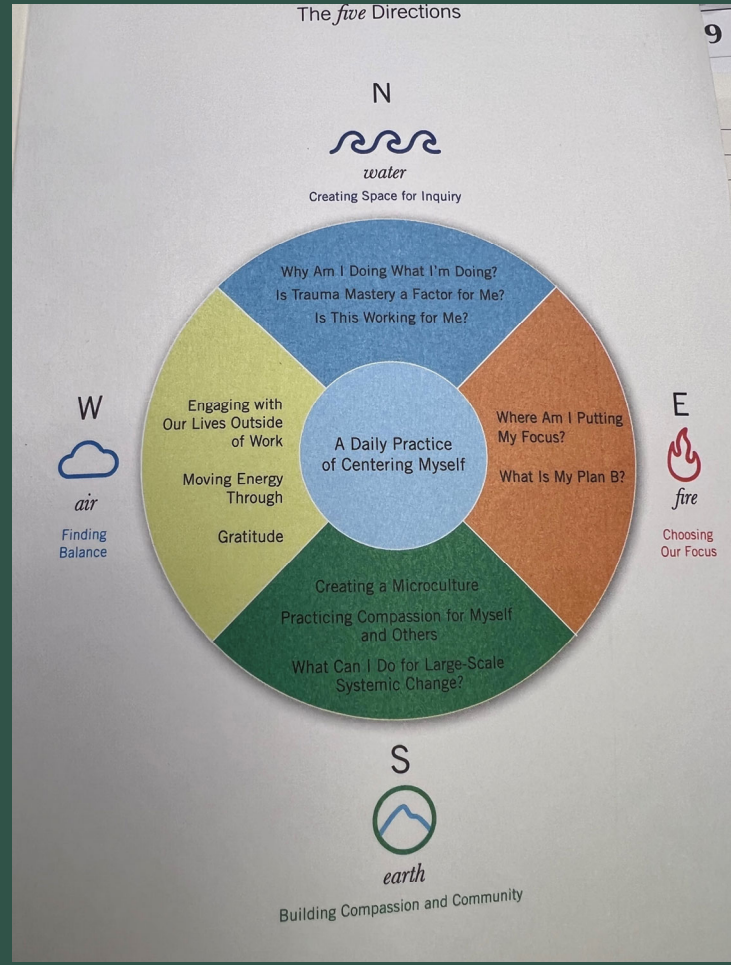






The *five* Directions

9



# A Daily Practice of Centering Myself

Simple Techniques that can serve as the first steps:

1. Create an intention for your day
2. Cultivate moments of mindfulness



# Two-minute practice

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I will let go of . . .

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I am grateful for . . .

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I will focus on:

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1.

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2.

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3.

# Resources for maintaining center

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1000 AWESOME THINGS  
[HTTPS://1000AWESOMETHING.COM/THE-TOP-1000/](https://1000awesomething.com/the-top-1000/)



GETTING TO CENTER BY  
MARLEE GRACE



AWAKENING JOY BY JAMES  
BARAZ



[HTTPS://GREATERGOOD.BERKELEY.EDU/](https://greatergood.berkeley.edu/)



North – create space and perspective

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Why am I  
doing what I  
am doing?

Is it working  
for me?



# Before the Body Says No: A Self-Inquiry Exercise

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- Question #1: In my life's important areas, what am I not saying no to?
- Question #2: How does my inability to say no impact my life?
- Question #3: What bodily signals have I been overlooking? What symptoms have I been ignoring that could be warning signs, were I to pay conscious attentions?
- Question #4: What is the hidden story behind my inability to say no?
- Question #5: Where did I learn these stories?
- Question #6: Were have I ignored or denied the “yes” that wanted to be said?

East

Where am I  
putting my focus?

What is my Plan  
B?



Focus -  
Challenging  
Work  
Situation  
Lists

Three things that make it challenging:

1.

2.

3.

Three things that you appreciate about it:

1.

2.

3.



## Plan B – Why?

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Having a Plan B reminds us that what we do is an act of free will. Plan B could involve a career change, a new place to live, a fresh approach to our work, etc. Even if we never go ahead, the mere act of considering alternatives may broaden our conception of our work.

# South – building compassion and community

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- Self-compassion mindfulness exercise



# West – Finding Balance

**Center of balance (COB)** is a point with respect to which the object in question is balanced with respect to applied force



# Ways of moving energy

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Ex. working out, writing, singing, dancing, martial arts, walking, laughing, touching nature

Movement exercise: Stand or sit in a comfortable position. Raise your hands above your head, breath in. As you lower your arms, breath out. Do this 20 times slowly.

# Resources

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Handouts and links

Questions?

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