



Caring Safely™ Module Five – Video Two

Body Awareness and Facial Mimicry

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In this video

- Body Awareness
- Facial Mimicry
- Surfing Your Emotions

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Body Awareness Activity

Building awareness of what is happening in your body while you are working with a client or around people with intense emotions.

Signs of Arousal:

- Faster Breathing
- Increased Heart Rate
- Pupils Dilated
- Increased Sweating
- Cold (clammy) Skin

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Facial Mimicry

Research shows...

Begin to increase awareness of, and control over, your facial mirroring.

Smiling – observe and control

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Surfing Your Emotions

Learn how to recognize and ride the rise and fall of your emotions.

Different emotions will present with different experiences

Personalize and Integrate with Handout

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Review video two

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