



## Caring Safely™ Module Four – Video Two

The Relaxation Response, Grounding and Perfectionism

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## In this video

- Stress Response and Relaxation Response
  - Extended Exhale
  - Sensory Grounding
- Letting go of perfectionism
  - The 80% Rule

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## Stress Response

Fight or Flight Response

Once Upon a time...

See a Bear –

Fear!  
Danger!  
Run!



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## Stress Response

But today...



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## Relaxation Response Deep Vs. Shallow Breathing

Deep Vs. Shallow Breathing

Chest rising = shallow breath

Belly expanding = deep breath

Fully exhale before taking first deep breath

Inhale through nose, exhale through mouth



*Deep Breathing Practice Handout*

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## Extended Exhale

Purpose of the exhale is to trigger the relaxation response.

**Do not try if you have a heart condition or a health condition that can be impacted by triggering the relaxation response, taking deep breaths or expanding the belly. Please check with you doctor first if you have any of these concerns.**

Inhale through nose. Exhale through mouth.

3-6 breathing

4-2-6 breathing

*Extended Exhale Practice Handout*

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### Sensory Grounding

•Using a one of your senses, to focus on something neutral, in the present moment. Combine with deep breathing.

- Rubbing fingers together
- Touching ring
- Focusing on feet touching the ground

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### Perfectionism

Perfectionism is an anxiety based trait. Can be linked to our core worth – we feel we need to do something perfect, because if we are criticized for it, or don't do well, then it speaks directly to our worth as a human. Remember individual core worth exercise.

Causes us to push our boundaries aside and to put our needs aside for the sake of getting something "perfect" or helping someone more.

If our perfectionism is linked to our client's outcome, we are very vulnerable to poor boundaries and lack of assertiveness and self-care. Remember locus of control and responsibility pie.

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### The 80% Rule

Perfectionists who strive to do 80% of what they can do, are likely putting in more effort and achieving better results than non-perfectionists who put in 100%.

Aim for 80% of what you can do.

"Just because you can, doesn't mean you should"

Explore the discomfort that comes with stopping at 80%. Try with activities that are perceived as non-threatening before activities that are perceived as threatening.

Use your deep breathing and sensory grounding when you notice the stress/anxiety that comes with stopping at 80%

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## Review of video two

- Stress Response and Relaxation Response
  - Extended Exhale
  - Sensory Grounding
- Letting go of perfectionism
  - The 80% Rule

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