

**INSTITUTE FOR SPIRITUAL LIFE & PSYCHOTHERAPY
HEALING FOR HEART, MIND, & SPIRIT**

*Practicing Sound Self-Care During the COVID-19 Pandemic
~ Self-Care Practices to Tend the Mind ~*

COPY-AND-PASTE a link into an Internet browser and press “ENTER” or “RETURN.”

OR

RIGHT CLICK when hovering your cursor over the link.

- Video with trauma expert Bessel van der Kolk offered by PESI (28 mins video)—I highly recommend this video. It offers many helpful ways of thinking about trauma and how to protect oneself from developing PTSD. Even though we are all witnessing a global trauma this does not necessarily mean that we will experience PTSD. One can use many strategies to build resiliency and disrupt the developmental pathway from a traumatic *experience* to a traumatic *disorder*, and this video elucidates this lesson quite readily.

https://catalog.pesi.com/sq/bh_001345_body_keeps_the_score_freevideo_email_sq-119908?utm_medium=email&utm_source=sp&utm_campaign=040320_bh_crt_Bessel_BodyKeepsScore_FREEWebcast_9am_throttled&spMailingID=32100886&spUserID=MjI4MTM0MjM1NDY2S0&spJobID=1683104686&spReportId=MTY4MzEwNDY4NgS2

- Playful video teaching Acceptance and Commitment Therapy “I am experiencing...” technique to constructively work with feelings, thoughts, and beliefs that inadvertently unconsciously limit are capacity and creativity to resolve problems, when encountering difficulty, etc. (Approx. 5 mins)

<https://www.youtube.com/watch?v=z-wyaP6xXwE>