

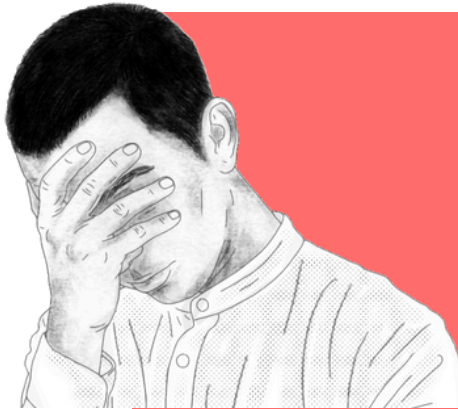
WHAT DOES SURVIVAL MODE LOOK LIKE FOR A HELPING PROFESSIONAL?

In your role as a helping professional, do you recognise yourself in any of these modes when working with parents, carers and young people?

Offer yourself curiosity and compassion:

- What else is going on for you within this relationship?
- What is going on for you outside of your professional role that might be impacting you?
- What can you do to regulate yourself in the moment, daily and weekly?

HYPER AROUSAL (FIGHT, FLIGHT, FREEZE) WE MAY:



- Feel anxious
- Be argumentative
- Avoid eye contact
- Be blaming
- Be controlling
- Be critical
- Feel defensive
- Be disinterested
- Be forgetful
- Ignore communications
- Have an imbalance of input vs. output
- Feel ineffective
- Be paralysed
- Be tearful
- Be uncommunicative

- Be adaptive and responsive
- Have a clear understanding of roles and responsibilities
- Connect to our own emotions as a resource
- Be creative
- Be curious
- Find balance between effort and commitment
- Be flexible
- Make positive & appropriate risk-taking decisions
- Be open to different perspectives
- Manage the tension of discomfort
- Stay responsive despite feeling uncomfortable
- Experience fear, but not be overwhelmed by it. We can still think and problem solve



WITHIN OUR WINDOW OF TOLERANCE WE CAN:

HYPO AROUSAL (COLLAPSE) WE MAY:



- Be insular
- Feel hopeless
- Feel overwhelmed
- Be forgetful
- Be consistently late for work
- Avoid all communication
- Oblivious to appearance of self
- Be ambivalent
- Feel burned out
- Experience compassion fatigue
- Feel confused
- Feel disconnected
- Feel sick
- Be disengaged

It is important to remember that like children, these behaviours need to be thought about in the context of a person's whole story and not as stand-alone evidence that a person is in survival mode.