

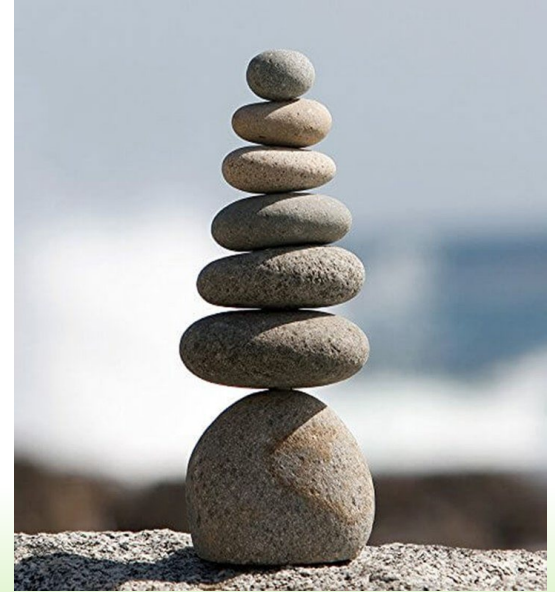


Sustainable Resilience: Supporting Your Long- Term Well-Being

**OEO POTF
Compassion in Action
April 9, 2026**

Today's Takeaways:

- Information regarding the neuroscience of resilience
- Exploration of how internal conditioning and boundary setting affect the path to resilience
- Understanding of sustainable well-being and two practices to assist in growing it
 - 1) a method for challenging negative conditioning, and
 - 2) a process for setting and communicating effective boundaries.





RESILIENCE

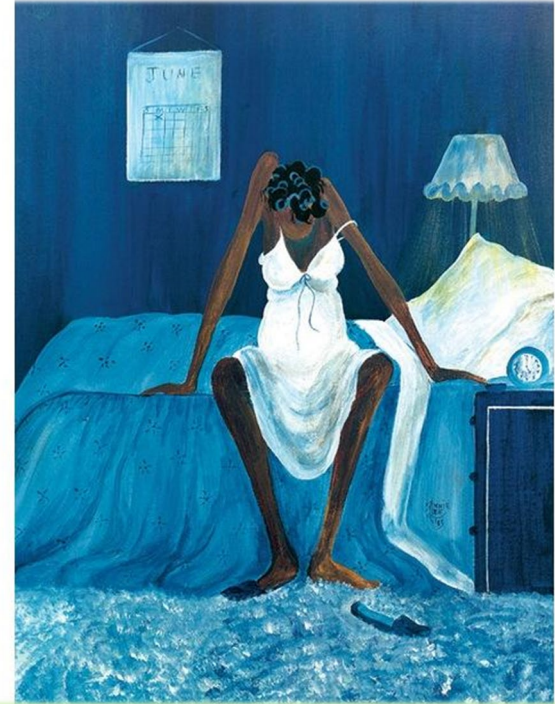
“I dream of never being called resilient again in my life. I’m exhausted by strength. I want support. I want softness. I want ease. I want to be amongst kin. Not patted on the back for how well I take a hit. Or for how many.”

**Zandashé L’orelia Brown,
writer/director**



Burnout looks like this

- feelings of energy depletion or **exhaustion**,
- increased **mental distance** from one's job/or responsibilities,
- or feelings of **negativity** or **cynicism** and related to one's job/or responsibilities,
- reduced **sense of accomplishment**.



Burnout is the result of functioning, working, and producing while experiencing unmitigated and prolonged stress response.



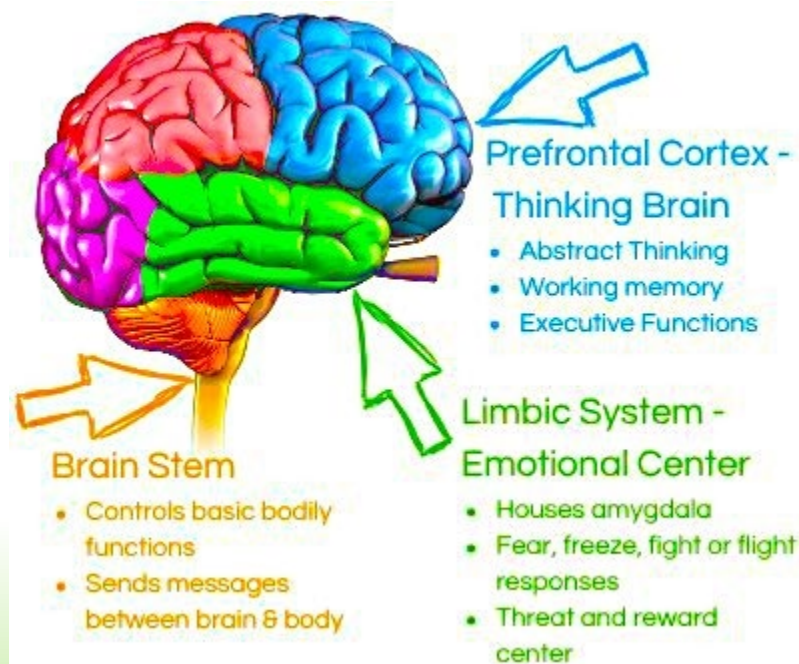
The 7C's of Sustainable Resilience TM

- Complete the Stress Response
- Conserve Energy
- **Construct Boundaries**
- Cultivate Self-Compassion

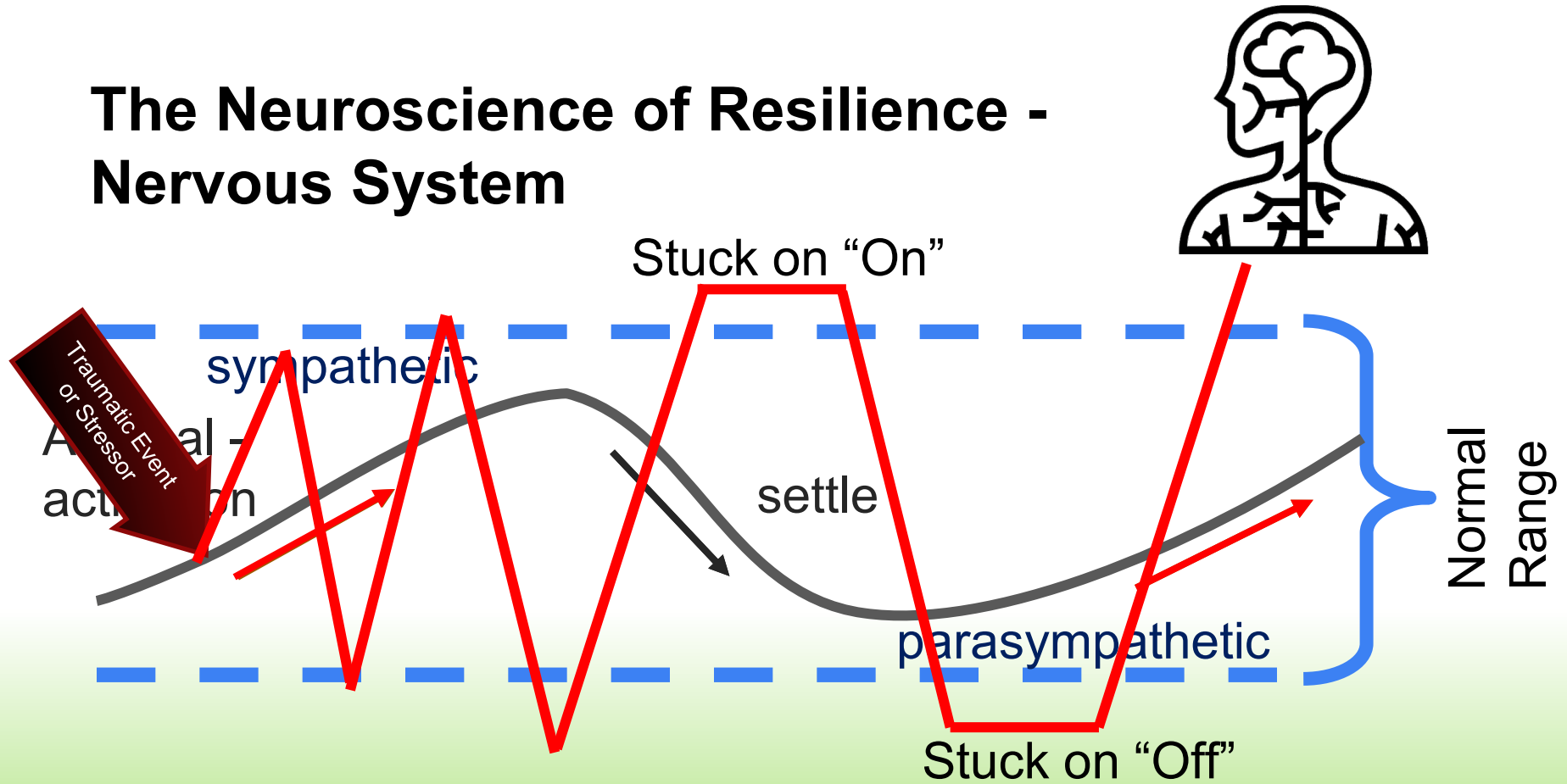


- **Challenge Conditioning**
- Connect with others
- Calibrate

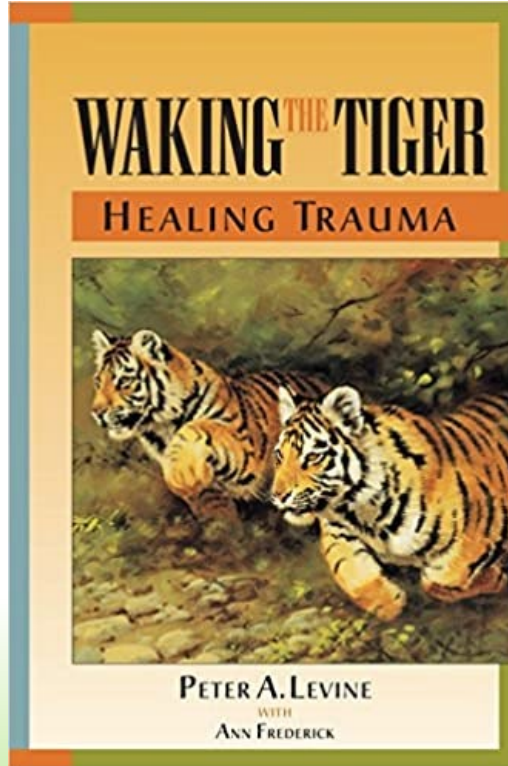
The Neuroscience of Resilience - Brain



The Neuroscience of Resilience - Nervous System



When experiencing excessive stress and secondary trauma - our nervous systems react as though responding to a threat.



NOTE: In our brains and nervous systems, **UNCERTAINTY** reads as though we are in danger or under threat.

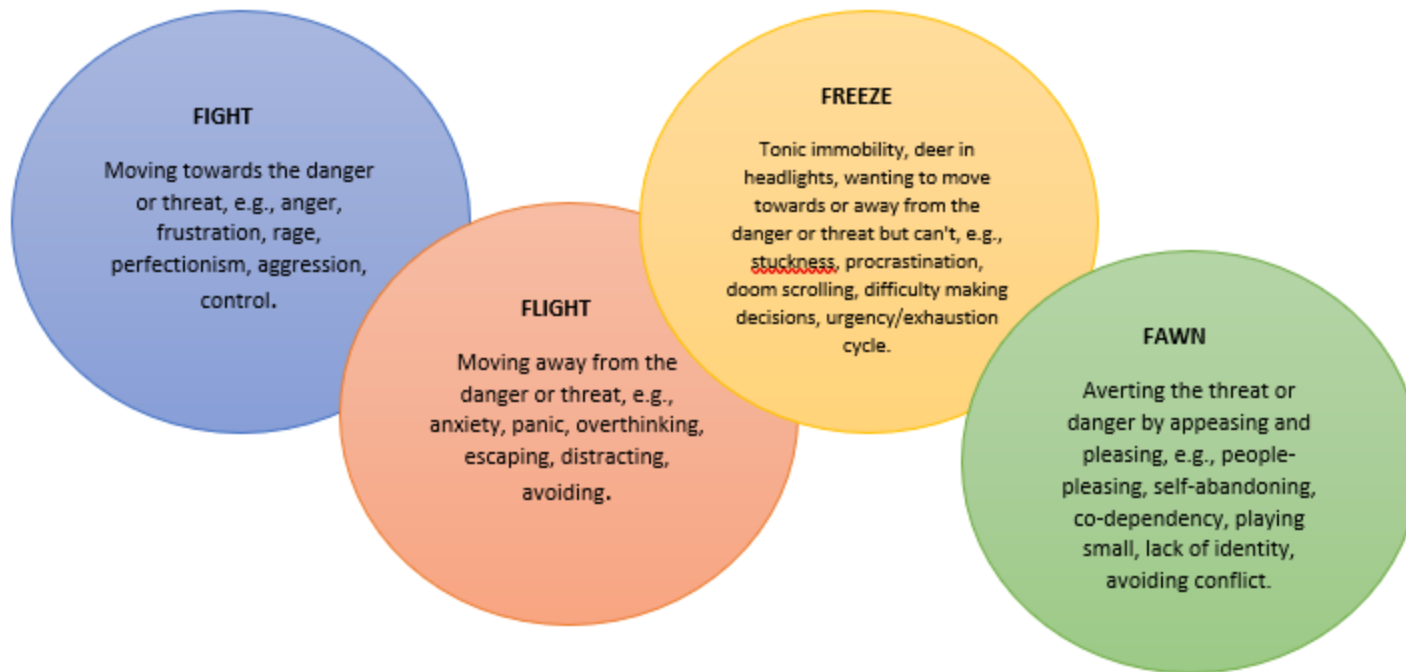
What happens when we are NOT regulated (when we are not in our “window of tolerance”)?

- Default to our stress/trauma response
- Default to our conditioning
- We “flip our lids”
- We become more reactive than responsive



The difference between reacting and responding is regulation.

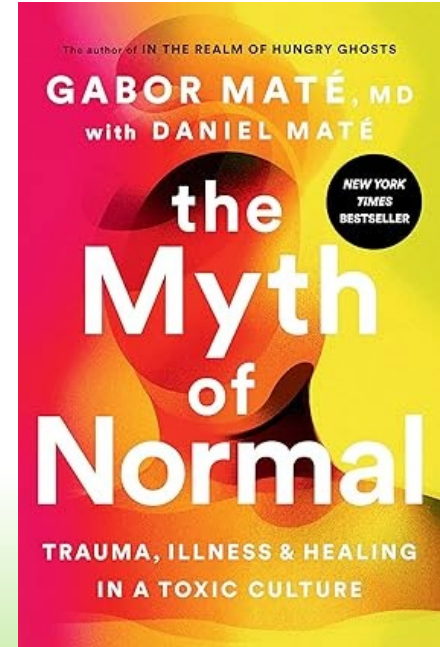
How does our stress response show up?





COMPLETE the Stress Response

The way we typically respond to a stressful situation (our “default stress response”) often first appeared in response to our own past trauma.

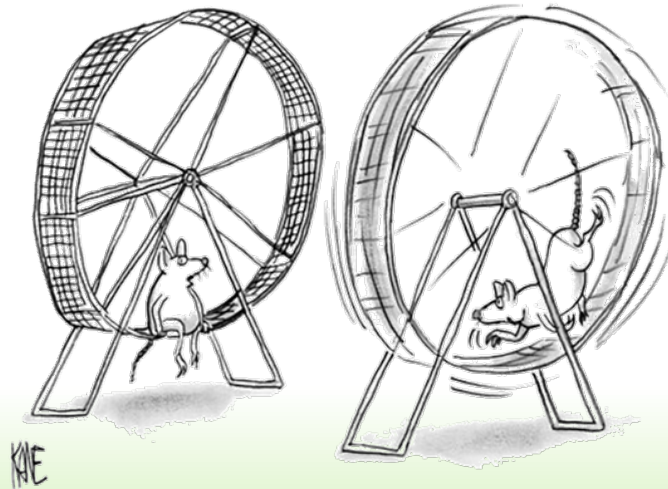


Completing the Stress Response

- **Discharge and reset the nervous system** by using somatic practices like yoga, tai chi, stretching, running, dancing, cold showers/ice swim.
- **Practicing restoration, regulation, and presence:** taking deep breaths, mindfulness, meditation, relaxation techniques
- Trying stimulating the **vagus nerve** – which is located in the neck and associated with the parasympathetic nervous system – by singing, humming, rocking, or gently tapping on areas of the body.

All of these practices remind your body that it is a **safe place to live** – and your energy can return to your window of tolerance. It moves you from being stuck on “on” or stuck on “off”.

Key to building resilience and interrupting burnout, is **confronting our inner responses** – those that keep us on the hamster wheel.



"I had an epiphany."

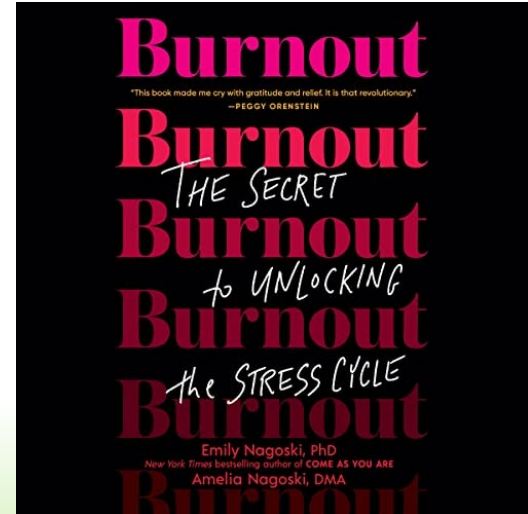
CHALLENGE the Conditioning



- Societal
- Cultural
- Familial
- Internal (resulting from above)

CHALLENGE Societal Conditioning

“Human givers are expected to offer their time, attention, affection, and bodies willingly, placidly, to the other class of people the “human beings”. Givers are to be attentive to the needs of others, at the expense of their own needs, emotions, desires, ambitions. Givers are often trapped – shamed and punished (how dare you!) for taking care of themselves.”



CHALLENGE Cultural Conditioning

Capitalism, Patriarchy, and the push to “Succeed”

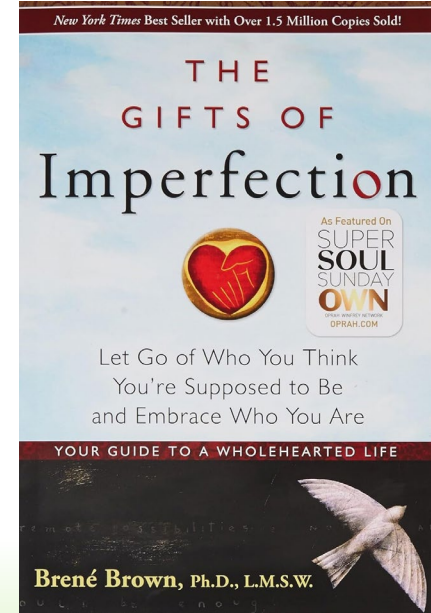
BURNOUT CULTURE (USA/Western)	COUNTER-CULTURAL
Glorification of overwork	Vacation, paid leave, time off; Role model limits
Model of success – “having it all”	Practice gratitude for abundance rather than fear of scarcity
Women/Female identified: being it all – nurturer, successful worker, etc	Acknowledge enough-ness
White dominant culture: demands more from those on the margins in order to “fit in” or “succeed”	Embrace authenticity (against the fit-in culture)
The tyranny of perfection	Celebrate learning, growth, and making mistakes
Finances over feelings	Focus on passion over pocketbook
Individualism	Pay attention to our emotional needs, our need for connection and community
How you are valued by others	Embrace that who you are is already valuable

CHALLENGE Familial Conditioning i.e. the Tyranny of Perfection

Perfectionism is not the same as striving to be your best.

“...It's the belief that if we do things perfectly and look perfect, we can minimize or avoid the pain of blame, judgment, and shame.”

Brené Brown



CHALLENGE Internal Conditioning

- **The Pusher:** “Keep going, don’t rest.”
- **The Inner Critic:** “You’re not doing enough.”
- **The People-Pleaser:** “Don’t let anyone down.”
- **The Perfectionist:** “Keep going, it needs more work in order to be perfect, no mistakes allowed.”
- **The Controller:** “Stay in control of everything so nothing bad can happen”
- **The Fearful:** Hold pain, fear of failure, unworthiness



GUIDED PRACTICE:

Naming the part

What particular part is driving your burnout?

- Give it a name and persona
- Acknowledge and investigate
- Thank it with love
- Give it a seat – over there.

Without “*insert name here*” – I am/I feel/I can ...



Construct Boundaries





Construct Boundaries

Constructing boundaries helps us to make room for US – it allows us to make room for more energy.



B.I.G.

What **boundaries** need to be in place for me to stay in my **integrity** and make the most **generous** assumptions about you?

How to Construct Boundaries

TIP #1: Clear and Kind Statements

- ❖ Align
- ❖ Regulate
- ❖ Communicate



How to Construct Boundaries

TIP #2: Communicate in a variety of formats

- In your email signature
- In your auto responder
- In time stamps of emails
- In voicemail
- In in-person introductions (who are you? what are you like?)
- In conversation (naming what you value)



How to Construct Boundaries

TIP #3: Stay clear of “I’m sorry but...”

Apologies in a boundary:

- Imply that the limit is an imposition
- Weaken the message (is it firm or flexible?)
- Can lead to more pushback
- Centers your guilt, not your needs (and it's ok to have needs)

Sustainable Resilience Is:

- Yours to define for YOU – so that it fits your default stress response, your needs, your tendencies, your culture, and your circumstances.
- Reliant upon self-regulation to stay in your “window of tolerance”.
- More about “letting go” than “pushing through”.
- Deeply rooted in self-compassion.
- Built through self-awareness and self-acceptance.
- Maintained through attention and practice, rather than “hard work”.

The 7C's of Sustainable Resilience TM

- Complete the Stress Response
- Conserve Energy
- **Construct Boundaries**
- Cultivate Self-Compassion



- **Challenge Conditioning**
- Connect with others
- Calibrate

Trauma-Informed Resilience

1:1 Coaching

contact

Auburn Watersong

watersongconsulting@gmail.com

instagram: @watersongresilience

