

strategies for connecting with students & families  
in disconnected and anxious times



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the wholehearted journey

lessons from a decade of studying shame, fear & vulnerability

- authenticity
- love and belonging
- a resilient spirit



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 guideposts for connecting  
in anxious times

- scarcity & the fear of “never enough”
- exhaustion, productivity & anxiety
- resentment & people pleasing
- powerlessness & disappointment
- uncertainty

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### guideposts for connecting in anxious times

- gratitude & joy
- rest, stillness, & play
- boundaries
- hope
- intuition, faith, & spirit

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### cultivating gratitude and joy letting go of scarcity and “never having enough”

#### scarcity

- there's never enough
- it won't last long enough
- accumulating instead of feeling
- achievement as self-worth

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### cultivating gratitude and joy letting go of scarcity and “never having enough”

#### gratitude

- negatively correlated with behavioral disengagement, substance abuse, self-blame and denial
- positively correlated to forgiveness and empathy
- sharing joy increases joy
- positively correlated with problem-solving vs. avoidance
- materialistic values are related to an increase in social anxiety, depressive systems, global negative emotions, and lack of presence of meaning in life

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**TRUST GRATITUDE INSPIRATION FRIDAY**

I think the beauty of twinkle lights is the perfect metaphor for joy.

Joy is not a constant. It comes to us in moments - often ordinary moments. Sometimes we miss out on the bursts of joy because we're too busy chasing down the extraordinary moments. Other times we're so afraid of the dark that we don't dare let ourselves enjoy the light.

A joyful life is not a floodlight of joy. That would eventually become unbearable.

I believe a joyful life is made up of joyful moments gracefully strung together by trust, gratitude, and inspiration. -- Brené Brown

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**cultivating rest, stillness, and play  
letting go of exhaustion as a status symbol  
productivity as self-worth  
anxiety as a way of life**

current status symbols:

- exhaustion
- multi-tasking
- over-scheduling
- sleep deprivation
- not utilizing vacation

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**cultivating rest, stillness, and play  
letting go of exhaustion as a status symbol  
productivity as self-worth  
anxiety as a way of life**

- social, emotional, cognitive, and physiological needs are real
- health consequences are real

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cultivating boundaries  
letting go resentment and people-pleasing

to set boundaries we must

- let go of fear
- re-examine our priorities

can we tolerate discomfort long enough  
to avoid resentment and anger?

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embracing hope  
letting go of powerlessness  
developing tolerance for disappointment

hope is learned!

- setting goals
  - I can set realistic, attainable goals
- pathways
  - I know how to get there
  - I'm flexible enough to find alternative routes
  - I can cope with stress and disappointment
- agency
  - I can do this



research by CR Snyder, Ph.D. (University of Kansas, Lawrence)

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embracing hope  
letting go of powerlessness  
developing tolerance for disappointment

- hope is learned through interpersonal relationships that include:
  - boundaries
  - consistency
  - support
- persistence and tenacity are critically important to hopefulness.
- hope requires the ability to tolerate ambiguity, disappointment, and natural consequences

research by CR Snyder, Ph.D. (University of Kansas, Lawrence)

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cultivating intuition, trusting faith  
& holding spirit sacred  
letting go of the need for certainty



how do we invite perspective, purpose,  
and wonder into our lives?

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cultivating intuition, trusting faith  
& holding spirit sacred  
letting go of the need for certainty

- trusting interconnection
- respecting and enjoying nature
- building community
- practicing faith
- honoring intuition
- engaging in activism
- laughing
- singing, dancing, and playing

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### moving past anger

emotions underlying anger:

- shame
- guilt
- embarrassment
- sadness
- fear
- sadness
- disappointment
- worry
- jealousy
- hurt
- hopelessness
- anxiety




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## recognize anxiety

*The Dance of Connection* by Harriet Lerner, Ph.D.

- over-functioning vs. under-functioning
- everyone is connected to everyone
- anxiety is contagious
- calm is contagious

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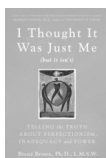
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read-along



mailing list  
event schedule



WholeHearted launch

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