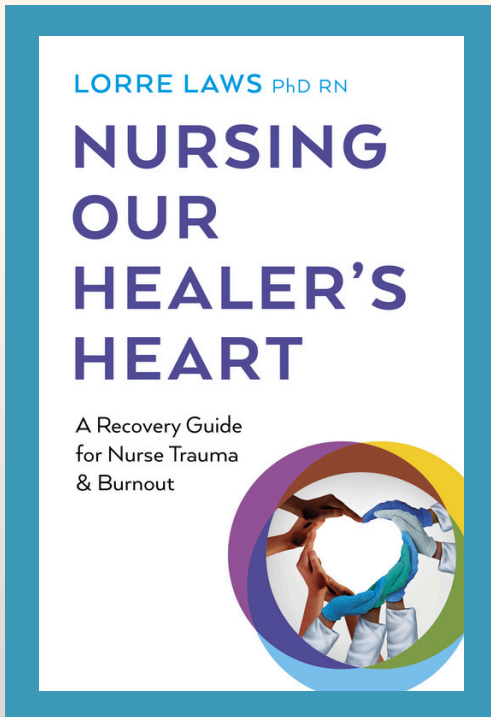




Companion Guide

This is your companion guide to *Nursing Our Healer's Heart*, filled with resources and the Haelan Nurse Activities at the end of each chapter. These resources will help you insulate yourself from the broken system so you can thrive instead of just survive in your practice. **Be sure to complete every activity so you can track your progress!**



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Dr. Lorre invested ten years and over \$200k to earn her PhD. She invested six years and over six figures of her own money to bring forth healing education and resources for nurses experiencing burnout and traumatization.

Thank you for honoring all that was required to bring these resources to you.

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Chapter 4

Your Innate Care Plan (YICP)

The Button Jar Practice



Practice #1 - Button Jar

You have been conditioned to believe **there is no time** for you, no time to stop, slow down, and check in to see what your bodymindessence is feeling and needing. This perceived lack of time is heightened if our nervous system feels unsafe.

Here's what to do:

1. Visualize a button jar filled with assorted sizes and shapes of buttons.
2. Determine what each button size translates to time-wise for you.

For example:

tiny button = 3 seconds
small button = 30 seconds
small-medium = 3 minutes
medium = 30 minutes
medium-large = 3 hours
large = 30 hours
jumbo = 3 day weekend



Here's what to do next

3. Always start with a MicroDoses Matter practice for 30 seconds- 3 minutes, as described on the next page.
4. If you have more than 3 minutes to nurture your nervous system, make a date with yourself do just that. This is a "feel your way into it" process instead of a "this is what I think I need" one. Let the wisdom of your nervous system (NS) guide you!



If you feel like moving, then nurture yourself with movement-based activities. If you feel like playing, play. Do contemplative or stillness-based feel aligned? Do those? Need to check out to rest or sleep? That's OK, too. The only rule here is to be safe and aligned with your NS's wisdom!

Chapter 4

Practices to Nurture My Nervous System

Instructions: Using the Tree of Contemplative Practices as a refresher, map out the practices that you'd like to try out for each of your nervous system/vagus nerve circuits and hybrids shown on the next page: play, stillness, SNS overdrive (hyperarousal), fawn, and freeze. To optimize healing, on the next page list practices that you can do solo or with others.



Examples of Creative Practices

Music, singing, improvisation, contemplative arts, journaling, any form of creative expression through any medium (drawing, painting, sketching, sculpting, arts and crafts, building, modeling, etc.).

Examples of Active Practices

Engaging with, supporting, or bearing witness to social justice issues (vigils and marches, activism work and volunteering, pilgrimages, etc.).

Examples of Relational Practices

Deep listening, dialogue, council circle, storytelling, poetry reading, acting, playing, authentic sharing with trusted loved ones.

Examples of Stillness Practices

Meditation, silence, centering, quieting the mind, mindfulness practices, body scanning, breathing practices (4x4, 4-7-8, etc.), mindfulness apps and videos, welcoming your thoughts, feelings, and sensations.

Examples of Generative Practices

Gratitude, visualization, beholding, contemplative reading, loving-kindness & compassion meditation, embracing preferred wisdom, indigenous, cultural, and spiritual traditions, opening to interconnectedness with all other living beings, cultures, and societies.

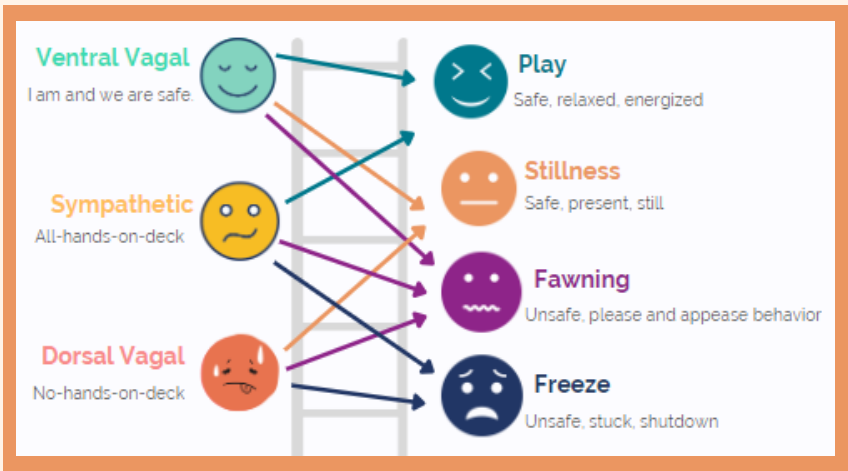
Examples of Movement Practices

Walking meditation, labyrinth walking, yoga, dance, aikido, qigong, t'ai chi, ecstatic dance, shaking, jumping, swaying, any form of exercise that you enjoy, including hiking, climbing, biking, lifting, etc.

Examples of Ritual, Circular Practices

Retreats, establishing a sacred or personal space, ceremonies based in spiritual or cultural traditions, celebrations, practices, etc.





Play Practices

Stillness Practices

Sympathetic Overdrive Practices

Fawn Practices

Freeze Practices

Notes