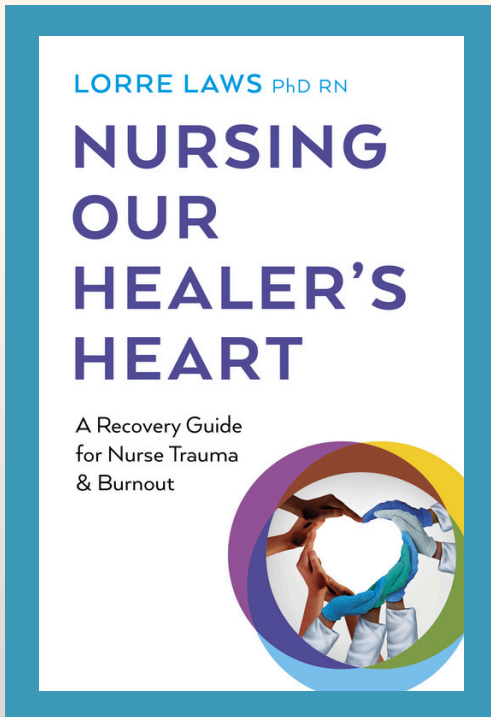




Companion Guide

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.

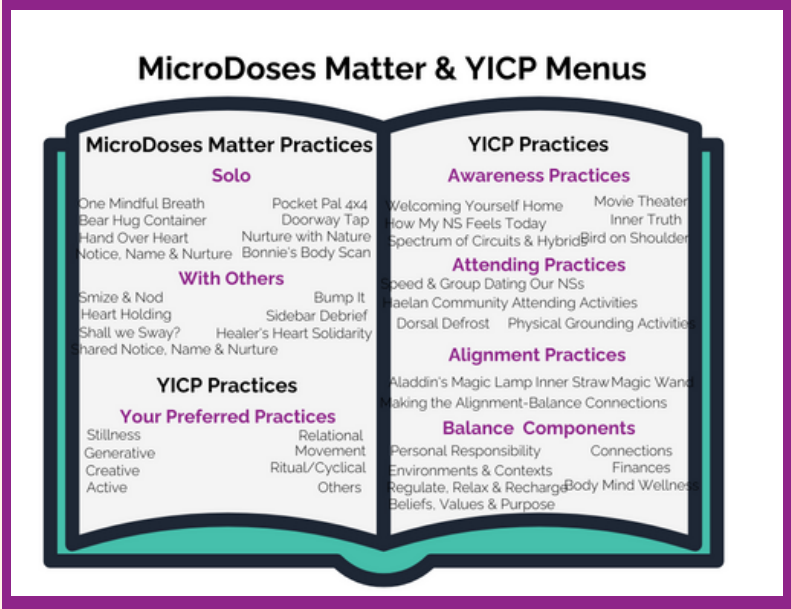
Thank you for honoring all that was required to bring these resources to you.

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Chapter 6 Activity #1

Leaning Into Our Layers - Awareness

Worksheet #1 Instructions: Below are the same two worksheets that Natifa completed in her session. Now it's your turn. Just notice and gesture inclusion to any sensations, perceptions, or emerging unhealed bits, knowing that you are healing with so many others — including me and our Haelan Communities. Lean into your people as often as desired.



On the following page . . . you'll lean into your layers and tenderly explore how your NS feels today. Circle all sensations that apply and tally the number that you circled for each circuit.



Worksheet #1 Circuits Survey Instructions: Circle all sensations that apply and tally the number that you circled for each circuit.

How My NS Feels Today

(circle all that apply)

Circuit #1: I feel . . .

Calm	Safe	Social
Connected	Relaxed	Lighthearted
Grounded	Empathetic	Settled
Rested	Relaxed Digestion	Open
Capable	Breathing Easy	Curious
Healthy	Engaged	Compassionate
Vital	Low Stress	Mindful
Present	Seeing big picture	Relatable & Relating

Note any other related sensations here. Circle each sensation.

Refer to YICP Menu and explore which practices feel best for where you are in your NS today.



My Number of Circles
for **Circuit #1** is

Worksheet #1 Instructions: Circle all sensations that apply and tally the number that you circled for each circuit.

How My NS Feels Today

(circle all that apply)

Circuit #2: I feel ...

Frustration	Sleep challenges	Vigilant
Irritation	Activated	Constipated
Rage	Overly energized	Fidgety
Concern	Increased HR BP RR	Difficulty Concentrating
Anger	Sweating/not sweating	Emotionally Constricted
Restless	Enlarged pupils	
Worry	Dry mouth	Panic
Difficulty Swallowing	Annoyed	Anxiety
Mod-high stress	Appetite changes	Narrow focus

Note any other related sensations here. Circle each sensation.

Refer to YICP Menu and explore which practices feel best for where you are in your NS today.



My Number of Circles for **Circuit #2** is

Worksheet #1 Instructions: Circle all sensations that apply and tally the number that you circled for each circuit.

How My NS Feels Today

(circle all that apply)

Circuit #3: I feel ...

Numb	Trapped	↓ Sexual desire
Collapsed	Stuck	Depressed
Immobile	Fearful	Emotionally Detached
Helpless	Decreased HR BP RR	Flat
Disconnected	Shallow respirations	Brain fog
Dissociated	Lightheadedness	Overwhelmed
Shame	Increased pain threshold	Withdrawn
Apathetic	Fatigue or exhaustion	Muscle fatigue
Hopeless	Limited social interest	Can't think in the big picture

Note any other related sensations here. Circle each sensation.

Refer to YICP Menu and explore which practices feel best for where you are in your NS today.



My Number of Circles
for **Circuit #3** is

Chapter 6 Activity #1 Continued

Leaning Into Our Layers

Worksheet #2 Instructions

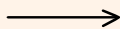
Step 1 Circuits Self-Survey. Using the “How My Nervous System Feels Today” exploration exercise on the preceding pages, record the number of circles for each circuit below.

<p>#1</p> <p>Description Circuit #1 = Safety Circuit</p> <p>The ventral vagal circuit is online</p> <p><i>I am and we are safe</i></p>	<p>#2</p> <p>Description Circuit #2 = Danger Circuit</p> <p>The sympathetic override circuit is online</p> <p><i>All hands on deck</i></p>	<p>#3</p> <p>Description Circuit #3 = Extreme Danger Circuit</p> <p>The dorsal vagal circuit is online</p> <p><i>No hands on deck</i></p>
<p>Circuit #1 = Safety Circuit</p> <p>Write the number of circles from Worksheet #1, Circuit #1 here:.....</p>	<p>Circuit #2 = Danger Circuit</p> <p>Write the number of circles from Worksheet #1, Circuit #2 here:.....</p>	<p>Circuit #3 = Extreme Danger Circuit</p> <p>Write the number of circles from Worksheet #1, Circuit #3 here:.....</p>
<p>#1</p>	<p>#2</p>	<p>#3</p>

From the table above . . . reflect upon the distribution of your NS-related sensations across the three circuits (#1 Safety, #2, Danger, #3 Extreme Danger).

Gesture inclusion for any thoughts, feelings, sensations, or memories that may appear in the present moment.

Note any other related sensations here.



Refer to YICP Menu and explore which practices feel best for where you are in your NS today.

Chapter 6, Continued

Leaning Into Our Layers

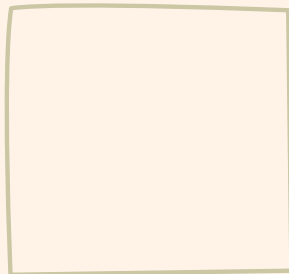
Worksheet #2 Instructions, continued

Step 2 Hybrids Self-Survey. Repeat the same Step 1 process. This time, we'll explore to see what hybrid(s) may be online

Play Hybrid	Stillness Hybrid	Freeze Hybrid	Fawn Hybrid
These circuits are online: Ventral Vagal SNS <i>I am safe, engaged, and joyful</i>	These circuits are online: Ventral Vagal Dorsal Vagal <i>I am safe, open, curious, and still</i>	These circuits are online: SNS Dorsal Vagal <i>I don't feel safe. I can't. I just can't.</i>	These circuits are online: Ventral vagal SNS Dorsal Vagal <i>I don't feel safe. I can't fight or flee so I'll please and appease</i>
# of Circuit 1 circles from above:	# of Circuit 1 circles from above:	# of Circuit 2 circles from above:	# of Circuit 1 circles from above:
# of Circuit 2 circles from above:	# of Circuit 3 circles from above:	# of Circuit 3 circles from above:	# of Circuit 2 circles from above:
			# of Circuit 3 circles from above:

From the table above . . . reflect upon which hybrid is most prominently online. Gesture inclusion for any thoughts, feelings, sensations, or memories that may appear in the present moment.

Your notes & reflections. →



Chapter 6 Activity #2

Leaning Into Our Layers - Attending Layer

Activity #2 Instructions: It is very common for nurses to left-shift or disconnect from their body in varying degrees as a subconscious coping and survival mechanism.

In this activity, we'll explore some of the physical grounding activities listed below. Add them to YICP and have fun playing with them in your Haelan Communities. What other physical grounding activities can you add to this short list?

Physical Grounding Activities

- Slowly open and close your jaw several times
- Feel the heat!
Rub your hands together as fast as you can.
- Sway, swan dive, wiggle, jiggle, or free dance.
- Stomp, march, bounce, or jump up and down.
- Tear pages - newspaper, magazine, phone book, old books . . .anything goes!
- Shout, yell, scream, verbally release into a soft pillow.
- Flow with your body! Stretching, yoga, tai chi, pilates, or freestyle movement.
- Move with your body! Anything from a few jumping jacks to a long run will do.
- Slowly and mindfully create a hot or cold beverage while feeling and tasting everything.
- Any other physical connection with your body that feels safe and supported.

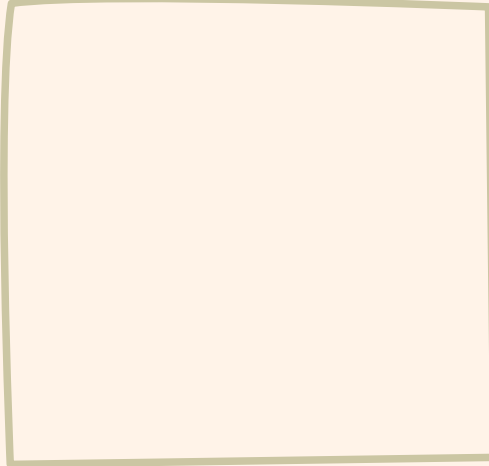
Your Ideas - Grounding Activities

Chapter 6 Activity #3

Leaning Into Our Layers - Alignment & Balance Layers

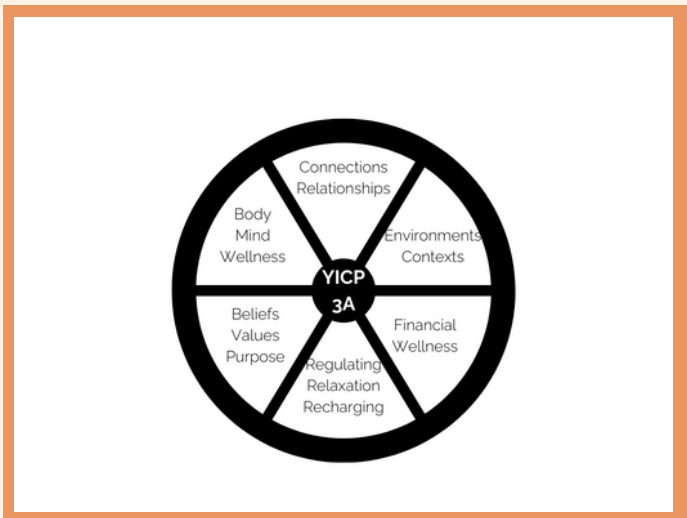
Activity #3 Instructions: This activity has four steps, each of which builds upon the next.

Step #1: Do one round of YICP flow practice. Jot down or discuss what inner world thoughts, emotions, sensations, or unhealed bits of wisdom emerged in the box below.



Before we move to Step #2, take a moment to refresh your memory regarding the balance components from YICP.

Personal responsibility is depicted as the center or hub of the wheel into which YICP and the 3As are situated.



Step #2: For each of the outer world balance components below, observe and note how your inner world is being reflected in each balance component. There may be overlaps, areas where nothing emerges, etc. This is an organic, intuitive, and contemplative process. Go with your flow.

Need a refresher or an example? See Nathifa's worksheet on pages 247-250 of the book.

#1. Alignment-Balance Connection for "Personal Responsibility"



Personal Responsibility

Speaks to getting into the driver's seat of your adult life and lovingly care for all dimensions of self in bodymindessence, including your NS and unhealed bits of wisdom. Facilitating your healing, with others.

Box #1. How my inner world is reflected in my "personal responsibility" component.

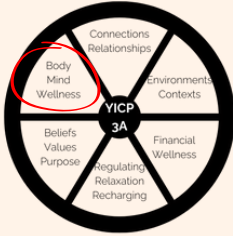
Box #2. Reframe what you wrote in Box #1 so that it is perceived as a safety cue by your Threat Detector.

Box #3. Action step(s) I need to take to realign my inner world to ensure Box #1 and Box #2 are aligned and balanced.

Step #2, continued

Need a refresher or an example? See Nathifa's worksheet on pages 247-250 of the book.

#2. Alignment-Balance Connection for "Body & Mind Wellness"



Body & Mind Wellness

Describes supporting our physical and mental health and wellness by engaging in health promoting ways of being and doing in your daily life while addressing health disruptions, illness, or dis-ease that emerges over time.

Box #1. How my inner world is reflected in my "body & mind wellness" component.

Box #2. Reframe what you wrote in Box #1 so that it is perceived as a safety cue by your Threat Detector.

Box #3. Action step(s) I need to take to realign my inner world to ensure Box #1 and Box #2 are aligned and balanced.

#3. Alignment-Balance Connection for "Connections & Relationships"



Connections & Relationships

Considers your healthy connections and relationships with your loved ones, friends, family, communities, groups, and teams while addressing any unhealed-ness, codependency, power imbalances, or dis-ease within your social relationships.

Box #1. How my inner world is reflected in my "connection & relationships" component.

Box #2. Reframe what you wrote in Box #1 so that it is perceived as a safety cue by your Threat Detector.

Box #3. Action step(s) I need to take to realign my inner world to ensure Box #1 and Box #2 are aligned and balanced.

Step #2, continued

Need a refresher or an example? See Nathifa's worksheet on pages 247-250 of the book.

#4. Alignment-Balance Connection for "Environments & Contexts"



Environments & Contexts

The environments and contexts within which you live and work and are influenced by (physical, emotional, intellectual, social, spiritual, environmental, relational, occupational, ergonomic, etc.) which are ideally safe, supportive, creative, and healthy and the need to address disruptions or dynamics that interfere with bodymindessence wellbeing.

Box #1. How my inner world is reflected in my "environments & contexts" component.

Box #2. Reframe what you wrote in Box #1 so that it is perceived as a safety cue by your Threat Detector.

Box #3. Action step(s) I need to take to realign my inner world to ensure Box #1 and Box #2 are aligned and balanced.

#5. Alignment-Balance Connection for "Financial Wellness"



Financial Wellness

Speaks to your relationship with resources, money, and money management, including the ability to meet current and future financial needs in support of your optimal safety, security, health, and wellness in bodymindessence.

Box #1. How my inner world is reflected in my "financial wellness" component.

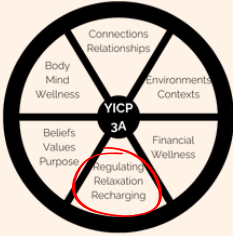
Box #2. Reframe what you wrote in Box #1 so that it is perceived as a safety cue by your Threat Detector.

Box #3. Action step(s) I need to take to realign my inner world to ensure Box #1 and Box #2 are aligned and balanced.

Step #2, continued

Need a refresher or an example? See Nathifa's worksheet on pages 247-250 of the book.

#6. Alignment-Balance Connection for "Regulate, Relax & Recharge"



Regulate, Relax & Recharge

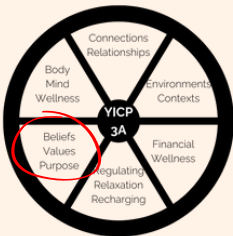
Describes how we take care of our NS and regulation as foundational to relaxing and recharging our bodymindessence. This includes YICP practices, healthy sleep and screen time, relaxing alone, with trusted loved ones, and Haelan Nurse Communities, and leveraging the health and wellness properties to regulate, relax, and recharge.

Box #1. How my inner world is reflected in my "regulate, relax & recharge" component.

Box #2. Reframe what you wrote in Box #1 so that it is perceived as a safety cue by your Threat Detector.

Box #3. Action step(s) I need to take to realign my inner world to ensure Box #1 and Box #2 are aligned and balanced.

#7. Alignment-Balance Connection for "Beliefs, Values & Purpose"



Beliefs, Values, & Purpose

Living in alignment with your perceived core values, beliefs, and life purpose, which change and evolve as you do. Showing up with and for yourself and your deepest truths while lovingly and compassionately making changes in your outer world to align with living your highest and best life, as defined by you.

Box #1. How my inner world is reflected in my "beliefs, values & purpose" component.

Box #2. Reframe what you wrote in Box #1 so that it is perceived as a safety cue by your Threat Detector.

Box #3. Action step(s) I need to take to realign my inner world to ensure Box #1 and Box #2 are aligned and balanced.

Your Turn!



Leaning into Alignment and Balance

Reflection & Discussion

Realigning our inner and outer realities to signal safety to the Threat Detector while living in our truth (core values) is a nuanced process and practice. It is not a "one and done" task.

It takes a little time and practice to navigate one's inner and outer landscapes and fine tune the reframing and realigning.

Optimize your learning curve and results by leaning in with your trusted love ones and Haelan Community members. Reflect, note, and discuss how you are realigning and reframing to optimize your Balance components.