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JUST ONE HUMAN

- To be human is to experience Pain, painful experiences, discomfort, fear
- To be human is to Suffer, to have suffering – none of us escape it
- Suffering – to feel a way you don't want to feel, Resisting the truth of a painful experience
- Examples of suffering for me: Anger, Embarrassment, Loneliness
- Be kinder to myself and honor that these feelings are valid and real



5 PRIMAL FEARS AND BRAIN RESPONSE

- Death (not existing anymore)
- Bodily Harm (spiders, etc.)
- Loss of Autonomy, (being controlled, immobilized, disempowered – claustrophobia)
- Isolation and banishment (not being in a/the group, rejection, abandonment)
- Humiliation (Shame, embarrassment, loss of pride or self-worth, sense of lovability)

AMYGDALA- TRIGGERED FIGHT FLIGHT FREEZE FAWN

- FIGHT- Violence, verbal violence, anger, make ourselves big, intense anger feeling – (saying deeply painful words as weapons of self-protection)
- Flight, get away and avoidance
- Freeze, paralyzed, mutism, do nothing
- Fawn, soothing the aggressor (not consenting to abuse)

MINDFULNESS

- Think of Anxiety or a panic attack what methods work and why
- Feeling your body and listening to your words – focusing on it
- Honor the feeling and interpret – breath before respond
- Try to not REACT

ACCEPTANCE

- What do we really control? Influence? Impact?
- Serenity Prayer
- Acceptance is not resignation or condoning

SELF COMPASSION AND OTHER MEDICINE FOR THE BRAIN

- Be kinder to self (as we would treat a good friend)
- Seek and accept joy – small joys in tough days
- Music
- Movement
- Nature
- Connection (reciprocal affectionate authentic)

