

The background is a teal-to-blue gradient with various circular patterns, including dashed lines, solid lines, and numbers (140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260) arranged in a circular fashion, suggesting a technical or scientific theme.

LEADING IN HURT

PRESENTER – LATOYA DESLANDES

COUNSELLOR

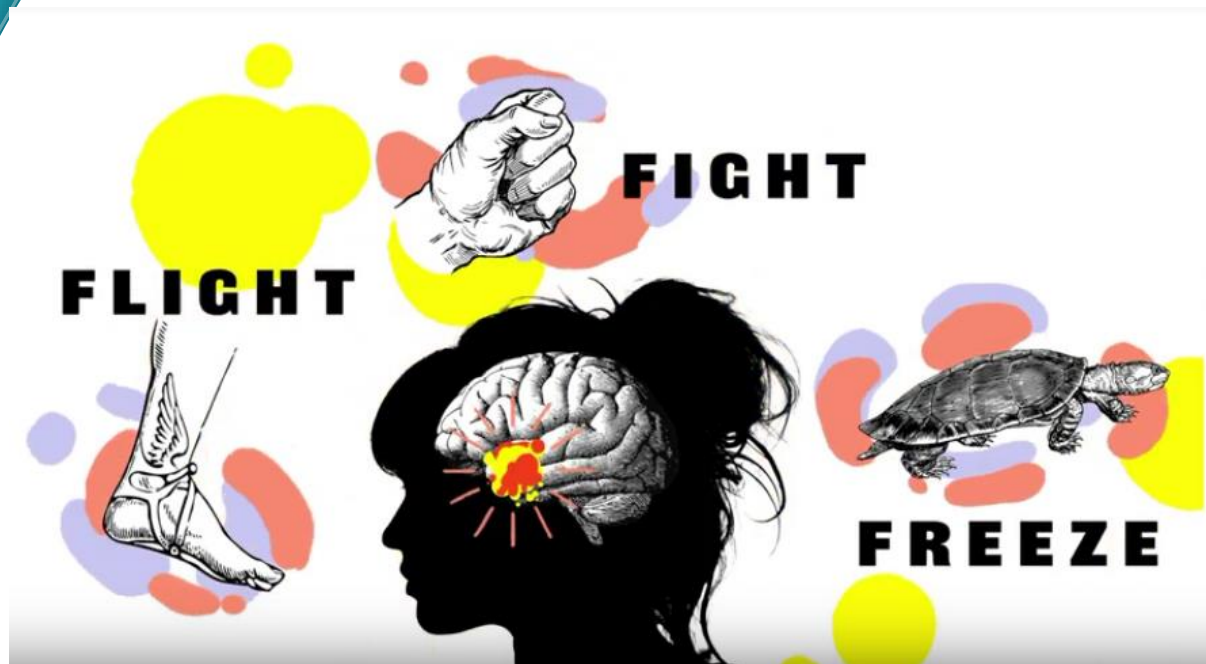
FORMER LEADER IN ISCF AND UCCF

OVERVIEW

- Conflict and Stress are a normal occurrence
- How do we respond?
- Why we respond the way we do
- How to heal from our hurts
- Helping others heal

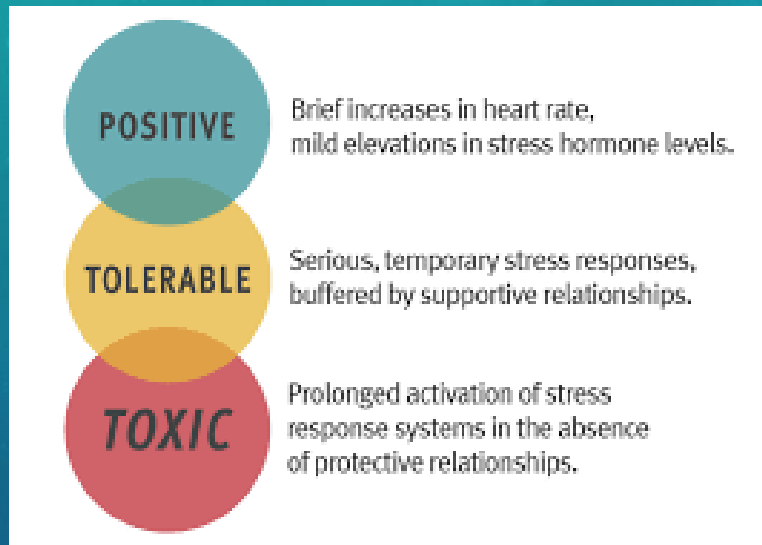
HOW OUR BODIES RESPOND TO STRESSFUL SITUATIONS

FIGHT, FLIGHT OR FREEZE RESPONSE



Chconline.org

TOXIC STRESS




Developingchild.Harvard.edu

TOXIC STRESS

tox·ic·stress

(noun) stress that occurs after the prolonged activation of stress response systems in the absence of protective relationships.

Center on the Developing Child  HARVARD UNIVERSITY

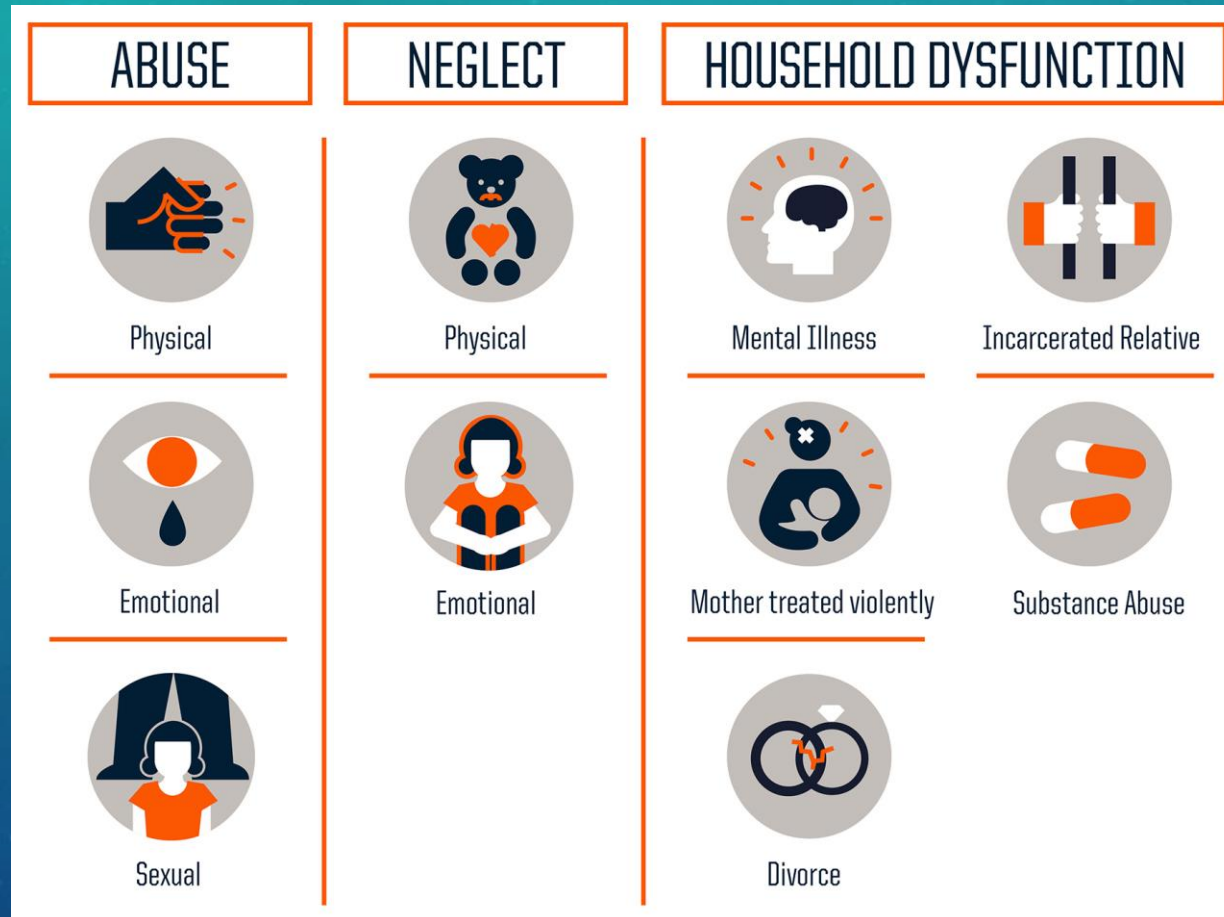


[Tpt.org](https://www.tpt.org)



[Rightfromthestartnj.org](https://www.Rightfromthestartnj.org)

ADVERSE CHILDHOOD EXPERIENCES (ACES)



SOLUTIONS

1

Know your ACEs

2

Protective Relationships

3

FORGIVENESS

4

Spend time outdoors,
exercise, eat well

5

Professional counselling

KNOW YOUR ACE SCORE

For each “yes” answer, add 1. The total number at the end is your cumulative number of ACEs.
Before your 18th birthday:

1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Were your parents ever separated or divorced?
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
10. Did a household member go to prison?

What's Missing?

- **Stressors outside the household** (e.g., violence, poverty, racism, other forms of discrimination, isolation, chaotic environment, lack of services)
- **Protective factors** (e.g., supportive relationships, community services, skill-building opportunities)
- **Individual differences** (i.e., not all children who experience multiple ACEs will have poor outcomes and not all children who experience no ACEs will avoid poor outcomes—a high ACEs score is simply an indicator of greater risk)

SAMPLE FORGIVENESS PRAYER

- Lord, I forgive _____ (name) for doing _____ (what they did) . I forgive him/her to the extent that on the day of judgement I will not point a finger at him/her. He/She is free, and I am free. Right now I release a blessing to _____ (name). (You can state a specific blessing for the person here)In Jesus name, Amen.
- You can repeat this prayer for as many persons that you need to forgive. This can also include yourself.

TAKE CARE OF YOUR BODY AND MIND



Campcabarita.com

Eucbeniki.sio.si

GET PROFESSIONAL COUNSELLING



[Bustle.com](https://www.bustle.com)