



Welcome

Is it okay to take a break?

Presented by Stephanie Morris, Parent and Family Advocate
My Health My Resources (MHMR) of Tarrant County

Thursday, August 4, 2020



@IDDCouncil



/IDDCouncil



Intellectual and
Developmental
Disabilities Council
of Tarrant County

PURPOSE

To transform the region into an inclusive community where individuals with intellectual and developmental disabilities (IDD) thrive.

MISSION

To bring stakeholders together to create an environment for the development of an efficient and accessible system of support for people with intellectual and developmental disabilities.



Intellectual and
Developmental
Disabilities Council
of Tarrant County

Membership Driven

Premier Partners:



Centered in Care
Powered by Pride



Organizational Partners and many individual memberships





TIPS AND TECHNIQUES TO HELP WITH REGULATION OF EMOTIONS AND ENERGY



PRESENTERS:

- Lacey Eaton, LPC
 - Licensed Professional Counselor
 - Owner of Woven Wellness, LLC
 - Certified SAMA Instructor
 - 20 years experience working with people with different abilities



- Jessica Reams
 - BS in Kinesiology
 - 19 years as a Certified Personal Trainer and Group Fitness Instructor
 - 9 years as an Adapted Physical Education Teacher
 - Founder of FitabilityTX



OBJECTIVES

- How to join and follow to lead.
- Identify causes of dysregulation.
- Learn tips and techniques to assist with self-care and helping others help themselves.
- Identify challenges and limitations that prevent healthy lifestyles and coping skills.
- Benefits of physical activity on physical and mental health.

WHAT CAUSES DYSREGULATION?

Changes in
routine

The environment

Biological factors

Psychological
Factors

Relationships

Trauma

Lack of coping
skills

Boredom

HOW CAN I HELP?

Deep Breathing

Remain Calm

Holding Space

Safety

Empathy

Calm Tones

No Punishment

Validation

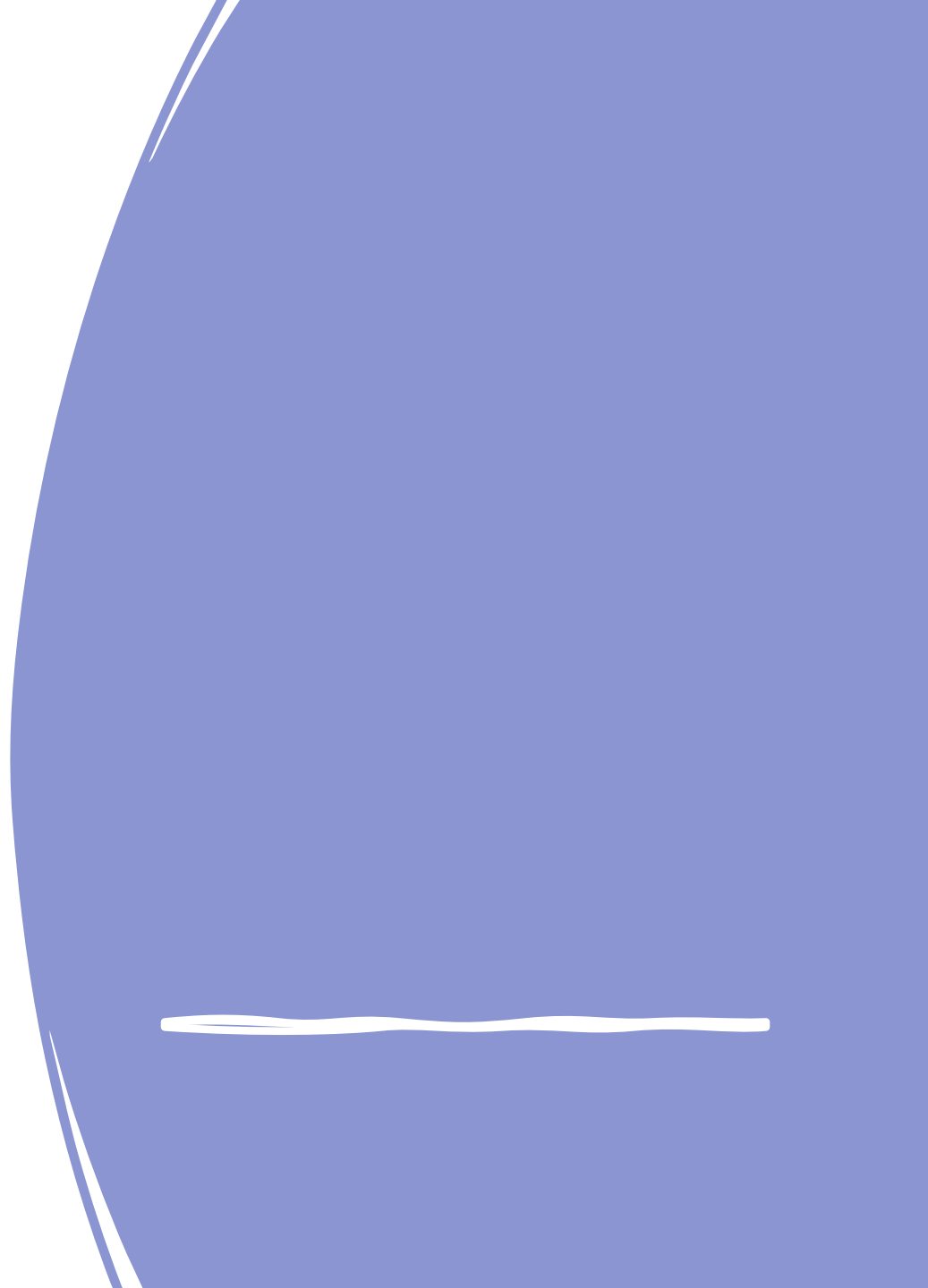
Listen/Reflect

Relocate

WHAT DOES NOT
WORK?!

**Never in the
history of calming
down has anyone
calmed down by
being told to calm
down.**

WHAT WORKS FOR
ONE, MAY NOT
WORK FOR ANOTHER



SOMETIMES PEOPLE NEED TO
BURN OFF SOME ENERGY!

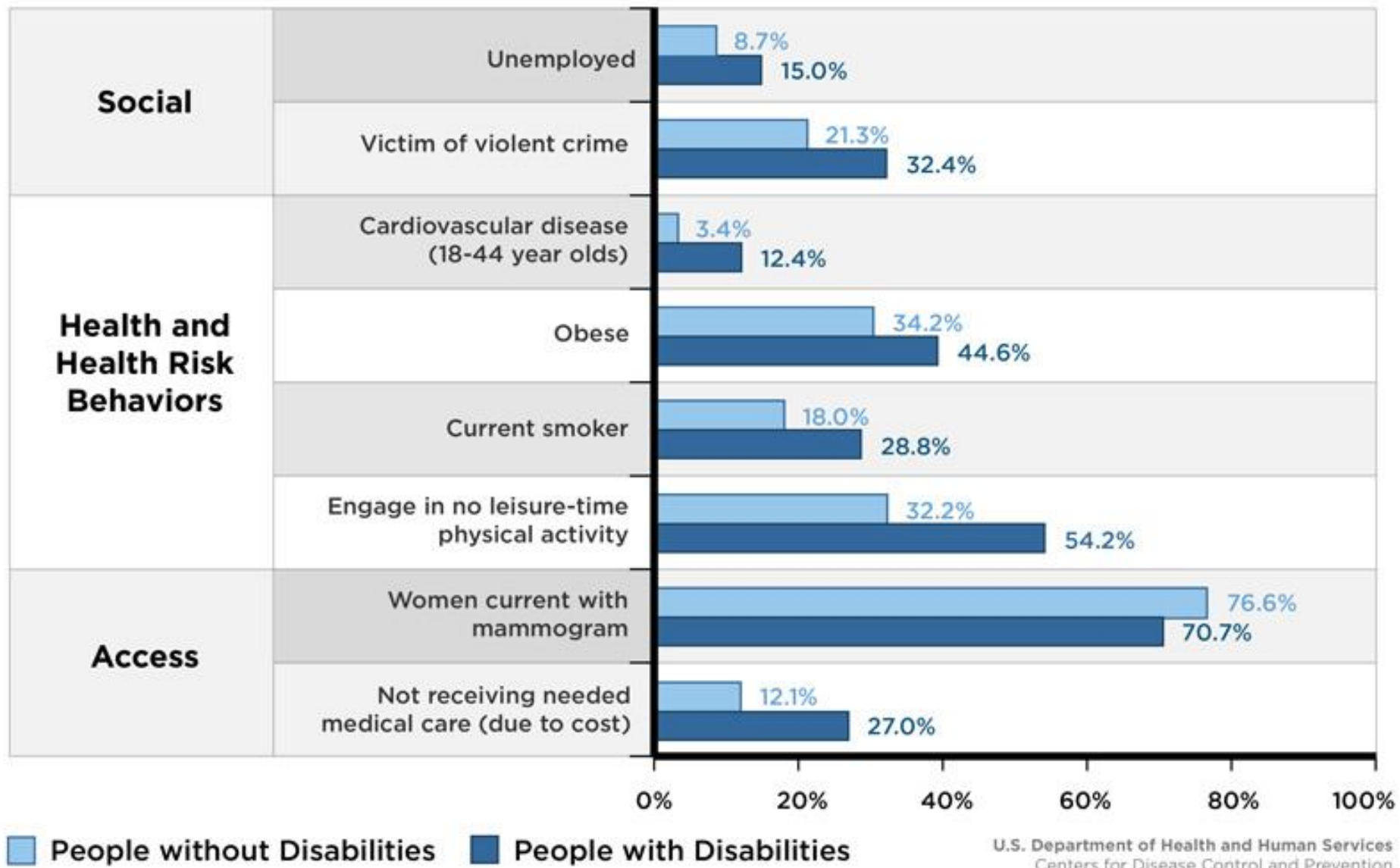


WHAT DO I DO WITH
ALL OF THIS ENERGY?

GET UP AND MOVE



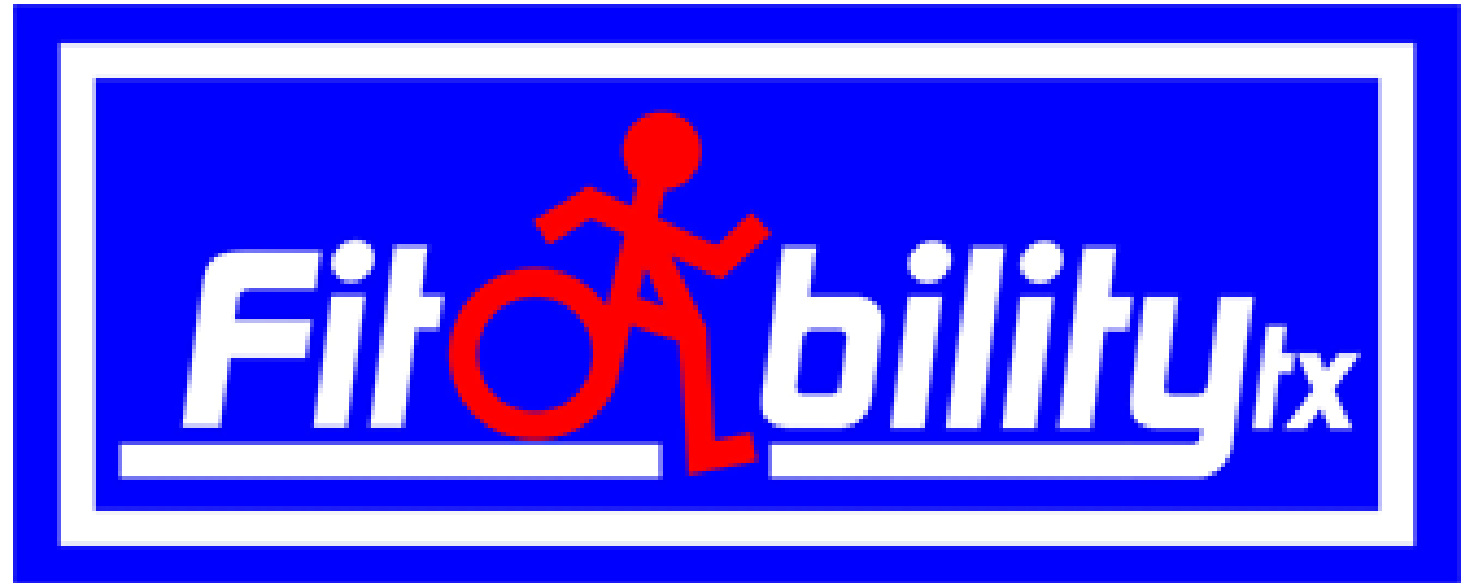
FACTORS AFFECTING THE HEALTH OF PEOPLE WITH DISABILITIES AND WITHOUT DISABILITIES



BENEFITS OF MOVEMENT AND EXERCISE

- Feeling stronger/improved self confidence
- Better balance
- Improves mood
- Better sleep that is important for our body to recover from the day.
- Reduces Stress
- Makes more "Happy" Hormones
- Helps with depression and anxiety

JESSICA REAMS



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