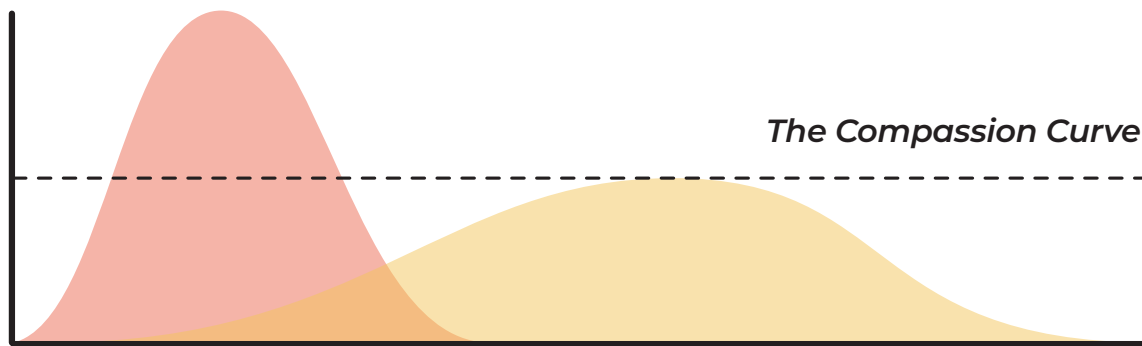


The Compassion Curve

A TOOLKIT FOR LEADING DURING UNCERTAINTY

When the COVID-19 pandemic began, the world banded together to “**Flatten the Curve**” of the virus’s transmission. At **Wellpoint Care Network**, we wondered if the same kind of thing could be done when it came to Trauma.

We took the lessons that helped us through a time of unprecedented stress and applied them through the lens of our **Seven Essential Ingredients** — the Trauma Informed Care framework we’ve been using for more than a decade — as well as concepts from Dr. Bruce Perry of the Neurosequential Network™.



The Compassion Curve represents a new way of thinking about how we engage those we interact with. Acting with compassion during stressful times not only benefits those we serve, our colleagues, families and the community; the positive effect can actually be **self-sustaining**.

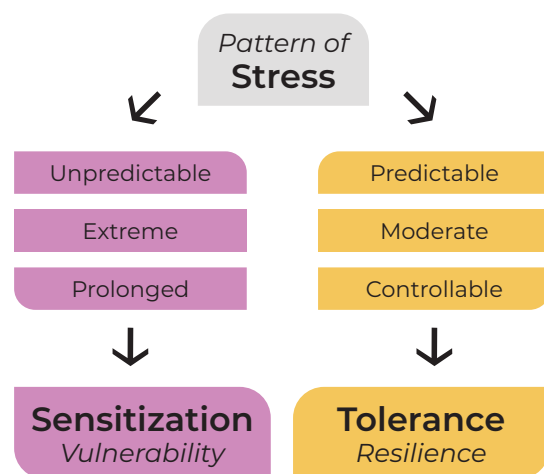
THE SEVEN ESSENTIAL INGREDIENTS OF TRAUMA INFORMED CARE

1) Prevalence and 2) Impact

During any crisis, high stress levels can have both short- and long-term effects on our communities. By learning to recognize and regulate stress, we can become more tolerant and resilient. Bad news is everywhere. Try moderating your daily stress levels by scheduling one or two dedicated news or social media breaks throughout your day.

3) Perspective Shift

In the face of adversity, the only thing we can control is how we choose to react. Shifting our viewpoint can grant us both empathy and compassion. Try reframing the way you look at things, taking into consideration your own bias, status or privilege.



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Connection is why we're here. We are hardwired to connect with others. It's what gives us purpose and meaning to our lives, and without it there is *suffering*.

BRENÉ BROWN

4) Regulation

When your brain is under stress, it can't function at a high level. To make rational and well-informed decisions, it's essential to stay on the **left** of the red emotional state in the chart below. Regulation strategies such as meditation, exercise and deep breathing can help. So can little things that produce patterns of rhythm and repetition in the brain. Maintain a daily routine, including regular sleep patterns, showers and grooming. Schedule movement breaks. Get outside, even for 15 minutes a day. It helps.

5) Relationship

Human beings are wired for connection from birth. Social distancing does not have to mean complete isolation. Virtual meetings, outdoor activities with co-workers and regular communication with friends or family via phone or text should be a priority to maintain the social support you need to thrive.

Hyperarousal Continuum	Rest (M>F : A>C)	Vigilance	Resistance	Defiance	Aggression
Dissociative Continuum	Rest (F>M : C>A)	Avoidance	Compliance	Dissociation	Fainting
PRIMARY BRAIN AREA Secondary	NEOCORTEX <i>Subcortex</i>	SUBCORTEX <i>Limbic</i>	LIMBIC <i>Midbrain</i>	MIDBRAIN <i>Brainstem</i>	BRAINSTEM <i>Autonomic</i>
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
MENTAL STATE	CALM	ALERT	ALARM	FEAR	TERROR

6) Reason to Be

Take time to slow life down and reflect on your core values and priorities. Consider the importance of the work we do in making a difference in people's lives. Remember to be in nature, experience beauty and stay connected with a world that is bigger than our immediate surroundings.

7) Caregiver Capacity

Above all else, prioritize your own well-being. Make a plan for your daily self-care activities which include regulation, relationship and reason to be. Prioritizing your own mental health should be seen as a social responsibility during this time.

We would like to thank **Dr. Bruce Perry** and the **Neurosequential Network™** for the use of some of the visuals included here. Learn more about their work at neurosequential.com.

