

## **Self-Regulation & Self-Care In Challenging Times & Circumstances: Everyday Triage for Everyday Living**

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Note: It was difficult to decide which category to put this in, as I can make a case for several of those categories and there is no explicit category for Energy Work, Medicine, Psychology, Wellness, etc. I chose the Integrative Medicine category (which you may see fit to change to a different category), as it best described how Energy Work is built – an integrated approach of Eastern and Western health & wellness principles that are modern iterations of both ancient traditions and modern research, discoveries and innovations, in a constant state of flux and evolutionary movement towards coherence.

My proposal is offering a presentation on the integration of traditional and modern discoveries that allow us to work on three distinct levels of application, for wellness overall, and complementary health practices, specifically. Those areas are self-care, peer-to-peer care and therapeutic care.

I propose to speak about current Energy modalities' application and practices, during challenging, real-world times. I will especially focus upon its hallmark features of rapid application speed, efficacy, and long-lasting results, referencing a robust collection of research and reinforcing roots in both ancient and traditional knowledge. Specifically the presentation will rest upon and refer to Energy Work foundations from ancient Eastern medicine practices of Acupuncture/Acupressure and Balance combined with modern Western modalities, concepts, iterations and discoveries from Psychology, Mindfulness, Neuroscience, Biology and Epigenetics, especially as they express through our Human threat response cycle in challenging times.

Proposal:

Self-Regulation & Self-Care In Challenging Times & Circumstances:

Everyday Triage for Everyday Living

The COVID pandemic has provided ample opportunity to revision self-care and well-care, particularly in the areas of self-regulation and self-sufficiency. Using advances from a variety of healthcare areas, the concept of everyday triage for a better living experience is offered, in a conversational platform that all can easily learn, access, remember and apply.

As a seasoned trainer and facilitator of Energy Psychology work, I offer these concepts in a condensed, coherent and brief experiential presentation, suitable for any kind of listener or audience, from 12-92. This experiential learning approach has been shown effective for the challenging times we live in – mentally, emotionally and physically.

Here is what I suggest as the compelling reason for attending this presentation:

#### How to Help Yourself & Others During Challenging Times

In just a few minutes, well-known trainer and facilitator Jondi Whitis will offer information and strategies for meeting our body, mind and emotional intelligence needs during high-stress times of uncertainty, fear and overwhelm. The emphasis is upon rapid self-regulation and a return to resourceful states using modern, drug-free strategies and interventions anyone can use. The end result focuses upon the attendee taking the learning from the presentation out into the world to teach others, as a pay-it-forward strategy of world health & well-being.