



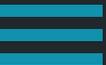
**TRUSTING YOUR
GUT:
WELLNESS IN QUARANTINE**

Dr. Dana Stubbs, DC



SOCIAL DISTANCING:

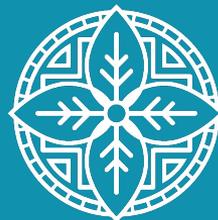
FOR SOME OF US, IT'S NOTHING NEW



Who am I?

DR. DANA STUBBS

- Chiropractor
- Entrepreneur
- Queer
- Disability Advocate



STUBBS
CHIROPRACTIC

Who am I?

BORN DISABLED

Amniotic Band Syndrome
(ABS)



Who am I?

A SURVIVOR

A childhood full of bullying
and abuse.



Who am I?

A CHAMPION

Finding sports as a means
of survival.



Who am I?

A QUEER PERSON

Coming to terms with my
queer identity.



Who am I?

A CHIROPRACTOR

Reliving bullying and rising above.





HOW MARGINALIZED POPULATIONS NAVIGATE THE PHYSICAL WORLD

10%

of the population
is living with
a disability



that 10% is divided into

21 TYPES OF DISABILITIES

HOW MARGINALIZED POPULATIONS NAVIGATE THE PHYSICAL WORLD



The Americans with Disabilities Act has not been ratified since it was passed in

1990

90%

Of people have no idea what that costs the disabled

WE WERE ALREADY
SOCIAL DISTANCING





HOW SOCIAL DISTANCING CAN HELP REDEFINE RELATIONSHIPS AND SAFE SPACES

Innovation

Businesses and organizations are being forced to upgrade and better utilize technology to meet the diverse needs of consumers and employees.

More Access

Providing online ordering, curbside pick-up, remote work, home learning, and virtual events has removed unnecessary barriers and stigmas for accommodations.

New Priorities

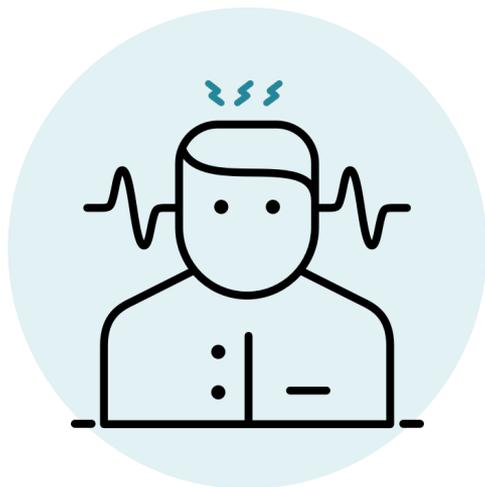
A reduction in “distractions” and forced interactions allows time to observe what activities and relationships are nourishing, and which ones are unhealthy.

Q

- **HOW MANY TIMES A DAY DO YOU FEEL**
 - **UNSAFE OR UNSEEN IN PUBLIC PLACES?**
-
-

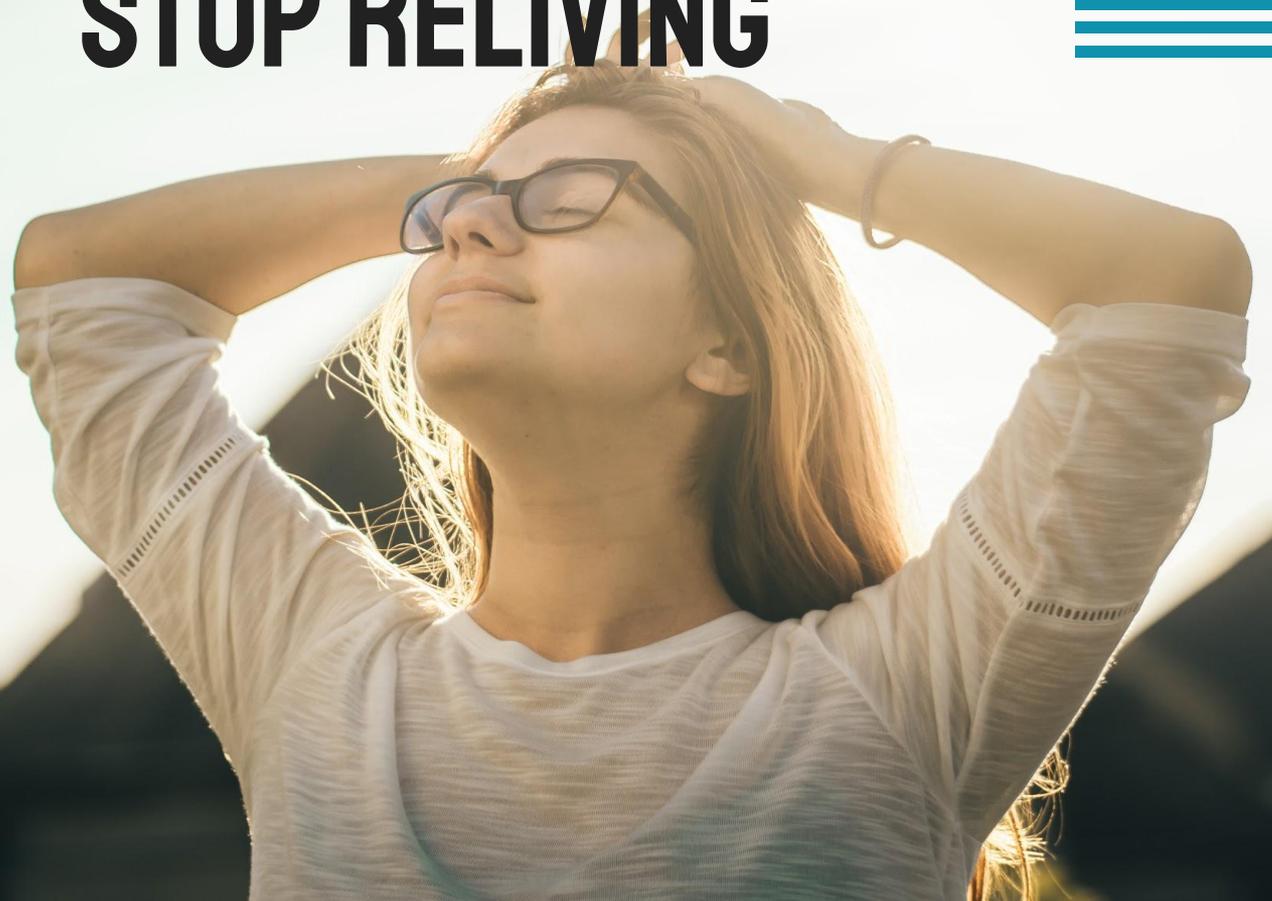
2. BUILDING IMMUNITY: IT'S NOT ALL PHYSICAL

WHY SUPPORTING YOUR EMOTIONAL HEALTH IS IMPERATIVE TO IMMUNE FUNCTION



- Your immune system cannot work optimally if you're in a constant state of stress.
- Trauma causes chronic stress.
- Most people would rather endure chronic stress than address the trauma itself.

**FIND RELIEF &
STOP RELIVING**



THE THREE TYPES OF STRESS



Physical

CAUSED BY:
Sports injury, physically
demanding job,
lifting heavy objects,
yard work



Chemical

CAUSED BY:
air & water quality,
environment, diet,
hygiene & beauty
products



Emotional

CAUSED BY:
grief, anger, sadness,
anxiety

EMOTIONAL STRESS AND WHERE IT IS STORED



Worry

Right shoulder



Overthinking & Rage

Under the skull



Negative Self-Talk

Left shoulder



Depression

Posture



Finance Concerns

Lower back



Heartache

In the heart

STRESS QUIZ:

DISCUSSION OF RESULTS

IMMEDIATE STEPS FOR GROUNDING DURING UNCERTAIN TIMES

Take a deep breath



Take off your shoes



Chew a piece of gum



Lean into love

ADDITIONAL RECOMMENDATIONS FOR PHYSICAL HEALING

Get 7-8 hours of sleep



Move your body



Drink $\frac{1}{2}$ your weight
in ounces of water



Get some sunlight



ASSEMBLE YOUR WELLNESS SUPPORT TEAM

Massage

Acupuncture

Herbs

Nutrition

Talk Therapy

Meditation

Chiropractic

Energy Healing

Spiritual Guidance

3. FINDING SUPPORT: WHY DISTANCE CAN BE YOUR FRIEND

CHOOSE CERTAIN HEALERS BASED ON SPECIALTY OR IDENTITY, NOT A PHYSICAL LOCATION



Save money, time and resources by going directly to the person or therapy that resonates with you most.



REMOTE OPTIONS FOR MENTAL HEALTH SUPPORT



- Therapists now offer phone, video, or even chat sessions.
- Find apps for talk therapy, meditation, journaling, and more. Check the APA's "App Advisor" for guidance.
- Use online forums to find support groups. Hotlines can be used for crisis situations. Many offer text/chat.



A BRIEF INTRO TO ENERGY HEALING AT HOME



- EFT “Tapping” (TFT, TAT)
- Reiki, QiGong, Chakra Healing
- Yoga & Movement
- Self Hypnosis & Meditation
- Self Acupressure & Massage

5 MINUTE BREAK:

FIND A QUIET SPACE FOR THE FINAL EXERCISE

4. TRUSTING YOUR GUT: SURPRISE, YOU'RE INTUITIVE