

The Power of Comfort for Our Emotional Resilience with Jen Marr

February 23, 2021
Facilitator: Katie Mendell, LMSW

9am – 11am

Welcome & Introductions

- Our core human needs
- The 5 steps to the skill of comfort
- The science that backs up this skill

- Comfort and all of the human characteristics this skill carries with it.
- Outline trends and statistics that are changing our human care behaviors
- Review the Awkward Zone and the 3 ways in which we can respond to it
- Discuss the 20 barriers we experience to comforting others

Break

- Functions of the brain versus the heart in caring for others.
- The role our ears, eyes, feel, hands and mouths play in caring for others.
- The need to recognize our individual comfort and awkward zones to care for others.
- Comfort skill assessments and action plans allow us to approach human care like any other lifestyle routine.

Learning Objectives

Objective #1	Understand the skill of comfort: 1. How it differs from kindness, empathy & compassion 2. What societal changes have occurred to make this skill so critical today?
Objective #2	Understand the process of the skill of comfort and the science behind it.
Objective #3	Understand how they can apply the skill of comfort in their own lives.