

A black and white photograph showing the lower legs and feet of several people in business attire, including dark trousers and polished black shoes, standing on a paved surface. The image is partially obscured by the text overlay on the left.

Stress Strategies

CLIENT:
Diplomat

INDUSTRY:
Government

ISSUES ADDRESSED:
Post-traumatic stress

ENGAGED BY:
Client

AVENIR SERVICES:
Stress strategies and tactics

THE GOAL: Resume normal life after posting to dangerous location

THE CHALLENGES: Afraid to leave house and unable to drive; difficulty concentrating and making decisions; feeling out of control in life; disturbing memories; sleep problems

THE SOLUTION: Somatic Experiencing® stress-regulation techniques followed by basic mindfulness for attentional control and stability and, eventually life coaching around relationships (personal and professional) and goal setting.

THE OUTCOME: After six sessions, was able to resume normal activities including driving; make decisions about career that helped her move forward personally and professionally; sleep better; stick with eating, exercise and weight-loss plans; More hopeful outlook on life and more positive feelings about self.