



Once We Were
Busy Bees...

Now We Are
Hibernating
Bears...

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I BEELIEVE
WE CAN BEAR IT ALL!



A Note From Your Therapist

Hi! If you are like me, then you are used to being as busy as a Bee. Between going to work, doing chores, making dinner, taking care of my family the more I think about it I am just like a Bee. I met there are ways that you are just like a Bee too! Today we are going to find ways that we are like Bees!!!

Now with everything going on with the Coronavirus we are all learning how to do things differently. We are staying either inside our houses or as close to home as possible, which is all new and different. This is kind of like how a Bear goes into hibernation in the winter! With everything being so different it is healthy that we feel uncomfortable, worried, happy, nervous, mad, and lots of other feelings! I know I am having a lot of these feelings right now and that's okay!



Busy Bees

A Bee spends most of its day flying around, gathering pollen from flowers and making honey.

Let's color this busy Bee while we think of ourselves as a Bee.

I am like a Busy Bee by:

1. _____
2. _____
3. _____
4. _____
5. _____



Bee Breathing

Bee Breathing can be a great way to regulate. We have practiced regulating before so here's a great new tool.

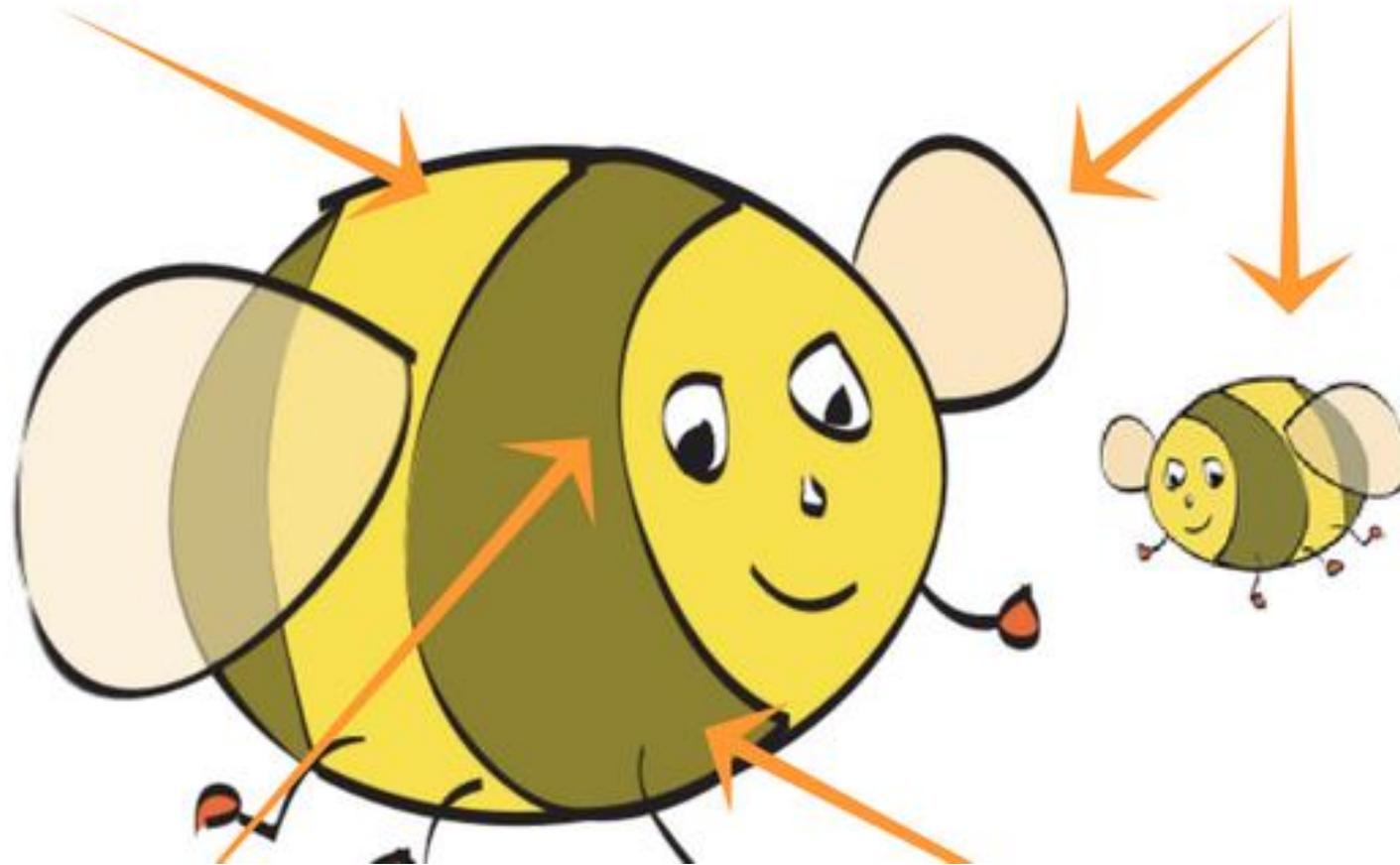
<https://youtu.be/0WnJbdEoKhE>



Click on the video link to learn how to Bee Breathe and let's practice this great new skill you have!

Increases focus & concentration

Offers and opportunity to relax & bond together





Breathe like a bee!
Cover your ears with
Your thumbs and your
Eyes with your fingers

Keep your lips closed and
Teeth slightly apart inside
Your mouth. Inhale deeply
Through your nose (1-2-3-4)

When you inhale, think about
Closing your throat just
Slightly so you can actually
Hear your breath.

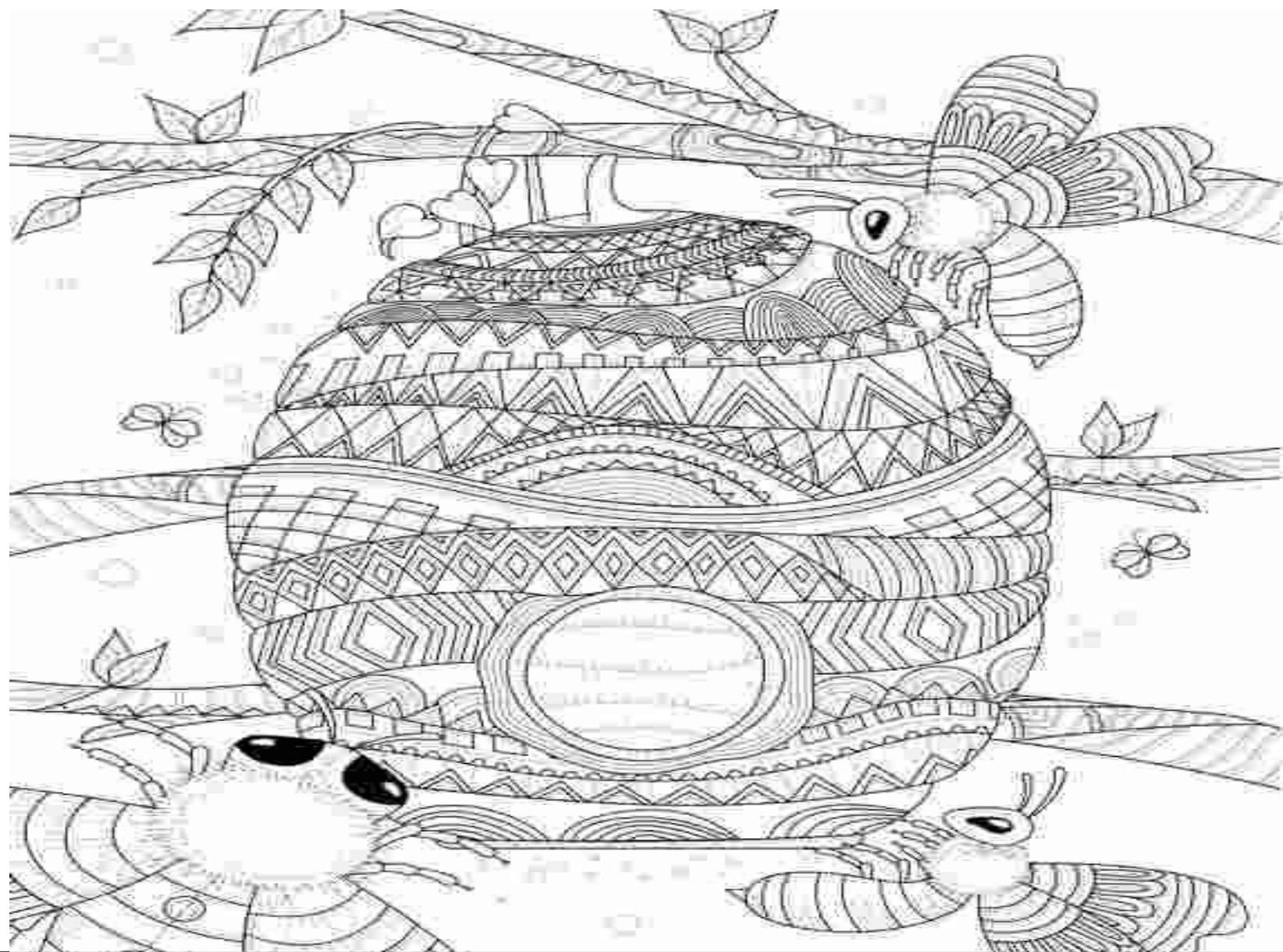
Exhale slowly through your
Mouth (1-2-3-4) while making
A low humming sound. REPEAT



Busy Bees

Busy Bee's live in Hives with lots of other Bees.

On the next page let's practice slowing down our Busy Bees using our Bee Breathing while we color the Bee's and their hives.



Have You Ever Been Stung By A Busy Bee?



I know I sure have and it HURTS A WHOLE LOT!!!! It made me wonder why they reacted to me by stinging me. Then I realized I swung at this Busy Bee to get it away from me and it Reacted by what is called a....

Understanding the 3 stress responses



Fight



Freeze

Flight



Busy Bee's Fight, Flight or Freeze

Fight, Flight or Freeze is a healthy way our brain and our body reacts to something stressful.

FIGHT



@

- 'Self-preservation' at all costs
- Explosive temper and outbursts
 - Aggressive, angry behavior
 - Controls others
 - Bully
- Can't 'hear' other points of view
- A pronounced sense of entitlement
- Demands perfection from others
 - Dictatorial tendencies



FLIGHT



- Obsessive and / or compulsive behavior
 - Feelings of panic and anxiety
 - Rushing around
 - Over-worrying
 - Workaholic
 - Can't sit still, can't relax
- Tries to micromanage situations and other people
 - Always 'on the go', busy doing things
 - Wants things to be perfect
 - Over-achiever



FREEZE



- Spacing out
- Feeling unreal
- Hibernating
- Isolating the self from the outside world
 - Couch potato
 - Dissociates
 - Brain fog
- Difficulties making decisions, acting on decisions
 - Achievement-phobic
- Wants to hide from the world
 - Feels 'dead', lifeless



WHICH WAY DO YOU THINK THE BUSY BEE'S REACT?

Circle which one you think happens with the Busy Bee and which one happens with you.



From Busy Bees...

To Hibernating Bears

Now that we have explored how we are used to being like Busy Bee's lets take a look at how we are now learning how to be like Hibernating Bears.



Hibernating Bears

Bear's go into Hibernation during the winter when it becomes very cold outside.

Bear's and other animals will Hibernate in a safe place....Just like we are doing right now!!!



Hibernating Bears

Before a Bear Hibernates it will collect as much food it can before it stays in it's safe place.

Maybe you have seen the News or gone to the store recently. I have an I have seen a lot of people getting ready to hibernate. Before I started hibernating I bought milk, eggs, bread.

What did you get before you started hibernating?

1. _____
2. _____
3. _____

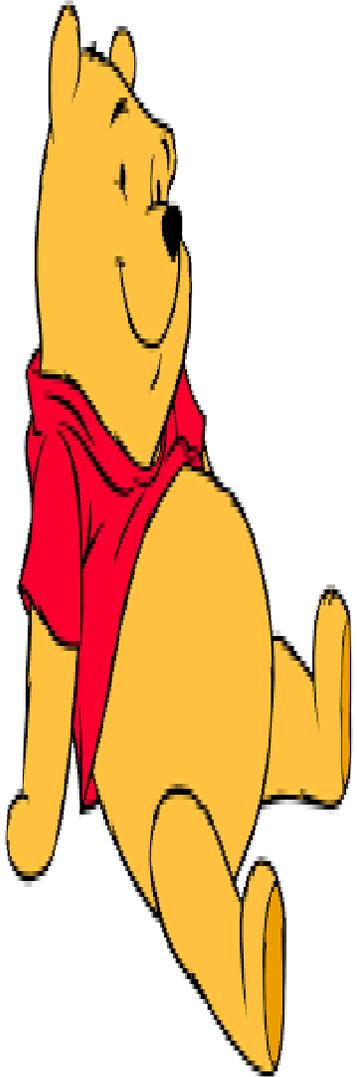


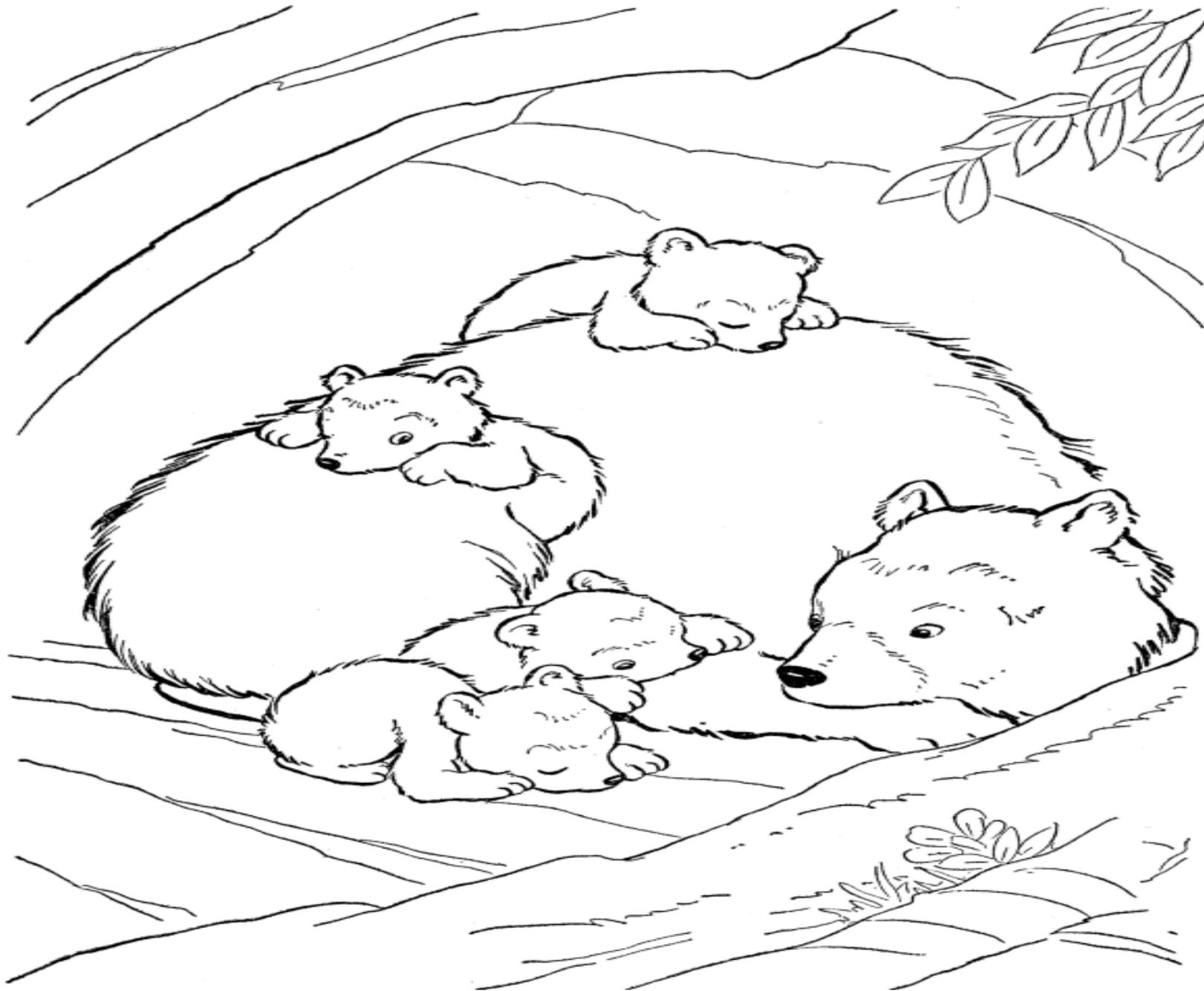
Hibernating Bears

Find some objects in your space that help you feel safe enough to Hibernate. Here are some examples of what I feel safe with hibernating.



Draw What Makes Your Space Safe for Hibernating





Here is a Hibernating Bear family.

Let's practice regulating and coloring in the bears nice and slow, taking deep breaths and staying inside the lines.

Bear Breath

Pretend you're a bear, hibernating for the winter.

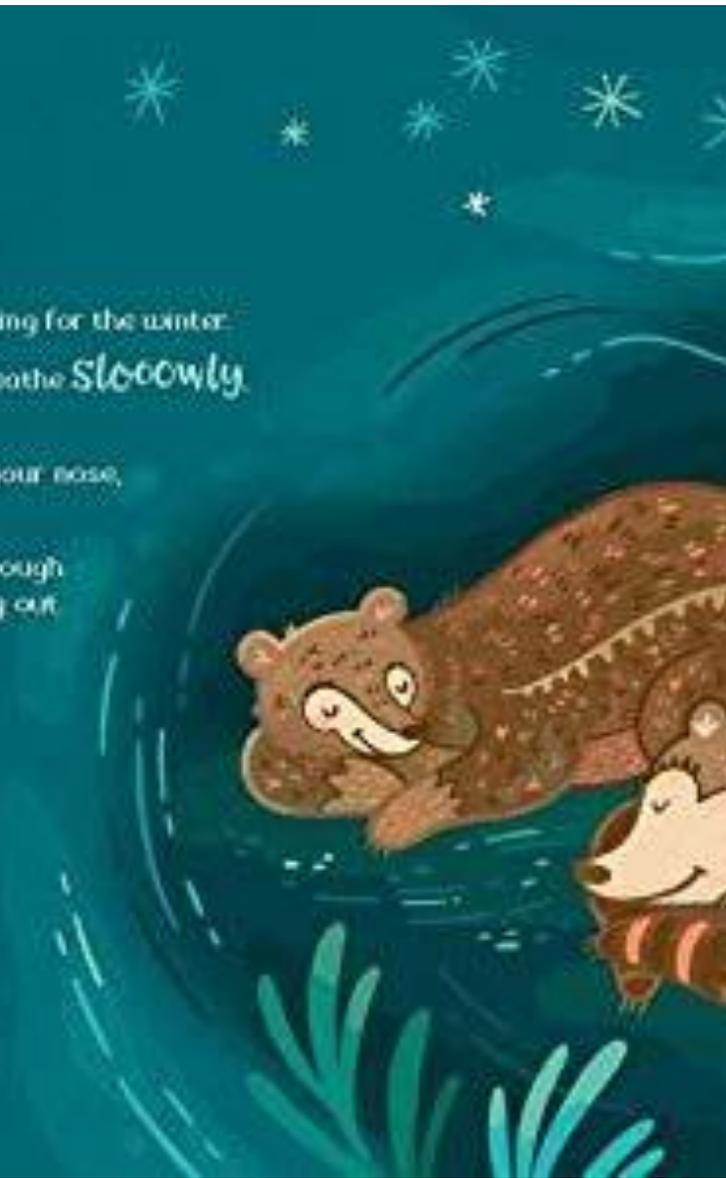
When bears hibernate, they breathe **slowly** in and out through their noses.

Take a long breath in through your nose, and let it all the way out.

Take another long breath in through your nose, and let it all the way out.

Feel how relaxed and cozy you are in your bear cave.

Take one more really long, slow breath in through your nose, and let it all the way out.



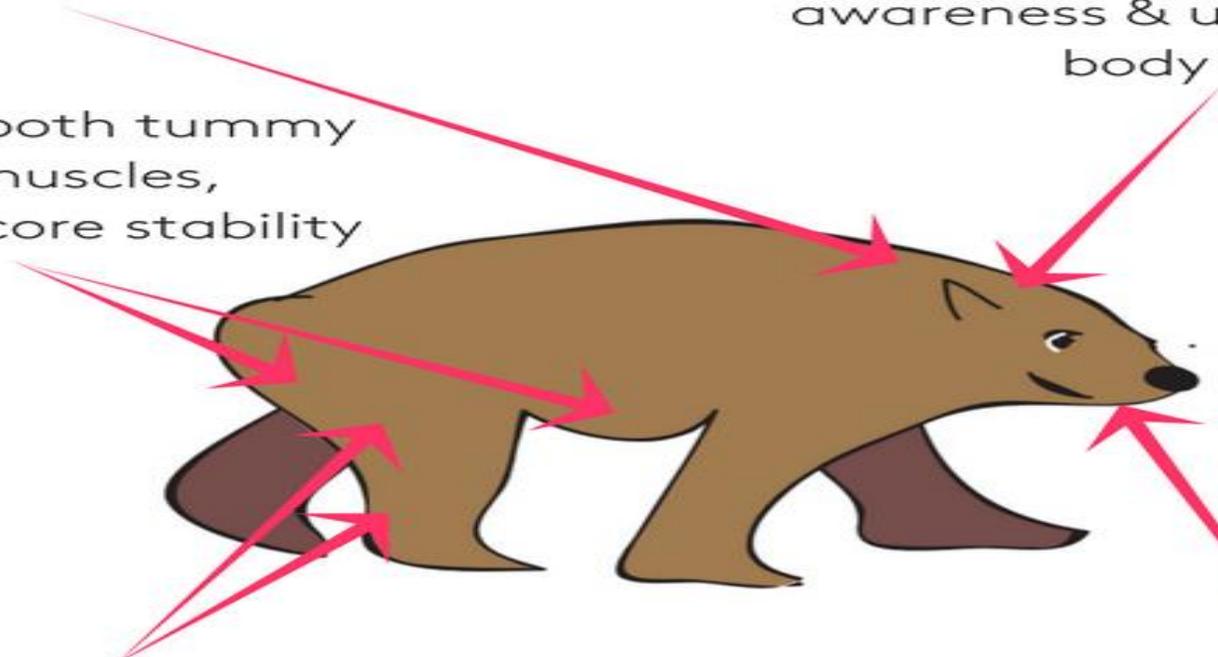
Hibernating
Bears Need
to Regulate
Just Like
Me and You!

Bear pose benefits

Develops balance skills

Increases proprioception (body awareness & understanding of body shape)

Activates both tummy & hip muscles, increasing core stability

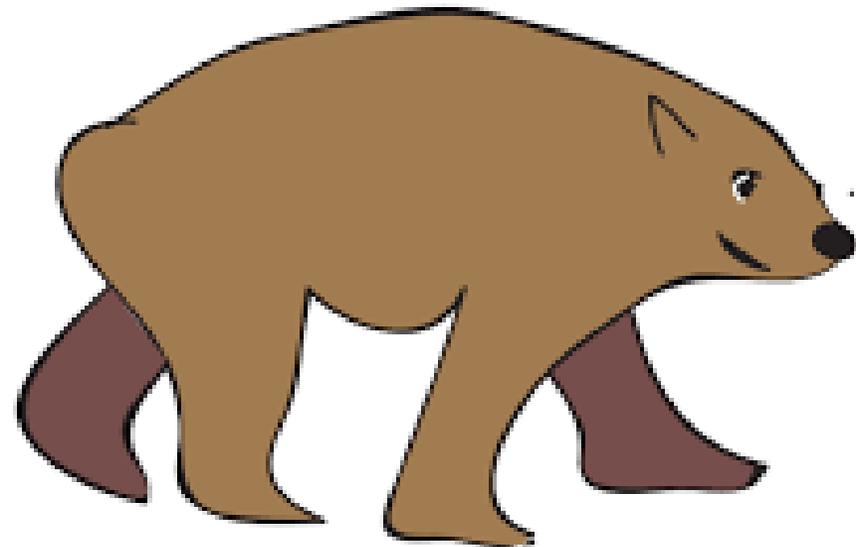


Stretches hamstring & calf muscles (prone to tightness from sitting & growth spurts)

Furtherers speech & language development

Here is another way to practice Regulating as a Hibernating Bear!

<https://youtu.be/jl9ZQwApkpk>



You have done such a great job exploring how you are used to being a Busy Bee and now are a Hibernating Bear!

Let's keep practicing the regulating skills you learned today!

