



# Moving People From Pain To Possibilities

**Sajel Bellon, ED.D, RP, CTSS**

*Canadian Psychotherapist, Stress Specialist, Professor, and Professional Speaker Sajel Bellon teaches people to put their pain into context so they can see the possibilities of what's next.*

Psychotherapist, Stress Specialist, Professor and Professional Speaker Sajel Bellon is a foremost international expert having helped thousands of first responders deal with the implications of long-term, high stress situations. She teaches them to put their pain into context so they can see the possibilities. As the creator of Mind Armour®, she has the strategies we *all* need to help us cope and adapt today.

**Suggested Intro:** Have you ever thought about how the human body and mind are wired to respond quickly to short-lived crisis situations, not to survive or thrive under long-haul stress? Our guest today, Psychotherapist Sajel Bellon, is a foremost expert in helping people in high-stress situations deal with the variety of emotions including exhaustion, frustration, anger, and thoughts of suicide that come with prolonged stress. She has helped thousands of people move from pain to possibilities. For more information and to receive a free download of *Pivoting the Panic: Understanding Our Emotions*, go to [www.SajelBellon.com](http://www.SajelBellon.com) or [www.PainToPossibilities.com](http://www.PainToPossibilities.com). Welcome, Sajel. So, aren't we all experiencing long-haul stress today?

## **Suggested TOPICS for DISCUSSION:**

- **Relationships, Resiliency & Reinvention: Getting Past the Pandemic, Politics and Other Crises**  
Today we are all facing constantly changing circumstances that create uncertainty in areas of our life that until recently we believed to be foundational. Through her Mind Armour® program, Sajel presents integrated ground-breaking scientific research and evidence-based strategies that you can easily connect with and apply to create the resilience necessary to thrive in your daily life today.
- **What are We Teaching Our Children About Emotions?**  
We are creating emotionally challenged generations because of the labels we have attached to emotions being negative or positive. Sajel Bellon will introduce you to a new perspective on how we can connect and leverage our emotions with our kids and our relationships.
- **Post-Traumatic Stress or Post-Traumatic Growth?**  
Most people don't understand what PTS is, let alone are able to recognize it in themselves or others. Sajel Bellon says before you dismiss the possibility, learn what to look for and what steps to take to heal.

## **Suggested QUESTIONS for Sajel:**

1. What is long-haul stress?
2. How does stress affect us? What impact can it have on our health, relationships, and quality of life?
3. Does stress affect different people differently? Does stress in different situations look different and affect us differently?
4. Do children manifest stress in the same way as adults?
5. Is the objective to eliminate stress from our lives?
6. You talk about leading a life worth living? What does that mean and how do we do that?
7. How do you describe resilience, having resilience in our daily lives? Why is it important?
8. You tell people in your talks that "you are not alone." What if, in today's society, people truly are alone. What if people truly are isolated? How does that affect not only the individual but society as a whole?
9. How do you help companies create resilient workforces? What do they need to look at and what actions can they take?
10. Many of us can feel uncomfortable or intimidated to say anything to someone who says they are having suicidal thoughts. We may be afraid to say the wrong thing. What can we offer?

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