



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.

The human body and mind are wired to respond quickly to short-lived crisis situations, not to survive or thrive under long-haul stress. The pandemic of 2020, however, caused an accelerated shift in our human experiences by creating prolonged situations of high stress and constant adaptation for everyone.

As a foremost international expert having helped thousands of first responders deal with the implications of long-term occupational stress caused by rapidly changing situations, Sajel Bellon has the strategies we all can benefit from to help us cope and adapt today.

According to Sajel, "People had to quickly adapt to their new reality. What has followed, however, is mass exhaustion, frustration, sadness, and anger. People's windows of tolerance have become much smaller. As a result, we have witnessed increased domestic violence, divorce, and suicide rates. The consequences of these kinds of traumas will not disappear overnight or on their own."

About Sajel Bellon: 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. For more information and to receive a free download of *Pivoting the Panic: Understanding Our Emotions*, go to www.SajelBellon.com or www.PainToPossibilities.com.

STORY IDEAS

Redefining Mental Health - Fixing What's Broken

The World Health Organization's (WHO) commonly accepted definition of mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." Through Mind Armour® Sajel recognizes and acknowledges that wellness or well-being isn't the only human experience; we can create and adopt healthy and unhealthy ways of "coping" and living.

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.

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