



JENNIFER WARNER

LCSW, LICSW

Jennifer is a licensed clinical social worker (Illinois, Washington, Oregon, New York), Board Certified Diplomate Clinical Social Worker (BCD), and integrative psychotherapist with additional certification in the treatment of traumatic stress, and holistic health counseling, and nutrition.

CONTACT

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From Jen's Website:

*For chronic illness clients: I specialize in working with people living with unusual and debilitating conditions including COVID and post-COVID syndrome, vestibular disorders, BPPV/vertigo, vestibular migraine, migraine, PPPD, cervicogenic dizziness; multiple sclerosis (MS); postural orthostatic tachycardia (POTS); Ehlers-Danlos Syndrome; MGUS (monoclonal gammopathy of undetermined significance)/Smoldering Myeloma/Multiple Myeloma; other pre-malignant disorders and cancer; chronic small intestinal bacterial overgrowth (SIBO); irritable and inflammatory bowel conditions (IBS/IBD); dysautonomia; chronic Lyme Disease; thyroid disorders; fibromyalgia; ME/CFS; MCAS; perimenopause; PMDD; and many others. In addition to being well-versed in these conditions, I also offer a compassionate space for individuals who have a number of life-altering symptoms, but still don't have an official diagnosis and must now "wait and watch." Additionally, I offer support for caregivers and healthcare providers who serve individuals living with these conditions.

EDUCATION

MASTER'S DEGREE IN SOCIAL WORK

Fordham University Graduate School of Social Service in New York City

CONTINUING EDUCATION

CERTIFICATION IN ADVANCED TRAUMATIC STRESS STUDIES

Trauma Research Foundation of Massachusetts

CERTIFIED CLINICAL TRAUMA PROFESSIONAL

International Association of Trauma Professionals

INSTITUTE FOR INTEGRATIVE NUTRITION

Certified in holistic health counseling & coaching

NORTHWEST HEALING STUDIOS

Certified Reiki practitioner

WHAT IS ACCEPTANCE?

Should we just accept that we have a vestibular disorder and move on?

It's confusing when someone tells us that acceptance is the first step to healing. Just accepting that you're dizzy and trying to move on from there is difficult and confusing. This may make you feel powerless, and It's a confusing word.

It's really hard to manage acceptance, or even think about acceptance, when you have a serious flare.

Acceptance sounds like you are supposed to just live with this feeling and be okay with that. However, acceptance is NOT just living with your condition.

So, what tool can we use to manage these feelings?
What is acceptance really?
Can we learn to accept our Vestibular Disorders?

Let's learn how to think and talk about acceptance.

JEN WARNER

“EMOTIONS THERMOMETER”

Measure your feelings BEFORE you talk

To help you feel more in control of your feelings and what you want to say



10	<ul style="list-style-type: none">- MOST FEELING!!!- Can't think straight- Not a good time to talk
9	
8	
7	
6	
5	<ul style="list-style-type: none">- Balanced feelings- A good time to talk about what's going on
4	
3	
2	
1	
0	<ul style="list-style-type: none">- Numb- No feeling- Can't think straight- Not a good time to talk





WHAT TO DO

If the Threat Is Coming From Inside Our Bodies?

WHAT DOES THIS MEAN?

Most fight or flight stressors are outside the body, like a bear running toward you. That triggers an automatic fight-or-flight (10) response or a closed-off/shut-down response (0).

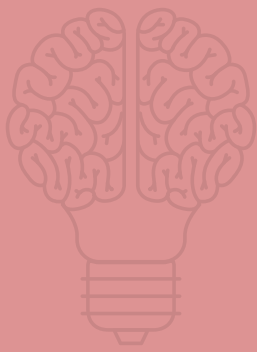
At this point, the processing is almost impossible. WE cannot reason through things like we normally can; brain fog increases, and fear and anxiety also increase.

SO, HOW DO WE GET AWAY FROM THE THREAT?

We need to find a way to come back down to the 'happy' place of a 5. The more we go up to a 10, the more likely we will come back down to a 0 and not be able to think straight.

We need to find a way to practice 'acceptance' at this time using the 3 A's of Acceptance.

- 1- **Acknowledge** your symptoms are present, real, and happening
- 2- **Allow** your symptoms to be present, real, and happening; don't try to fight it
- 3- **Accommodate** your needs by working with yourself gently with the Emotions Thermometer



WHAT TO DO

To Avoid Going to 10 or Going to 0?

USE NASAL BREATHING

One of the most important and helpful skills in working through dizziness & vertigo is breathing.

- **Breathe In** through your nose for 4-counts.
- **Breathe Out** through your mouth for 8-counts.
- **Repeat for 2 breaths.**
- **Wait a few minutes** for this to work.

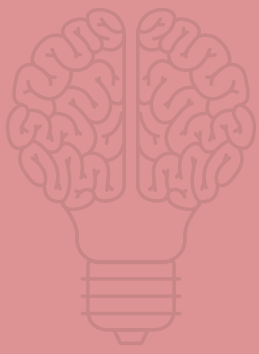
While you're waiting for that to 'work', work on accommodating your needs.

- Get into a comfortable position.
- Anchor yourself into that surface through [Grounding \(linked here\)](#).

* Do not judge yourself for breathing 'wrong', not long enough, or anything else. Simply be there with your breath instead of letting it make your anxiety/dizziness worse. This takes practice; give yourself grace

** Using your breath is the fastest way to control our nervous system. If this makes you dizzy, scared, nervous, or anxious, you may need to practice.

Acceptance is recognizing your needs and accommodating yourself in that time of need. You know what you need. Acceptance Is NOT a failure or admitting defeat



DISCLAIMER

This is never medical advice.

REMEMBER:

This content is for informational purposes only and may not be the best fit for you and your personal situation. It shall not be construed as medical advice. The information and education provided here is not intended or implied to supplement or replace professional medical treatment, advice, and/or diagnosis. Always check with your own physician or medical professional before trying or implementing any information read here.