



## Building Resilience with MCAS: Self-Care, Sleep, and Emotional Wellbeing



## About Me

**REBECCA**  
*Fredericks*

- Building resilience and support through three core areas:



Self-care



Sleep



Emotional wellbeing



# Agenda

Part 1: Self Care That Actually Supports You

Part 2: All About Sleep

Part 3: Emotional Wellbeing and Mental Load

Part 4: Takeaways

Part 5: Q & A



# Self-Care That Actually Supports You

- Safety
- Stability
- Self-trust



## That might mean:

- Creating a daily rhythm you can rely on
- Planning your day around your energy, not around guilt
- Setting up your physical environment to reduce triggers and reduce decision fatigue
- Saying no and setting your boundaries
- Putting guidelines in place to prevent difficult conversations or decisions

**What Could Self Care Look like to You?**

# Exercise 1: The Energy Budget

- Imagine you have £100 of energy each day
- Write down how you're spending that £100 right now, mentally, physically and emotionally
- Then ask: What one thing could I cut out / delegate / change to protect that budget and free up some of it for self care?

# Let's Talk About Sleep

- A real challenge for some people with MCAS
  - Annoying Symptoms
  - Inflammation
  - Chronic Activation of the Stress Response



## 1. Annoying Symptoms

- Itching, flushing, hives
- Gastrointestinal discomfort (often worse at night)
- Temperature dysregulation
- Anxiety or panic-like symptoms in bed

## 2. Inflammation

- Mast cell mediators can cause systemic inflammation.
- Inflammation affects **melatonin production**
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### 3. Chronic Activation of the Stress Response

- Play a role within the NS
  - Release inflammatory mediators which stimulate the CNS
- > Message to STAY ALERT



People with MCAS often live in a SYMPATHETIC DOMINANT STATE

- ➔ Racing thoughts
- ➔ Increased heart rate at night
- ➔ Trouble falling asleep and frequent waking
- ➔ Waking up feeling wired / not rested

# How to Manage This

- Sleep Hygiene
- Working with the Circadian Rhythm
- Consistent Routine
- Downregulation



- Certain Supplements
- Environmental Adjustments
- Bedtime Rituals



What else have you found helps you with sleep?

## Exercise 2: The 4-7-8 Breathing Reset

- Breathe in for 4
- Hold for 7
- Breathe out for 8



# Emotional Wellbeing

- Living with MCAS is extremely hard
- But emotional wellbeing is possible
  - ❖ Name it
  - ❖ Show compassion
  - ❖ Learn tools to move through it



# Tools That Might Help

## 1. Somatic Practices for Nervous System

- Gentle breathwork
- Vagal toning
- Progressive Muscle Relaxation
- TRE

## 2. Trauma-Informed Mindfulness

- Grounding
- Yoga Nidra
- Walking meditations

3. Cognitive Emotional Tools
  - Journalling with structure
  - CBT
  - ACT
4. Connection and Validation
  - Support Groups
  - Therapist or coach
  - Connecting with family / friends
5. Gentle Rhythms and Consistency
  - Consistent bed-time routine
  - Gentle movement
  - Regular meal-times

## 6. Nature & Light

- Sitting in the morning sun
- At least 10 minutes a day outside
- Add plants

## 7. Self Compassion

- Energy budgeting
- Replacing 'why can't I?' with 'What's possible today?'



# Exercise 3: Inner Critic vs Inner Coach

- Step 1: Remember a difficult moment
  - What was your inner critic saying at this moment?
- Step 2: Notice the critic in the body
- Step 3: Shift to the inner coach
  - What would this voice say to you?
- Step 4: Embody the coach
- Step 5: Reflect and share

# Close & Take Away

- You are not alone
- You are doing better than you think
- There are many tools that you can try
- Small daily actions add up





# Q & A

# Contact

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