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Resilience

Adapting well in the face of adversity, tragedy, threats or significant sources of stress.



American Psychological Association <https://www.apa.org/topics/resilience>
and Paige Hector

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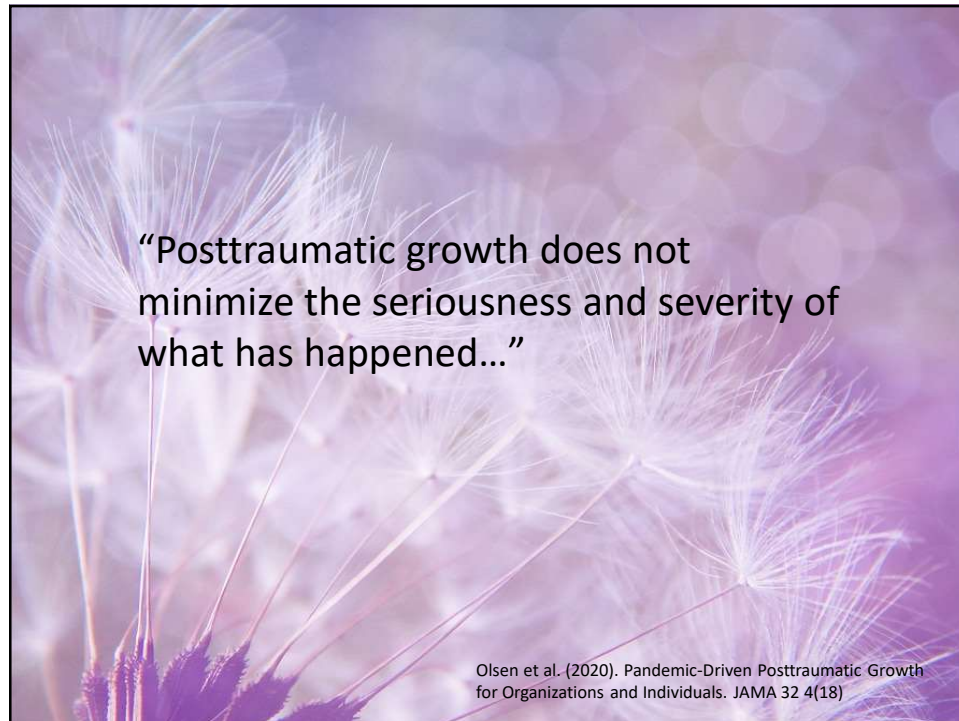
Posttraumatic Growth

A positive psychological change experienced as a result of a struggle with highly challenging life circumstances through establishing perspectives for a “new normal” when the old normal is no longer an option.

- *Deliberate reflection* – how have we been impacted?
- *Learning* – what have we learned?
- *Growth* – reimagining a new normal

Restoring function => Achieving a higher level of functioning

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Self-Awareness – How does YOUR Body Communicate Overwhelm?

Physical

- Shallow breathing
- Increased heart rate
- Clenched teeth
- Upset stomach
- Headache
- Shoulders “at your ears”
- Creased facial expression
- Tense muscles

Behavior/Emotion

- Anger
- Blame
- Fearful
- Irritable
- Impatience
- Exhaustion
- Hopelessness
- On edge

Cognition

- Fear of being unable to cope; Fear of injury/death or going crazy
- Poor concentration; Poor memory; Difficulty reasoning
- Hypervigilance for threat (new or old)

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FIGHT



FLIGHT



FREEZE

Our Biology Picks One



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Helping to Settle

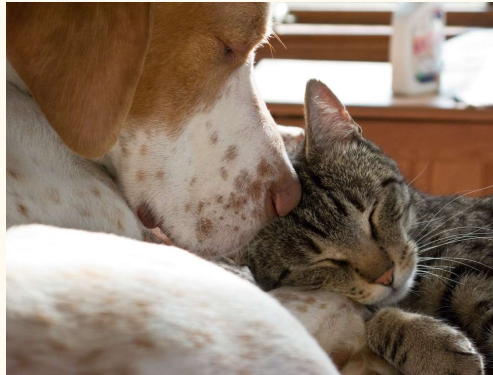


Courtesy of Paige Hector

<https://medium.com/meditation-without-mysticism/alan-watts-muddy-water-and-meditating-49a8211cff8d>

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Increasing Comfort



Not just physical comfort (although that is incredibly important)
Also increasing emotional and spiritual support


Courtesy of Paige Hector Paige Ahead LLC
Michael Keller, LCSW Center for Psychological Trauma, LLC

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Do not tell an upset individual to “calm down”
This may have the unintended effect of
upsetting them more

“De-escalation” does not work with trauma.

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NOTICE

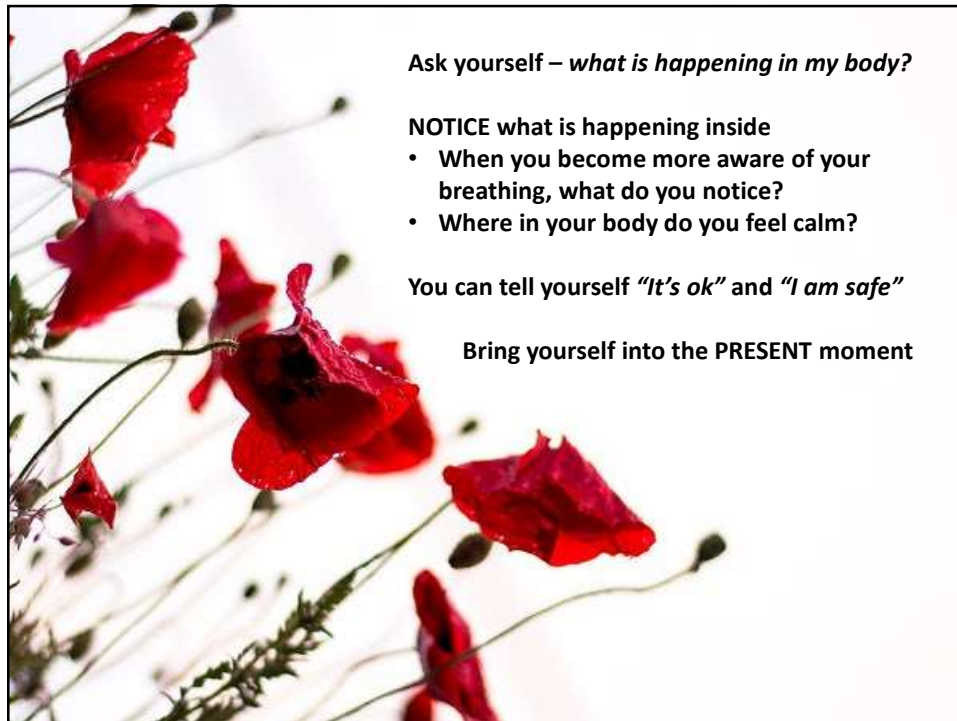
- What is happening in your body
- Be as descriptive as possible

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Name It to Claim It			
Relaxed	Mild Discomfort	Agitated	High Discomfort
Airy	Breathless	Frantic	Achy
Calm	Chilly	Frozen	Bruised
Floating	Closed	Hot	Broken
Flowing	Constricted	in a knot	Burning
Lax	Contracted	Intense	Heavy
Light	Clammy	Itchy	Icy
Mellow	Disconnected	Jittery	Nauseous
Still	Dizzy	Jumbled	Numb
	Drained	Jumpy	Lead
	Dull	Nervous	Paralyzed
Energized	Empty	Sharp	Pressure
Buoyant	Faint	Spinning	Prickly
Bubbly	Frail	Squirmy	Pulsing
Buzzy	Full	Scrunchy	Queasy
Effervescent	Fuzzy	Shaky	Quivery
Electric	Hollow	Twisted	Sweaty
Expansive	Lethargic	Twitchy	Tense
Flushed	Light-headed	Unstable	Tight
Goose bumpy	Shaky		Trembly
Warm	Shivery		Tremulous
	Shuddery		Wobbly

groktheworld.com

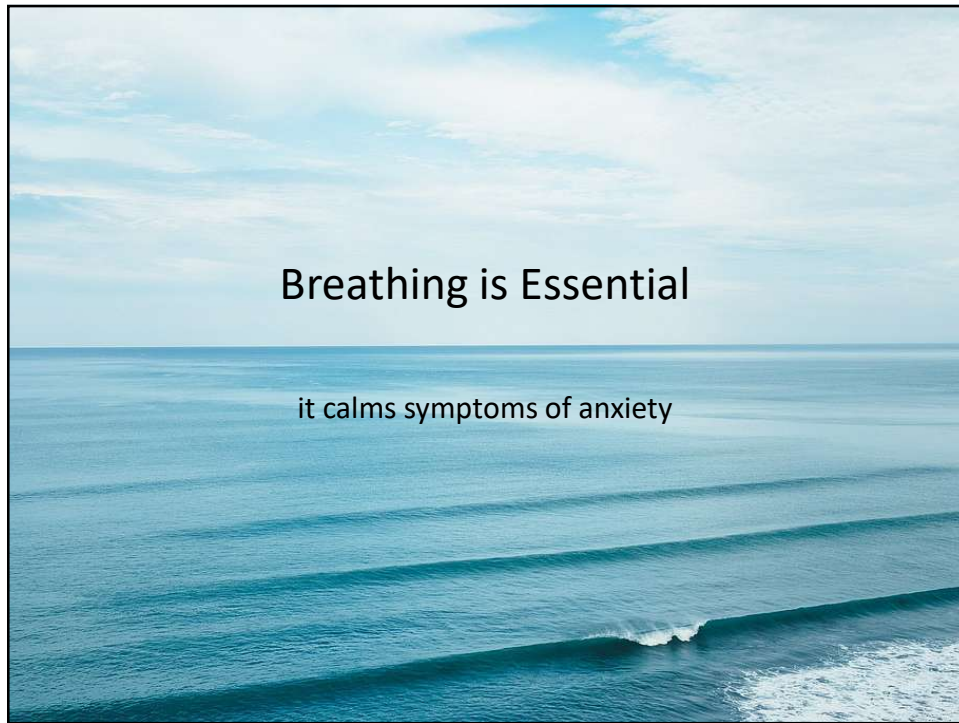
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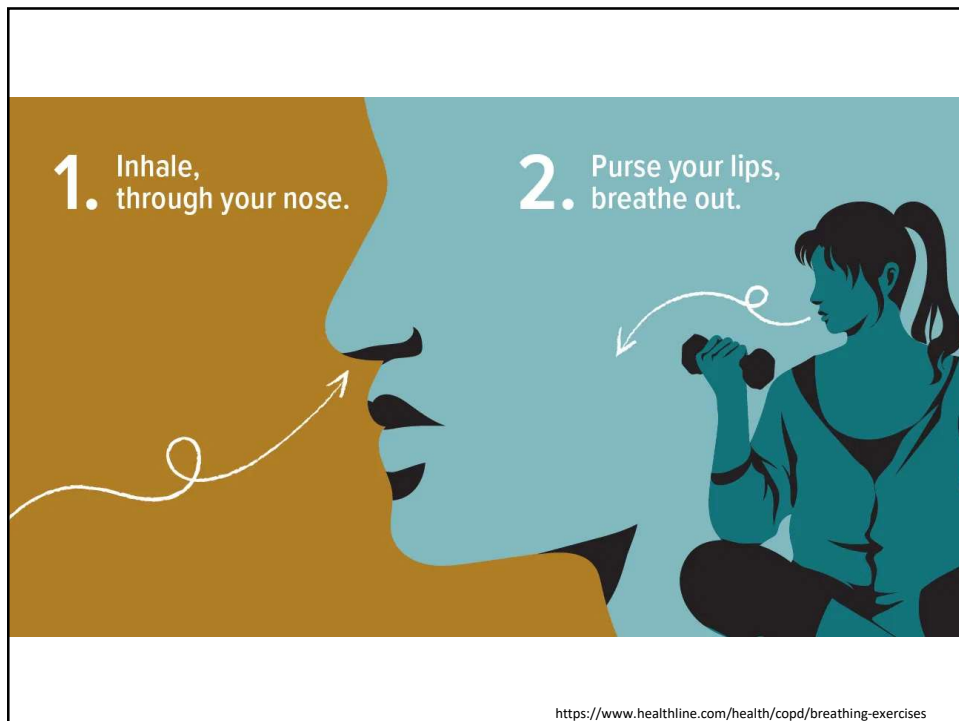
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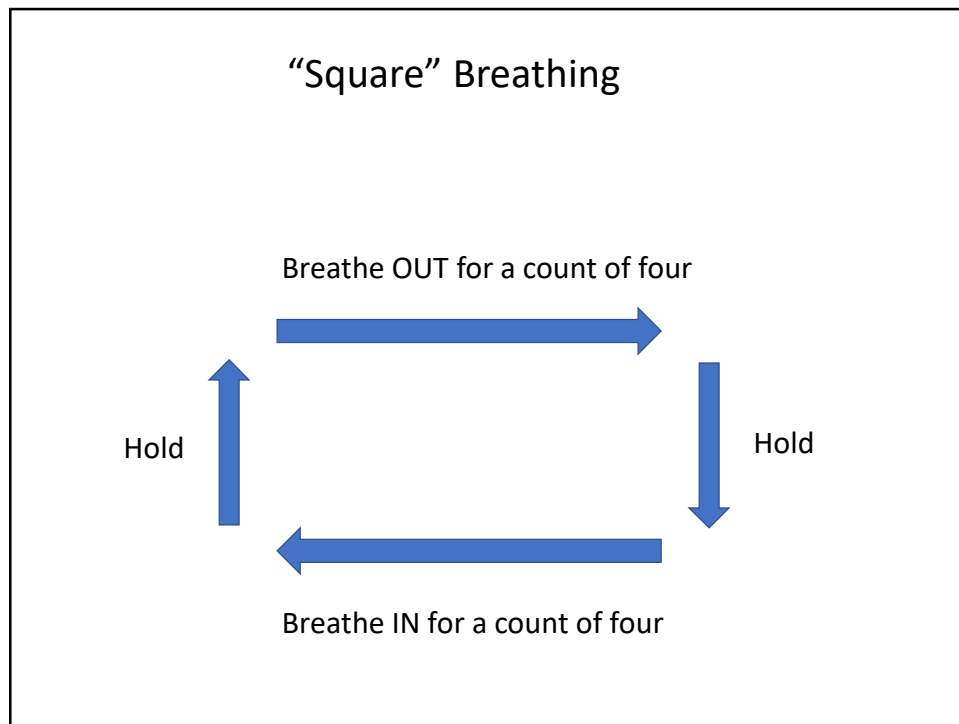
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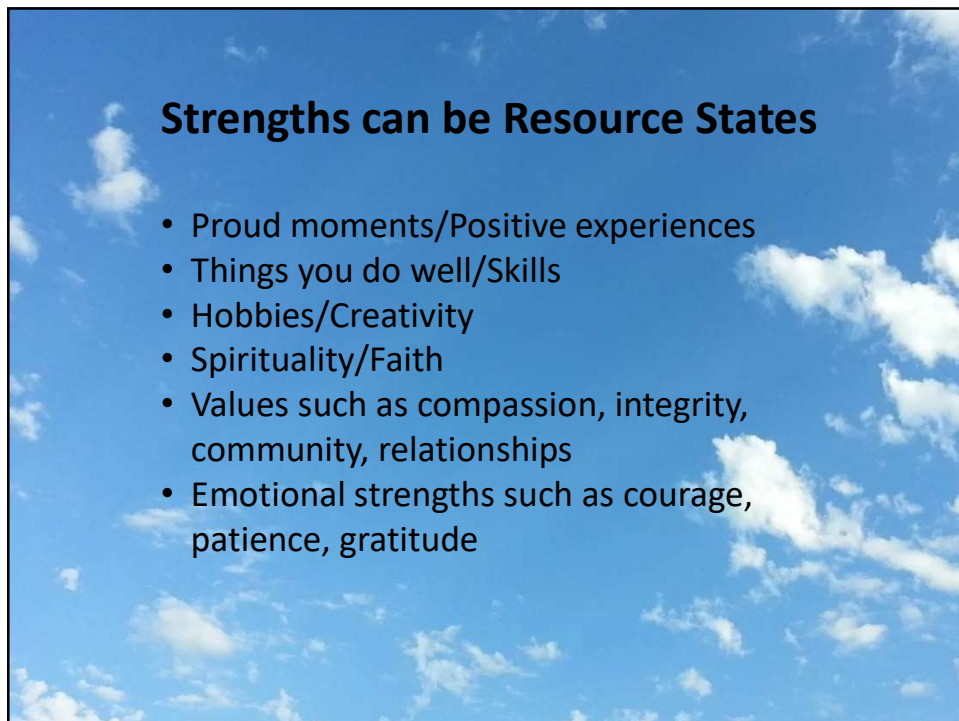
Notice the NOW

- 5** Things you **see**
- 4** Things you **feel**
- 3** Things you **hear**
- 2** Things you **smell**
- 1** Thing you **taste**

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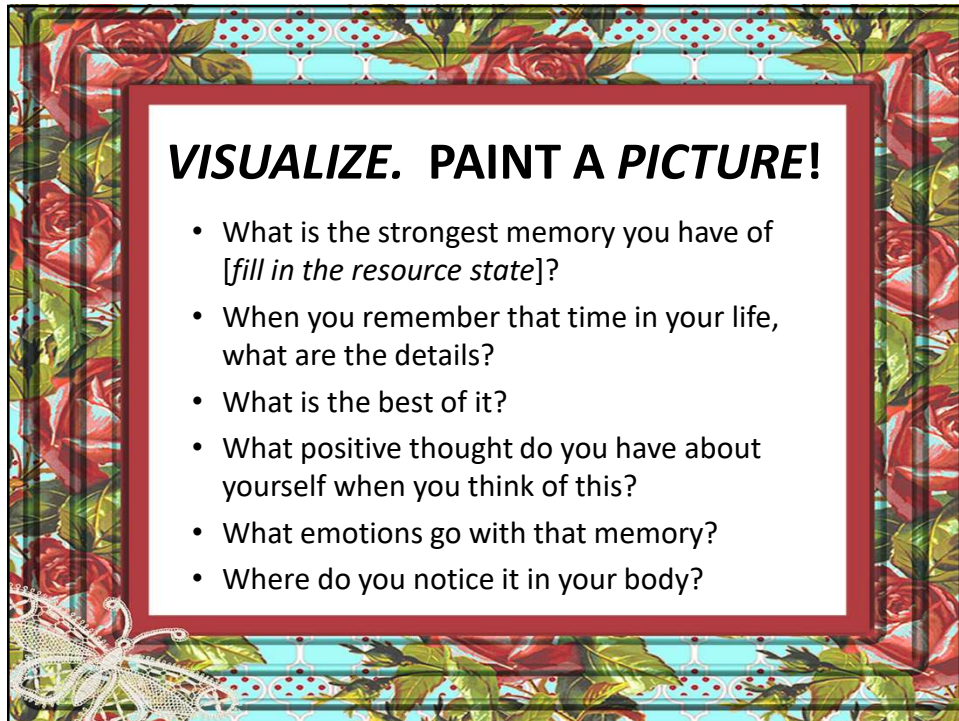
What is one of YOUR resource states or strengths?

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Resource Enhancement!



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VISUALIZE. PAINT A PICTURE!

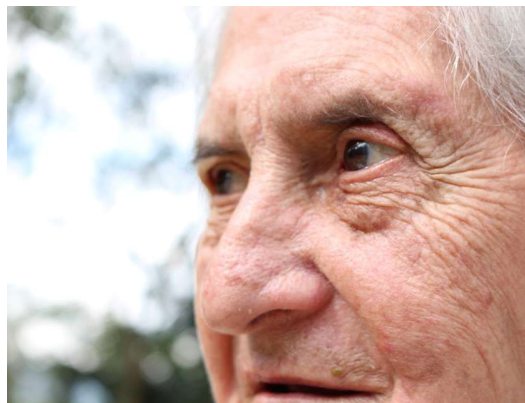
- What is the strongest memory you have of [*fill in the resource state*]?
- When you remember that time in your life, what are the details?
- What is the best of it?
- What positive thought do you have about yourself when you think of this?
- What emotions go with that memory?
- Where do you notice it in your body?

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Use that resource to support
resilience in the present moment
— **for yourself or others**

*“Remember how you [*fill in a brief statement that highlights the resource*]”*

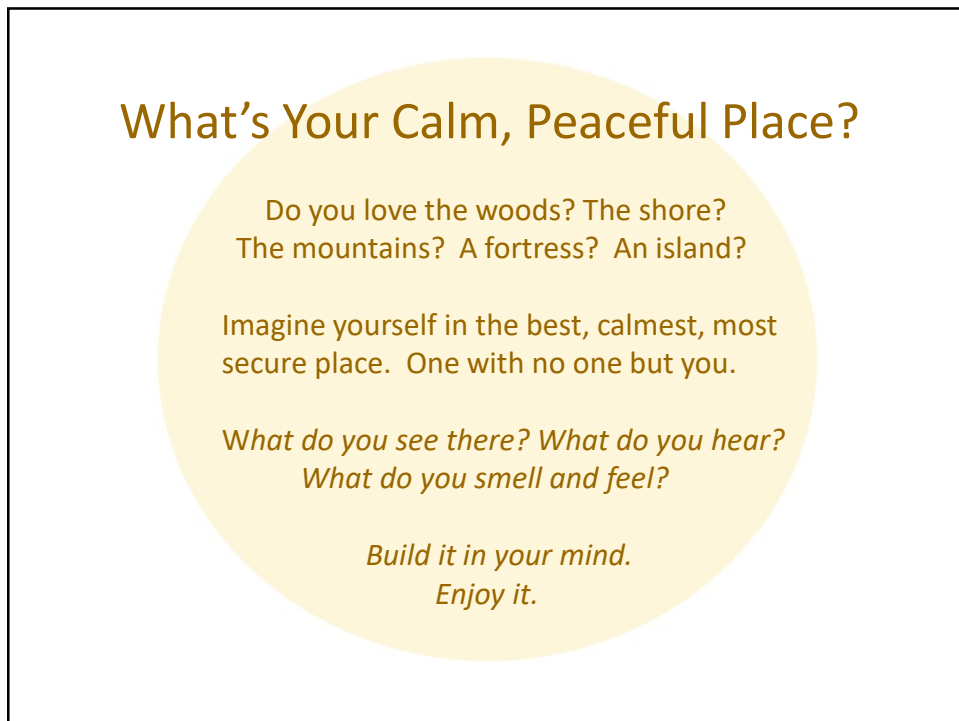
- Made it through...
- Ran a successful business...
- Accomplished...
- Took such wonderful care of ...
- Built your home....



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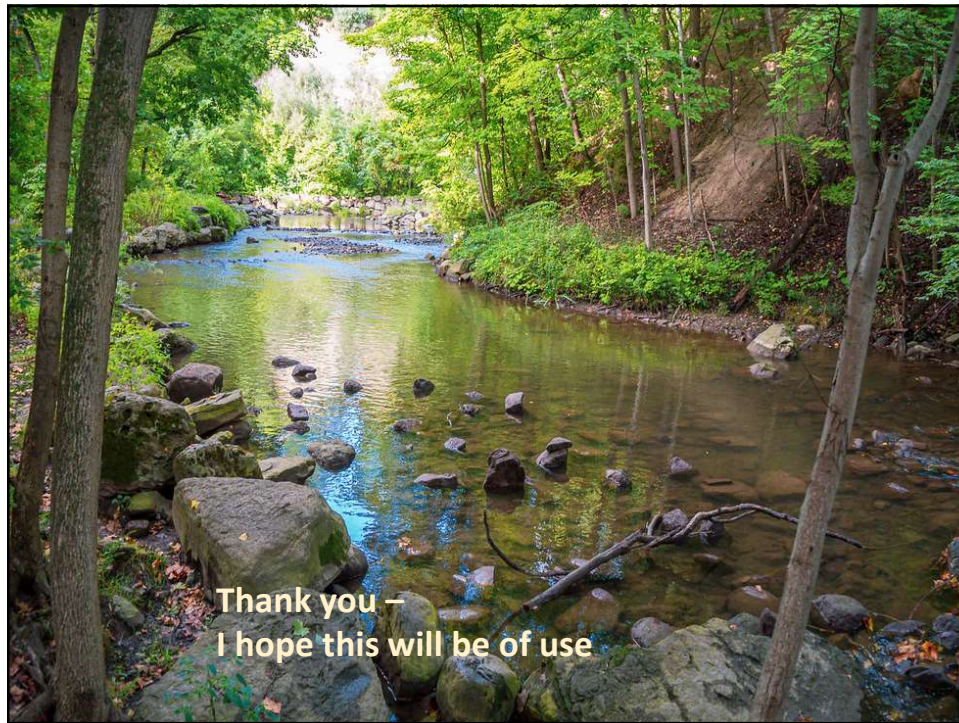
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Intentional Self-Care

- When you are triggered:
 - Exhale, inhale repeatedly
 - SLOW DOWN
 - Name your feelings
 - Ask yourself what you need in this moment
- This is the practice of intentionality

An illustration of a woman with brown hair tied back, wearing a light blue headband and a pink long-sleeved shirt. She is hugging herself with both arms, and the words "SELF HUG" are written in white, stylized capital letters across her chest. The background is a solid dark blue.

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