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MENTAL HEALTH SERVICES

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Resiliency Skills

Russ Turner, MA, MS

Director

People Incorporated Training Institute

Minnesota



Contact us

- ▶ General
- ▶ Training@PeopleIncorporated.org
- ▶ Russ Turner, presenter
- ▶ Russ.Turner@peopleincorporated.org
- ▶ See our class list
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Concepts

Research literature

- ▶ Positive Psychology
- ▶ Compassion Fatigue
- ▶ Secondary Traumatic Stress
- ▶ Neurobiology

Resiliency

- ▶ *The capacity to recover from difficulties*
- ▶ *The capacity for personal growth in the face of new circumstances*
- ▶ *Adaptation to changing circumstances*



Resilient people

Traits

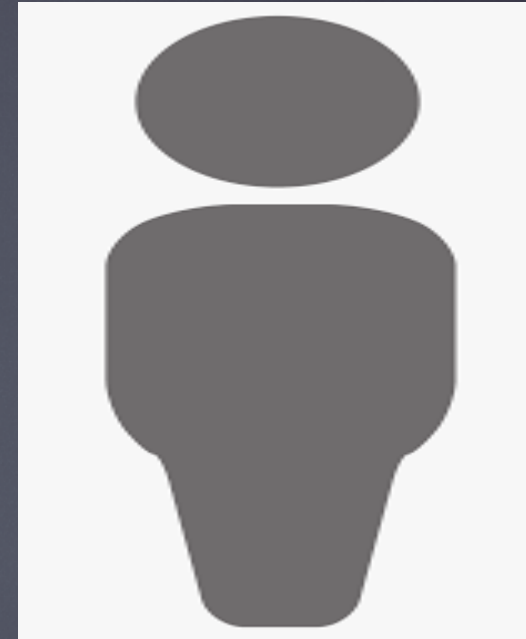
- ▶ Change viewed as opportunity
- ▶ Commitment
- ▶ Secure attachment to others
- ▶ Self efficacy, past successes
- ▶ Goal driven
- ▶ Patient
- ▶ Adaptable
- ▶ Optimistic
- ▶ Faith

Skills

- ▶ Knowledge of biology
- ▶ Individual stress awareness
- ▶ Physical robustness
- ▶ Active relaxation skills
- ▶ Identifying strengths
- ▶ Increasing positive emotions
- ▶ Countering negative thinking
- ▶ Creating community

Reflection Activity

- ▶ Write down the name of a person you admire who you think of as resilient
- ▶ Make a plan to
 - ▶ call them OR
 - ▶ read or research about them



Knowledge of stress biology

SKILL SET 1



Good Stress
(Eustress)



Acute Stress



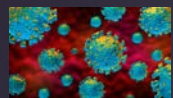
Chronic Unremitting Stress

Your scanning brain

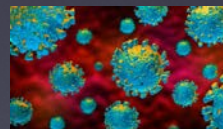
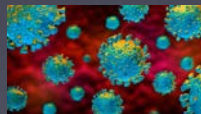


*Recommended Reading:
Buddha's Brain by Rick Hanson*

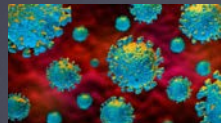
Your scanning brain



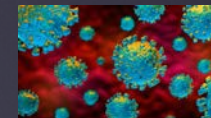
Threat



Reward

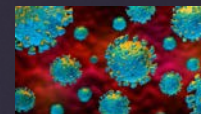


Police
Brutality



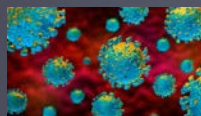
Daycare?

Riots



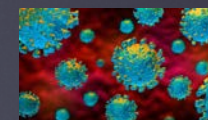
Violence in
Community

Job?



Working
from home?

Reward

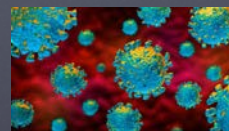
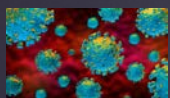
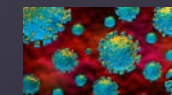


Reward

Threat

Riots

Curfew

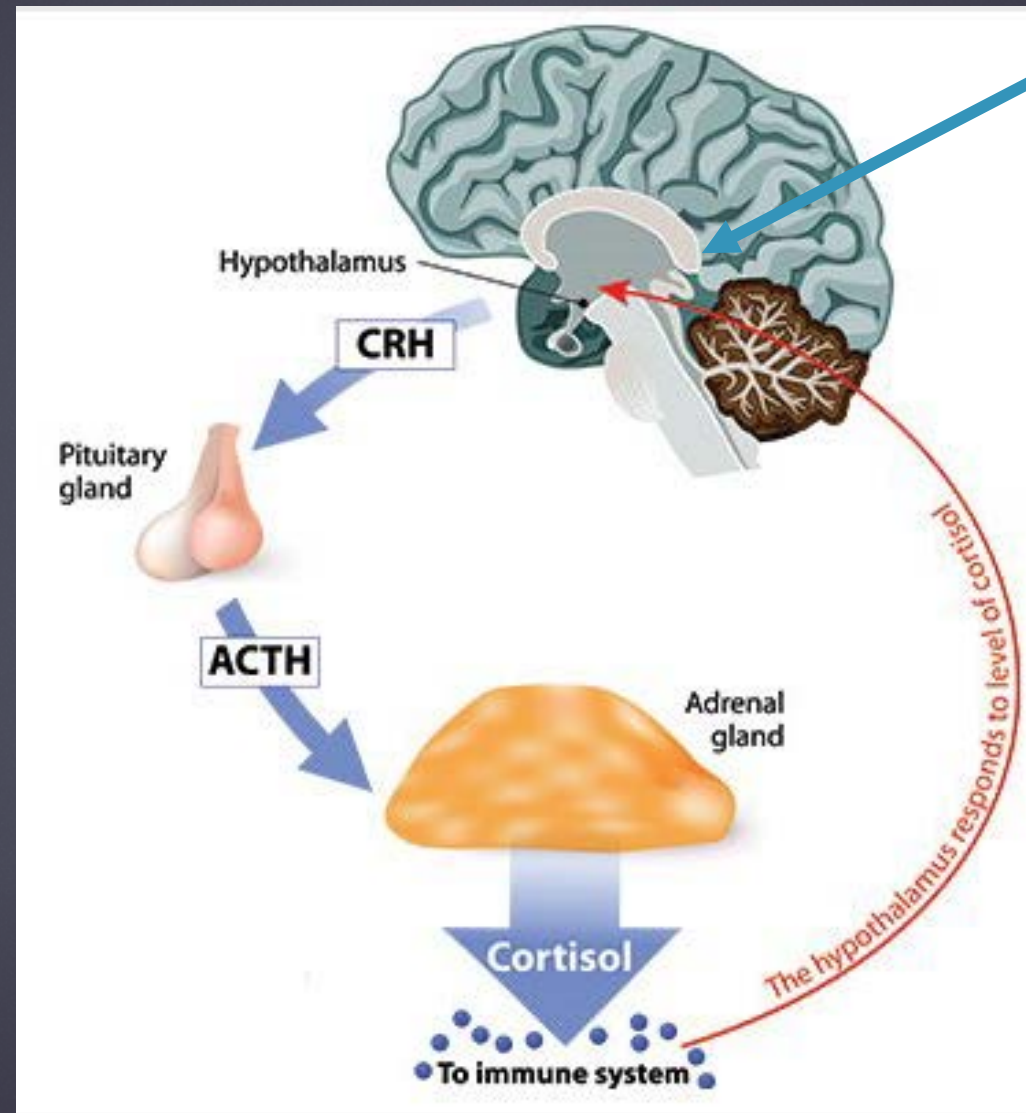


Homeschooling?

Economy?

The stress response

Brain
PERCEIVES
threat

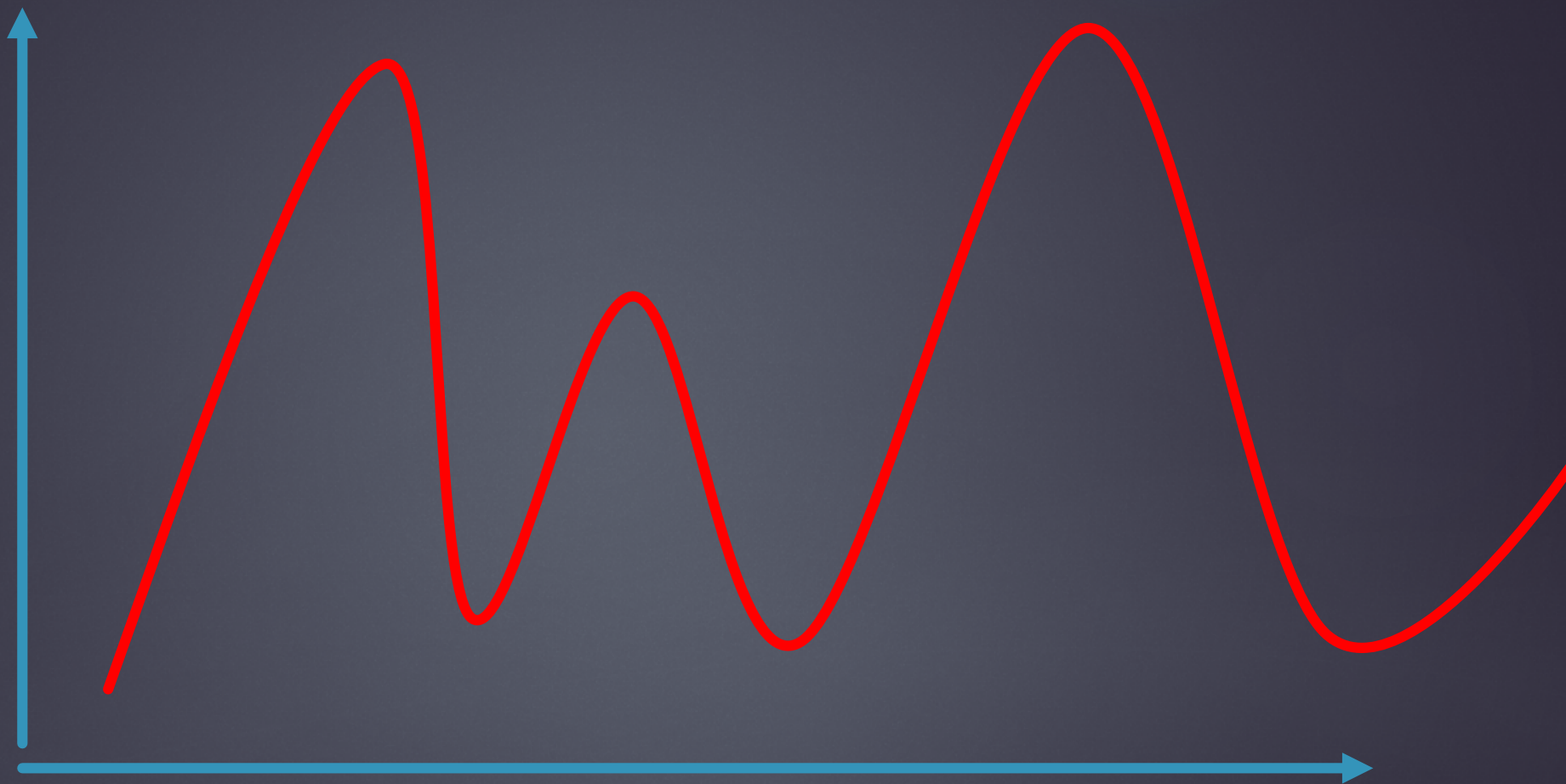


Secondary Traumatic Stress (STS)

Secondary traumatic stress is the emotional duress that results when an individual hears about the firsthand trauma experiences of another

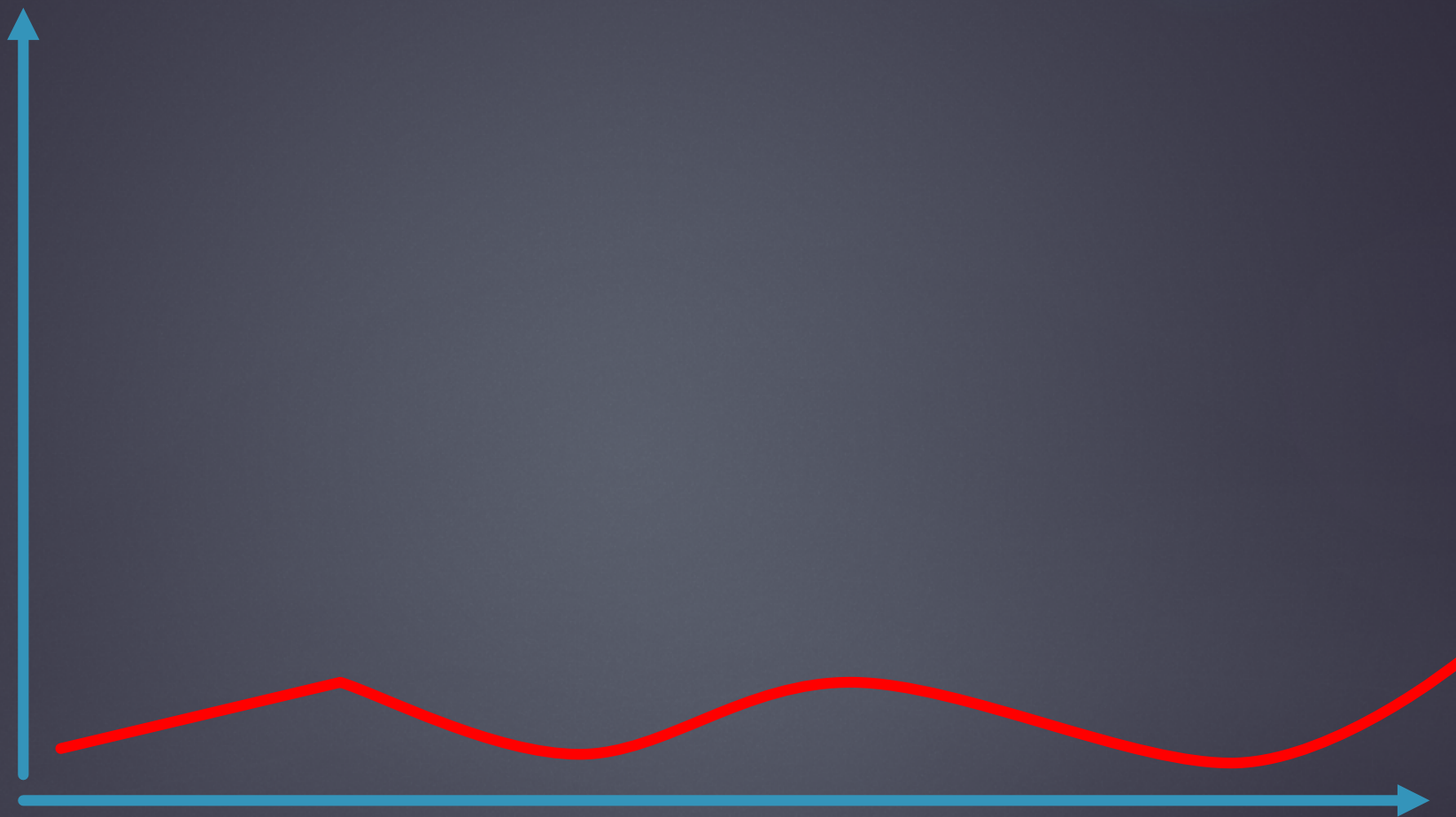


Stress
Response



Time

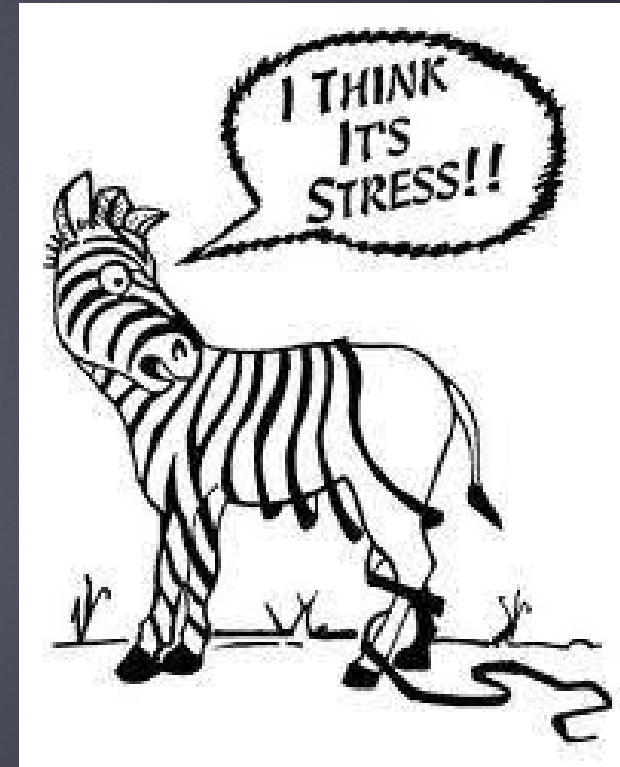
Stress
Response



Time

Reflection Activity

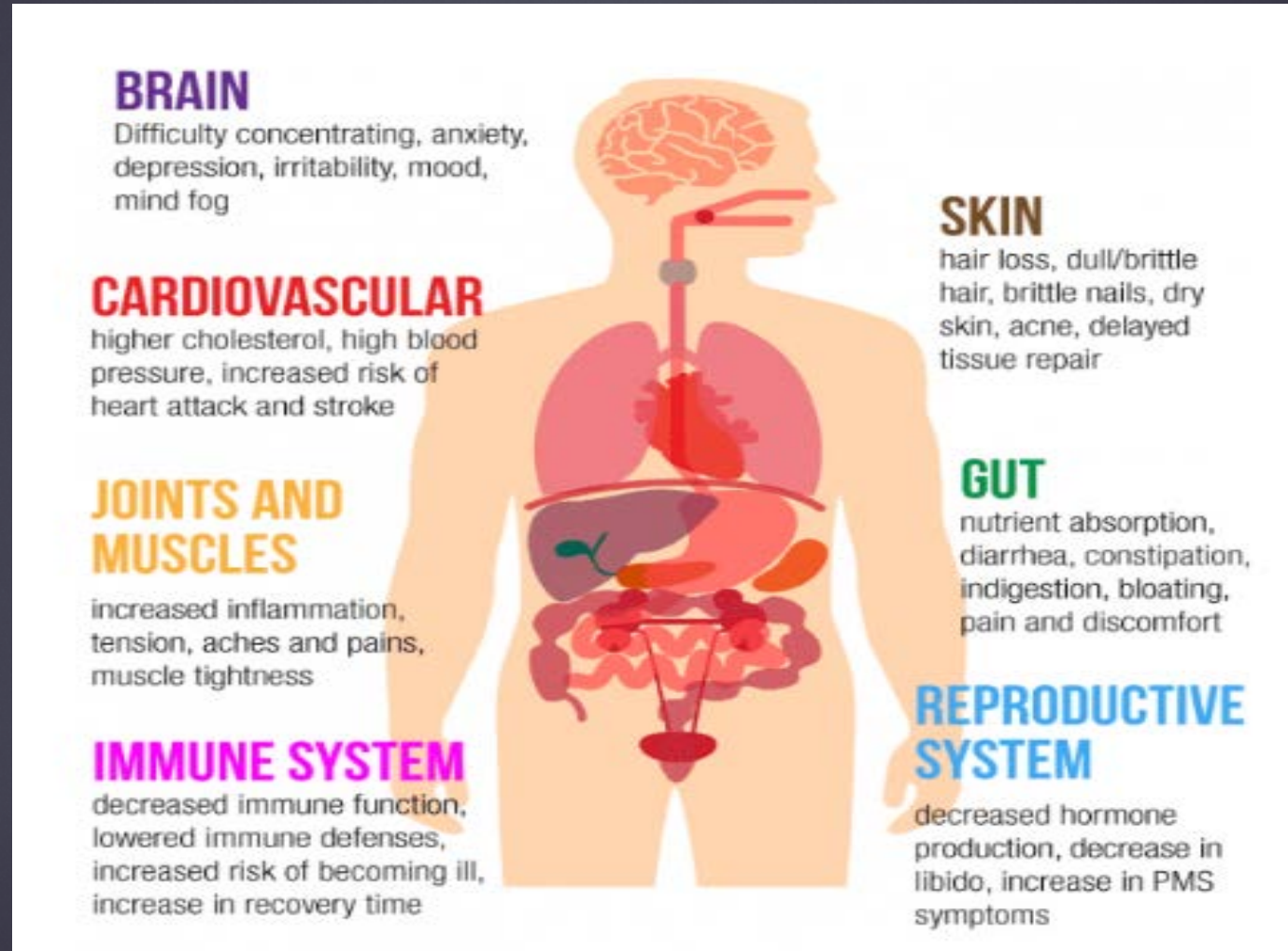
- ▶ Write down your current sources of stress



Individual Stress Awareness

SKILL SET 2

How stress affects our health

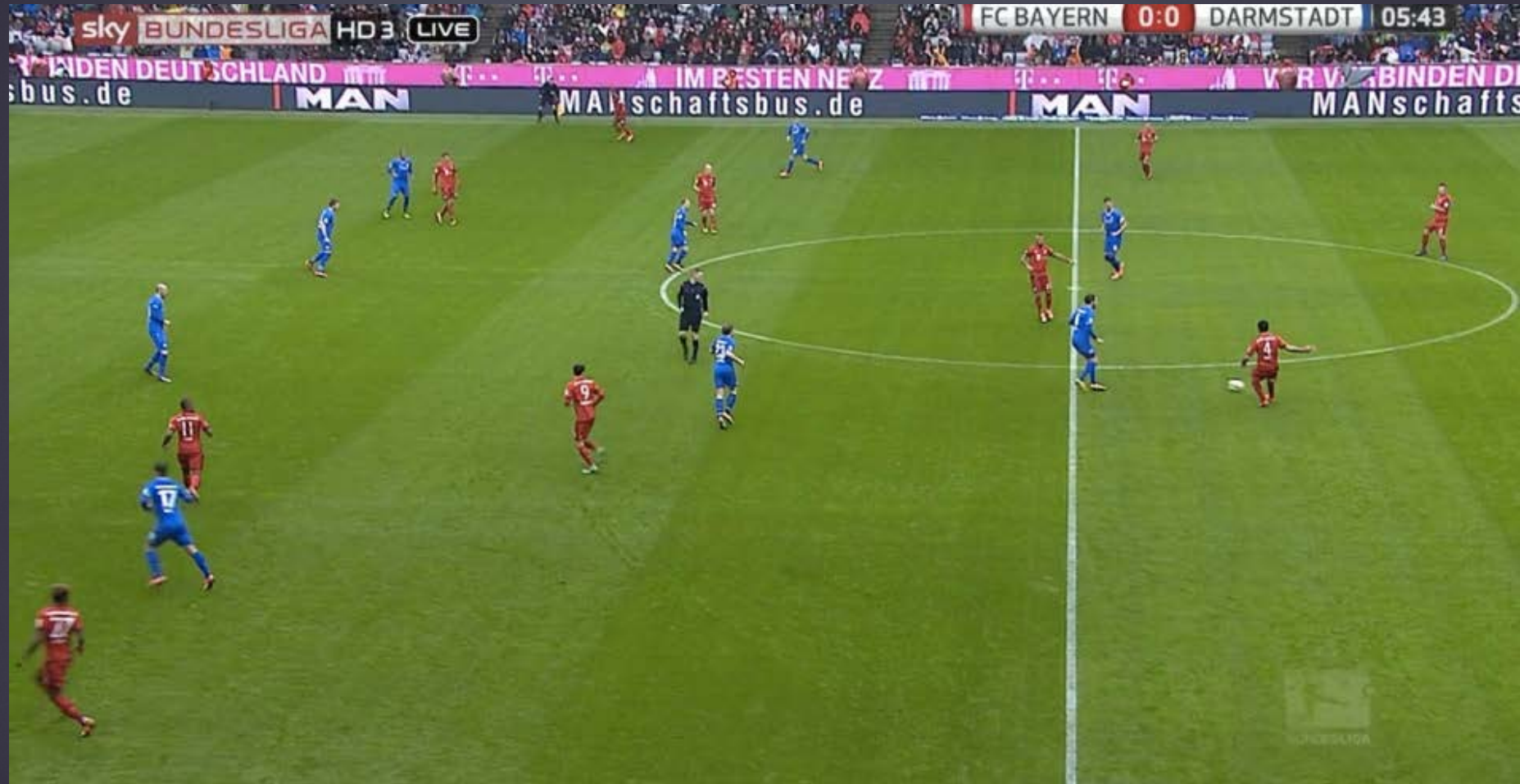


Reflection Activity

- ▶ Write down at least one stress symptom that you tend to get
- ▶ Physical? Mental?
- ▶ Is it happening now?



What would your coach say?



What is the captain saying?



Physical Robustness

SKILL SET 3

Nutrition



Eat a stress reducing diet



Exercise/movement

- ▶ If exercise could be put in a pill, it would be the most successful drug ever produced
- ▶ Burns off stress hormones
- ▶ Better than Xanax for anxiety
- ▶ Promotes neurogenesis



Sleep



- ▶ Change your relationship with sleep
- ▶ Prepare for it carefully
- ▶ Get back in rhythm

A Sleep Experiment

- ▶ Irritable
- ▶ Forgetful
- ▶ Nauseous
- ▶ Alzheimer's Disease
- ▶ Actively hallucinating
- ▶ Severely paranoid
- ▶ Disoriented
- ▶ Loss of motor function
- ▶ Fingers trembling
- ▶ Speech slurred



William Dement, MD, Ph.D.

Reflection Activity

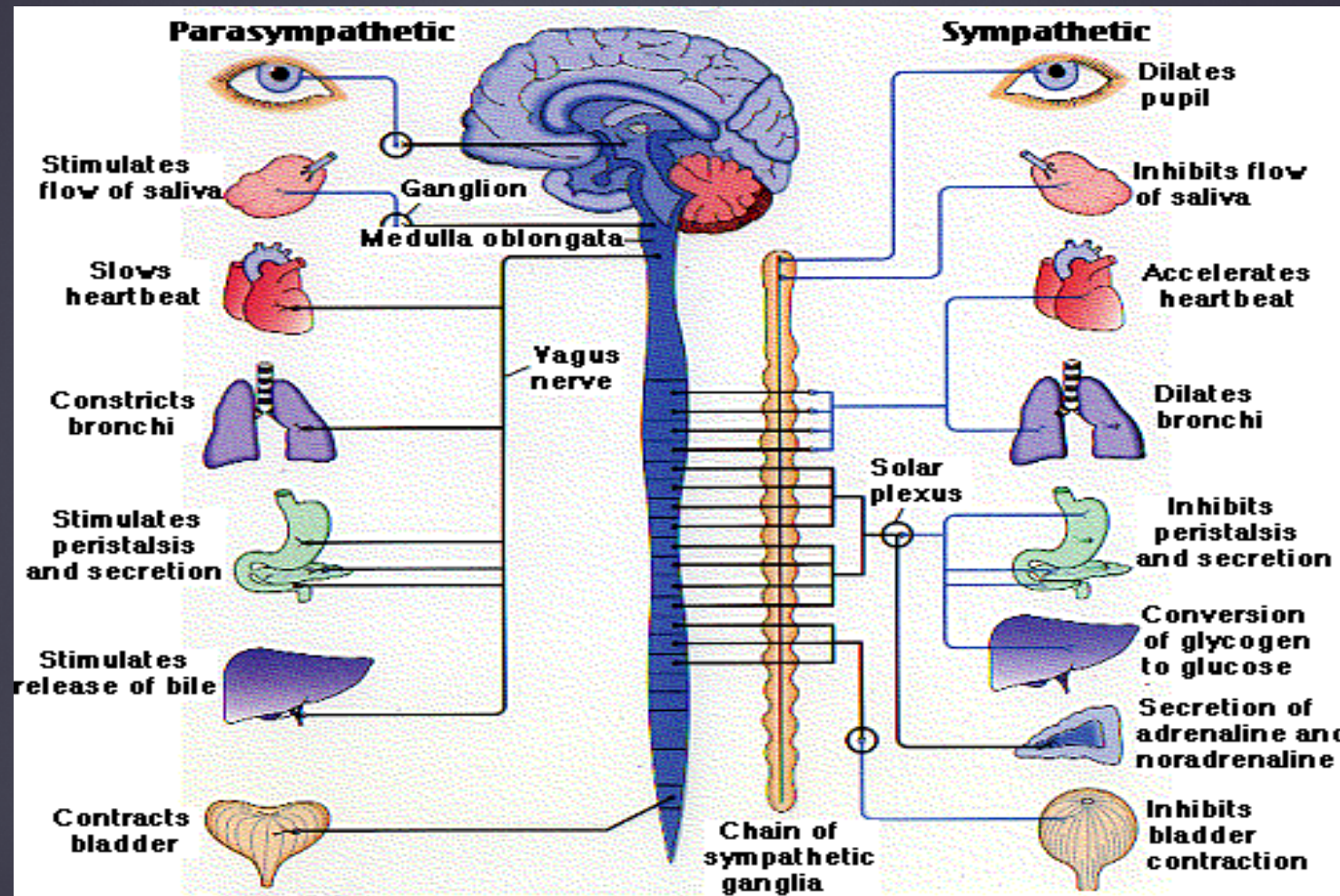
- ▶ Write down ONE thing that will improve your physical robustness that you are going to try for the next week



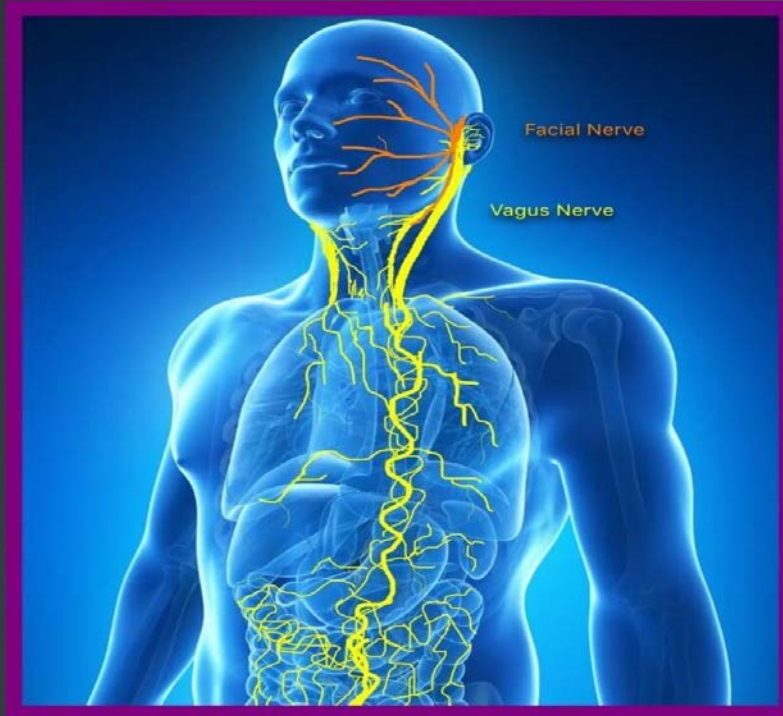
Active Relaxation Skills

RESILIENCY SKILL SET 4

Autonomic Nervous System



Vagus Nerve



- One of the cranial **nerves** that connect the brain to the two bunches of sensory **nerve** cell bodies
- Connects brainstem to the body
- Allows brain to monitor and receive information about several of body's different functions

Recommended Reading: Born to be Good by Dacher Keltner

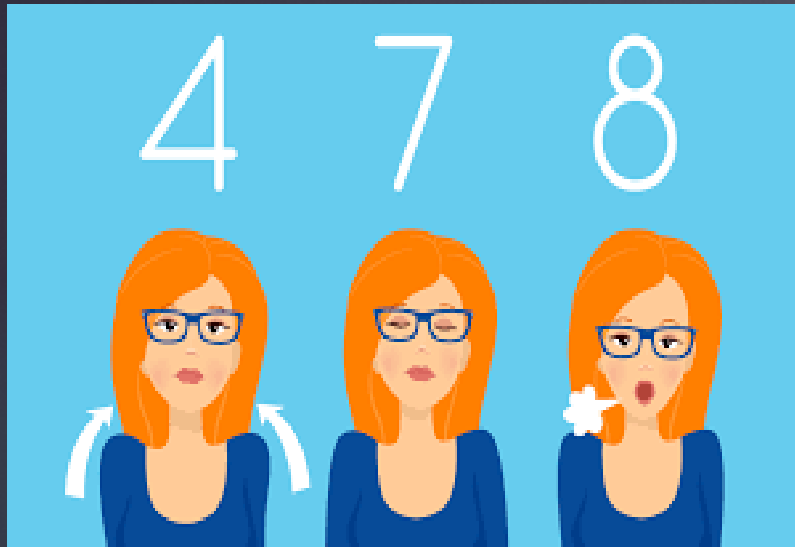
Cold water in the face

- ▶ Calm down from extreme emotions in 30 seconds
- ▶ Activates vagus nerve
- ▶ Slows heart rate
- ▶ Directs blood to vital organs
- ▶ Calming
- ▶ Grounding



***Recommended Reading:
Marsha Linehan's DBT
Skills. Emotional
Regulation***

4/7/8 Breathing



***Recommended Reading:
Spontaneous Happiness
by Andrew Weil, MD***

- ▶ Tongue behind front teeth
- ▶ Exhale completely (puckered lips)
- ▶ Breathe in to count of 4
- ▶ Hold for count of 7
- ▶ Exhale thru mouth to count of 8 (puckered lips)
 - ▶ Repeat 4 times

"Take 5"

- ▶ Breathe into the count of 5
 - ▶ Hold for 5
 - ▶ Out for 5
 - ▶ Pause for 5
 - ▶ Repeat 5 times
 - ▶ Do this 5 times a day
- ▶ *Source: Dr. Mark Hyman*



Grounding

- ▶ A therapeutic technique that involves doing activities that “ground” or reconnect you to your current environment
- ▶ Helps detach from negative emotions that are not productive in the moment

***Recommended Reading:
Seeking Safety materials***



Visualization



- ▶ Grounding
- ▶ Distraction from stressful thoughts

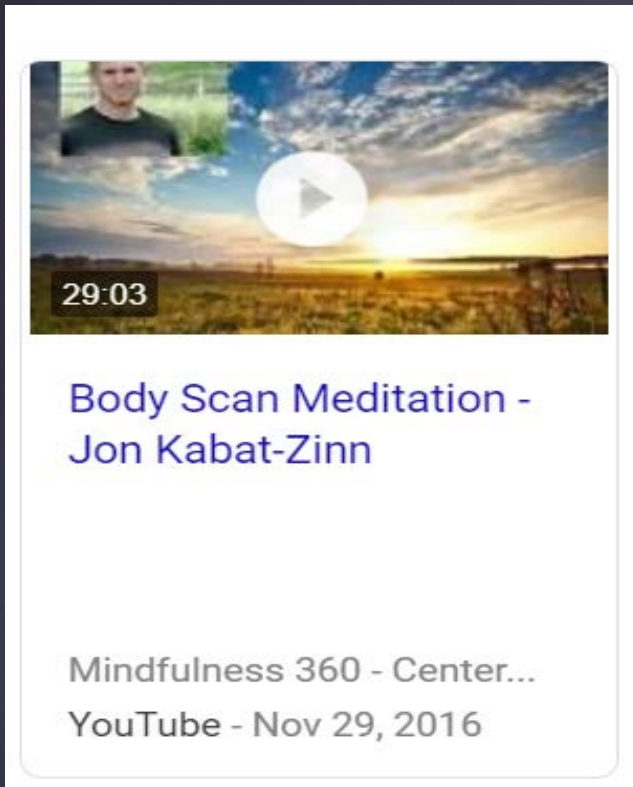
Mental imagery

- ▶ "Happy Place"



***Recommended Reading:
Anything by
Thich Nhat Hanh***

Body Scan



- ▶ Alternates between wide and narrow focus
- ▶ Attention
- ▶ Guiding, focusing, relaxation
- ▶ Alternates



Parasympathetic
Nervous System

***Recommended Reading:
Wherever you go there
you are by Jon Kabat Zinn***

Taste

- ▶ Water
- ▶ Lemons
- ▶ Gum
- ▶ Hot drink
- ▶ Chocolate
- ▶
- ▶



Music



- ▶ Singing, humming, chanting, praying
- ▶ Activates vagus nerve
- ▶ Calms amygdala
- ▶ Regulates hypothalamus
- ▶ Moderates fear and anxiety
- ▶ Reduces heart rate
- ▶ Reduces blood pressure

Reflection Activity

- ▶ Write down ONE active relaxation technique that you are going to try for the next week



Identify and Use Strengths

RESILIENCY SKILL SET 5

Reflection Exercise



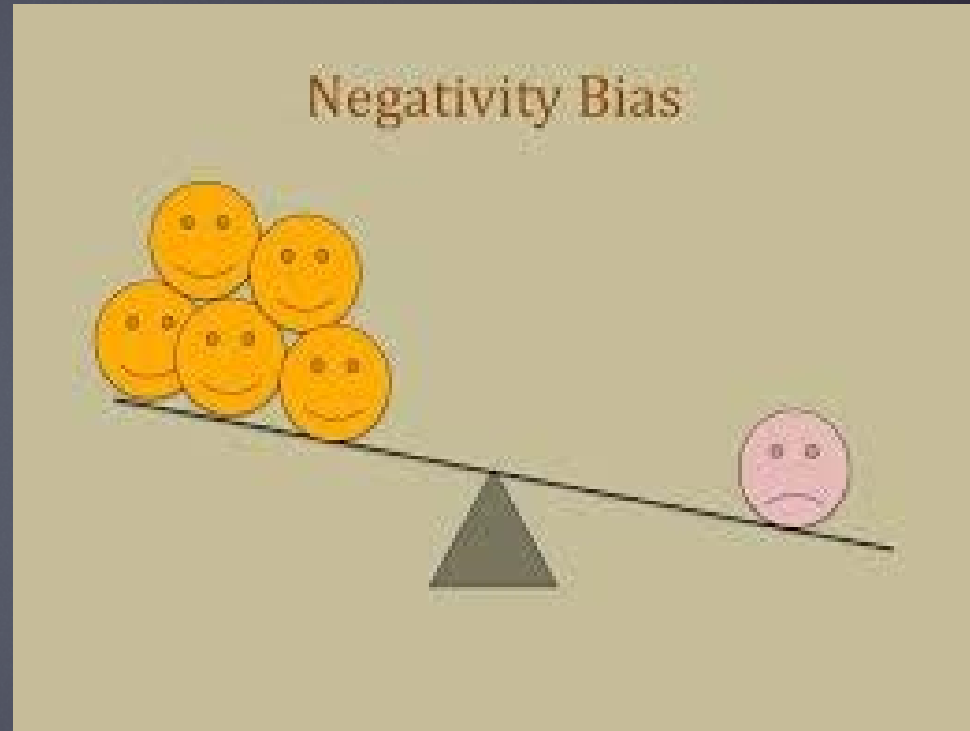
- ▶ Describe a time when you were able to overcome or handle a challenge in life
- ▶ What did you learn about yourself?
- ▶ What personal strengths did you draw upon?
- ▶ When were you the most resilient?
- ▶ How can you apply this strength now?

Increase Positive Emotions

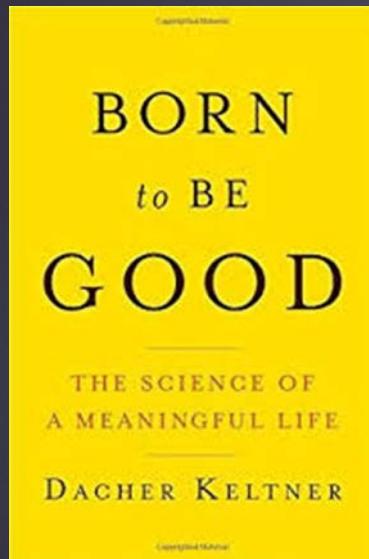
RESILIENCY SKILL SET 6

Negativity Bias

- ▶ Also known as the negativity effect
- ▶ Even when of equal intensity, things of a more negative nature have a greater effect on one's psychological state and processes than neutral or positive things
- ▶ Can lead to “learned helplessness”



Remind yourself that

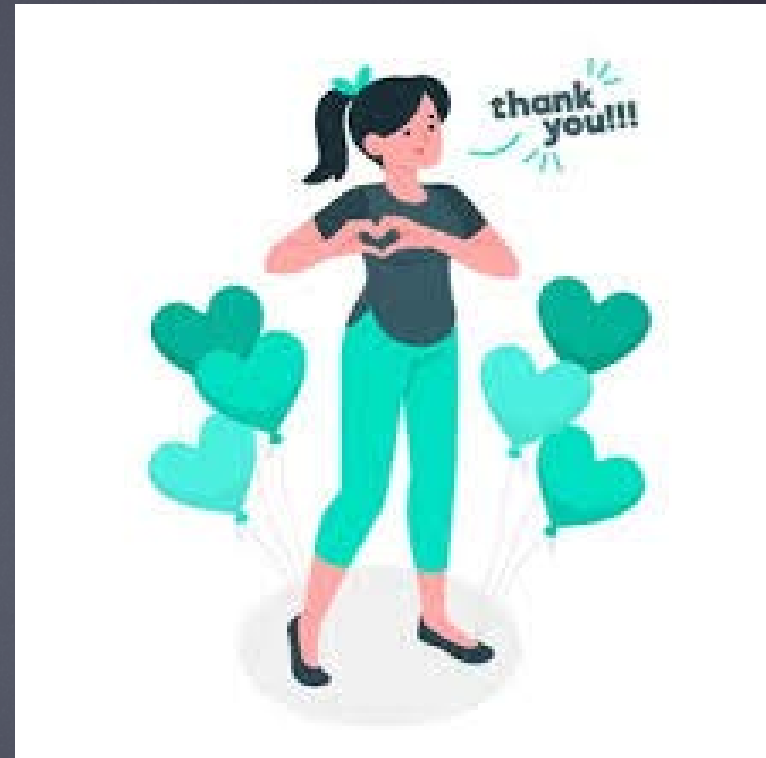


- ▶ Emotions pass

- ▶ I am anxious now and later I won't be
- ▶ I am triggered now, but tonight I will be feeling relaxed again
- ▶ It's bad now, but later it won't be

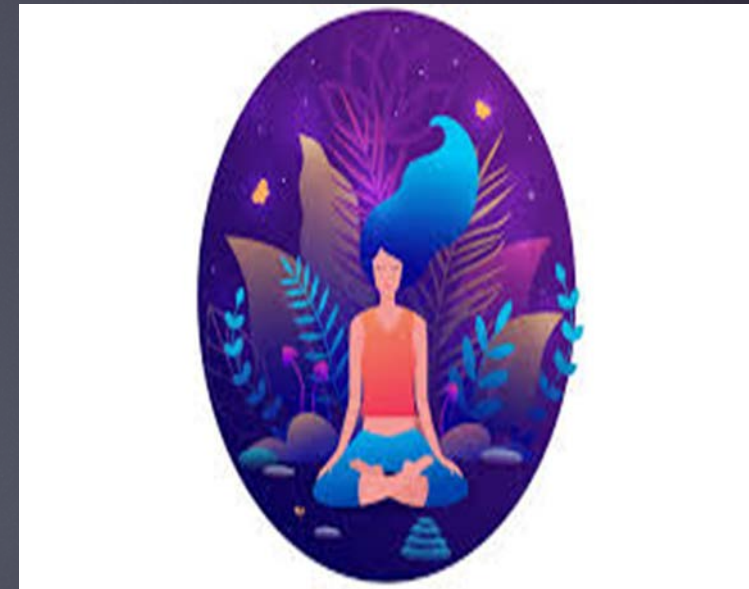
Gratitude

- ▶ *The quality of being thankful*
- ▶ *Readiness to show appreciation for and to return kindness*



Gratitude Practices

- ▶ Write a thank you note
- ▶ Thank someone mentally
- ▶ Keep a gratitude journal
- ▶ Meditate/pray



Increase Positive Emotions

- ▶ Identify sources of joy
- ▶ List accomplishments
- ▶ Collect things that remind you of positive moments in your life
 - ▶ Photos, gifts, things you drew, etc
- ▶ Practicing a Loving Kindness meditation
- ▶ Random acts of kindness
- ▶ Adopt a positive posture

Reflection Activity

- ▶ Write down ONE thing that you will do to increase positive emotions on a daily basis for the next week



Counter Negative Thinking

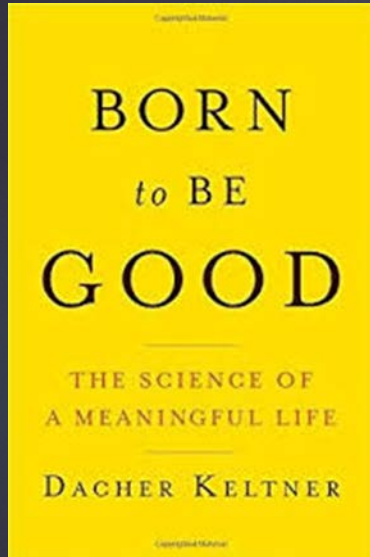
RESILIENCY SKILL SET 6

Negative toxic thoughts

- ▶ Thoughts are things
 - ▶ Perceptions can paralyze our brain
- ▶ Rigidity in thinking actually causes a stiffening of cells in the brain
 - ▶ Reduces the plasticity and ability to regenerate



Label



- ▶ What's happening – put words on it
 - ▶ “I'm feeling anxious because of the news about coronavirus”
 - ▶ “the news about coronavirus is distressing so it's affecting me”

Affirmations



Basically an instruction to your brain to have a positive thought

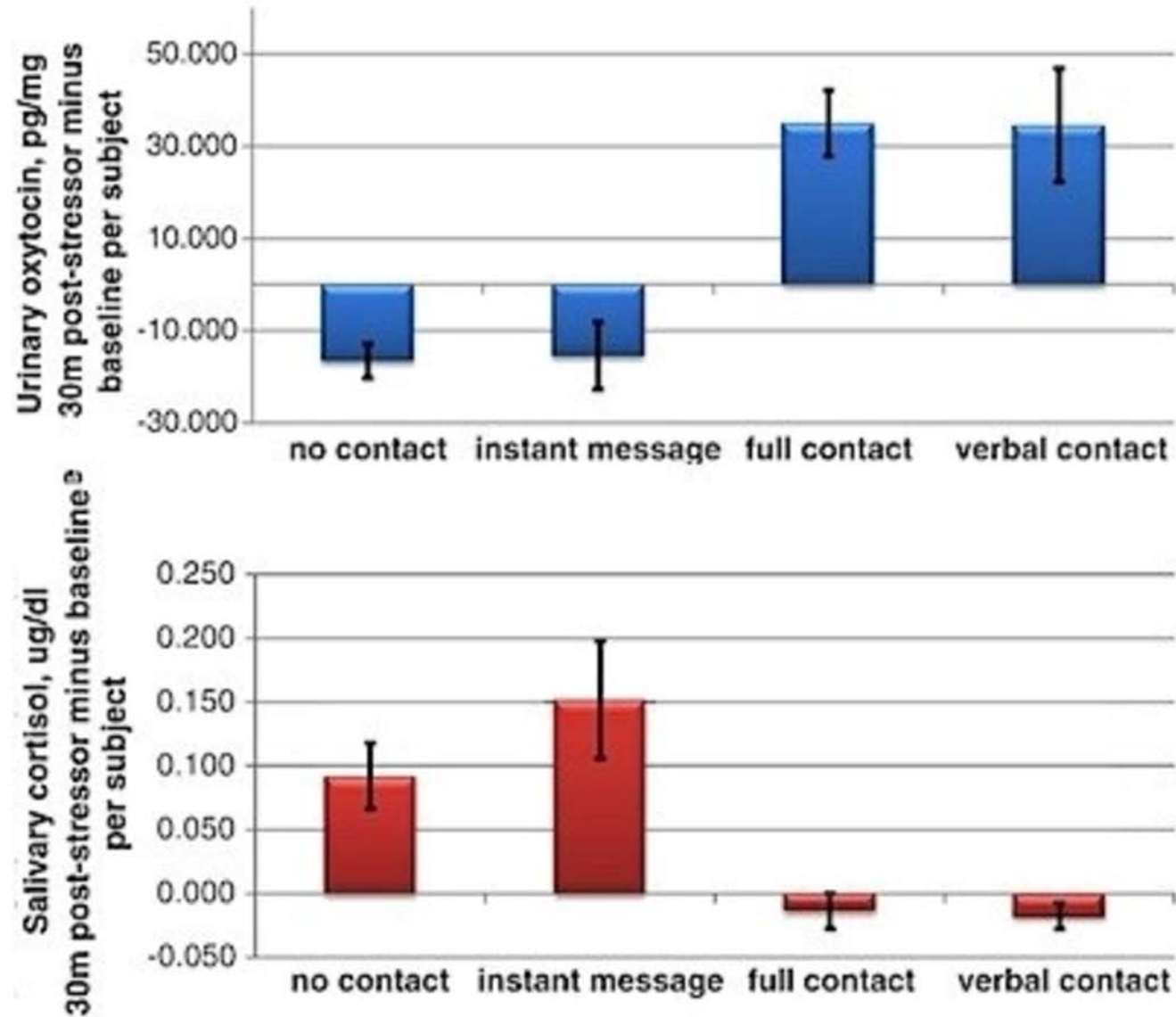
- ▶ I trust my inner wisdom and intuition
- ▶ I breathe in calmness and breathe out nervousness
- ▶ My work is fulfilling and meaningful
- ▶ Wonderful things unfold before me
- ▶ I choose to find hopeful and optimistic ways to look at this

Create a caring community

RESILIENCE SKILL SET 7

Prioritize face and voice connection

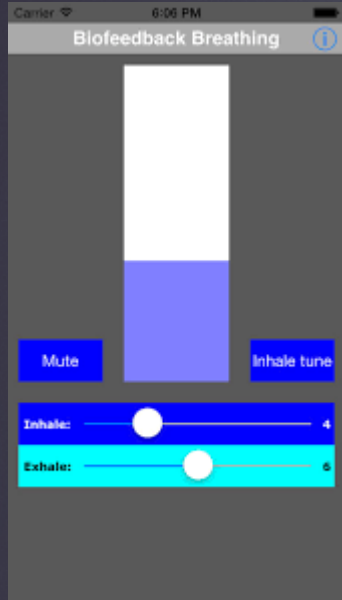




Changes in oxytocin (above) and cortisol (below) after girls stressed by a test didn't talk to their moms at all, communicated by instant message, spoke in person, or talked on the phone.

Image: Seltzer et al./Evolution and Human Behavior

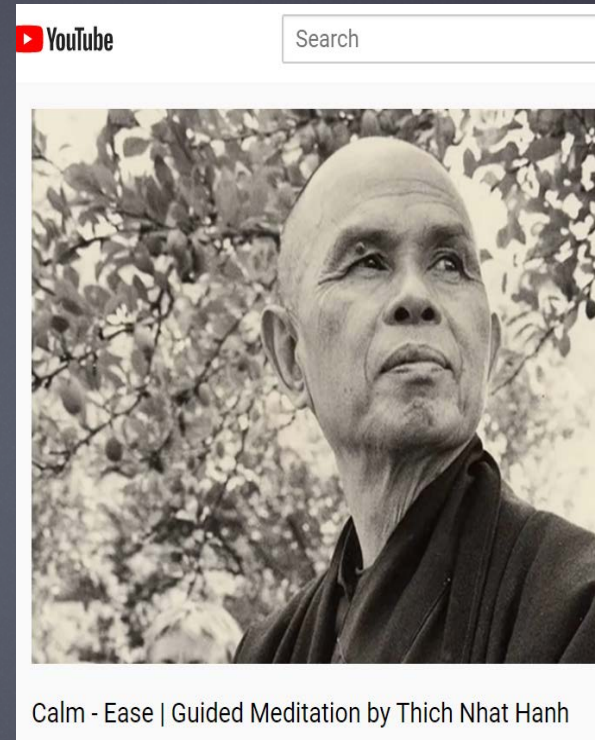
Use your phone to your advantage



BioBreathing App



Music



Guided Meditation



Funny stuff!

Compassion



Expressions of
Kindness



Engage the reward
circuit in the brain.



Releases Dopamine



Tends to
promote further
acts of kindness

This activates the part of the brain
that registers feelings of safety and
acceptance

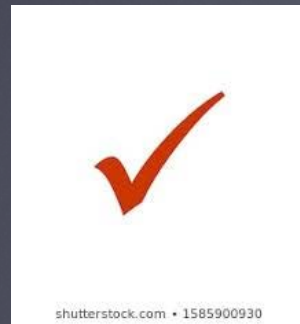
Reflection Activity

- ▶ Write down ONE thing that you will do to help create a caring community for the next week



Resiliency Toolkit

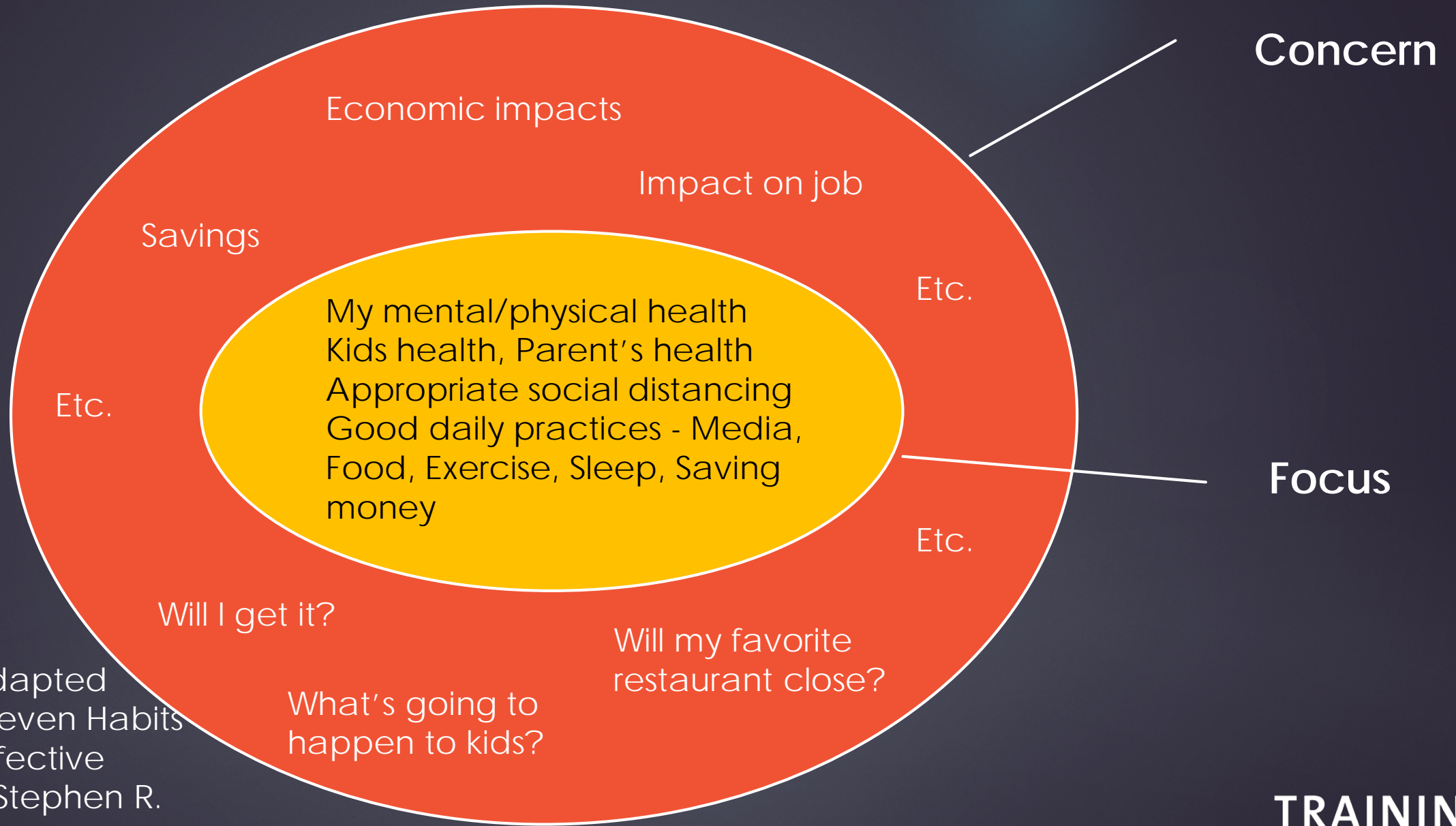
- ▶ Breathing
- ▶ Water
- ▶ Affirmations
- ▶ Limit media
- ▶ Music
- ▶ Exercise
- ▶ Singing
- ▶ Pets
- ▶ Fruits Vegetables
- ▶ Outside
- ▶ Journaling
- ▶ Gratitude
- ▶ Facetime



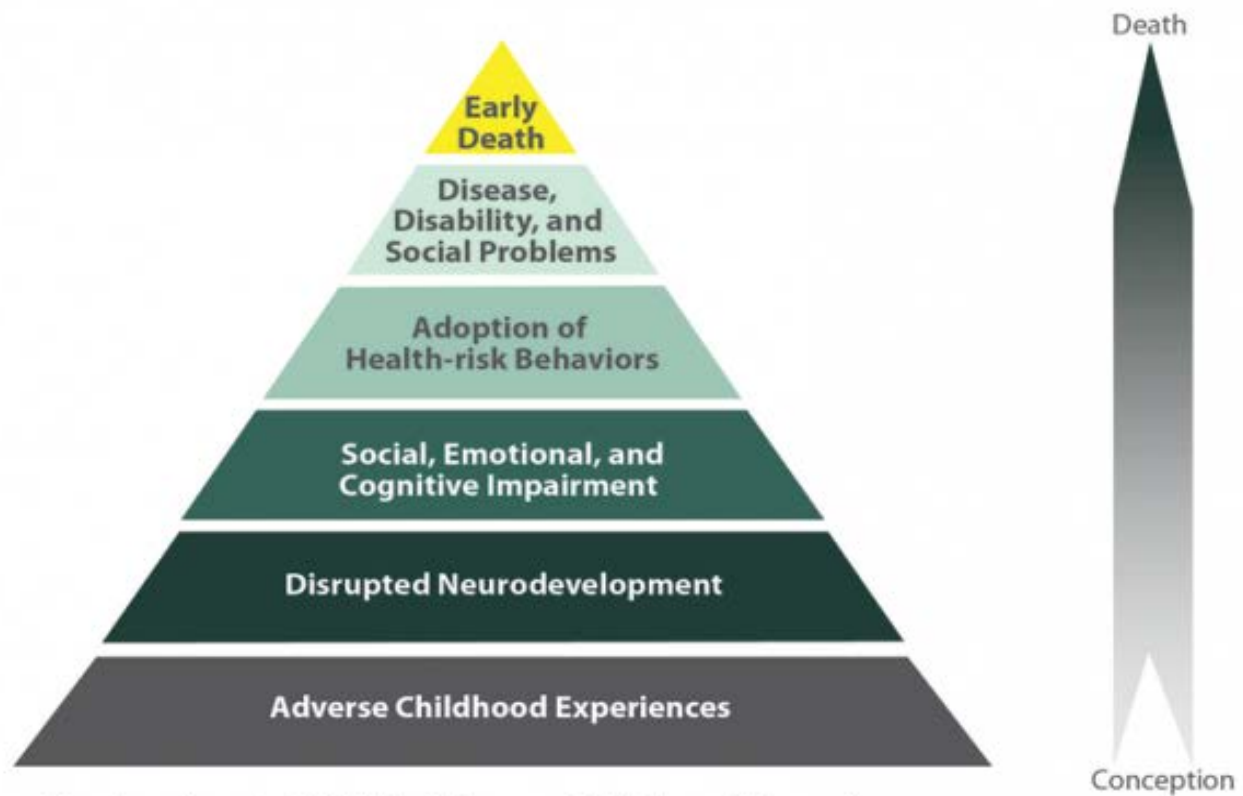
- ▶ Constant snacking, especially sugary foods, candy, carbs
- ▶ Staying up late
- ▶ Lots of TV
- ▶ Lots of Media/Screens
- ▶ Social Media
- ▶ Alcohol
- ▶ Caffeine
- ▶ Smoking
- ▶ Inside
- ▶ Sitting
- ▶ Texting only
- ▶ Kindness and compassion



Closing Thoughts



Source: (Adapted from) The Seven Habits of Highly Effective People by Stephen R. Covey



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

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**Adverse Childhood
Experience (ACE) in
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Adverse Childhood Experience (ACE) in Minnesota

Definition

[What is an ACE?](#)

Stress

[ACEs have an effect on the developing brain](#)

Prevalence

[ACEs are common among Minnesotans](#)

Occurrence

[ACEs tend to occur together](#)

Some children thrive despite ACEs

- ▶ Close relationships with competent caregivers or other caring adults
- ▶ Parent resilience
- ▶ Caregiver knowledge and application of positive parenting skills
- ▶ Identifying and cultivating a sense of purpose (faith, culture, identity)
- ▶ Individual developmental competencies (problem solving skills, self-regulation, agency)
- ▶ Social connections
- ▶ Socioeconomic advantages and concrete support for parents and families
- ▶ Communities and social systems that support health and development, and nurture human capital

Thank you!

Russ Turner, MA, MS
Director
People Incorporated Training Institute
Minnesota



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If you have any questions, please email us at
Training@peopleincorporated.org.
Russ.Turner@PeopleIncorporated.org