



*When a flower grows wild it can always survive
Wildflowers don't care where they grow - Dolly*

What is Resilience?

According to the APA, Resilience is defined as the "process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors."

But How?

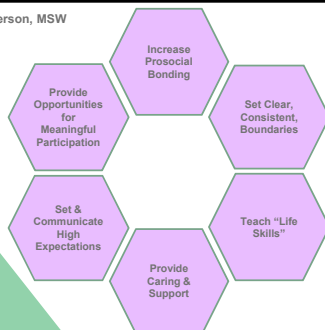
Build Your Connections:
o Prioritize Positive Relationships
o Join a Group

Foster Wellness:
o Take Care of Your Body
o Practice Mindfulness
o Avoid Negative Outlets

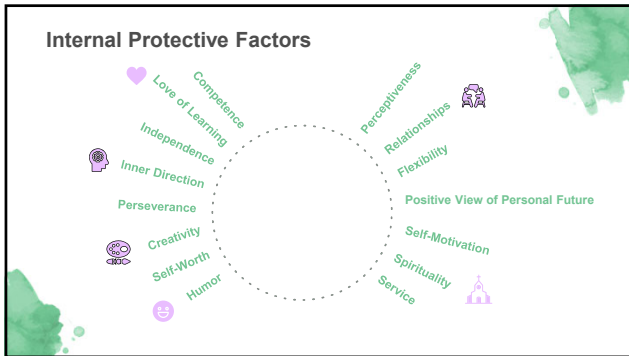
Find Purpose:
o Help Others
o Be Proactive
o Move Toward Your Goals
o Look for Opportunities for Self-Discovery

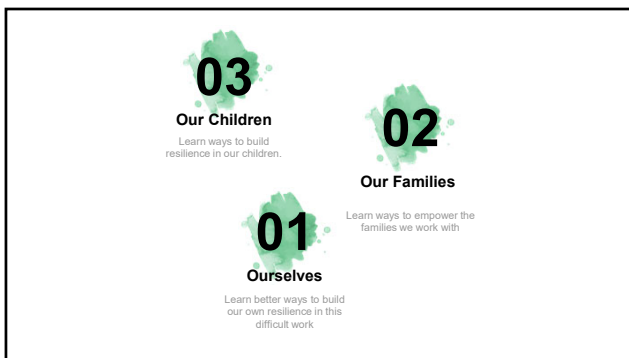
Embrace Healthy Thoughts:
o Keep Things in Perspective
o Accept Change
o Maintain a Hopeful Outlook
o Learn From Your Past

Resiliency Wheel – Nan Henderson, MSW



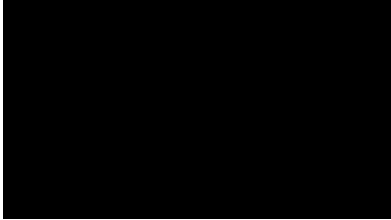
Defining Resilience







Let's Work Together



Vicarious or Secondary Trauma

- When hearing stories of traumatic experiences, it is common for someone to experience vicarious trauma.
- This can also occur with family/friends of someone who has been traumatized
- It can result in trauma – type symptoms, such as hypervigilance, irritability, startle responses, distrust of others, negative thoughts/feelings/beliefs, avoidance, and isolation
- Children are particularly susceptible
- Professionals who work with those who are traumatized are also particularly susceptible.
- This is why it is so important to have good self – care and have one's own support in place.



Build Your Connections by spending time with those who support you.

Build Your Connections by joining a civic group or church family.

Foster Wellness by practicing mindfulness every morning.

Foster Wellness by eating healthy, creating a calming sleep routine, or staying hydrated.

Find Purpose by volunteering at the local homeless shelter or helping a friend through their time of need.

Find Purpose by setting short-term (1 week at a time) and long-term (months or years) goals.

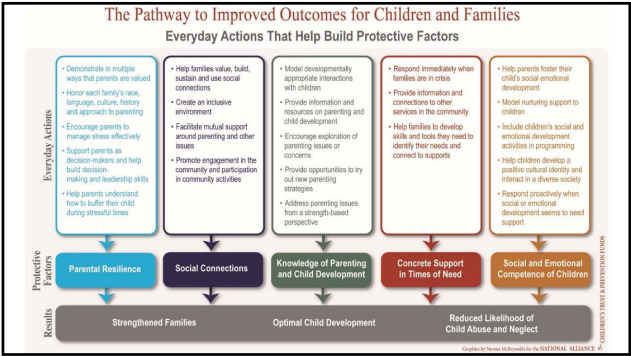


Embrace Healthy Thoughts by using positive self-talk and being hopeful.

02

Our Families

How do we build resilience in our families?



Let's FOCUS on that Parental Resilience

1. Demonstrate in multiple ways that caregivers are valued.
 - Call them by name, remember fun facts about them, actively listen
2. Honor each family's race, language, culture, history, and approach to parenting
 - Incorporate their personal values into your support; don't impose your personal beliefs on them.
3. Encourage parents to manage stress effectively
 - Keep a Self – Care diary, Get some fresh air, Relaxation Techniques
4. Support caregivers as decision – makers and help build decision – making skills.
 - Reasoning, asking for help, staying calm
5. Help caregivers understand how to buffer their child during stressful times.
 - Helping their child solve problems together; showing them affection when upset; praising when handling stress well

What to Teach Them

1. **Change Perspectives:** Breaking down bigger problems into smaller, more manageable parts (What can I do now versus later?) Also, asking for help from trusted others.
 - Learn to Compartmentalize
 - Ask yourself key questions:
 - a. Is this a real tiger or a paper tiger?
 - b. How will I feel about this problem tomorrow? Next week/year?
2. **Keep a Journal**
 - It helps to get those feelings out in a safe way. Write about stressful situations. Writing can alter memories of stressful events and help how people cope. Don't make it a chore. It doesn't have to be every day.
3. **Give Back**
 - It feels good to help others. When we give, we realize what it means to help others and it may make us more inclined to receive help when it's our turn.

Mindfulness

During mindfulness meditation, you will focus on your breathing as a tool to ground yourself in the present moment. It's normal that your mind will wander. You'll simply bring yourself back into the moment by refocusing on your breathing, again and again.

Time & Place

Aim to practice **daily for 15-30 minutes**. More frequent, consistent, and longer-term practice leads to the best results. However, some practice is better than no practice.
Find a time and place where you are unlikely to be interrupted. Silence your phone and other devices, and set a timer for your desired practice length.

Posture

- ❖ Sit in a chair, or on the floor with a cushion for support.
- ❖ Straighten your back, but not to the point of stiffness.
- ❖ Let your chin drop slightly, and gaze downward at a point in front of you.
- ❖ If in a chair, place the soles of your feet on the ground. If on the floor, cross your legs.
- ❖ Let your arms fall naturally to your sides, with your palms resting on your thighs.
- ❖ If your pose becomes too uncomfortable, feel free to take a break or adjust.

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Mindfulness

Awareness of Breathing

Because the sensations of breathing are always present, they are useful as a tool to help you focus on the present moment. Whenever you become distracted during meditation, turn your focus back to breathing.

Notice the sensation of air as it passes through your nose or mouth, the rise and fall of your belly, and the feeling of air being exhaled, back into the world. Notice the sounds that accompany each inhalation and exhalation.

Wandering Mind

It's normal that your thoughts will wander during mindfulness meditation. At times, it might feel like a constant battle to maintain focus on your breathing. Don't worry—that's normal. Instead of struggling against your thoughts, simply notice them, without judgment. Acknowledge that your mind has wandered, and return your attention to breathing. Expect to repeat this process again and again.

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03 Our Children

Learn ways to build resilience in our children.

Ways to Build Resilience in Kids

We tend to want to jump in and solve problems for our children. If we solve their problems, they will not learn to solve their own and will shut down or become anxious in adverse situations.

Teach Them to Solve Problems

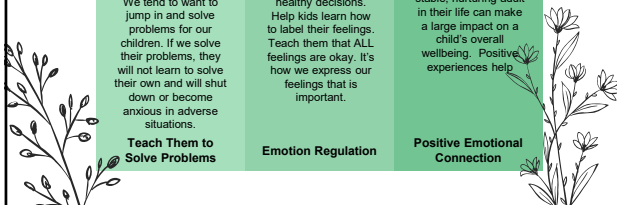
When upset, our brains struggle to make logical and healthy decisions. Help kids learn how to label their feelings. Teach them that ALL feelings are okay. It's how we express our feelings that is important.

Emotion Regulation

Safe, Stable, Nurturing Relationships!


Remember that having one safe, stable, nurturing adult in their life can make a large impact on a child's overall wellbeing. Positive experiences help


Positive Emotional Connection





What a Child Sees...	
When Parents...	Kids Learn to...
SHOW AFFECTION & ATTENTION	Feel loved/connected. Have a sense of self worth.
LISTEN/UNDERSTAND	Feel understood/accepted. Understand others.
STAY CALM	Calm themselves. Handle stressful situations.
SHOW PATIENCE	Wait. Develop patience.
STOP & RE-THINK	Stop and think. Be creative problem-solvers.
SHOW POSITIVE OUTLOOK	Appreciate the positives in life. Be hopeful.
VIEW MISTAKES AS OKAY	See mistakes as part of learning. Try new things.
KEEP TRYING	Keep trying. Achieve goals.
SEE STRENGTHS	See their own strengths. Feel confidence.
TAKE RESPONSIBILITY & BE INVOLVED	Be responsible & involved. Feel they belong


RESILIENCE	BUILDING
Emotion Regulation Put a feelings chart on the refrigerator! Say your own feelings out loud and demonstrate positive coping! Make a Coping Tool Box (instead of hammers and wrenches, we have tools to help us make good choices) Deep Breathing = Bubbles! Mindfulness = Eating Candy! Taking time to think = Chill Out!	Positive Emotional Connection Spend quality time together doing something THEY want to do Tell them why they are AMAZING! You are funny. You are smart. You are creative. You are kind. You matter. You are so good at..... Encourage them to join groups where they have similar interests.


What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.


What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.


What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.


What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

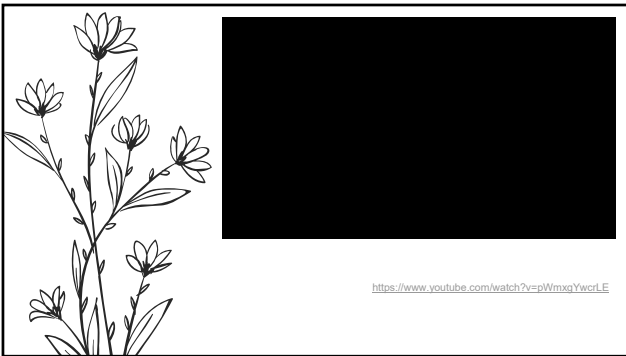

What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

Grounding techniques

Grounding techniques: body awareness

- Take 5 long, deep breaths through your nose, and exhale through puckered lips.
- Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
- Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
- Clench your hands into fists, then release the tension. Repeat this 10 times.
- Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
- Rub your palms together briskly. Notice and sound and the feeling of warmth.
- Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
- Take 5 more deep breaths and notice the feeling of calm in your body.

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**In the words of my friend, Trotter (age 5),
"She can do it. Just don't get too scared or she will not be able to do it but I am sure she can do it."**

Does anyone have any questions?

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Resources

- <https://www.resiliency.com/free-articles-resources/the-resiliency-quiz/>
- <https://www.psycom.net/build-resilience-children>
- <https://www.apa.org/topics/resilience#:~:text=Psychologists%20define%20resilience%20as%20the,or%20workplace%20and%20financial%20stressors.>
- https://greatergood.berkeley.edu/article/item/three_ways_to_boost_your_resilience_as_a_parent
- <https://www.change4health.org/it-begins-with-you/recovery-resilience/buw-resilience/>
- <https://www.therapistaid.com/>



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