

# Bring Your Best Self To Life



**PEACE:** It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.



# What You Will Learn Today

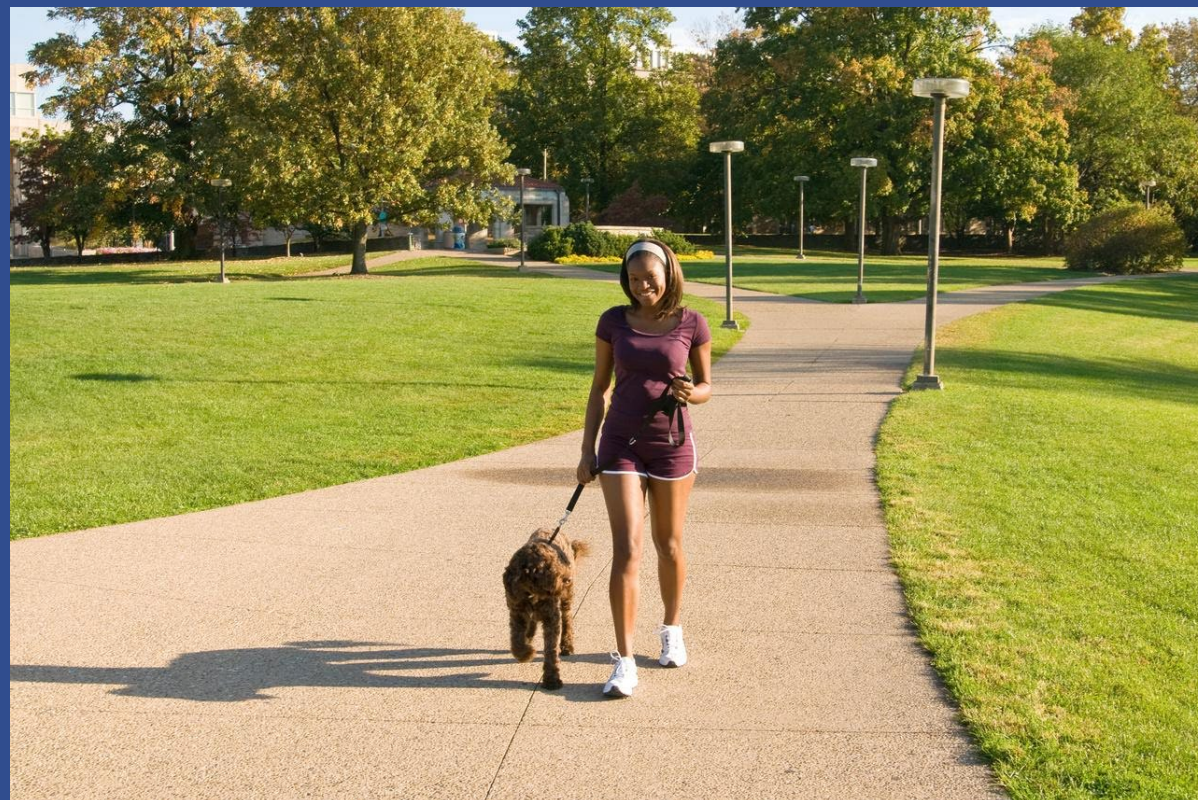
**FACTS ABOUT CRM**  
**THE RESILIENT ZONE**  
**BRAIN & NERVOUS SYSTEM**  
**WELLNESS SKILLS**  
~HELP NOW  
~TRACKING  
~RESOURCING  
~GROUNDING  
**TRAUMA & STRESS**  
**COMMON REACTIONS**  
**SELF-CARE PLAN**

# Resiliency Pause

What or who uplifts you?

What or who gives you strength?

What or who helps you get through hard times?



## RESILIENCE

**“Resiliency is an individual’s and community’s ability to identify and use individual and collective strengths in living fully with compassion in the present moment, and to thrive while managing the activities of daily living.”**

**~Miller-Karas (2020)**



## Conventional

- People are bad.
- People need to be punished.
- People just don't care.
- We need to stop making excuses for people.
- **What is wrong with you?**

## Perspective Shift

### Trauma-Informed

- People are suffering.
- People need an effective intervention.
- Many people care but lack understanding and skills.
- We need to learn how trauma impacts a child's and adult's development.
- **What happened to you?**

## Resilience-Focused

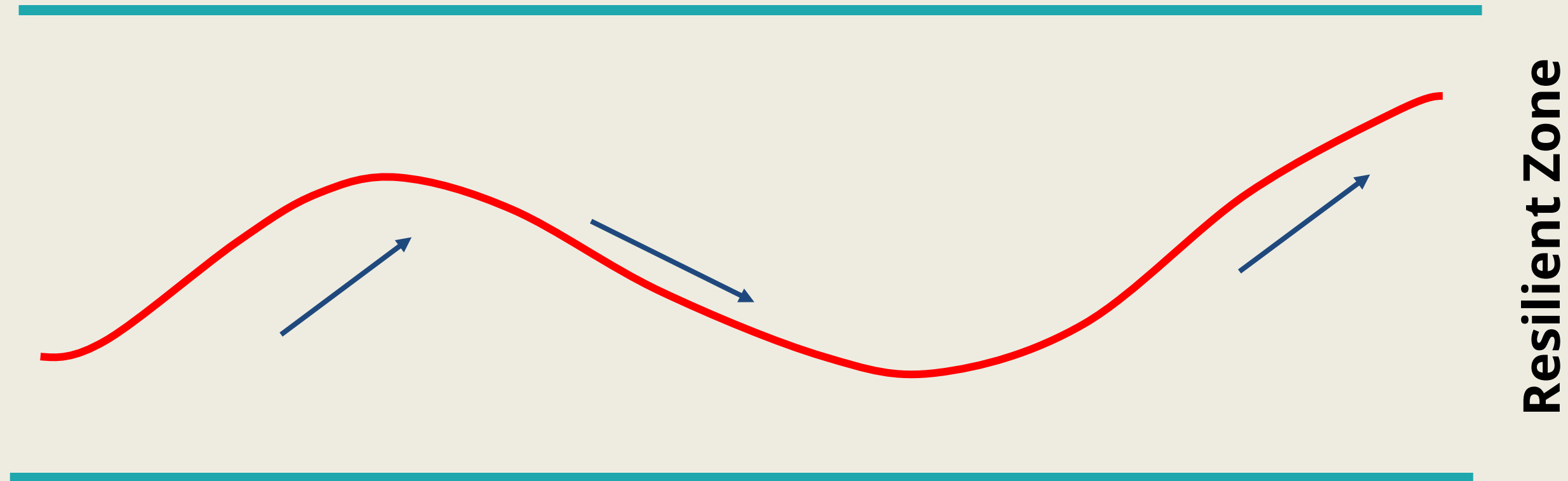
- People are resilient
- **People need our compassion as they learn new skills**
- **Any person can learn self-regulation skills based on science**
- **We need to learn how skills of well-being can reduce suffering**
- What is right with you?**
- What are your strengths?**

# The Resilient Zone

Tracking the Nervous System



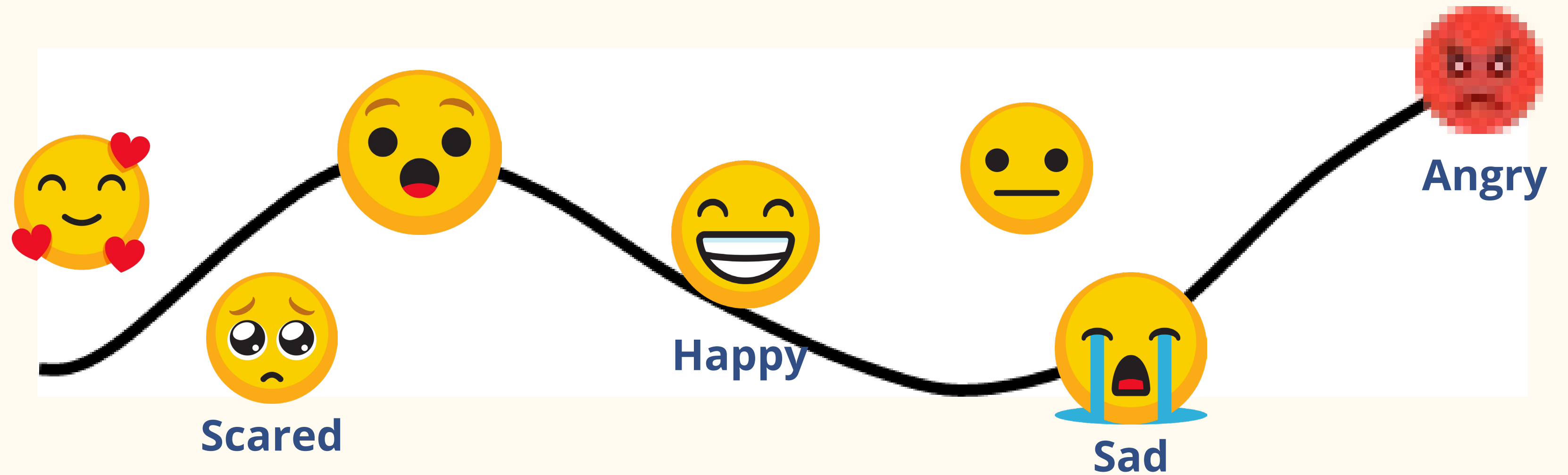
# THE RESILIENT ZONE- "OK" ZONE



Resilient Zone

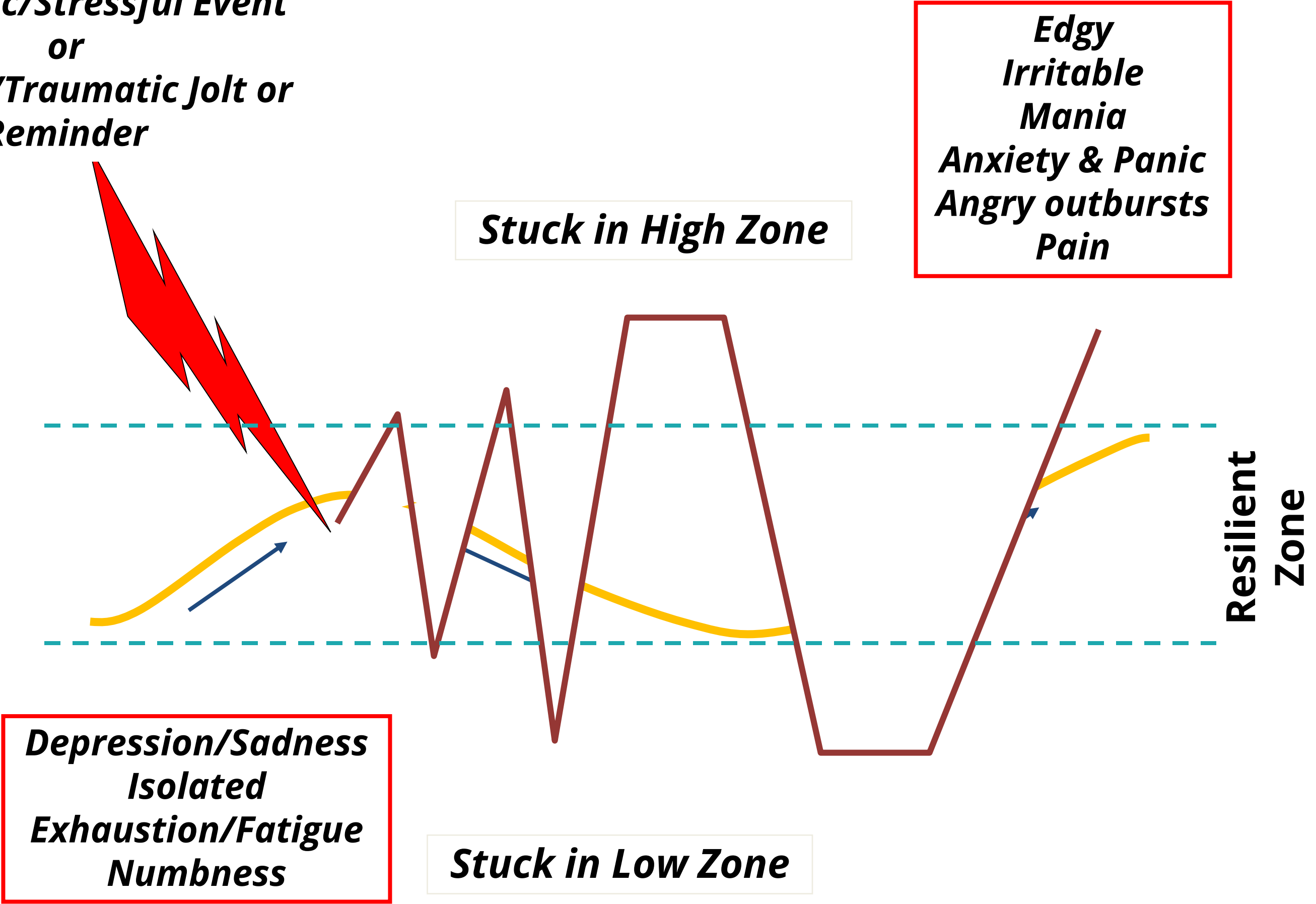
**GOAL: TO WIDEN YOUR RESILIENCY ZONE**

# We can experience many emotions within the Zone





**Traumatic/Stressful Event  
or  
Stressful/Traumatic Jolt or  
Reminder**



**Stuck in High Zone**

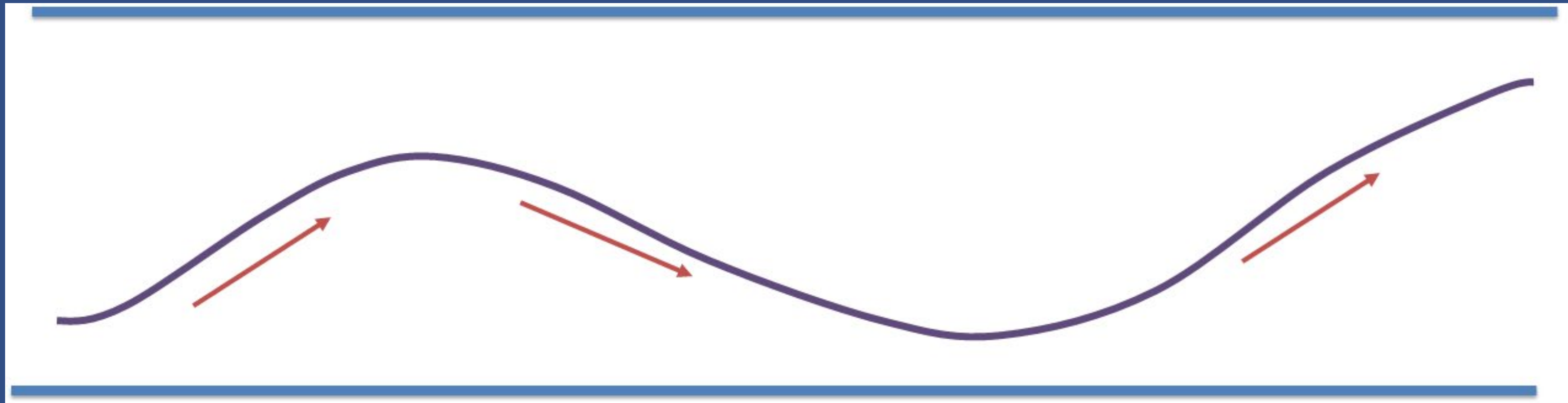
**Edgy  
Irritable  
Mania  
Anxiety & Panic  
Angry outbursts  
Pain**

**Depression/Sadness  
Isolated  
Exhaustion/Fatigue  
Numbness**

**Stuck in Low Zone**

**Resilient  
Zone**

# Are you in your ZONE?



Check in with yourself

# The Brain & Nervous System

What's going on inside?

# Organizing Principle: Three Parts of The Brain

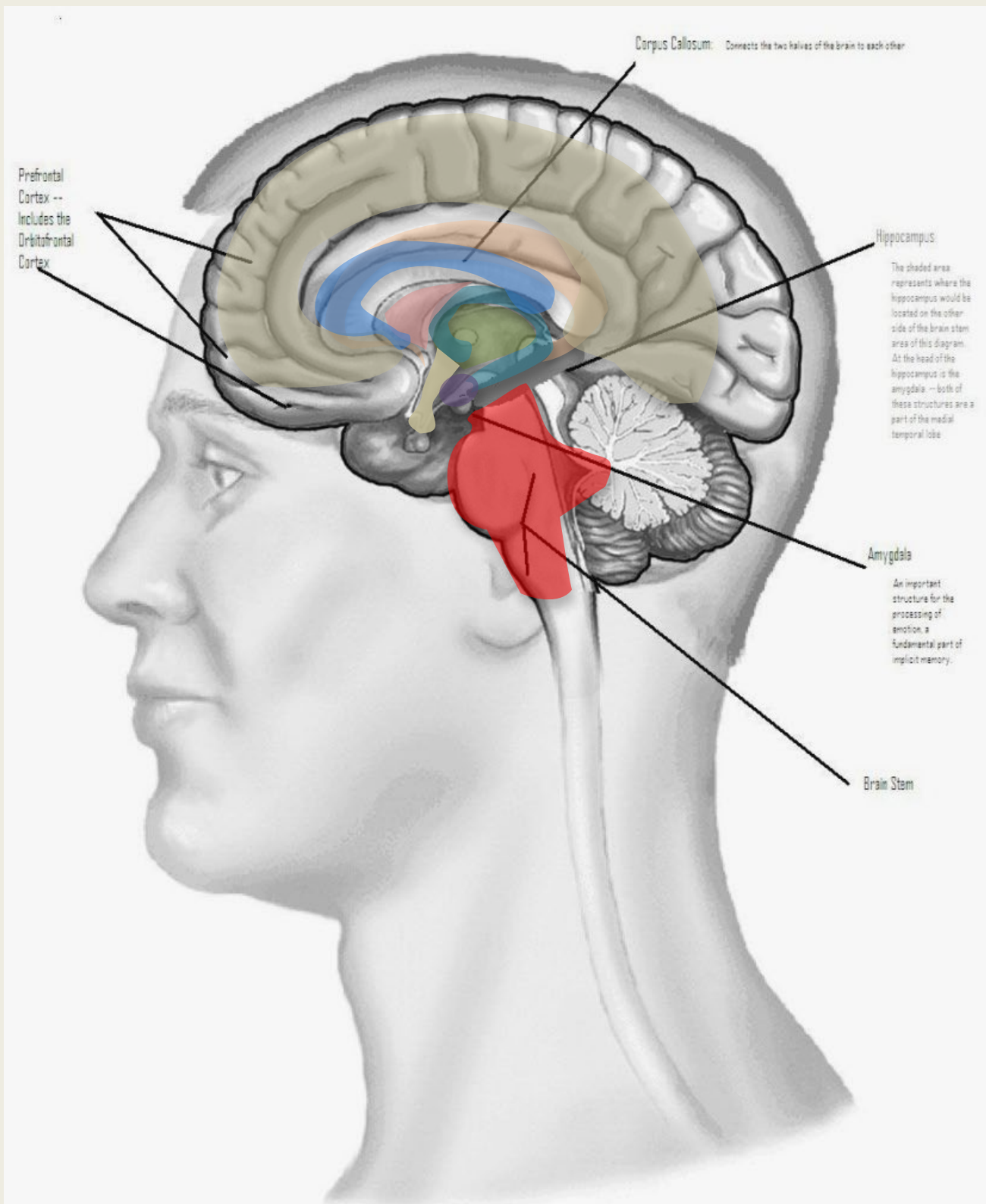


Figure 1: Diagram of the Human Brain looking from the middle toward the right side. Some key structures involved in memory are noted, including the Amygdala (implicit emotional memory processing), the Hippocampus (explicit memory) and the Orbitofrontal Cortex (explicit autobiographical memory processing). Coherent Life Stories may involve integration across the hemispheres via the Corpus Callosum.

## Cortex: Thinking

Integrates input from all 3 parts  
Cognition, beliefs, language,  
thought, speech

## Limbic Area: Emotional

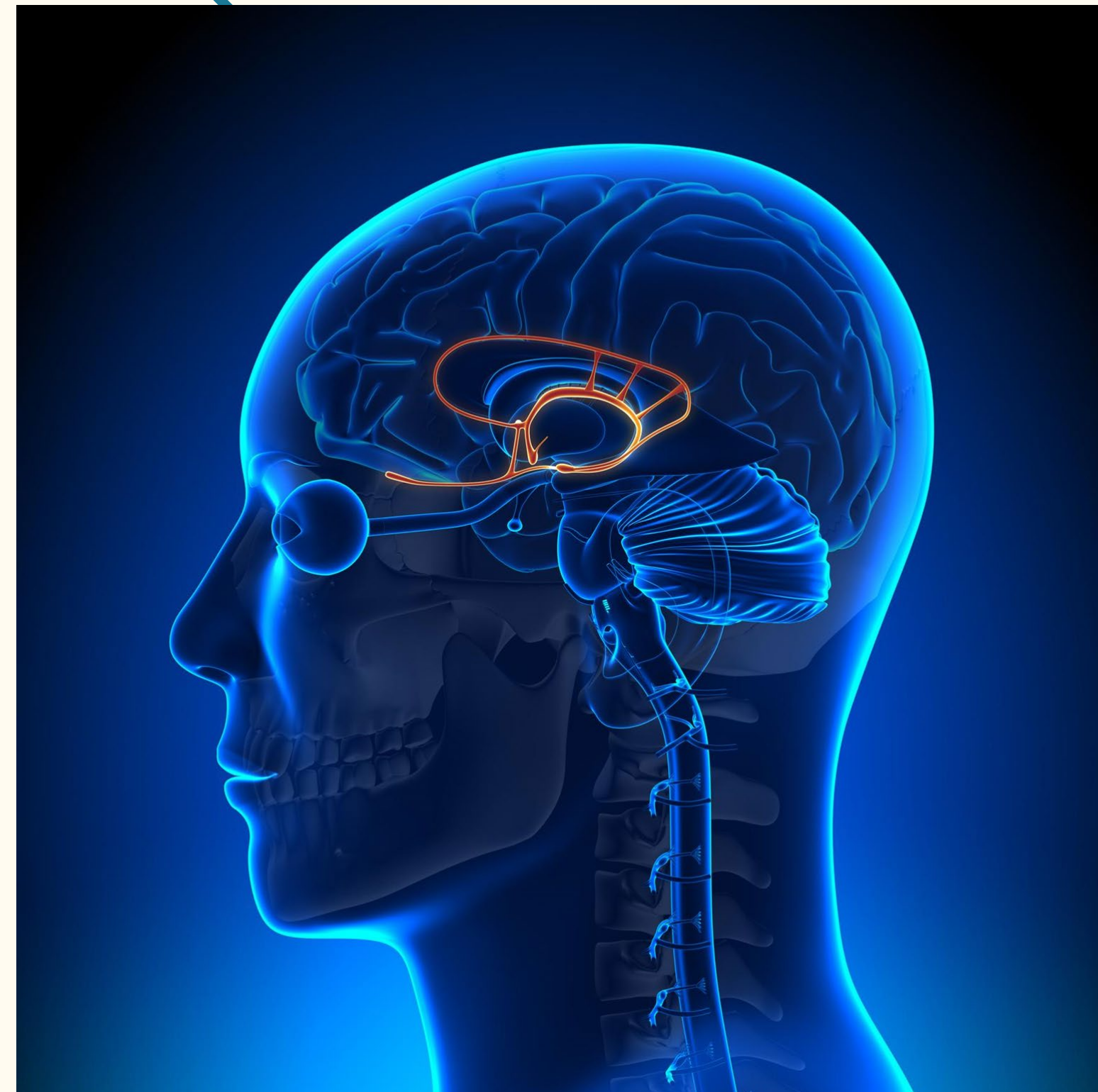
Assesses Risk  
Expression & mediation of emotions  
and feelings, including emotions  
linked to attachment

## Survival Brain: Instinctual

Carries out “fight, flight, & freeze”  
Unconscious  
Digestion, reproduction, circulation,  
breathing - *responds to*  
*sensation*

# THE AMYGDALA

- Signals rest of nervous system when there is a threat
- Creates templates from highly charged emotional memories
- Generalizes information to sound an alarm if there is perceived threat
- Organized by past experiences and has a **negativity bias**, humans are designed for survival



# Amy G. Dala's Suitcase of Memories



# About the Brain

## "Neuroplasticity

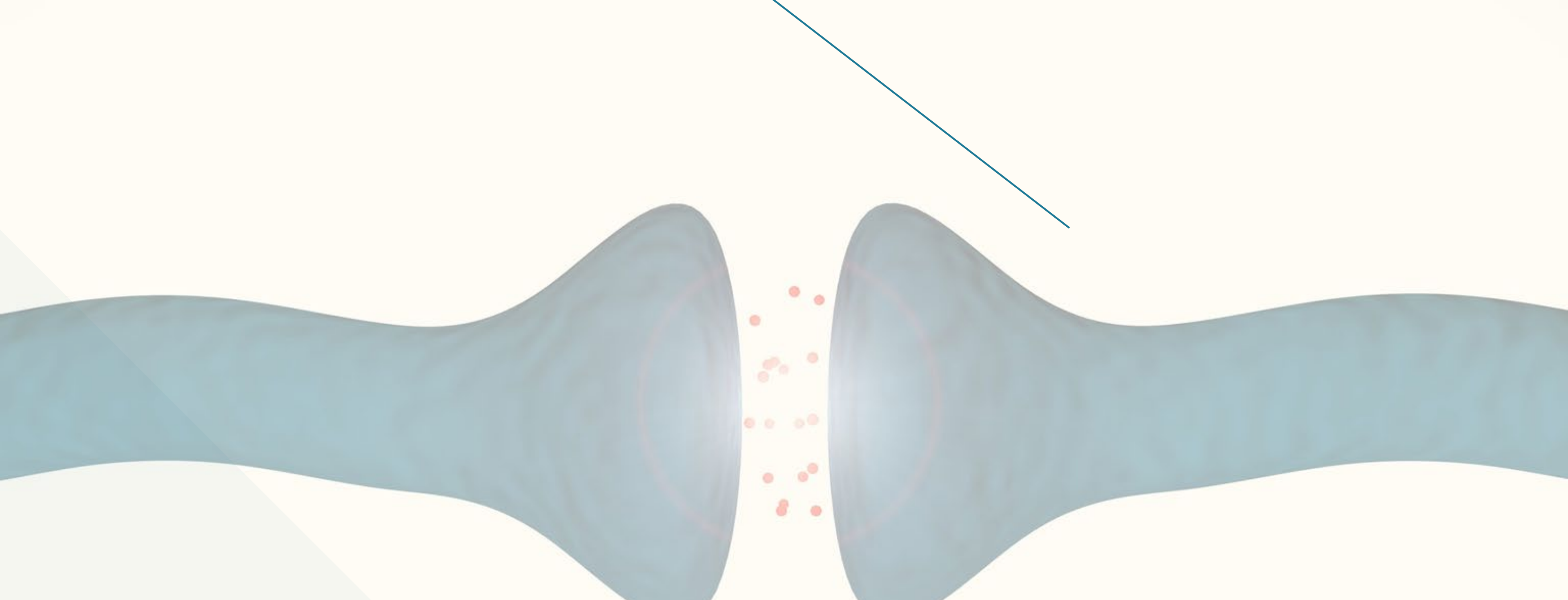
the lifelong capacity  
of the brain to  
change and rewire  
itself in response to  
the stimulation of  
learning and  
experience...HOPE!



## Neurogenesis

is the ability to create  
new neurons and  
connections between  
neurons throughout a  
lifetime"

(Goldberg, 2013)

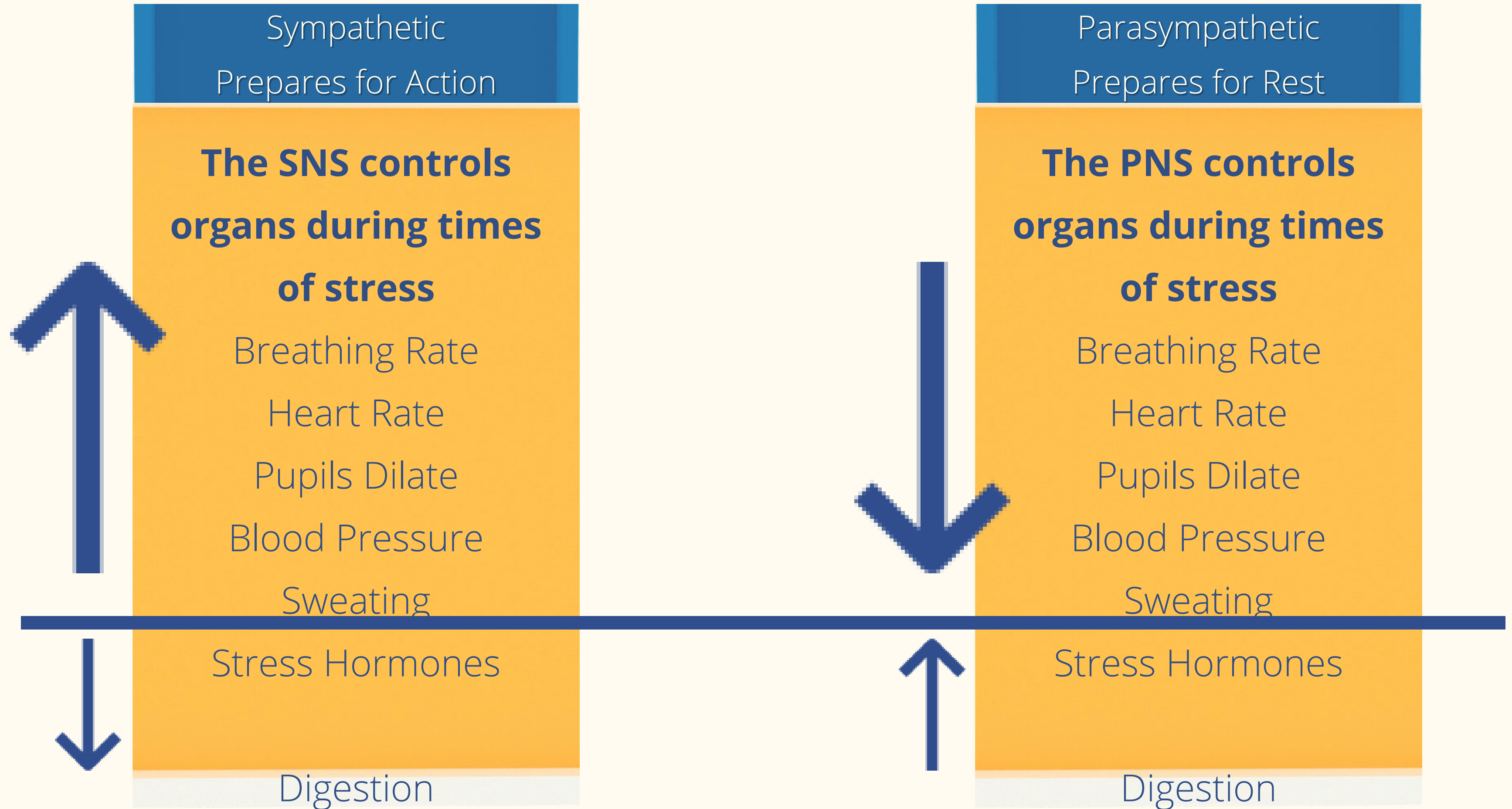


**BRAIN CELLS THAT FIRE TOGETHER  
WIRE TOGETHER!**

Carla Schatz



# Tracking the Autonomic Nervous System



# The Skills

How we build resilience.



Resourcing

Shift  
and Stay

Grounding

Tracking

Gesturing

Help  
Now!

# Stress & Trauma

Perception is key!





Though we may go through similar things, we can experience them differently.

# Stress Levels

## Positive Stress

Mild/moderate and short-lived stress response for healthy development

## Tolerable Stress

More severe stress response limited in duration which allows for recovery

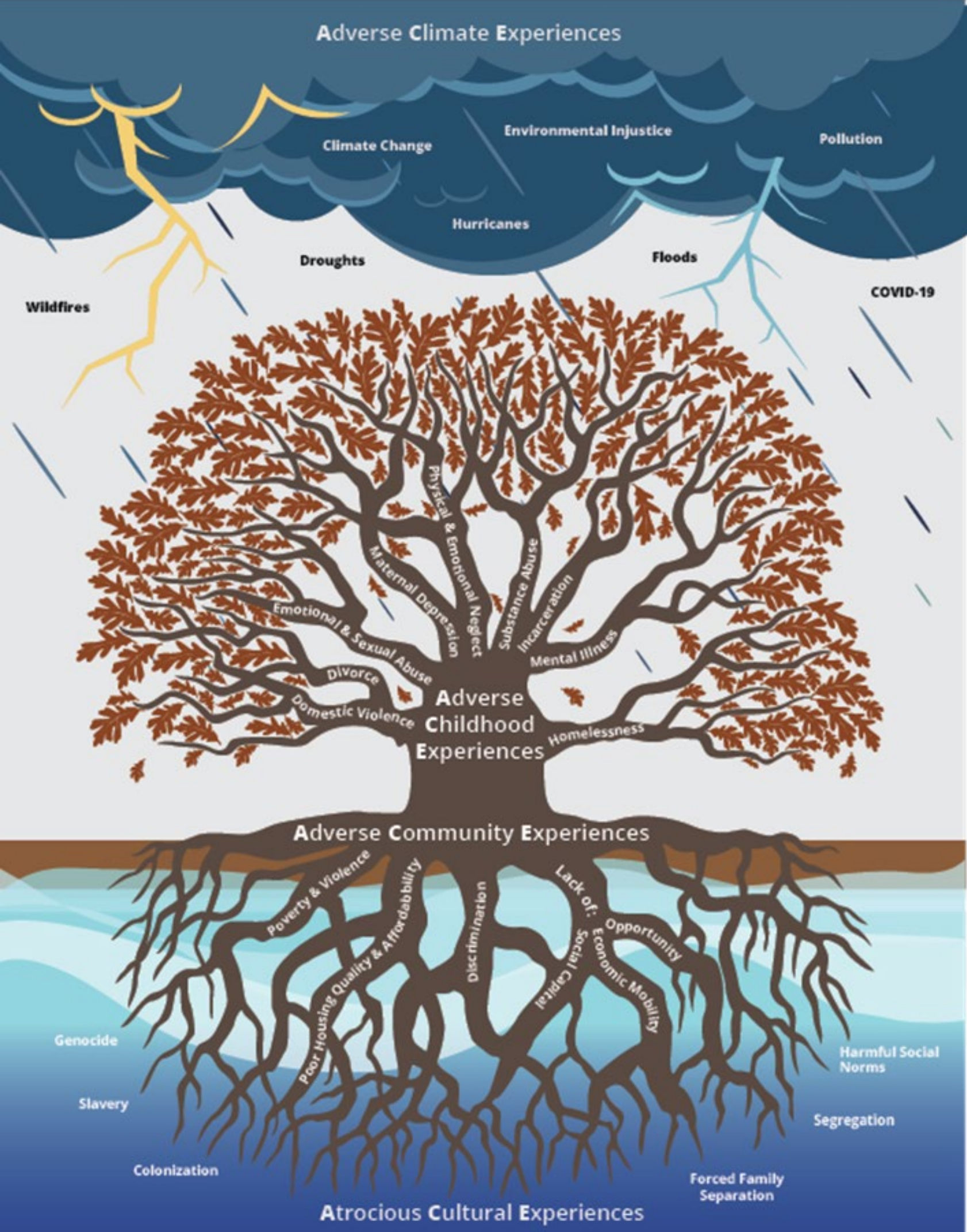
## Toxic Stress

Extreme, frequent, or extended activation of the body's response without buffering presence of a supportive adult

Intense, prolonged, repeated & unaddressed

Social-emotional buffering, parental resilience, early detection, and/or effective intervention

adapted from PACEs Connection



# The Four Realms of ACEs

# Common Reactions to Stress & Well-Being

What's going on inside?





**Thinking**  
Paranoid  
Nightmares  
Dissociation  
Forgetfulness  
Poor Decisions  
Distorted Thoughts  
Suicidal/Homicidal

**Emotional**  
Rage/Fear  
Avoidance  
Depression  
Grief  
Guilt  
Shame  
Apathy  
Anxiety

**Physical**  
Numb/Fatigue  
Physical Pain  
Rapid heart rate  
Breathing problems  
Tight Muscles  
Sleep Problems  
Stomach Upset  
Hypervigilance  
Trembling

**COMMON REACTIONS**

**Spiritual**  
Hopelessness  
Loss of Faith  
Increase in Faith  
Deconstruction of Self  
Guilt  
Doubt

**Behavior**  
Isolation  
Tantrums  
Self-Injury  
Violent behaviors  
Addictions  
Eating Disorders  
Abusive Behaviors

**Relationships**  
Angry at others  
Isolation  
Missing work  
Overly Dependent  
Irritability

# Common Reactions Connected to Our Wellbeing



**Strength and Courage**  
**Coming together with a joint  
purpose**  
**Gratitude**  
**Advocacy**  
**Appreciation of loved ones**  
**Hope**  
**Increased Faith**  
**Wisdom**  
**Compassion for self and others**  
**Forgiveness**  
**Transformation**  
**Resilience**  
**Understanding**

Resourcing

Shift  
and Stay

Tracking

Help  
Now!

Grounding

Gesturing

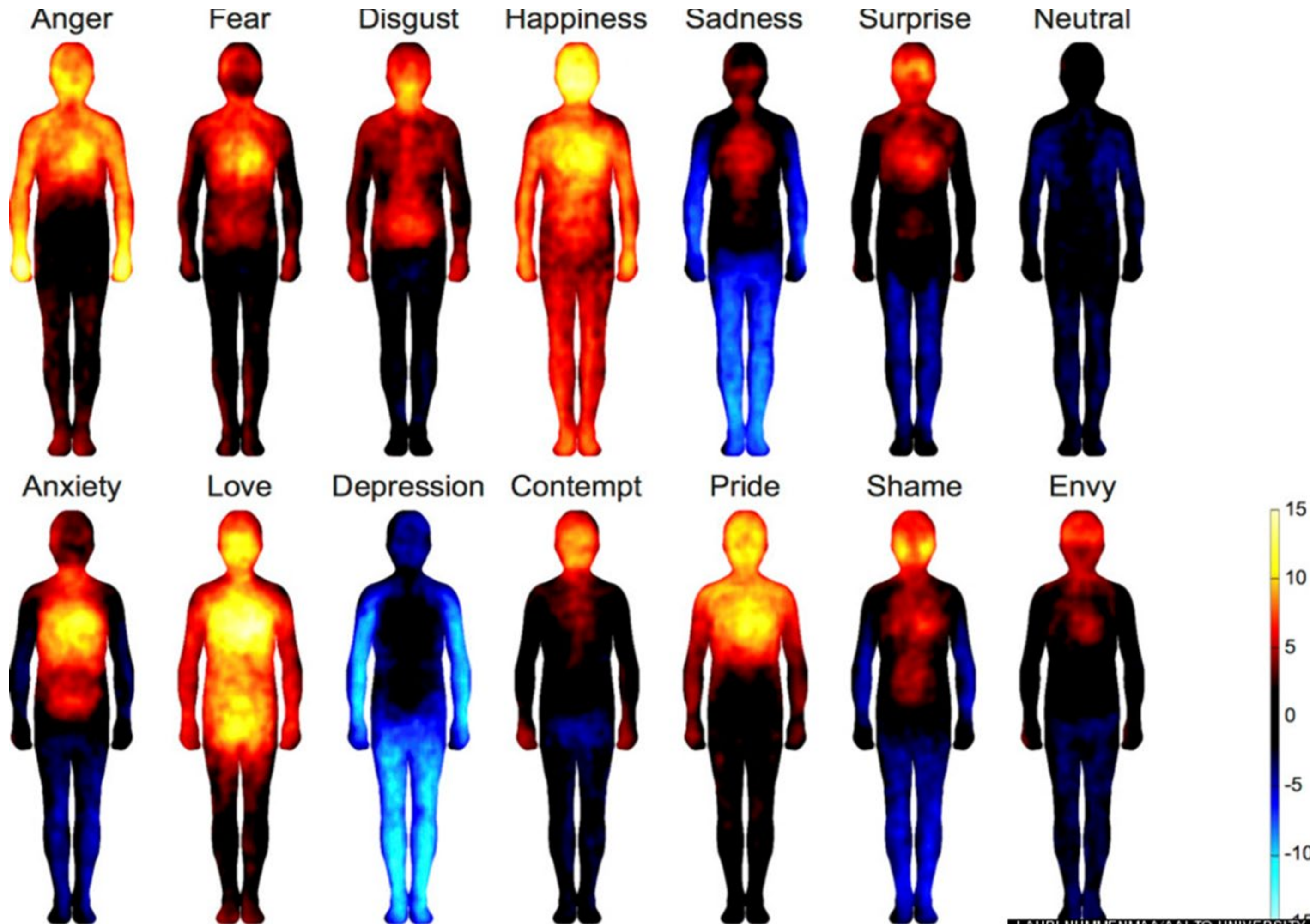
# Tracking

Tracking is noticing or paying attention to what is happening inside your body at the present moment.



**What do you notice on  
the inside?**

**Is it pleasant, neutral,  
or unpleasant?**



**A sensation is a physical experience in the body.**

**Sensation originates in billions of receptors distributed in every part of the body.**

**Each thought & feeling has a corresponding sensation.**

# Learning Sensation Words

VIBRATION

SHAKING  
TWITCHING  
TREMBLING  
FAST/SLOW

SIZE/POSITION

SMALL  
MEDIUM  
LARGE  
UP/DOWN  
CENTER

TEMPERATURE

COLD  
HOT  
WARM  
NEUTRAL

PAIN

INTENSE  
MEDIUM  
MILD  
THROBBING  
STABBING

MUSCLES

TIGHT  
LOOSE  
CALM  
RIGID

BREATHING

RAPID  
DEEP  
SHALLOW  
LIGHT

HEART

FAST  
SLOW  
RHYTHMIC  
FLUTTERS  
JITTERY

TASTE

SPICY  
SWEET  
SOUR  
JUICY  
BLAND

DENSITY

ROUGH  
SMOOTH  
THICK  
THIN

WEIGHT

HEAVY  
LIGHT  
FIRM  
GENTLE

# Tracking Nervous System Release

**A biological process that happens automatically when the body releases stress energy and comes back into balance.**

**Sensations can include trembling, tingling, yawning, stomach gurgling, burping, warmth, cooling down.**

**Paying attention to release sensations can help the body return to the Resilient Zone.**

**Let's Practice**  
**Tracking**  
**And**  
**Sensation**  
**Language**





# Resourcing

One of the best ways to learn how to develop your sensory vocabulary is through identifying a personal resource and then noticing sensations on the inside.



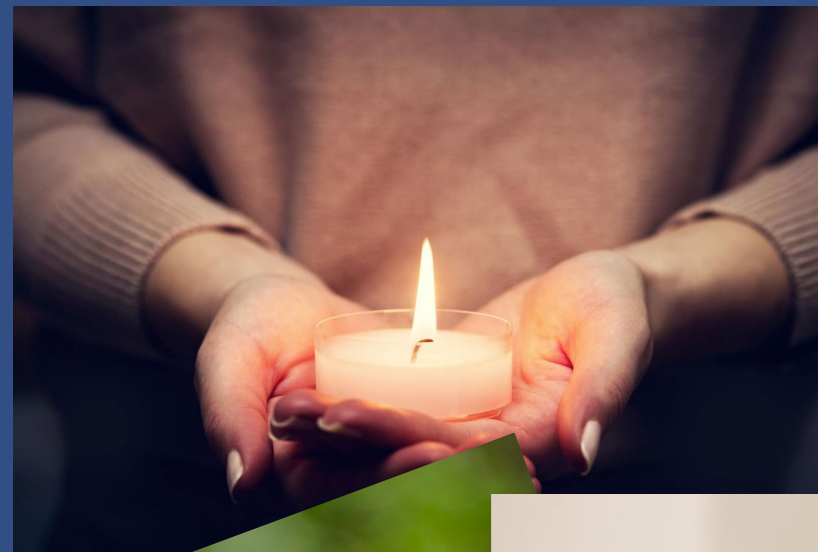
What might be pleasant for the people in this photo?

# What is a Resource?

A Resource is any person, place, thing, memory or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.

A Resource can be real or imagined

A Resource can be internal or external



# Let's Practice Developing And Intensifying Resources



- A resource can be anything that helps you feel better.
- It can be something you like about yourself, a positive memory, a person, place, animal, spiritual guide, faith, or anything that provides comfort.
  - What or who uplifts you?
  - What or who gives your courage and strength?
  - What or who helps you get through hard times?

Write down three resources.

- 1.
- 2.
- 3.

Circle One Resource



Write down 3 or more details about the resource you circled.

- 1.
- 2.
- 3.

**Now read to yourself the resource & the 3 details.**

**NOTICE** what is happening inside as you think about the resource & the *sensations* that are *pleasant or neutral*.

**NOTICE** your breath...heart rate...muscle tension. Stay with that for a few moments. (about 20 seconds)

**Write** down the *sensations* that you notice on the inside that are *pleasant or neutral*.

# Resources can have Many Natures

**Discussion of a Resource can sometimes shift out of pleasant sensations and into difficult memories and/or uncomfortable body sensations. This can be a common occurrence.**



**Acknowledge the shift (i.e. notice tears)**

**Gently invite awareness to more pleasant memories of the resource**

**Invite awareness to part of the body that feels more comfortable or neutral**

**If this is too hard, ask if it would be helpful to think of a different resource.**

# Survival Responses

The brain & nervous system in action



# **SURVIVAL RESPONSES: TEND & BEFRIEND, FIGHT, FLIGHT & FREEZE**

**SURVIVAL RESPONSES ARE  
AUTOMATIC RESPONSES  
THAT OCCUR DURING TIMES  
WHEN WE PERCEIVE A  
THREAT.**

**THIS CAN RESET THE NS  
EVEN SMALL REMINDERS  
CAN RELEASE AN  
AUTOMATIC SURVIVAL  
RESPONSE.**



**IF THE ENVIRONMENT IS  
THREATENING OR PERCEIVED  
TO BE THREATENING, THE  
PERSON MAY LIVE IN A  
CONSTANT STATE OF DISTRESS.**

**WE RESPOND  
INSTINCTUALLY  
TO SURVIVE.**

## TEND & BEFRIEND

- Refers to protection of offspring - TENDING and seeking out social group for mutual defense - BEFRIENDING Taylor (2013)

## FIGHT OR FLIGHT

- Survival responses are associated with sympathetically driven heart rate acceleration

## FREEZE

- "Tonic immobility" response can happen as a result of a perceived inescapable attack



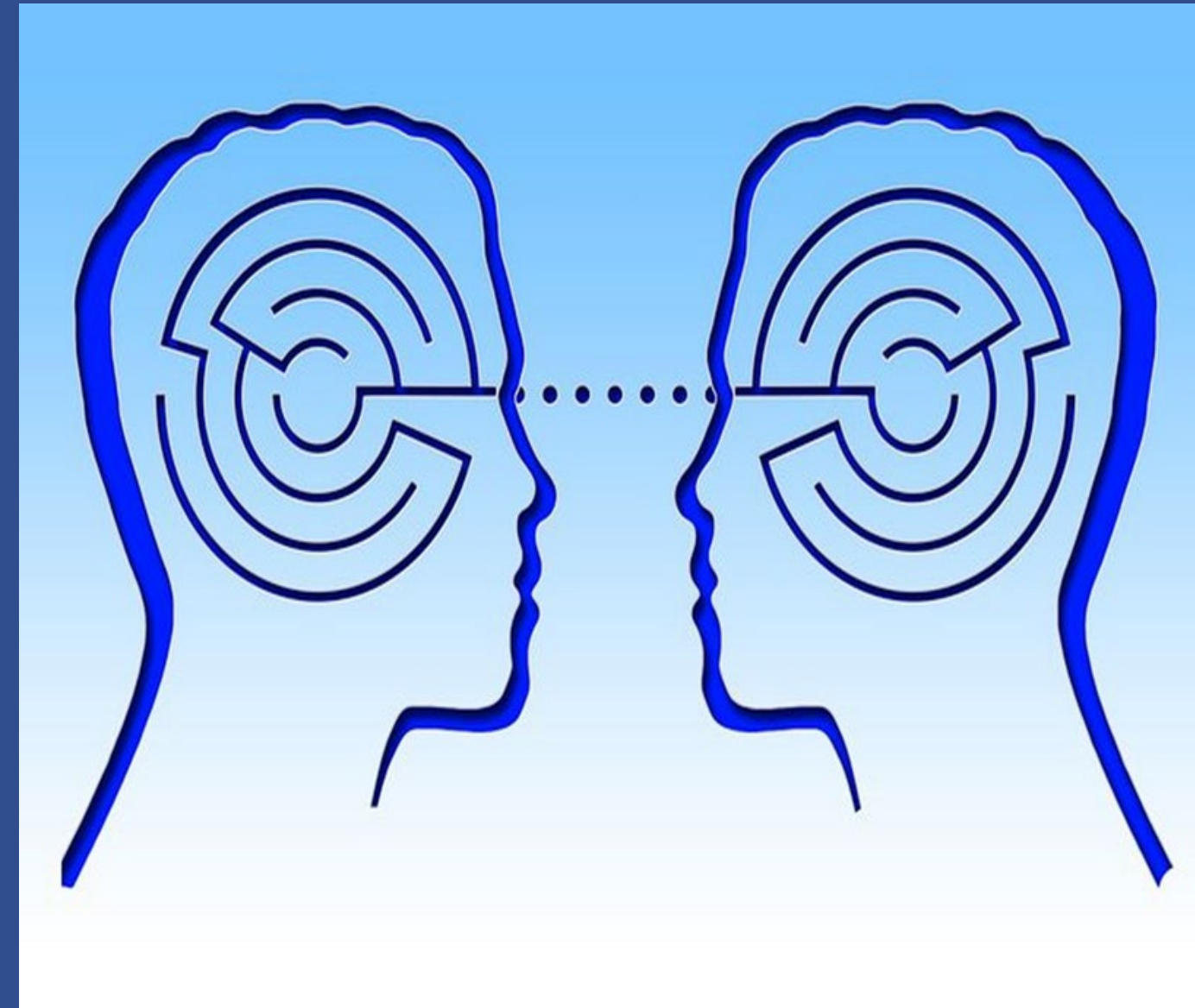
# Mirror Neurons & Empathy

Hardwired for Empathy



# Hardwired for Empathy

- A **mirror** neuron is a neuron that fires both when a person takes an action, and a person observes the same action being made by another
- The neuron "mirrors" the behavior of the other as though the observer were itself acting
- This helps explain "vicarious trauma"



When you are in your Resilient Zone it is mirrored  
to those around you



Resourcing

Shift  
and Stay

Tracking

Help  
Now!

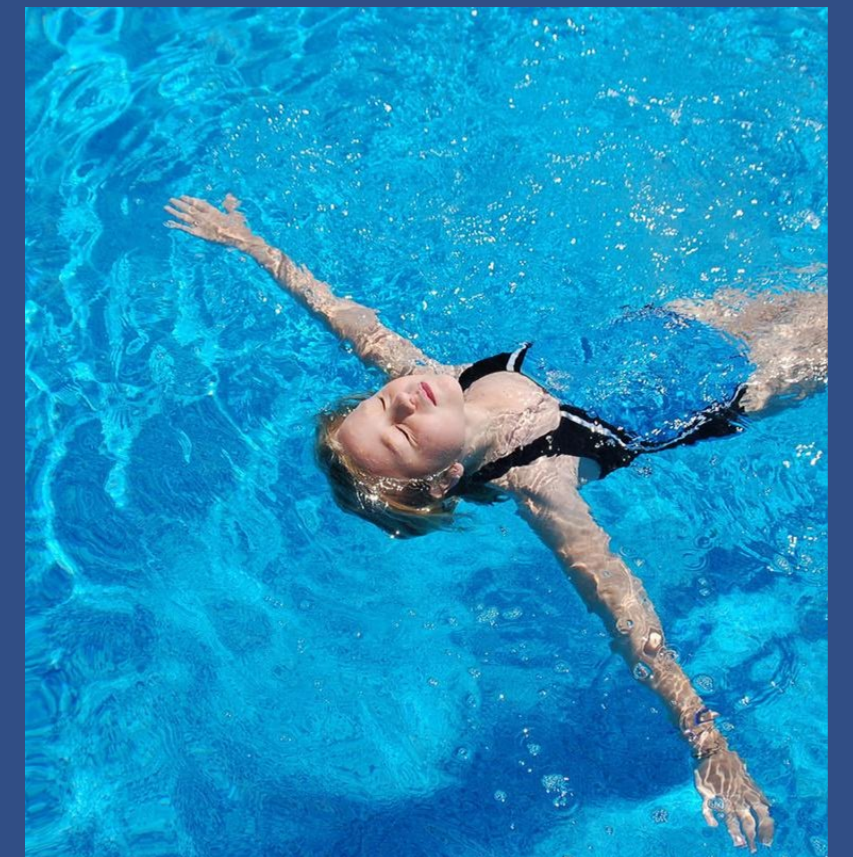
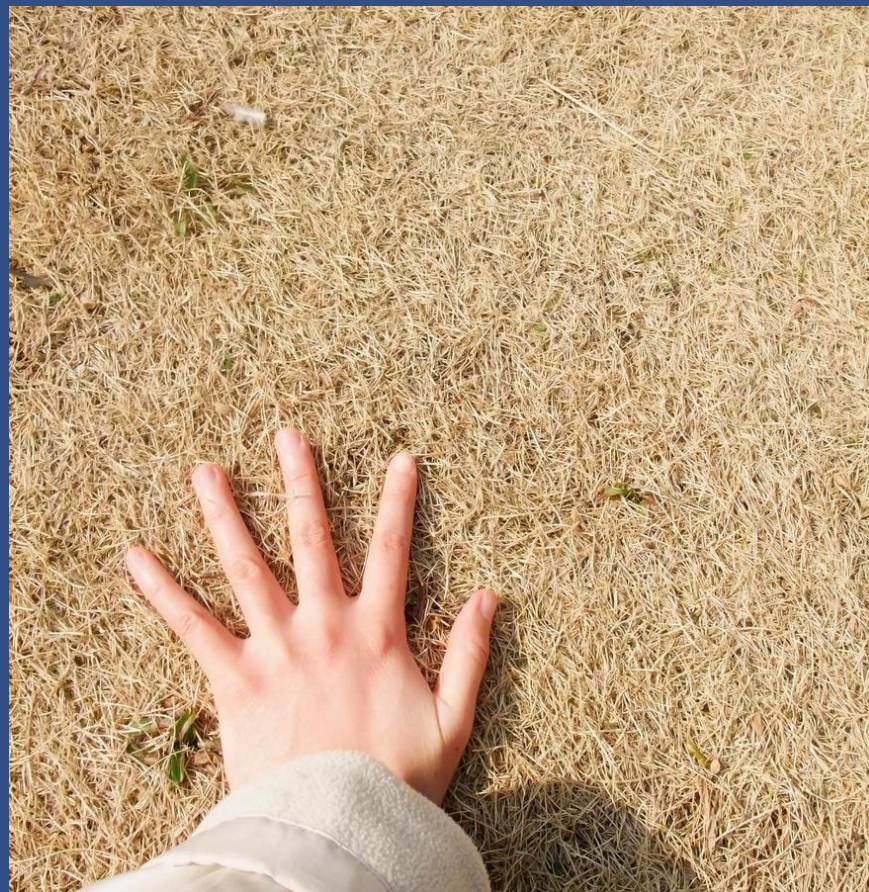
Grounding

Gesturing

# Grounding

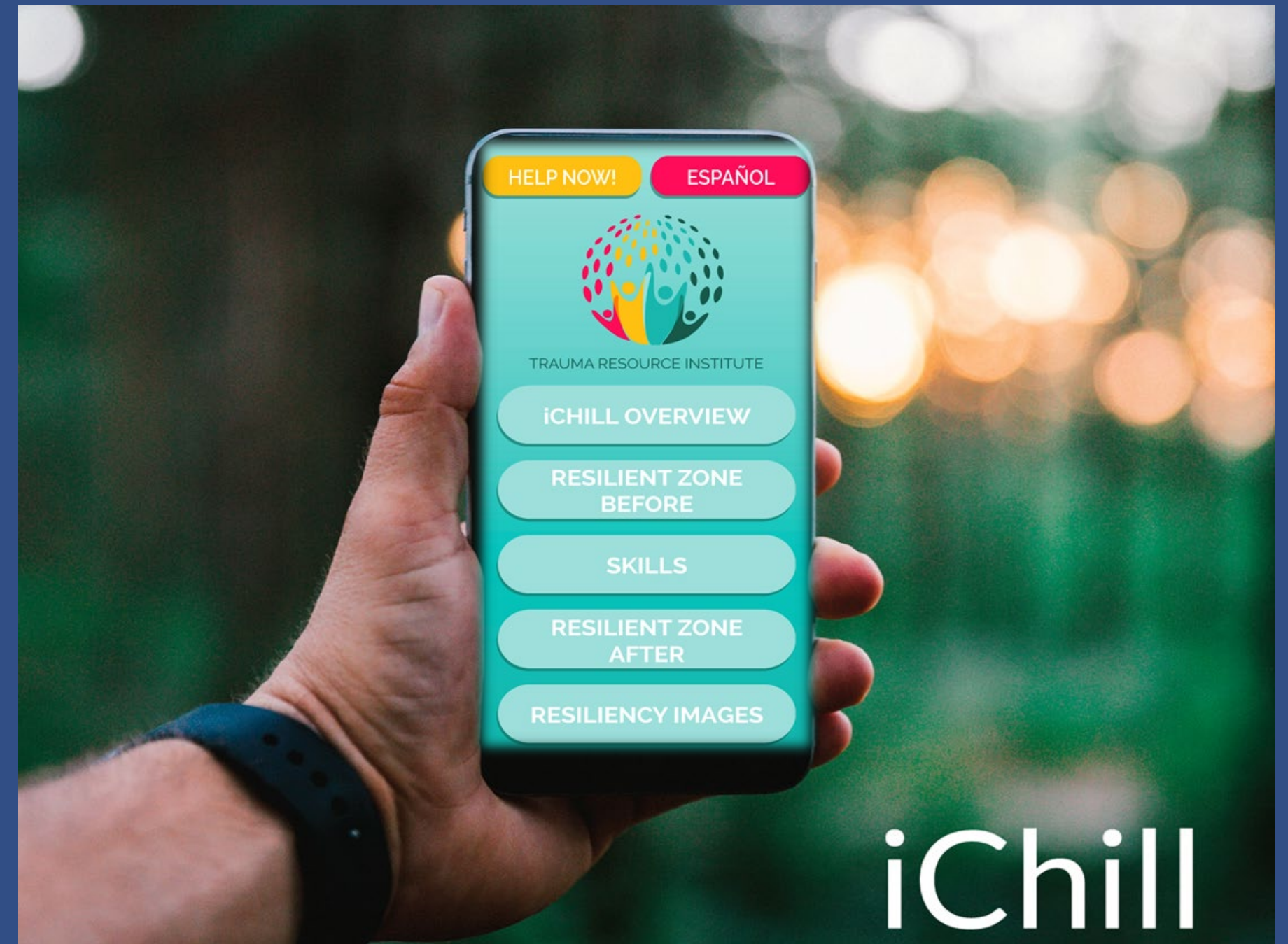
Direct contact of the body or part of the body with something that provides support in the present moment

Provides a sense of gravitational security

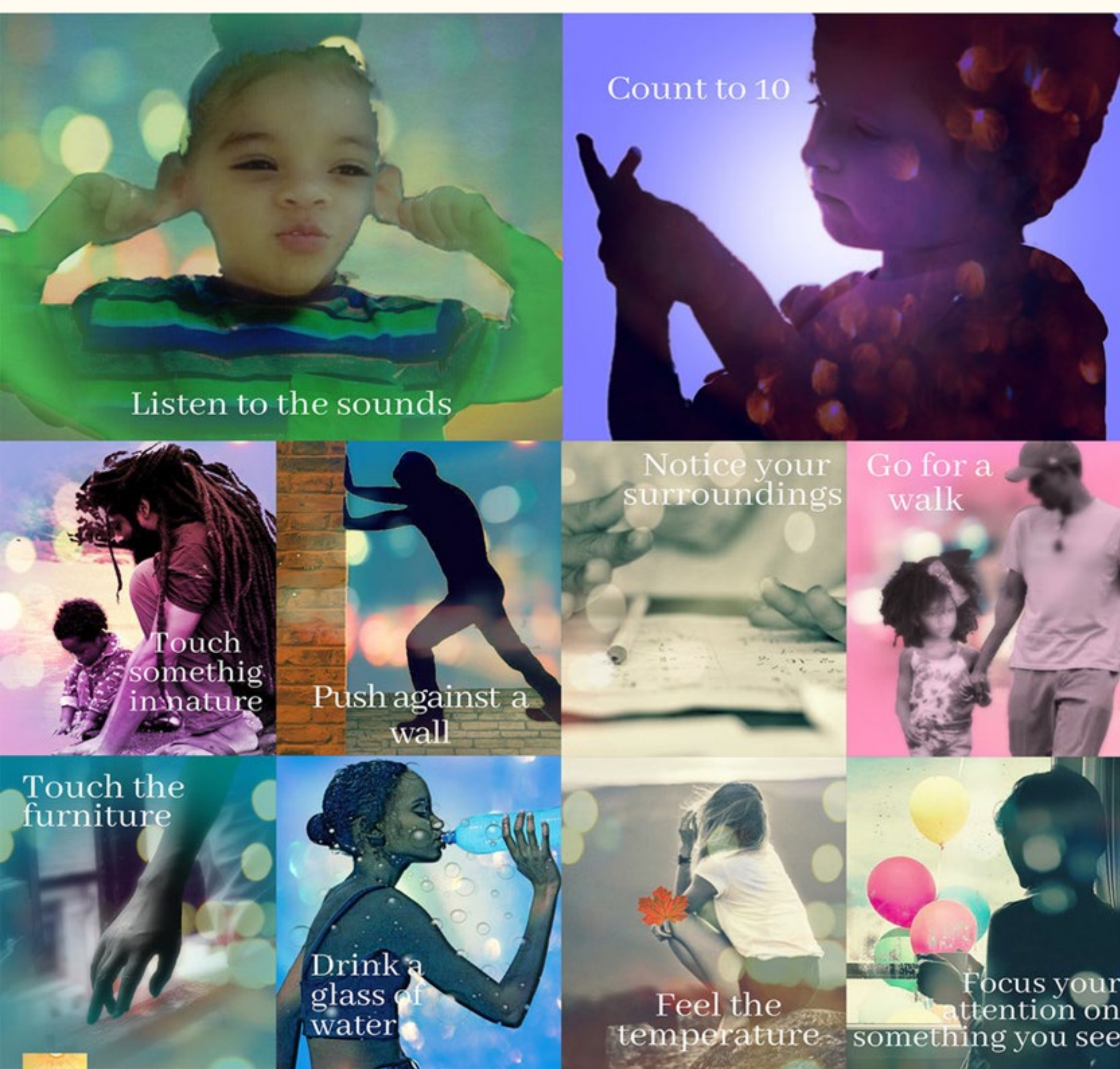


iChillapp.com

# Let's Practice Grounding



The Skill of Grounding



Listen to the sounds

Count to 10

Touch something in nature

Push against a wall

Notice your surroundings

Go for a walk

Touch the furniture

Drink a glass of water

Feel the temperature

Focus your attention on something you see

# Help Now!/Reset Now!

Strategies get you into the present moment fast

Immediately signal safety to the body

Can be used when stuck in high or low zones

CRM is a choice, skills are always invitational

# Would You Rather?

DRINK a glass

water, juice, etc?

~Is it warm, cold, room temp?

~What is the taste?

~How does it feel in your mouth?



TOUCH a surface?

~Is it hard

~soft

~rough

~smooth?

Or...



## What do you NOTICE?



# Would You Rather?

LOOK around the  
room or outside

~What catches your attention?

~Name six colors

~How many red items?



COUNT...

~backwards from 20 (or 100)

~to 10

~and march in place

Or...



# What do you NOTICE?

# Would You Rather?

FEEL the  
temperature of the  
room or space

~Is it warm?

~cool

~hot?



LISTEN to sounds in  
the room or outside  
~What catches your attention?  
~Is there a sound you haven't  
noticed before?

Or...



## What do you NOTICE?

# Would You Rather?

WALK and notice

- ~Your feet making contact with the ground or floor
- ~the feel of your arms moving



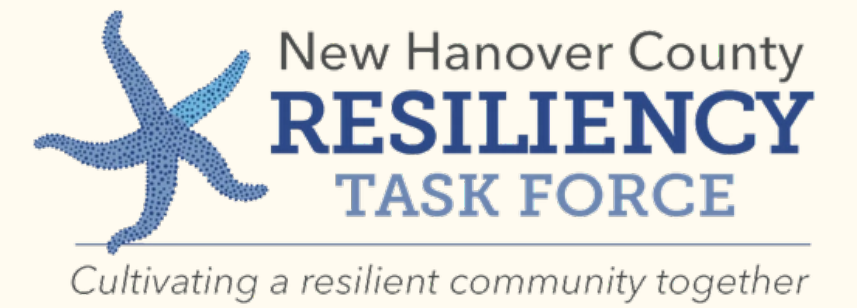
PUSH

- ~Your hands against the wall
- ~Your back against the wall

Or...



What do you NOTICE?



# Self-Care Plan



How will you use the skills to take care of YOU?

**More than a  
bubble bath  
and essential  
oils!**



# Creating a Self-Care Plan

- What is one skill that resonated with you today?
- What is one way you are going to integrate it into your daily activities?

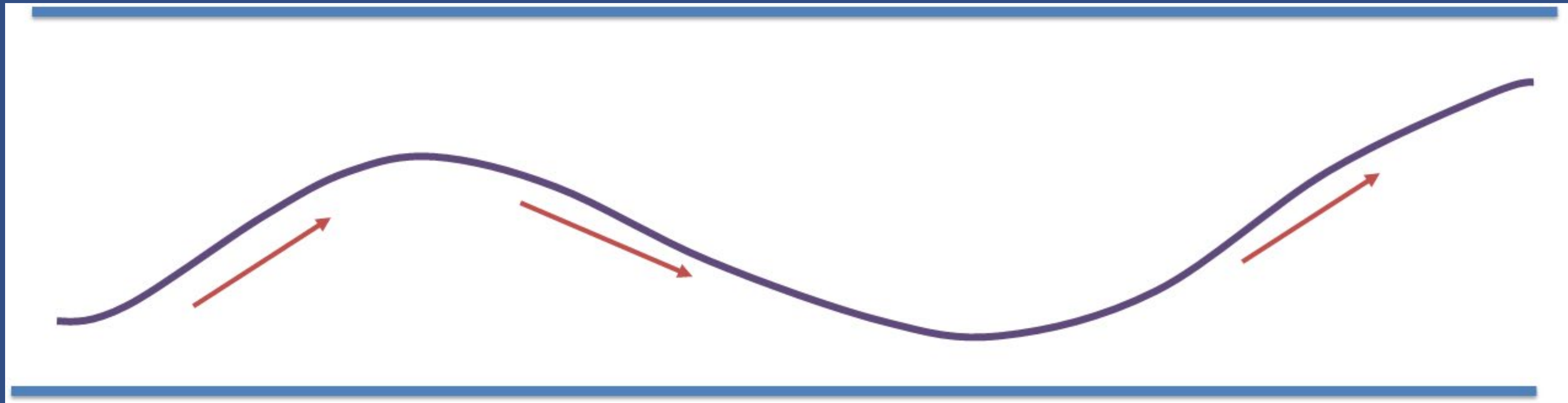
Many reactions to stress and trauma cannot be “talked away” but they can be “sensed away.”



**These reactions are about biology not mental weakness.**

Realizing this concept can result in a sense of RELIEF and greater feeling of well being.

# Check in with yourself



What do you notice?

Invitation to use a skill





**Thank You!**