

# Trauma and Resilience: Reconnecting to Sources of Strength

## Module 3: Resilience

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### A PROGRAM FOR DIRECT CARE STAFF WORKING WITH OLDER ADULTS

A five-part self-directed series

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Creating Brave Spaces	Concepts in Trauma	Concepts in Resilience	Principles of Trauma-informed care	Trauma-informed Culture Change

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#### Learning Objectives

- Define **resilience** holistically
- Understand how the vagus nerve helps to regulate stress
- Identify your sources of resilience and strength
- Identify sources of resilience and strength for people you care for
- Learn basic ideas for personal health and well-being

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## Creating a Brave Space Culture

**BRAVE SPACE**

- Stay engaged
- Practice self awareness: individual, group, societal
- Equity of voice
- Pay close attention to details
- Cultivate a free expression of ideas
- What's said here stays here; What's learned here leaves here
- Respect silence
- Offer non-judgement to each other
- What else?

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## Gathering

What is bringing you joy these days?

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## A Holistic Look at Resilience

The ability to return to being healthy and hopeful after bad things happen

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## A Holistic Look at Resilience

 <b>Psychological/Cognition</b>	 <b>Biological</b>	 <b>Spiritual</b>	 <b>Social</b>
<ul style="list-style-type: none"> <li>• Recognizing your own character strengths</li> <li>• Adept at facing fears</li> <li>• Sense of humor</li> <li>• Cognitive flexibility</li> </ul>	<ul style="list-style-type: none"> <li>• Having resilient parents</li> <li>• Meeting basic needs</li> <li>• Keeping fit</li> </ul>	<ul style="list-style-type: none"> <li>• Strong moral compass or set of beliefs</li> </ul>	<ul style="list-style-type: none"> <li>• Attachments and nurturing relationships</li> <li>• Altruism</li> <li>• Social/emotional skills</li> </ul>

Community & Family Services Division, Spokane Regional Health District

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The ability to return to being healthy and hopeful after bad things happen

			
<b>SPIRITUAL</b>	<b>BIOLOGICAL</b>	<b>PSYCHOLOGICAL</b>	<b>SOCIAL</b>
A higher power A sense of hope A sense of purpose Connection to nature Reflective writing	Singing Dancing Laughing Movement Rhythm Sleep Balanced diet	Curiosity Imagination Self-soothing Learning	Positive relationships Belongingness Storytelling

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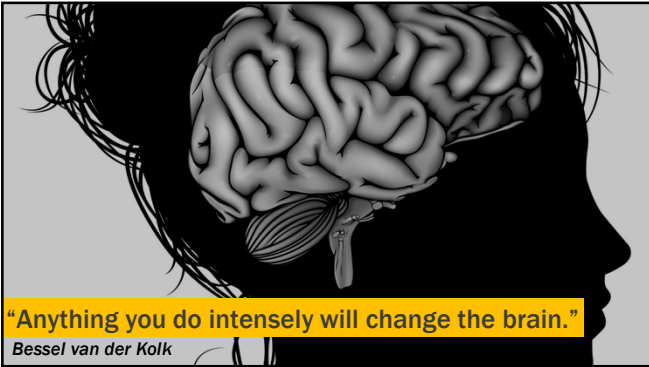
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**"Anything you do intensely will change the brain."**  
Bessel van der Kolk

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**VAGUS NERVE, THE WANDERER**

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**VAGUS NERVE,  
THE WANDERER**

- Deep breathing**
- Singing**
- Laughing**
- Exposure to cold**
- Positive social connections**

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**Resilience begins with ourselves**



- How well we know and listen to ourselves relates to how well we are able to know and relate to others
- Practicing wellness is also a model for the people in our lives
- LOVING ourselves is a priority for combating compassion fatigue
- Positive social connections are a source of healing and growth

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**COMPASSION TOWARDS ALL INCLUDES YOU!**

			
<b>SPIRITUAL</b>	<b>BIOLOGICAL</b>	<b>PSYCHOLOGICAL</b>	<b>SOCIAL</b>
What gives my life meaning? What is the source of my greatest joy? What do I deeply believe in?	What routines help me sleep best? What foods nourish me? How can I infuse my days with more movement and physical activity?	Who or what calms me? What makes me laugh? When do I feel confident and strong?	Who can I call on for support? Who do I enjoy spending time with?

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**Resilience is highly individual.**  
**Everyone copes differently.**

Knowing our participants and residents' strengths and resources is key to growing their resilience.

Understand that everyone adopts coping mechanisms and everyone has strengths.

Joy, curiosity, and positive social connections change the brain, too.

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**6 Movements of the Spine**

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