

Trauma and Resilience: Reconnecting to Sources of Strength

Module 3: Resilience

Original Curriculum:

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A PROGRAM FOR DIRECT CARE STAFF WORKING WITH OLDER ADULTS

A five-part self-directed series

1

Creating
Brave Spaces

2

Concepts in
Trauma

3

Concepts in
Resilience

4

Principles of
Trauma-
informed care

5

Trauma-
informed
Culture
Change



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



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?



Gathering

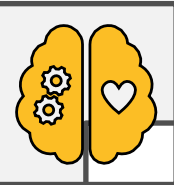
What is bringing you joy these days?



A Holistic Look at Resilience

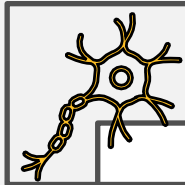
The ability to return to being healthy and hopeful after
bad things happen

A Holistic Look at Resilience



Psychological/Cognition

- Recognizing your own character strengths
- Adept at facing fears
- Sense of humor
- Cognitive flexibility



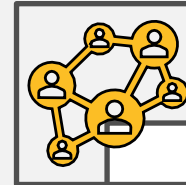
Biological

- Having resilient parents
- Meeting basic needs
- Keeping fit



Spiritual

- Strong moral compass or set of beliefs



Social

- Attachments and nurturing relationships
- Altruism
- Social/emotional skills

OPTIMISM
 ABC'S & ABCDE'S
POSITIVITY
 Broaden & Build
 SELF-COMPASSION
 FORGIVENESS
 WIRED FOR NEGATIVITY
 learner vs. judger
 GRATITUDE
 DEAR BOB



ZZZZZZZ



RITUALS



COACHING

GOAL SETTING

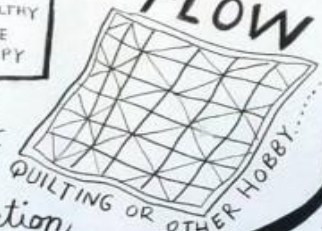
GRIT

HOPE

ACHIEVEMENT

SAVORING UMM.....
ENGAGEMENT
 MAXIMIZERS & SATISFICERS
 CHOICE
 MINDFULNESS HERE & NOW
 self regulation
 FLOW
 QUILTING OR OTHER HOBBY

I AM AT EASE
 I AM HEALTHY
 I AM SAFE
 I AM HAPPY



Character Strengths
 USE THEM DON'T OVERUSE THEM

HERE LET ME HELP!

OTHER PEOPLE MATTER



RELATIONSHIPS

laughing HA! HA! HA!



RESILIENCE =

WORK AS A CALLING

CREATIVE



MEANING

PASSION

helping

Spirituality

PURPOSE



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



SPIRITUAL

A higher power
A sense of hope
A sense of purpose
Connection to nature
Reflective writing



BIOLOGICAL

Singing
Dancing
Laughing
Movement
Rhythm
Sleep
Balanced diet



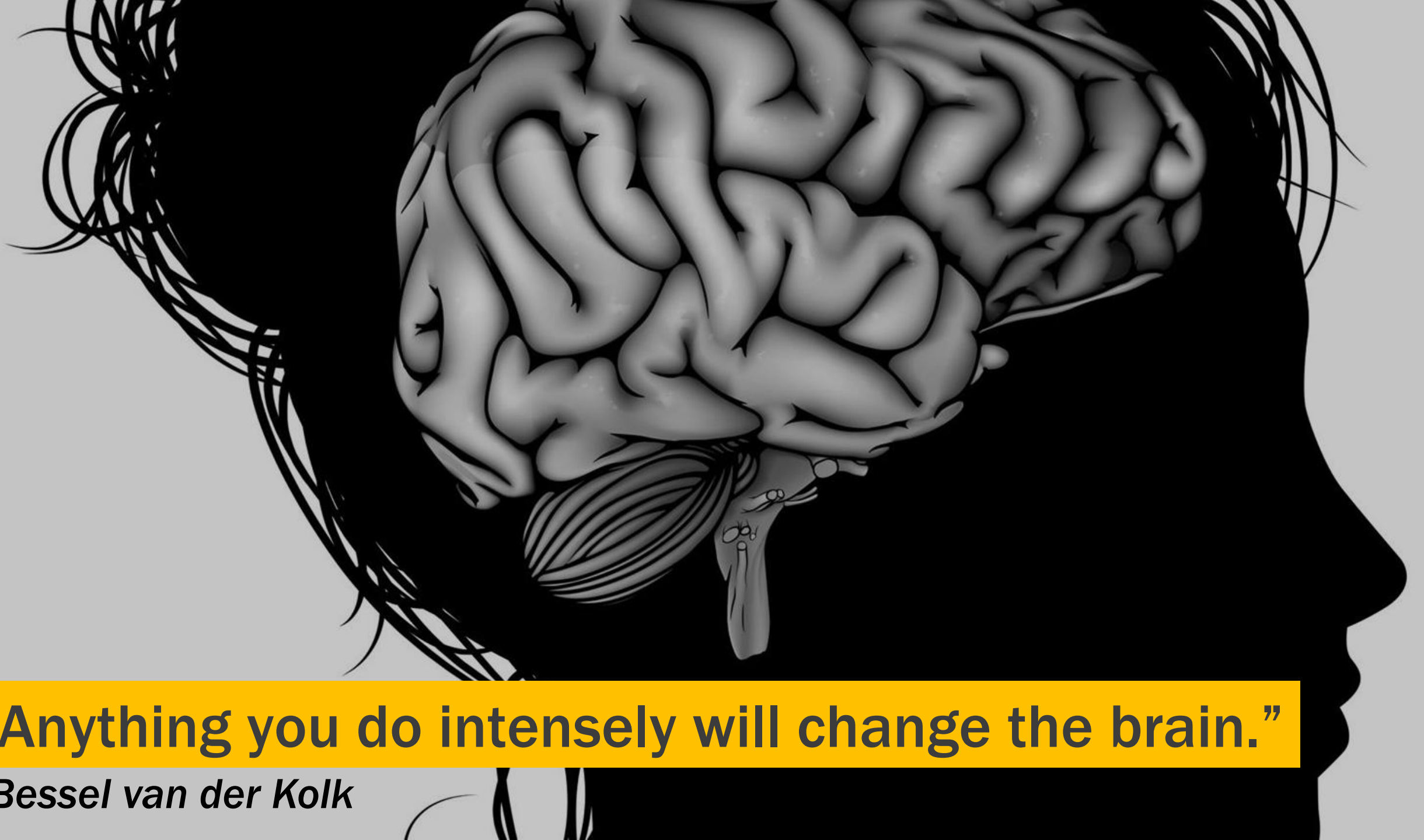
PSYCHOLOGICAL

Curiosity
Imagination
Self-soothing
Learning



SOCIAL

Positive relationships
Belongingness
Storytelling



“Anything you do intensely will change the brain.”

Bessel van der Kolk



VAGUS NERVE, THE WANDERER



VAGUS NERVE, THE WANDERER

Deep breathing

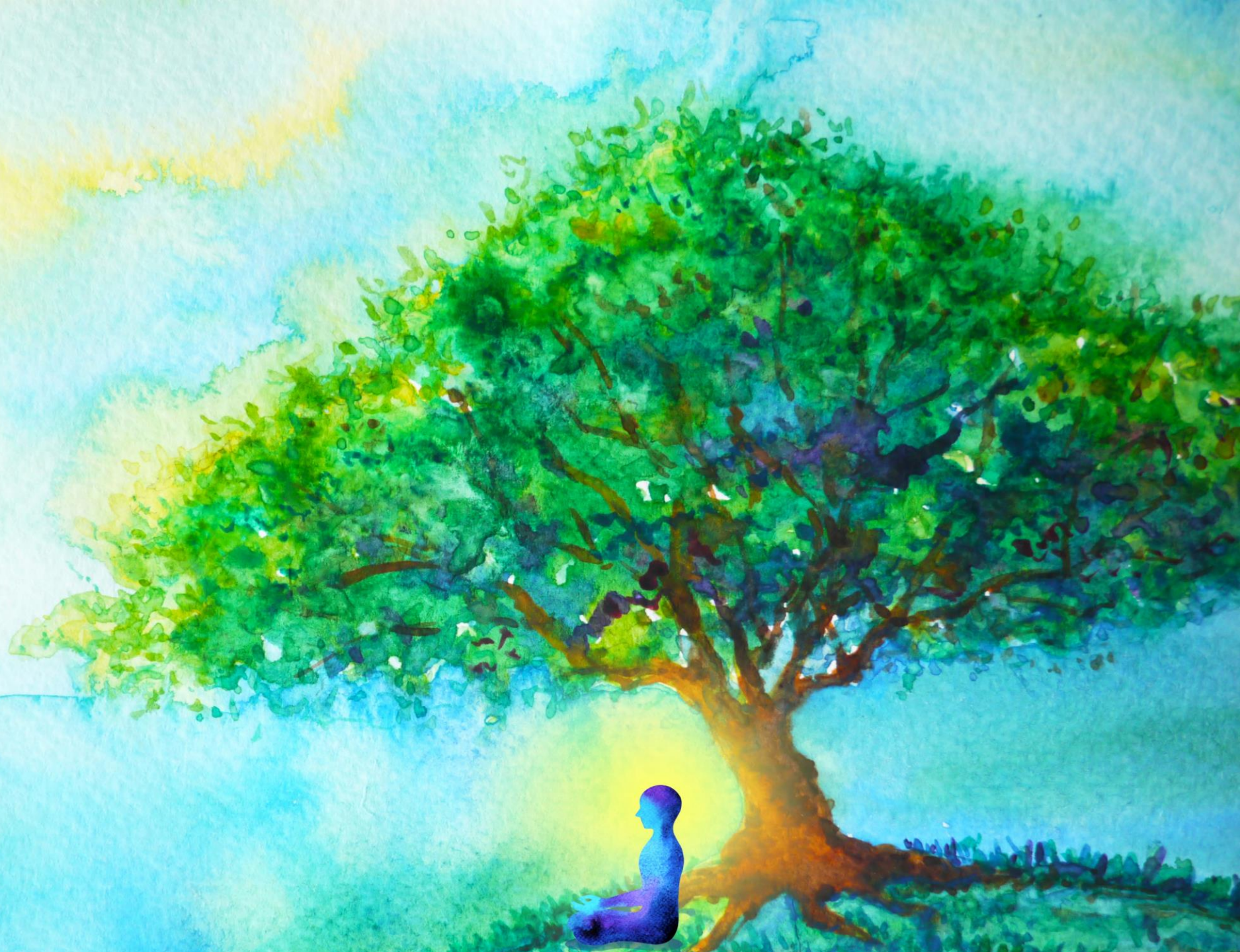
Singing

Laughing

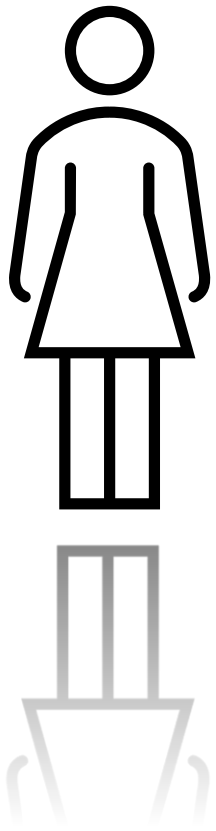
Exposure to cold

Positive social connections

**EQUAL
PARTS
BREATHING
PATTERN**



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

COMPASSION TOWARDS ALL INCLUDES YOU!



SPIRITUAL

What gives my life meaning?
What is the source of my greatest joy?
What do I deeply believe in?



BIOLOGICAL

What routines help me sleep best?
What foods nourish me?
How can I infuse my days with more movement and physical activity?



PSYCHOLOGICAL

Who or what calms me?
What makes me laugh?
When do I feel confident and strong?



SOCIAL

Who can I call on for support?
Who do I enjoy spending time with?

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

Resilience is highly individual.

Everyone copes differently.

Understand that everyone adopts coping mechanisms and everyone has strengths.

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



6 Movements of the Spine

REFLECT





VCU

College of Health
Professions
Gerontology



VCU

Office of Continuing and
Professional Education

LONGEVITY PROJECT



for a greater Richmond



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES

**Senior
Connections**
The Capital Area Agency on Aging
The Resource for Aging Well



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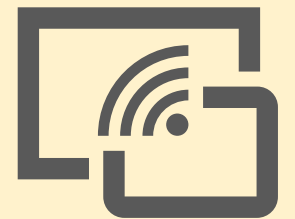
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