Surviving and Thriving: Resilience

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Resilience

- Self-Care helps us bounce back
- Resilience helps us bounce higher

Stress vs Trauma
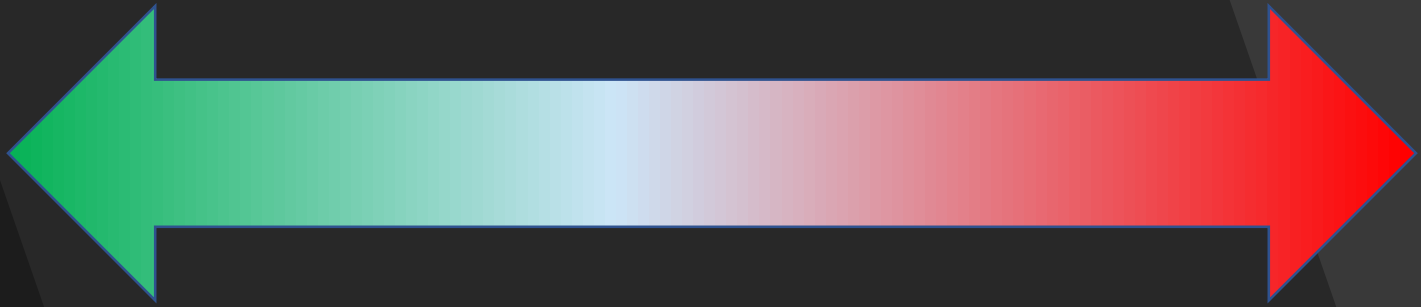
Positive Stress

- Moderate
- Predictable
- Controllable

Toxic Stress (Trauma)

- Overwhelming
- Unpredictable
- Uncontrollable

-Dr. Bruce Perry, MD, PhD

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Self-Care

Self-care is not self-indulgence. Self-care is self-respect.

How we treat ourselves is how we invite the world to treat us.

Self-Care

Three essential elements to self-care:
- Self-knowledge and awareness
- Have (and use) a plan
- Have patience and give yourself grace

Self-Care

Self-care is a set of activities that helps people:

- Maintain health
- Prevent problems
- Cope with challenge

Triggers

Anything that brings your thoughts or feelings back to a moment of stress or trauma.

Triggers

- Confrontation
- Aggression
- Lack of Power
- Disorganization
- Not Knowing
- Hungry
- Tired
- Lonely
- Overwhelmed

Compassion Satisfaction

The positive aspects of helping

- Pleasure and satisfaction derived from working in helping, caregiving systems

May be related to:

- Providing care
- To the system
- Work with colleagues
- Beliefs about self
- Altruism

Burnout

The negative aspects of working in helping systems may be related to:

- Providing care
- To the system
- Work with colleagues
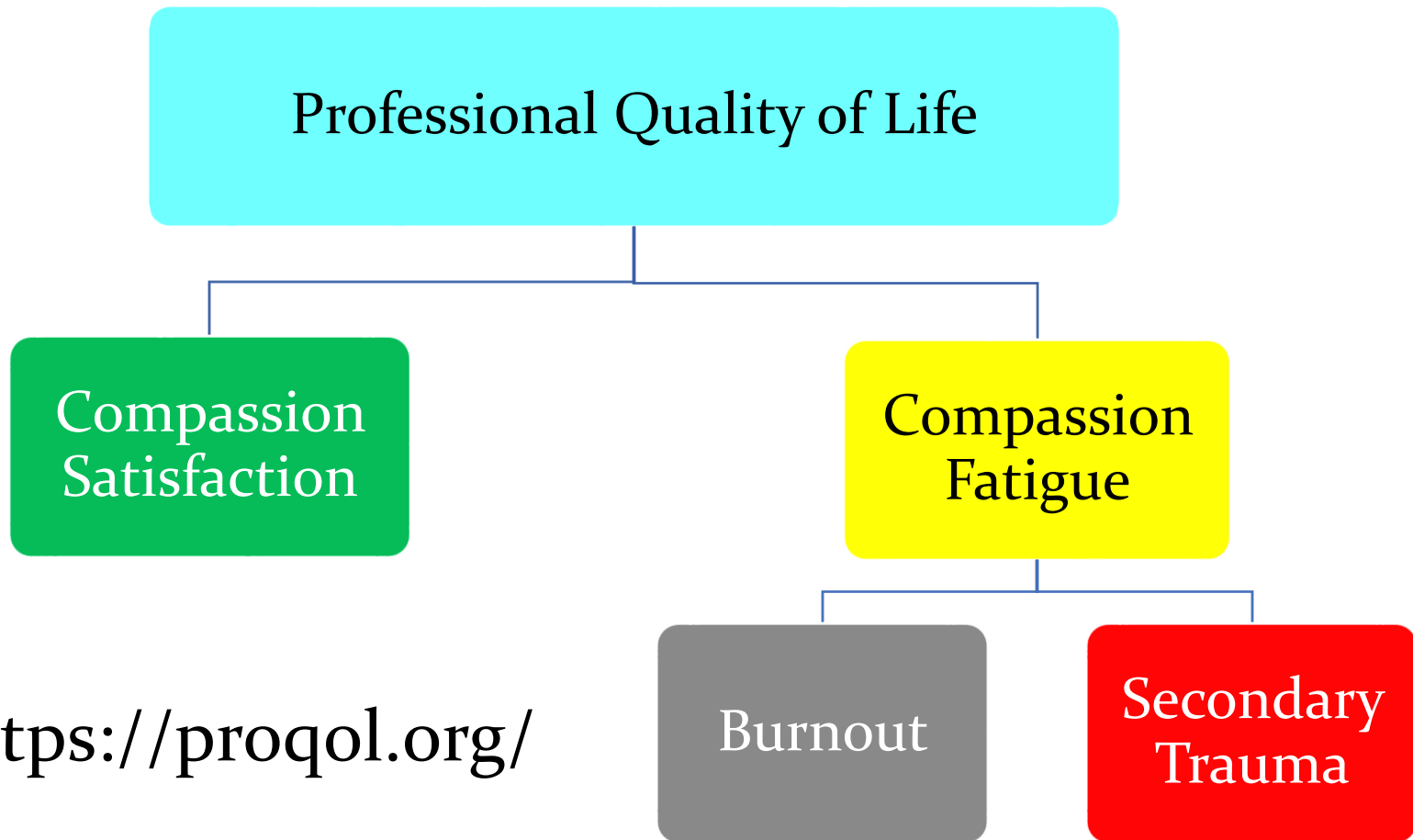- Beliefs about self

Lack of internal drive and energy

Lack of investment in the work

Secondary Traumatic Stress

The burden of exposure to the trauma and stress of others

Carrying the weight of stories without an effective means to off-load them (supervision and peer support)

ProQOL Model

Professional Quality of Life

Compassion Satisfaction

Compassion Fatigue

Burnout

Secondary Trauma

https://proqol.org/

Professional Quality of Life

- I feel invigorated after working with those I help.

- I like my work.

- I have beliefs that sustain me.

- My work makes me feel satisfied.

- I have happy thoughts about those I help and how I could help them.

- I feel trapped in my job

- I avoid certain activities or situations because they remind me of the frightening experiences of those I help.

- As a result of my work, I have intrusive, frightening thoughts.

What is Self-Care?
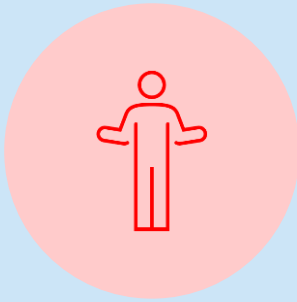
SOMETHING THAT <u>YOU</u> DO FOR <u>YOU</u>.

IT IS ABOUT WHAT WORKS FOR <u>YOU</u>.

IT IS BOTH A <u>LIFESTYLE</u> AND AN <u>EVENT</u>.

Building a Self-Care Plan

- Achievable and Realistic
- Accessible
- Big and Small
- Balanced
- Right for YOU

Physical	Psychological
Emotional	Spiritual
Relationships	Workplace

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Be Patient and Give Yourself Grace

- Perfectionism is the enemy of self-care
- Self-care is a journey (not a destination)
- Be humble and ask for help/support

Building Blocks to Resilience

- Attachment
- Regulation
- Competence and Self-Esteem
- Gratitude
- Hope

The Seven C's of Resilience

These are the ultimate skills we want the person to have.

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

from Kenneth Ginsburg, MD, FAAP,
Building Resilience in Children and Teens

Key Components to Teaching Resilience

This is about us, who we are, and how we approach the situation.

1. Be a role model
2. Be in relationship
3. Variation is the norm
4. Be patient
5. Celebrate the small wins
6. Be a role model

Review

- Know your triggers
- Self-assess
- Make and follow a plan
- Be mindful of resilience opportunities

What will you do differently?

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Thank you for all that you do for our community!

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