

Growing Resilience

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Relational Resilience



Slowing down

- Orienting to our external environment
- Orienting to our internal environment

How are you showing up today?



What we're up against

Toxic Stress



What we can do about it

- **Grow Resilience**
 - Voice/Choice/Control
 - Sense of Self
 - Sensory Supports
 - Sense of Belonging
 - Mutually Enhancing Relationships
- **Regulate, regulate, regulate**



REGULATE, Relate, Communicate

*“When the bottom regions of your brain are **regulated**, you are better able to **relate** to others. And when your relationships are safe and supportive, you can better access your cortex for learning, **reasoning** and **problem solving**.”*

-Kathy Van Horn and Bruce Perry



Regulation

- Physical calming strategies needed for the lower regions of the brain
- Treat regulation as a practice- not just something you do in high stress environments

How do you know when you are dysregulated?

- Make a note of your preferred ways of regulating your brain and body when you sense stress.

What helps you regulate?

Make a statement about one strategy you are willing to try this week to support the lower regions of your brain.



Relate

- When we are physically regulated we have access to safe relationships- we can respond to the calm, caring presence of a safe other.
- Nonverbal communication is important here.
- The cortex will be primed for engagement as the relationship becomes safer!
- Pick a person in your life who supports you, whose relationship helps you feel safe and connected.

What about that relationship gives you the sense that you are safe, seen and heard?



Communicate

- Once you are in a state of alert or calm you can access the ability to reason, solve problems or make thoughtful decisions.
- Seeing this part as the “end goal” might get you in a pickle! Make sure the lower regions of the brain have been connected with before you engage logic/rationale
- Recall a time this week that you operated from your Reason mind?

What gives you that sense?



Growing Resilience



Resilience Factors

- Voice, Choice, Control
- Sense of Self
- Sensory Supports
- Sense of Belonging
- Mutually Enhancing Relationships



Voice/Choice/Control

- Power *with* others.
- Finding ways to use our voice in our professional and personal lives
- Have access to choices that matter to us- choices that align with our **preferences** connected with viable **opportunities**
- Preferences reflect what people want, opportunities reflect what is available.
- **Control** is the authority to make use of an **opportunity** to satisfy a **preference**. ©Michael Smull

Pick a spot in your life right now where you know you have a voice, your choices are relevant or you feel a sense of control over your actions/circumstances.



Sense of Self

- **Sense of self**
 - Who am I?
 - How am I?
 - How do I know?
- **Self-worth:**

Self-Love list A-Z

- **Self-Compassion:**
 - How might I show myself and others a bit more grace? A bit more gratitude?

Gratitude list A-Z



Sensory Supports

- What do I smell, taste, touch, hear, see and/or sense that helps me feel safe?
- Recall an object, animal, plant, sense of spirituality, higher power etc that gives you a sense of safety, connectedness, calm, support.

What is the felt-sense associated with that sensory support?



Sense of Belonging

- Showing up vs. belonging

Where do you experience a sense of belonging?

- What organizations, clubs, gatherings, social groups?
- Where in your workplace do you see belonging highlighted?

Share a story about a place you're known- really known for who you are. Describe this experience in detail.

- If your partners don't have that place, allow them to share and express themselves around this.



Mutually Enhancing Relationships

“There is no more effective neurobiological intervention than a safe relationship.”

–Bruce Perry, PhD, MD, researcher and child psychiatrist

How do you know when you're in the presence of safe others?

What gives you that sense?



Look at these Resilience Factors:

Voice/Choice/Control
Sense of Self
Sensory Supports
Sense of Belonging
Mutually Enhancing Relationships

- With which do you feel you have a particularly strong foundation?
- Where do you see opportunities for growth?

What possibility around growing your own resilience is emerging for you?



Much gratitude for you all.

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