

REFRAMING RESILIENCE:

THRIVING IN A CHANGING WORLD

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Resiliency in Communities After Stress and Trauma

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NO CONFLICTS OF INTEREST TO DISCLOSE



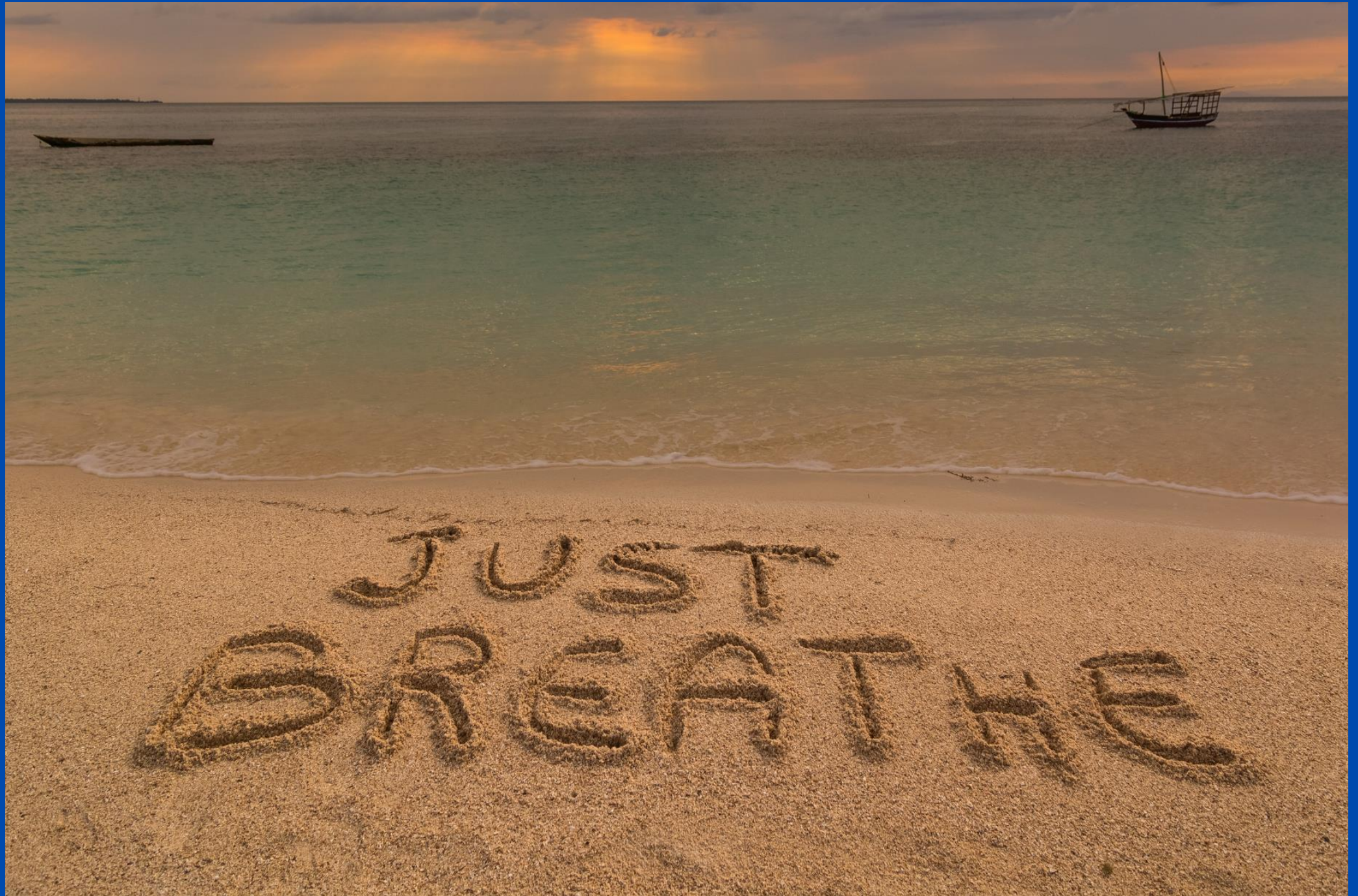


**Resiliency in Communities After Stress and
Trauma**

“WHAT THE
...?”
“FOR HOW
LONG?”
“IS THIS FOR
REAL?”



**TAKE A
MOMENT...**



**Thanks to COVID,
what have you
done in the last 4
YEARS that you
never thought you
would do?**



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HOW WE GOT HERE

- **4 YEAR ANNIVERSARY**
- **HOW HAS THE WORLD CHANGED?**
- **HOW DID YOU CHANGE, GROW, ADAPT?**
- **WHAT DID YOU DO TO HELP YOURSELF HEAL?**



DEFINING RESILIENCE

- **MENTAL AND EMOTIONAL TOUGHNESS**
- **GRIT**
- **ABILITY TO BOUNCE BACK**
- **ABILITY TO WITHSTAND AND RECOVER QUICKLY**
- **BRAVERY AND STRENGTH**
- **"BOOT STRAP" PULLING**



ASK THE EXPERTS...

MALALA YOUSAFZAI

OPRAH WINFREY

ROSA PARKS

STEPHEN HAWKING

ALBERT EINSTEIN

JIM CAREY

STEPHEN KING

NELSON MANDELA

BETHANY HAMILTON

ASK THE REAL EXPERTS...

THE GRANDMA

THE STUDENT

THE SCARED

THE READING BUDDY

THE SISTER

THE SOCIAL WORKER

THE COUNSELOR

**SOME OF US
BRING A LOT
OF STUFF.**



ERA OF UNCERTAINTY



**WE AS HUMANS DON'T REALLY LIKE
UNCERTAINTY.**

Surviving or Thriving



SURVIVING OR THRIVING



SURVIVING OR THRIVING



**SURVIVING
OR
THRIVING**



SURVIVING OR THRIVING

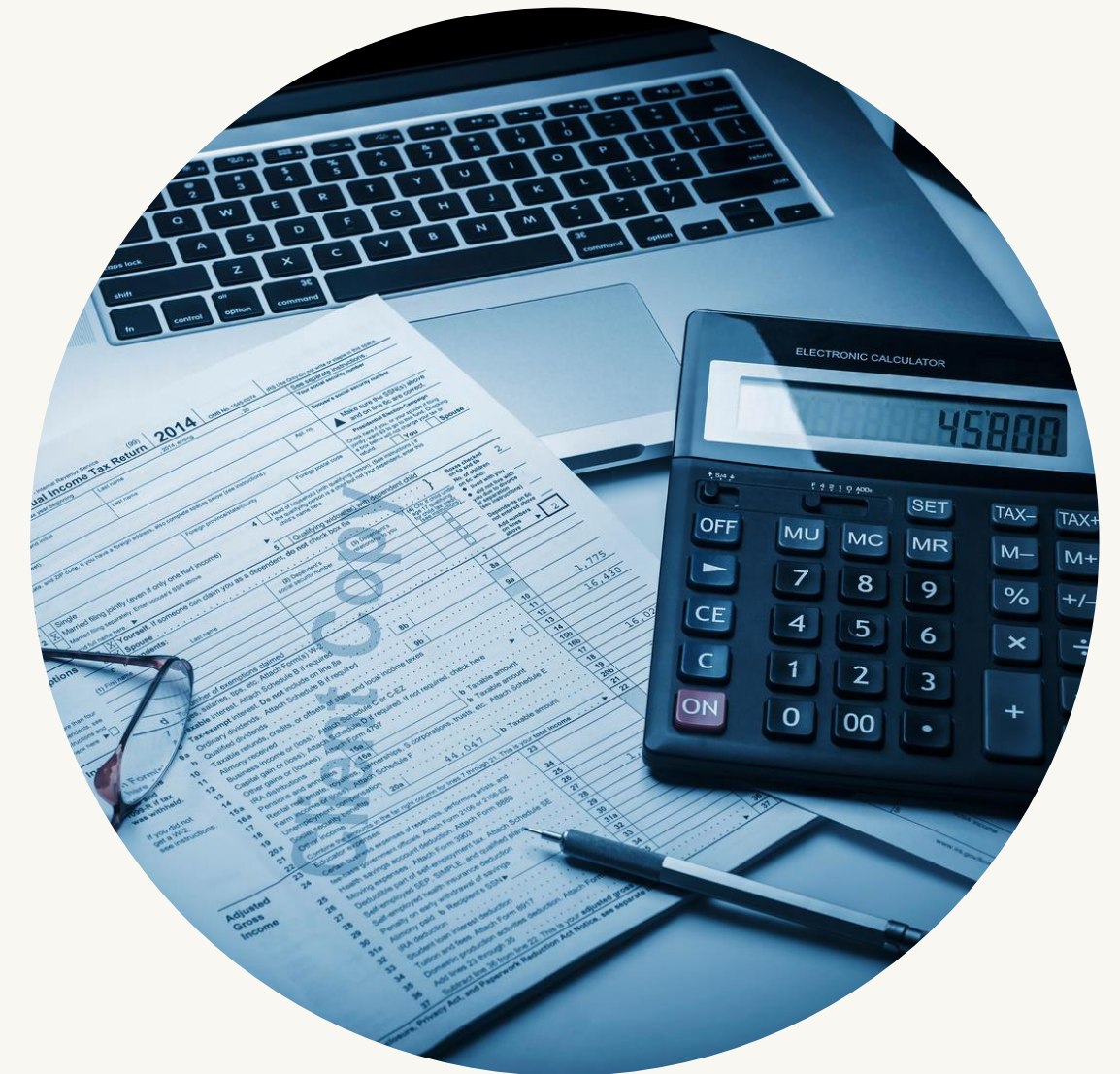


**SURVIVING
OR
THRIVING**



BETTER ACCOUNTING PRACTICES

- **OUR EFFORTS DON'T ADD UP**
- **BOUNDARIES IN PLACE, SOMETIMES BROKEN**
- **LOVE OF WORK, OR WORK OF LOVE**
- **SHOCK TO THE SYSTEM**



**IF YOU KNEW
THEN WHAT
YOU KNOW
NOW...**



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Reframing Resilience

- Shift the language we use to describe
- Shift the value we place on happy endings
- Reframe the way we talk, share, and describe this



6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC's [Center for Preparedness and Response \(CPR\)](#), in collaboration with SAMHSA's [National Center for Trauma-Informed Care \(NCTIC\)](#), developed and led a new training for CPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work.

Participants learned SAMHSA'S six principles that guide a trauma-informed approach, including:



Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by [CPR](#) and [NCTIC](#) was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.

REFRAMING RESILIENCE



**GIVE OURSELVES TIME AND SPACE TO
HEAL...**

LOOK FOR THE "IN-BETWEEN"

Rapid Reset

Adults experience stress and pressure almost daily, so feeling overloaded, under-resourced, and overwhelmed is easy. Try a few of these tactics to help you pause, reset, and recover.



ground.

Lean into a wall or sit in a chair and allow yourself to relax fully. Feel the wall or chair supporting your feet and body, and let that extra support help you refocus and recover.



sing.

Sing or hum a favorite tune and notice the sensation your face and mouth feel from the vibrations. The more you sing/hum, note your breathing, heart rate, and muscle tension. This tactic is a quick way to exercise your nervous system to help restore calm to your current situation.



work.

Lift something heavy and notice how your arms, shoulders, and legs feel. The weight and pressure of what you're lifting will also engage your brain so when your muscles release, the pressure subsides as well.

Rapid Reset

Adults experience stress and pressure almost daily, so feeling overloaded, under-resourced, and overwhelmed is easy. Try a few of these tactics to help you pause, reset, and recover.



drink.

Sip some liquid and notice how it feels in your mouth, throat, and stomach. Each sip causes a physical sensation that will calm your nerves, lower your heart rate, and calm you down.



orient.

Pay attention to your surroundings and notice the textures, sounds, and colors of the items around you. Each time you shift your focus to your surroundings, your heart rate will calm down, and you will experience more peace.



tap.

Cross your arms and alternately tap your shoulders from right to left. As you tap each side of your body, you will feel calmer, and your stressed-out brain can begin to reset.



REFRAMING RESILIENCE



**RECONNECT/CONNECT WITH
THE WORLD...
AND YOURSELF**

REFRAMING RESILIENCE

“ ...Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all. ”

- ROBERT LOUIS STEVENSON

REFRAMING RESILIENCE



**RECONNECT /CONNECT
TO OTHERS**

Graduated





**GOOD TIMBER
BY DOUGLAS
MALLOCH**

"If you do not make time for your wellness, you will be forced to make time for your illness."

#readThatAgain

HEALTH

THE END