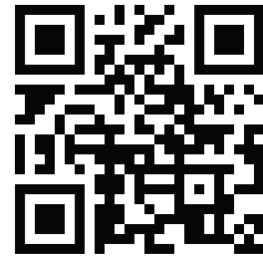


Remarkably Resilient Together™



A Community Awareness Campaign in partnership with
Johnson County Mental Health Center



Remarkably Resilient Together

The WHY

- We, the Harnish sisters, wrote *Remarkably Resilient: Community Matters* to share our journeys of resilience out of a childhood home of multi-generational incest, abuse, and neglect.
- The neuroscience of trauma helped us understand our WHY and our HOW:
 - WHY did we have so many chronic health conditions?
 - HOW had we all three been able to break the multi-generational cycle of incest and abuse in our paternal family?



Kathleen, Karen, Sharon

Remarkably Resilient Together

The WHY

- Our lived experience informed by the neuroscience of trauma led us to our 4 R's of Resilience: Relationships, Response, Recovery, and Regulation.
- We felt our childhood happened to us so as older adults we can now share with others what the neuroscience of trauma can teach us all about being more resilient.
- As we considered our 4 R's of Resilience, we knew that helping everyone start from a firm foundation of Regulation and Self-Care was where the Remarkably Resilient Together (RRT) series should start.



Kathleen, Karen, Sharon

Remarkably Resilient Together

The WHY

- Everyone experiences trauma.
- Resilience helps us weather those ups and downs.
- We are all more resilient when we are regulated with full resilience cups! That is our mantra for the first of the Remarkably Resilient Together series.



Kathleen, Karen, Sharon

Remarkably Resilient Together

- Developed in accordance with the neuroscience of trauma
- Utilizes the evidence-based practice of journaling and self-reflection
- Grounded in lived experience

Remarkably Resilient Together Prevention is Our Hope

From the Harnish sisters: Our hope is that by helping people at the individual level, the impact ripples out to families, organizations, neighborhoods, communities, and beyond. We are all more resilient humans when we are regulated with a full resilience cup.

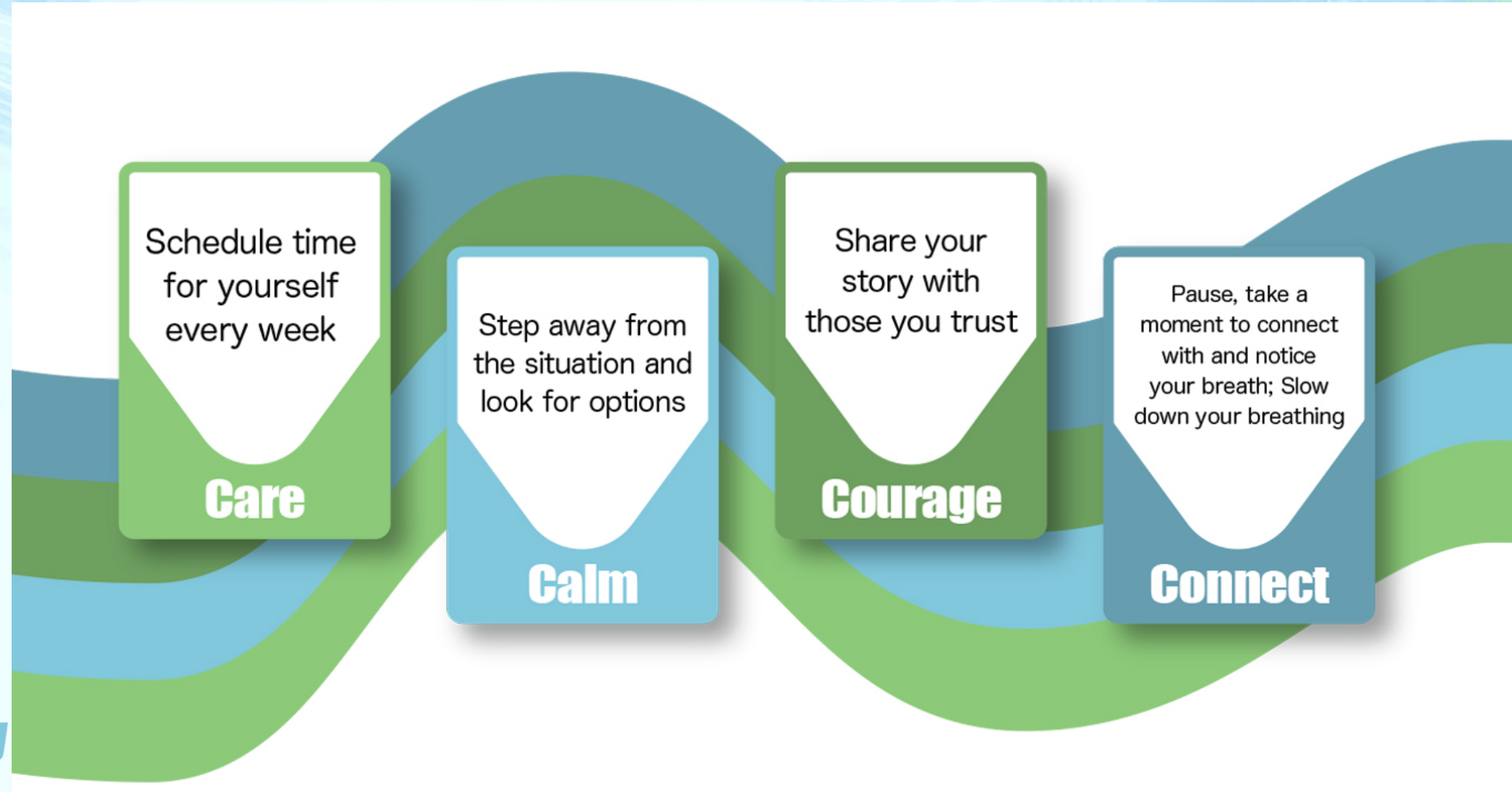
Remarkably Resilient Together

The WHAT

- Remarkably Resilient Together is a partnership between TeamTech and Johnson County Mental Health Center which raises awareness about trauma and its impact while teaching the important resilience pieces of **regulation** (staying calm, grounded, and in your executive level brain) & the importance of **self-care**.
- RRT Materials: “In the Moment” and “Over Time” Card Decks plus a personal Reflective Journal



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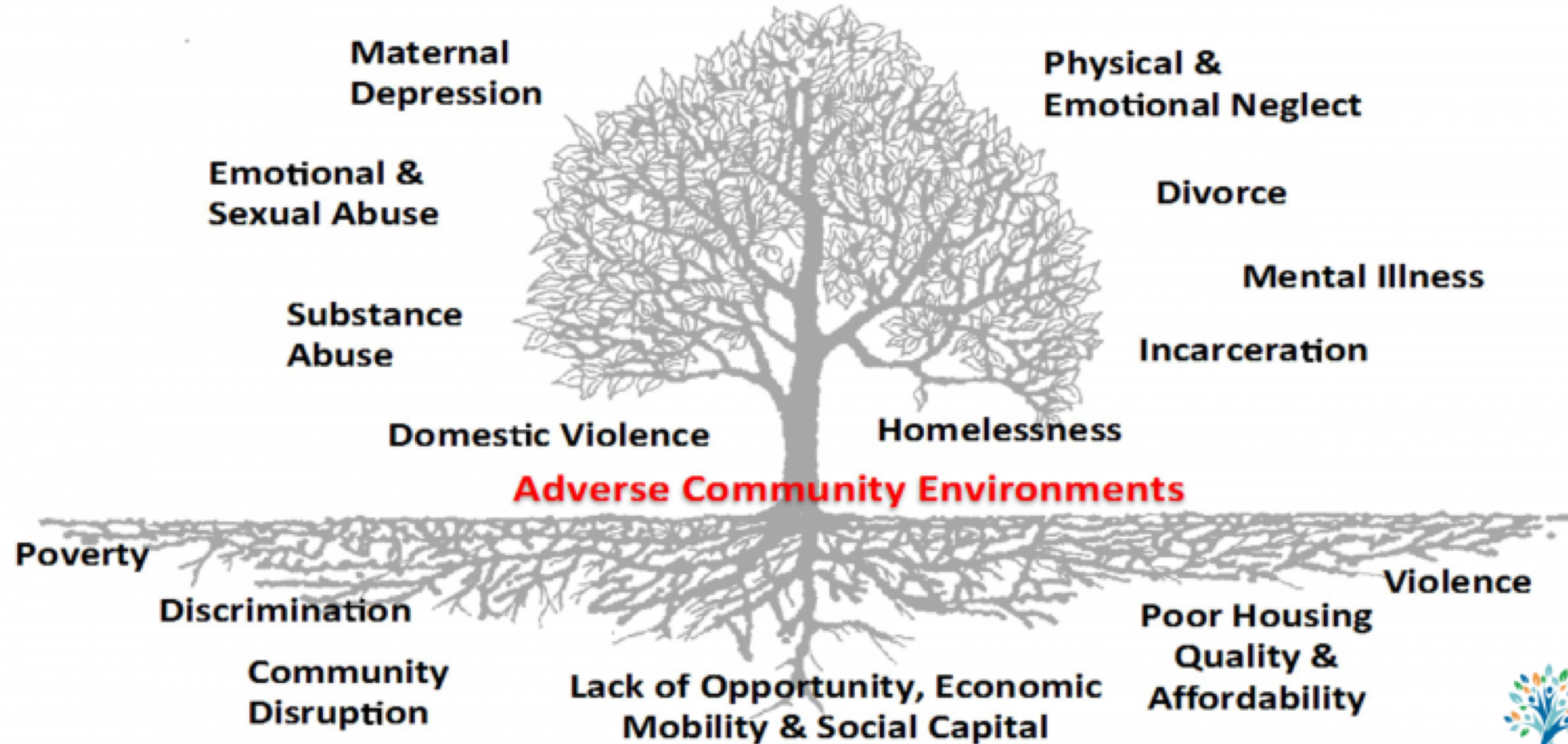
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The WHY

- Gallup's annual State of the Global Workplace: 2022 Report: Wellbeing Matters
- We all experience times when we feel out of sorts from stressors, triggers, past traumas, etc.
- Lived experience also matters: ACEs, the Pair of ACEs

The Pair of ACEs

Adverse Childhood Experiences



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Remarkably Resilient Together

What is Trauma?

SAMHSA (Substance Abuse and Mental Health Services Administration) defines trauma using the 3 E's:

“Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.”

The 3 E's helps us understand the same Event will not necessarily impact (Experiences, Effects) everyone the same.

From Harvard University's Center on the Developing Child

Stress

Its Impact



Brief increase in heart rate; Mild increase in stress hormones

Serious and temporary stress response; Lessened by support systems

Long activation of stress response; Lack of support systems

Empathy-Based Trauma

- Vicarious Trauma: Trauma you feel due to exposure to the trauma of others which causes your worldview to shift negatively.
- Secondary Trauma: Caused by exposure to a traumatic incident coupled with feelings of grief, depression, anxiety, or even suicidal ideation.
- Compassion Fatigue: Occurs when helping professionals are unable to adequately rest and renew their resilience capability. In most definitions, it includes burnout and secondary trauma.

Human Stress-Response

Fight

Escalate
Defense or
Offense

Confront
the
Threat

Flight

Avoid
the
Threat

Run
or
Escape

Freeze

Paralyzed
by Shock
or Fear

Retreat within,
Collapse or
Dissociate

Appease

Tend
and
Befriend

Pacify or
Placate
(someone)

The Root Cause Nature of Trauma

Neuroscience is clear!

Understanding the impact of trauma on the brain and body and its subsequent possible long-term impacts on physical, mental, and emotional health is to understand the root cause nature of trauma. The long-term impacts can look like:

Chronic disease, Mental Illness, Lower Life Potential, Substance Use and Addiction and even a shorted Life Span

**Flipping the question from “What’s wrong with you?” to
“What happened to you?”**

Defining Terms

- Emotional Regulation: The ability to manage your emotions so they don't manage you.
- Triggers: Sensory reminders that awaken a painful memory and can cause sudden emotional and physical reactions.
- Dysregulation: An ongoing difficulty handling stressors and triggers; Your reactivity level is higher than is necessary for everyday situations.

Later – you may want to come back and read the personal reflection on page 10.

Triggers and Dysregulation

Stress-Response When it is NOT Needed

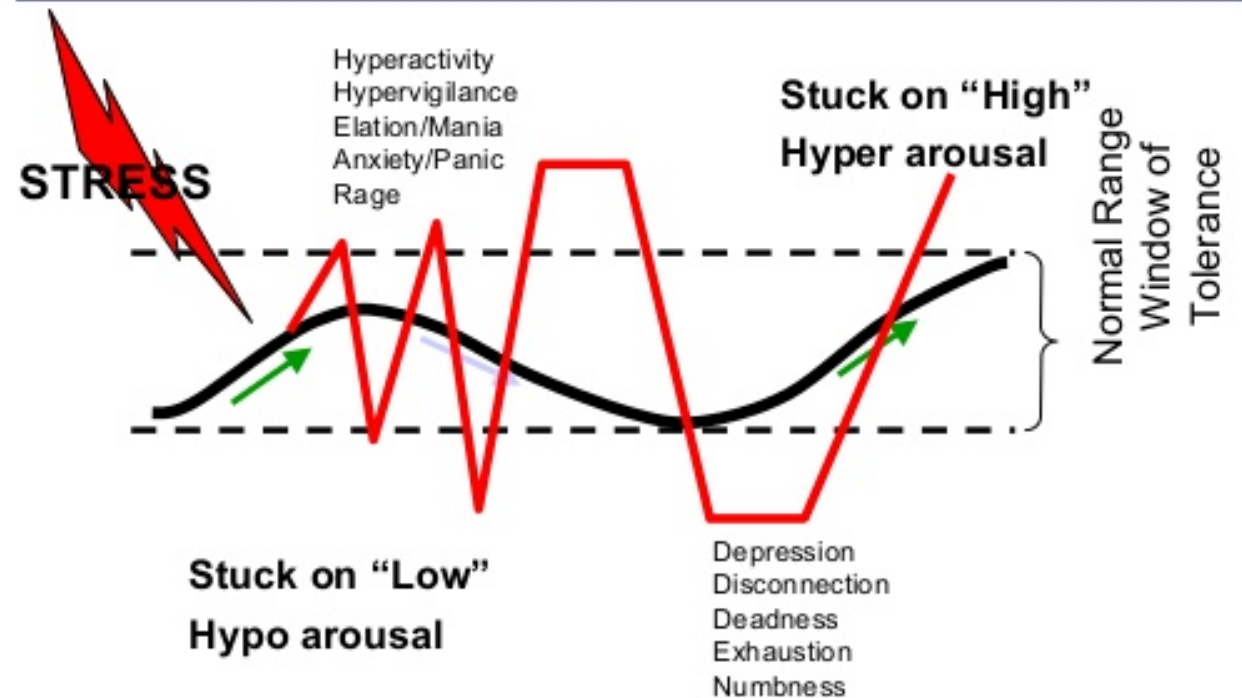
What becomes challenging for your physical and mental health is when your stress-response system (fight, flight, freeze, or appease) is activated when it does not need to be. You have been triggered or are dysregulated.

Reflection: Are you the best version of yourself when you are in survival mode when you don't need to be?

Dysregulation

Exercise: Take a minute and think about your stress-response; How does this show up in your body? How does it make you feel?

Nervous System Dysregulation



Slide by Sophia Deborah Erez © 2008

*adapted from a slide by Elaine Miller-Karas.

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Regulation, Self-Care and Resilience

We are more resilient humans when we
are regulated with full resilience cups!
Let's get there together!

Regulation and Resilience

Learning to be a regulated human strengthens your resilience.

- **Recognize when you are triggered or dysregulated.** Know your signs.
- **Communicate** (if you are able) what you are experiencing. “This is upsetting to me. I need a moment.”
- **Regulate.** Do a regulating activity. Something that is healthy, soothing, and calming to you. Rhythmic and repetitive.
- **Notice.** What happened when you tried a regulating activity?

Remarkably Resilient Together “In the Moment” Cards

Exercise

1. Take a moment and look at the eight (of 52) “In the Moment” cards (green card deck) on the next slide.
2. Select one that speaks to you.
3. In triads, share the card you each selected and talk about how each suggestion can be regulating

Using the Reflective Journal; Look behind the Green Divider



Take a breath
and visualize
something
humorous;
Laughter is
regulating!

Care

Bring to mind
something you
are grateful for;
Silently repeat this;
Hold the image in
your mind

Care

Ground yourself
with your five
senses; See 5 things,
Touch 4, Hear 3,
Smell 2, Taste 1

Calm

Touch your
thumb to each
finger as you say
to yourself,
"I can do this"

Calm

Communicate
when the
conversation is
too difficult now;
Agree on a time
to re-engage

Courage

Practice voicing
a boundary you
have, i.e. "Gossiping
about others is not
something I want to
participate in."

Courage

Connect with nature
by visualizing yourself
somewhere peaceful;
What do you see,
smell, hear, touch,
and taste there?

Connect

Ask yourself,
what other
explanations
might be possible
for this feeling?

Connect



Self-Care and Resilience

Self-care is the practice of taking an active role in protecting one's own well-being and happiness. Often, we think about self-care in times of stress.

Remarkably Resilient Together encourages thinking about self-care as a regular activity to keep your resilience cup full so you can weather life's ups and downs.

Reflection: Are you the best version of yourself when your resilience cup is low or empty?

Self-Care and Resilience

Having a full resilience cup helps you be more present and able to fully participate in life.

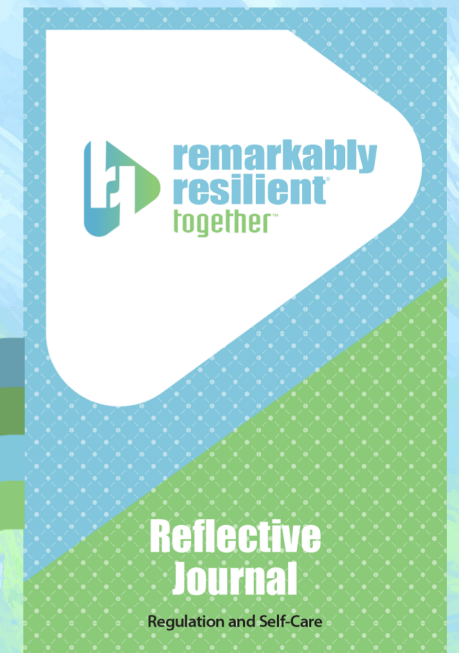
- **Recognize depletion.** Know your signs.
- **Communicate.** Share with trusted people when you are feeling depleted.
- **Do Self-Care.** Schedule in time for self-care. Make this a regular practice.
- **Notice.** What does a full resilience cup feel like? What does this allow you do to?

Remarkably Resilient Together “Over Time” Cards

Exercise

1. Take a moment and look at the eight (of 52) “Over Time” cards (blue card deck) on the next slide
2. Select one that speaks to you.
3. In triads, share the card you each selected and talk about how these “Over Time” cards can fill your resilience cup

Using the Reflective Journal; Look behind the Blue Divider



Do something
that brings
you joy

Care

Take time to
be still; Slowing
down is profound
self-care

Care

Walk outside taking
in your surroundings
mindfully with all five
senses; The awe of
nature puts stressors
into perspective

Calm

Notice the stories
you are telling yourself;
Is there another story
you could tell yourself
which might support
you more?

Calm

Strive to increase
your level of
engagement and
participation in
one thing that
matters to you

Courage

Ask for help
when you need it

Courage

Build your team
with people that
provide positive
support to you

Connect

Share a meaningful
moment with
someone you
find supportive

Connect



Building Reflective Capacity

- Reflective Capacity – the ability to pause, step back, and think about the event, experience, or interaction.
- Reflection provides the intentional pause that allows humans to learn, change, and grow.
- The Remarkably Resilient Together Journal utilizes the evidence-based practice of journaling and self-reflection to help you strengthen your resilience by building your regulation skills and the practice of self-care.

Remarkably Resilient Together (RRT) Materials

To receive the RRT materials, please make a \$50 tax-deductible donation to one of our non-profit partners that distributes the RRT materials.

<https://teamtechinc.com/remarkably-resilient-together/>

Friends of JoCo Mental
Health Center



Remarkably Resilient Together



The Five R's of Resilience which are part of the RRT Campaign:

- Regulation (rolled out May 2023)
- Relationships (coming Feb 2024)
- Reflection (Late 2024)
- Recovery (2025)
- Response (2025)

Remarkably Resilient Together

For additional information about Remarkably Resilient Together, feel free to reach out to:

- Kathleen Harnish McKune, Kathleen@teamtechinc.com
- Karen Dickson, Karen@teamtechinc.com
- Visit www.remarkably-resilient.com
- Thank you!!

