INTRODUCTION
RESILIENCY QUESTIONS

What or who is helping you the most right now?
What or who is giving you strength?
What or who has helped you get through hard times in the past?

RESILIENCY PAUSE

Resiliency Pauses can help bring you back into a balanced state in mind and body.

During this Pandemic it is so important to remember what else is true!

So, for a moment we will pause to INVITE you to call to mind your answers to the resiliency questions.
World Map
Global Map
As of 12:00 p.m. ET March 16, 2020

KNOW YOUR COUNTRY’S RECOMMENDATIONS AND YOUR STATE’S RECOMMENDATIONS IF IN THE UNITED STATES

https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf

THE COMMUNITY RESILIENCY MODEL (CPRP)

Phase 1-Community Preparation
Community Resiliency Model TT
CPRP Wellness Workshops-Common Language

Phase 2- Immediate Engagement:
Community Emergency Response Organizations

Phase 3-CPRP Meetings
Community Groups
Faith-based Coalitions
First Responders
Families
Survivors

Phase 4-Triage
Referral for Mental Health and Medical Evaluations
Referral to community-based organizations

Phase 1
Phase 2
Phase 3
Phase 4

USING TELEHEALTH ONLINE LEARNING PLATFORMS
THE COMMUNITY RESILIENCY MODEL
A SET OF SIX WELLNESS SKILLS

Community Resiliency Model can be used:
- across the lifespan
- across cultures
- with different literacy abilities

CREATING A COMMON LANGUAGE
The Resilient Zone- “OK” Zone

GOAL: TO WIDEN YOUR RESILIENCY ZONE

(c) Trauma Resource Institute

Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE
Some have a very shallow Resilient Zone where even small stressors bump you out of the Zone.

Some have a deep Resilient Zone where there is a higher tolerance for a wide range of stressors.
COVID-19

Common Reactions

Community Resiliency Model skills can be easily learned by children and adults

Stuck in High Zone

Thinking
- Paranoid
- Nightmares
- Dissociation
- Forgetfulness
- Poor Decisions
- Distorted Thoughts
- Suicidal/Homicidal

Emotional
- Rage/Fear
- Nightmares/Night Terrors
- Anger

Physical
- Numb/Fatigue
- Physical Pain
- Rapid heart rate
- Rapid breathing
- Tight Muscles
- Sleep Problems
- Stomach Upset
- Hypervigilance
- Trembling

Spiritual
- Hopelessness
- Loss of Faith
- Increase in Faith
- Deconstruction of Self
- Guilt
- Doubt

Behavior
- Isolation
- Tantrums
- Self-Injury
- Violent behaviors
- Addictions
- Eating Disorders
- Abusive Behaviors

Relationships
- Angry at others
- Isolation
- Missing work
- Overly Dependent
- Irritability
- Clinging
- Regressive

Stuck in the Low Zone

Thinking
- Paranoid
- Nightmares
- Dissociation
- Forgetfulness
- Poor Decisions
- Distorted Thoughts
- Suicidal/Homicidal

Emotional
- Rage/Fear
- Nightmares/Night Terrors
- Anger

Physical
- Numb/Fatigue
- Physical Pain
- Rapid heart rate
- Rapid breathing
- Tight Muscles
- Sleep Problems
- Stomach Upset
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- Violent behaviors
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Relationships
- Angry at others
- Isolation
- Missing work
- Overly Dependent
- Irritability
- Clinging
- Regressive
COMMON REACTIONS CONNECTED TO OUR WELL BEING

Strength and Courage
Coming together with a joint purpose
Gratitude
Advocate
Appreciation of loved ones
Hope & Faith
Wisdom
Compassion for self and others

Help Now!
- Listen to the sounds
- Notice your surroundings
- Touch the furniture
- Drink a glass of water
- Feel the temperature
- Focus your attention on something you see
- Count to 10
- Take a walk

Ayuda Ahora!
- Bebe un vaso de agua
- Cuenta hasta veinte
- Ve un cuadrado
- Observa los sonidos
- Nombra seis colores que ves
- Empuja contra una pared
- Observa algo a tu alrededor
- Observa la temperatura
- Ve algo a tu alrededor
- Ve algo natural
Loma Linda University provided 2 1/2 day CRM® interventions in Sierra Leone following the Ebola Crisis to 40 community members.

Results: statistically significant
- improvements in resiliency
- reduction in trauma symptoms, secondary traumatic stress, depression and anxiety

These improvements remained consistent when assessed at the 6-month follow-up.

Community Resiliency Model 3-hour Class
Emory Nurse Randomized Controlled Trial*

At baseline, more than 1/3
- poor mental well-being
- low resiliency
- possible PTSD
- high or very high somatic symptoms
- burnout symptoms often or sometimes

*RCT Findings: 77 nurses
CRM group (3-hour class) one year later:
Large effect size--improved well-being
Medium effect size--reduced secondary traumatic stress and physical symptoms
Small effect size—improved resiliency

KEY CONCEPTS

- CRM’s focus is on the biology of the human nervous system.
- There are common human reactions to stressful/traumatic events that affect the mind, body and spirit.
- CRM helps individuals learn to read their nervous system to return to their zone of well being, called the Resilient Zone through the use of simple wellness skills.

Biology vs. Mental Weakness
**Laws of Nature**

The natural rhythms in nature also exist within the human nervous system.

We do not have to be trapped by the storms of our body: sensations of discomfort and pain. We can draw our attention to sensations of well-being and transform our experience.

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**Scientific Research About the Brain**

“**Neuroplasticity**” - the lifelong capacity of the brain to change and rewire itself in response to the stimulation of learning and experience...Hope!

**Neurogenesis** is the ability to create new neurons and connections between neurons throughout a lifetime.” (Goldberg, 2013)
Anatomy -- the study of the structures of body parts and their relationships to one another

Physiology -- the study of the functions of the body

CRM uses observation and knowledge of patterns of the nervous system to help people learn to distinguish between sensations of distress and well being

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Tracking the Autonomic Nervous System

**Sympathetic**
Prepares for Action

- The SNS controls organs during times of stress
- Breathing rate
- Heart rate
- Pupils Dilate
- Blood Pressure
- Sweating
- Stress Hormones
- Digestion
- Saliva

**Parasympathetic**
Prepares for Rest

- The PNS controls the body during rest
- Breathing rate
- Heart rate
- Pupils Constrict
- Blood Pressure
- Sweating
- Stress Hormones
- Digestion
- Saliva
Apply your Resiliency Mask First: Learning Skills to Stay in Your Zone To Help Others
SKILL 1 - TRACKING
READING SENSATIONS

Tracking is the foundation for helping stabilize the nervous system.

Tracking is noticing or paying attention to sensations - to what is happening inside the body in the present moment.
What we pay attention to grows
Brain cells that fire together wire together!

Carla Schatz

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**Scientific Research About Building Resiliency**

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**Interoception & the Insula**

*Our ability to observe body sensations in response to how we think, feel and move*

- The insula is a part of the brain that helps body and mind communicate to one another.
- It reads physical states of the body (sensations) like pain, an itch, temperature.
- It communicates to the medial prefrontal cortex (thinking brain) to take action to keep the body in a state of internal balance.
- Body awareness can reduce impulsivity and promote emotion regulation and clearer thinking.


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van der Werff, 2013
Through *Tracking* - the intentional awareness of internal sensations – a person may begin to notice subtle sensations throughout their bodies and use this awareness to experience a richer sense of self, increase in social skills, and better control of emotions (Miller-Karas, 2015).

Sensory awareness skills that focus on pleasant or neutral sensations may establish new neural networks, and result in positive neural pathways that compete with or replace existing negative neural pathways. (Grabbe, et al 2019)
When we learn to discern the differences between sensations of distress and well being

We begin to have CHOICE of what to pay attention to on the inside

Tracking is noticing or paying attention to what is happening inside your body at the present moment

Determining if the sensation is pleasant, unpleasant or neutral

Curiosity questions:
What do you notice on the inside?
Are the sensations pleasant, unpleasant or neutral?

Sitting or staying with sensations that are pleasant or neutral
A Resource is any person, place, thing, memory or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.

A Resource can be real or imagined

A Resource can be internal or external
Ask children and teens, resource-oriented questions?
Who is your favorite, friend, pet, etc?

What is your favorite activity? i.e. game, jump rope, soccer, etc.

Who is your favorite character in a book, tv, movie, etc.?
Skill 3: Grounding

The direct contact of the body or part of the body with something that provides support in the present moment

- Gravitational security is the foundation upon which we build our interpersonal relationships.
- If our relationship to the earth is not safe, then all other relationships do not develop optimally.
- When we are grounded, we have a sense of self in relationship to present time and space.
- We are not worried about the past or the future.

YOU CAN GROUND IN MANY POSITIONS

- Walking and paying attention to steps
- Laying down on a surface or floating in water
- Standing against a wall
- Through a part of your body like your hands or feet
- Sitting on a chair, sofa or ground
IDENTIFY SENSATIONS OF DISTRESS

SHIFT TO RESOURCE GROUNDING
RESET NOW! TO HELP NOW.
Research: Emory Nurse Randomized Controlled Trial
Application of skills after the 3-hour CRM class

What?
- tracking sensations
- resourcing to calm down
- grounding to release my stress
- just pushing up against a wall.
- my ring for grounding
- I touch the fabric of my scrubs to ground myself
- just being still with myself and noting sensations
- visualizing the hand brain model
- touching different surfaces and noticing the physical sensations.
- ....used nature and paying attention to smells and sensations
- mindful of my body and surroundings

When?
- walking (out of work); at bedtime
- ...., during 'clinical stressful/scary' situations with patients.
- ......in the midst of the chaos
- ......things become way to hectic
- ......I am dealing with family dynamics
- ......I feel myself getting upset ....if I’m feeling anxious or unsettled.
- .......during codes, and when dealing with dying patients
- ...... after a difficult shift at work
- ......after a traumatic or distressing experience
- ......during a stressful day
- ...feeling overwhelmed...... tachycardia, heavy breathing, sweating

Grabbe et al, 2019, Nursing Outlook
Community Resiliency Model skills can be easily learned by children and adults.

Online curated library Sustainable Goals Online: https://www.taylorfrancis.com/sdgo/

To support the UN's call to action to end poverty, fight inequality and injustice and protect the planet.
The Social, Emotional, and Ethical (SEE) Learning is an innovative K-12 education program developed by Emory University. SEE Learning™ provides educators with the tools they need to foster the development of emotional, social, and ethical intelligence for students and themselves.

SEE Learning™ represents the state of the art in education by enhancing SEL programming with key additional components, including attention training, compassion and ethical discernment, systems thinking.

SEE Learning empowers students to engage ethically as part of a global community and provides educators with the tools to support student well-being.

The wellness skills of the Community Resiliency Model concepts are in Chapter 2 of this curriculum. The curriculum is free and so is the online learning platform. Elaine Miller-Karas, one of the developers of TRM and the Community Resiliency Model has been a Senior Consultant to this project.

Connect With Us!

@TRIresilience
@traumaresourceinstitute
Our Mission
A commitment to bring wellness skills, based on cutting edge neuroscience, to our world community, one person at a time, one community at a time

Our Vision
To create resiliency informed and trauma informed individuals and communities

MISSION, VISION AND CORE VALUES OF THE TRAUMA RESOURCE INSTITUTE

“Diversity inclusion would be a world where people of all religions, races, sexual orientation and gender identification were equally respected, included and welcomed.”

(Miller-Karas, 2019)