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"Cultivating Our Best Selves in Response to COVID-19"

Developed by Elaine Miller-Karas, LCSW

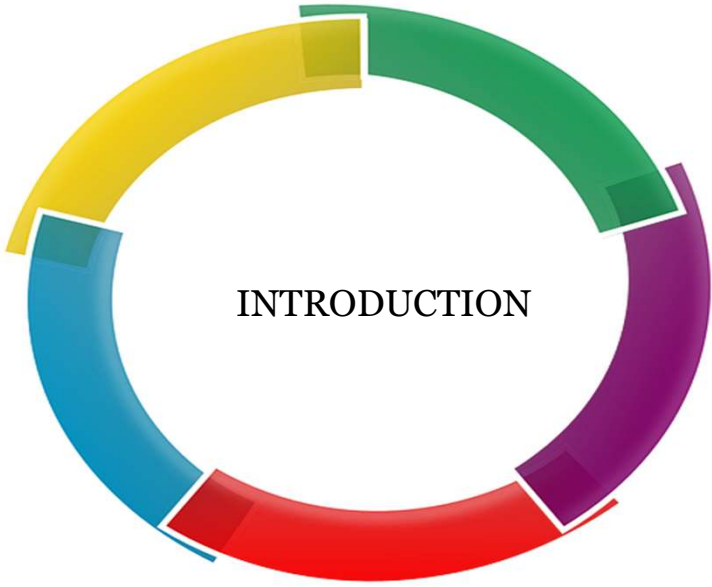
Presentation by:
Elaine Miller-Karas, LCSW
Linda Grabbe, PhD, FNP-BC, PMHNP-BC

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INTRODUCTION

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RESILIENCY QUESTIONS

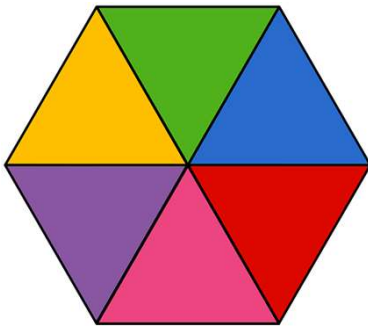
What or who is helping you the most right now?
 What or who is giving you strength?
 What or who has helped you get through hard times in the past?



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RESILIENCY PAUSE

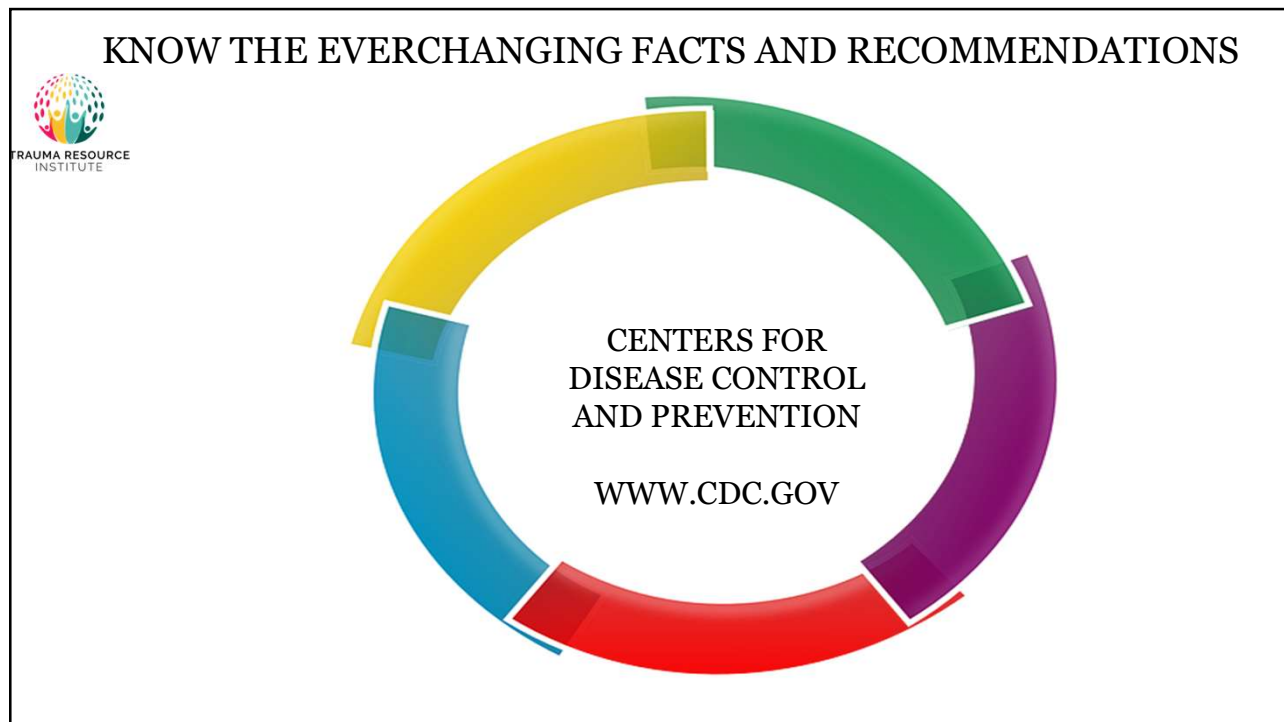


Resiliency Pauses can help bring you back into a balanced state in mind and body.

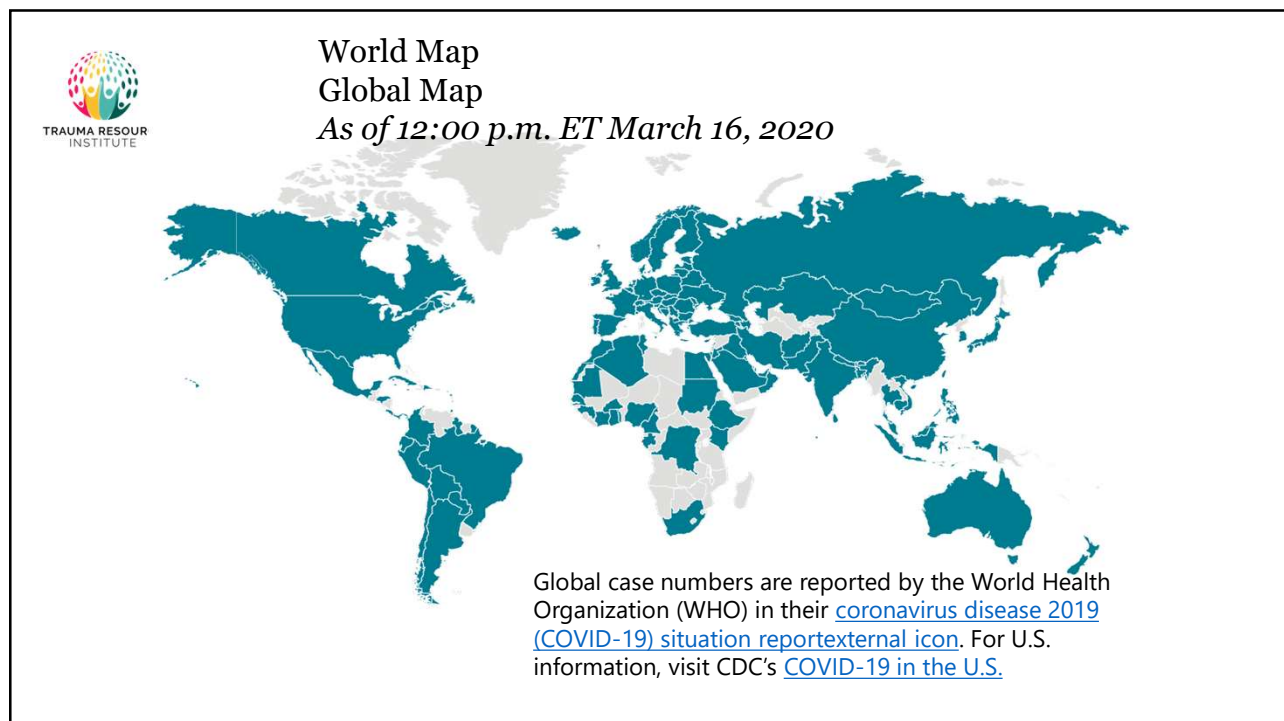
During this Pandemic it is so important to remember what else is true!

So, for a moment we will pause to INVITE you to call to mind your answers to the resiliency questions.

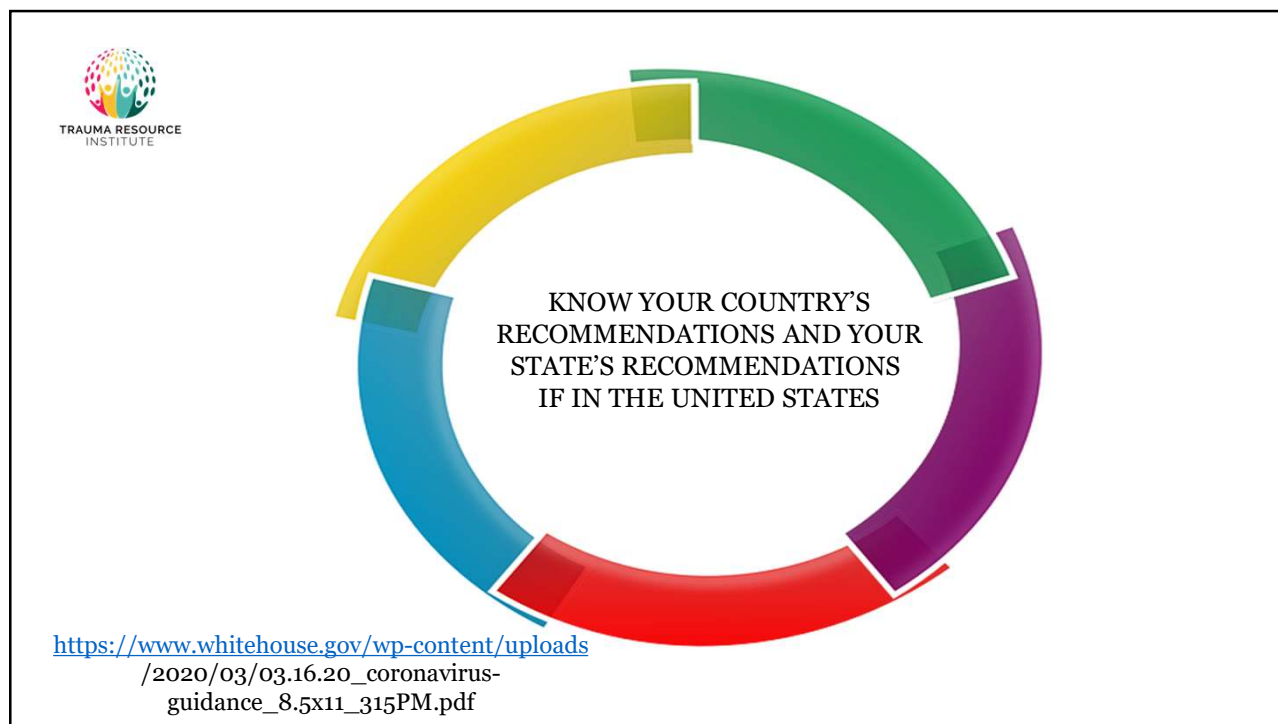
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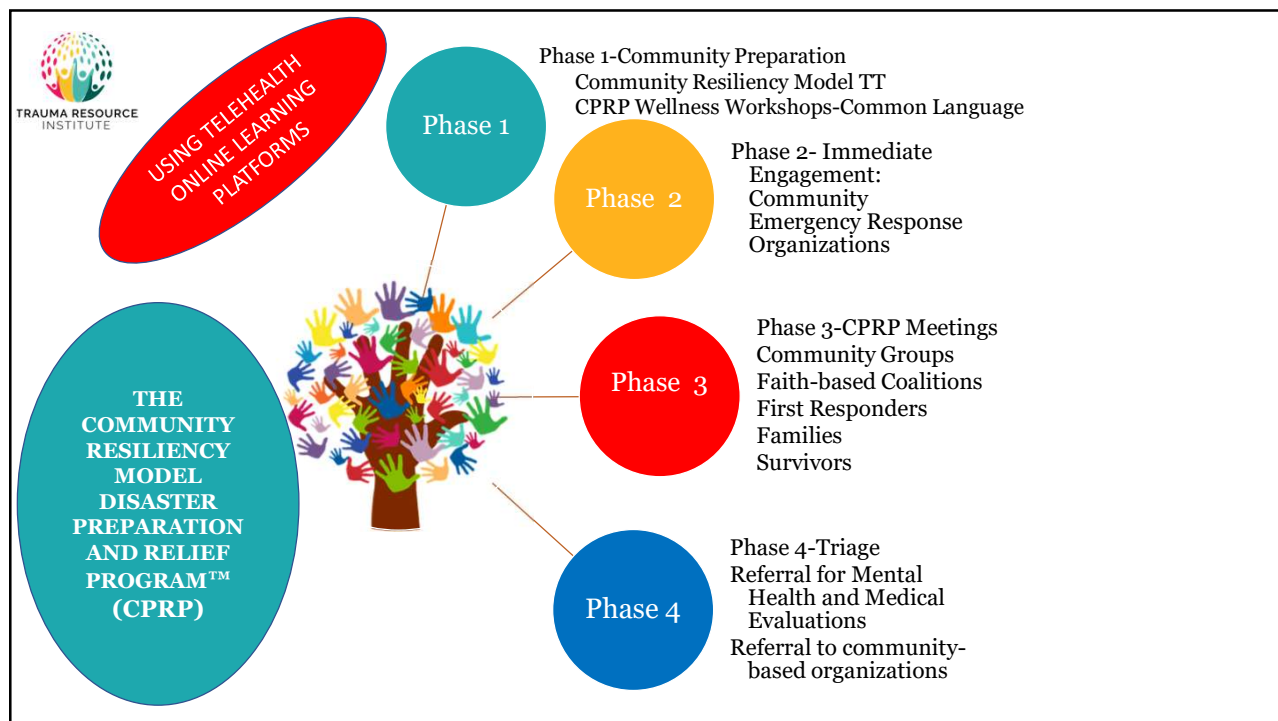
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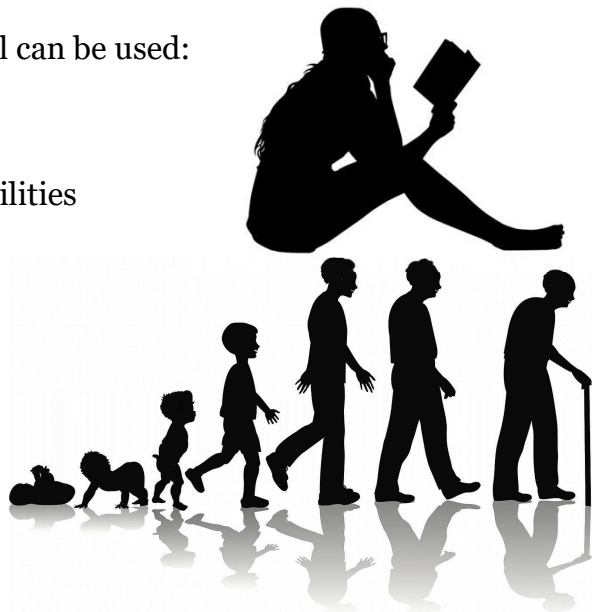
THE COMMUNITY RESILIENCY MODEL

A SET OF SIX WELLNESS SKILLS

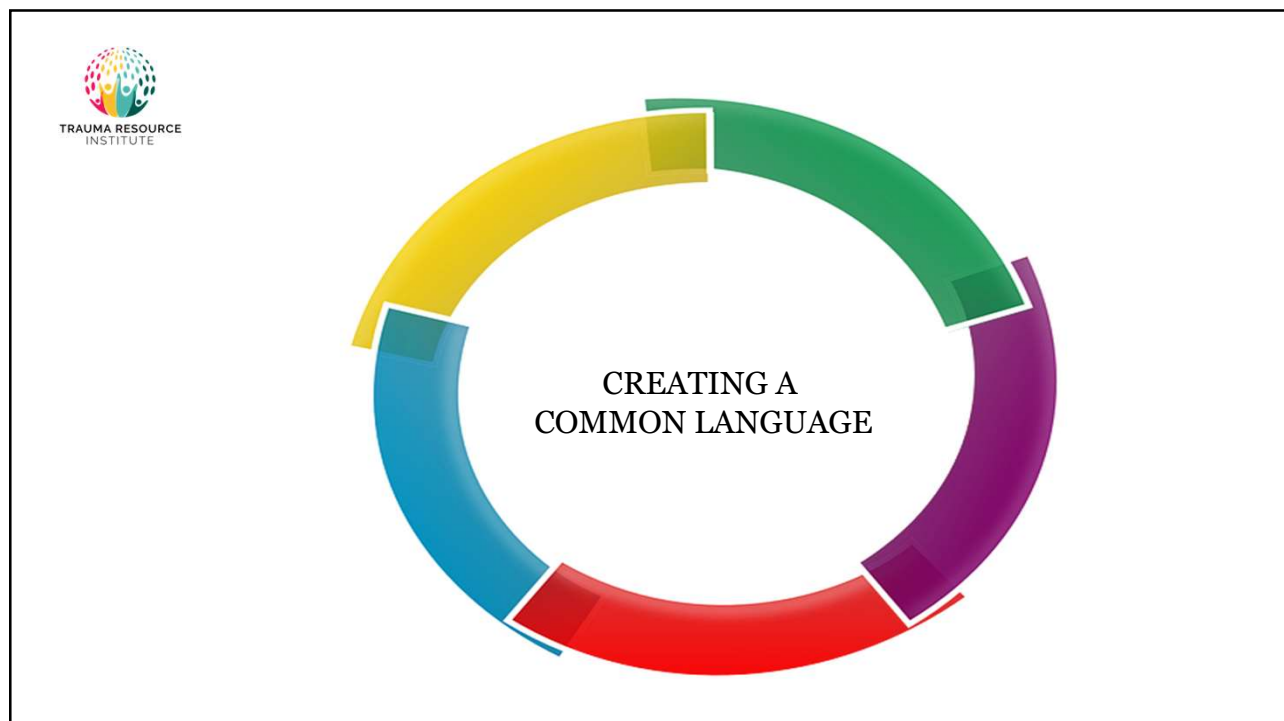
Community Resiliency Model can be used:

- across the lifespan
- across cultures
- with different literacy abilities





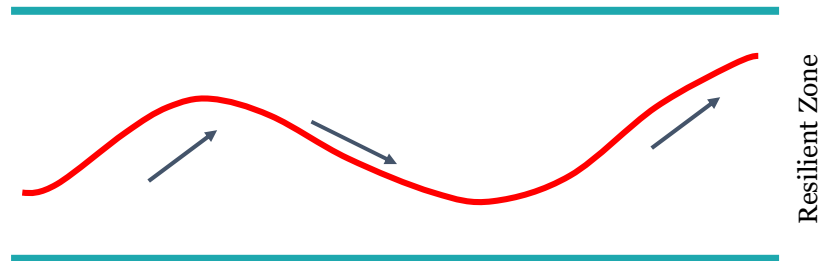
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The Resilient Zone- “OK” Zone



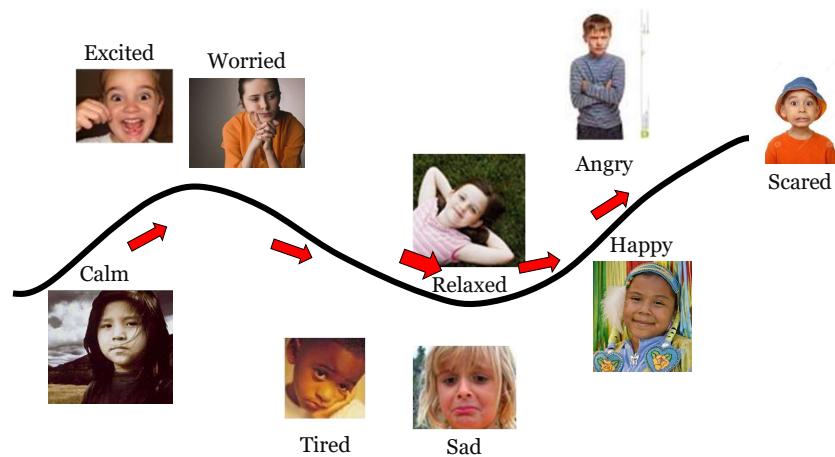
GOAL: TO WIDEN YOUR RESILIENCY ZONE

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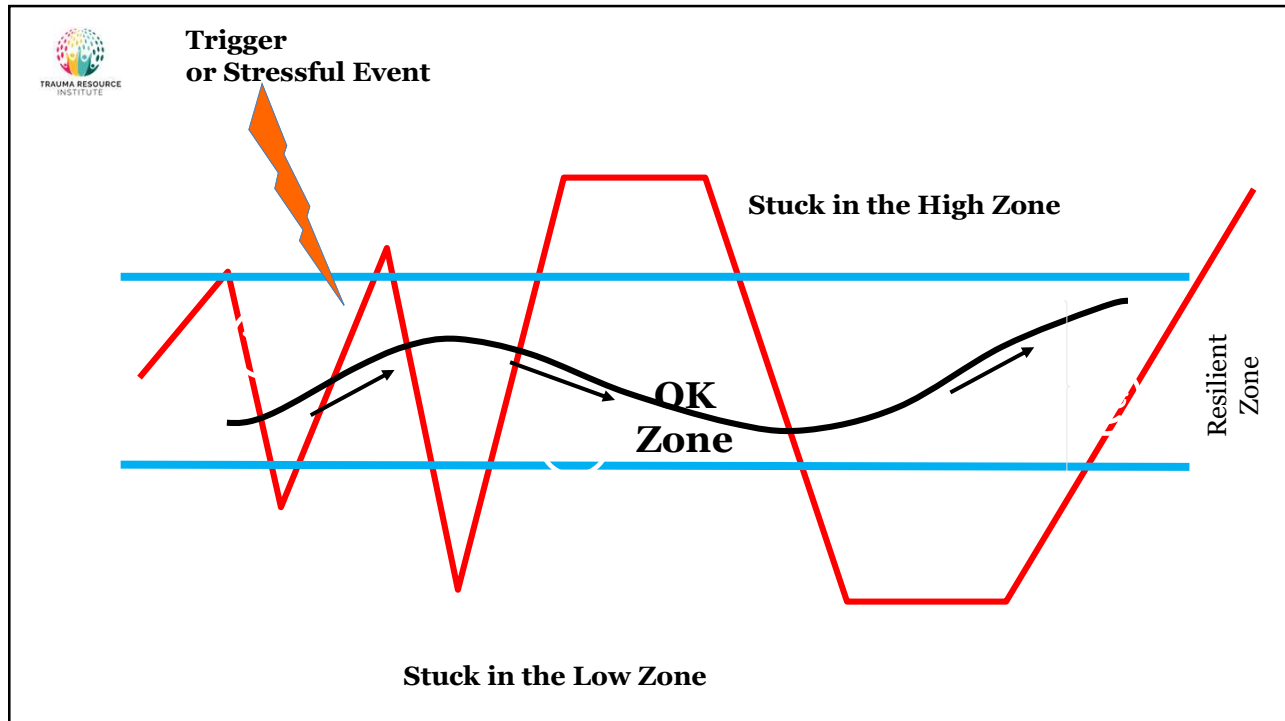
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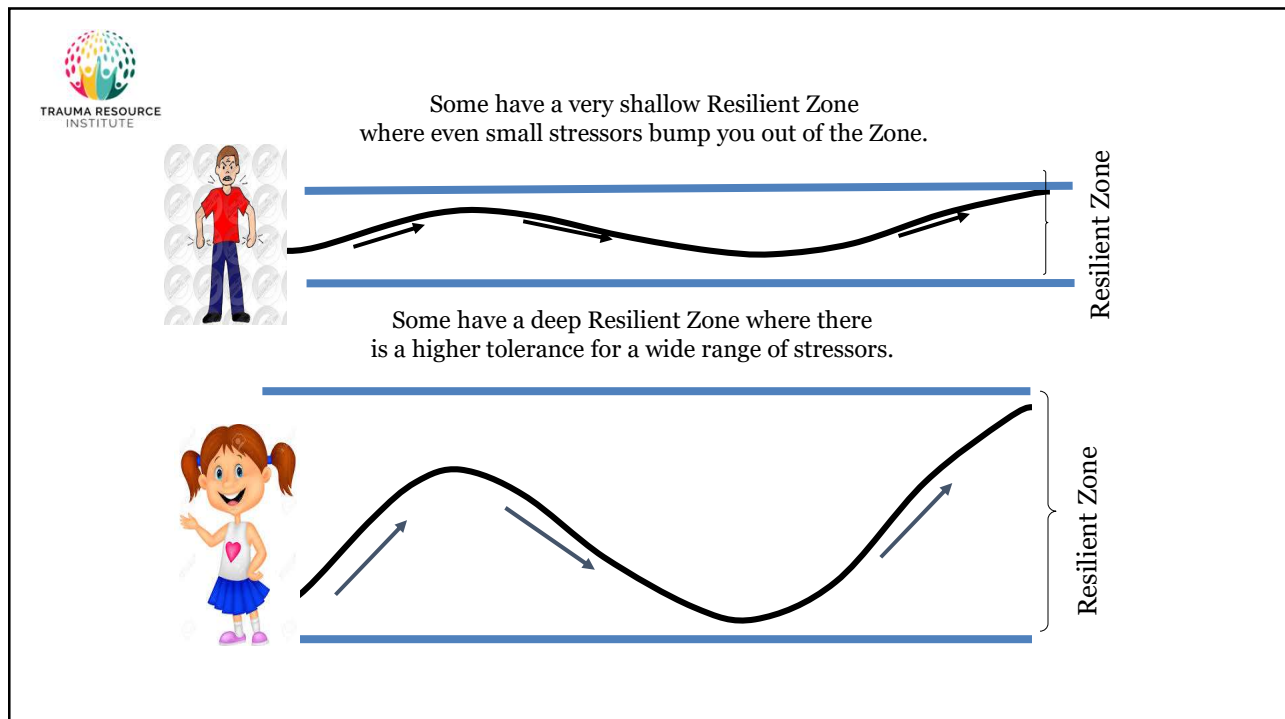
Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE



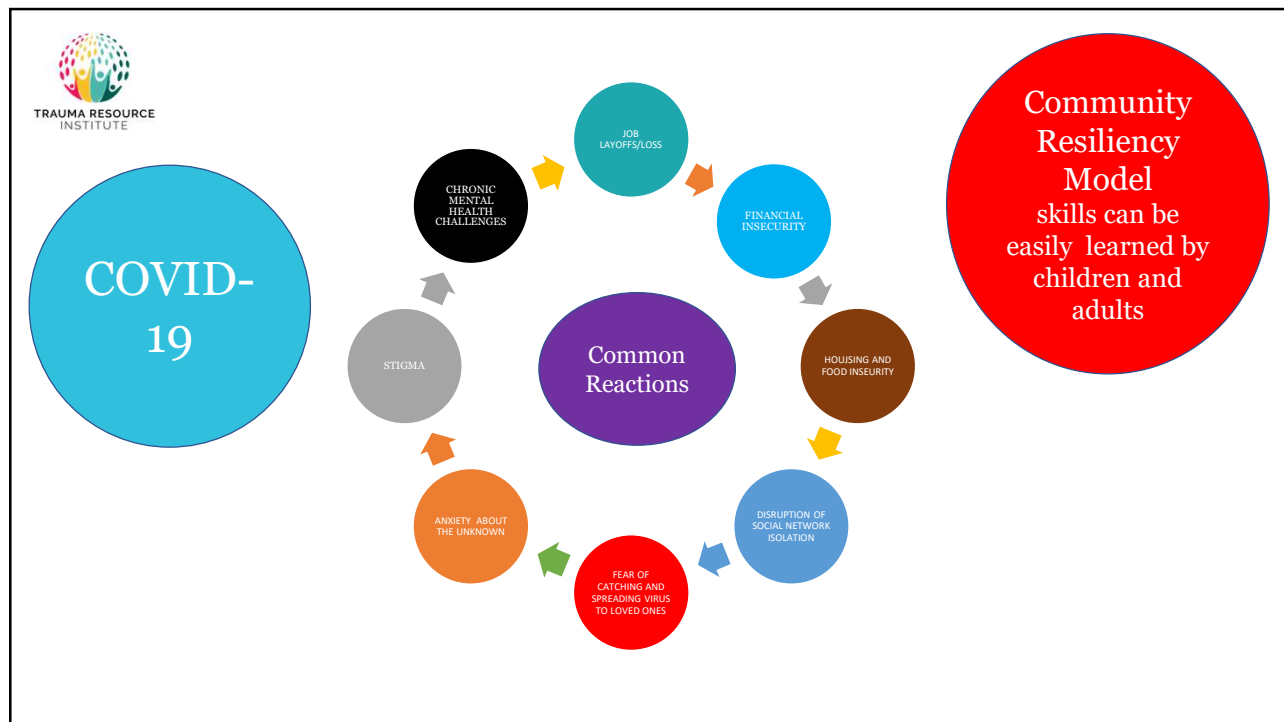
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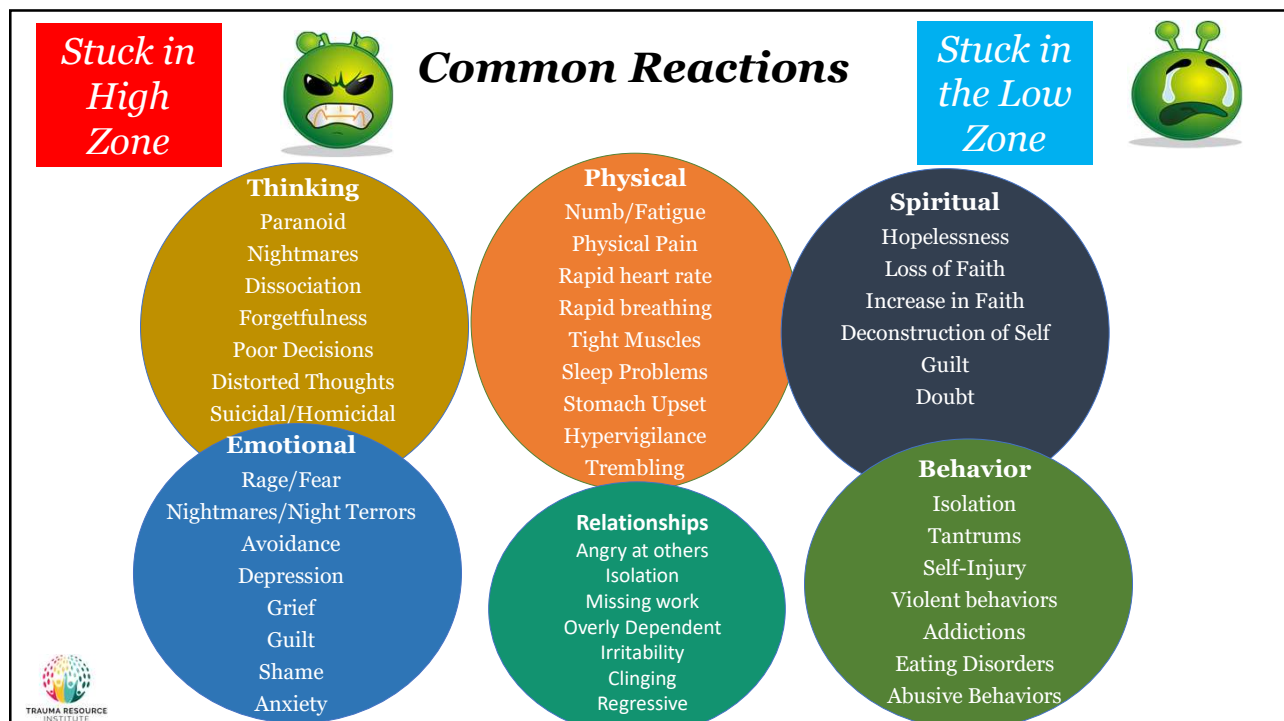
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COMMON REACTIONS CONNECTED TO OUR WELL BEING

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



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Help Now!

Listen to the sounds	Count to 10
Touch something in nature	Push against a wall
Touch the furniture	Drink a glass of water
Notice your surroundings	Go for a walk
Feel the temperature- something you see	Focus your attention on something you see

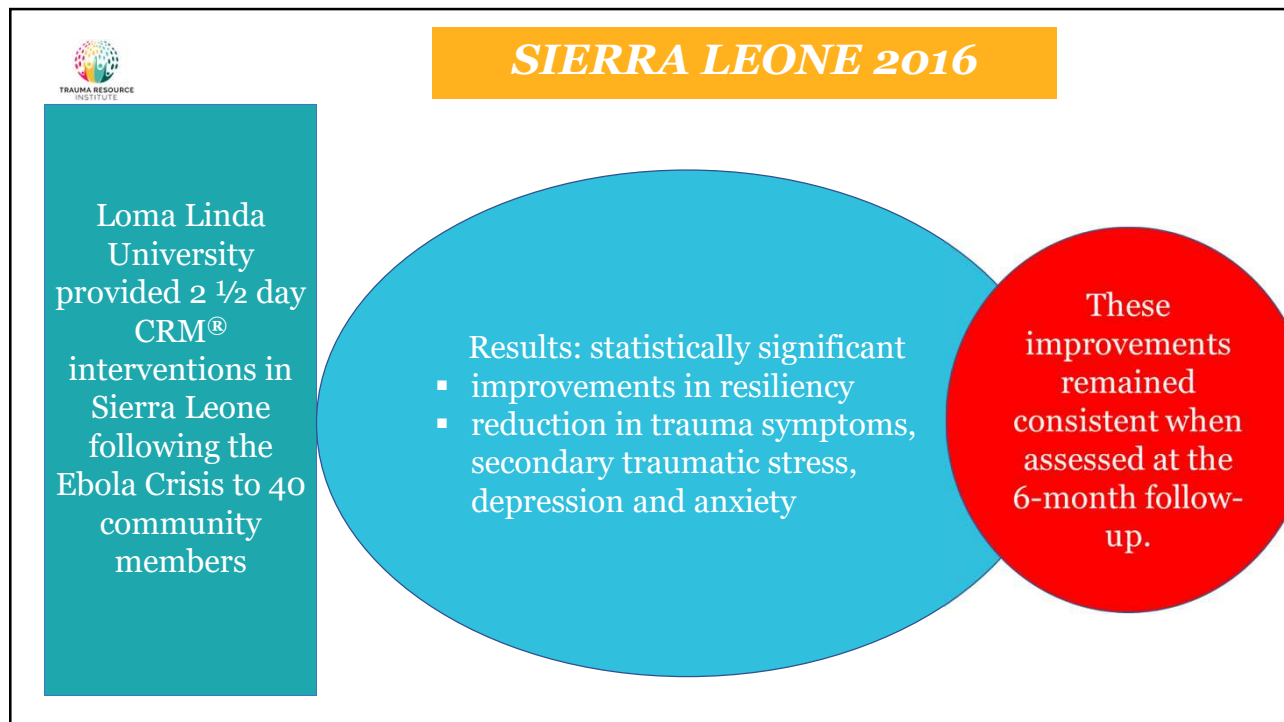
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The Community Resiliency Model®

Ayuda Ahora!

Bebe un vaso de agua	Cuenta hacia atrás desde 20
Ve a caminar	Observe los sonidos
Empuja contra una pared	Observa algo a tu alrededor
Toca algo a tu alrededor	Toca algo en la naturaleza
Observa la temperatura	Focus your attention on something you see

©Trauma Resource Institute 2018
The Community Resiliency Model®

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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:

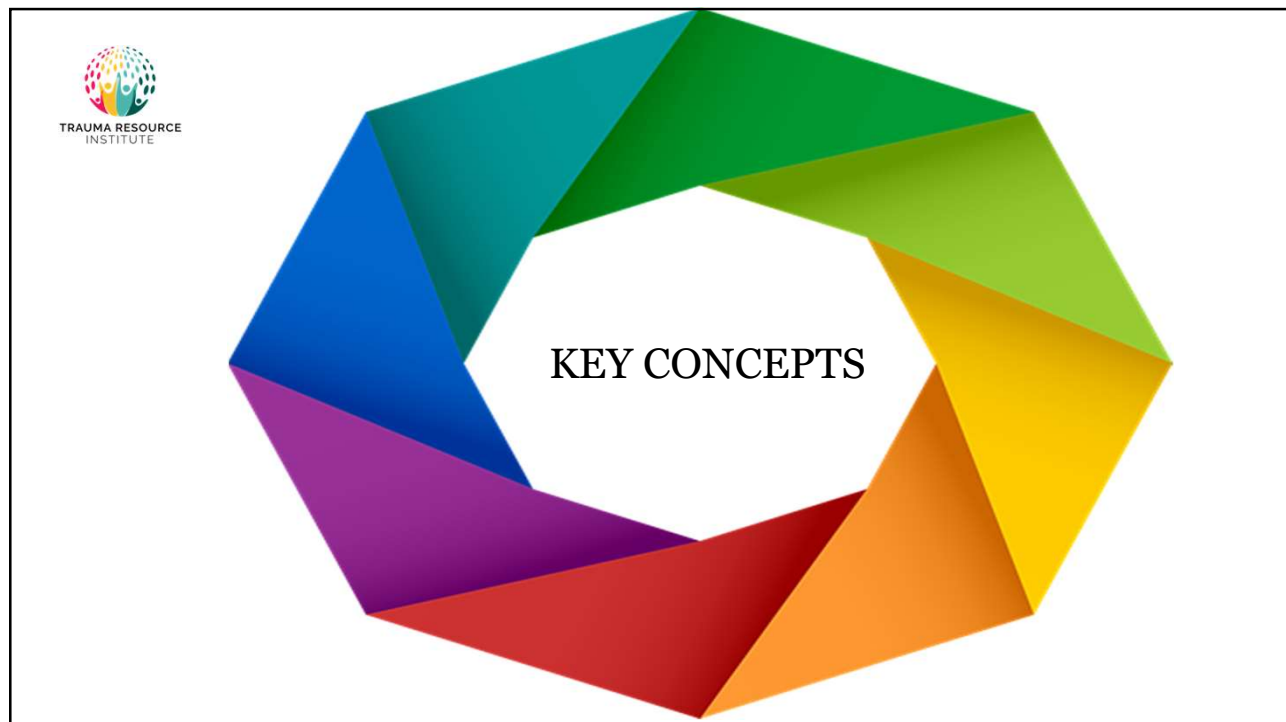
Large effect size--improved well-being

Medium effect size--reduced secondary traumatic stress and physical symptoms

Small effect size—improved resiliency

<https://www.ncbi.nlm.nih.gov/pubmed/31894015>

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***Biology vs.
Mental Weakness***

- ❖ CRM's focus is on the biology of the human nervous system.
- ❖ There are common human reactions to stressful/traumatic events that effect 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

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Laws of Nature

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



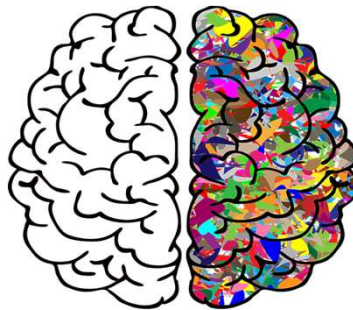
We do not have to be trapped by the storms of our body: sensations of discomfort and pain.
We can draw our attention to sensations of well-being and transform our experience.

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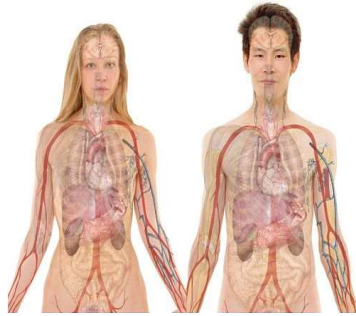
Scientific Research About the Brain

“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)

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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

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*Apply your Resiliency Mask First:
Learning Skills to Stay in Your Zone
To Help Others*

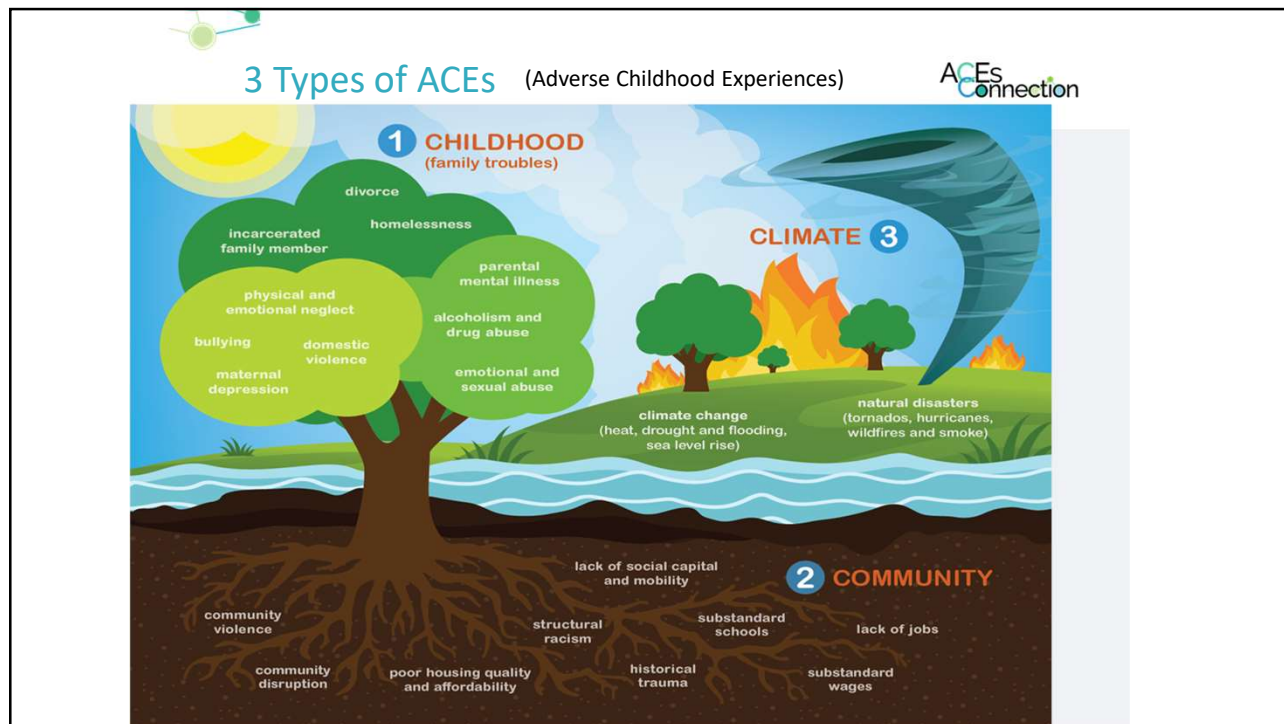


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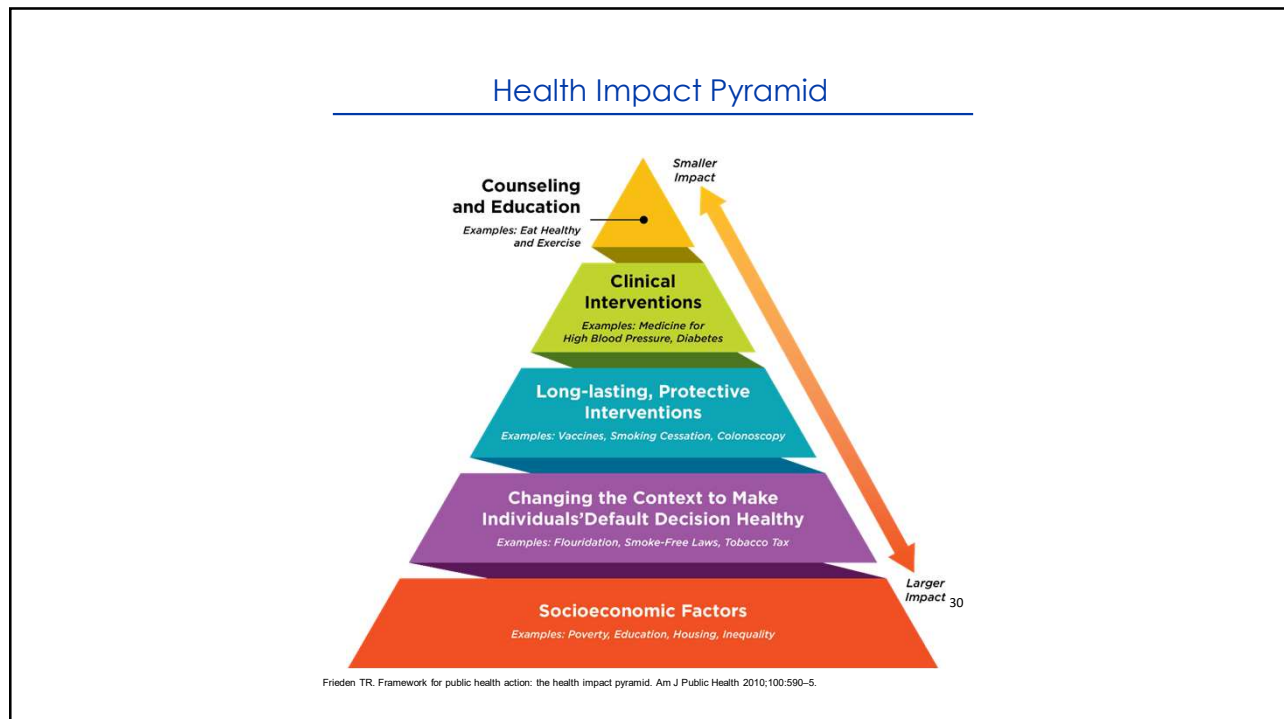


WHY A BIOLOGICAL
INTEVENTION?

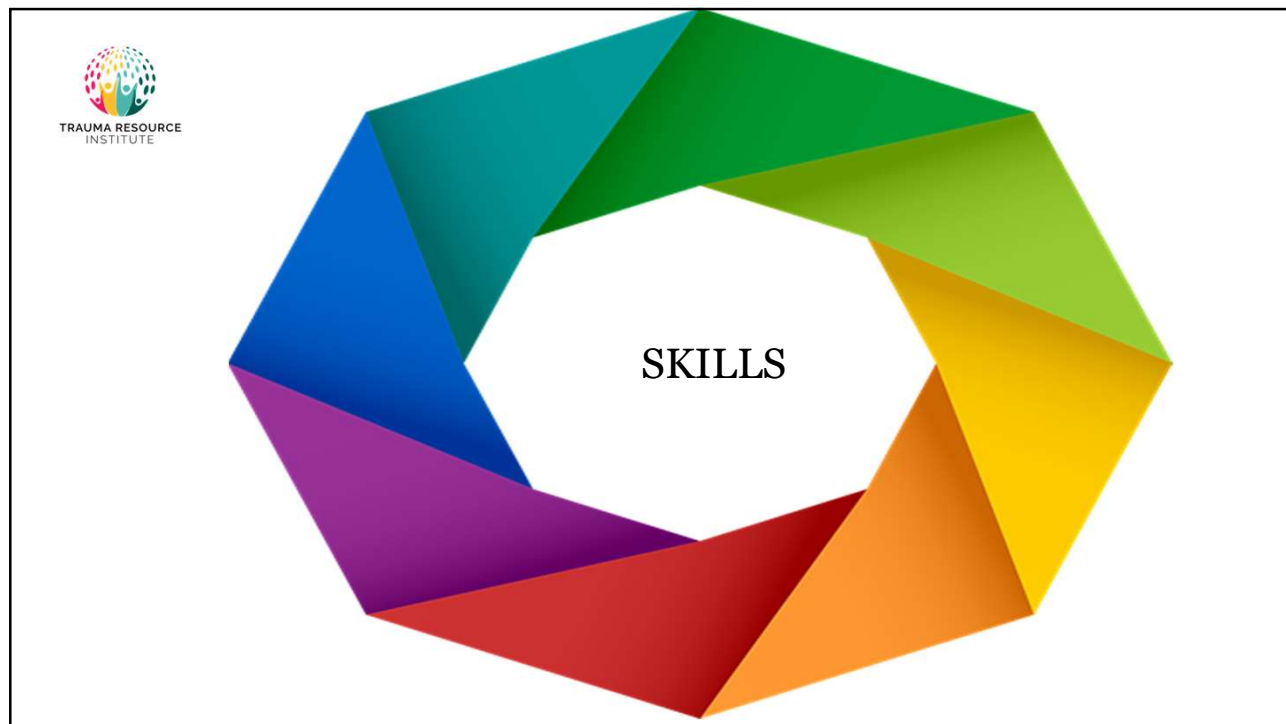
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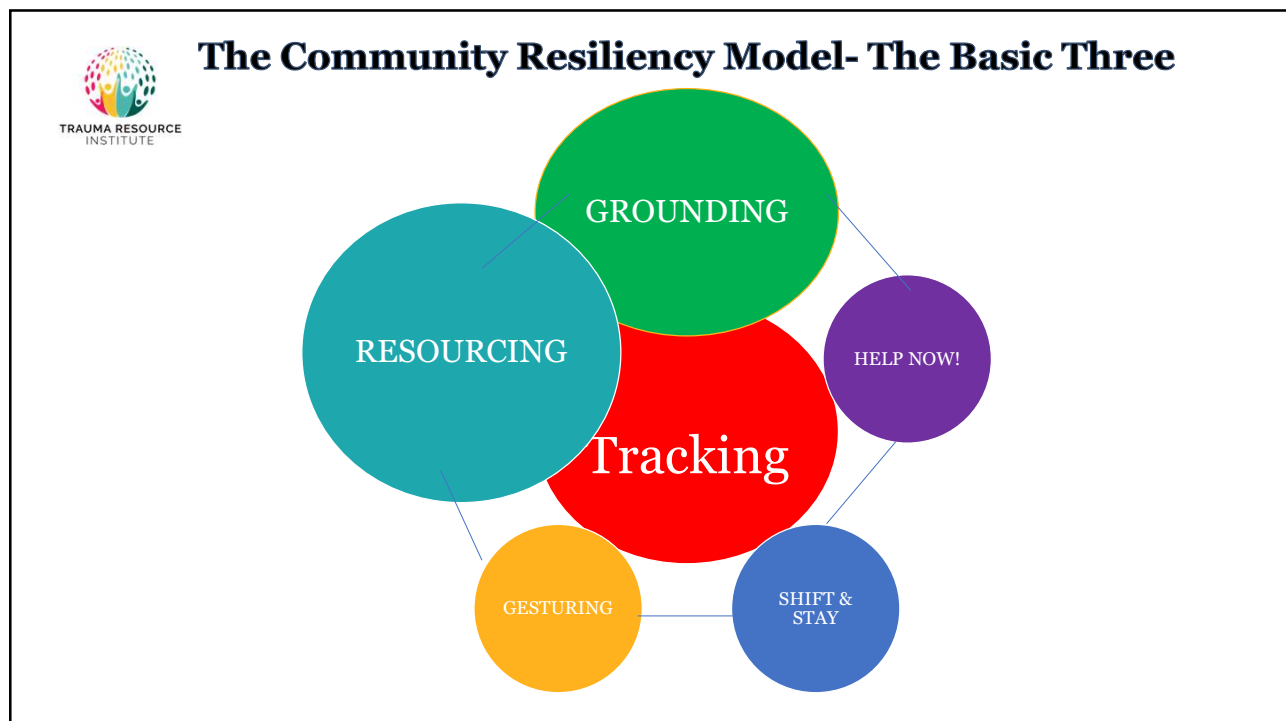
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Tracking is the foundation for helping stabilize the nervous system

Tracking is noticing or paying attention to sensations - to what is happening inside the body in the present moment

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DOORWAYS OF EXPANDING WELL BEING



THINKING



SENSING



FEELING

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*What we pay
attention to
grows*



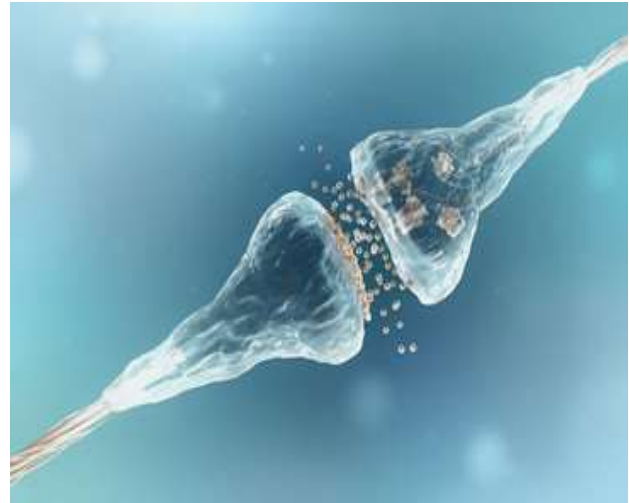
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Scientific Research About Building Resiliency

Brain cells that fire together
wire together!

Carla Schatz



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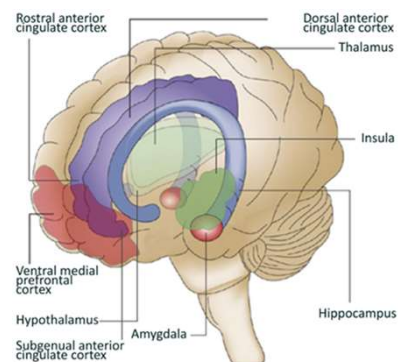


Interoception & the Insula

*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.

Paulus, et al (2010)



van der Werff, 2013

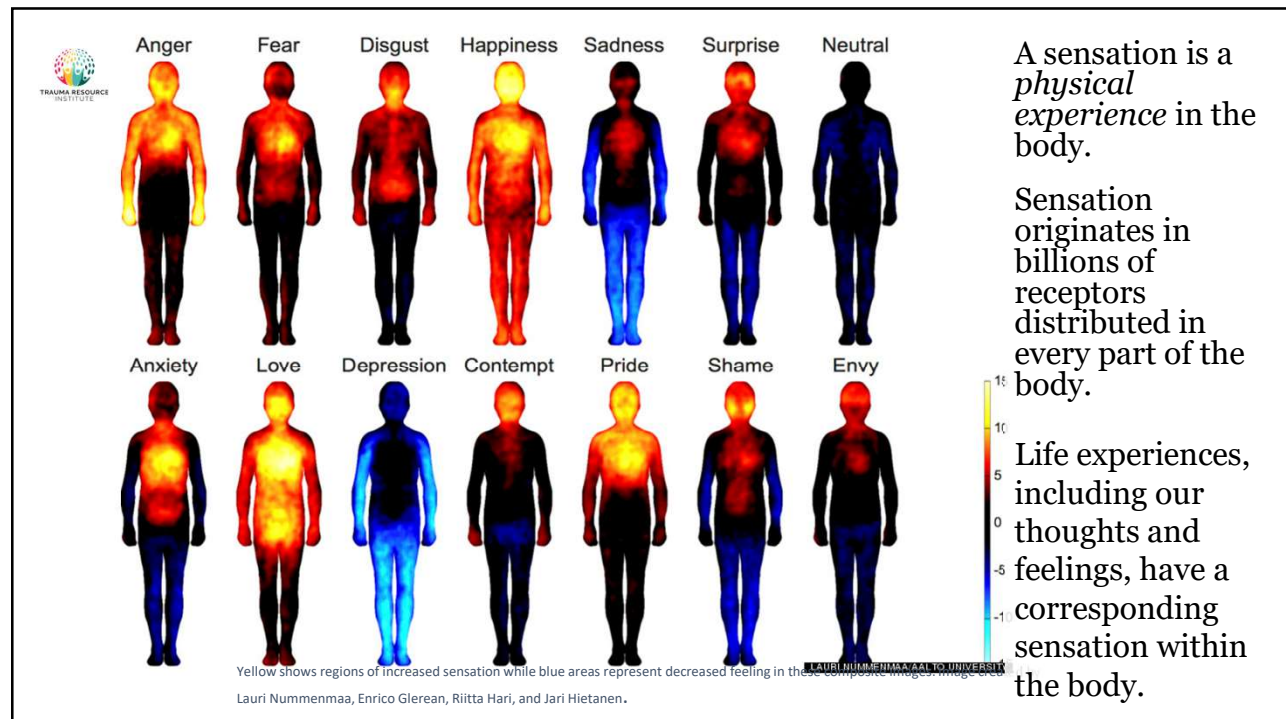
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Interoception & the Insula

- 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)

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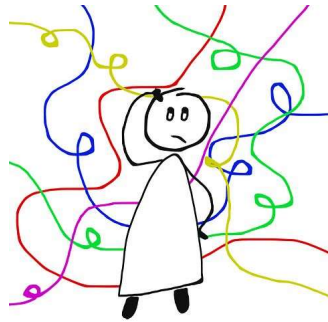


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When we learn to discern the differences between sensations of distress and well being

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



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

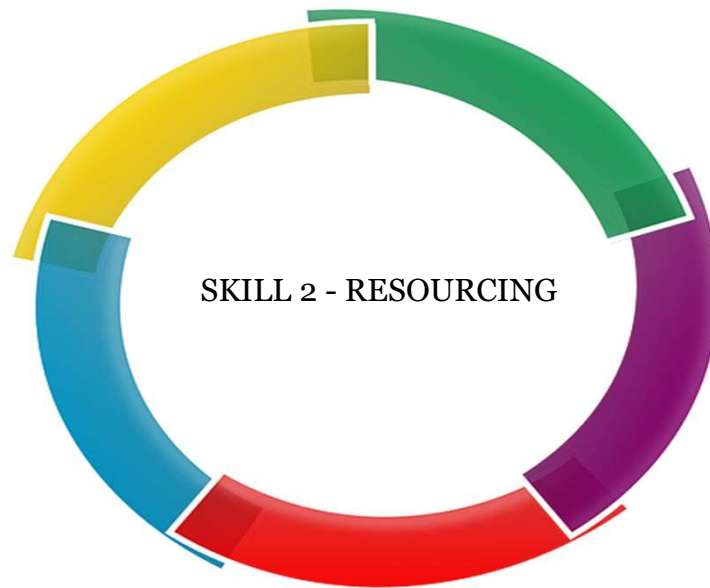


Determining if the sensation is **pleasant**, **unpleasant** or neutral

Sitting or staying with sensations that are pleasant or neutral

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




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RESOURCING

-  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



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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..?



CREATE A BOOK OF RESOURCES

DRAW WITH YOUR CHILDREN

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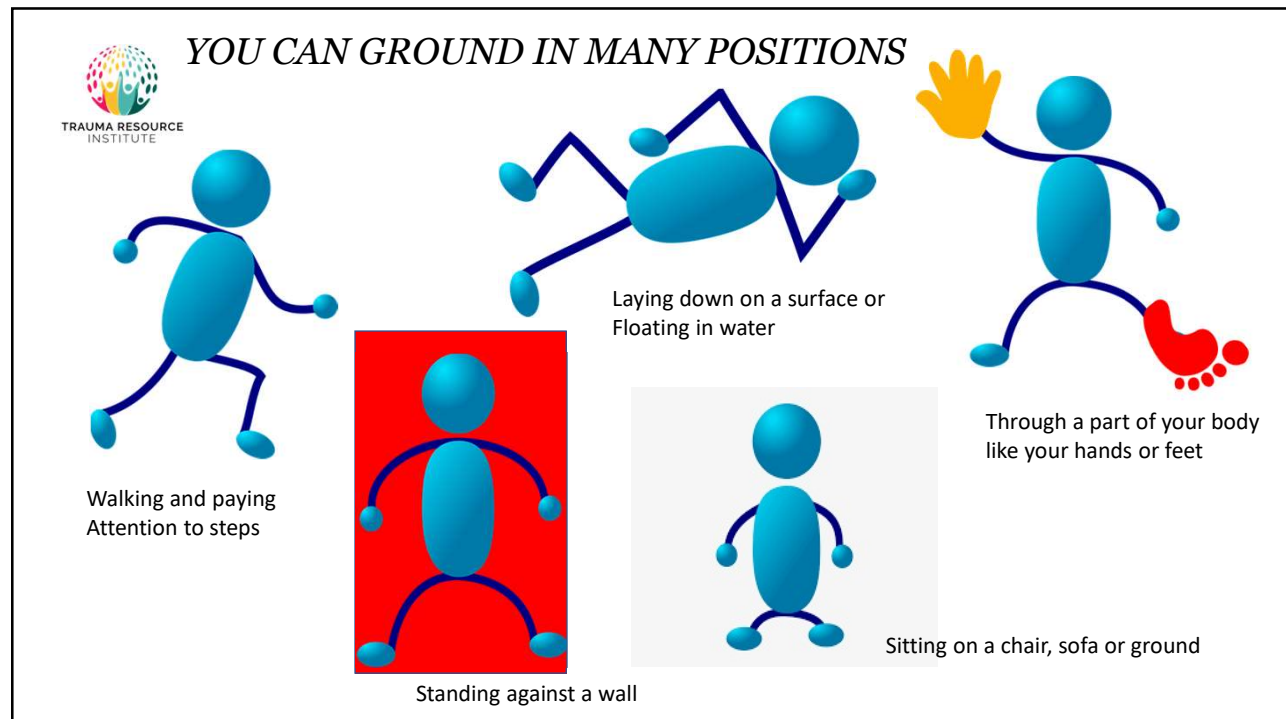


Skill 3: Grounding

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.

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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**

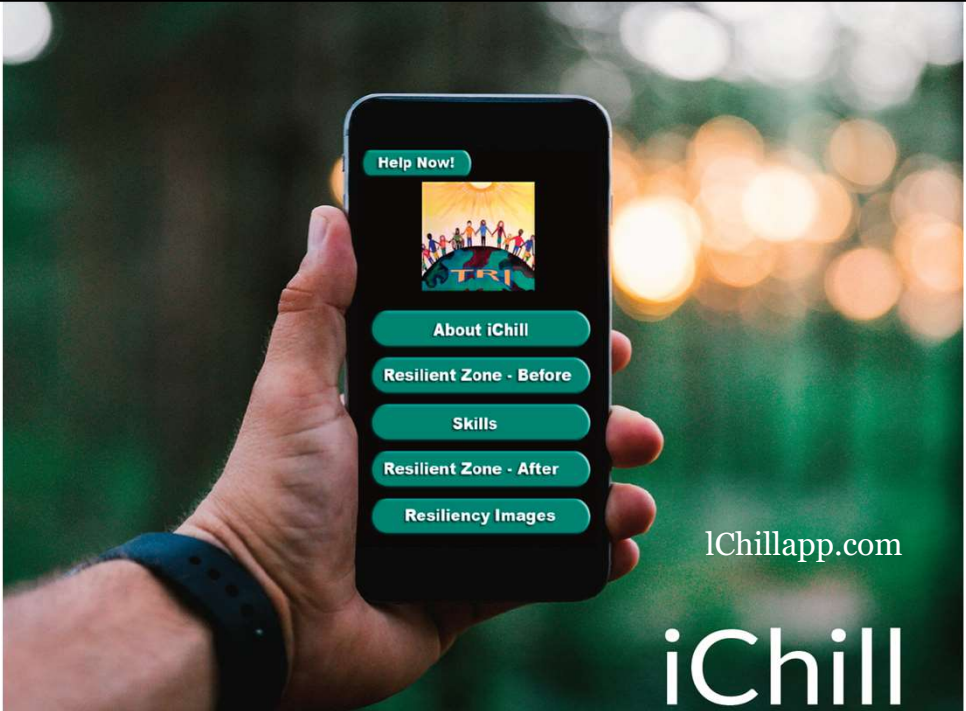


Grabbe et al, 2019, Nursing Outlook

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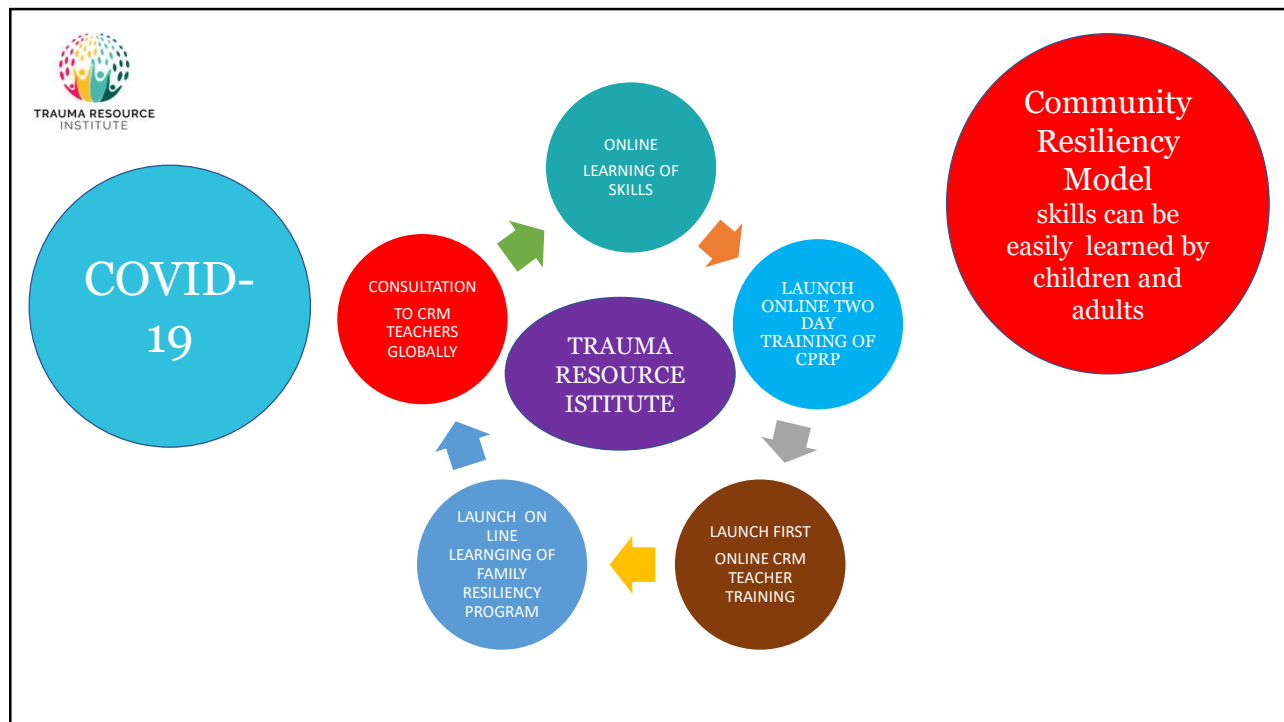
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UNITED NATIONS-TAYLOR AND FRANCIS (ROUTLEDGE)
selects
*Building Resilience To Trauma,
The Trauma and Community Resiliency Models*
By: Elaine Miller-Karas

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.

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SEE Learning

Social, Emotional, and
Ethical Learning

<https://seelearning.emory.edu>

- 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.



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Center for
Contemplative Science and
Compassion-Based Ethics

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

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

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).

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