

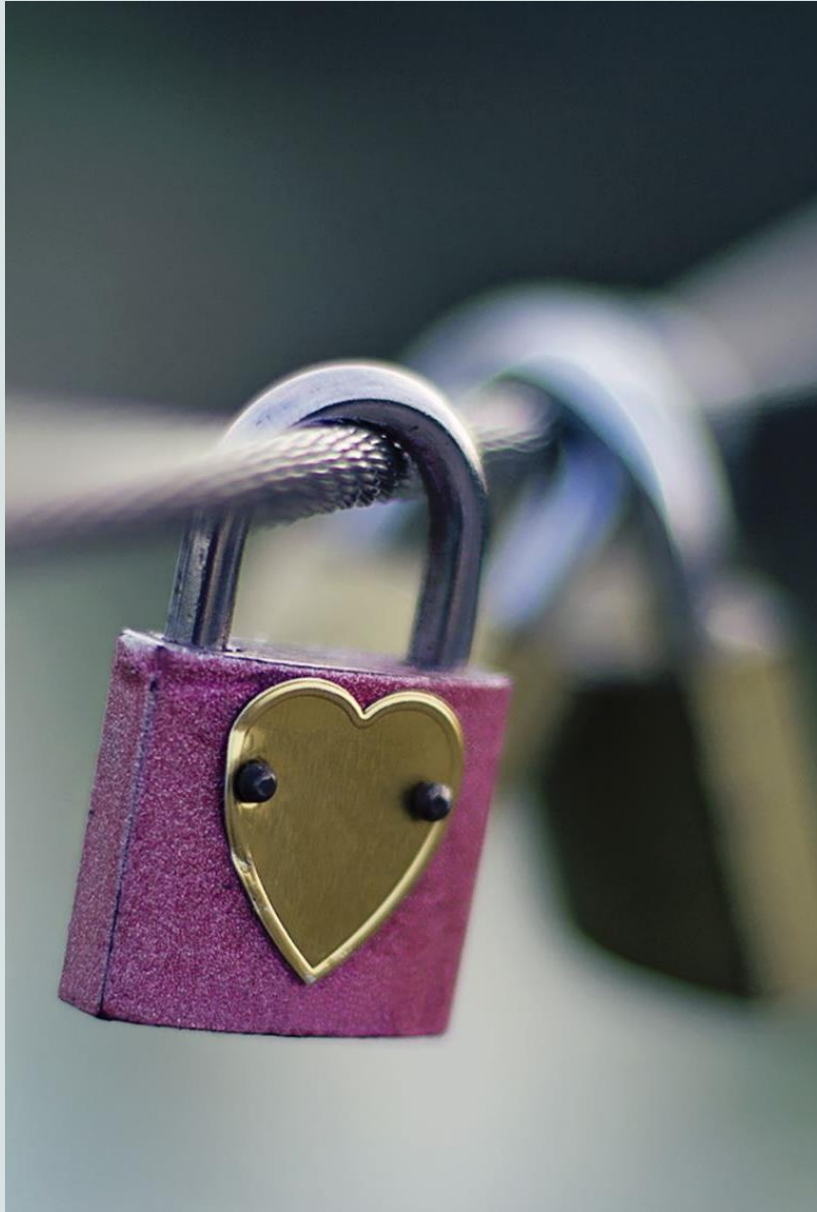


# Developing Personal Resilience

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# Self-care

- Often can't do it in the moment
- Tends to happen *off the job*
- Unsure what to do
- Can be temporary relief or not effective
- Feel pressure to practice self-care
- When don't practice, feel worse and like a failure
- Attempt to 'be happy' or 'relax'

# 'Pursuit of Happiness' Makes Us Feel Worse





# Loma Prieta earthquake study

- Looking at whether stress increased local children's susceptibility to illness
- “Draw the earthquake”
- Thought the kids drawing ‘cheerful pictures’ would turn out to be more resilient
- Children who drew scenes of destruction, injury, fear and sadness
  - Stayed healthy in following weeks and months*
- Those who drew sunny pictures more likely to come down with infections and illness

# Study on Students Taking Exams



- *1/2 were taught a relaxation technique before the exam*
- *Other 1/2 were taught to acknowledge stress and reason behind it*

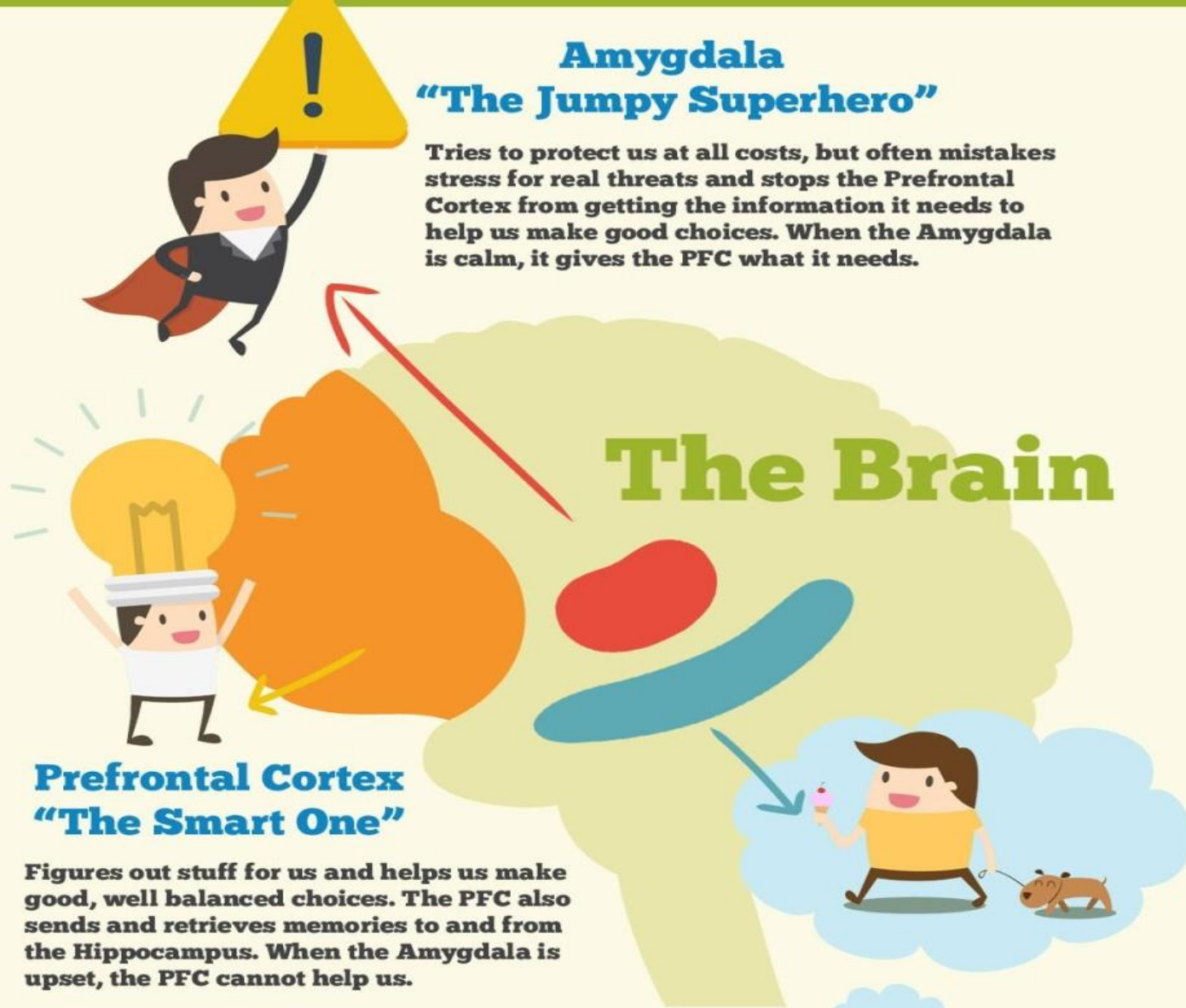


Can't be 'relaxed'/'calm' when trying to attend to a task

Need to acknowledge/recognize emotions and the experience

## Amygdala "The Jumpy Superhero"

Tries to protect us at all costs, but often mistakes stress for real threats and stops the Prefrontal Cortex from getting the information it needs to help us make good choices. When the Amygdala is calm, it gives the PFC what it needs.



## Prefrontal Cortex "The Smart One"

Figures out stuff for us and helps us make good, well balanced choices. The PFC also sends and retrieves memories to and from the Hippocampus. When the Amygdala is upset, the PFC cannot help us.

## Hippocampus "The Librarian"

The Hippocampus stores and recalls memories. When the Amygdala is upset, poor Hippocampus cannot store memories or properly bring them to mind.



# Our protective brains

- Wired for survival, not happiness
- Looks for problems that need solving
- Beneficial from evolutionary standpoint

*Can anticipate threats to our survival*

- Often mistakes stress for threat:
  - *Body is flooded with stress hormones*
  - *Turn off the hippocampus and the prefrontal cortex*
  - *Go into fight/flight/freeze*



# What We Need

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**Amygdala to calm**



**Prefrontal cortex to come back online**

*Higher learning and thinking*

*Attuned communication*

*Flexibility*

*Insight*

*Morality*



**Hippocampus to be able to make sense of the experience**

*Become strong and resilient*

# 2 Sides of the Brain

Dan Siegel, MD

<b>Left Hemisphere</b>	<b>Right Hemisphere</b>
Logical	Emotions
Language	Bodily experience
Factual Memory	Emotional/Embodied Memory



# Integration of Left & Right Brain

- Want integration of Left and Right for well-being
- Connect first with the Right
  - *Naming Feelings*
  - *Identifying Feelings in the Body*
  - *Normalizing and Validating*
- Then Redirect with the Left
  - *Problem Solving*
  - *Planning*
  - *Setting Boundaries*

Focus on becoming  
aware of your feelings




Talk to and reassure  
yourself as you  
would others

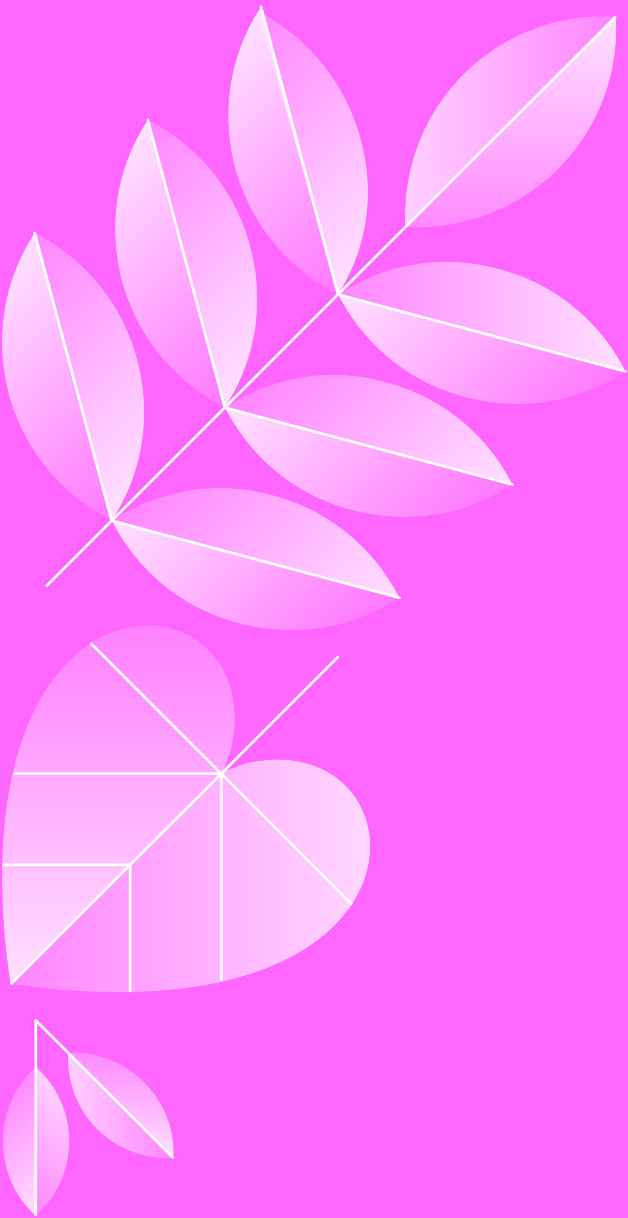
Remind yourself that  
others share your  
experiences and that  
you're not alone



Self-compassion is  
simply giving the  
same kindness to  
ourselves that we  
would give to  
others.

- Christopher Germer






Leviticus 19:18

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**Thou shalt love thy  
neighbor as thyself**





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**We give ourselves compassion not to  
feel better but *because* we feel bad**



# Essential Question of Self Compassion

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- **WHAT DO I NEED?**



“Both of these energies of self-compassion — the yin and the yang — are absolutely needed if we’re going to take care of ourselves and if we’re going to alleviate our own suffering.”

-Kristin Neff

## Yin and yang self-compassion:

Using caring force to change ourselves and our world

**Being with ourselves**

**Yin:**

- Comforting
- Soothing
- Validating

**Yang:**

- Protecting
- Providing
- Motivating

**Acting in the world**





# Yin/Soothing Self Compassion

- Attachment Regulation Mechanisms

## *Breathing*

- Affectionate Breathing
- Giving and Receiving Compassion

## *Touch*

- Soothing or Supportive Touch
- Soles of the Feet

## *5 Senses/Joint Attention*

## *Vocalization*


- Loving Kindness Phrases

# Loving Kindness Phrases

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- Not affirmations
- Research on self-esteem:
  - Leads to constant comparison with others*
  - Feel pressure to be “special and above average”*
- *Contingent:*
  - There in times of success
  - Deserts in times of failure (when we need it most)
- No skills for dealing with mistakes or failure
- ‘What Do I Need’/‘What Do I Need to Hear’
- ‘May I...’



A person with long, dark hair is seen from behind, sitting on a sandy beach. They are looking out at the ocean under a bright, hazy sky, likely during sunset or sunrise. The person is wearing a light-colored, long-sleeved top. The overall mood is peaceful and contemplative.

**Let the words  
of my mouth &  
the meditation  
of my heart be  
acceptable in  
your sight.**

PSALM 19:14

May God bless and  
יברכך יהוה  
watch over you.

וישמרך

May God's face shine  
יאר יהוה פניו  
on you and be gracious to you.

אליך ויחנך

May God show you kindness  
ישא יהוה פניו אליך  
and grant you peace.  
וישם לך שלום.

# Hasidic tale

- A disciple asks a rabbi-
- “Why does Torah tell us to ‘place these words *upon* your hearts’?  
Why does it not tell us to place these holy words *in* our hearts?”
- The rabbi answers:



*“It is because as we are, our hearts are closed, and we cannot place the holy words in our hearts. So we place them on top of our hearts. And there they stay until, one day, the heart breaks and the words fall in.”*



# Yang/Motivating Self Compassion

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- Problem Solving
    - Planning
  - Decision Making
  - Boundary Setting
    - Growth Mindset
  - Attuning to Core Values

# Self Compassion Break

1. Name or say the feeling.
  - “I’m sad.”
2. Realize that everyone feels that way sometimes and/or it makes sense to feel that way.
  - “Of course I am sad. It’s ok to feel that way.”
  - “Everyone feels that way sometimes.”
3. Bringing kindness, support and encouragement to yourself.  
(Words, soothing/comforting touch/breathing)
4. Planning/Problem Solving/ Growth Mindset/Core Values