

WELCOME TO THE CCDD TRAINING CONNECTIONS SERIES!

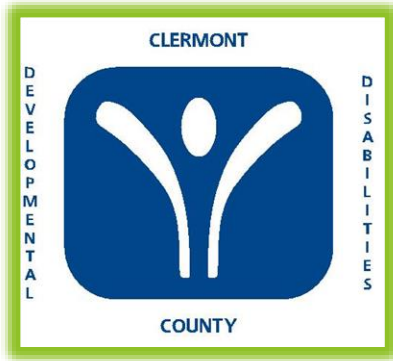
Community Meeting

- 1) How are you feeling
- 2) What's your goal for our time together,
- 3) Who will help you if you need help.

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic feel.

SELF CARE PLANNING

Building our own Resilience



Trauma Informed Care

- Clermont County Board of DD uses the Sanctuary Model to create a trauma informed culture.
- A belief that adversity is an inherent part of human life, and that many of the behaviors that lead people to care are directly related to those experiences – and that people and groups of people can heal from those experiences.
- A perspective that asks: “what’s happened to you?” rather than “what’s wrong with you?” when organizing goals and assessing strengths and challenges







Top 5 Resilience Factors

- Positive Connections with Safe Adults (YOU!)
- Affiliation
- External Supports
- Self Esteem
- Agency

5 Ways to Build
Resilience to
Stressful Life
Events



Agency

What do you have
power and control
over?

Self-Esteem

- ▶ **Sense of Self**
 - ▶ Personal preferences (likes and dislikes)
- ▶ **Sense of Self Worth**
 - ▶ When do you feel loved and valued?
- ▶ **Sense of Self-Efficacy**
 - ▶ How do I affect change? How do I make things happen?

Affiliation

PLACES with other
people who share your
interests



The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic feel. The shapes are concentrated on the right side and bottom of the frame, leaving the left side mostly white.

YOU!

**Positive experiences
with Safe People**

Building your Life Raft

- ▶ What activities soothe you (doing, seeing, touching, smelling, hearing)?
- ▶ What activities give you joy or lift you up (doing, seeing, touching, smelling)?
- ▶ What music soothes you?
- ▶ What music gives you joy?
- ▶ How or what gives you a sense of play?
- ▶ Who you gonna call (family, friends, co-workers, social supports)?



Reference: The Resilience Project : A Strong Families Safe Communities Project administered by Hamilton County DD Services with funding support from Ohio DODD and MHAS

WINGS

identify activities/music/people that give you joy or lift you up



ROOTS

Identify activities/music/people that soothe you, ground you, help you



Safety / Emotion / Loss / Future

Safety

- Physical
- Emotional
- Social
- Moral

Emotion

- When extreme stress or pain has been endured, we learn to avoid feelings because we associate them with pain.
- However, feelings are the natural human reaction designed to protect you and help you.

Loss

- Loss is part of life. It occurs when we experience change (positive or negative)

Future

- Growth
- Possibilities for the future.

SELF CARE PLANNING (AKA Safety Planning)

A sample list might look like the following:

- Listen to some folk music for one hour,
- Take a walk outside with my dog for thirty minutes,
- Clean and polish all of my shoes,
- Call my best friend,

STRESS RELIEF: *FOCUS ON THE POSITIVE*

- If you habitually focus on fear and negative outcomes, you will continuously activate your stress response system.
- Find a mantra, focus on the positive and always encourage yourself.

STRESS RELIEF: ***CREATE A ZONE OF SAFETY***

- Find a place in your home to establish as a safe zone. Having a safe place to relax provides a sense of safety which reduces stress.

STRESS RELIEF: ***HAVE A GOOD MORNING ROUTINE***

- Studies say increased cortisol levels in the morning can last all day. If your morning is stressful, your whole day is.
- Develop a structured routine that offers peace in the morning in order to have a successful day.

STRESS RELIEF: ***BREATHE!!!***

- The stress response is like having your foot on the gas pedal. Deep slow breaths are like pushing on the brakes. It stops the stress response.
- Deep breathing lowers blood pressure and dampen the production of cortisol.

STRESS RELIEF: *CARE FOR YOUR MIND*

- Guided imagery.
- Meditation.
- ▶ These create a “relaxation response” that is the opposite to the “stress response” , where breathing, pulse rate, blood pressure and metabolism are slowed or reduced.

STRESS RELIEF: CARE FOR YOUR BODY

- Progressive Muscle Relaxation.
 - Stretching.
 - Exercise.
 - Yoga.
- ▶ When you exercise, serotonin is released and serotonin helps the body fight off stress, anxiety and depression.



An Important Truth

**We humans can tolerate
suffering but we cannot
tolerate meaninglessness**

Desmond Tutu

