

**Strengthening
Resilience:
Activating Sources that
Restore Balance After Stress**

Kaethe Weingarten, Ph.D.

**the Witness to Witness
Program at**

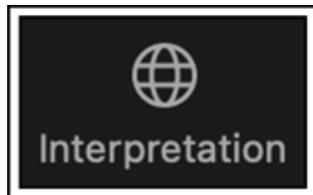
Migrant Clinicians Network



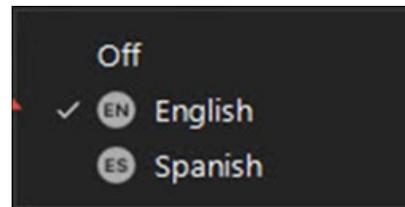
Función de Interpretación Simultánea en Zoom

Desde su pantalla por computadora en la barra de herramientas, hacer clic en el icono de Interpretación/que se ve como un mundo, un menú aparecerá, selecciona el lenguaje en que quiere escuchar.

Haga clic en este icono



Seleccione el idioma que desea escuchar

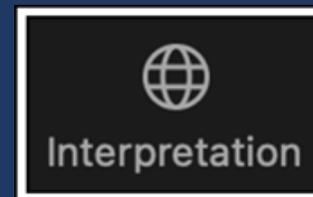


Desde su teléfono celular, haga clic en más opciones y seleccione interpretación y elegir el lenguaje que le gustaría escuchar

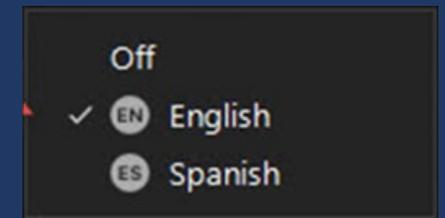
Simultaneous Interpretation in Zoom

From your computer's Zoom toolbar, click on the Interpretation icon (globe icon). Select your desired language in the pop-up menu. Your desired language is the language you want to hear during the presentation.

Click this icon



Select the language you want to hear



From your cellphone, click the "more options" and select interpretation to select your desired language.



Today's Learning Objectives

- Identify ideas or frameworks that explain the concept of resilience.
- Identify practices that can strengthen resilience.

DOUBLE LISTENING

FOR YOU AND THE
PEOPLE YOU
SERVE





These Ideas
will help me.

These
practices will
help me.



These Ideas
will help me
help others.

These
practices will
help me help
others.

- Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

- WHO 2014



Resilience and Well-being are Correlated

- People who are highly resilient are likely to have a sense of well-being
- People who are less resilient are less likely to have a sense of well-being
- A simple way of thinking about the two: resilience helps maintain well-being



Many Ways We Think About Resilience

Ann Masten, Psychologist

The capacity of a system to adapt successfully despite threats to its persistence, function or development. The concept can be applied to both living and nonliving systems, i.e. people, a forest or an economy.

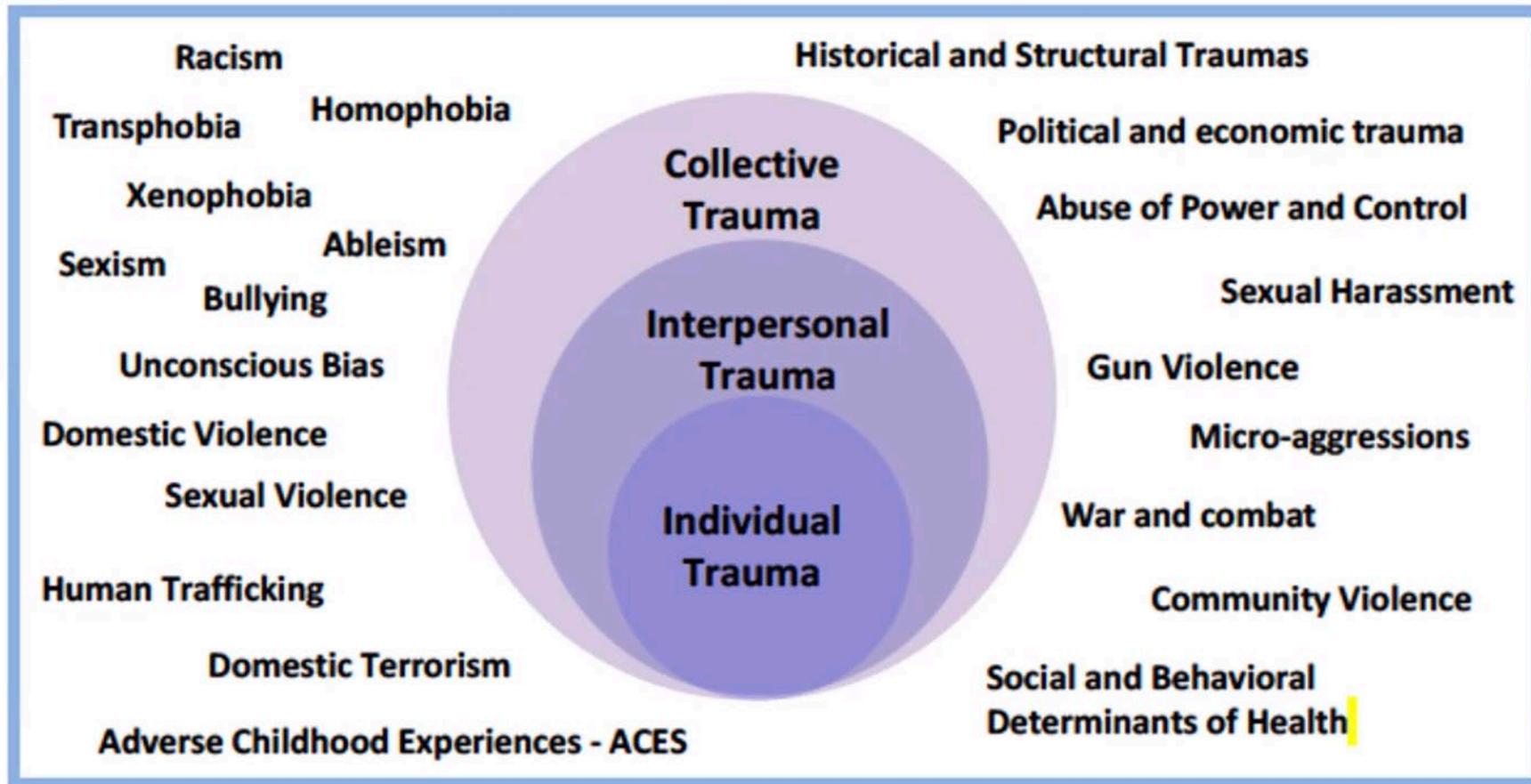
All people have the capacity for resilience.

Resilient people do not possess unique qualities: Rather, they have kept or gotten important resources that protect them.

Protect them from what?



Trauma Examples



Many people experience multiple losses, some of which may be experienced as traumatic. Losses are a form of threat. Losses may include:

- sense of physical or psychological wholeness (e.g., with serious bodily harm);
- significant persons, roles, and relationships;
- head of family or community leader;
- intact family unit, homes, or communities;
- way of life and economic livelihood;
- future potential (e.g., with the loss of children);
- hopes and dreams for all that might have been;
- shattered assumptions in core worldview (e.g. loss of security, predictability, or trust).

Here are
four items
from a scale
that is used
to measure
resilience.

- I am able to adapt when change occurs.
- I tend to bounce back after illness, injury, or other hardship.

- Having to cope with stress can make me stronger.
- I believe I can meet my goals even if there are obstacles.

Common ideas: Master Narrative Structures

- Strong in the broken places: “What doesn’t kill you makes you stronger.”
- I can take even the worst experiences and make something positive out of them.
- Everything happens for a reason.
- God will never give you more than you can handle.



Are these ideas useful?

- Do these ideas give people hope and inspiration?
- Do they impose the idea you have to “prove” you have come out stronger from your suffering?

The Rugged Individual Makes It On Their Own

If you try hard
enough, you can
succeed at
anything.



Professor Manuel Pastor





- Healthy people and communities will unfold once the “soil” is healthy.
- These are just some of the resources that we will need.
- Healthy soil will require that policies that are harmful will be dismantled.



Michael Ungar, Social Worker

“In the context of exposure to significant adversity, resilience is both the capacity of individuals **to navigate** their way to the psychological, social, cultural and physical resources that sustain their well-being, and their capacity individually and collectively **to negotiate** for these resources to be provided in culturally meaningful ways.”

Michael Ungar

This social ecological understanding of resilience directs our attention to those who control the resources that facilitate positive development in contexts of adversity.

- accessible education
- decent healthcare
- clean water
- access to nutritious food

Any of us can contribute to helping with navigation to essential resources.



Ungar's R2 Model

both/and

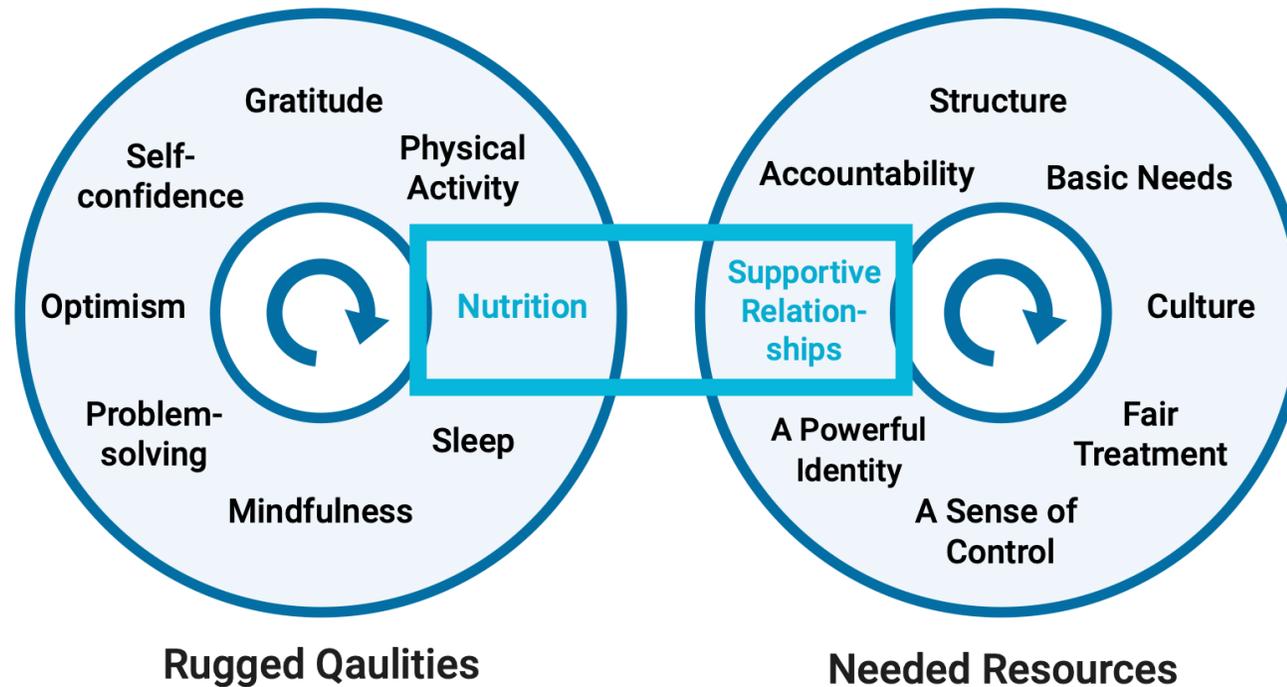
Building resilience by strengthening two types of factors:

- The *rugged* qualities that reside within all of us, and
- The *resources* that support us.

Both aspects of resilience are needed to experience positive outcomes despite stress and adversity.



Figure 2:
Interactions between Rugged and Resourced Factors/Process



The factors/processes associated with resilience interact such that every rugged feature of an individual depends on many resources to facilitate its growth, just as every resource has the potential to stimulate development of individual qualities needed to cope with atypical stressors.

Michael Ungar

“The science of resilience is clear: The social, political and natural environments in which we live are far more important to our health, fitness, finances and time management than our individual thoughts, feelings or behaviors. ...

“Change your world first by finding the relationships that nurture you, the opportunities to use your talents and the places where you experience community and governmental support and social justice. Once you have these, your world will help you succeed far more than you could ever help yourself. “



Who Makes It

- In studies of high-risk groups, who have experienced multiple threats, about 70-75% end up doing well
- In youth who experience multiple and persistent risks, still about 50% overcome adversity



Turn Around Relationships

Adults who reflect back on their childhoods report that one single adult can make all the difference.

These people help youth see

1. They are to not blame for the adversity in their lives
2. Adversity need not be permanent
3. Setbacks need not be pervasive

Rachel Dash Anecdote





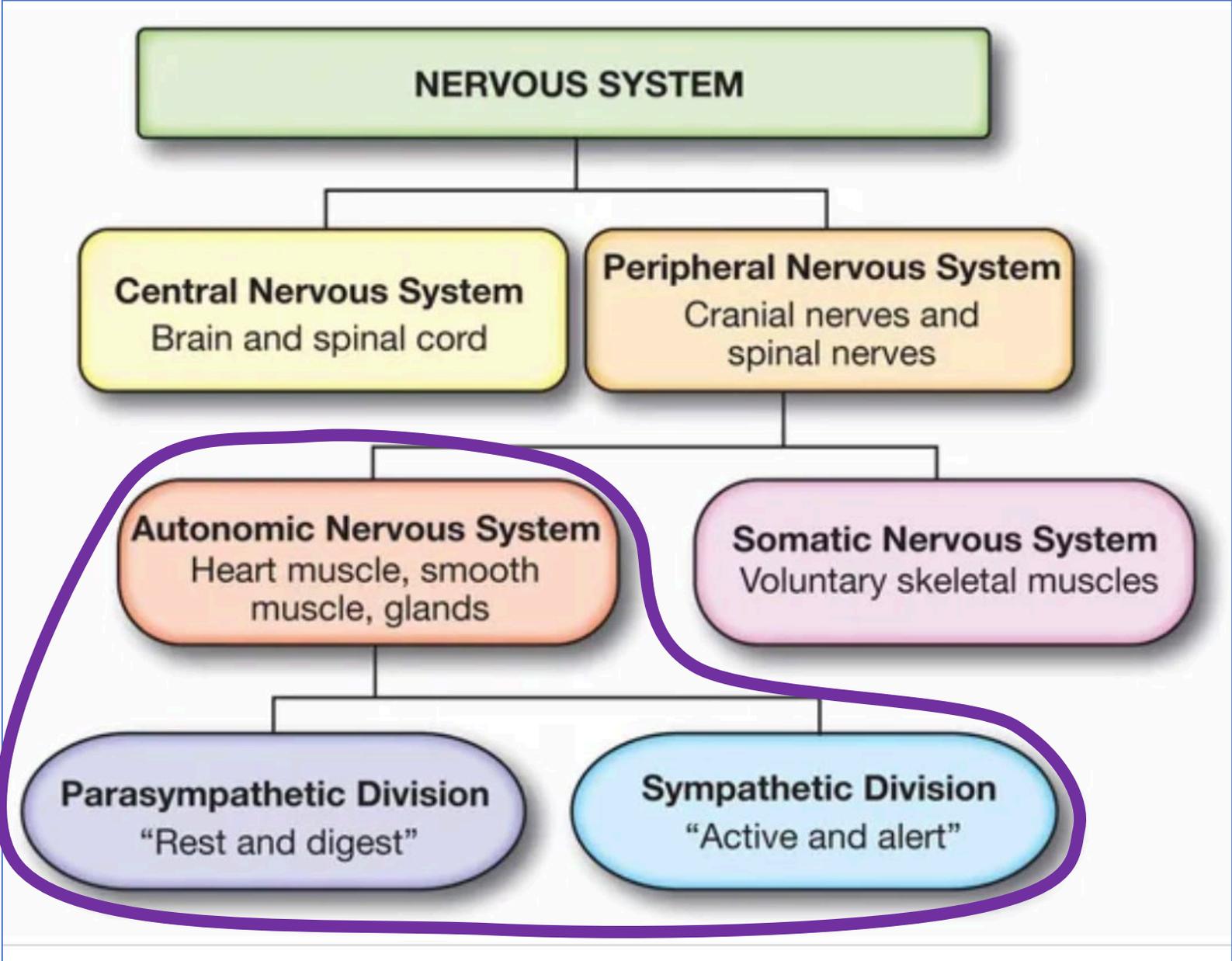
Processes We Can Control Ourselves

This won't change the systems of oppression, but it will provide moments of calm that can help us with the adversities we face and allow us to help others achieve moments of calm.



Resilience of the body

- Our bodies have a lot of useful information for us.
- The body's comfortable state is balanced between alert and relaxed.
- Most of us have learned not to pay close attention to our body's signals.
- We can teach ourselves and others to use moments of relative safety to come into balance.



PNS



SNS



IMBALANCE FROM STRESS

PNS



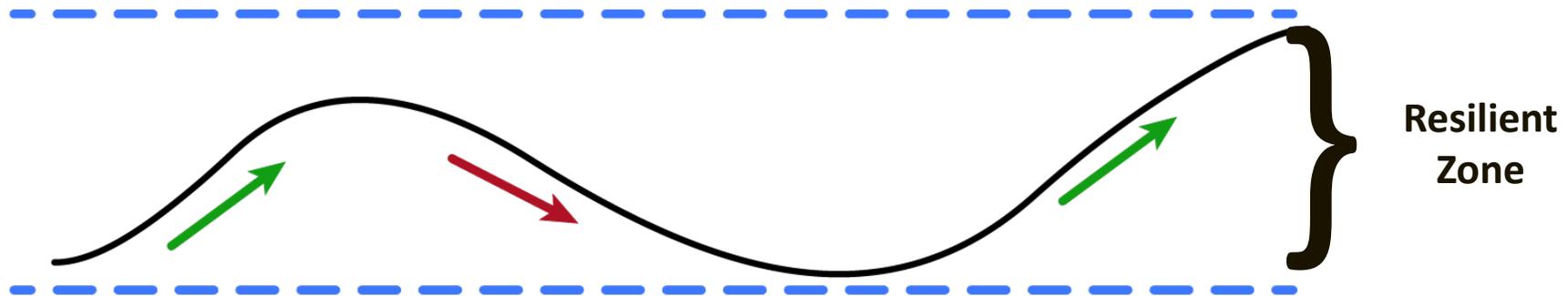
SNS

EVERY SYSTEM IN THE BODY/MIND WORKS BETTER WHEN THE
TWO SYSTEMS ARE IN BALANCE.

Traumatic / Stressful Event

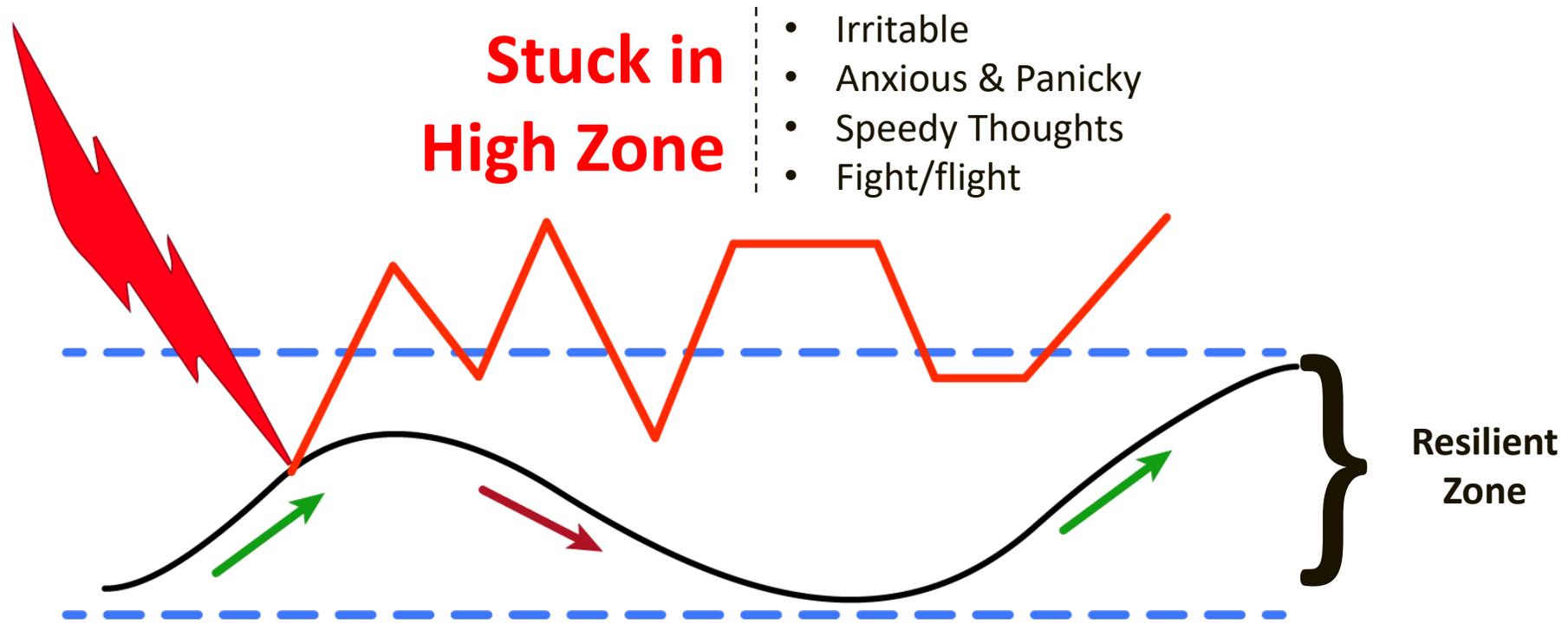


Traumatic / Stressful Event



Feel Grounded

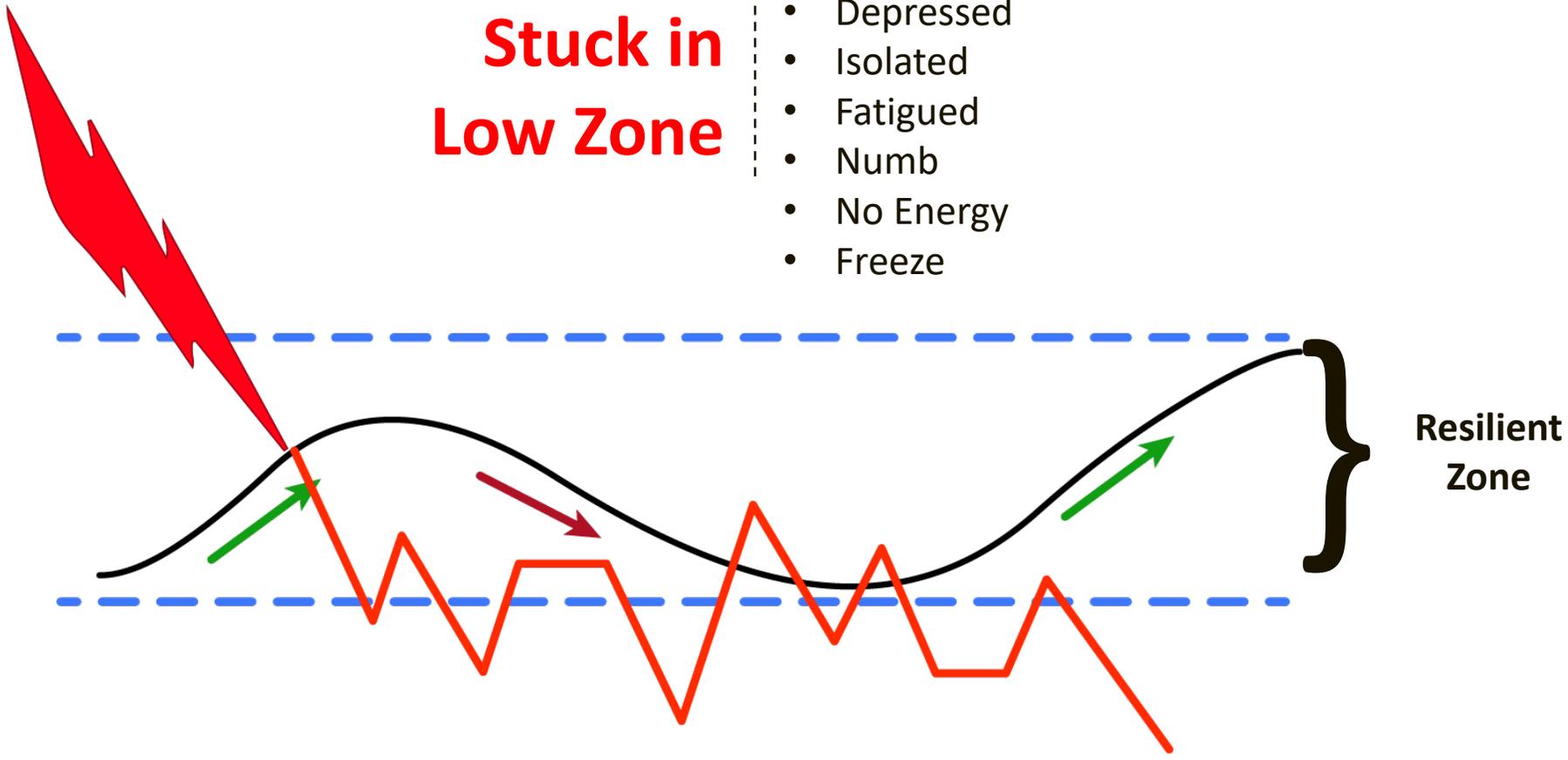
Traumatic / Stressful Event



Traumatic / Stressful Event

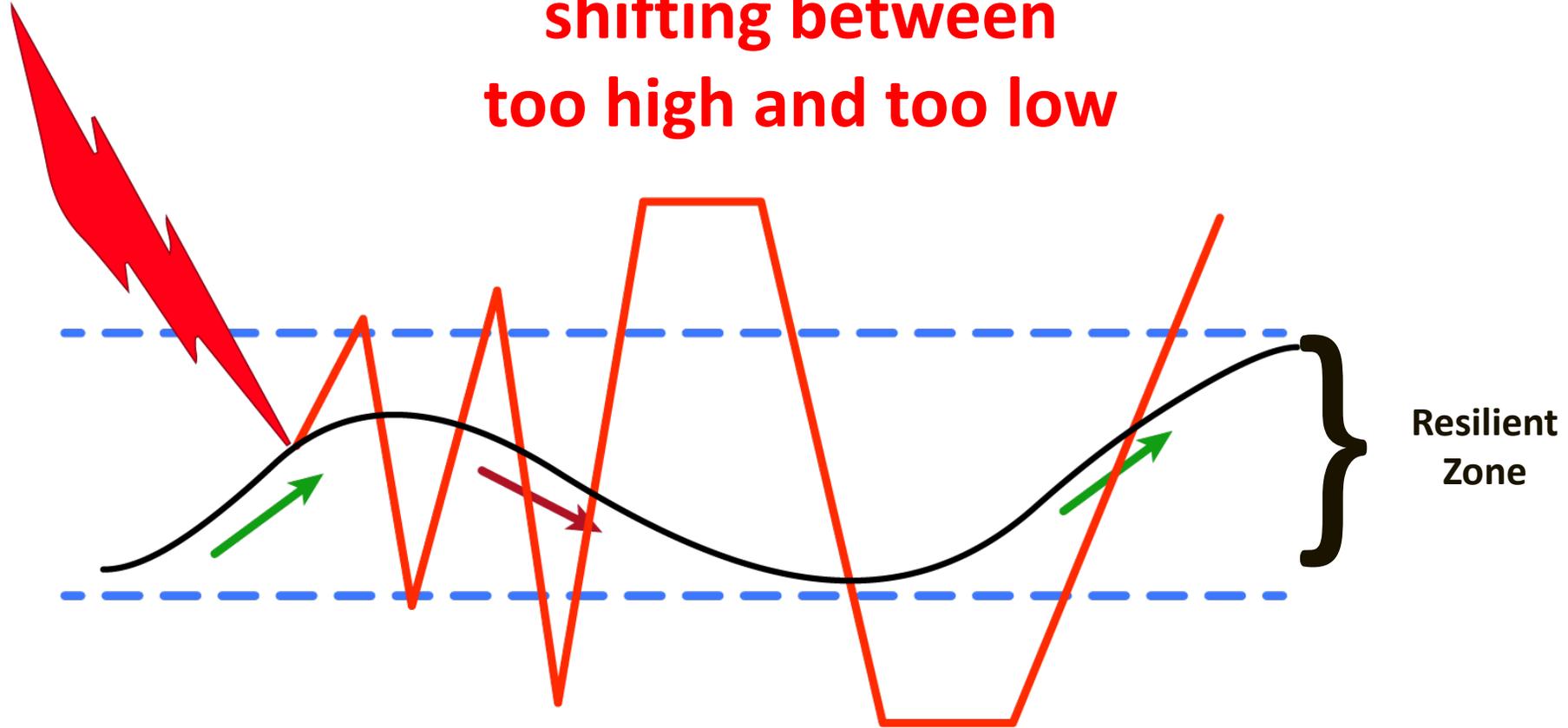
**Stuck in
Low Zone**

- Depressed
- Isolated
- Fatigued
- Numb
- No Energy
- Freeze



Traumatic / Stressful Event

shifting between
too high and too low





Resource List

- Breathing
- Butterfly hug
- Call someone
- Music
- Nature, running water
- Healthy comfort food
- Prayer



Resource List

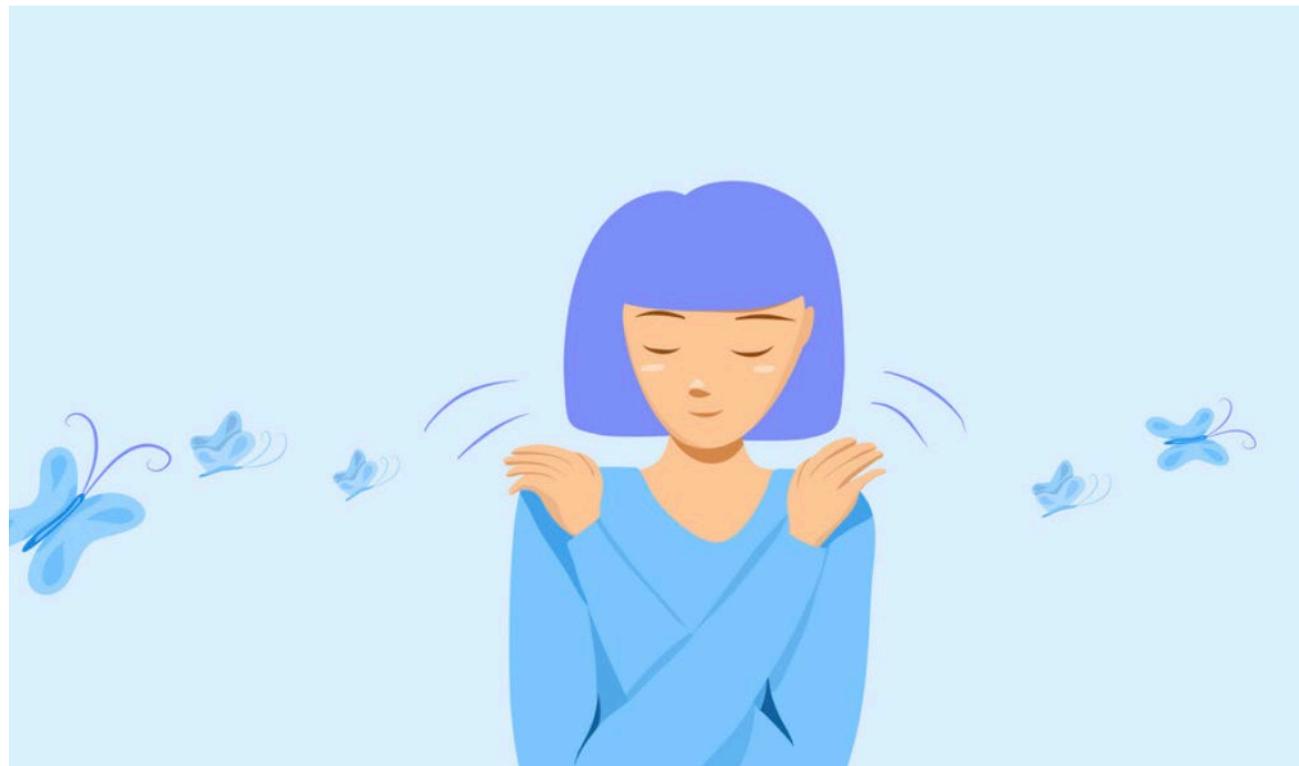
- Breathing
- Kicking a ball
- Exercise
- Music
- Healthy comfort food
- Call someone
- Prayer



Resource List

- Breathing
- Meditate
- Call someone
- Yoga
- Nature
- Cook
- Nap

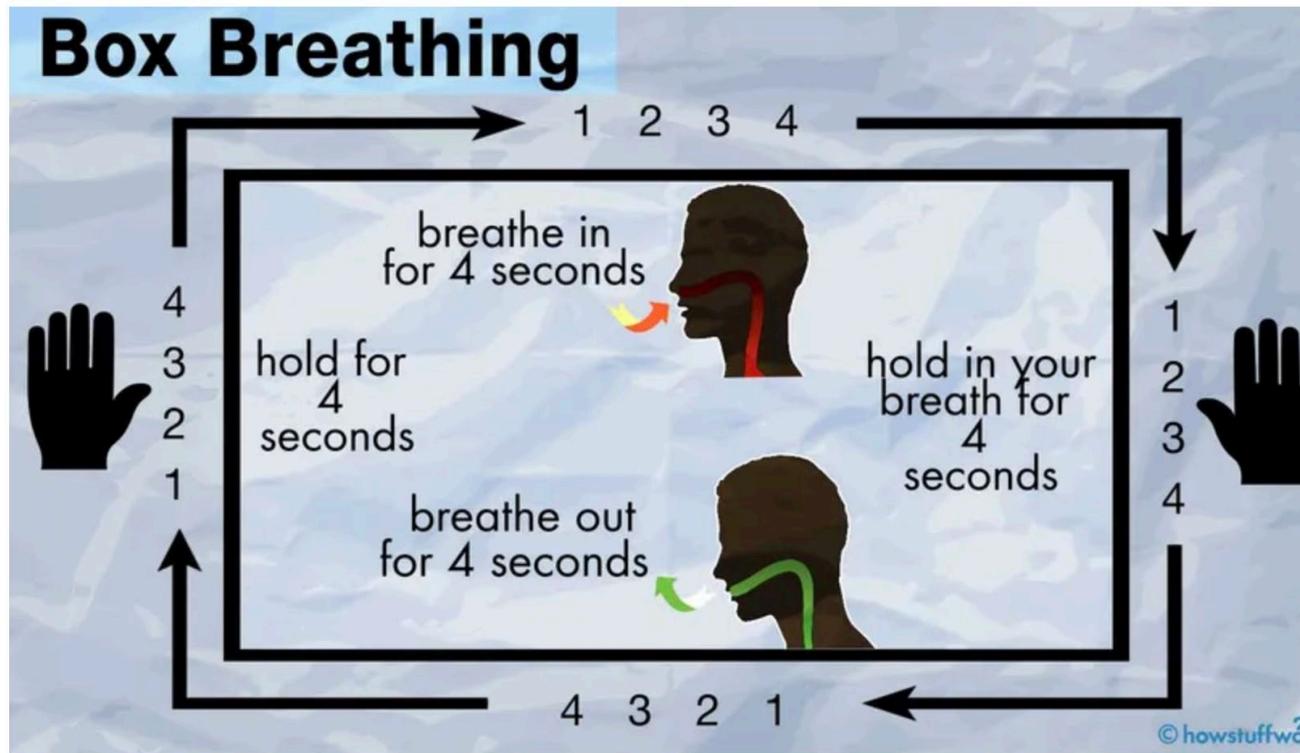
The Butterfly Hug



Breath Control Methods:

“The brain listens to the lungs.”

“Managing our breath help us manage our minds.”



- Slow breathing: 6-10 breaths per minute is ideal
- Equal inhalation and exhalation
- One example is box breathing

Squeeze and Relax Muscles

- ① TAKE A FEW DEEP BREATHS TO RELAX.
- ② BREATHE IN. TENSE THE MUSCLES OF YOUR FEET.
- ③ BREATHE OUT. RELEASE THE TENSION IN YOUR FEET.
- ④ BREATHE IN. TENSE YOUR CALF MUSCLES.
- ⑤ BREATHE OUT. RELEASE THE TENSION IN YOUR CALVES.
- ⑥ WORK YOUR WAY UP YOUR BODY. TENSE EACH MUSCLE GROUP.
THIS INCLUDES YOUR LEGS, CHEST, FINGERS, ARMS, NECK & FACE.



Source: [@journey_to_wellness_](#)

PNS



SNS

EVERY SYSTEM IN THE BODY/MIND WORKS BETTER WHEN THE TWO SYSTEMS ARE IN BALANCE.

Three
Neurotransmitters
and a Hormone
help with well-
being

Serotonin

Dopamine

Endorphins

Oxytocin

Using Endorphins to Enhance Well-Being

Endorphins act to increase feelings of pleasure and well-being and also to reduce pain and discomfort.

Benefits of Endorphins

Reduces depression

Reduces anxiety

Improves self-esteem

Modulates appetite

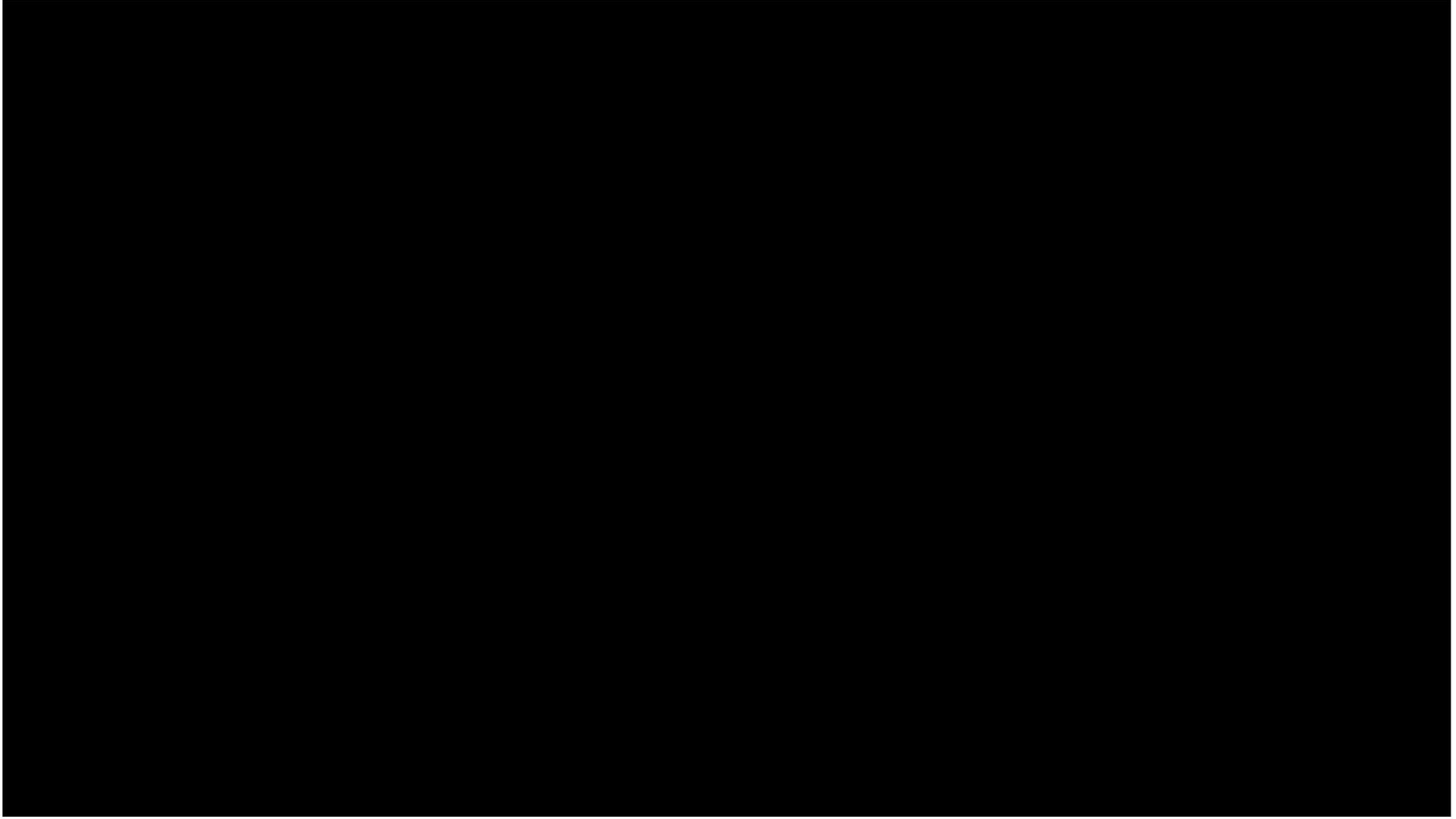
Enhances immune response

Reduces pain

Activities that Boost Endorphins*

- Eat dark chocolate
- Exercise
- Listening to music
- Create art
- Dance
- Laughing
- Firm and pleasant touch
- Mindfulness

*I am sure there are other activities; this is not an exhaustive or complete list.





Taking a Wider Lens

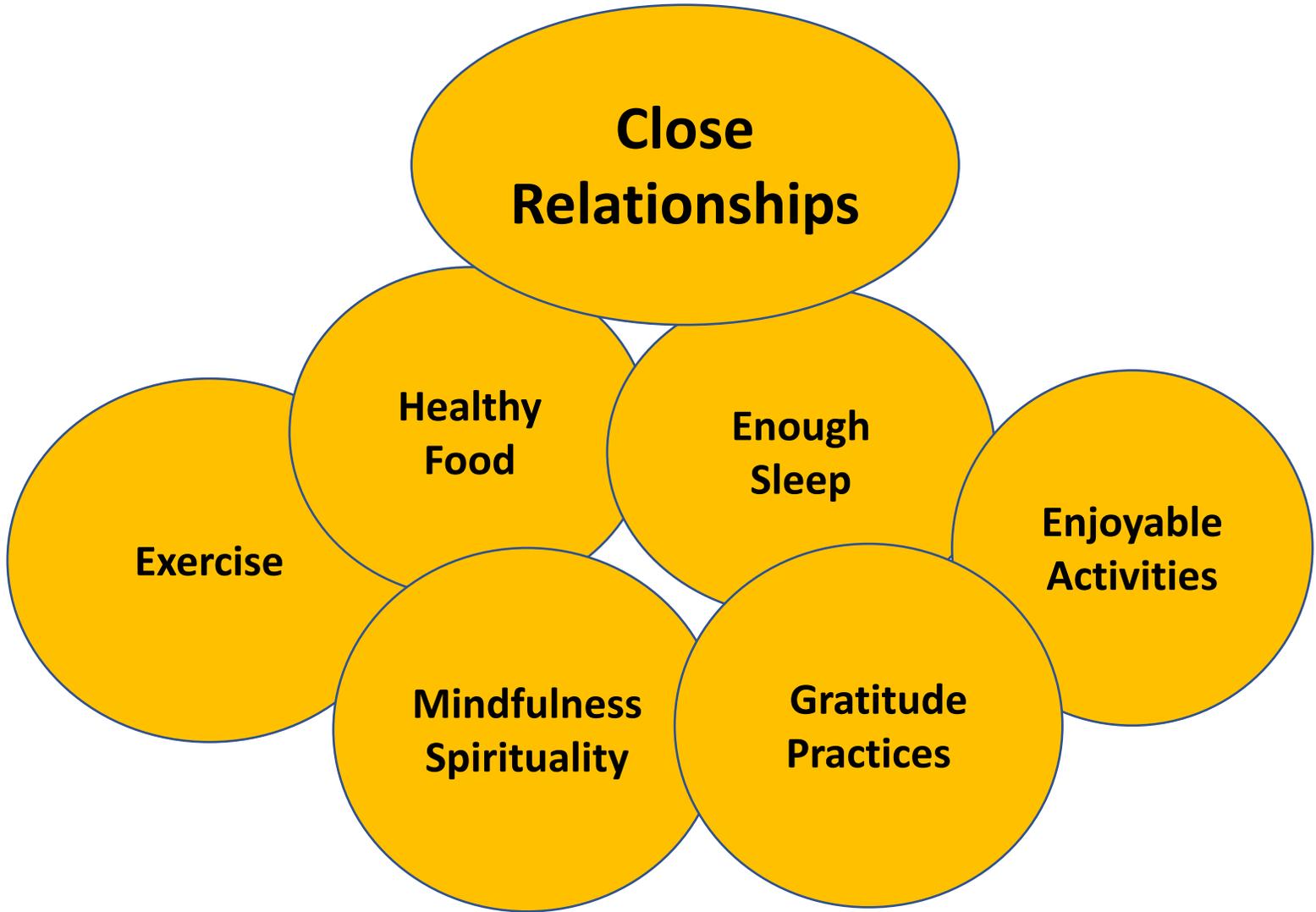


SOURCES OF RESILIENCE

- INDIVIDUAL
- FAMILY
- FRIENDS
- COMMUNITY
- CULTURAL
- RELIGIOUS
- SPIRITUAL
- NATURE
- ANCESTORS

WHAT
FACTORS
CONTRIBUTE
MOST TO
WELL-BEING?

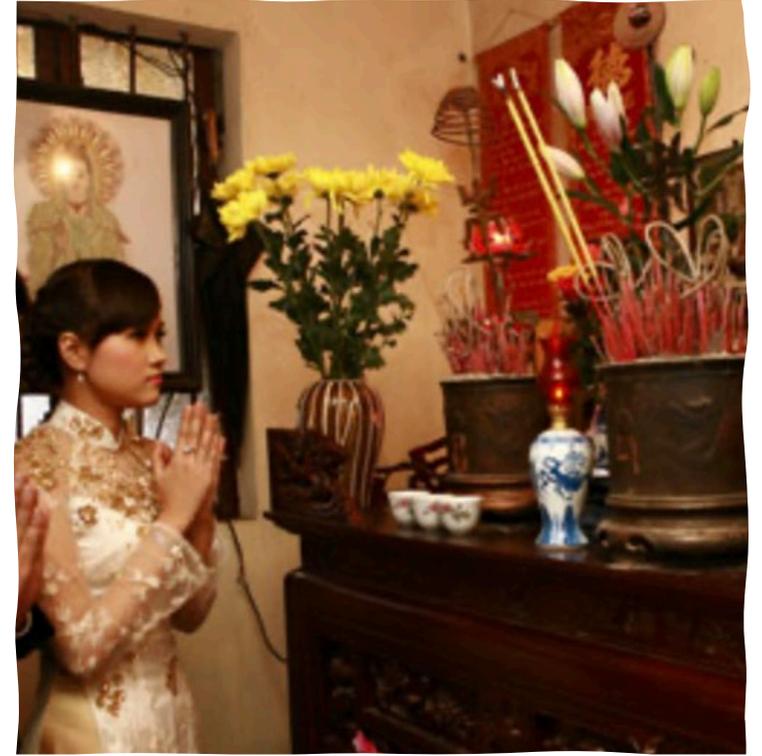
Close relationships,
more than money
or fame, are what
keep people happy
throughout their
lives



SELF-CARE SUGGESTIONS



Many spiritual and
religious practices
happen in
community and
engage the PNS



Many Cultures Have Rituals to Honor and Call
Upon Ancestors

Resilience and Nature

Research shows that exposure to nature (green spaces, gardens, indoor plants) and blue spaces (sky, water) all buffer emotional distress and are associated with more resilient individuals and communities



VICARIOUS RESILIENCE

- The inspiration and strength that comes from noticing other people's capacity to withstand hardship or their way of just putting one foot in front of the other.
- "Drafting" on another's resilience





Your Work Environments

Where Does Stress Arise?

SITUATIONS PRODUCE REACTIONS

THOUGHTS

FEELINGS

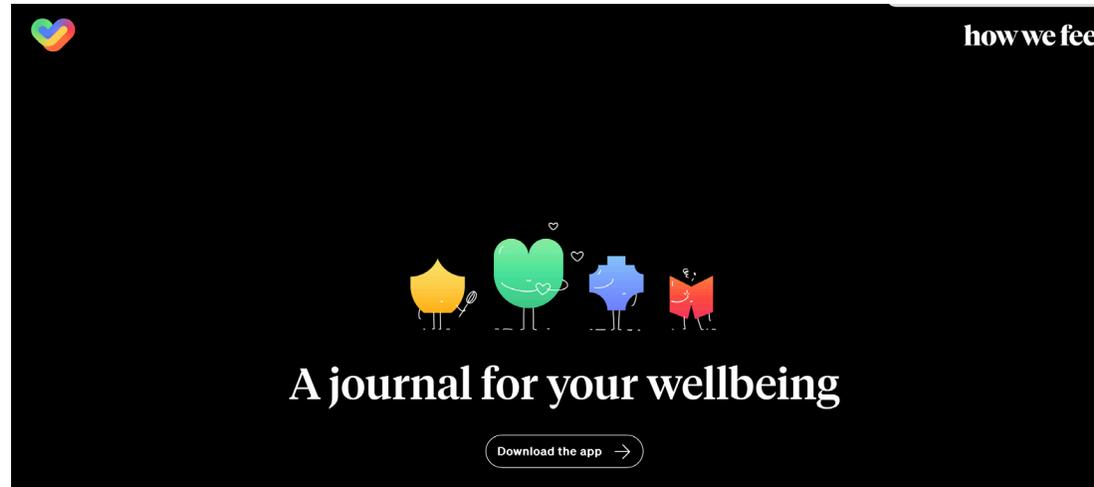
BODY SYMPTOMS



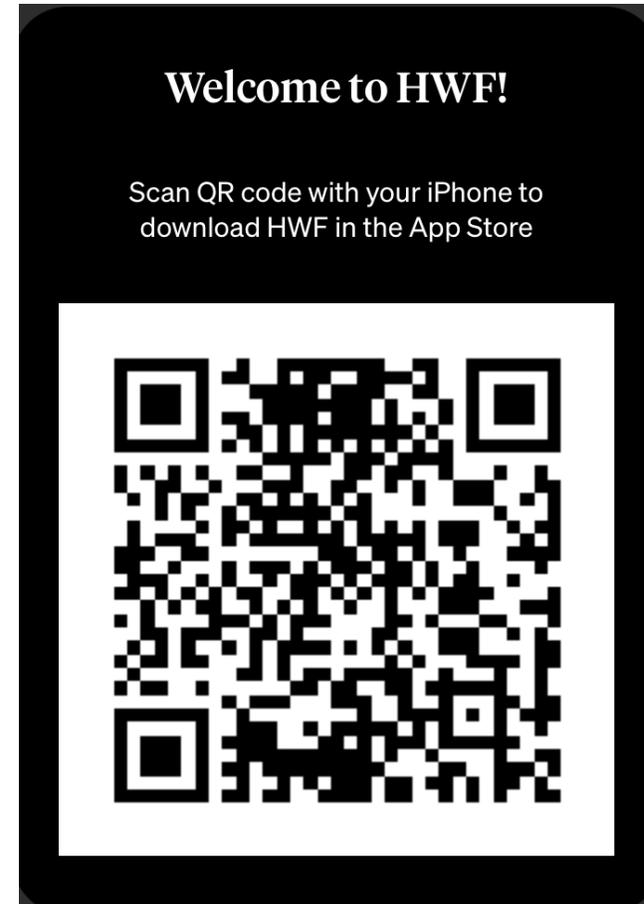
Reactions are
inevitable in
stressful work
environments

Free App: *How We Feel*

Learn to Use the Correct Word for Your feelings



This Apple award-winning app was designed to help people label 144 emotions with precise “feeling words” and learn over 30 evidence-based strategies to manage emotions effectively.



STRESSFUL
SITUATIONS



APPRECIATION





Fostering a Culture of Appreciation at Work

Appreciation works best when it is the norm of the working group and everyone participates in genuinely communicating acknowledgment that recognizes an act well-done.

Appreciation is not the same as praise.

- *Praise is one person's evaluation of another person's work.
- *Appreciation entails expressing how the speaker was impacted by the other person's work.



Ways to Express Appreciation

An appreciation expresses that you value, respect, and admire something the other person did.

- * Be **specific** about what it was
- * Explain why it stood out for you,
- * Say why it had **merit**,
- * Express what its **impact** was on you



When Words Don't Convey Appreciation

Not everyone registers appreciation in the same way.

While words of affirmation are the most common way of expressing and taking in appreciation, for some people spoken words don't communicate appreciation.

An action means more: counts as appreciation. You can:

- *Write a note.
- *Send a photo of a beautiful spot in nature with "thank you!"
- *Bring in a coffee the way they like it.

SELF-CARE
BUILDS AND
STRENGTHENS
RESILIENCE



Self-care is:

**Anything that
makes us feel better**



Strengthens resilience

WHAT
SELF-CARE
IS NOT



IT IS NOT
SELFISH



IT DOES NOT
TAKE A LOT OF
TIME

Grounding Techniques

- Observe the room using your senses (e.g. objects, sounds, colors, smells, temperature)
- Use counting or other tools for distraction
- Ask yourself, what is the month? What is the date? What is the year? How old am I?
- Use somatosensory techniques, such as toe-wiggling, gripping a table, clenching fists, planting feet on the ground
- Use breathing techniques
- Get a drink of water
- Change the environment by moving into a different room

What is Self-Compassion?

Being kind to yourself in the presence of your own suffering.

Self-compassion is like being your own best friend.

“What am I experiencing? What do I need to feel better?”

Research on self-compassion shows:

- Reduces depression, anxiety and shame
- Increases happiness and life satisfaction
- Reduces social comparison
- Associated with healthier body image and less disordered eating
- Reduces caregiver burnout
- Associated with better physical health and immune function
- Associated with better sleep quality



REASONABLE
HOPE
SUPPORTS
RESILIENCE



Hope

Rainbow hope looks to the future

Reasonable hope is about making sense of the present now



REASONABLE HOPE

Is something we do, preferably with others



Believe the small is
not trivial

...Actions have ripple
effects outward



How It Might Continue

By [Rosemerry Wahtola
Trommer](#)

Wherever we go, the chance for joy,
whole orchards of amazement—

one more reason to always travel
with our pockets full of exclamation
marks,

so we might scatter them for others
like apple seeds



Strengthening Resilience: Activating Sources that Restore Balance from Stress



Change language here

A screenshot of a website header. On the left is the logo for the Migrant Clinicians Network (MCN), which includes the text "MIGRANT CLINICIANS NETWORK" above "MCN" and a globe icon. The main title "Strengthening Resilience: Activating Sources that Restore Balance from Stress" is displayed in white text on a dark green background. On the right side of the header, there is a language selection dropdown menu. The menu is open, showing "English (United States)" as the selected option with a checkmark. Below it, "Español (Español, alfabetización internacional)" is listed. A white arrow points from the text "Change language here" to the dropdown menu, which is also circled in white.