

THE RESILIENCE TOOLKIT

Implementing a practical framework



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Sharing Resilience



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Learning objectives

1. Summarize the goal and core components of The Resilience Toolkit
2. Develop an embodied awareness of personal stress and relaxation physiology
3. Choose appropriate strategies to regulate persistent, inappropriate, and/or distressing stress system activation
4. Identify critical steps for successful program implementation of The Toolkit through case study examples

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The Resilience Toolkit

GOAL:
Transformative
Resilience



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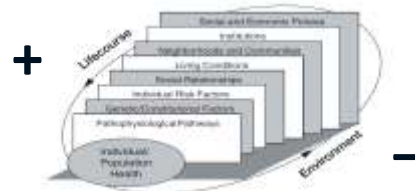
The Resilience Toolkit



Self-awareness of
stress-relaxation cycle

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Use social ecology
to appraise stress response

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Kaplan, Everson, & Lynch, 2000, p. 43.

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Brief
mindfulness
& movement
regulatory
strategies



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[Body scan]. Image Retrieved from: <http://healthconceptsga.com/services/body-scan-testing.html>

The Resilience Toolkit



Behavior change theory
to support habit development

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Self Inventory



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Social Nervous System

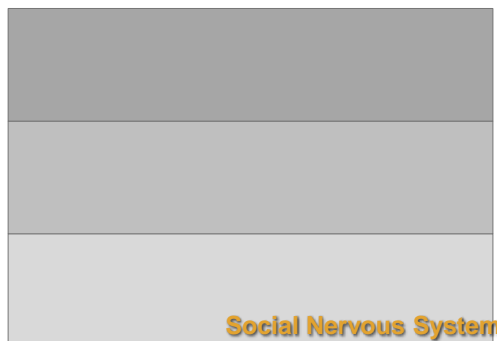


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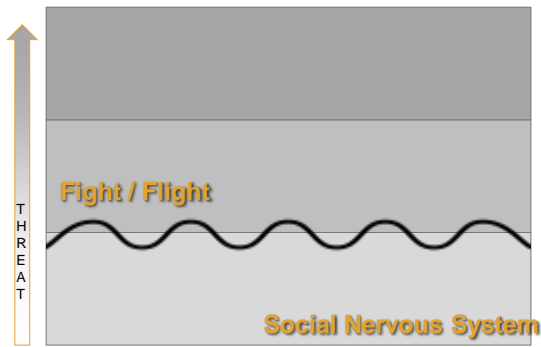
Social Nervous System

- Optimal physiologic function
- Positive moods
- Smooth executive function and curiosity
- Easy interpersonal connection

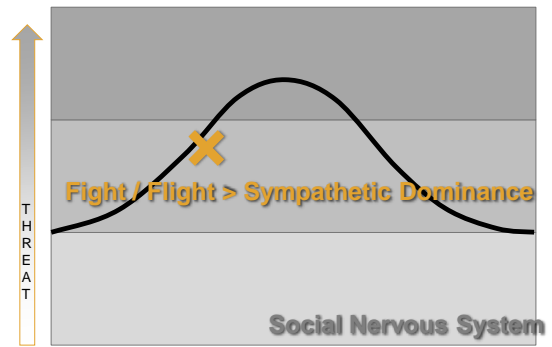
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Fight / Flight



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Fight/Flight

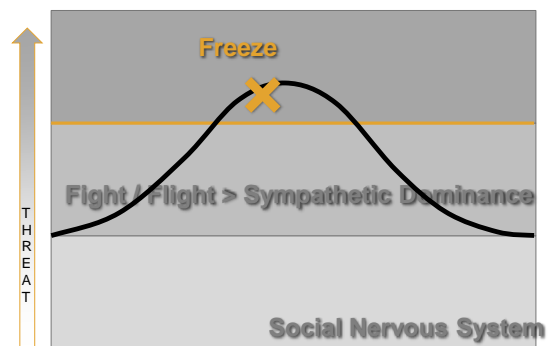
- Mobilization toward or away
- Energy mobilization & physical defense
- Emotions:
 - Worry → panic
 - Irritability → rage
- Decreased executive functioning
- Impaired interpersonal connection
- Alarm pheromones

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Toolkit Practice



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Freeze



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Freeze

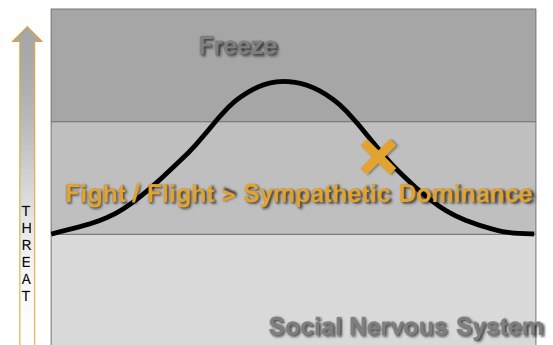
- Fear + Restraint or Perceived inescapability
- Muscular rigidity → collapse
- Physiologic shut down
- Emotionally numb
- Loss of social behaviors

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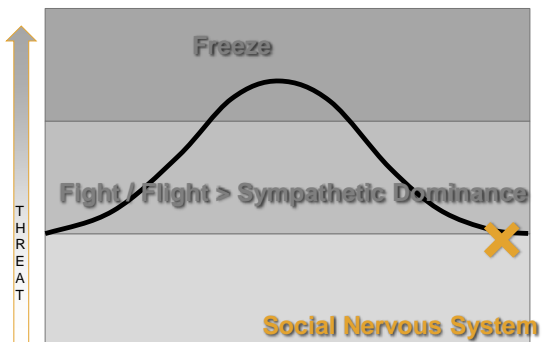
Toolkit Practice



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Therapeutic Tremor



down-regulate the nervous system

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| Inherent Therapeutic Tremor Benefits

- Physically accessible
- Economical
- Cross-culturally adaptive

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| Supporting Evidence

- In varied populations
- Case control or RCT ± crossover
- Statistically significant:
 - ↓ anxiety, burnout, trauma symptoms
 - ↑ wellbeing, quality of life

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| Supporting Evidence

LOTS of anecdotal reporting globally

Often **immediate** therapeutic benefits
with **minimal** adverse effects

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| Nepal



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| South Africa



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| Colombia



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Retrieved from <http://imftech.com/tech/more-than-human/robots/how/23>

Self Inventory



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Program implementation

Start with admin/directors/supervisors



Line staff



End user

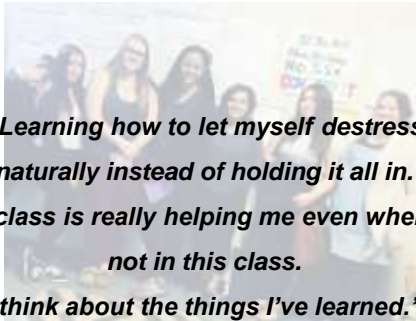
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Program implementation



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Program implementation



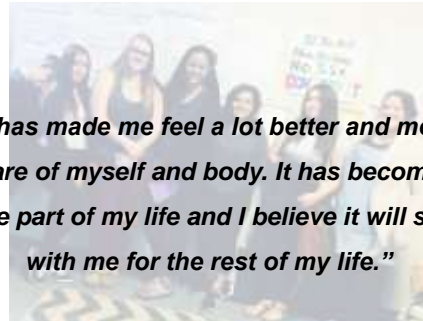
“Learning how to let myself destress naturally instead of holding it all in.

This class is really helping me even when I’m not in this class.

I think about the things I’ve learned.”

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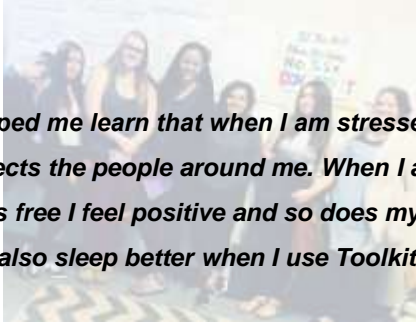
Program implementation



“It has made me feel a lot better and more aware of myself and body. It has become a huge part of my life and I believe it will stick with me for the rest of my life.”

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| Program implementation



“Helped me learn that when I am stressed it affects the people around me. When I am stress free I feel positive and so does my son we also sleep better when I use Toolkits.”

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| Program implementation



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References: <http://lumostransforms.com/research/>

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