Resilience: Connection is Everything

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JUSTICE 3D

Attachment

RESILIENCE Questionnaire

Please circle the most accurate answer _under_ each statement:

1. I believe that my mother loved me when I was little.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

2. I believe that my father loved me when I was little.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

3. When I was little, other people helped my mother and father take care of me and they seemed to love me.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

6. When I was a child, neighbors or my friends' parents seemed to like me.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

8. Someone in my family cared about how I was doing in school.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

9. My family, neighbors and friends talked often about making our lives better.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

10. We had rules in our house and were expected to keep them.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

11. When I felt really bad, I could almost always find someone I trusted to talk to.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

12. As a youth, people noticed that I was capable and could get things done.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

13. I was independent and a go-getter.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

14. I believed that life is what you make it.
Definitely true   Probably true   Not sure   Probably Not True   Definitely Not True

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled "Definitely True" or "Probably True"?) _____

Of these circled, how many are still true for me? _____

- Who would you tell if you were hurt?
- Who would you tell if you witnessed someone being hurt?
- Who would you tell if you hurt someone else?

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What qualities would a person need to have to be your ideal choice?

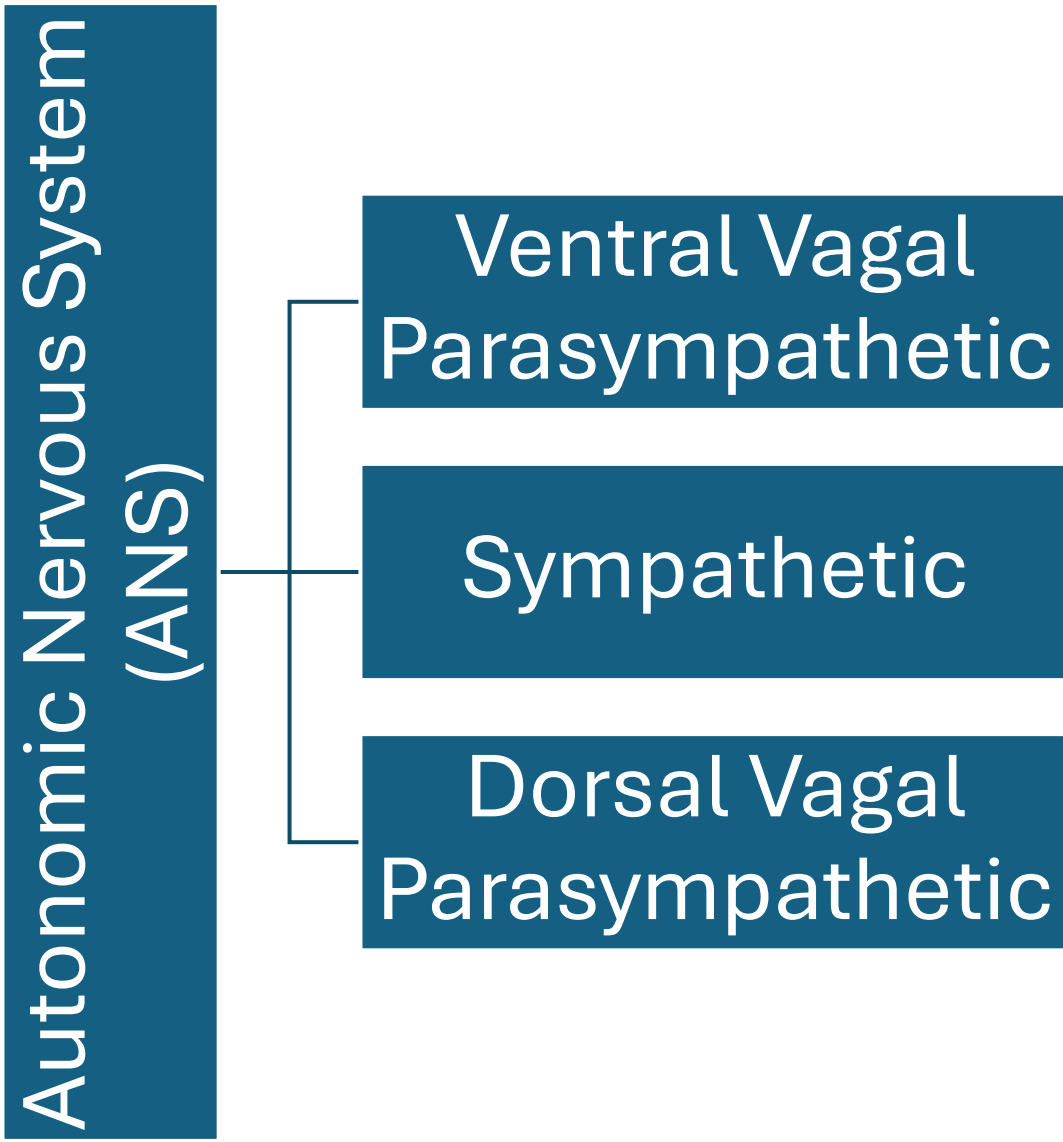ⓘ Start presenting to display the poll results on this slide.

Regulation

Connect

Empathy

Regulation

Autonomic Nervous System (ANS)

- Ventral Vagal Parasympathetic
- Sympathetic
- Dorsal Vagal Parasympathetic

Ventral Vagal Parasympathetic

- Initiating social engagement – (first line of defense)

- Recovery after stress arousal

- Controlling bodily functions for the social engagement system (head, neck, and eyes)

- Cardiovascular regulation

- Yelling for help

- Engaging with others to end threat

- Develops through adolescence

Sympathetic

- Energy mobilization for exercise, dancing, joyful movement and play
- Energy mobilization for fight-or-flight (physiological response)
- Second line of defense

Dorsal Vagal Parasympathetic

- Strategies of Immobilization (third line of defense)
- Sleep
- Digestion and elimination
- Reproductive Functions
- Deep Relaxation
- Recovery Functions for visceral organs
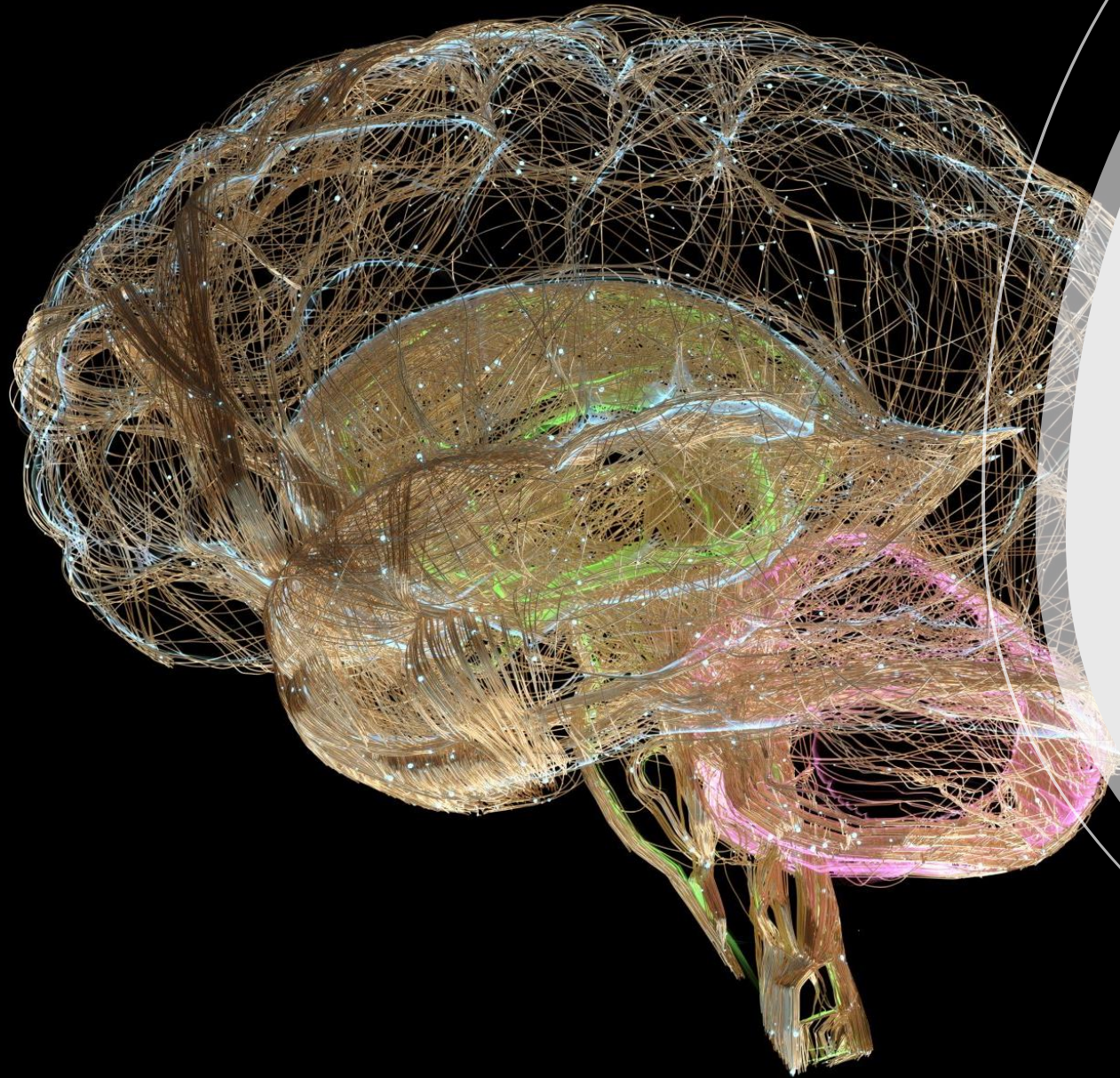
The Four Bs of Relaxation and Mindfulness

- Brake
- Brain
- Body
- Breathe

Connect and Be Present

Empathy

- Perspective-taking
- Staying out of judgment
- Recognizing emotions in others
- Communicating that understanding

"People can forget what you say, and what you do but they always remember how you make them feel."

Maya Angelou

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