

It's Not All About Heart: Lessons for Developing a Resilient Brain Stress Management and Resilience Training



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South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Acknowledgement

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

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Presented 2023



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf



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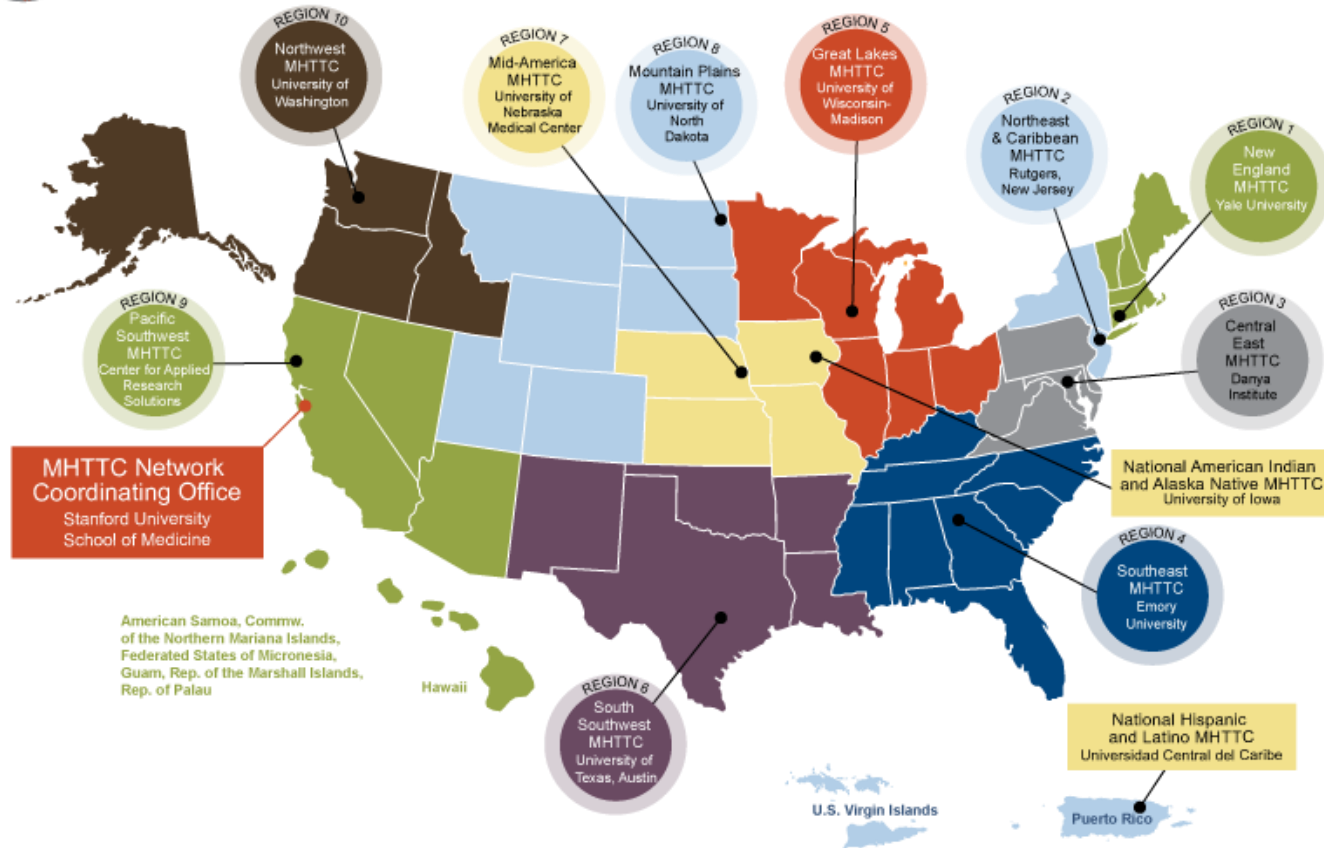
Building Authentic Connection

Reconnecting • Reimagining • Revitalizing



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Today's Presenters



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Director
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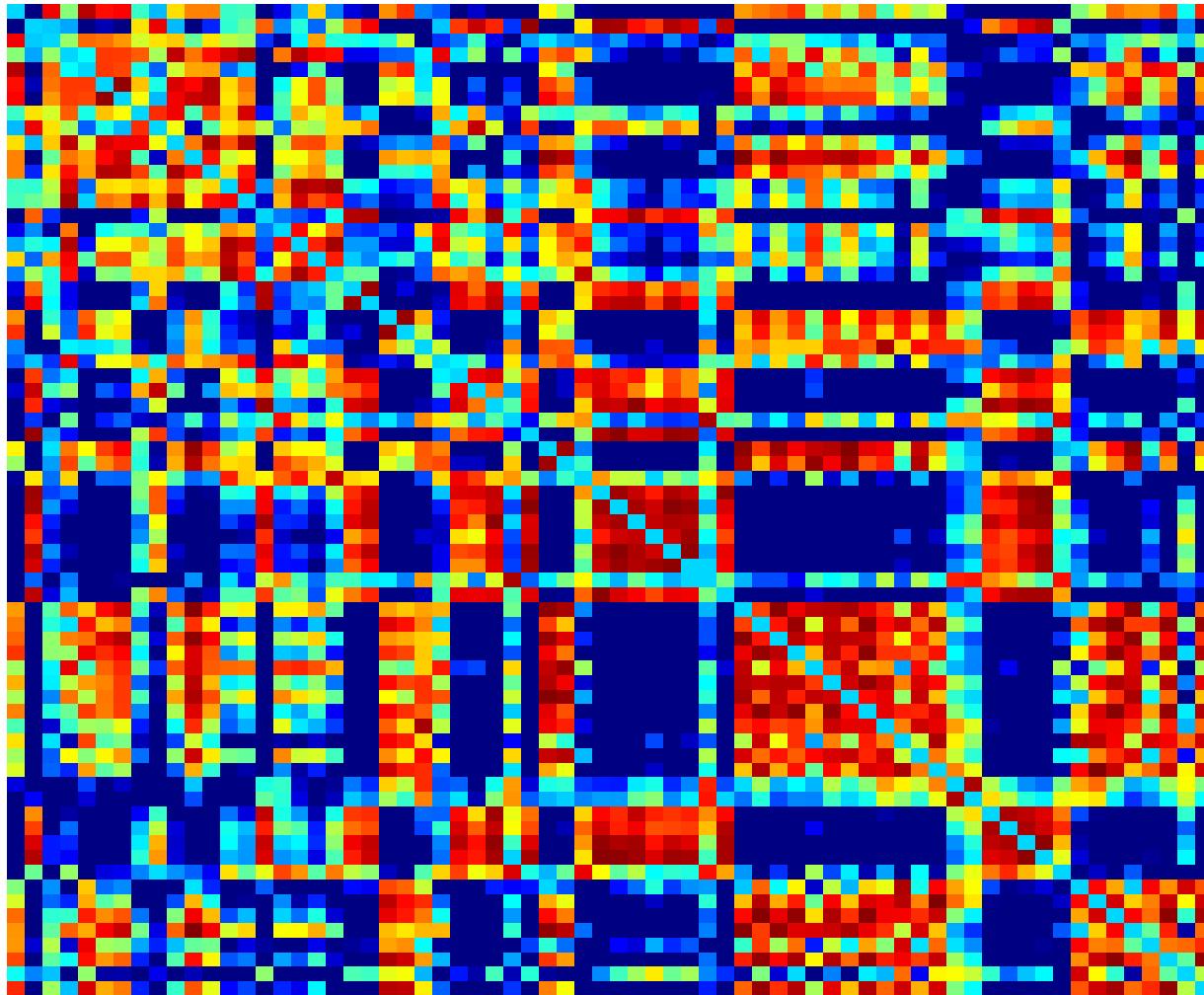
Work

Home

Health

Family

Finances



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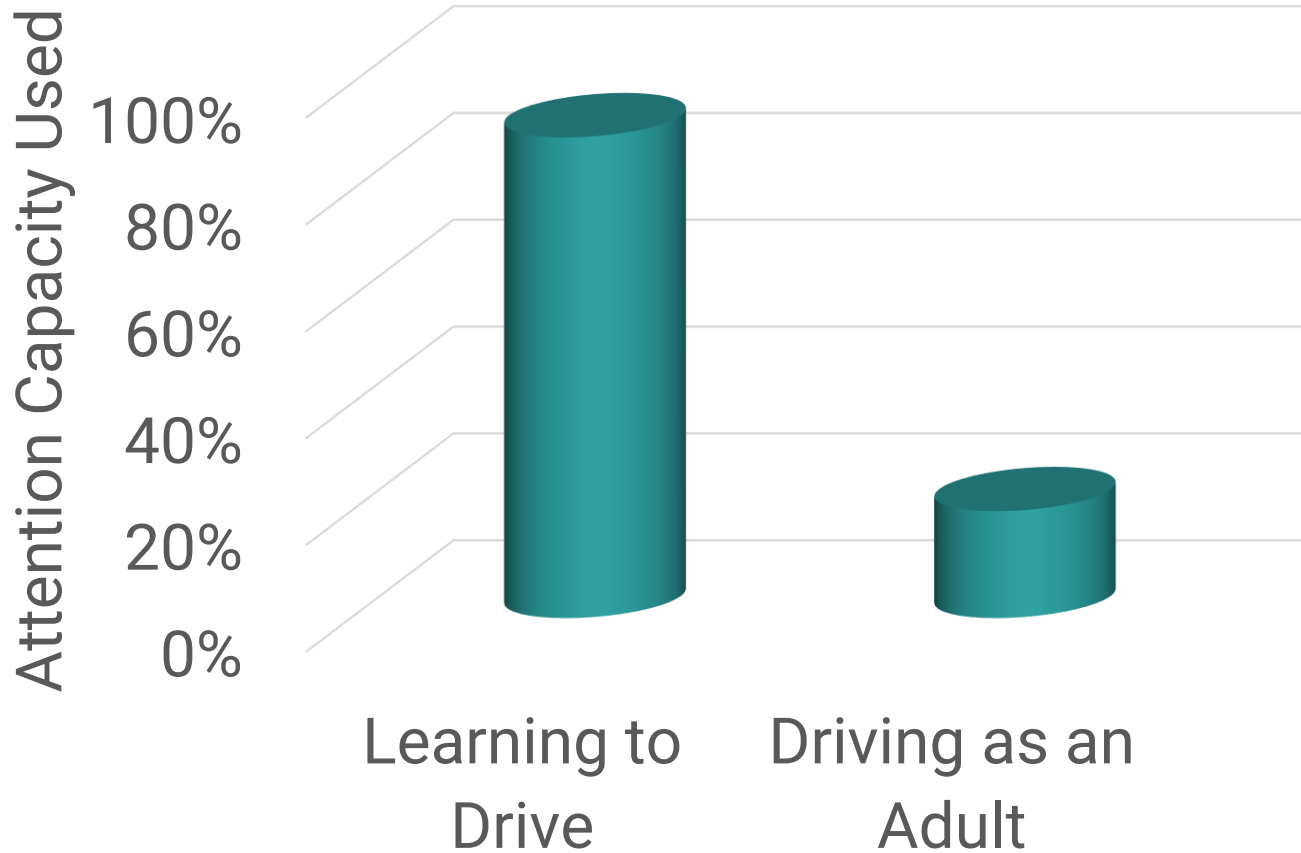


Portrait of a woman
1911
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Portrait of a woman
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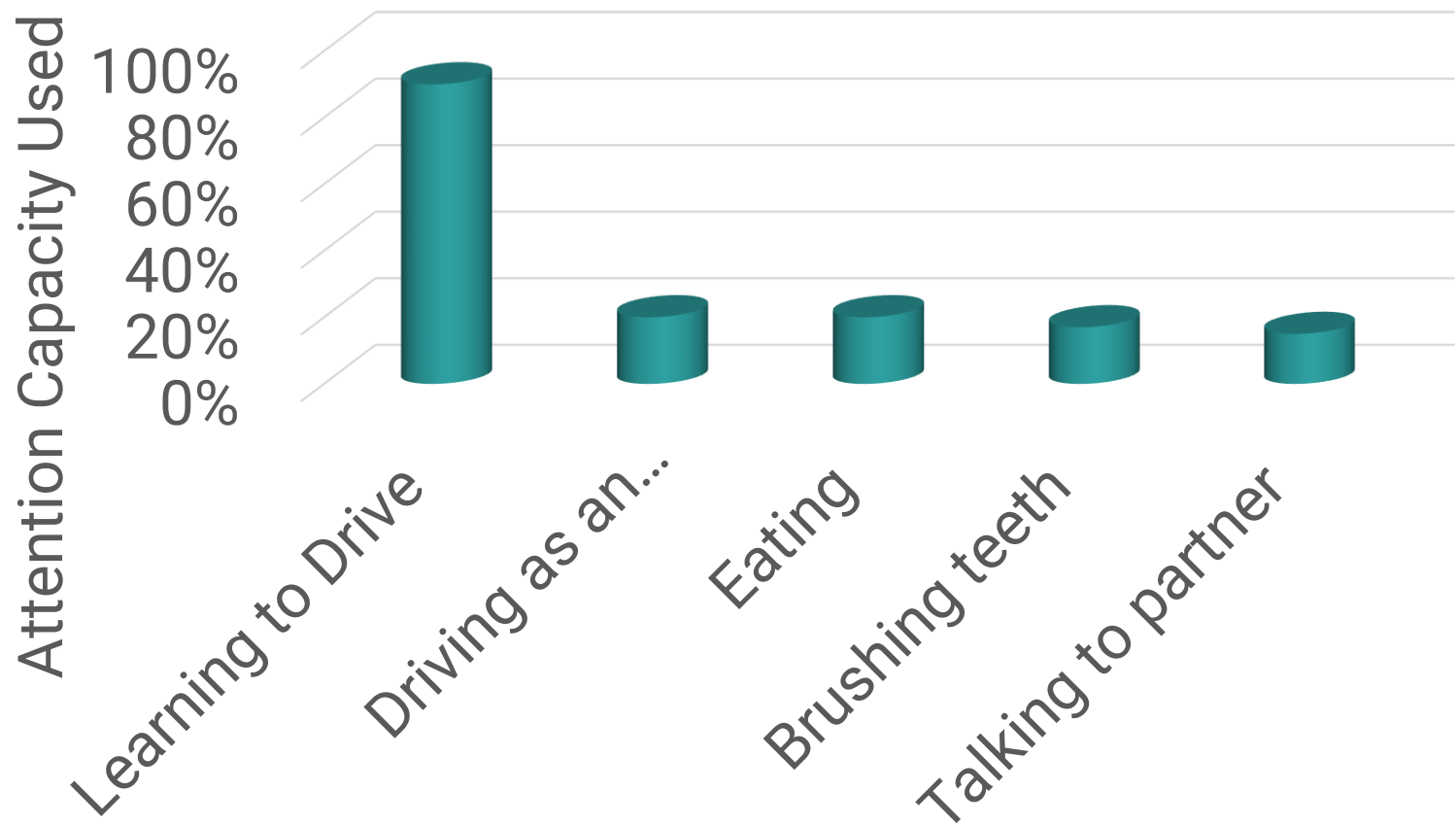
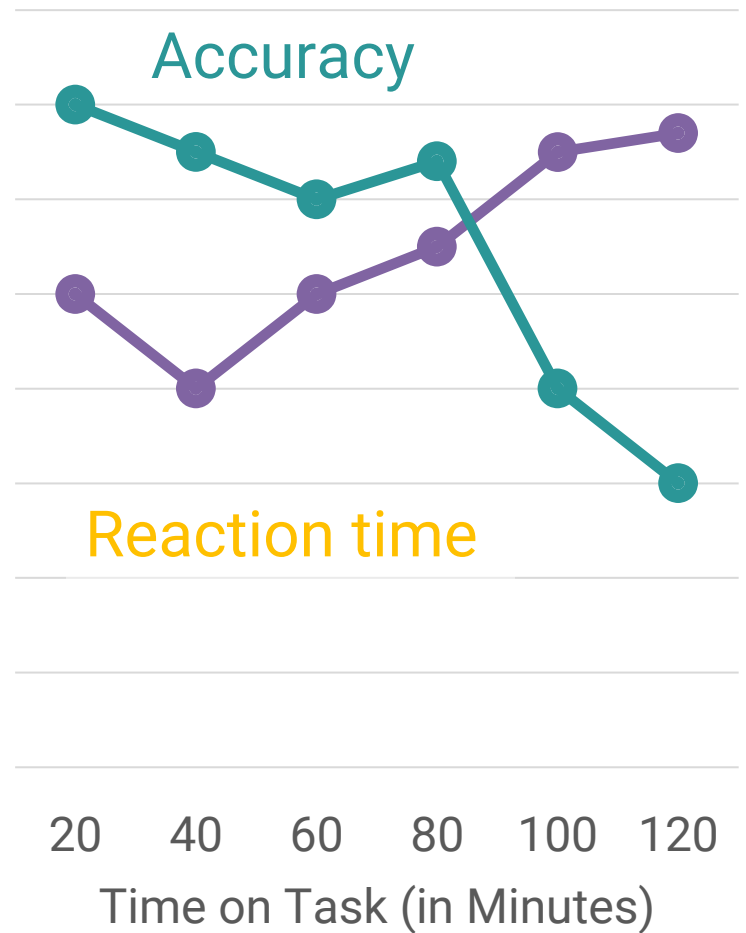
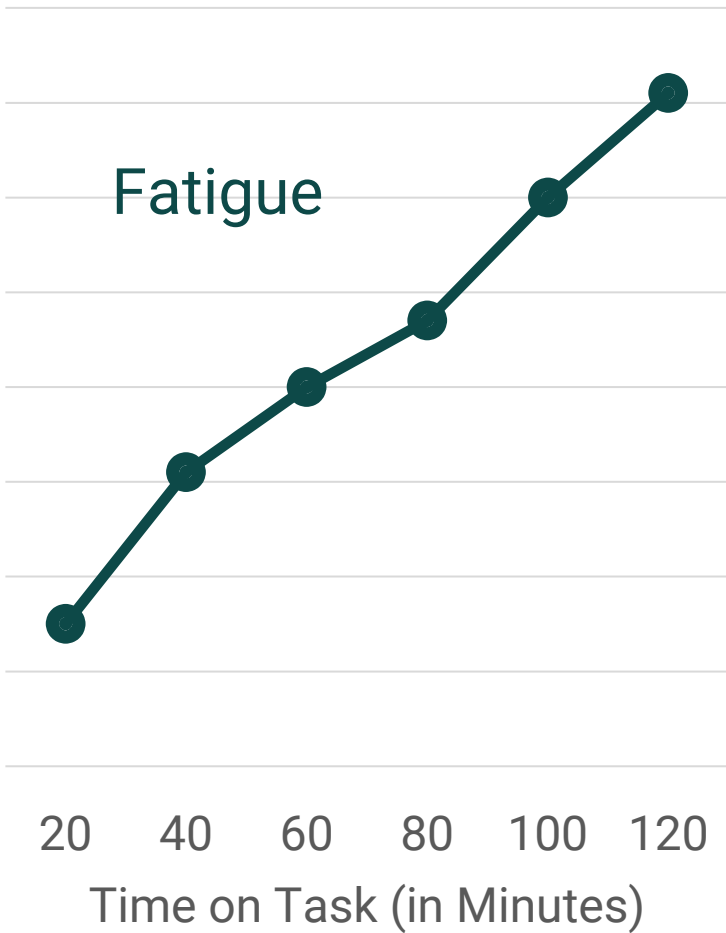




Photo by Yan Krukov from Pexels

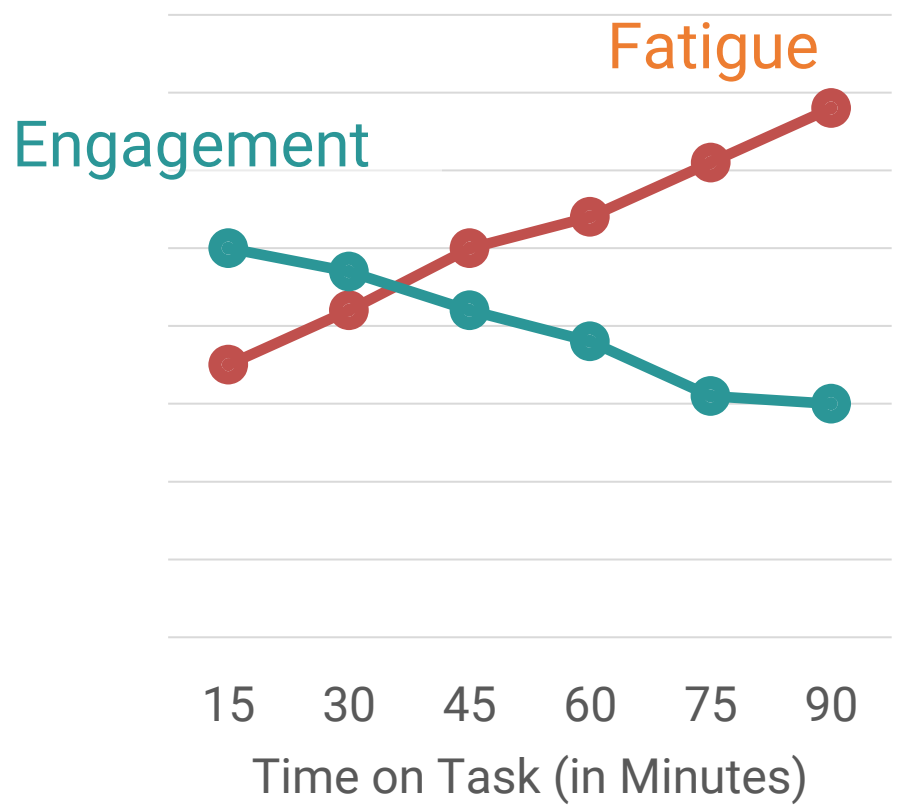
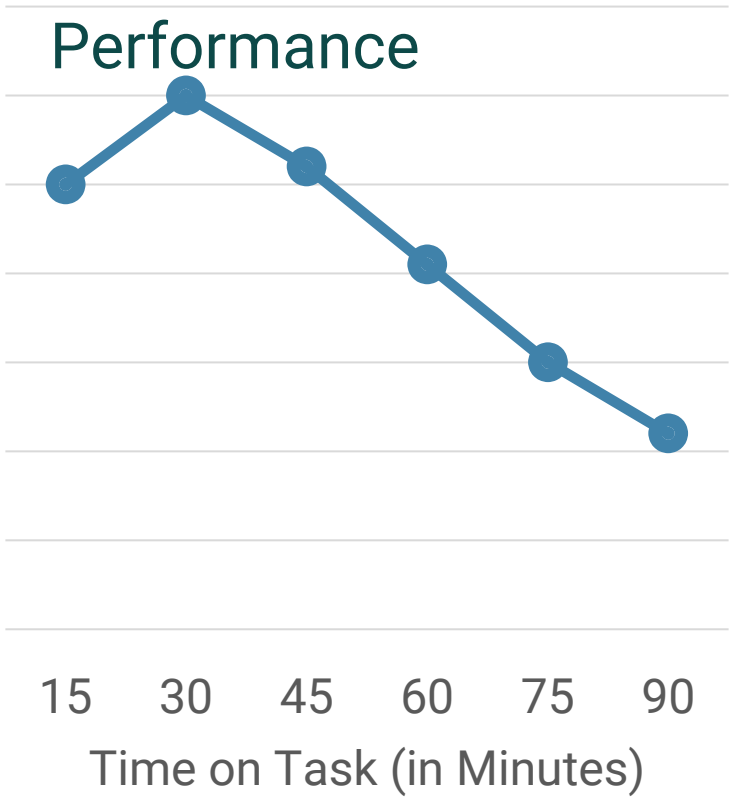


Adapted from research studies on work load, mental fatigue, and the impact of fatigue

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REST



Video by [Anna Bondarenko](#) from [Pexels](#)



**UPLIFTING
EMOTIONS**

MOTIVATION



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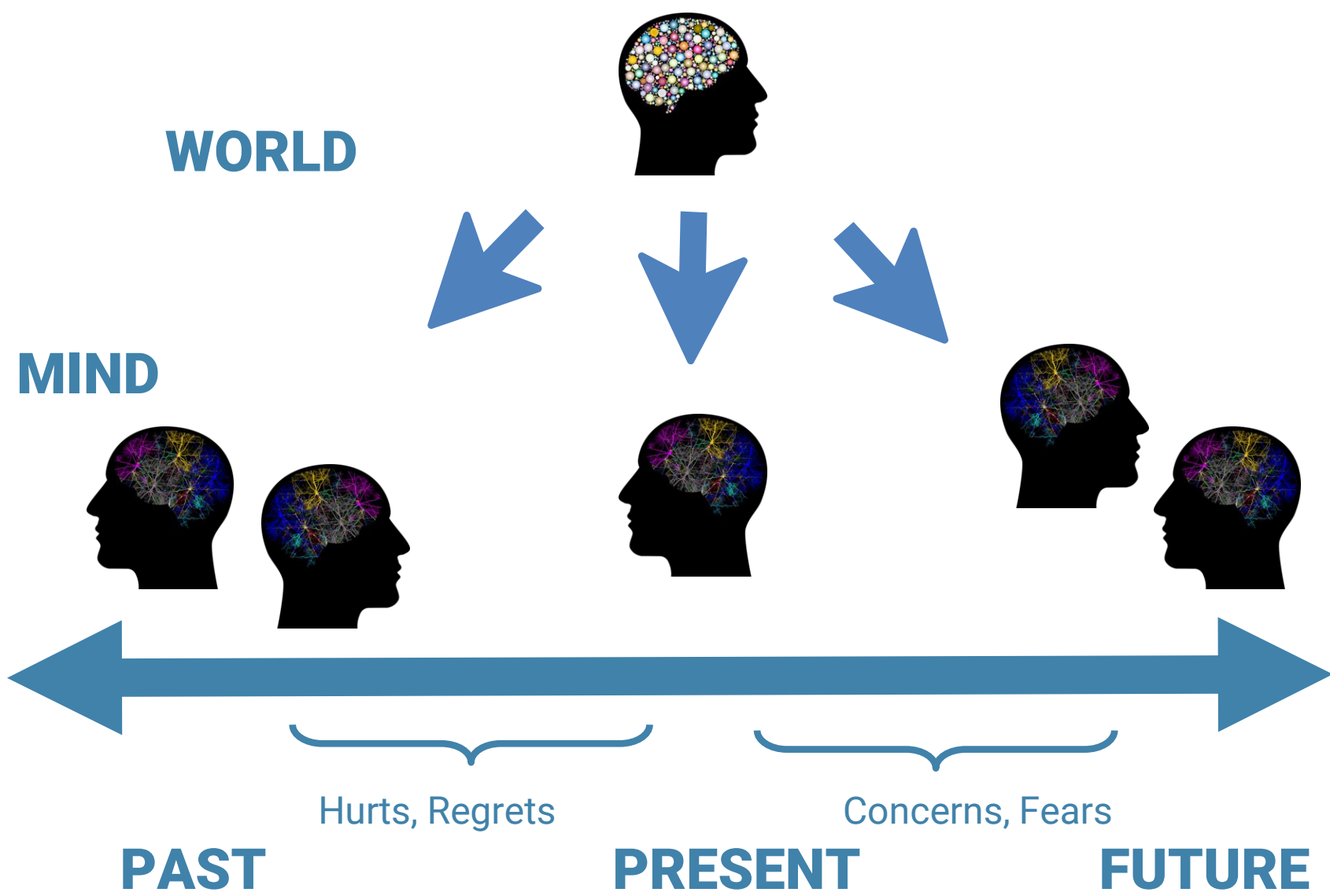
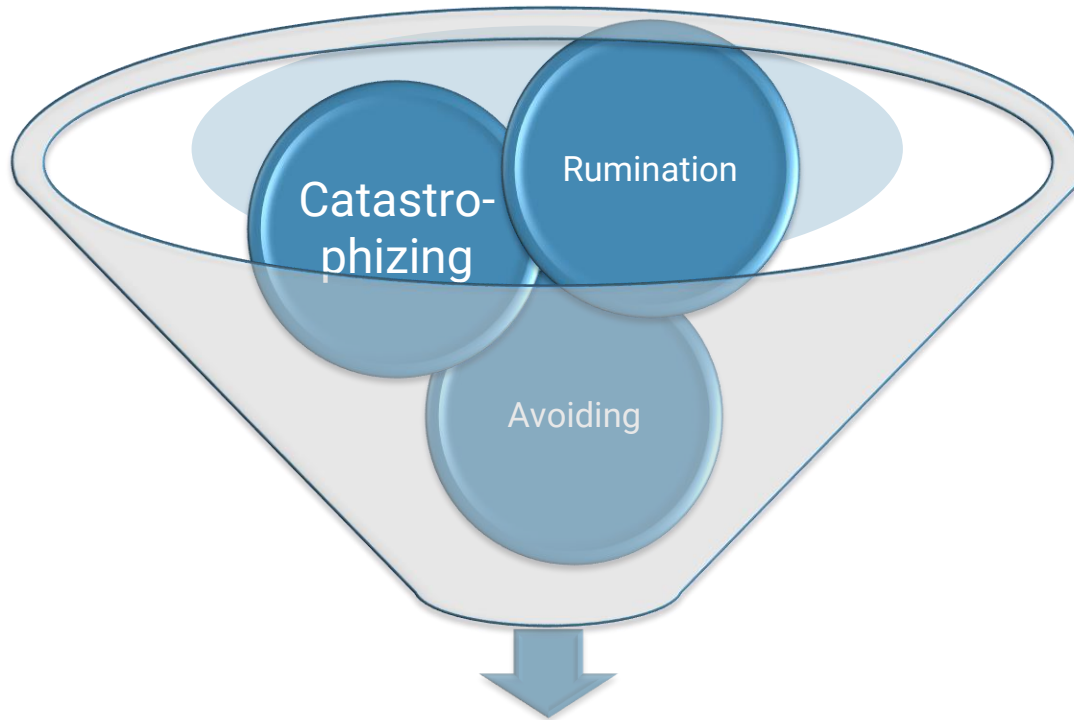


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Attention Sump



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Understanding Compassion Fatigue

“Forget your perfect offering. There is a crack in everything. That’s how the light gets in....”

-Leonard Cohen



***We are hard
wired for
connection.***

***Connection is
what gives
meaning to our
lives.***

Brené Brown

Brain Dump

***Take 2 minutes to
dump everything
that is on your
mind on a post it
note.***





Permission Slips

Permission slips are a great way to start building trust in a group and to start container building. It is a helpful tool to identify what might get in your way of learning and practicing new ways of showing up.

What do you need to give yourself permission to do, feel, or not do to show up?

Sometimes the first step in getting started is giving ourselves permission.

Maybe you need to give yourself permission to:

- **Stay open minded**
- **Give yourself the time you need**
- **Make a list of questions**
- **Be a learner not a knower**



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Gratitude



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Resources

Books:

SMART with Dr. Sood
The Resilience Journal

Websites:

Resiliencetrainer.com
Resilientoption.com



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The image features a central rectangular area with a light beige, textured paper-like background. This area is set against a backdrop of vibrant green palm fronds, which are slightly out of focus. The text 'MINDFUL PRESENCE' is centered within the paper area in a bold, dark green, sans-serif font. The words are stacked vertically, with 'MINDFUL' on the top line and 'PRESENCE' on the bottom line.

**MINDFUL
PRESENCE**

Life = Experiences

An experience = Attention + Interpretation



**"If I can influence my attention and interpretations,
I can change my experiences, which in turn can
change my life."**

-Dr. Sood



With mindful noticing, you exercise greater choice in what fills your sensory experience.



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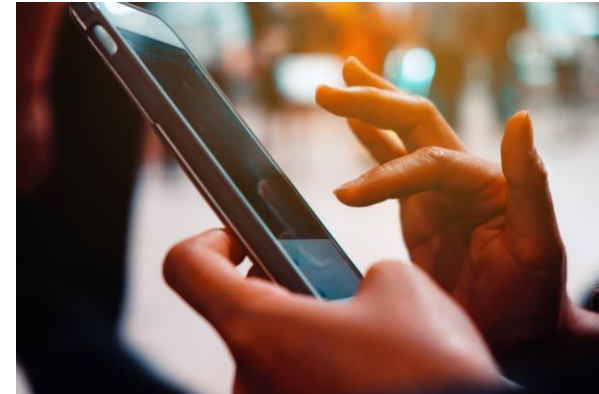
Three Domains of Attention



World



Mind



Smartphone



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CORE PRACTICE #1

TWO-MINUTE RULE

Give two minutes of undivided attention to at least one person each day who deserves that attention but isn't presently getting it.

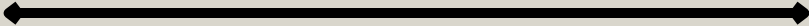




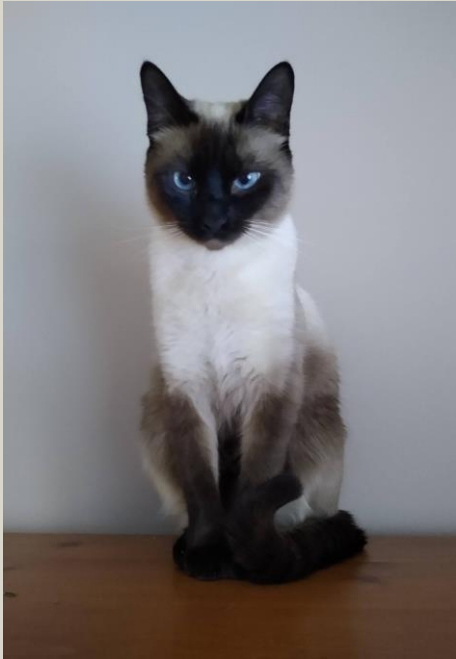
Desmond



Love



Oliver







The Two-Minute Rule at Home:



1. Look at the color of their eyes
2. Physical proximity
3. Remind them that you care about them
4. Use humor
5. Use warm words
6. Do not try and improve anyone

Remember: Your happiness travels 3 degrees of separation.

Two-Minute Rule in your Work Setting

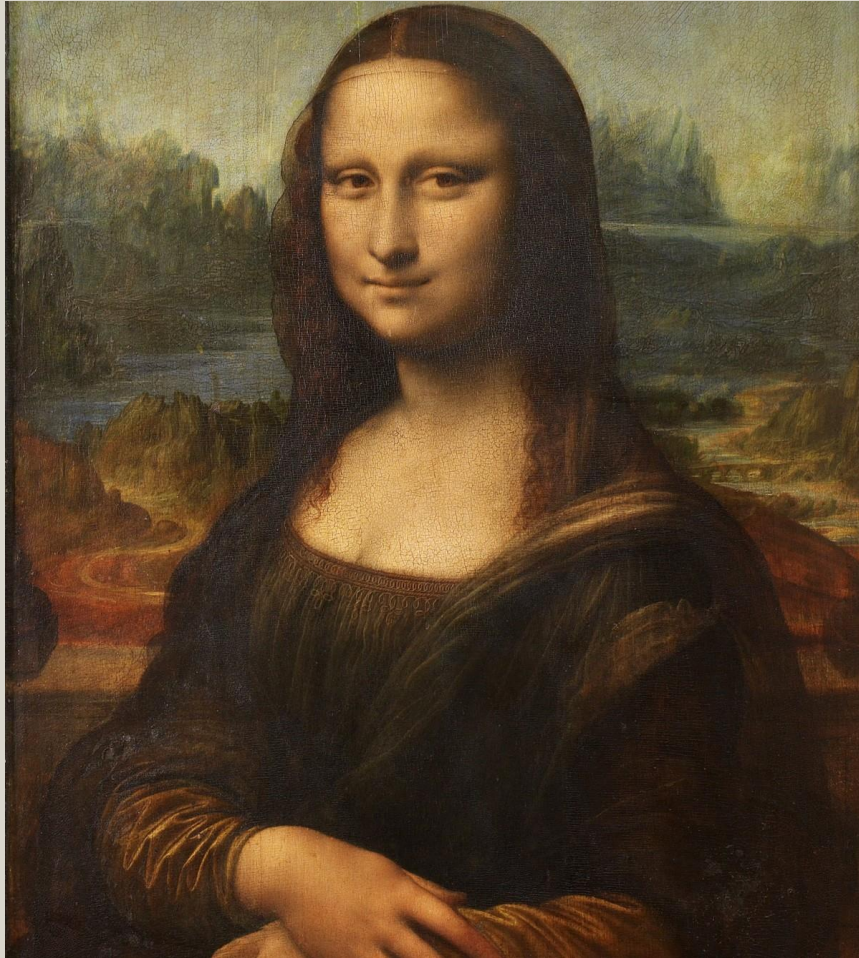
- Genuinely like others
- Minimize judgments
- Help others feel worthy



Core Practice #2

CURIOUS MOMENTS





ATTENTION

INTERPRETATION







Kindness

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Evolutionary Predisposition



***Emotional
Literacy =***

***Self Compassion
+
Compassion for
Others +***

***Self Awareness +
Awareness of
Others***



“Emotional literacy is the foundation of resilience, empathy, compassion and self-awareness.”

Brené Brown



Emotional literacy is being able to feel – being able to recognize, name, and understand our feelings. Our feelings affect everything from learning, our ability to pay attention, decision making, our relationships, physical and mental health, and our performance and creativity.

Dr. Marc Brackett

The magic happens when we recognize the connection between empathy and emotional literacy to create healing and hope for all.



A gift wrapped in brown paper with a red ribbon, sitting on a wooden surface. The gift is wrapped in a simple, rectangular style with a large red ribbon bow on top. The background is a light-colored wooden surface with visible grain. The text 'Kind Attention Practice' is overlaid on the right side of the image in a white, bold, sans-serif font.

***Kind
Attention
Practice***

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Kind Attention Walk



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**Toxic
News**



**Prolonged
Sitting**



**Mindless
Multitasking**





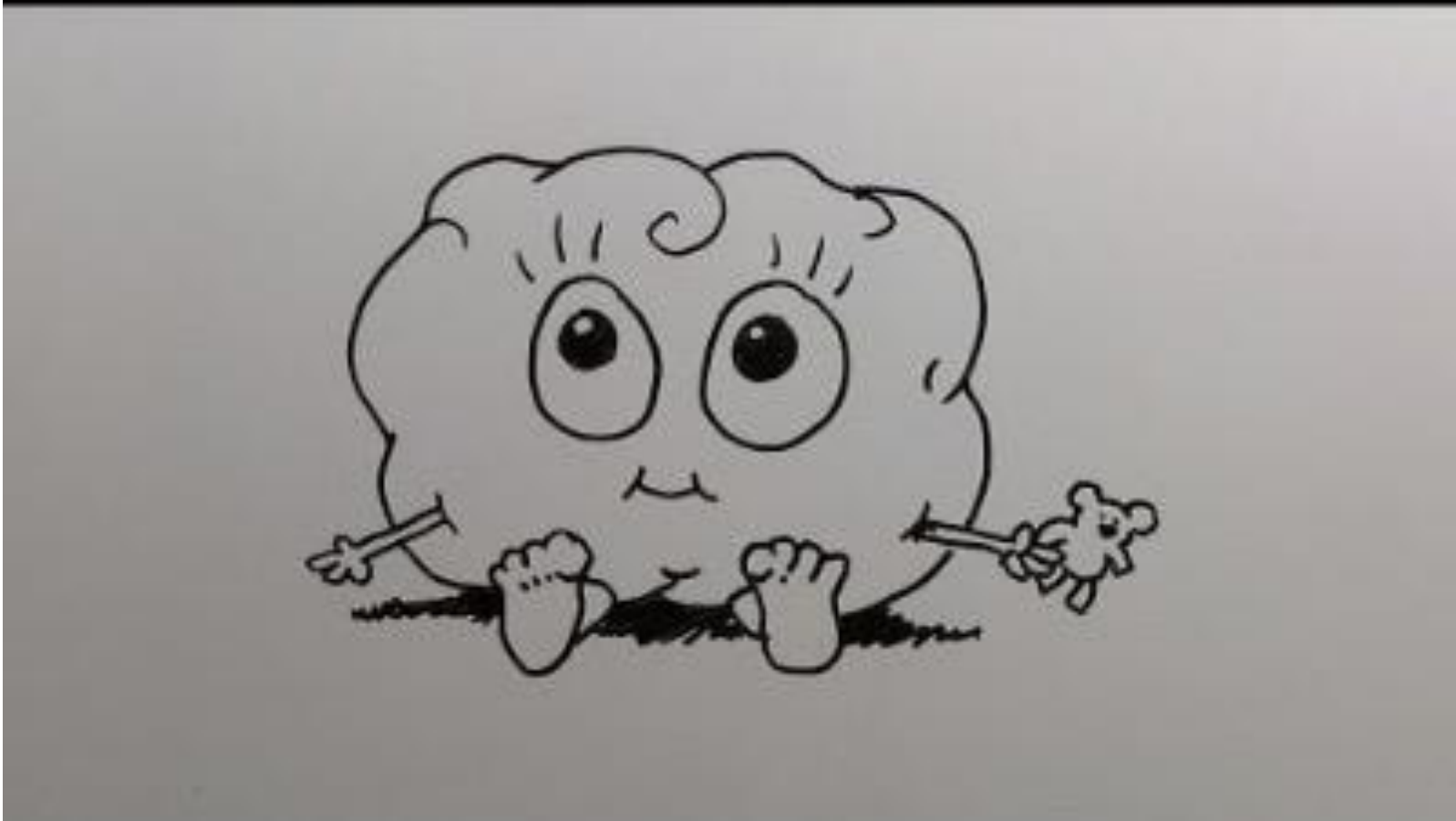


Self- Kindness

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With self-compassion, we give ourselves the same kindness and care we'd give to a good friend.



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Three Elements of Self-Compassion

- 1. Self-kindness Vs. Self-judgment**
- 2. Common Humanity vs. Isolation**
- 3. Mindfulness Over Identification**



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Dr. Kristen Neff's Self-Compassion Scale



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Self-Compassion Score Interpretations

Self-Kindness: 4.20n
Self-Judgment: 2.00n
Common Humanity: 4.50n
Isolation: 1.00n
Mindfulness: 4.50n
Over-Identification: 3.50n
Overall score: 4.12

Score interpretations:

Average overall self-compassion scores tend to be around 3.0 on the 1-5 scale, so you can interpret your overall score accordingly.

As a rough guide, a score of 1-2.5 for your overall self-compassion score indicates you are low in self-compassion, 2.5-3.5 indicates you are moderate, and 3.5-5.0 means you are high.

Remember that higher scores for the Self-Judgment, Isolation, and Over-Identification subscales indicate less self-compassion, while lower scores on these dimensions are indicative of more self-compassion (these subscales are automatically reverse-coded when your overall self-compassion score is calculated.)



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Self-Compassion Guided Practices & Exercises



Compassion with Equanimity (Download). [Audio - 6 minutes]
Soles of the Feet (Download). [Audio - 5 minutes]
Tender Self-Compassion Break (Download). [Audio - 5 minutes]
Motivating Self-Compassion Break (Download). [Audio - 7 minutes]
Providing Self-Compassion Break (Download). [Audio - 7 minutes]
Balancing Yin and Yang (Download). [Audio - 13 minutes]
Protective Self-Compassion Break (Download). [Audio - 8 minutes]
Fierce Friend (Download). [Audio - 15 minutes]
Self-Compassion for Caregivers [Video - 9 minutes]
Compassionate Friend (Download) [18 minutes]
Giving and Receiving Compassion (Download). [20 minutes]
Affectionate Breathing (Download) [21 minutes]
Compassionate Body Scan (Download) [24 minutes]
Loving-Kindness Meditation (Download) [20 minutes]
Self-Compassion/Loving-Kindness Meditation (Download) [20 minutes]
Noting Your Emotions (Download) [18 minutes]
Soften, soothe, allow: Working with emotions in the body (Download) [15 minutes]
General Self-Compassion Break (Download) [5 minutes]



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***Talk to
yourself like you
would talk to
someone that you
love.***

Brené Brown

***“In the past,
jobs were about
muscles,
now they’re about
brains,
but in the future,
they’ll be about the
heart.”***

Minouche Shafik



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