THE RESILIENCE TOOLKIT: tools to decrease stress & increase resilience

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AGENDA

01

RESILIENCE & PHASED TRAUMA HEALING

02

THE RESILIENCE TOOLKIT FRAMEWORK

03

PRACTICING THE RESILIENCE TOOLKIT

01 RESILIENCE

01 RESILIENCE

- **Qualities**
  - **Strength + flexibility**
- **Types**
  - **Recovery**
  - **Bounce forward**
  - **Transform conditions of adversity**

01 RESILIENCE

- **Qualities**
  - **Strength + flexibility**

PHASED TRAUMA TREATMENT

- Stabilization and resourcing
- Addressing the trauma narrative
- Integration and rebuilding a new life

02 THE RESILIENCE TOOLKIT FRAMEWORK

Stabilize & resource to develop deep, expansive resilience
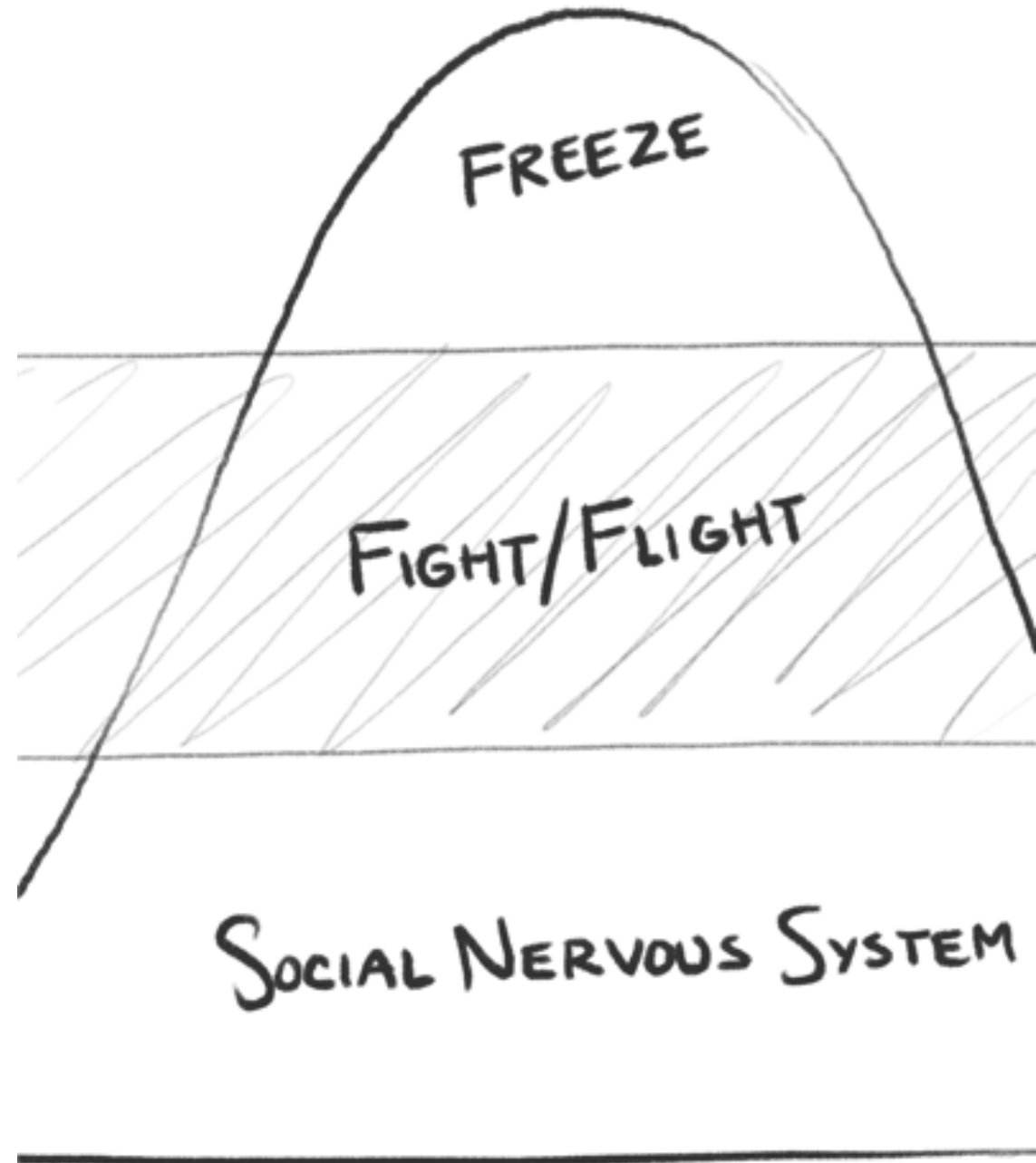
THE RESILIENCE TOOLKIT FRAMEWORK

- **Self-awareness of stress and relaxation**
- **Use social ecology to appraise stress response**
- **Brief mindfulness and movement regulatory strategies**
- **Behavior change theory to support habit development**

03 PRACTICING THE RESILIENCE TOOLKIT

3-TIER STRESS-TRAUMA CYCLE

FREEZE

Fight/Flight

Social Nervous System

SOCIAL NERVOUS SYSTEM

FIGHT/FLIGHT

GROUNDING

Checking in mentally, emotionally, physically

SETTLING BREATH

Longer exhale than inhale

FREEZE

RESOURCING

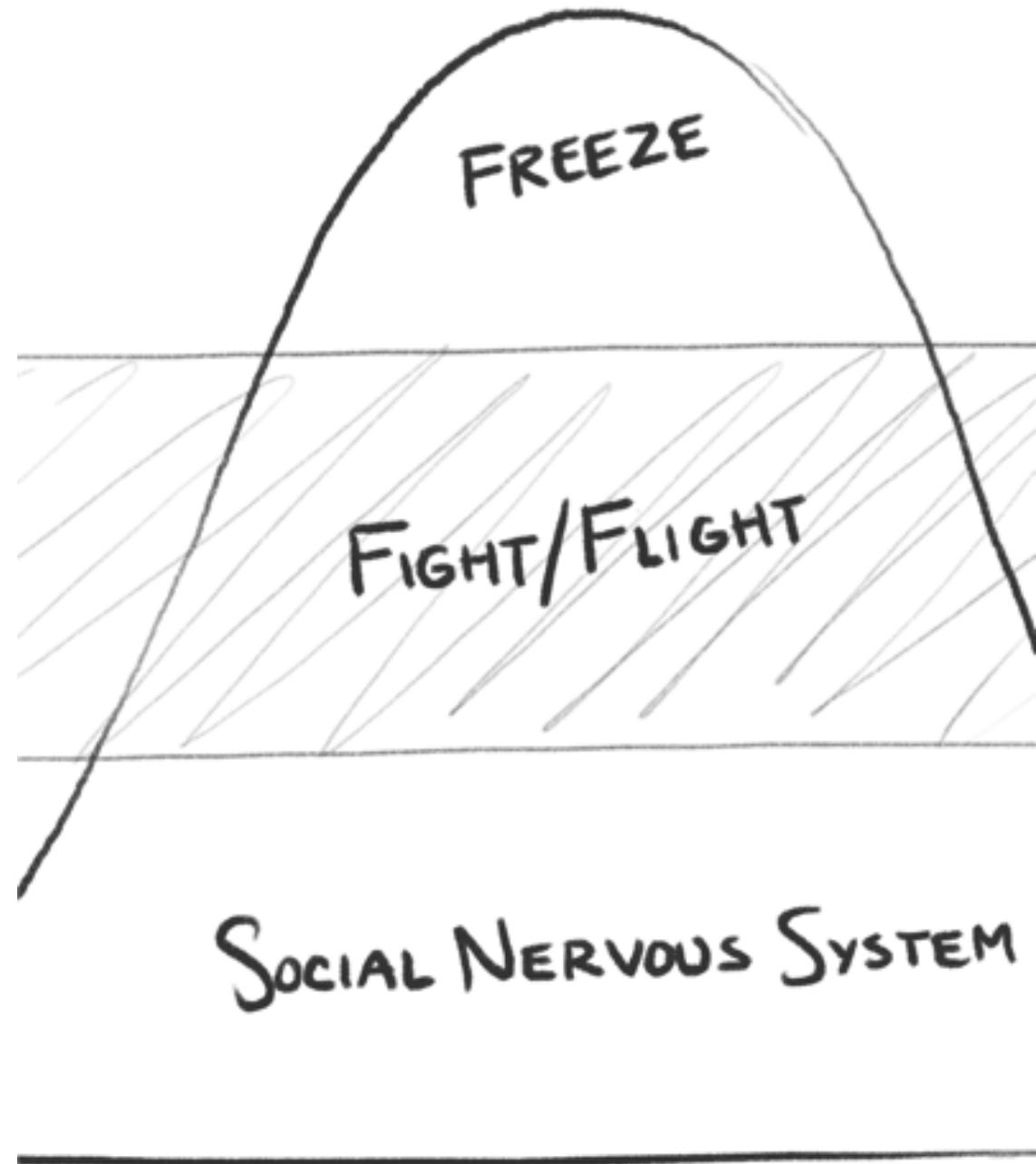**Focus on most positive body sensation**

BUTTERFLY HUG

Cross hands on chest, alternate tapping

3-TIER STRESS-TRAUMA CYCLE

FREEZE

FIGHT/FLIGHT

SOCIAL NERVOUS SYSTEM

THERAPEUTIC TREMOR CONTEXT

- **Physiologic down-regulation**
- **Traditional healing and spiritual use**

THERAPEUTIC TREMOR BENEFITS

- **Physically accessible**
- **Economical**
- **Cross-culturally adaptive**

THERAPEUTIC TREMOR EVIDENCE

- **Significant decrease anxiety, burnout, trauma symptoms**
- **Significant increased well being, quality of life**
- **Copious positive anecdotal reporting**

THERAPEUTIC TREMOR AROUND THE WORLD

Nepal
South Africa
Colombia

The Resilience Toolkit is

A trauma-informed approach to embodied self-awareness and self-regulation for any transformative work - especially trauma healing

CONTACT

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For more info and references:
www.theresiliencetoolkit.co