Integrative (

Fostering Resilience



Root Causes of Distress

Lack of control

Lack of predictability

Demand- resource imbalance

Lack of purpose/meaning

Lack of social supports/isolation



Survival Mode

 80% of an average person's day is spent with a wandering mind





The Downward Spiral



Imagination

Rumination

Kernel of negative memory or fear

Avoidant response













Fatigue

Insert vices

Vow that tomorrow will be different

Repeat cycle



What happens when we're stressed

- 1. Feeling out of control reduces prefrontal cortex activity
- Prefrontal cortex circuits disconnect even with minor decisions
- 3. Dendrites (cell communicators) atrophy & die
- 4. Boosting Fight-Flight-Freeze response
- 5. Breath moves to chest, mouth gets dry, eyeballs dilate
- 6. Adrenaline & cortisol are released
- 7. Posture changes
- 8. Higher blood pressure creates turbulence on blood vessel walls, sweating occurs
- 9. Creates breakage, scar tissue, plague then INFLAMMATION– aka chronic stress = chronic disease
- 10.Stress strengthens HABITS, like cravings (self- medication) & makes us more emotional, & rigid



Image source psypost.org



Stress alters our genes

Reduced expression of genes linked to-

- inflammatory response

- stress related pathways

Enhanced expression of genes associated with-

- energy metabolism
- mitochondrial function
- insulin secretion
- telomere maintenance

(Bhasin MK et al. 2013)



Your cells are listening to your thoughts







Our Bodies are our Greatest Teachers

Dr. Amy Cuddy, Harvard Medical School



Individual Practices



Express Appreciation







Demonstrate Compassion



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Find Novelty







First 3 Minutes





How we Respond to Stress Impacts our Relationships

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We have .25 seconds to decide how to respond when a stressful trigger occurs







When you are calm, you can

- Reduce student office referrals Increase student readiness for learning Enhance student decision making
- Strengthen empathy Build trust and connection
- Lower your own health risks

Foster a culture of resilience



The language of the brainstem is Sensations



Change happens at the speed of trust





The language of the limbic system is Feelings



Validate emotions



Image source psypost.org

The language of the prefrontal cortex is Words







Image source psypost.org

Summary

- We spend up to 80% of our day in the stress response
- We can manage this stress by making some simple changes
- How we respond to our own stress, directly impacts our students' stress
- When we respond to student stress with calm and compassion, we foster resilience

Be the Teacher that Makes A Difference





Teaching...

"...tugs at the heart, opens the heart, even breaks the heart- and the more one loves teaching, the more heartbreaking it can be. The courage to teach is the courage to keep one's heart open for the questions & the mystery" – Parker Palmer





Globel Crisis Calis for a Re-Envisioning of Our Educational Systems





Excellent Resources







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In appreciation and honor of Jeremy Bullock





What we do best

- At Integrative Re-Sources, LLC We strengthen professional capacity to lead with compassion
- We do this by building frameworks & conversation tools based on the science of compassion to support our humanity in business
- Our vision is for mental wellbeing to be valued in work & in community



Discussion Questions

- Share with your neighbor, one new item you learned from today's session
- What information from this presentation resonated with you?
- Share one resilience practice you already do with your students. 27
- What is one new action you would like to try with your students?



Kami Norland MA, ATR, CEO

Integrative Re-Sources, LLC kami@resiliencysource.org www.resiliencysource.org St. Paul, Minnesota USA



Strengthening Professional Capacity to lead with Compassion

