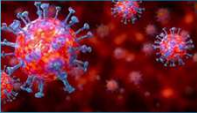


CORONA: FROM SURVIVE TO THRIVE

- What have we had so far??
 - Quarantine
 - Lockdown
 - No (or few) visits from children or grandchildren
 - No nights out
 - No (or few) weddings/bar/bat mitzvas
 - No shul – outdoor minyanim
 - Lockdown II




REDISCOVERING RESILIENCE DURING LOCKDOWN II

NAOMI L. BAUM, PH.D.
EFRAT
SEPTEMBER, 2020


HOW HAS CORONA AFFECTED US?

- Uncertainty – Anxiety
- Fear
- Lack of Control
- Too much family/kid time
- Loneliness
- Lack of purpose – Lack of activity



WHAT ARE MY CURRENT CHALLENGES BECAUSE OF CORONA?


- www.menti.com
- Code: 41012



What is my level of stress?

1 2 3 4 5 6 7 8 9 10

NO STRESS HI STRESS



THE CONTINUUM OF STRESS & TRAUMA

SOMETHING HAPPENS

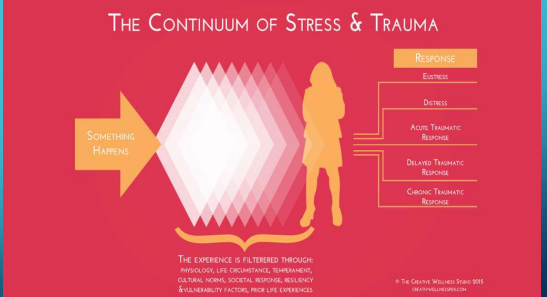
RESPONSE

- Eustress
- Distress
- Acute Traumatic Response
- Delayed Traumatic Response
- Chronic Traumatic Response

THE EXPERIENCE IS FILTERED THROUGH: PHYSIOLOGICAL, LIFE EXPERIENCE, TEMPERAMENT, CULTURAL, NORMAL, SOCIETAL RESPONSE, RESILIENCE & VULNERABILITY FACTORS, PRIOR LIFE EXPERIENCES

© The Center for Wellness Studies 2015
www.wellnesscenter.com

STRESS – TRAUMA CONTINUUM



What is my level of stress?

1 2 3 4 5 6 7 8 9 10

NO STRESS HI STRESS



CHARACTERISTICS OF RESILIENCE

- Bouncing back-bouncing forward?
- Elasticity-flexibility
- Positive adaptation
- Long term
- Stamina
- Strength

ASSUMPTIONS

- Most people are resilient
- Many will experience symptoms and/or reactions
- Most will recover without need for professional help
- We can help ourselves with simple self care techniques

WHAT IS SELF-COMPASSION?

Mindfulness

Self-compassion involves recognising when we're stressed or struggling without being judgmental or over-reacting.

Self-Kindness

Being supportive and understanding towards ourselves when we're having a hard time, rather than being harshly self-critical.

Connectedness

Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!

SO TODAY...IN ALL THIS CONFUSION.....NOW WHAT??

- This time may be the most difficult of all
- What can help?
 - Flexibility
 - Perspective
 - Humor
 - Self-Compassion
 - Compassion to to others – go easy!

ONE MINUTE OF MINDFULNESS

Mind Full, or Mindful?

BE KIND to YOURSELF

by KRISTIN NEFF

RESEARCH AND MORE RESEARCH

self-compassion

HAPPY LIFE

SELF-COMPASSION A SOURCE OF STRENGTH and RESILIENCE

- 1 SELF KINDNESS
WE ARE AS CARING TOWARD OURSELVES AS WE ARE TOWARD OTHERS
- 2 RECOGNIZING OUR COMMON HUMANITY
PAIN
MOMENT OF CONNECTION WITH OTHERS
SHARED HUMAN
- 3 MINDFULNESS
BEING OPEN TO THE REALITY OF THE PRESENT MOMENT
YOU ARE HERE
ACKNOWLEDGE OUR SUFFERING WITHOUT EXAGGERATING IT

STUDIES ON THE EFFECTIVENESS OF GRATITUDE

- Gratitude correlated with:
 - Feelings of greater happiness
 - More positive emotions
 - Better health
 - Better relationships
 - Ability to deal with adversity
- Names associated with this research: Seligman, Emmons, McCullough

THE KEYS OF SELF-COMPASSION

- Turning off the inner critic
- Awareness that I am going through a difficult time
- Mobilizing soothing and caretaking for my self
 - Breathing
 - Time out
 - Think about how you would support a friend in distress, and turn that inwards

TAKEAWAY: GRATITUDE MEDITATION

- Write down 5 things that you are grateful for. They can be both big things and small things.
- Do this every day for a week.
- Notice how you feel after completing the writing assignment, each time.

GRATITUDE - WRITING EXERCISE

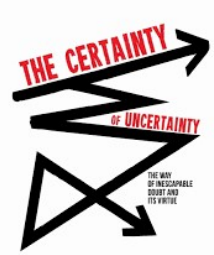
- Research on gratitude
- Exercise: Write three things you are grateful for right now

ABC'S OF RESILIENCE

Awareness	Balance	Connection
<ul style="list-style-type: none"> Take a second to be in the moment Being in touch with your body- any aches or pains? Being in touch with your soul- thoughts or emotions? What are my boundaries? What do I need? 	<ul style="list-style-type: none"> Prioritize "Must do" vs. Want to do Mind-body techniques to create a balance Form a routine "Now me;" take time for yourself too Self- compassion- don't judge yourself too hard 	<ul style="list-style-type: none"> Meaningful relationships Connect to things you like to do Find satisfaction/meaning Successful experiences Re-connect with yourself Hope as a transformative strength for the present

THE KEYS TO COPING IN THESE TIMES:

- Organization-a daily plan/a weekly plan
- Creating certainty within the uncertainty
- Getting reliable information- but not overdosing
- Finding Meaning




EXERCISE

Summary : What Builds Resilience?




*Dear GOD,
Thank you
for not
letting cats
fly...*

PRAYER



FRIENDS

