

Fostering Resilience Through Relationships



Kim Barthel, OTR
April 23, 2020

Resilience



Copyright - All Rights Reserved by Relationship Matters

Resilience:

“an ability to recover from or adjust easily
misfortune or change.”

-Miriam Webster Dictionary

Relationship Matters™

What Will We Review Today?

- What is resilience?
- The biology of resilience
- Safety as a factor of resilience
- Stress, Shame and the impact upon resilience and learning
- The connection between attachment, relationship and resilience
- Building resilience in ourselves and building our resilience in our learners

Relationship Matters™

What is Resilience

- Resilience is the process of adapting in the face of adversity, trauma, tragedy, threats, or even significant sources of stress -- such as family and relationship problems, serious health problems, or workplace/ learning place stress, financial stressors and now a pandemic.
- It means "bouncing back" from difficult experiences.



Relationship Matters™

Biology of Resilience



<https://exploringyourmind.com/neurobiology-of-resilience/>

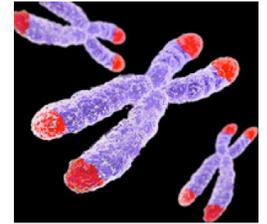
Relationship Matters™

Telomeres

Telomeres are like the plastic tips on shoelaces preventing the chromosome ends from fraying and sticking to each other, which would scramble an organism's genetic information to cause cancer, other diseases, or even death.



Dr. Elizabeth Blackburn



Blackburn, E., & Epel, E. (2017). *The telomere effect: a revolutionary approach to living younger, healthier, longer*. Hachette UK.

Relationship Matters™

Move

“Movement has many positive effects, including the emission of dopamine - that wonderful neurotransmitter that helps us experience a sense of well-being.”

Physical activity stimulates all kinds of neural circuits that help our brain and bring loads of benefits, including:

- Improved memory
- Easing of depression
- Improved cognitive ability and problem solving
- Release of neurotransmitters that alleviate both physical and mental pain
- Enhanced neurogenesis, or the creation of new neurons in the brain

(Hawn & Holden, 2012)

Relationship Matters™

Moving Increases Dopamine and BDNF



Relationship Matters™

Sleep



Relationship Matters™

Mindfulness



Similarity Between Attachment and Mindfulness

- The same part of the prefrontal cortex is activated in two conditions: when there is a loving, present and connected relationship between two people, and when there is mindfulness practice in meditation.
- This brain part is responsible for self-regulation, attention span, impulse control and social engagement.



Relationship Matters™

The Role of Nature in Resilience



Relationship Matters™

Increase the Capacity for People to Feel Safe



Relationship Matters

Attunement

- Ensure that interactions with children are intentional, responsive and 'tuned in' to them as individuals.
- Support families where secure attachments may be at risk and work with them to create strong secondary attachments in the setting for the child.



Relationship Matters

Signs of Stress

- Watch for averted or fixed gaze
- Dramatic colour changes (ears)
- Gagging, coughing, yawning, sighing, restlessness, crying
- Hyperalert states
- Diffuse motor activity

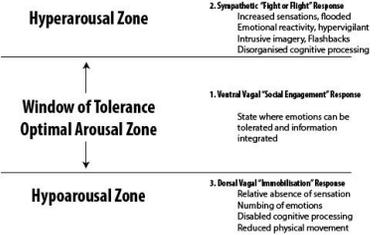


Relationship Matters

Stress within the Window of Tolerance Facilitates Learning

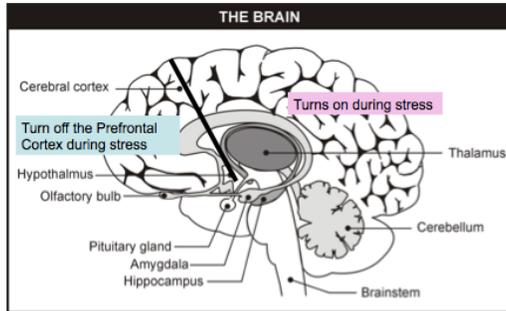
A stressful stimulus can be motivating if the person is still within their window of tolerance.

Window of Tolerance



Adapted from Ogden, Minton, & Paiv, 2006, p. 27, 32; Corrigan, Fisher & Nutt, 2010, p. 2

Relationship Matters™



When You Are Stressed You Can't Learn

Turning off prefrontal cortical control of behavior during stress may have survival value, but make us more vulnerable to neuropsychiatric illness.

Self-Regulation Develops Through Attachment Relationships



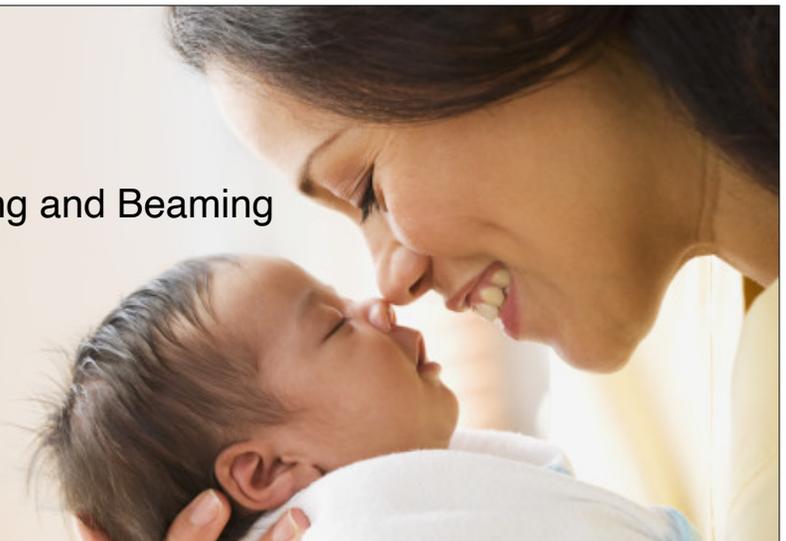
Secure attachment is the foundation of resilience.

Putting your Mind in the Mind of the Other



Secure attachment is the foundation of resilience.

Gleaming and Beaming





Co-Regulation Through Relationship

Relationship Matters™



Creating Resilience Virtually Relationship Matters™

Relentless Positivity

You cannot let go of a coping strategy until you have something to replace it with.



Relationship Matters™

Self-Regulation



Relationship Matters™

The Healing Power of Holding Space

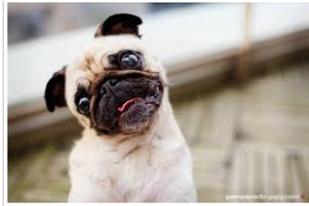


Relationship Matters™

There's a Micro Expression for **Compassion** - It Helps Regulate Yourself and Others



- soften and open eyes
- lean to the right
- genuinely care about the other



Relationship Matters™

Healing is Being in Alignment With What Is



Relationship Matters™

References

Blackburn, E., & Epel, E. (2017). *The telomere effect: a revolutionary approach to living younger, healthier, longer*. Hachette UK.

Dawson, G., Frey, K., Panagiotides, H., Yamada, E., Hessler, D., & Osterling, J. (1999). *Infants of depressed mothers exhibit atypical frontal electrical brain activity during interactions with mother and with a familiar, nondepressed adult*. *Child Development*, 70(5), 1058-1066.

Fredrickson, B. L. (2013). *Love 2.0: Finding happiness and health in moments of connection*. Penguin.

Graham, L. (2013). *Bouncing back: Rewiring your brain for maximum resilience and well-being*. New World Library.

Relationship Matters™

Hawn, G., & Holden, W. (2012). *10 Mindful Minutes: Giving Our Children--And Ourselves--the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happy Lives*. Penguin.

Healing Moments in Psychotherapy (Norton Series on Interpersonal Neurobiology). WW Norton & Company.

McGonigal, K. (2016). *The upside of stress: Why stress is good for you, and how to get good at it*. Penguin. Siegel, D. J., & Solomon, M. (Eds.). (2013).

Sunderland, M. (2016). *The Science of Parenting: How today's brain research can help you raise happy, emotionally balanced children*. Penguin.

Walker, M. (2017). *Why we sleep: Unlocking the power of sleep and dreams*. Simon and Schuster.

Relationship Matters™

Thank you!

www.kimbarthel.ca

Twitter: @kimbarthelotr

Facebook: Kimberly Barthel



Supporting the conscious evolution of the human spirit