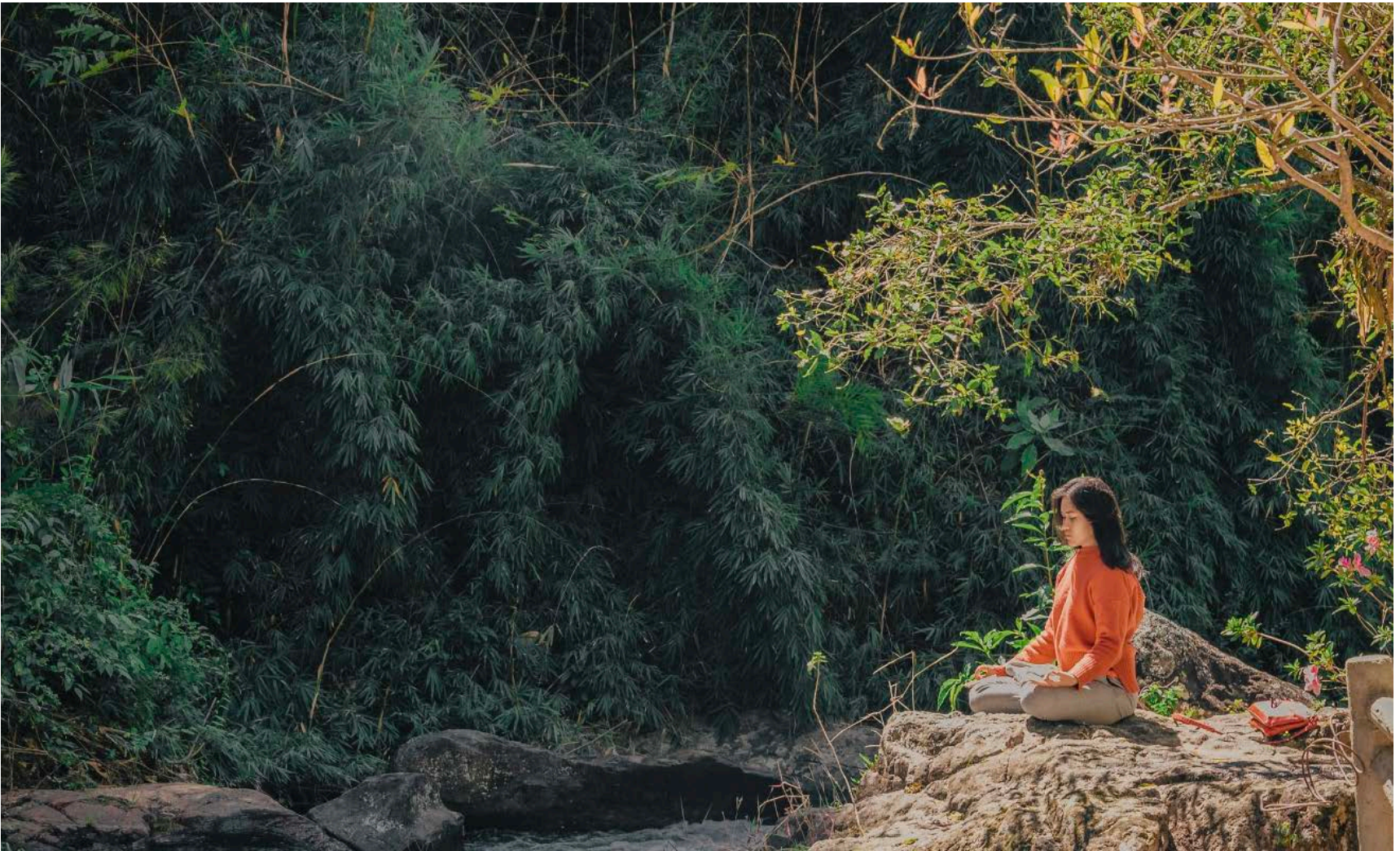




Resilience: Finding our way back to ourselves and one another

Susan Beaulieu: Tribal Community Facilitator
(American Indian Resource and Resiliency Team)



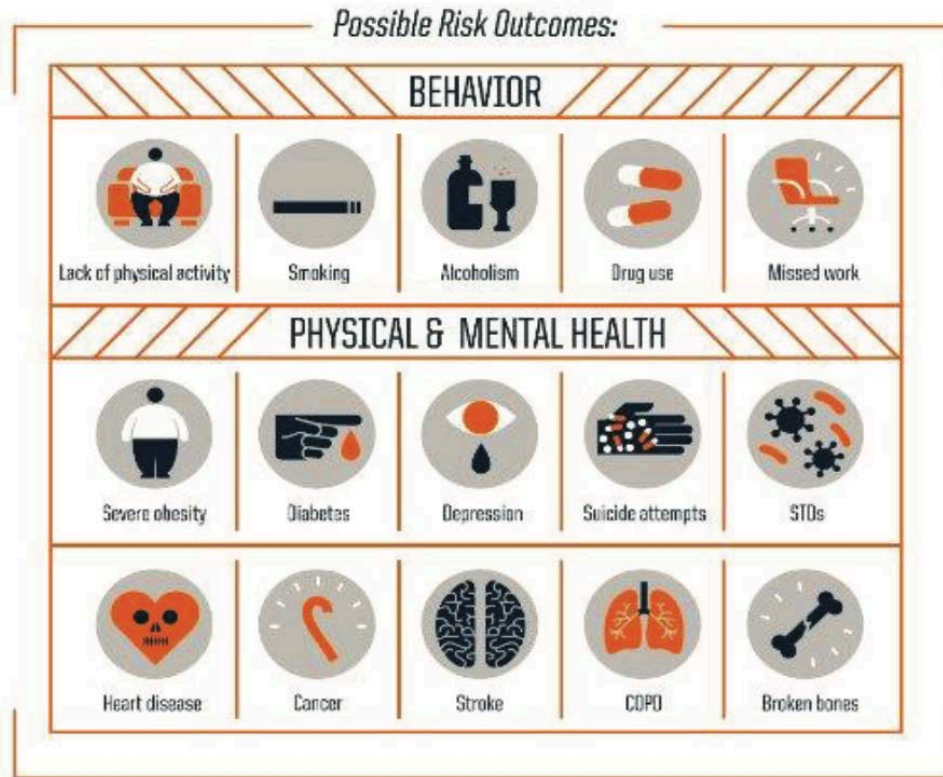
Soft Belly

SESSION OVERVIEW

- Review ACES & ANS
- Trauma and neurodevelopment
- Resilience: resetting the ANS
- Individual capabilities
 - Emotions
 - Triggers
- Attachment & Belonging
- Community, Culture & Spirituality



ACE ATTRIBUTABLE PROBLEMS



rwjf.org/vulnerablepopulations

Robert Wood Johnson Foundation

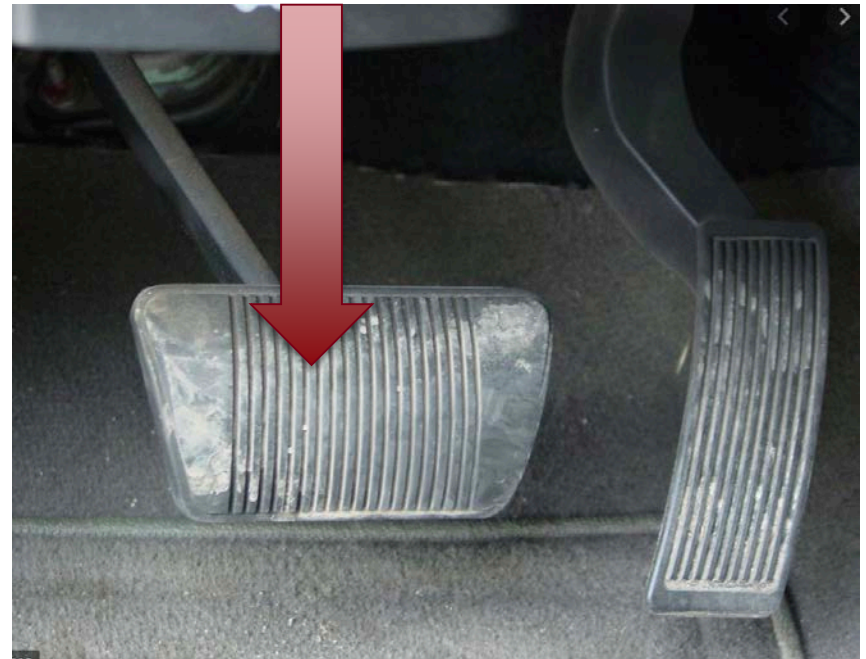
*Source: <http://www.cdc.gov/ace/prevalence.htm>

AUTONOMIC NERVOUS SYSTEM (ANS)

Sympathetic Nervous System (SNS)



Parasympathetic Nervous System



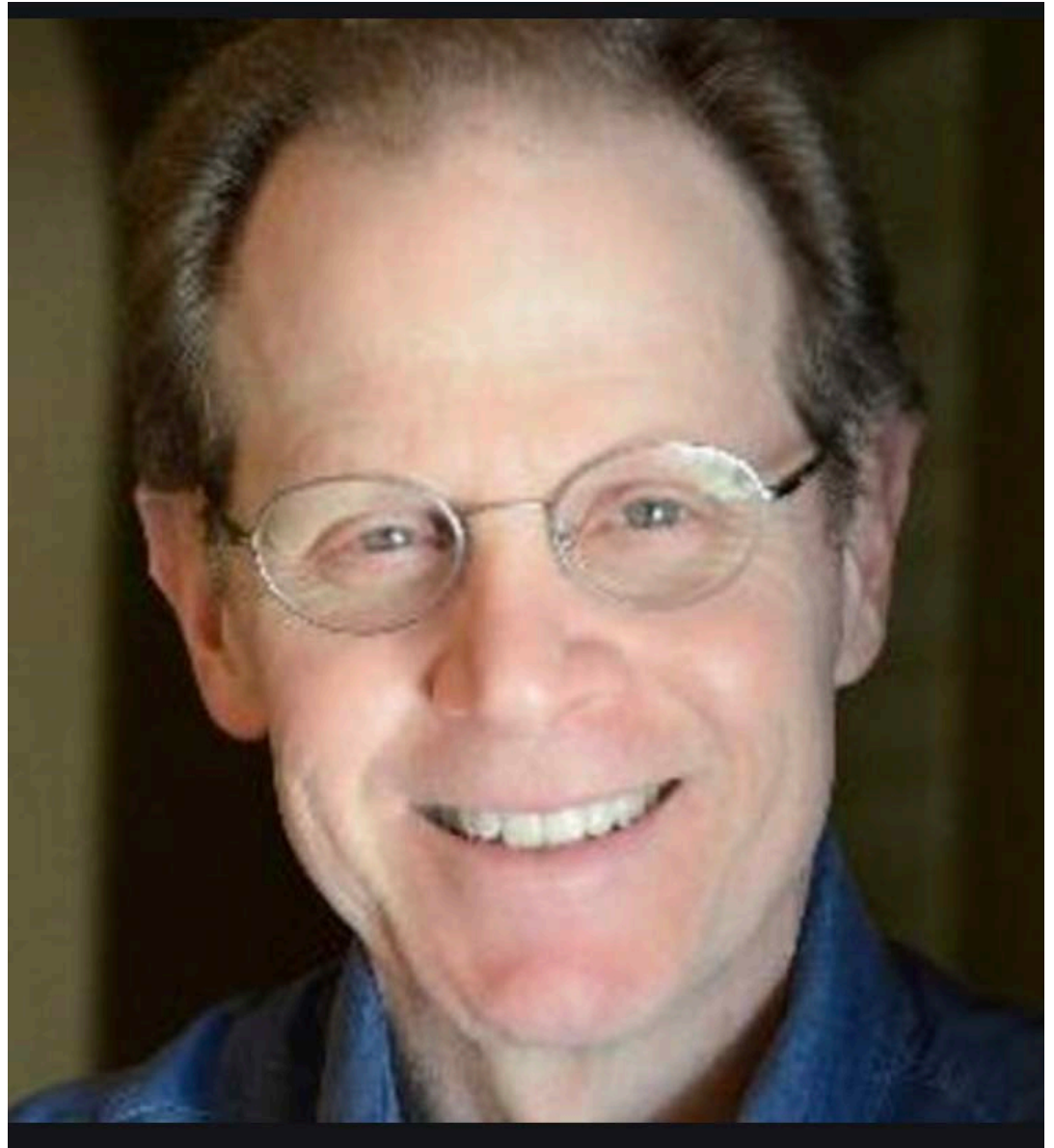
STRESS RESPONSE

- FIGHT
- FLEE
- FREEZE
- FAINT



HANDY MODEL OF THE BRAIN

Dr. Daniel Siegel



RESETTING THE “ANS”

Creating new pathways
and patterns for
thriving!



TOOLS TO REGULATE/ORGANIZE THE BRAIN

- DRUMMING
- MUSICAL INSTRUMENTS
- SINGING/CHANTING
- DANCING
- SWAYING
- LISTENING TO LIVE MUSIC
- RUNNING/WALKING
- MEDITATIVE BREATHING
- YOGA
- TAI CHI & QI GONG
- SWINGING
- MASSAGE
- EQUINE GROOMING/RIDING
- NEUROBIOFEEDBACK & BIOFEEDBACK

Individual Capabilities

Attachment & Belonging

Community/Culture/Spirituality

Core protective systems-ACE Interface

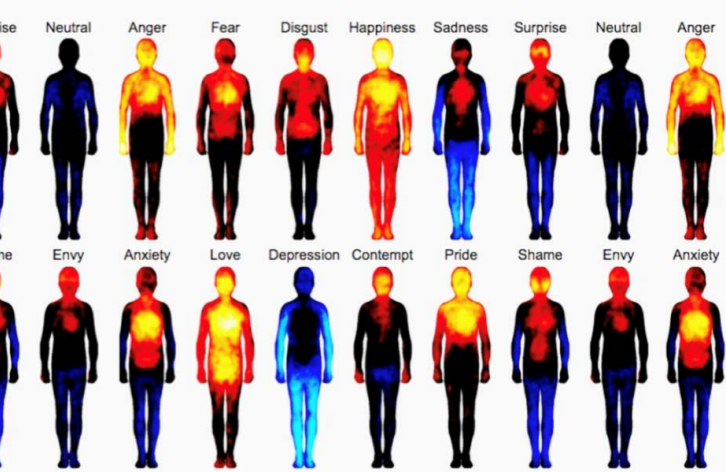
INDIVIDUAL CAPABILITIES

- Positive View
- Self-Efficacy
- Self-Regulation

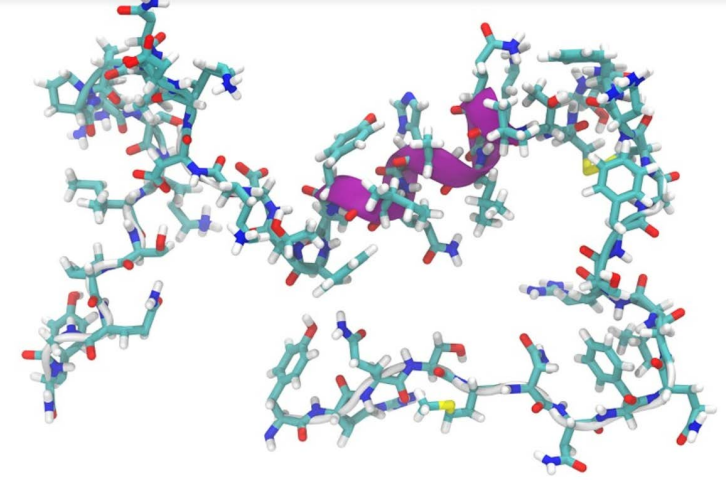




Emotions...learning to ride the wave



EMOTIONS ARE...



NUMMENMAA, GLERAN, HARI, HIETANEN, 2013



- Where our “work” is
- Get curious!
- Self- compassion

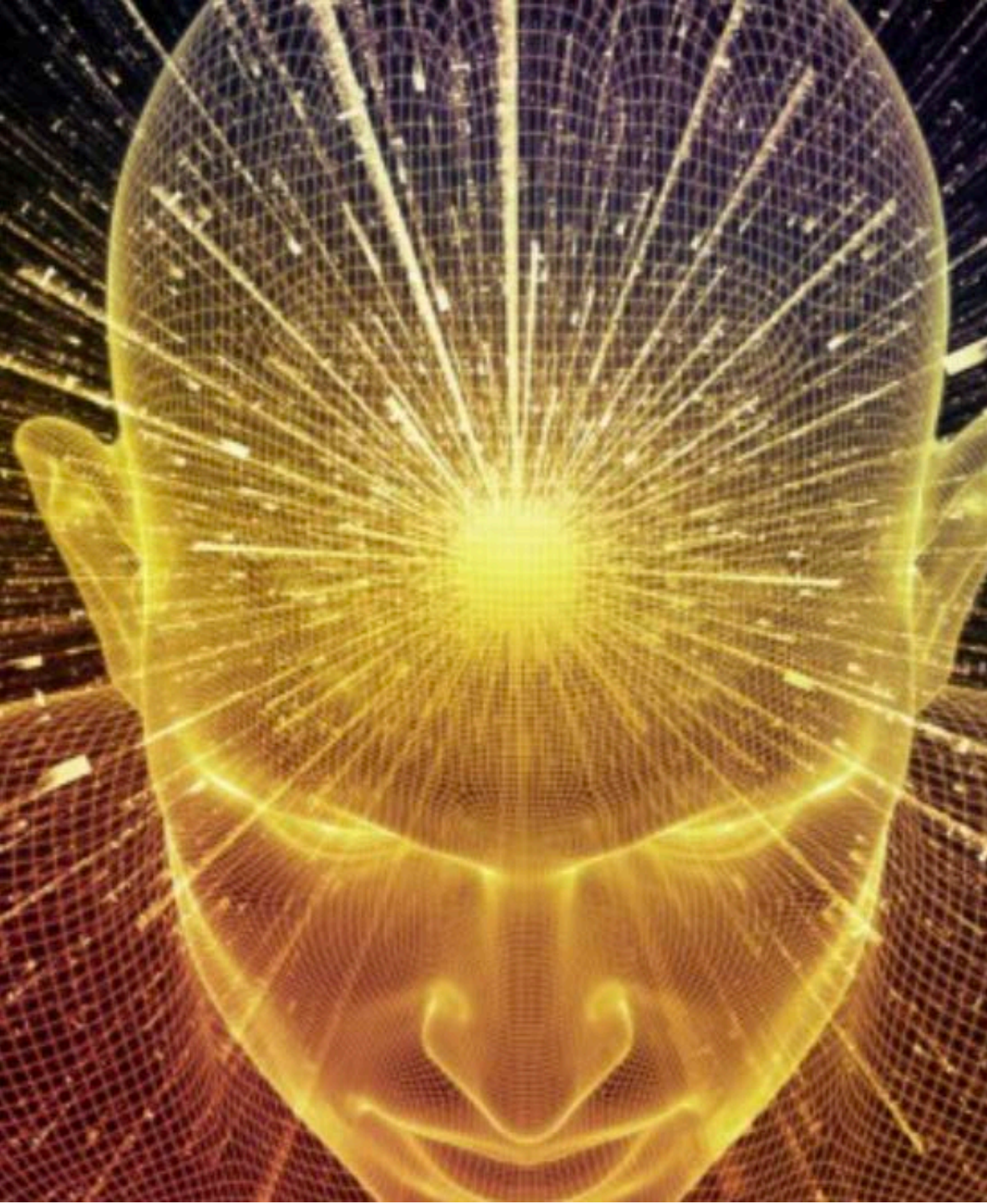
<https://experiencelife.com/article/3-healthier-stress-responses/>

ATTACHMENT & BELONGING



COMMUNITY, CULTURE & SPIRITUALITY





**CHANGE
REQUIRES
CONSCIOUSNESS**





BODY SCAN



UNIVERSITY OF MINNESOTA EXTENSION

Driven to DiscoverSM

MIIGWECH!

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REFERENCES

- ACE Interface
- Center for Mind Body Medicine
- *Dr. Bruce Perry*
- *Dr. Daniel Siegel*
- *Dr. Gabor Maté*