

Domains of Resilience

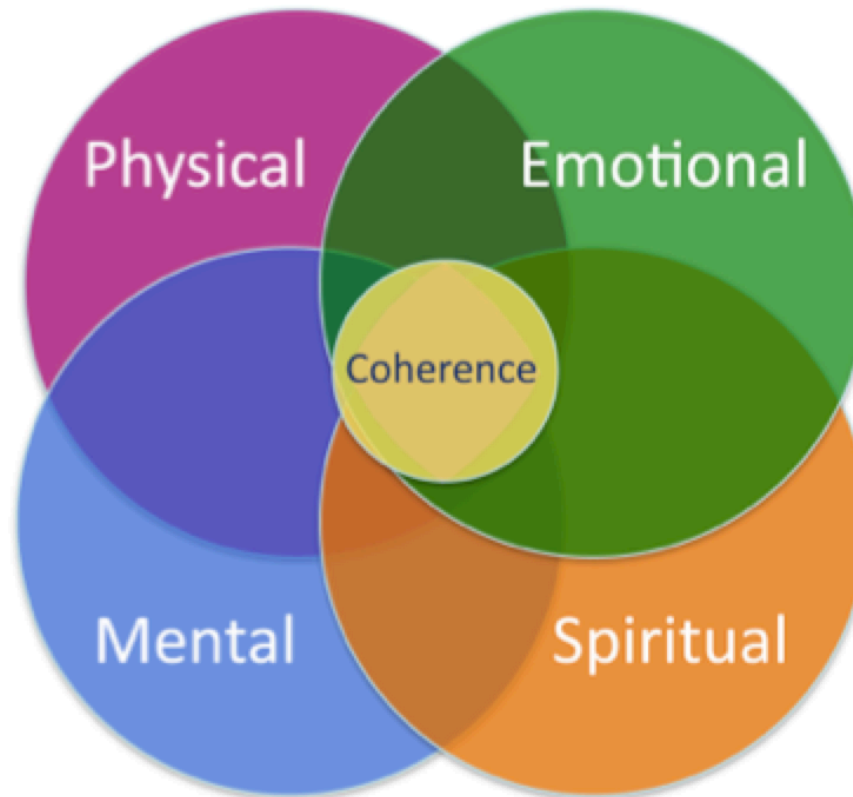
Resilience from *Resilience Advantage*®

Physical flexibility

- Endurance
- Strength

Mental flexibility

- Attention span
- Ability to focus
- Incorporate multiple points of view




Emotional flexibility


- Positive outlook
- Self-regulation

Spiritual flexibility

- Commitment to values
- Tolerance of others' values and beliefs



Basically, we are “energy systems”
that expend and renew energy

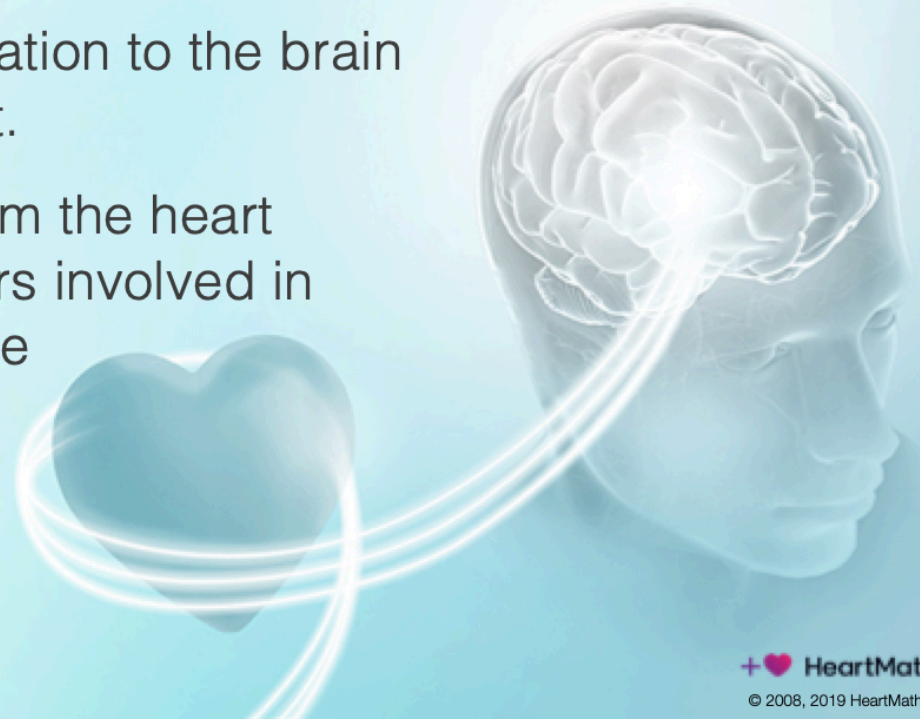


You can learn to build your resilience
capacity and sustain your energy.



Heart-Brain Communication

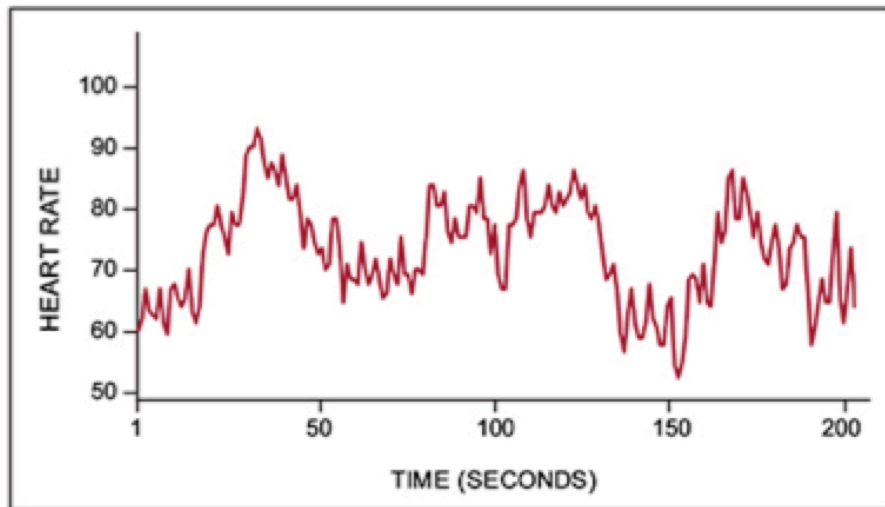
- The heart has its own complex nervous system: the “heart brain.”
- The heart sends far more information to the brain than the brain sends to the heart.
- Patterns in the neural signals from the heart especially affect the brain centers involved in perception, emotional experience and self-regulation.



Emotions and Heart Rhythms

Incoherence

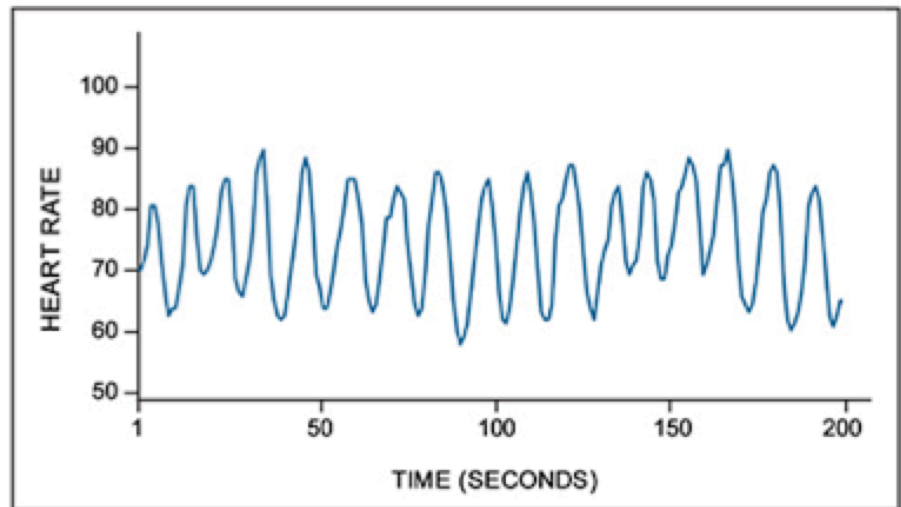
frustration, irritation, impatience, worry



Inhibits brain function – impairs performance

Coherence

appreciation, calm, patience, confidence



Facilitates brain function – promotes optimal performance

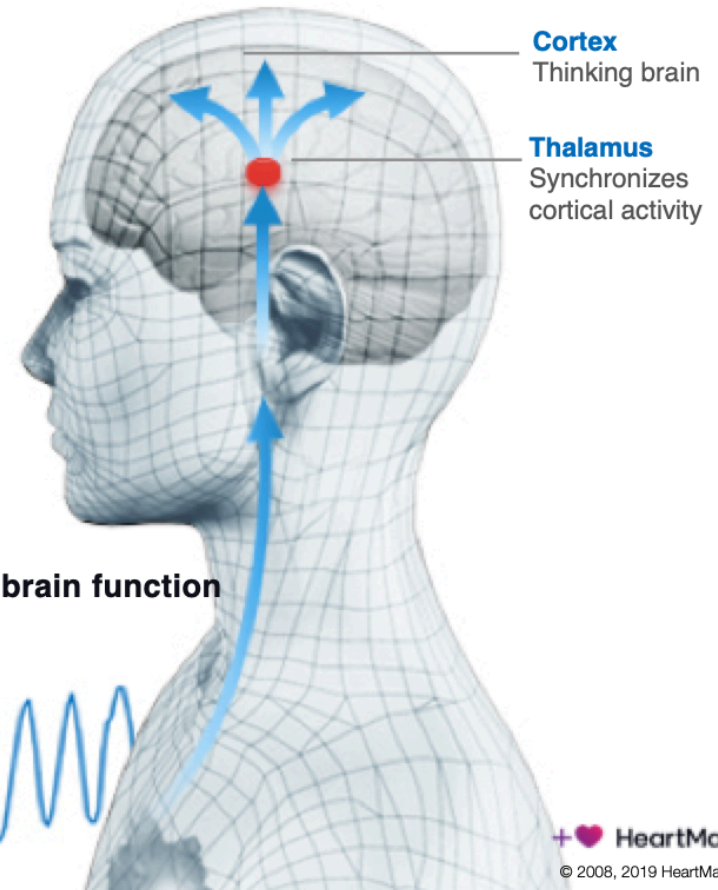
Heart Rhythms

Affect Physical and Mental Performance

Heart rhythms directly affect brain centers involved in foresight, decision-making, social awareness, and our ability to self-regulate.

Incoherence inhibits brain function

Coherence facilitates brain function



Cortex
Thinking brain

Thalamus
Synchronizes
cortical activity

What's SO special about the Collaborative Problem Solving^(®MGH) intervention? How does that work?

The CPS Intervention is an interaction in which the adult:



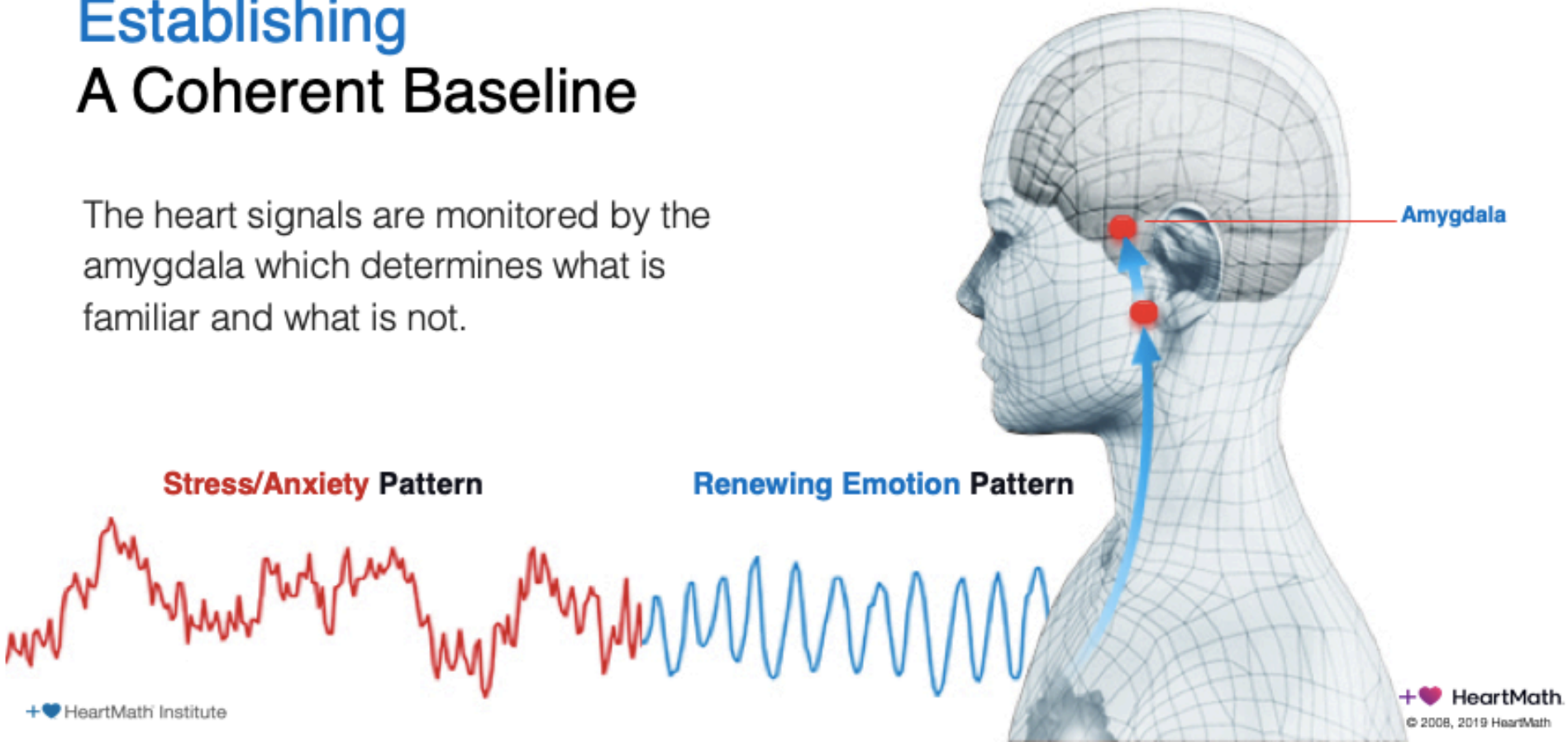
3) Collaborates on Solution = Reasons

2) Shares the adult concern = Relates

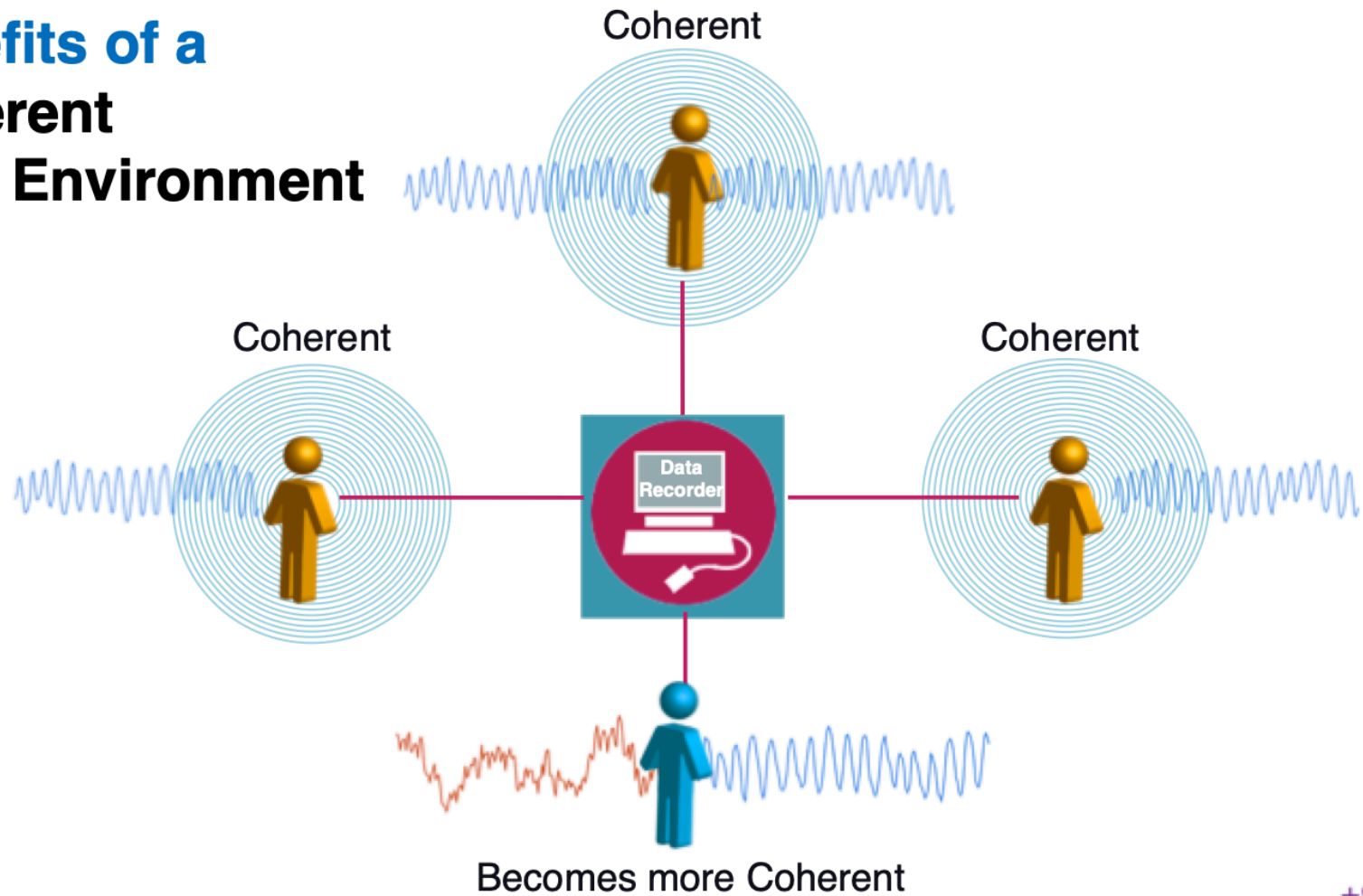
1) Empathizes (with the child's concern/perspective) = **Regulates**

Establishing A Coherent Baseline

The heart signals are monitored by the amygdala which determines what is familiar and what is not.



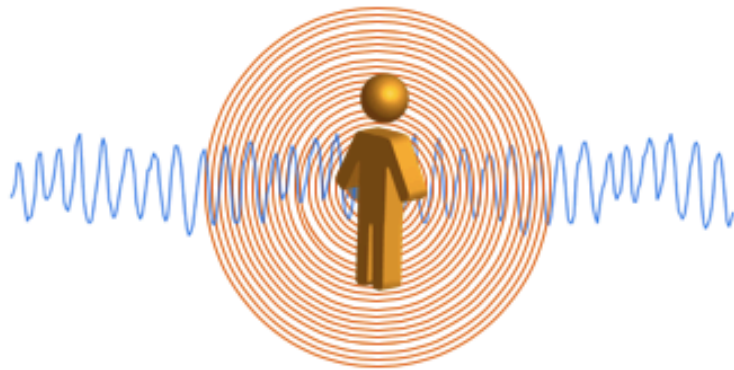
Benefits of a Coherent Field Environment



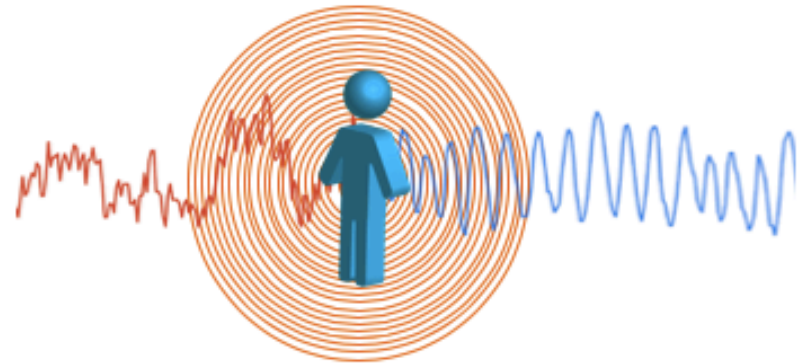
Coherent Field Environment

Consistent practice of the Heart Lock-In® Technique can create a new baseline that may help others to become more coherent.

Coherent



Becomes More Coherent





Balanced Care vs. Overcare

There is often a very fine line between balanced care and overcare, but you can learn to distinguish them by how you feel.

Overcare feels heavy and can lead to anxiety, burnout, fatigue, giving up, apathy and simply not caring anymore.

Balanced care, on the other hand, renews.



Signs of Overcare

Performance Anxiety

Perfectionism

Unrealistic Expectations

Emotional Attachment

Worry, Anxiety, Guilt

Mental Preoccupation

Projections

Comparisons



Heart Lock-In[®] Quick steps

1. Heart-Focused Breathing
2. Activate and sustain
3. Radiate

