

Bouncing Forward

Dealing with and Growing through Stress



Crisis Responders Have Strange Photo Albums







Fight. Flight. Freeze. Focus.

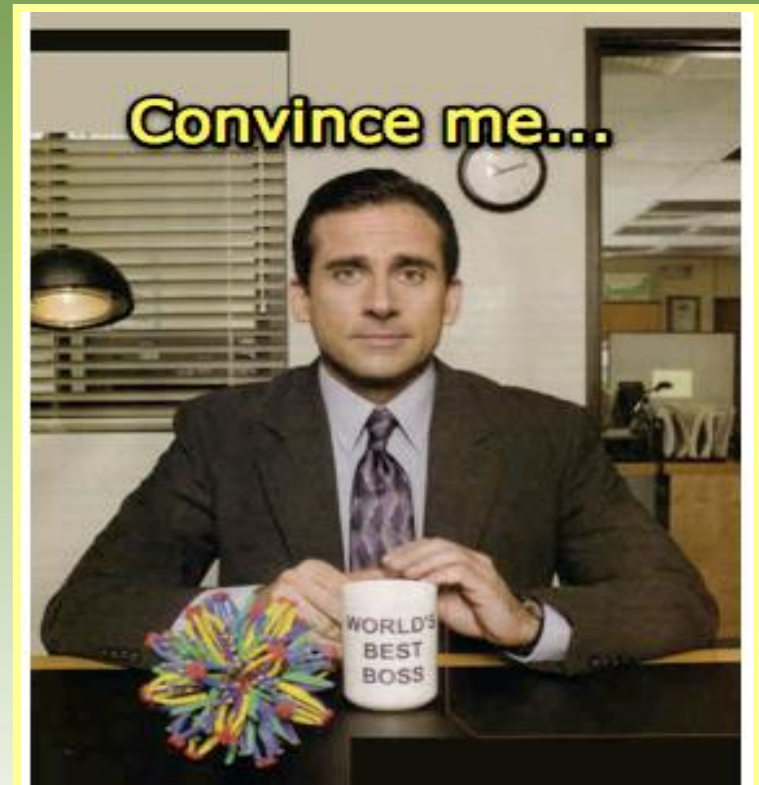


How About You? What Do They See?

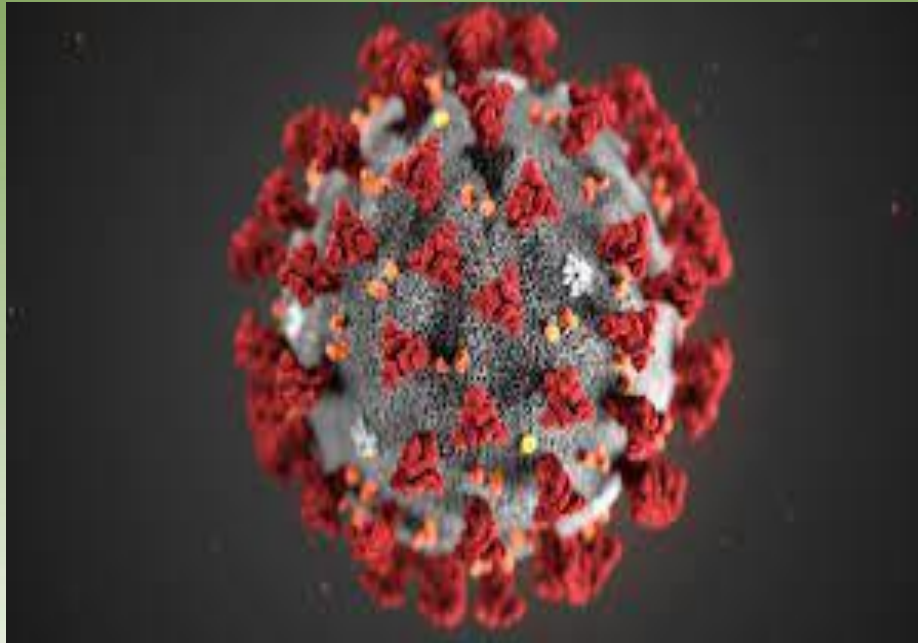




- High stress makes you more of what you already were.
- High stress magnifies small weaknesses.
- Strengths over-used can become weaknesses.



Resilience Through COVID-19



Resilience

The ability to prepare for, adapt to, and grow through hardship.

- World Maker International

Tornadoes.....



Are Simpler Than Floods



Acknowledge the Task

This is a Marathon. Not a Sprint.



Life Stressors

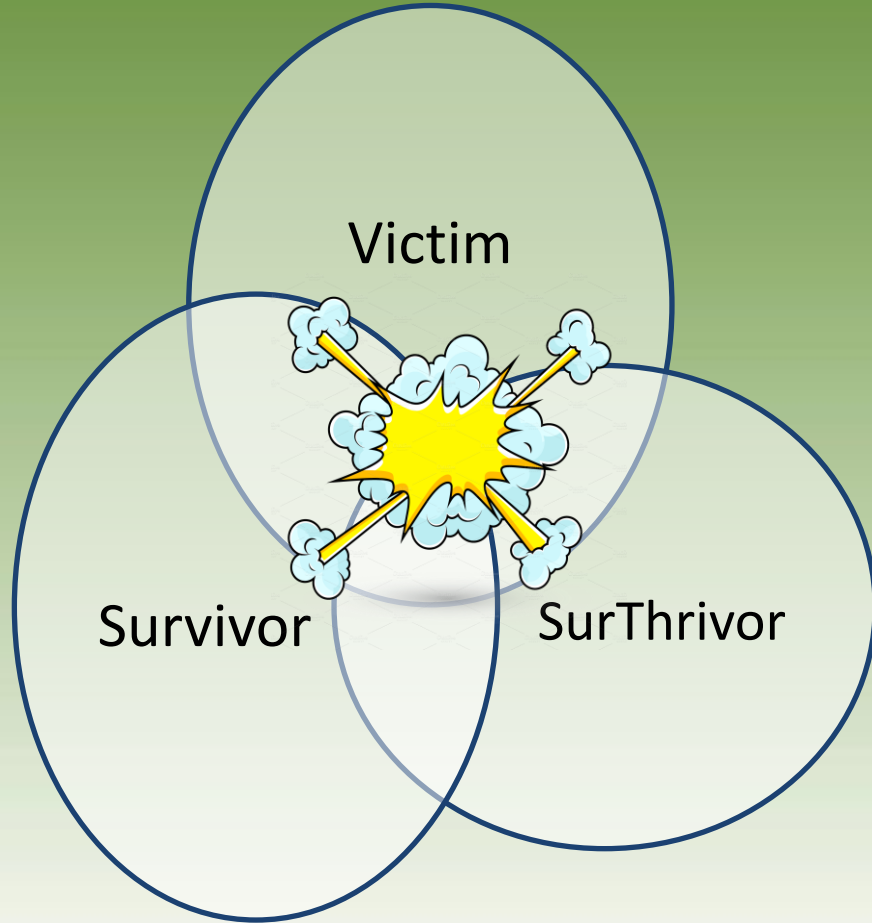


- Death of a loved one
- Divorce
- Moving
- Major Illness
- Job loss

Reflection Question

- Do we grieve or do we move forward? We move forward sadly. It is important to Acknowledge losses.
- Using the Chat feature, please jot down what you/we have lost in 2020/21.

Was Nietzsche Right?



Resilience Indicators



- A belief in a cause bigger than one's self. A reason to press on
- Positive social support
- The presence of pre-incident healthy coping skills and activities

What is Post Traumatic Growth?

Post Traumatic Growth highlights the fact that some **individuals report/experience growth after the greatest traumatic situations, even though distress could coexist with the growth** (Tedeschi et al., 1998).

PTG Domains

1) Spiritual development.

Growth in the domain of spiritual and existential matters is another way in which some persons experience positive change in their struggles with stress and loss (Tedeschi & Calhoun, 2004).

Reflection Questions

- Have the stressors of 2020/21 led you to ask deeper questions about meaning in life? Your faith? The things you have always trusted?
- What have you done/read/listened to or with whom have you had these discussions?



PTG Domains

2) Greater appreciation of life and changed sense of priorities.

An increased appreciation for life in general, and many smaller aspects of it, along with a changed sense of what is important.

Reflection Questions

- What/who have you begun to appreciate more that you perhaps took for granted?
- What previous priorities have you discarded or minimized?

PTG Domains

3) Warmer, more intimate relationships with others.

Closer, more intimate and more meaningful relationships (compassion for others).



Reflection Questions

- Have you deepened any important relationships? Had deeper, less superficial conversations?
- Have you “edited” your social circle?



PTG Domains

4) A greater sense of personal strength.

A general sense of increased personal strength, or the recognition of possessing personal strength, an increased sense of being vulnerable. “If I handled this then I can handle just about anything.”

Reflection Questions

- Have you remembered overcoming prior challenges as a “monument” to help you with current stressors?
- Have you studied challenges met and overcome by prior generations to gain strength?



PTG Domains

5) Recognition of new possibilities or paths for one's life.

Posttraumatic growth can also be seen in the individual's identification of new possibilities for one's life or of the possibility of taking a new and different path in life.

Reflection Questions

- Have you learned anything new?
- Have you surprised yourself with a new skill or interest?
- Have you started doing something “outside of the box” because you had to?