Anticipatory Guidance Cards for Healthcare Providers

We are Resilient™

Anticipatory Guidance Cards for Healthcare Providers

Practical Skills

- Cultural Patterns
  - From Cultural Resilience
- Protective Patterns
  - From Reactive Resilience
- Centering Skills
  - For Personal Resilience
- Connecting Skills
  - For Relational Resilience
- Collaborating Skills
  - For Group Resilience

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This work is the result of a generative and creative team effort by our staff: Ashley VanBezooyen, Bryan Clement, Chuck Fisher, Cheryl Parker, Kristie Cannady, Lydia Jensen, Meri McCoy-Thompson, and Sonoma Bates, with contributions from our board chair, Di Cullen, as well as contributions from our many users.

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**We Are Resilient™** gives anticipatory guidance on:

- **Protective and Cultural Patterns:** developed from trauma and cultural experience that can limit growth
- **Resilience Skills:** strength-based practices that empower people to choose healthy behaviors

**For You and Your Team**

- The cards can help you **navigate your personal daily stressors** and work/life challenges, by helping you understand your OWN Protective and Cultural Patterns and reminding you of practical Resilience Skills you can practice, model, and coach with patients.
- The cards help you and your staff deal with your own trauma, particularly **vicarious trauma and compassion fatigue**, and boost your ability to center, connect, and collaborate.

**For ACES Screening**

- Adverse Childhood Experiences (ACEs) screening identifies risk factors for patients and families. The cards help you **provide trauma-informed care** to prevent and mitigate the detrimental health effects of ACEs and trauma on your patients. Through inquiry and the “Practice, Model, Coach” method, they help you effectively provide anticipatory guidance about practical Resilience Skills.

**For You to Use With All Families**

- All families benefit from understanding their Protective Patterns and strengthening their Resilience Skills. Even when referrals to mental or behavioral health are not available (or not utilized), you can be the “buffering relationship” that families need when stress rises, making all the difference.
Resilience is one’s ability to adapt and respond to meet challenges effectively.

Cultural Resilience is the ability to acknowledge and understand our own beliefs, values, norms and social practices as well as the ability to adapt and respond to those of others. Strong Cultural Resilience limits the perpetuation of bias, racism, and discrimination and includes a cultural humility where other cultures are viewed as important as one’s own.

Reactive Resilience is an instinct that helps us survive challenges and creates personal safety. Reactive Resilience appears as Protective Patterns.

- Distrusting
- Hypervigilance
- Hyper-Caretaking

- Avoiding
- Defending
- Attacking

Our resilience can be higher or lower in different situations.
For Relational Resilience

Relational Resilience is the ability to adapt and respond to challenges in a relationship. Strong Relational Resilience builds trust and safety by helping us remain connected and open-minded in difficult situations.

- Noticing Others
- Heartfelt Listening
- Empathizing
- Choosing Kindness
- Speaking Authentically

For Group Resilience

Group Resilience is the ability to maintain vision, purpose, and collective goals when meeting challenges. Strong Group Resilience empowers each person to express themselves safely and freely, maximizing everyone’s contributions.

- Noticing Group
- Appreciating Others
- Seeking Agreements
- Honoring Agreements
- Contributing Intentionally

For Personal Resilience

Personal Resilience is the inner strength to adapt and strengthen oneself to meet challenges. Strong Personal Resilience creates balance, wellbeing, and a sense of safety.

- Noticing Myself
- Breathing Mindfully
- Letting Go
- Finding Gratitude
- Positive Reframing
- Nurturing Myself
How do I apply the We Are Resilient™ to myself?

- **It begins within** — applying the approach to ourselves.
- **Your Individual Path.** We all have different ways to engage these skills. Some people have more familiarity in one skill and less in another. The skills you use well already may be the skills your colleague or family member needs to strengthen.

Use Resilient Mindsets

- **Curiosity.** Being curious opens the door to discovery and learning. We notice ourselves in a situation, wonder how it could be different and assess what we want. *What might come next...what is now possible?*
- **Choice.** In any situation we can choose how we respond. What is in our control and what is not? Letting in what is so and Letting Go of what we cannot control helps us choose how we want to be.
- **Commitment.** To actually make change, we must commit ourselves to that change. A commitment to our Resilience Skills is a decision to practice them. Practicing improves our skills and helps us see that we don’t have to be perfect to keep learning and becoming who we most want to be.
How do I use We Are Resilient™ with my patients and families?

• The We Are Resilient™ approach works through invitation and practicing, modeling, and coaching. Practicing and modeling Resilience Skills yourself allows you to extend an authentic invitation to your patients and families to use them.

• Recognize that your presence is the most important part — just listening and caring alone can be therapeutic.

• You notice your patients and families who are experiencing stress, assess their issues, and choose a skill to coach. You can then invite these patients and families to try it.

During a Well Child Visit

• Notice your patients and families levels of stress. It can be helpful to name the stress you see and inquire about it. “I see how hard doing this alone is. What is something nurturing that you can do for yourself?”

Assess their issues.

• Would it be helpful to talk about Protective Patterns? I know when I am stressed, I use an Avoiding Pattern, like tuning out my children’s arguments. Does that sound familiar? Would you like to learn more about the Protective Patterns we all have?

• Maybe they need a Resilience Skill. Are they agitated? Do they seem unaware of their feelings? Are they stuck in a negative thought track? They might need the skills of Breathing Mindfully, Noticing Myself, or Finding Gratitude.

• Choose a Protective Pattern to discuss or Resilience Skill to coach.

• Invite patients and families to practice the Resilience Skill. “I find Breathing Mindfully really helps me to calm down. There is scientific evidence showing how important this is in relieving your stress.”
How can I teach others the We Are Resilient™ approach?

You can be a change-agent for your patients, their families, your colleagues and your family members.

**Practice**
When we notice our Protective Patterns, we are able to **wonder** about them, **assess** if they are hurting or helping, and then **choose** behavior to support our intent. By practicing our Resilience Skills, we become more proficient in navigating our reactions and using our skills. **Practice helps us become more confident and competent in modeling and coaching**

**Model**
When we model Resilience Skills, others can see how we do what we do. Our effectiveness at helping others strengthen their resilience depends on our willingness and courage to transparently share how we use the Resilience Skills ourselves. This does not mean being perfect. In fact, others learn more when we share how we overcome our challenges and mistakes.

**Coach**
Effective coaching comes from modeling and inquiry. “*I use Finding Gratitude to reduce my stress. Would you like to learn more about it?*” Or “*What Resilience Skill would you like to try?*” Your genuine curiosity can empower others. It is a paradigm shift away from offering solutions.
Stress Response

When we encounter stress, if we react automatically, our Protective Patterns kick in. We might regret our reaction and feel depleted for awhile before we can feel centered again.

“Flatten” the Emotional Curve using We Are Resilient™

If we notice our Protective Patterns kicking in, we can wonder about it, assess if that is our best choice, and make a thoughtful decision to choose Resilience Skills. This can bring us back to center more easily.
Anticipate and Choose Resilience to Remain Centered

By anticipating stress, we can choose in advance Resilience Skills to use. These skills can make the stress events easier to handle, helping us remain centered.
How Adverse Childhood Experiences Can Impact Us

ACEs can impact our health, but they are not destiny! All people have a resilient nature. Practicing Resilience Skills can make a big difference. Positive experiences can make a more profound impact on children than negative life events. With support, over 70% of people in the most challenging of life’s conditions not only survive but grow into thriving adults.

The term Adverse Childhood Experiences (ACEs) comes from the landmark 1998 study by the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente.

It describes 10 categories of adversities experienced by age 18 years: abuse, neglect, and/or household challenges.

Adverse Community Environments are conditions that amplify the stressors.

Adapted from Ellis, W. and Dietz, W., Building Community Resilience
Resilience, Wellbeing, and Healthy Relationships

Impact of ACeS

ACES (Adverse Childhood Experiences)

- Disrupted Neurodevelopment
- Social, Emotional, and Cognitive Impairment
- Health Risk Behaviors
- Disease Disability Social Problems
- Early Death

We Are Resilient™ Can Mitigate ACeS

Risk Mitigation

- Social, Emotional, and Cognitive Development
- Healthy Neurodevelopment
- Centering, Connecting, Collaborating Resilience Skills
Cultural Resilience
Inform how we view the world

Family Stories
Community Norms
ethnicity
Construct of Race
Gender Identity
Religious Tradition
Socioeconomics
Political Affiliations
Cultural Patterns

What they look like
We all have Cultural Patterns which are unique to us, formed through early experiences, our family and how our community interacts with us. They are passed down through the generations, integral to our identity and the lens through which we see the world.

How they help
• Give us our core values.
• Provide shortcuts to understand and navigate the world.
• Help us feel we belong to a group of people with whom we feel safe.
• Provide opportunities for celebration and strength.

How they harm
• Prevent us from seeing others’ truth.
• Produce judgments that limit our ability to engage with others.
• Perpetuate racism and discrimination.
• Create structures that enforce disproportionate access to wealth.

Practice: Recognize when your Cultural Patterns influence you. When you make assumptions about others, what is the impact on you or others? At the clothing boutique, when I saw her hijab, I wasn’t sure I wanted her to help me choose a dress for my daughter’s wedding.

Model: When influenced by a Cultural Pattern, name your bias for those around you and whether it is helping or harming. I was surprised when my child’s pediatrician was a black man. During the appointment, he was so thorough and compassionate. I shared with my son how I need to reevaluate my assumptions.

Coach: Help others name and claim their Cultural Patterns, so they may see the impact. When a friend said they were surprised that my CEO was female, I helped them reframe their assumptions by sharing my experience.
## Cultural Patterns

<table>
<thead>
<tr>
<th>Positive Patterns</th>
<th>Negative Patterns</th>
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<td>Love</td>
<td>Fear</td>
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<td>Hope</td>
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We Are Resilient™—a Lever for Social Justice

We Are Resilient™ helps us explore our Cultural Patterns, enter into dialogue with others, and discover our role in how to engage in social justice.

Our Resilience Skills can help us acknowledge and explore our Cultural Patterns.

- **Our Centering Skills** can help us see our Cultural Patterns more clearly. *Are my Cultural Patterns causing me to judge so that I don’t respond to others or situations with care and understanding?*

- **Our Connecting Skills** help us have authentic and peaceful dialogue which helps us move beyond our judgments. *Are my Cultural Patterns limiting my ability to engage with the whole person in front of me?*

- **Our Collaborating Skills** help us work together for a shared purpose of creating substantive and sustainable social justice reform. *Are my Cultural Patterns limiting my ability to engage with the community and embrace a vision of equity, diversity, and inclusion for all?*

When we are **curious** about our own and others’ Cultural Patterns, and **choose** to learn and engage in dialogue, we open the possibility for transformation. When we **commit** to working together for social justice, we change the power inequities and policies behind structural racism and discrimination.

**Working together, we can heal ourselves and the generations to come.**

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Reactive Resilience
Inform how we react to the world

- Distrusting
- Hypervigilance
- Hyper Caretaking
- Avoiding
- Defending
- Attacking
Protective Patterns

What they look like
We react with Protective Patterns when we feel unsafe (physically, emotionally, socially). We all have them, and usually learn them early in life.

How they help
Protective Patterns can keep us safe and help us deal with danger. Since they are automatic, they help us react quickly, before thinking.

How they harm
Protective Patterns can hurt us and harm our relationships when they are unwarranted and disruptive.

What you can do to mitigate Protective Patterns
• Be curious and notice when we are reacting and assess if this is harming or helping.
• Choose Resilience Skills to center, connect and collaborate.
• Commit to practicing Resilience Skills.

When and how am I using my Protective Patterns?

Practice: Recognize when and how you use Protective Patterns. When you use one, such as Avoiding or Hyper-Caretaking, ask yourself “Is this helping or harming me or others?”

Model: When you realize you are using a Protective Pattern, choose a Centering Skill. Name the pattern and the skill you used for those around you. “I am sorry I was Attacking you. As soon as I noticed, I started Breathing Mindfully and I calmed down.”

Coach: Help others name and claim their Protective Patterns, so they can see the impact. “Son, are you being Hypervigilant with your friends? It seems you might be missing out on fun with them. Which Centering Skill could you choose to help?”

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Distrusting Myself and Others

What it looks like
• Doubting or being critical of yourself
• Negative self-talk
• Being wary or overly critical of others

What you can do
• Practice Positive Reframing—look for an alternative story that includes trust
• Have Empathy for yourself and others

How it helps
• Ensures you are careful so you don’t make mistakes
• Protects you from being taken advantage of
• Makes you cautious, preventing potential harm

How it harms
• Results in inaction, getting stuck
• Difficult to be in healthy relationships with others
• Self-doubt holds you back from healthy risks and opportunities

Science
• Even when people have a history of being exploited, cultural competence and trustworthy behavior can overcome accumulated distrust.¹

• Since distrust increases diligence, depending on the task it can help teams perform better.²


Hypervigilance

**What it looks like**
- Seeing potential danger everywhere
- Constant **high anxiety** and worry that impacts you or others

**How it helps**
- **Identifies threats early**
  - Helps you create appropriate actions and defenses
  - Keeps you engaged

**How it harms**
- Creates a sense of fear when none may be warranted
- Causes inaction and/or overreaction
- Prevents enjoying the present moment
- Limits healthy risks/growth opportunities for children

**What you can do**
- Work with others to reasonably assess risks
- Use Breathing Mindfully to slow down and assess a situation
- **Find Gratitude** for what is happening, not focusing on what could happen

**Science**
- Parents/caregivers facing limited resources are more likely to be hypervigilant.¹
  - Trauma can induce Hypervigilance.²

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Hyper-Caretaking

What it looks like
• Over-prioritizing others to the detriment of yourself
• Enabling others
• Victimhood or giving up your own needs
• Codependency

What you can do
• Practice Nurturing Myself, and meeting your own needs without abandoning the needs of others
• Help others become independent and learn to help themselves

How it helps
• Helps others in need
• Creates connection
• Strengthens community
• Gives you a feeling of value when helping

Science
• Hyper-Caretakers risk their own physical and emotional well-being.¹

• Hyper-Caretaking can lead to neurological changes such as decreased activation in the left dorsomedical prefrontal cortex (responsible for executive functioning and some emotional and behavioral responses).²

Avoiding

**What it looks like**
- Withdrawing from specific relationships
- Retreating to yourself
- Being overly optimistic
- Numbing—avoiding emotions
- **Addictive behavior** (substance misuse, overeating, workaholic, shopaholic, TV zombie)

**How it helps**
- Deescalates a situation
- Creates a **safe space** which protects you from harm (physical, emotional)
- Avoids perpetuating previous trauma

**How it harms**
- Shuts down your emotions or needs
- Prevents finding lasting solutions
- Creates **loneliness**
- Reduces connection

**What you can do**
- Develop the wisdom to engage honestly and **Speak Authentically**
- Confront directly without Attacking
- Find healthy ways of coping with addictions

**Science**
- Depending on the circumstance, avoiding behaviors can reduce anxiety, stress and depression better than focusing on one’s emotions.¹²
- Avoiding strategies are often used to manage anxiety and depression but can **increase negative moods**.³

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¹ Win S, Ho R. Life Satisfaction of Seminary Final Year Students in Yangon, Myanmar: A Path Analytic Study of The Direct and Indirect Influences of Coping Styles Being Mediated by Stress, Anxiety and Depression. Scholar 2016;8(2).
Defending

What it looks like
• Reacting quickly by digging in your heels to self-protect
• Responding as if you feel constantly questioned, judged, or accused
• Trying to prove you are right, potentially at the cost of the relationship

What you can do
• Get curious about the other person’s perspective
• Use Heartfelt Listening to really hear the point of view of others
• Use Breathing Mindfully to center

How it helps
• You stand up for yourself
• Prevents others from controlling you
• Ensures others hear your point of view
• Illuminates your values being crossed

How it harms
• Interrupts others and shuts down ability to listen to their perspective
• Escalates conflict
• Prevents other person’s intent from being heard
• Creates distance
• Appears as “always right”

Science
• People who have difficulty with empathy are more likely to respond defensively and have more difficulty overcoming other’s distrust.¹

• People who are not confident in their abilities and feel threatened tend to respond defensively to their subordinates’ suggestions for improvement.²

Attacking

What it looks like
- Being **aggressive** in a way that feels like a personal attack to the other person (or to yourself)
- Constantly judging, blaming, or criticizing others or yourself
- Physical or verbal intimidation/action

How it helps
- Protects you from the aggression of others and physical or emotional harm
- Creates a **feeling of power**
- Signals you won’t let your values be crossed

How it harms
- Hostility **invites counter attacks**
- Stops possible engagement
- Can hurt others and prevent connection

What you can do
- Be curious about other perspectives so you can **Empathize** instead of criticize
- Speak Authentically and be assertive rather than aggressive
- Create and hold healthy boundaries

Science
- Attacking is not a helpful conflict resolution strategy.¹
  - Children who are aggressive are more likely to be physically aggressive and lack self control of anger as adults.²

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How to Use the Cards

Name of Skill

Tagline is a snappy way to think about the skill.

Assess:
Information to help you, the clinician, assess whether this skill might help the patient or caregiver.

Skill:
Short description of the skill both for your understanding and to convey to your patient.
  - Explanatory notes about the skill

Moment of Inquiry:
A reflective question to frame how to use this skill, for yourself and for families.

Practice/Model/Coach:
This is advice for clinicians to provide to parents/caregivers.
A short script (sample language) provides Anticipatory Guidance to use with families on the skill, based on the “Practice, Model, Coach” framework.
  - Practice: How caregivers and patients can practice the skills
  - Model: How caregivers can model the skills, which is how children learn best
  - Coach: How caregivers can coach their children on how to use the skills
For Personal Resilience

- Noticing Myself
- Breathing Mindfully
- Letting Go
- Finding Gratitude
- Positive Reframing
- Nurturing Myself
Noticing Myself

**Pause, what’s the cause?**

**Assess:** If patient or caregiver is....
- Unaware of their own feelings
- Numb or not processing their own feelings

**Skill:** Pausing, noticing and becoming more aware by paying attention to our senses, emotions, and intuition
- “What am I feeling?” “What is the cause?”
- Recognizing and naming our emotions helps us respond skillfully. Our emotions are signals from our body telling us to pay attention to something important.

**Inquiry:** What am I noticing/sensing/feeling?

**Practice:** Notice your emotional triggers. When you experience a strong emotion, **feel and notice what it has to tell you.** Has one of your values been crossed? Notice when you are using negative or positive words about yourself and others. How do your reactions impact you and others? Naming our emotions can help us release them.

**Model:** Verbalize **what you notice in yourself.** Being transparent helps your kids learn. “Mommy is having a bad day. I feel really sad right now. I will feel better later.”

**Coach:** Talk about emotions with your kids, so they can talk to you about their feelings and better understand them. **Emotions are part of our body’s intelligence** and are neither good nor bad.
Science

- Emotion profoundly affects learning, attention, memory, decision making, and social functioning.¹

- Our emotions specifically and strongly influence our attention as well as motivate our actions and behaviors.²

- By focusing on biology rather than pathology, neuroeducation can help us understand how our nervous system reacts to a threat in a way that gets us into trouble.³

- Our limbic system is where subcortical structures meet the cerebral cortex. It’s filled with neural pathways that activate our emotions in response to stimuli and controls our fight-or-flight response through the autonomic nervous system. Noticing when and how our emotions are activated is the first step to self-regulation.

- What we monitor and focus our attention on is a key driver of neural connectivity that can enhance neuroplasticity in ways that deepen resilience.⁴

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¹ Immordino Yang MH, Damasio A. We feel, therefore we learn: The relevance of affective and social neuroscience to education. Mind, brain, and education. 2007 Mar;1(1):3-10.


Breathing Mindfully

Breathe Deeply. Feel it Completely.

Assess: If patient or caregiver is....

- Stressed or agitated
- Having difficulty calming down or sleeping
- Experiencing stressful situations in their lives

Inquiry: What sensations do I feel in my body as I breathe?

Practice: Take very conscious breaths. Put one hand over your heart and one hand on your belly. Breathe in slowly through your nose while feeling the sensation in your body. Focus on the sensation in your nostrils, lungs, or belly. Notice as your belly expands and feel the movement in your body. Pause, relax, and repeat. Practice when you are calm so you are prepared for when you are distressed. Breathe Mindfully in transitions, when you hear difficult news, or when you have to prepare for a hard conversation.

Model: When you get frustrated, tell your family that you are going to take a moment to Breathe Mindfully. After taking mindful breaths, share how it impacts you. “Daddy is calmer now. Let’s talk about this.”

Coach: Invite your children to practice breathing with you. Share your practice by creating a family breathing routine. Help your children prepare for sleep or transitions by Breathing Mindfully.

Skill: Taking a series of slow, full, mindful breaths

- By stopping and taking deep, full breaths through our nose, we calm ourselves.
- When we pay attention to the sensations of our own breath, we focus on our body and bring our mind to rest.
- Breathing Mindfully
  - Reduces our stress response and helps our body relax.
  - Opens our mind and helps us think more clearly.

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• Breathing Mindfully calms us through neurological and biological mechanisms.

• In our brains, the amygdala recognizes threats and sounds alarms while the prefrontal cortex signals whether the alarm is justified. Breathing Mindfully prevents the amygdala from overreacting to potential threats and increases the coordination between the amygdala and the prefrontal cortex.1

• Breathing Mindfully also increases the activity of the vagus nerve, a part of the parasympathetic nervous system. The vagus nerve controls many internal organs. When the vagus nerve is stimulated, calmness pervades the body. The heart rate slows and becomes regular, blood pressure decreases, and muscles relax. When the vagus nerve informs the brain of these changes, it too, relaxes, increasing feelings of peacefulness.2

• Breathing Mindfully may be better than medication to address body changes from stress, anxiety, and depression.3

Letting Go
Set free what burdens me.

Assess: If patient or caregiver is....
- Attached to something, a person, or idea that is causing them to be stuck or over which they have no control
- Fixated on words or actions of others that were hurtful, or feelings that are not serving them anymore

Skill: Letting Go of judgments, expectations or behaviors that we have no control over
- **Naming** attitudes, stories or feelings that are weighing us down is a first step to Letting Go.
- We may need to Let Go of:
  - Judgments (“shoulds” about ourselves or others)
  - Expectations/desires (that we are not going to get)
  - Feelings
  - Behaviors (that we do or want others to do)
- **What can help us Let Go?**
  - A different, empowering story
  - Compassion for the other person
  - Focusing on a larger value or goal (like a relationship or perspective)

Inquiry: What is not in my control that I can Let Go of?

Practice: Notice what is not in your control and practice Letting Go of annoyances, like being cut off in traffic. Pay attention to the word should, “It should have been like this...” Letting Go does not mean that you are saying it’s ok – you are simply accepting what is happening in the moment.

Model: When something not in your control impacts a relationship or your day, explain to your family members why and how you can Let It Go.

Coach: Ask everyone in your home to write down something outside their control that they can Let Go. Make space to collectively throw it away (rip up, burn, dissolve in water) and celebrate letting it all go.
Letting Go of negative thinking increases cognitive flexibility, helping us be better at problem-solving and creating new directions.¹

Mindfulness helps us let go of negative thoughts because mindfulness helps us perceive negative thoughts as being more controllable and less intrusive and bothersome.²

Anxiety often makes it more difficult to let go, as we get caught up in worry and rumination.³

There are good reasons not to “let go” of some attitudes and experiences. Sometimes “holding on” to a negative experience or attitude may paradoxically be conducive to flourishing and vice versa. For each situation, whether Letting Go will improve our wellbeing needs careful consideration.⁴

2 Ibid
3 Ibid
Finding Gratitude

Gratitude Grows.

Assess: If patient or caregiver is:

- Stuck in a negative thought track
- Focused on small annoyances and having trouble seeing a bigger perspective
- Experiencing life as a “victim,” without choices or possibility

Skill: Being thankful, appreciative, and grateful for what is in my life

- “What am I grateful for in this moment?”
- When we find one thing to be grateful for:
  - We can reduce our stress.
  - We can become more compassionate.
  - Our problems can seem more manageable.

Inquiry: What am I grateful for in myself, others, my situation, or life itself?

Practice: Every day for a week, write three different things you are grateful for. Notice how this impacts you. Write a list of your strengths and appreciate what you have to offer others and the world.

Model: When you notice something to be grateful for, share it with others in the moment. At dinner or before bedtime, share daily Gratitude for three things from your day with family members.

Coach: Help your kids make a list of the things in their life for which they are grateful. Share your lists with each other. Notice how it makes you feel. When your kids are having difficulties, encourage them to talk about their feelings and express empathy, then ask about one thing they are grateful for.
• Grateful people are higher in positive emotions such as hope, optimism, happiness, vitality, and life satisfaction and also lower in negative emotions such as depression, anxiety, and envy. They are also more empathic, forgiving, helpful, and supportive.¹

• Gratitude improves sleep.²

• Gratitude also increases important neurochemicals, with a surging of feel-good chemicals such as dopamine, serotonin and oxytocin. These contribute to the feelings of closeness, connection and happiness that come with gratitude.³

• Gratitude’s benefits can improve over time.⁴

• Functional magnetic resonance imaging (fMRI) shows that gratitude activates areas in the mesolimbic and basal forebrain, regions involved in feelings of reward and the formation of social bonds.⁵

³ Ibid
Positive Reframing

Change the view for a new you.

Practice:
Practice reframing situations into the positive. You can reframe mistakes as learning opportunities, perceived weaknesses as strengths, obstacles as opportunities for growth, and unkindness as lack of understanding.

Model:
When things do not go as planned, share with your family how you might see it from a different perspective. Together, can you create a “plan B”? Plan C? Can you learn and grow from this somehow? If so, how?

Coach:
Discuss Positive Reframing with your child when things do not go the way they want. Ask them what new perspective can help them see a situation differently.

Assess: If patient or caregiver is....

- Stuck in a negative talk/thought track
- Limited in their perspective
- Looking at the situation through “tunnel vision”

Inquiry: How can I see the current situation from a different perspective?

Skill: Looking for a different perspective and positive benefits

- Perception is everything. Our experience is shaped by what we think/say about something.
- When we change our narrative about ourselves, others, or events, we can see the same situation in new ways that might be more empowering for us.
- We can Reframe (change the story) by:
  - Gaining a new perspective on our experiences.
  - Looking for positive intent behind negative behavior.

Practice: Practice reframing situations into the positive. You can reframe mistakes as learning opportunities, perceived weaknesses as strengths, obstacles as opportunities for growth, and unkindness as lack of understanding.

Model: When things do not go as planned, share with your family how you might see it from a different perspective. Together, can you create a “plan B”? Plan C? Can you learn and grow from this somehow? If so, how?

Coach: Discuss Positive Reframing with your child when things do not go the way they want. Ask them what new perspective can help them see a situation differently.
Positive Reframing

Science

• Using Reframing techniques can actually change our physical responses to stress because our body’s stress response is triggered by perceived stress more often than actual events.¹

• Positive emotions may fuel individual differences in resilience. People who experienced more positive emotions became more resilient to adversity over time.² ³

• Reframing involves: a sense of personal control, altering perceptions of distorted or self-defeating beliefs, and converting a negative, self-destructive idea into a positive, supportive one.⁴

• One type of Positive Reframing is self-compassion, which involves giving yourself the same kindness and support you would give to a good friend, responding with kindness rather than harsh judgment.⁵

3 Fredrickson BL. What good are positive emotions?. Review of general psychology. 1998 Sep;2(3):300-19.
5 Neff KD, Dahm KA. Self-compassion: What it is, what it does, and how it relates to mindfulness. InHandbook of mindfulness and self-regulation 2015 (pp. 121-137). Springer, New York, NY.
Nurturing Myself

For better health, I nurture myself.

Assess: If patient or caregiver is....

- Depleted or giving too much to others
- Not taking care of emotional or spiritual needs
- Hard on themselves or having a lot of negative self-talk
- Not taking care of physical needs: eating well, sleeping, exercising

Inquiry: How can I nurture my emotions, body, spirit, or mind?

Practice: Commit to at least one way you will Nurture Yourself emotionally, physically, or spiritually this week. Can you treat yourself as well as you would a friend or loved one? Give yourself empathy, forgive your mistakes, build on your strengths, and think about what you are missing that you can Nurture Yourself with.

Model: Let your family members know when you need space to regroup your energy and take time forNurturing Yourself. Be a model of self-care for those around you.

Coach: Ask your children what they do to nurture themselves. Ask what they can give themselves emotionally, physically, or spiritually, to contribute and feel joy.

Skill: Taking care of my emotional, physical, and spiritual needs

- Our needs are biologically hardwired into us. We have:
  - Emotional needs for connection and creativity
  - Physical needs for healthy food, sleep, and exercise
  - Spiritual needs for meaning and purpose
  - Self-compassion, forgiveness, and empathy for ourselves is key.
- When we take care of ourselves, we can take better care of others.
Science

- People who see themselves with self-compassion tend to experience more happiness, optimism, curiosity, creativity, and positive emotions such as enthusiasm, inspiration, and excitement.\(^1\)\(^2\)

- Improving nutrition and exercise can reduce anxiety and depression.\(^3\)

- Poor sleep reduces our mental health.\(^4\)

- Exercise can contribute to improvements in mood, alertness, concentration, and sleep patterns, as well as social interaction, meaningful use of time, purposeful activity and empowerment.\(^5\)

- People who create a sense of purpose and meaning in their lives are less likely to experience depression and anxiety.\(^6\)

4 Milojевич HM, Lukowski AF. Sleep and Mental Health in Undergraduate Students with Generally Healthy Sleep Habits. PLoS One 2016 06;11(6).
For Relational Resilience

- Noticing Others
- Heartfelt Listening
- Empathizing
- Choosing Kindness
- Speaking Authentically
**Noticing Others**

*Noticing you gives me a clue.*

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**Assess:** If patient or caregiver is:

- Unaware of the feelings of those around them
- Having difficulty reading social cues

**Skill:** Pausing and noticing the truth of another’s state of being

- When we pay attention to others, their expressions, body language, and tone of voice can tell us a lot.
- When we **confirm our impressions** or clarify assumptions about others’ state of being, we can better provide support.
- Noticing Others requires we notice both ourselves and them at the same time.

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**Inquiry:** What am I noticing about another person?

**Practice:** Notice what you see, feel, and hear in another’s facial expressions, tone of voice, or body language. What are you feeling inside yourself as you notice the other person’s emotions or attitudes?

**Model:** When you are triggered and feeling a strong emotion, share this and **name the emotion** with your family, so they can learn to notice emotions, name them and talk about them. This is not to have them fix or change the emotion, but to learn how you are feeling.

**Coach:** When you notice your family members’ emotions (good and bad), tell them what you are Noticing. You might say, “It looks like you are having a strong emotion. What are you feeling? Anything you want to share?” When you ask about your impressions of others’ emotions, it helps them feel seen and heard.

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Noticing Others

Science

- Noticing involves four key elements:¹,²
  1. It is selective, as we pay attention to some things and not others.
  2. It requires paying attention to context and understanding the significance.
  3. It is highly influenced by prior experience.
  4. It is highly variable across individuals.

- The better we can perceive, understand, and manage emotions, the more likely our personal and work relationships are to be successful.³
- The more upset we are, the more self-focused we become. Being able to manage our inner life lets us tune in to others with genuine care, and function at our best.⁴
- Clinicians who accurately perceive patients’ thoughts and feelings tend to have better interpersonal skills and appreciate psychosocial discussion.⁵

**Heartfelt Listening**

**Feeling apart? Listen with my heart.**

**Assess:** If patient or caregiver is....

- Focused on themselves and unable to hear others
- Quick to judge others
- Can’t connect with others

**Skill:** Listening with an open heart, curiously and without judgment

- Our purpose is to understand what the other person is feeling or experiencing rather than judging, problem-solving, or trying to come up with a response.
- It may involve verbal and non-verbal signals of active listening—smiling, nodding, or affirming—or repeating back what they are actually saying.
- Most importantly, it is about the intent of really trying to hear and understand them.

**Inquiry:** How can I listen to truly understand what someone is trying to communicate?

**Practice:** Put down your devices when others are talking. Listen without thinking about yourself or your own response. When you focus on what they are trying to communicate, notice how you are feeling and respond from that feeling. Ask them if they feel heard by what you shared. Ask clarifying questions including, “Can you tell me more?” or “Why is that important to you?”

**Model:** When listening to your children, repeat back to them what you heard and ask them to confirm before moving forward with the conversation. “It sounds like you are sad. Is that it?”

**Coach:** When communicating with family members, ask them to repeat back what they heard you say. If they are struggling with Heartfelt Listening, ask them to be open to what you are saying, and trust that you will listen to what they have to say.
Heartfelt Listening

Science

• When we deeply listen to others, without judgment, we are communicating to them that they are interesting and worthy of attention. It helps them speak more clearly and connect to their emotions. They gain a deeper understanding and memory of their own stories and they become more self-aware.¹

• Heartfelt Listening helps the speaker feel safe, reduces their social anxiety, and increases their personal growth.²

• Empathic listening skills, in which physicians connect with empathy and optimism, fosters a “compassionate connection” that can quicken healing.³

• When people are trained to listen empathetically, they understand others better. This type of listening takes time and is not results-oriented, but it can change power dynamics.⁴

¹ Itzchakov G. Kluger A. The Listening Circle: A Simple Tool to Enhance Listening and Reduce Extremism Among Employees. Organizational Dynamics 2017 (in press).
² Ibid.
Empathizing

Hearts grow in size when we empathize.

Assess: If patient or caregiver is....

- Missing the perspective of others
- Quick to judge others

Skill: Sensing and relating to what another person is feeling or experiencing

- Empathy has two components:
  - Cognitive—when we understand in our heads what someone is going through
  - Emotional—when we take their emotions into our hearts and feel what it must be like for them
- Through empathy, we recognize the emotions of others, take on their perspective, and use that information to guide us.
- Empathy requires staying out of judgment.
- Empathy is feeling with others.

Inquiry: What is the other person feeling?

Practice: Be curious: When talking with someone, ask “friendly-inquiry” questions that allow you to discover how they are feeling about their life, even in the small moments. Empathy means acknowledging the other person’s emotions, even if you don’t agree with their opinion. Practice having empathy for yourself.

Model: When situations come up where you find yourself Empathizing with other people’s situations, share that with your family. Talk about what others’ perspectives might be.

Coach: When a family member is in conflict, you can help them find empathy. Acknowledge what is going on for them and demonstrate empathy for them. Help them have empathy for themselves.
Empathizing

Science

• **Empathy can be healing.** Patients who felt empathy from their doctor recovered faster.¹

• The personal distress experienced by observing others’ pain often motivates us to respond with compassion. **Providing mutual help reduces our own distress.**²

• When we see another person’s situation from his or her point of view, and we value their welfare, it can override our bias.³

• Physicians foster empathy by recognizing their own emotions, attending to negative emotions over time, attuning to patients’ verbal and nonverbal emotional messages, and becoming receptive to negative feedback.⁴

• **Physicians who learn to empathize** with patients during emotionally charged interactions can reduce anger and frustration and also *increase their therapeutic impact.*⁵

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³ Ibid.


⁵ Ibid.
Choosing Kindness  
*The choice is mine to be kind.*

**Assess:** If patient or caregiver is:
- Missing the impact of their behavior on others
- Reacting in potentially hurtful ways
- Overly critical of the actions of others

**Skill:** Intentionally being friendly, generous, and considerate
- In any situation, we can Choose Kindness.
- We naturally want to be kind, but it can be hard to do when we get trapped by our own stressors (time pressure, judgments, worry, etc).
- When we choose to be kind, we gain a sense of control and satisfaction and it empowers us to be our best selves.
- Our kindness helps others feel loved and valued, nurturing our connection.
- Kindness brings more kindness from others.

**Inquiry:** How can I act kindly in this situation?

**Practice:** Be curious: Empathy can motivate you to act with kindness. When you see that someone is having a bad day, you can help them with a caring approach. Before going into a challenging situation, give yourself a two-minute pep talk about how you can make a choice for kindness.

**Model:** Perform kind acts for family members. When a family member snaps at you, try to respond kindly. If you can center yourself and maintain healthy boundaries, sometimes a kind response can diffuse negativity. Openly appreciate the kindness of others.

**Coach:** When your children are experiencing a tough situation with a peer, ask them to write down three things they could do to choose a kind response. Then help them to follow through with the kind response.
• After performing acts of kindness, even people who have “low agreeableness” (hostile, antagonistic, with a propensity for conflict) report **reduced depression and increased life satisfaction**.¹

• People who performed kind acts for others **showed favorable changes in immune cell gene** expression profiles.²

• Kindness-based meditation may enhance the neural systems related to perspective-taking and emotion regulation.³


Speaking Authentically

When I authentically talk, hearts unlock.

Assess: If patient or caregiver is....
- Having trouble standing up for themselves
- Having difficulty setting boundaries
- Having difficulty apologizing

Skill: Saying what we think and feel, even if we feel vulnerable or scared
- Our experience—how life occurs for us—is shaped by the words:
  - we speak to others
  - we say to ourselves
  - we hear
- Tone of voice, attitude, and what we don’t say—unsaid missing information, like emotions—can cause deep misunderstanding and conflict.
- Speaking Authentically includes speaking when we need to repair our relationships, through apology and forgiveness.

Inquiry: How can I speak my truth in this moment, being open, kind, vulnerable and centered?

Practice: Start centered when Speaking Authentically. When something is not working for you, can you tell the person what is not working for you and why? Share information and feelings that would help the other person to know. Notice what stops you from speaking your truth and setting boundaries.

Model: When conflict arises, address it with clarity and kindness. Make your asks clear. If you can let family know exactly what you need, they will be better able to help you. Practice complete apologies, with remorse (I’m sorry), admitting your mistake and the impact (I was late and you had to wait), and reparations (How can I make up for it?).

Coach: Encourage your children to openly share with you their concerns, fears, and conflicts. To make sure they feel safe and comfortable speaking, remain open and use Heartfelt Listening.
Science

- Honest conversations can be transformative, improving effectiveness, performance, trust and commitment. ¹
- Speaking Authentically helps us feel competent and connected, enhancing our well-being.²
- People are more likely to honestly speak when they feel safe psychologically and feel that they can be effective when speaking.³
- Authenticity, autonomy, competence, and relatedness have all been significantly related to self-esteem.⁴
- Self-compassionate people are more willing to apologize because they withhold self-judgment, and are less likely to withdraw when they make a mistake.⁵

For Group Resilience

Collaborating Skills

- Noticing Group
- Appreciating Others
- Seeking Agreements
- Honoring Agreements
- Contributing Intentionally
Noticing Group
I see you, me, and the we.

Assess: If patient or caregiver is....
- Unaware of the feelings of others in the family or group
- Unaware of the motivations of others in the family or group

Skill: Pausing and “taking in” the whole family or group, noticing what is happening for everyone
- Notice the needs and emotions of others.
- Pay attention to emotions, body language, tone of voice, and what others say or don’t say.
- Notice ourselves, other individuals and the whole family at the same time.

Inquiry: What am I sensing/feeling about the whole group?

Practice: When you have a conflict, reflect for yourself “Pause. What’s the Cause?” What is happening for others that is contributing to the situation? Can you see the situation from another’s perspective? Notice when you are judging other members of your family (negative talk). Practice pausing your judgments.

Model: The moment you notice something is not working within your household, if it is safe, tell your family what you are Noticing and ask for confirmation. Share with your family the level of your resilience: “My resilience is about 20% today.”

Coach: Ask your children to reflect on a time when they noticed someone struggling. What did they notice or sense about why the other person was struggling? What resilient choice could they make? Noticing the level of group emotional connection or separation helps us be a more effective group member (family, friends, work, etc.).
People in a group experience shared emotions that are different from their individual emotions. These emotions affect how people within the group relate to each other and behave towards others.¹

- The group's emotions affect each individual's attitude, behavior, and performance.²

- When group members learn and understand how to regulate their emotions, they are better able to handle group conflict.³

- Group emotions, attitude and intergroup behavior all influence reactions to other groups and their members.⁴

⁴ Ibid.
Appreciating Others

**Communicate what I appreciate.**

**Assess:** If patient or caregiver is....
- Focused on themselves, not others
- Only focused on the negative aspects of others and not able to see their strengths
- Unable to seek or accept help from others

**Skill:** Seeing and acknowledging the gifts and talents that others bring to the family or group
- Appreciate Others in our thoughts and in our words. When we Appreciate Others, they feel valued and included. Appreciation also helps us see others’ struggles and build compassion.

**Inquiry:** What do I appreciate about others’ genius, qualities, and skills?

**Practice:** Think about each member of your family, work colleagues, or other group. What do you appreciate about that person? Share it with them. **Notice how your appreciation impacts you, them, and your relationship.** With practice, **appreciation can become a mindset** that we do both internally (in our self-talk) and share regularly.

**Model:** Appreciate promptly, and share your appreciation the moment you notice it. **Appreciate daily.** Seek and find at least one thing a day to verbally appreciate, and give an appreciation to each person at least once per week.

**Coach:** Invite your family to give appreciation to one another once a week at dinner or another group activity. Take time as a family to send an email, card, or note to those you appreciate or someone you haven’t seen for awhile.
Groups who share positive emotions are more cooperative with less conflict. Group members depend on each other, they interact more, they are able to regulate their emotions better, and they are more cohesive and committed to the group.\(^1\)

If a workplace creates a culture where individuals feel appreciated and valued for their contributions, employee engagement and customer satisfaction is increased, staff turnover is decreased, and the organization grows in its sense of purpose.\(^2\)

People overwhelmingly choose receiving words of armation as the primary way to be shown appreciation. Monetary or tangible gifts need to be accompanied by praise to be viewed as deep appreciation.\(^3\)

\(^2\) White P. Appreciation at Work training and the Motivating by Appreciation Inventory: development and validity. Strategic HR Review . 2016..
\(^3\) White P. How do employees want to be shown appreciation? Results from 100,000 employees. Strategic HR Review . 2017.
Seeking Agreements

Same page, same chapter, same book.

Assess: If patient or caregiver is....
- Frustrated in working with others
- Thinks others should know better
- Upset that expectations of others aren’t being met

Skill: Dening agreements that help the family or group get along and enjoy each other
- Working well together includes:
  - Agreements on tasks for getting the work done: who will be doing what, how, and when will they do it?
  - Cultural agreements for how group members will interact with each other: group tone, interaction, acceptable language, and behavioral norms.
- Since implicit expectations create misunderstandings, make agreements explicit.
- Have clear boundaries to build emotional safety.

Inquiry: What explicit agreements do we need so we can work well together?

Practice: View misunderstandings as opportunities to seek agreements. When things are unclear and create conflict, ask for clarification in the moment and create an agreement on how to move forward.

Model: When you have a misunderstanding, be clear about how not having agreements impacts you. Set aside time to create family agreements together, including how you want to be together and what to do if the agreements are not honored. Ask for input from all members of your household. Post them as reminders.

Coach: Help your older children think about agreements they may be missing with their friends. Can they make those agreements more explicit? Help them name their expectations and think about how to talk about them with their friends.
• When organizations have agreement between goals, performance and reward systems, and the organizational culture, people cooperate better and the organization performs better.\(^1\)

• Groups that create agreements on ground rules at the start are more positive about the process of working together. The process helps team members think about their expectations for the team.\(^2\)

• Groups that create team charters of agreements are better able to handle disruptive events and thus perform better.\(^3\)

• When teams have shared understanding, they are better motivated to focus on their collective performance goals.\(^4\)

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Honoring Agreements
Following through keeps us true.

Assess: If patient or caregiver is....

- Having difficulty doing what they say
- Having difficulty holding others accountable
- Breaking promises

Skill: Holding yourself and others accountable to agreements with mutual respect

- Say what you mean and do what you say.
- Be clear and communicate early what you can and cannot do so that others know what to expect of you.
- Holding someone accountable means asking for clear communication without judgment.
- Honoring Agreements does NOT mean agreements are set in stone but rather they evolve. Let others know when the agreements can’t be met and set a new agreement.

Inquiry: How do I honor my agreements with integrity?

Practice: When someone has not met an agreement, be curious about where things stand and ask directly. Let others know how you are impacted when an agreement is not met. Check in regularly to build accountability.

Model: Match your words to your actions. Own up to your own mistakes. When you know that you can’t meet a deadline, communicate. Clarification becomes easier if you speak openly about what is not working in the family.

Coach: When others in your household do not meet a family agreement, ask your children to help hold them accountable in the manner that you have agreed to together. Help your children communicate clearly so they “do what they say and say what they are going to do.”
When people are held accountable for both their outcomes and the process they use, they achieve better outcomes and share knowledge more than when the focus is on one or the other.¹

- Renegotiation of agreements and implicit ground rules helps the group adapt when learning environments change.²
- Teams perform better when they confront each other if they break norms.³

Contributing Intentionally

Think it, believe in it, contribute it.

Assess: If patient or caregiver is....

- Focused on themselves to the detriment of relationships
- Not contributing (or not letting their child contribute) to their family or other groups in age-appropriate ways

Skill: Acting on behalf of the whole family

- Encourage others to contribute so everyone feels valued.
- Leaders model how to contribute and encourage others.
- Subtle roles can be critical: asking the tough questions, being the connector, inspiring each other, asking about undercurrents that might derail the group, and bringing in light-heartedness.
- Courage and vulnerability help us share what we think and feel in the best interest of the group.

Inquiry: Is my contribution to the family adding value?

Practice: Think about the ways you and your family members Contribute Intentionally to the family. Ensure that everyone is contributing in age-appropriate ways to learn responsibility and feel good about belonging.

Model: Be transparent about your own contributions so others can appreciate you. Have family members take turns talking about what they see as everyone’s contributions and “roles.” Take turns planning events. Give shout-outs to honor and encourage contributions.

Coach: Help your children to name how they contribute to the family, to their classroom, and to their friend groups. Help them experience the good feeling of contributing in meaningful ways.

- Focused on themselves to the detriment of relationships
- Not contributing (or not letting their child contribute) to their family or other groups in age-appropriate ways

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**Science**

- **People adapt** to being a leader or follower, **depending on the role that is needed** for both cooperation and coordination.¹

- **Children develop key prosocial skills** when they are encouraged to take the initiative and make mature contributions to shared, mutual family responsibilities.²

- **Groups are greatly affected by those who act in key informal roles.** These roles include opinion leaders, central connectors, bottlenecks, experts, consultants, and helpful people. Performance is improved by those who act first and synthesize problem-solving, expertise, and accessibility.³

- **When people share information with each other, there is less conflict in the group and it performs better.⁴

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“Resilience is an Ordinary Superpower. It does not come from rare and special qualities, but from the everyday magic of being human — our mind, heart, and body.”