



Essential Skills for Navigating Difficult Times

An Emotional Resilience Training Program
for MSHA

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What causes you stress?

Please take a moment to reflect on this question and jot down your answers.

Note: you will not be sharing your answers with anyone else today.

Lisa Laughman she/her/hers

Resilience Trainer and Founder, Wisdom Heart Life
Lead Emotional Wellness Consultant, MSU Health4U Program

18 years of service as a counselor for
MSU faculty, staff, graduate student
employees

26 years learning and teaching the
principles and concepts in our resilience
training model

33 years of clinical social work
experience



Photo credit: Karen Pace

Lisa Laughman she/her/hers

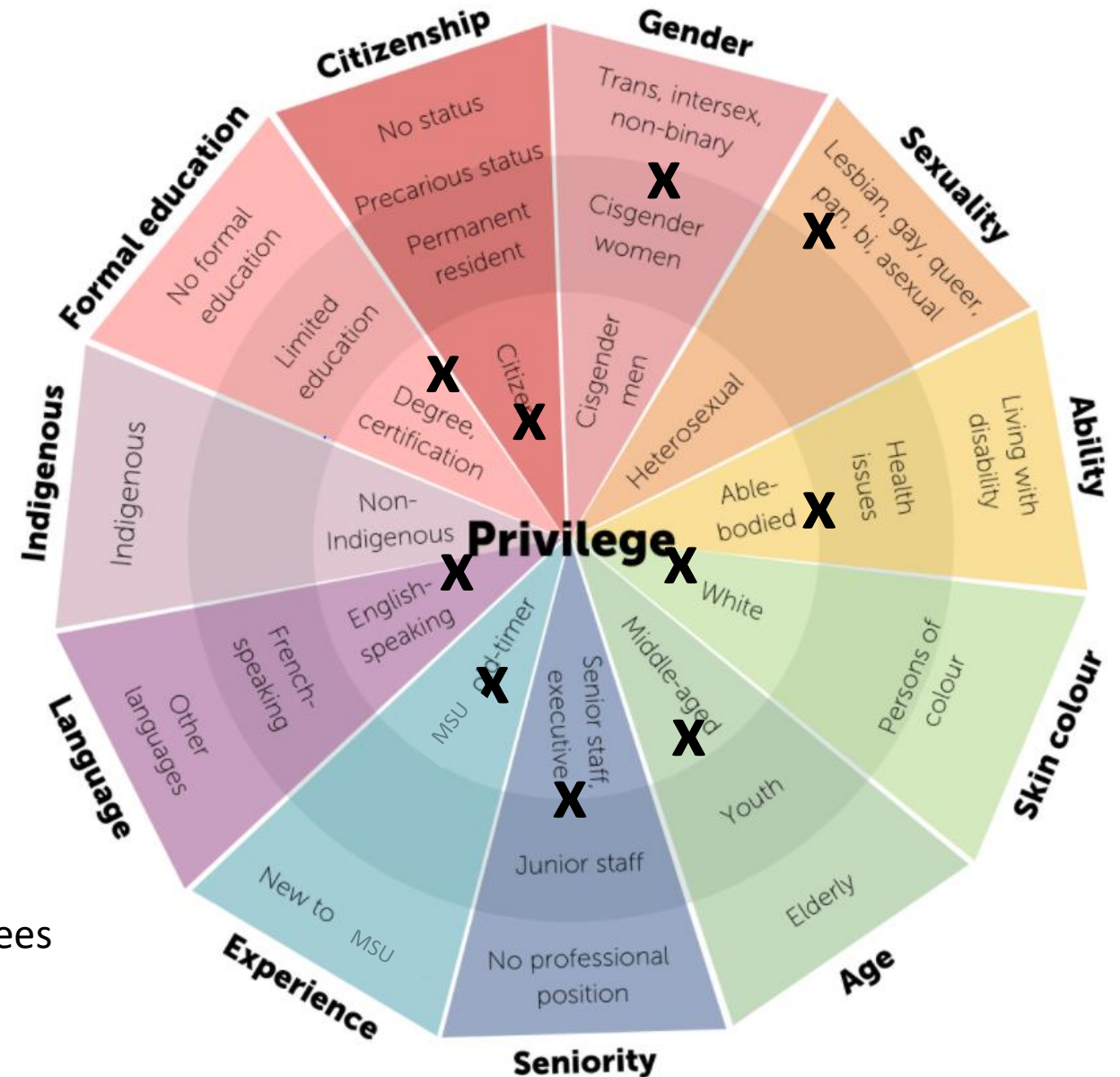
Lead Emotional Wellness Consultant
MSU Health4U Program

How I enter this space today in terms of my social identities and where I am located in relation to systems of power and privilege.

Non-target Group Identities – treated as better than
white, non-indigenous, middle class, middle age, college degree,
long-term MSU employee, member of a union

Target Group Identities – treated as less than/othered
lesbian, non-traditionally female, invisible mental health disability, do not have a PhD, am not an executive leader

The Power Wheel – from the Canadian Council for Refugees
<https://ccrweb.ca/en/anti-oppression>





What permission(s) do you need to give yourself to allow yourself to be fully present in this learning community this afternoon?

Be Here Now

Make any possible changes that would support your learning



THE 3-BREATH RESET

First breath

Breathe in and out slowly with full attention on the breath.

Second breath

Breathe in and out slowly.
Shift your attention to your body and allow it to relax.

Third breath

Breathe in and out slowly.
Settle into the stillness and steadiness of your innate mental health and wellbeing.

Learning Objectives for Today

Overview
of
Resilience

The
6-Word
Framework

Waking Up
The
Witness

Grounding
Practices
3-5

Making
Space for
Human
Emotions

Basic
Operating
Instructions

Resources
for
Continued
Learning



Definition of *resilience*

an ability to recover from or adjust easily to misfortune or change

<https://www.merriamwebster.com/dictionary/resilience>



What is resilience?

In physics, resilience is the ability of an elastic material (such as rubber or animal tissue) to absorb energy (such as from a blow) and **release that energy** as it springs back to its original shape.

The recovery that occurs in this phenomenon can be viewed as analogous to a person's ability to bounce back after a jarring setback.



What is resilience?

“Resilience is the capacity of a system, enterprise, or person to maintain its **core purpose** and **integrity** in the face of dramatically changed circumstances.”

Zolli, 2013

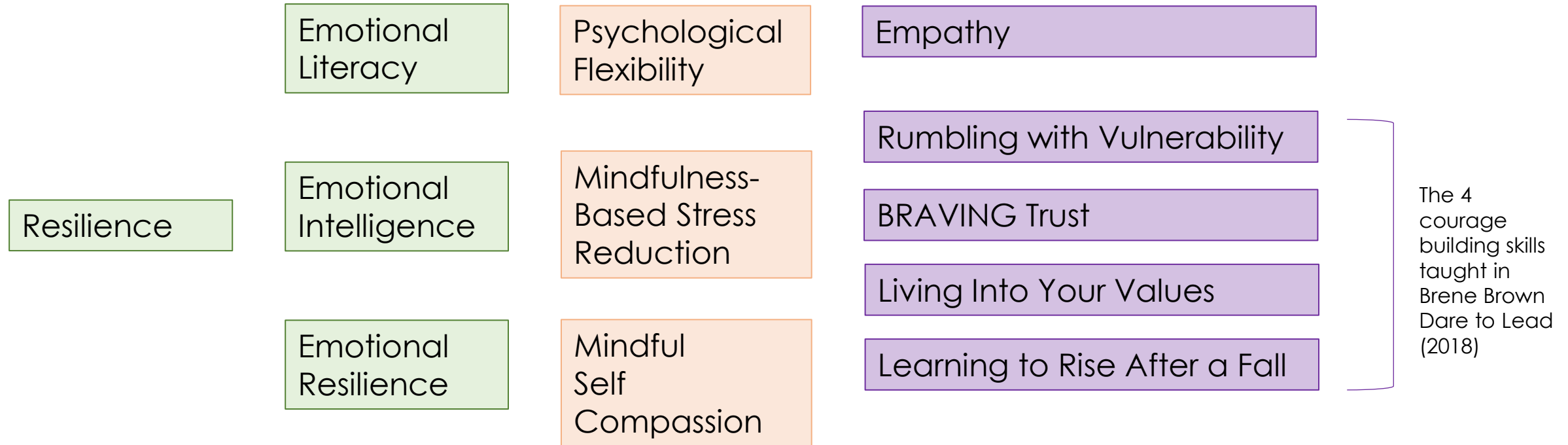


What is resilience?

“Resilience is the **strength** and **speed** of our response to adversity.”

Sandberg/Grant, 2017

Learning and teaching within the context of the 4 levels of oppression and change



Michigan State University Health4U Program's Resilience Training Model
Developed by Lisa Laughman, LMSW – Lead Emotional Wellness Consultant

The MSU Health4U resilience training model emphasizes the importance of participants developing **critical awareness of the impact systems of power and privilege** have on our individual and collective health and wellbeing

acknowledge
honor
release
relax
reflect
resolve

THE 6-WORD FRAMEWORK FOR
RESILIENCE PROVIDES A SCAFFOLDING TO
HELP YOU **EFFECTIVELY NAVIGATE HARD
TIMES** WHILE ENHANCING AND
PROTECTING YOUR PHYSICAL,
EMOTIONAL, AND MENTAL HEALTH.



Creator: Natacha Pisarenko | Credit: AP

Listening to our wisdom, helps us find our way back

acknowledge
honor
release
relax
reflect
resolve

Creator: Natacha Pisarenko | Credit: AP



acknowledge
honor
release
relax
reflect
resolve

WE HAVE A HABIT OF RESISTING WHAT IS.

- Most psychological suffering is caused by **resistance**.
- People resist **“unwanted personal experiences”**.
- **We try to control everything** to avoid a future unwanted personal experience.
- We even try to **resist unwanted personal experiences we are already having**.

GOAL:

Develop the practice of noticing and dropping resistance and resentment

Waking Up
The
Witness

Grounding
Practices
3-5

Waking Up The Witness

Turning off your
auto pilot

Turn on the part
of you that can
notice things.

Observing self vs
Thinking Self

The neutral eye
of camera

Are you in mud mind, right now?
Are you actively resisting something?
Are you actively resenting something?
What is your energy like?
What energy are you bringing to others?
Are you having a moment of awake mental rest?



**Some things to notice this
coming week**

What's Up With Me Right Now?

Your personal reality is variable and changes moment to moment according to what is happening with these internal factors

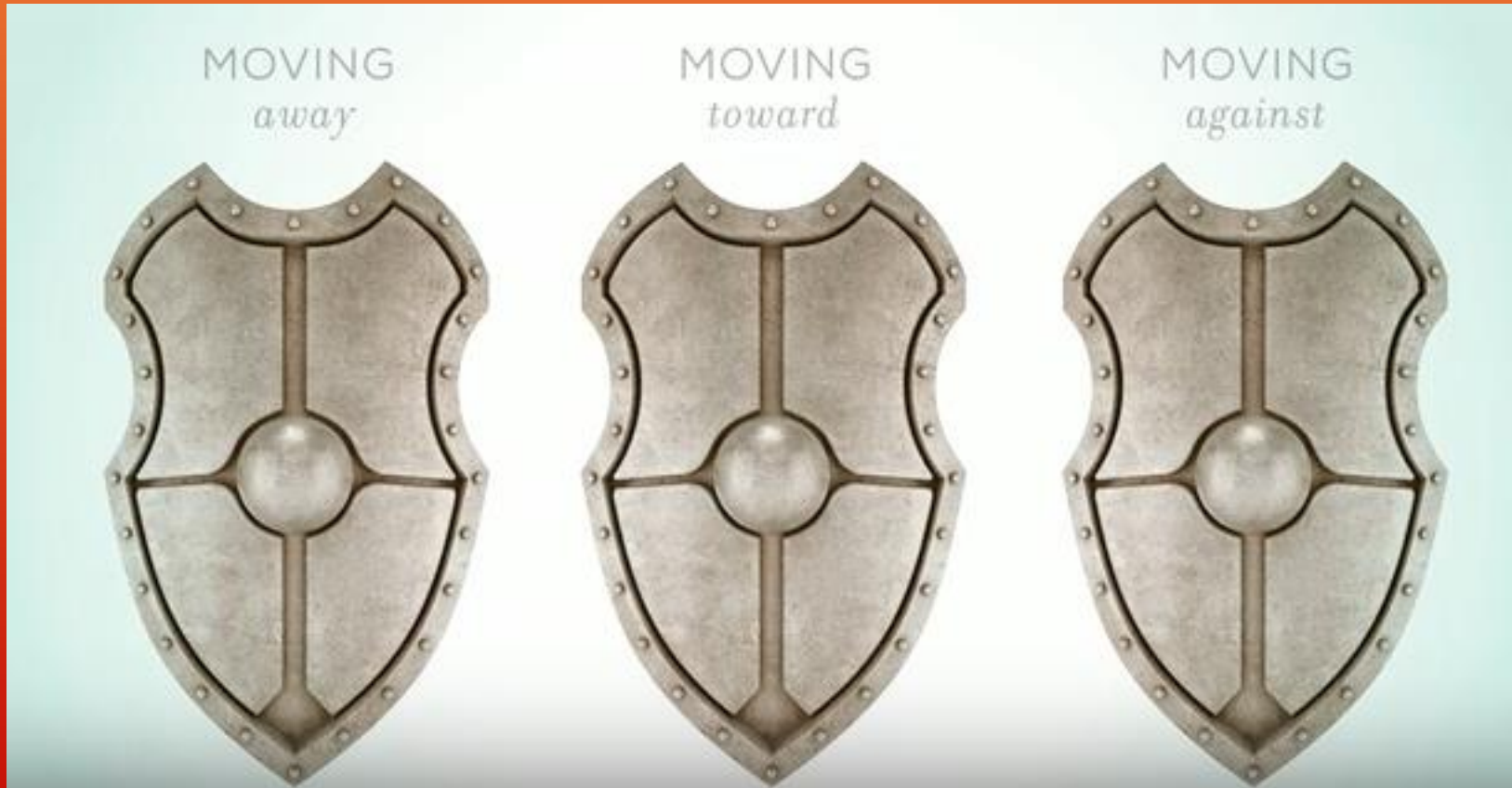
Physical
State

Mood

State of
Mind

Content of
my thinking
in this
moment

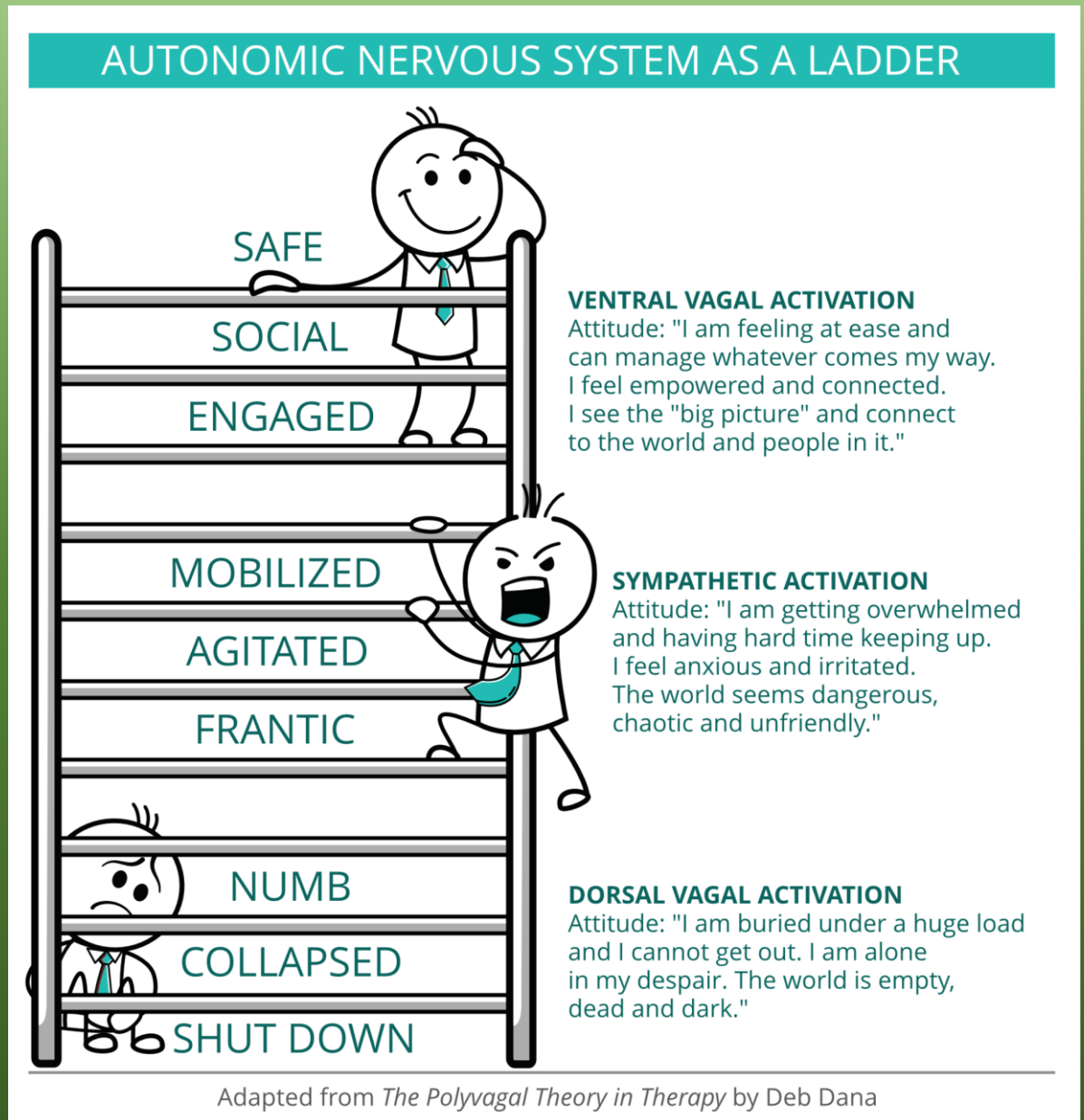
Am I shame triggered right now?

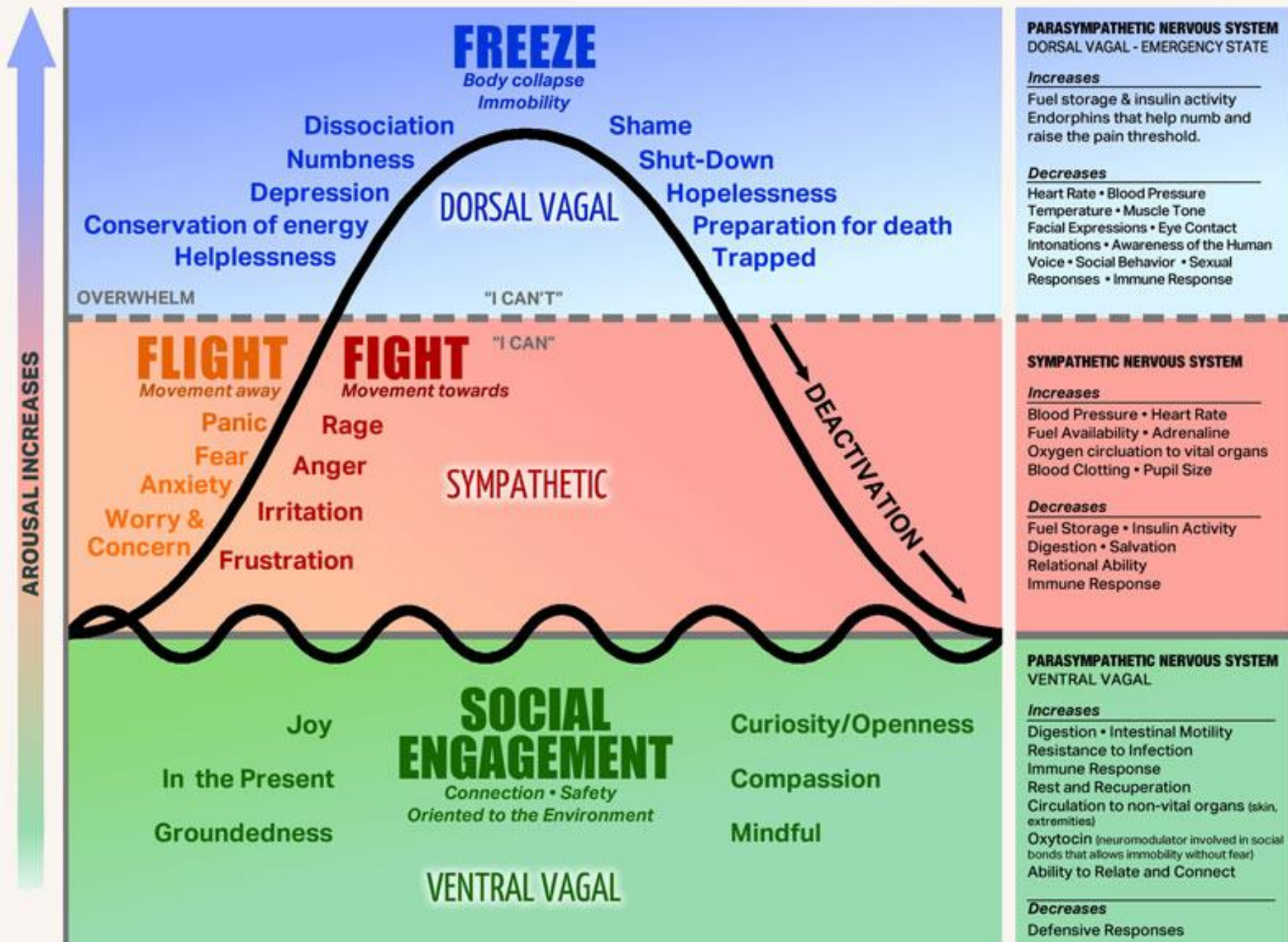


If you don't
know how
to do
shame,
shame
does you.

There are 3
different
stories
waiting to be
heard...

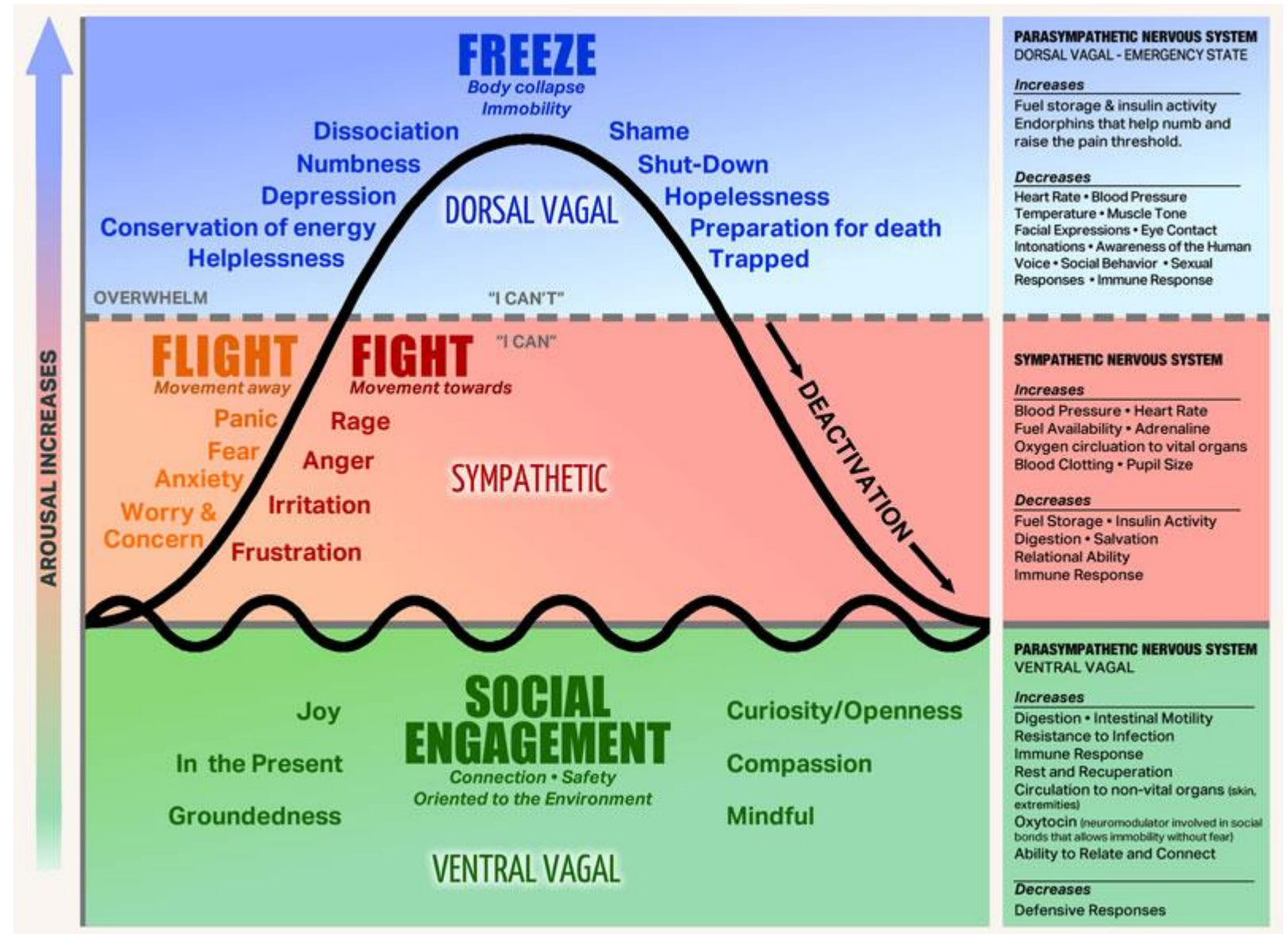
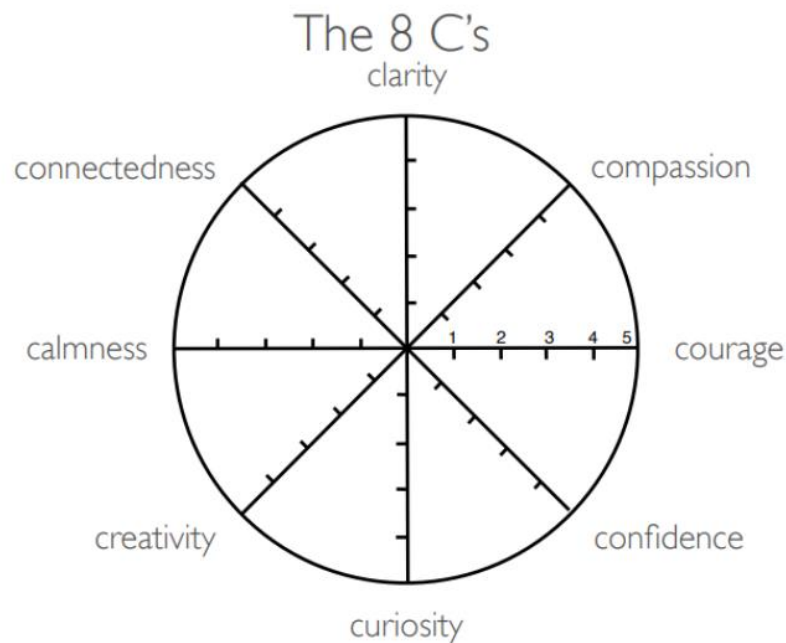
<https://adventures-in-therapy.tumblr.com/image/617025578667769856>





Our main objective is to operate from the **lowest effective level** of stress response possible in any given situation

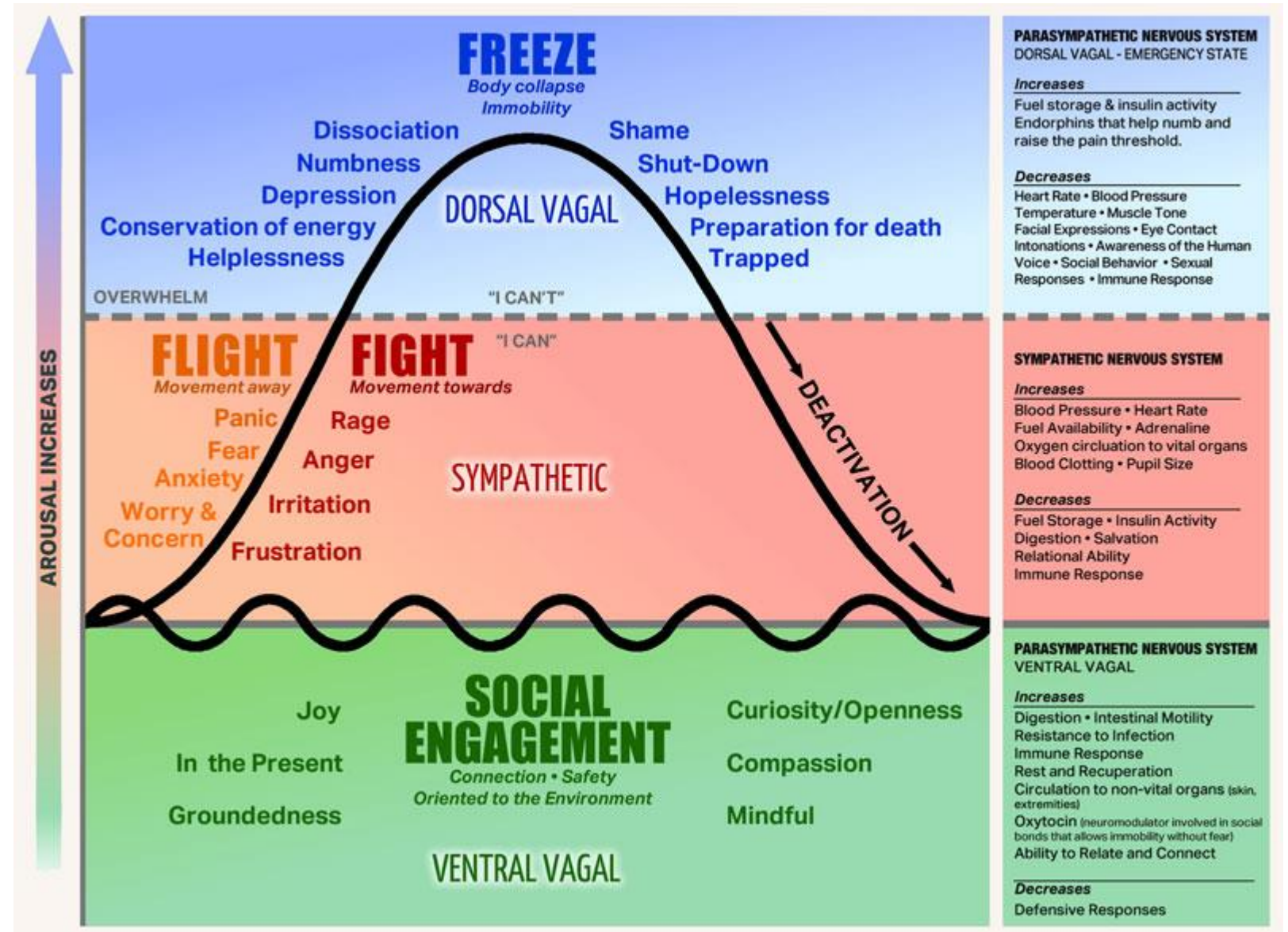
It is easier to operate from a lower stress response if we have a regular daily practice of “completing the stress cycles”



5 Guiding Questions

1. What is the level of my stress?
2. How do I know? (look to map)
3. Is this level of response helping me?
4. Can I bring in a practice to help me settle?
 - Orienting to the present moment
 - 3 breath reset
 - Settling the breath
 - Butterfly hug
 - Arm swipe
 - Vagal nerve reset
5. How do I know it is working?

<https://themovementparadigm.com/how-to-map-your-own-nervous-system-the-polyvagal-theory/>



**Basic Operating
Instructions for
Human Psychological
Functioning**



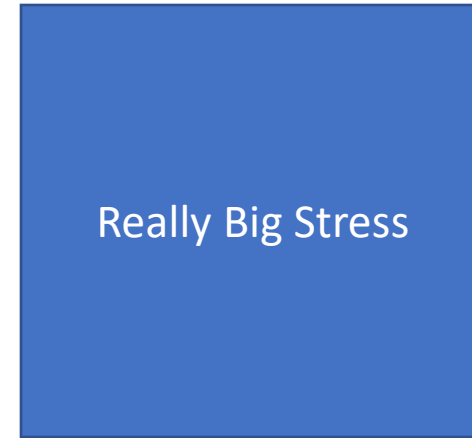
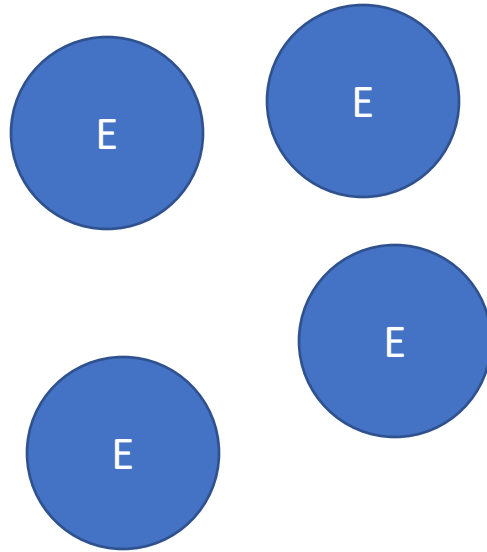
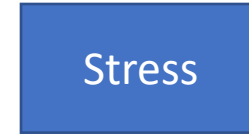
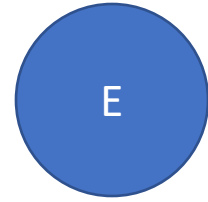
What is resilience?

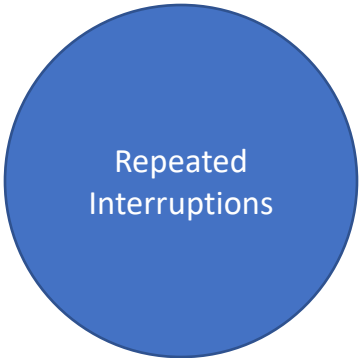
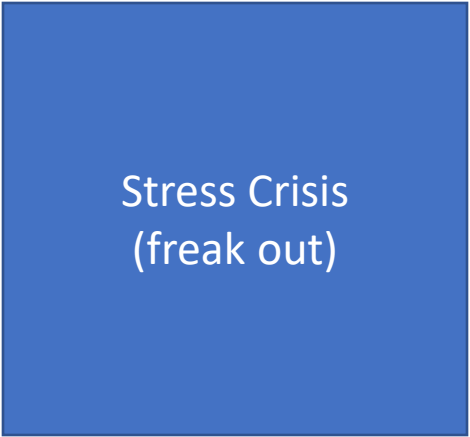
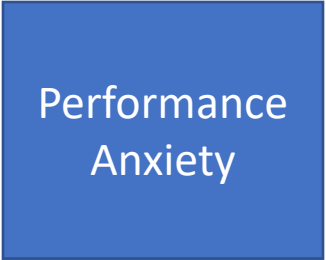
“Between stimulus and response **there is a space**. In that space is our **power to choose our response**. In our response lies our growth and our freedom.”

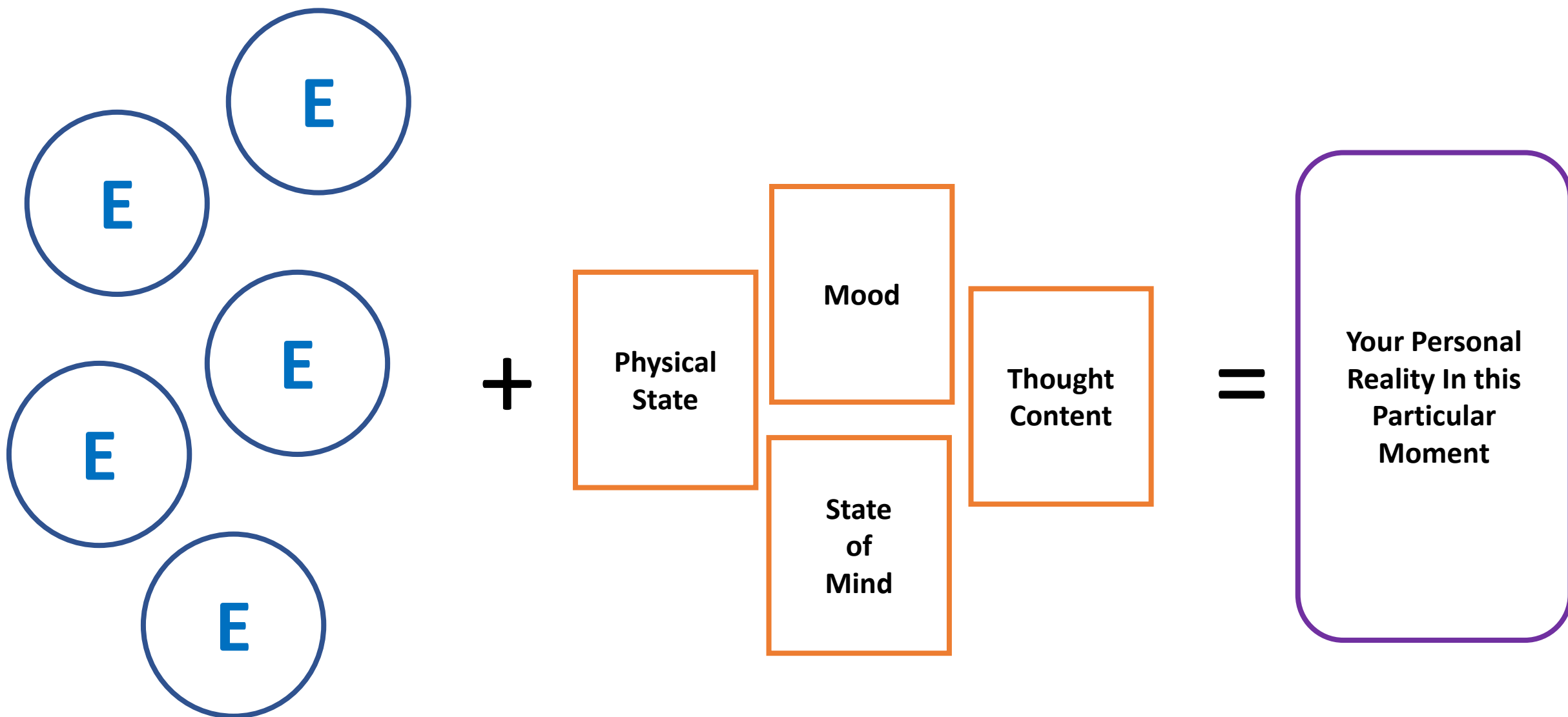
Viktor Frankl 1946

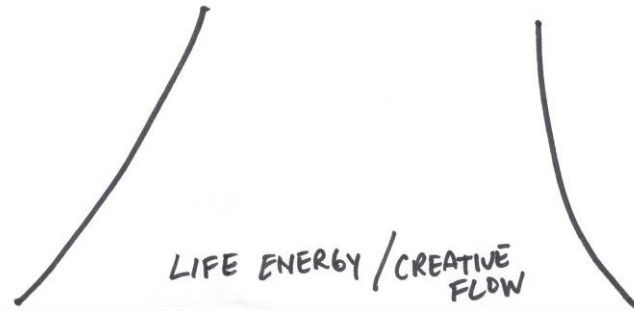
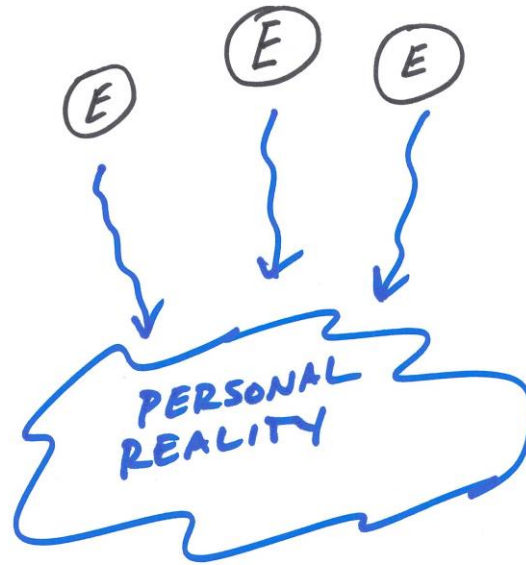
WHAT CAUSES YOU STRESS?

demanding customers, economic challenges, public speaking, traffic, technology, coworkers, bosses, illness, caregiving, kids, parents, spouse/partner, siblings, my body, politics, pets terrorism, bills, deadlines, too much to do, expectations, time, change, **weather**, stupid people, lazy people, rude people, judgmental people, bureaucracy, bad drivers, cell phone companies, people not wearing masks, people wearing masks, the virus, the housing market, the stock market, waiting for trains, stay at home orders, health diagnosis, airport security, construction, lack of parking, parking tickets, flat tires, discrimination, change, oppression, weddings, births, moving, \$, \$, \$, \$, \$, \$, natural disasters, taxes, death....









The 3 Principles behind how humans
create their moment-to-moment
experience of life

Mind, Thought, and Consciousness

We all have the
gift of
Consciousness

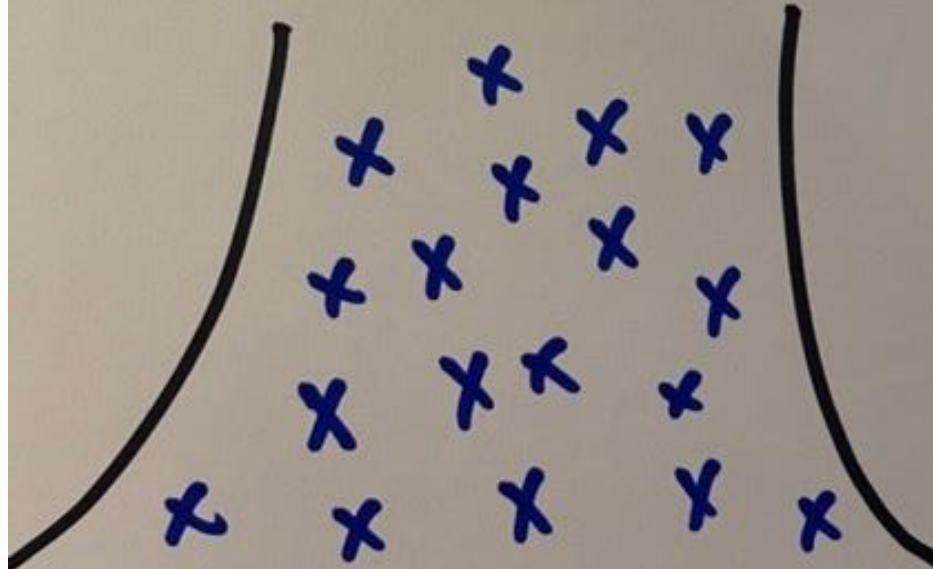


We all have
the ability to
create
Thought

We are all
connected to a
healthy source
of LIFE ENERGY

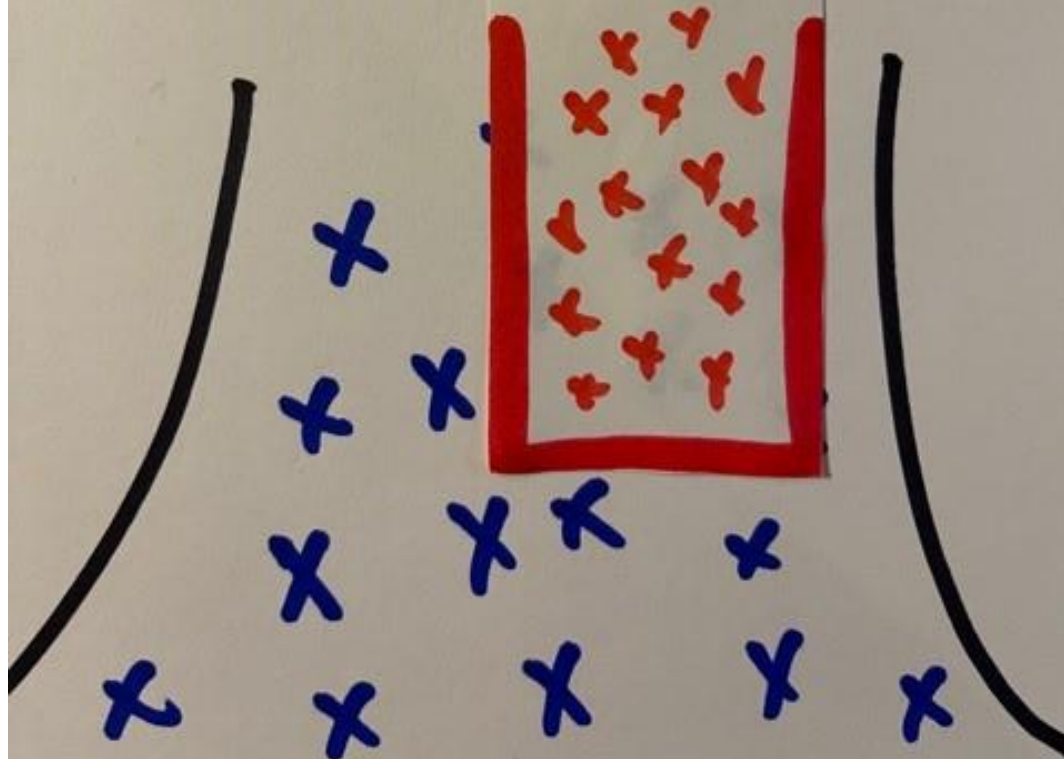
Some research indicates we
have more than 80,000
thoughts per day.

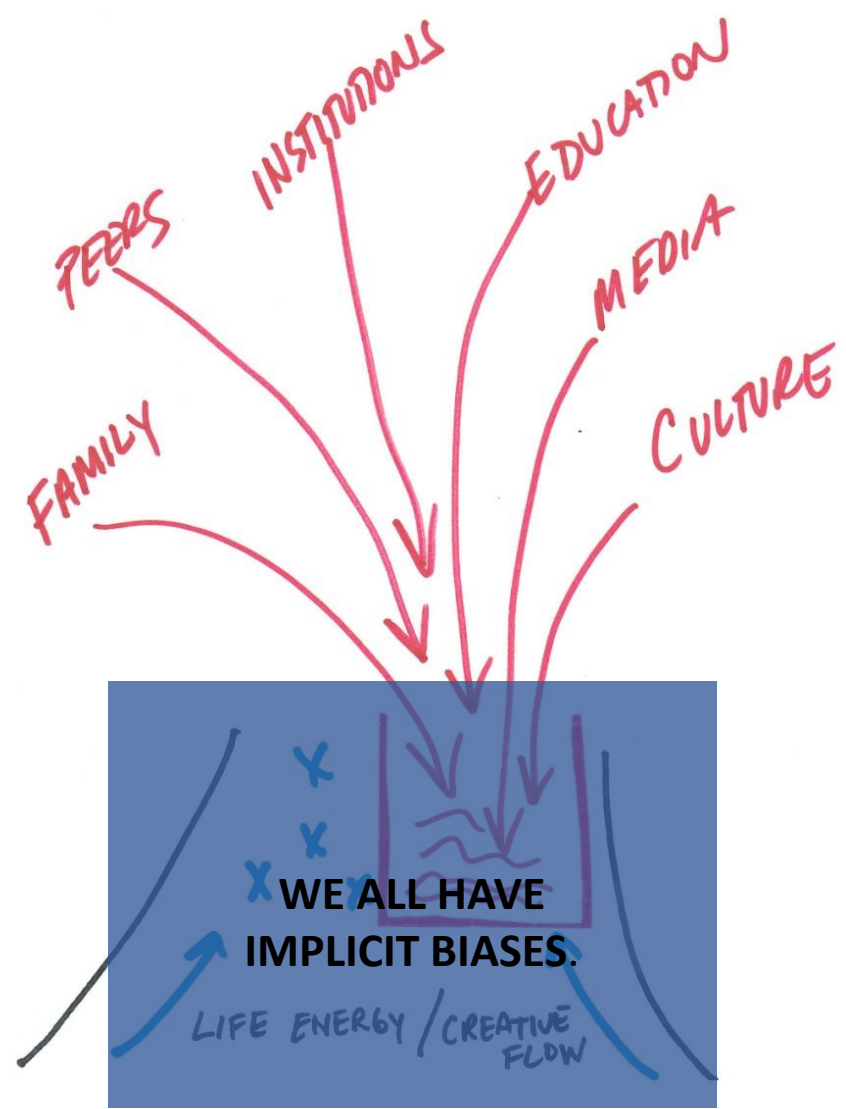
We have a steady flow of
new thought, creative ideas,
insights...



and...

we all have
thoughts every
day that we have
already had
before.



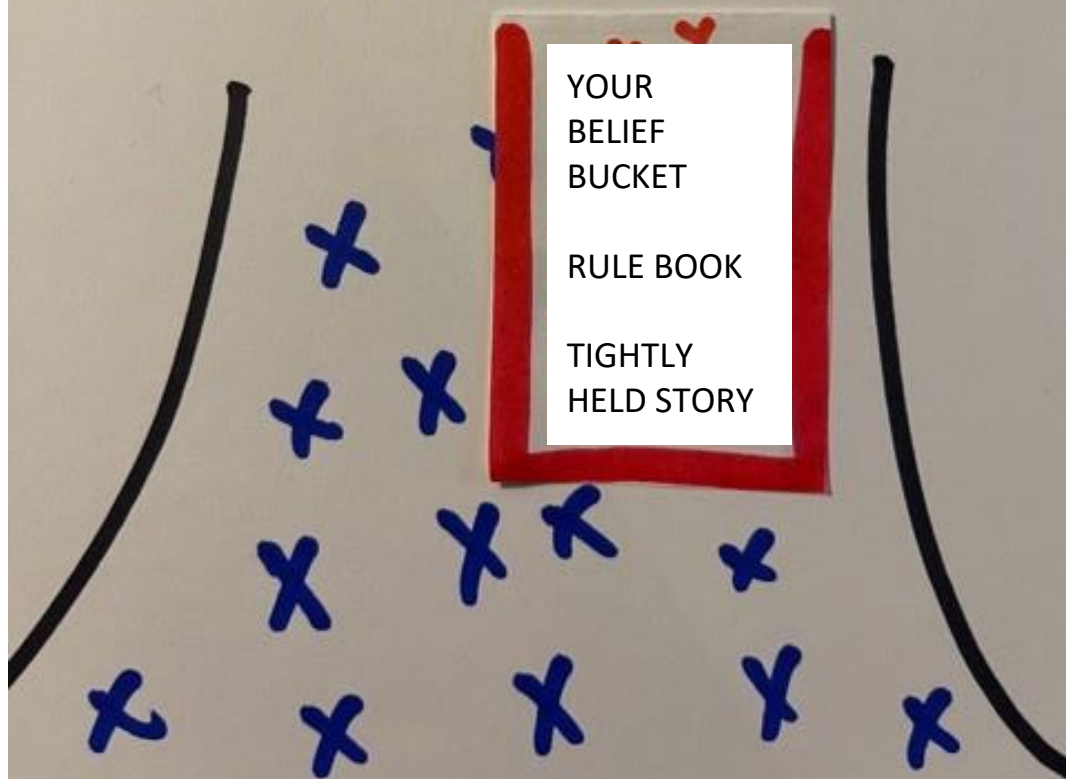




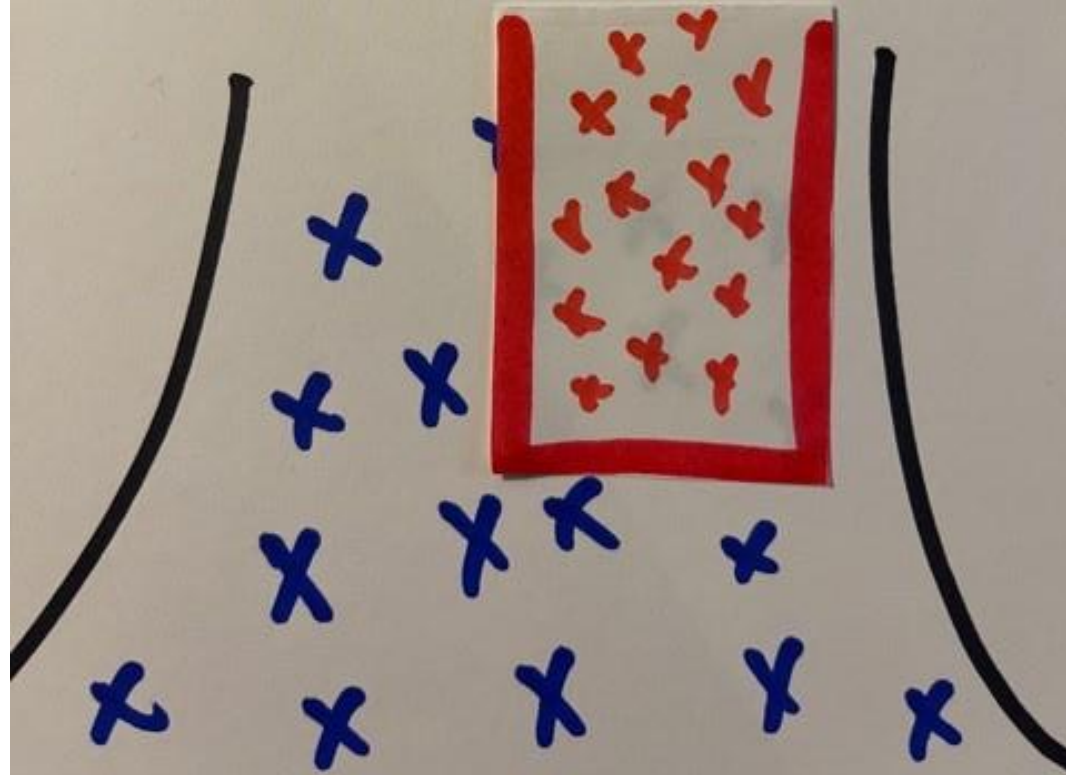
YOUR
BELIEF
BUCKET

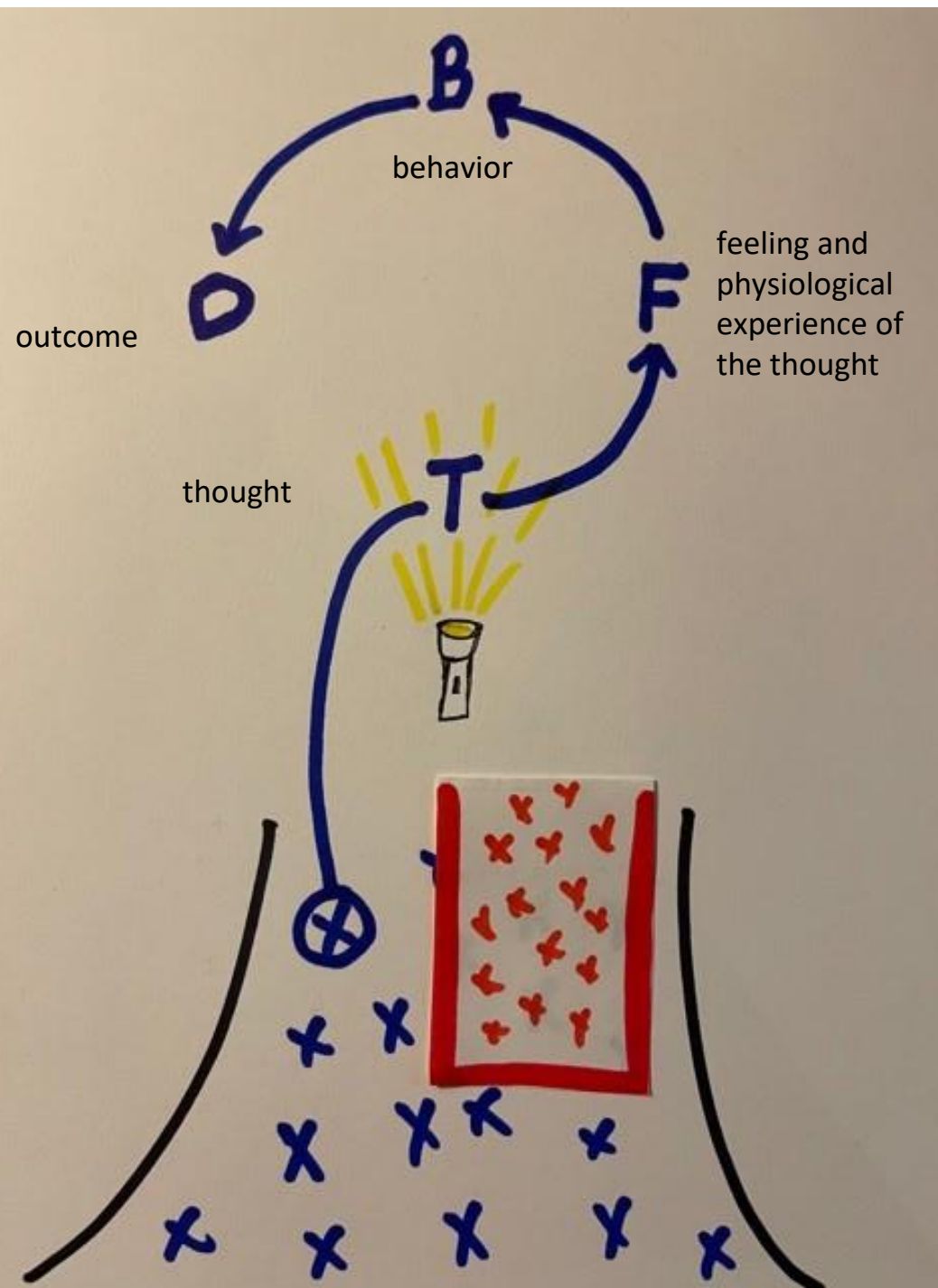
RULE BOOK

TIGHTLY
HELD STORY



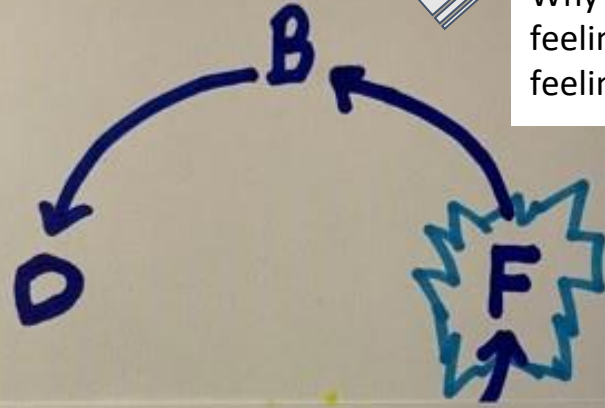
something happens



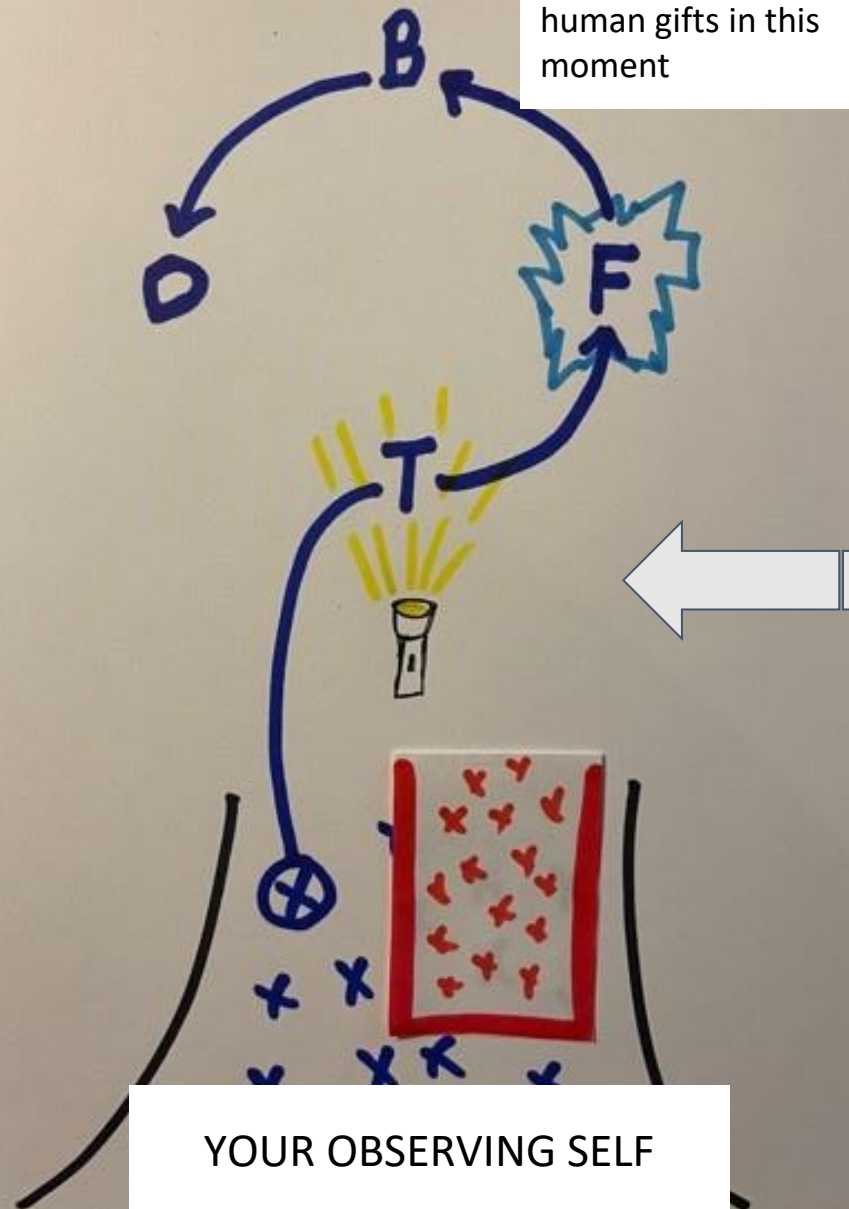


We look out toward the
circumstance

Why am I
feeling this
feeling?

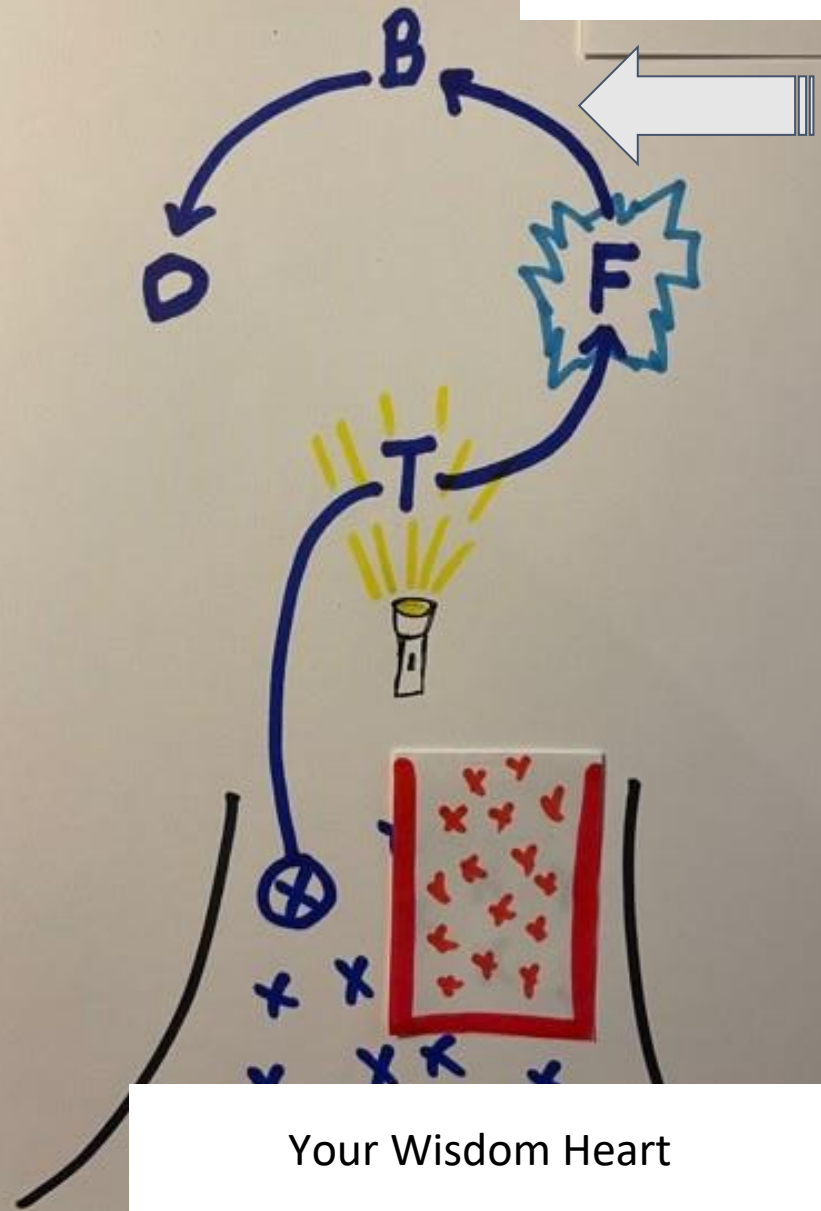


Instead of first looking inward to see what we are creating with our human gifts in this moment



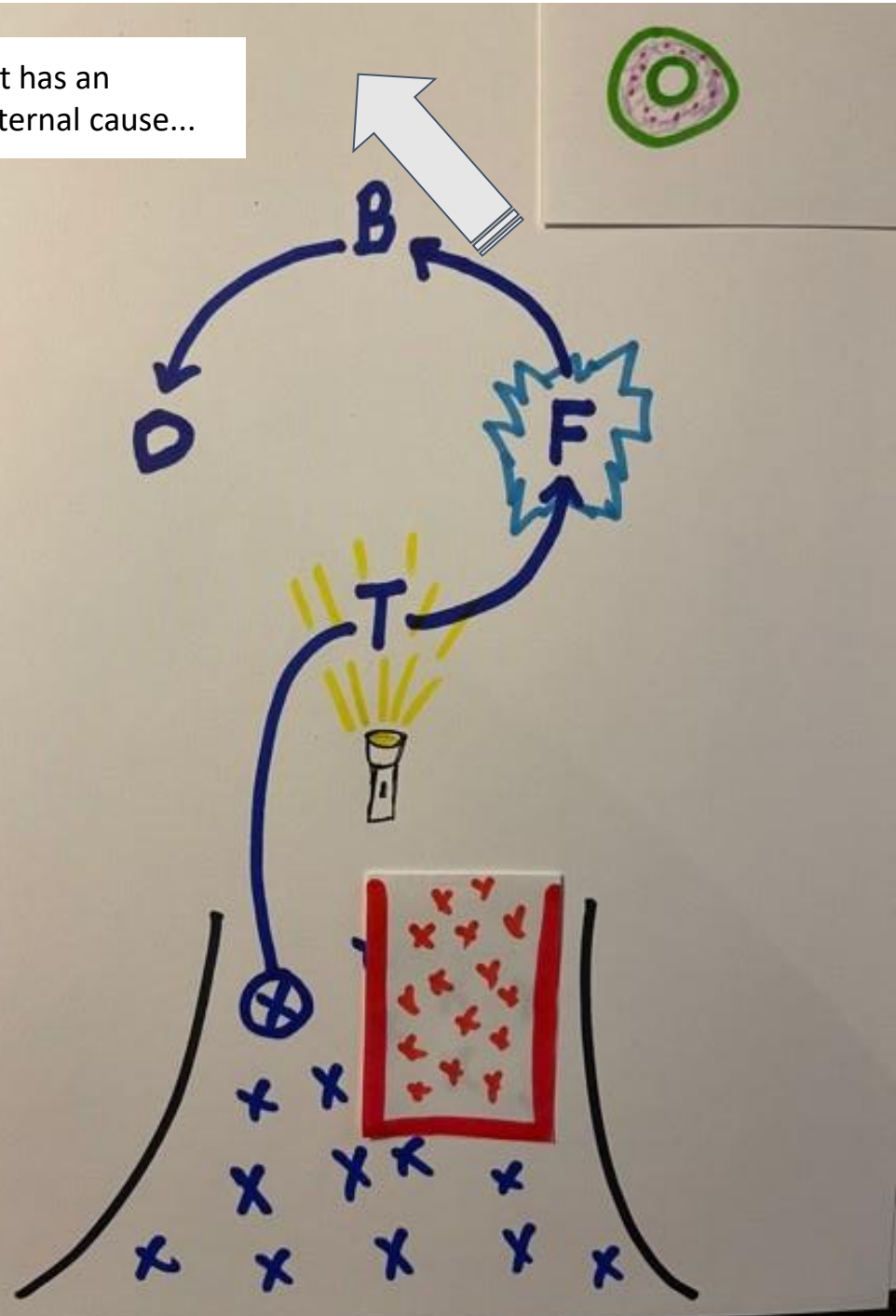
YOUR OBSERVING SELF

From up here you are more likely to be acting from your reactive self

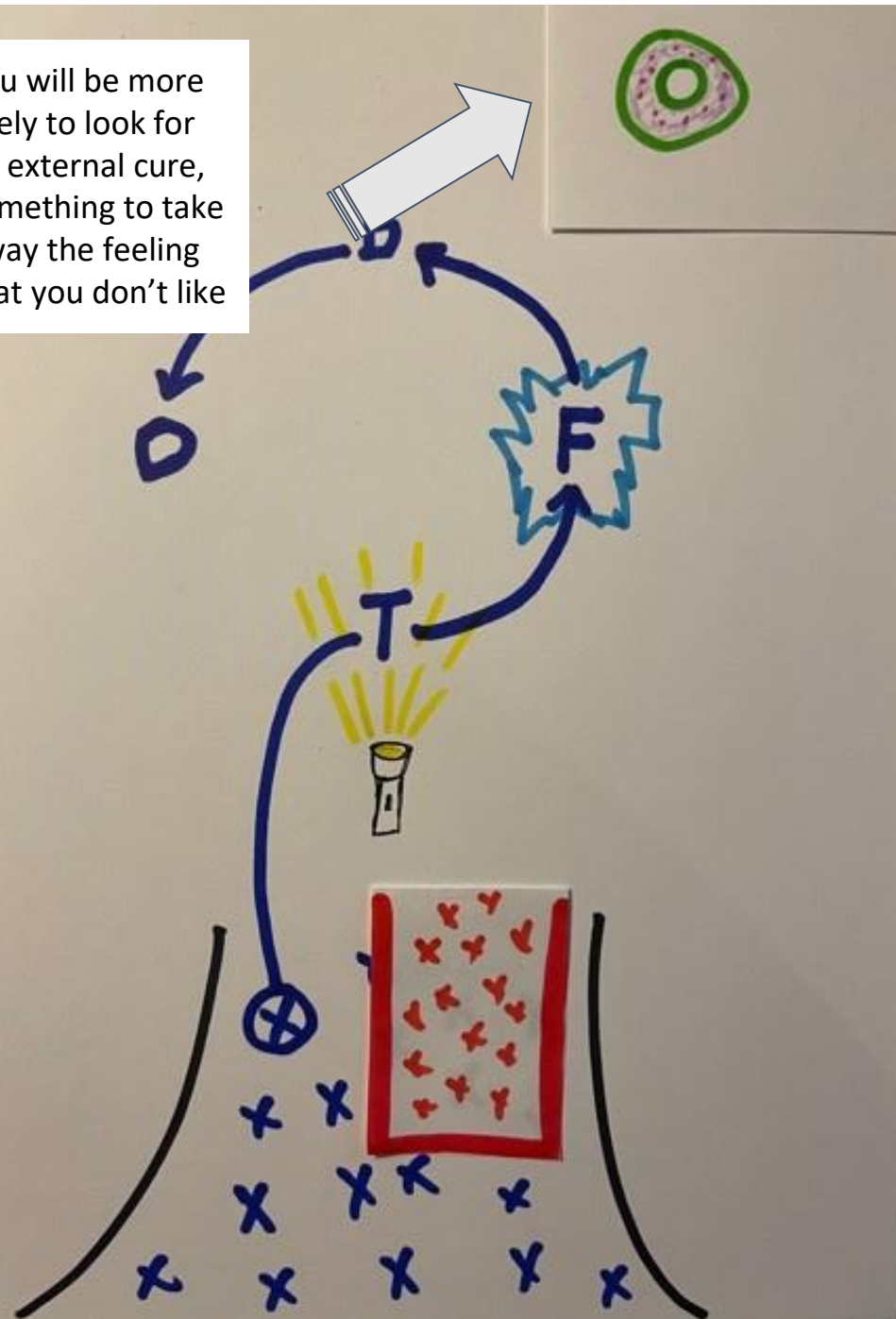


Your Wisdom Heart

If it has an external cause...

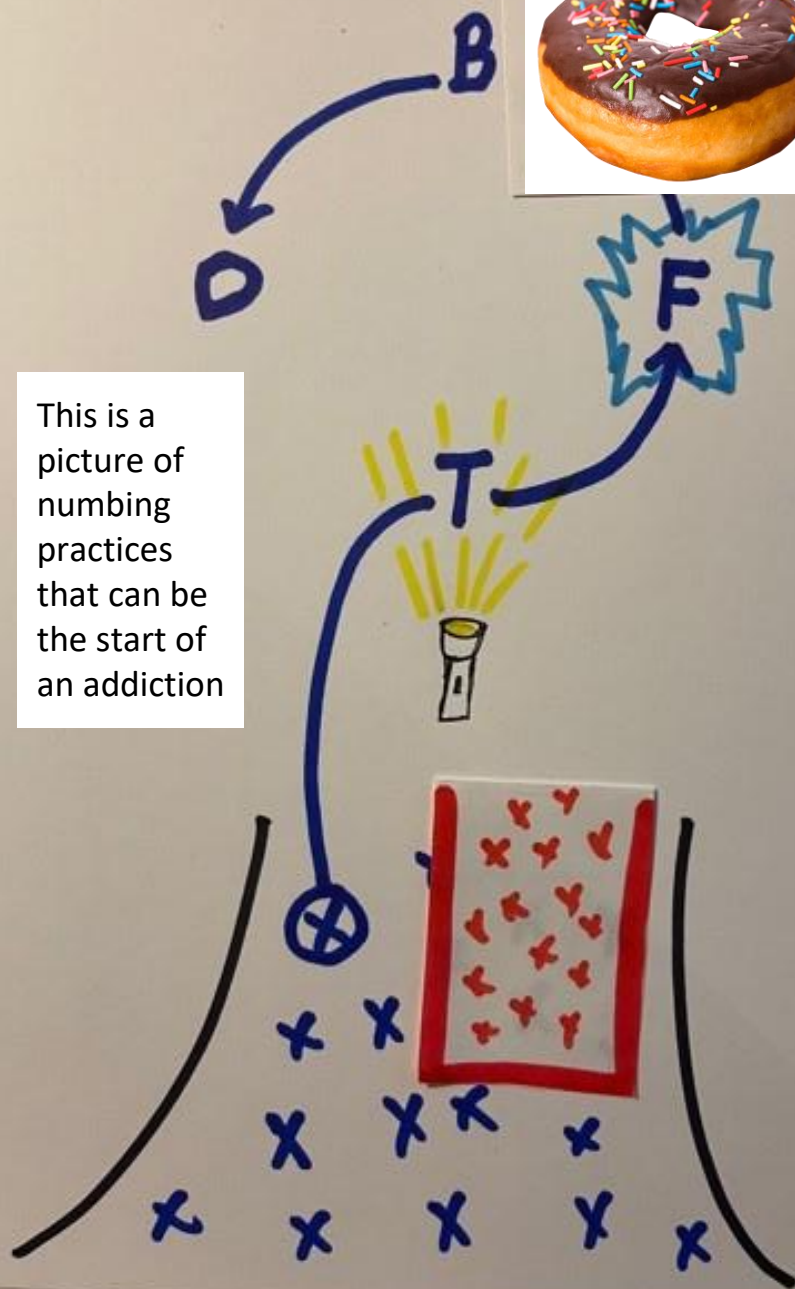


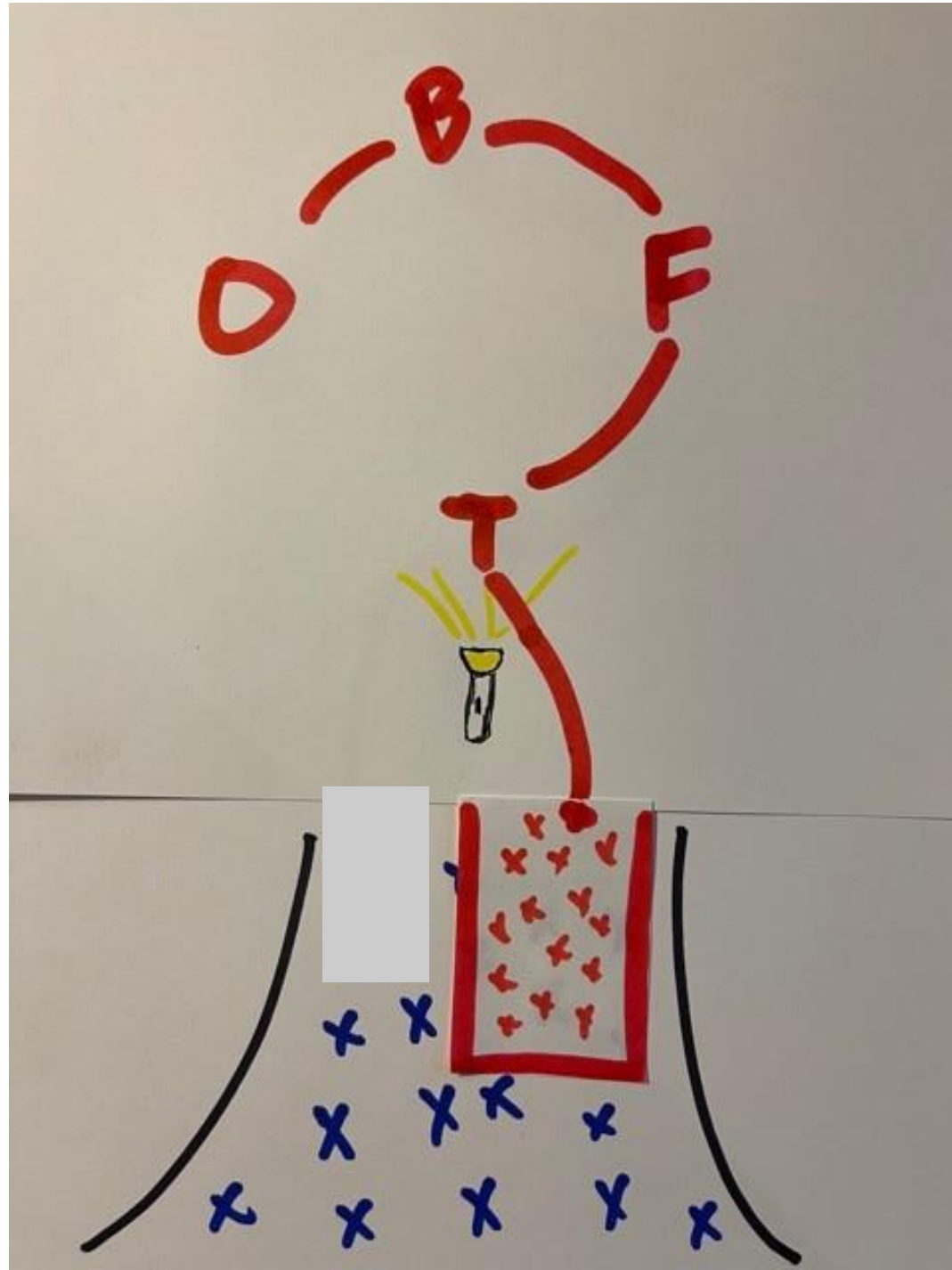
You will be more likely to look for an external cure, something to take away the feeling that you don't like

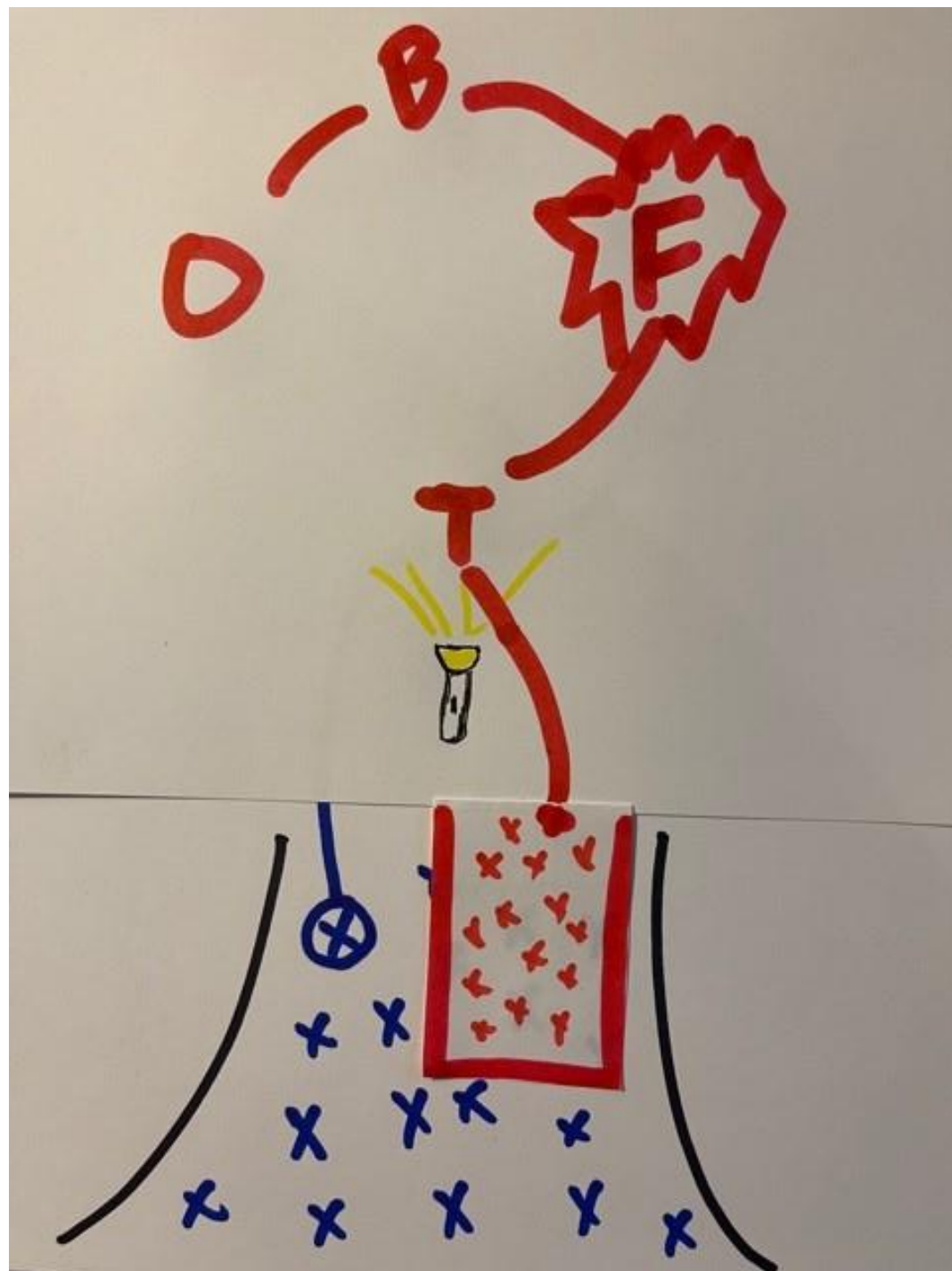




This is a picture of numbing practices that can be the start of an addiction







acknowledge
honor
release
relax
reflect
resolve

When I allow myself to release,
what am I relaxing into???

CIRCUMSTANCES

INSIGHT
INNOVATION
EXCELLENCE
WISDOM
OPEN MIND
STABILITY
ENTHUSIASM
GENEROSITY
CREATIVITY
POSITIVITY
THINKING
ATTITUDE
EASE
GOOD FEELING
NEW IDEAS
CONNECTION
AWE
PATIENCE
NOTHINGNESS
REFLECTION
ENGAGED
CALM
HOPE
FREEDOM
LOVE
ENERGY
JUST START
OPTIMISM
PEACE

CIRCUMSTANCES

↑
↑
↑
PERSISTENCE

INSIGHT
INNOVATION
EXCELLENCE
WISDOM
OPEN MIND
STABILITY
ENTHUSIASM
GENEROSITY
CREATIVITY
POSITIVITY
THINKING
ATTITUDE
EASE
GOOD FEELING
NEW IDEAS
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Contact info



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