



Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

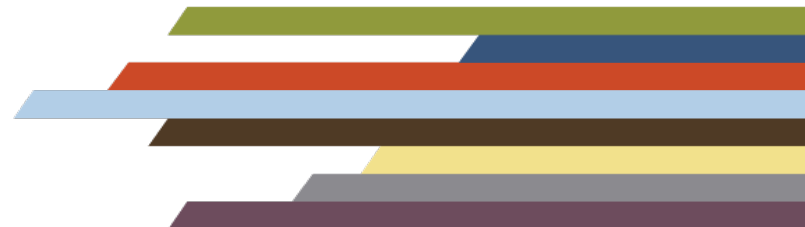


Northwest ATTC presents:

Resilience and Wellness

Presenter: Ann Marie Roepke, Ph.D.

December 2020



Resilience

Ann Marie Roepke, Ph.D. (she/her)

Northwest ATTC, December 2020



Roadmap for today

- Grounding exercise
- What is resilience?
- Finding our true north in the storm
- Turning toward self-compassion
- Taking care of ourselves

This training is for educational and informational purposes, and not to diagnose/treat any disorder, provide medical advice or healthcare, or serve as a doctor/patient relationship

Three invitations

- Take care of yourself
- Jump in, share thoughts/expertise
- Decide to take action... or NOT to



Grounding exercise



What is resilience to you?



What is resilience?

(Masten, 2001)

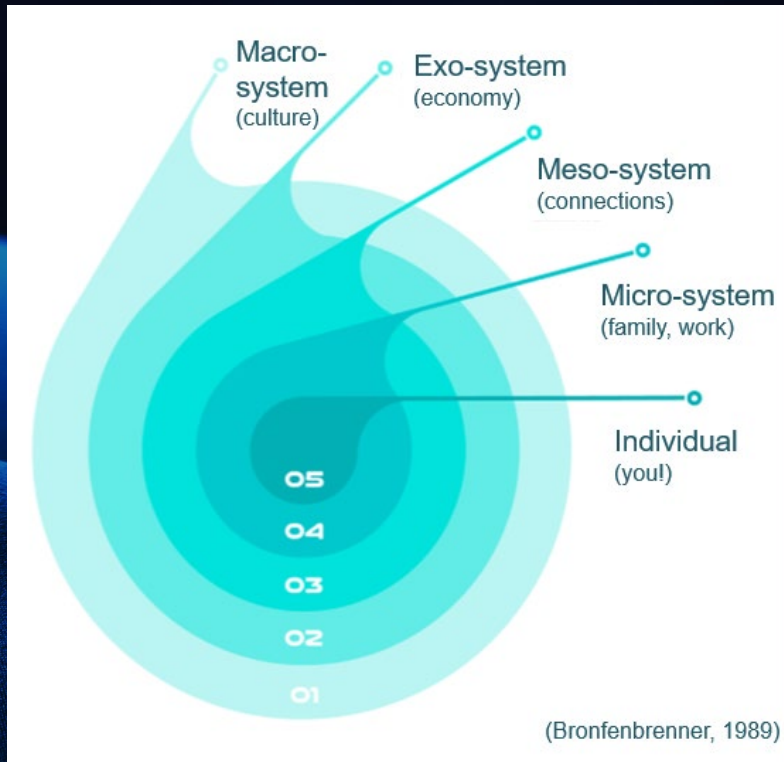
Skills, responses, and habits – *not* traits.

Resilience: “a set of processes that enables good outcomes in spite of serious threats”

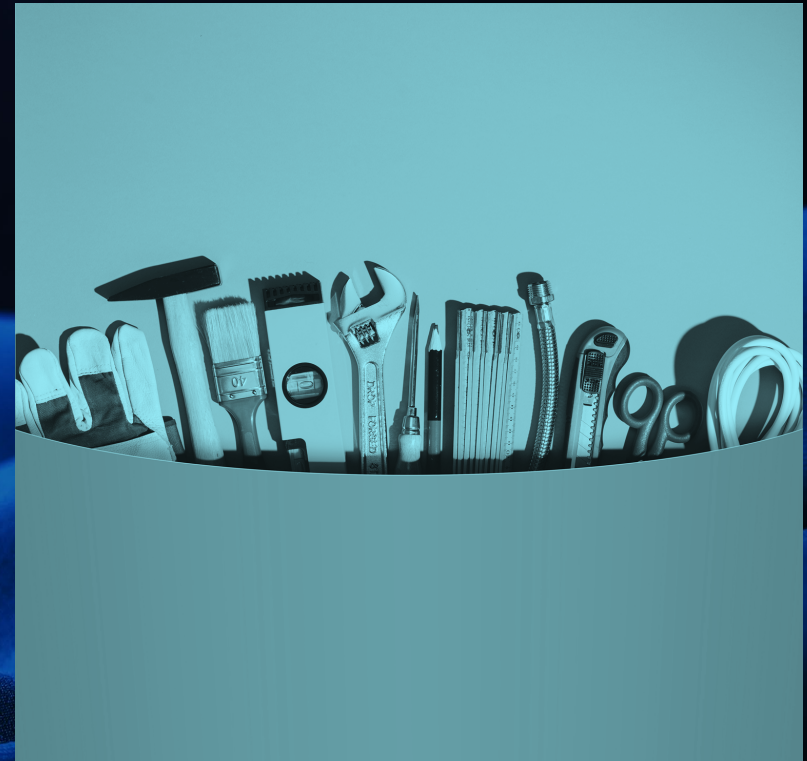
Managing anxiety, depression...
Maintaining well-being
Being effective at work/home

Global pandemic
Impacts of racism
“Civil unrest”
Recession
Compassion fatigue
Personal life...

“You need to do more self-care!” *What are we missing?*”



We need support from our
community and society



We need ***coping flexibility***
(Cheng et al., 2014; Kato, 2012)

Finding our true north in the storm



The storm: Anxiety and threat

- Anxiety: a natural protective response to threat
 - Fight/Flight/Freeze
- What to do with chronic, lingering anxiety?



The anxiety dial and the values dial



True north on the compass: Values

- What you care most about
- The “why” of goals



Navigating by values, not (just) anxiety

- Identifying our values
- Figuring out how to put them into action



What do you care most about?

(And how does that show up in your life lately?)

Adventure & excitement	Comfort	Family
Accomplishment	Compassion	Humor
Power	Cooperation	Friendship
Appreciating beauty	Creative expression	Authenticity
Challenge	Duty	Health
Caring for others	The environment	Fitness
Variety and change	Loyalty & faithfulness	Religion or spirituality
Contributing to the world	Fame	Personal growth
Honesty	Inspiring others	Loving others
Hope	Intimacy with others	Being loved
Independence	Patriotism	Competence
Working hard	Social justice	Mindfulness
Inner peace	Learning	Balance
Sobriety	Openness to new things	Anti-racism, equity, inclusion
Non conformity	Tradition	Safety
Popularity	Order	Moral virtue
Meaning in life	Pleasure	Stability

Turning toward self-compassion



Self-compassion and self-judgment

- Day 1 of quarantine vs. day 3 of quarantine...
- The plague and King Lear...



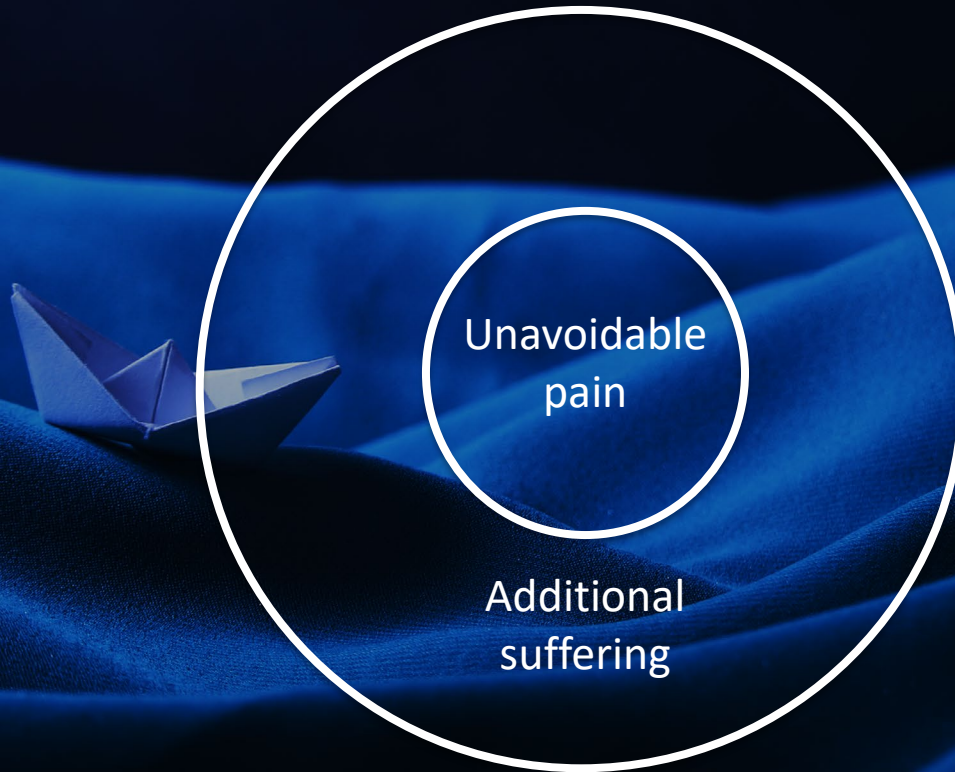
Self-compassion and self-judgment

- What are some areas where you see yourself or other people being hard on ourselves during COVID-19?



Self-compassion and self-judgment

Is self-judgment adding on layers of suffering?



Self-compassion

- Self-compassion: different than self-esteem!
 - treating self kindly
 - recognizing shared humanity
 - being mindful with judgments



What does it sound like?

- What would you say to a loved one who was going through the types of challenges and pain you've been dealing with?



Self-compassion in 30 seconds

- 3 breaths:
 - What am I feeling?
 - I'm not the only one
 - Support/kindness



Taking care of ourselves



Taking care of ourselves

- What are some things you know are good for you?



Ways to care for ourselves

exercise hobbies boundaries
therapy sleep careful with substances
play/fun/novelty connection mindfulness
food and drink routine
limiting news/media spiritual practices
time in nature focus on mission journaling
nice physical surroundings

- What are your self-care strengths?
- What's one area you care about and want to improve?

Wrap-Up

- What's one thing you can do more, less, or differently THIS WEEK?



Thank you!

Thanks to...

- YOU for the work you do
- The Northwest ATTC

For more:

- Greater Good Science Center: <https://greatergood.berkeley.edu/>
- Harvard coping tips: <https://www.health.harvard.edu/diseases-and-conditions/coping-with-coronavirus>
- NMAAHC self-care toolkit: <https://nmaahc.si.edu/learn/talking-about-race/topics/self-care>
- Therapist directory: <https://www.psychologytoday.com/us/therapists>
- Feel free to email me (ann.marie.roepke@gmail.com), check out my podcast ([*Psychological Resilience in the Time of Coronavirus*](#)) or website (www.evoketrainingandconsulting.com)

Surveys

Look for our surveys in your inbox!

We greatly appreciate your feedback!

Every survey we receive helps us improve and continue offering our programs.

https://bit.ly/Wellness_December16



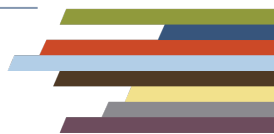
It only takes **1 minute** to complete!



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gracias cảm ơn bạn धन्यवाद 고맙습니다
شكرا جزيلًا salamat благодарю вас 谢谢
Dziękuję Ci **Thank** ευχαριστώ
quyana tack **you!** አመሰግናለሁ
धन्यवाद danke asante grazie
hík'wu? merci תודה obrigado ขอบคุณ
ありがとうございました спасиби mahalo



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