THE RESILIENCE TOOLKIT: tools to decrease stress & increase resilience

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AGENDA

01 RESILIENCE & PHASED TRAUMA HEALING

02 THE RESILIENCE TOOLKIT FRAMEWORK

03 PRACTICING THE RESILIENCE TOOLKIT
01 RESILIENCE
01 RESILIENCE

- Qualities
  - Strength + flexibility
- Types
  - Recovery
  - Bounce forward
  - Transform conditions of adversity
01 RESILIENCE

• Qualities
  • Strength + flexibility
PHASED TRAUMA TREATMENT

- Stabilization and resourcing
- Addressing the trauma narrative
- Integration and rebuilding a new life
02 THE RESILIENCE TOOLKIT FRAMEWORK

Stabilize & resource to develop deep, expansive resilience
THE RESILIENCE TOOLKIT FRAMEWORK

- Self-awareness of stress and relaxation
- Use social ecology to appraise stress response
- Brief mindfulness and movement regulatory strategies
- Behavior change theory to support habit development
03 PRACTICING THE RESILIENCE TOOLKIT
3-TIER STRESS-TRAUMA CYCLE
SOCIAL NERVOUS SYSTEM
FIGHT/FLIGHT
GROUNDING
Checking in mentally, emotionally, physically

SETTLING BREATH
Longer exhale than inhale
FREEZE
RESOURCING
Focus on most positive body sensation

BUTTERFLY HUG
Cross hands on chest, alternate tapping
3-TIER STRESS-TRAUMA CYCLE
THERAPEUTIC TREMOR CONTEXT

- Physiologic down-regulation
- Traditional healing and spiritual use
THERAPEUTIC TREMOR BENEFITS

- Physically accessible
- Economical
- Cross-culturally adaptive
THERAPEUTIC TREMOR EVIDENCE

• Significant decrease anxiety, burnout, trauma symptoms
• Significant increased well being, quality of life
• Copious positive anecdotal reporting
THERAPEUTIC TREMOR AROUND THE WORLD

Nepal
South Africa
Colombia
The Resilience Toolkit is

A trauma-informed approach to embodied self-awareness and self-regulation for any transformative work - especially trauma healing
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For more info and references:
www.theresiliencetoolkit.co