Embodied Resilience: Tools for Finding Ease Within

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AGENDA

01. Introduction
02. The Resilience Toolkit
03. Professional Quality of Life
04. Discussion Q&A
01. INTRODUCTION
LEARNING OBJECTIVES

• To develop an embodied understanding of the stress-relaxation cycle with an intersectional and ecologically sensitive lens as it relates to providers and people who have experienced trauma
• To learn and practice somatic mindfulness and movement practices, accessing biological stress reduction mechanisms
• To identify ways to implement somatic mindfulness and movement practices in advocates’ daily work to increase their capacity to serve people who have experienced trauma in healthy and sustainable ways and to help lessen the impact of vicarious trauma and reduce burnout
02. THE RESILIENCE TOOLKIT
DEFINING RESILIENCE

The capacity of individuals, families, and communities to heal from trauma, and to strengthen their well-being and adaptability in ways that can mitigate or prevent future trauma.
RESILIENCE DETERMINANTS

- Self-awareness and self-regulation
- Regulatory flexibility
- Moral courage and connection to something larger than self
- Altruism
- Connection to resources
TRAUMA HEALING

- Stabilization
- Addressing the narrative
- Rebuilding new life
- Political activism
- Community organizing
- Art making/creativity
THE RESILIENCE TOOLKIT

The system focuses on:
• regulating stress and growing resilience
• using somatic tools in a social ecological framework
• implementing behavior change theory concepts to build participants’ regular practice
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
03. PROFESSIONAL QUALITY OF LIFE
PROFESSIONAL QUALITY OF LIFE (ProQoL)

The following things impact our ProQoL:

• Ourselves
• Our Workplace
• The Clients
Professional Quality of Life

Diagram

Professional Quality of Life

Compassion Satisfaction

Compassion Fatigue

Burnout

Secondary Trauma

SECONDARY TRAUMA

Secondary stress is generally associated with:
• exposure to stressful or traumatic events
• repeatedly hearing other’s traumatic stories
• symptoms that you find in primary trauma
BURNOUT

Burnout is generally associated with:
- Very high workload
- Non-supportive work environment
  - Lack of autonomy
  - Disrespect
- Systems level issues
STRATEGIES TO IMPROVE ProQoL

SELF-CARE
- Addresses some individual issues
- Has limited impact on ProQoL and client services
- Can be one component of the trauma-informed approach

TRAUMA-INFORMED APPROACH
- Addresses individual and systemic issues
- Can significantly improve ProQoL and client services
- Is a multi-faceted framework
04. DISCUSSION
INTEGRATING RESILIENCE PRACTICE AT WORK
DISCUSSION QUESTIONS

What stress, relaxation, and resilience needs do you, your colleagues, and the clients have at your organization?

How can you integrate resilience-based tools into your daily personal and professional life to help meet these needs?

What resilience-based programming would you like to see at your organization to address these needs?
CONTACT.

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THANK YOU


REFERENCES


