

Strengthen your Resilience during Covid-19



Arielle Schwartz, PhD

Fear and Memory of Fear

- State Dependent Memory
- Downward Spiral and the Upward Spiral



In Practice: Reclaim Choice



- Make an agreement with yourself to attend to your emotions in the right time and space.
- Give yourself permission to take breaks from focusing on difficult feelings and memories.
- Focus your attention on the cues in your environment that help you know that you that you are safe here and now.

Disorientation and Confusion

- I feel disconnected from myself
- I feel “cut off” from my body
- I am numb of emotion
- It all feels “surreal”
- I feel confused
- I feel anxious and out of control
- I cannot hold the reality of what is happening



Trauma and C-PTSD

- A history of trauma can lead to extra vulnerability during this time.
- Other times when you felt alone, helpless, frightened
 - Childhood trauma
 - Trauma across generations



Social Isolation and Stress

- Arguing with loved ones
- Blaming and Pushing Away Loved Ones
- Yelling at children
- Feeling Isolated/Abandoned /Rejected



Co-Regulation: We can hold more together

- Our connections with others help us learn to hold ourselves in a more loving manner.
- We compassionately attend to our pain when we are unconditionally accepted by others.
- Reaching, giving, receiving
- Digest our individual and shared experience of this time



Attending to Young Parts



- Younger parts of self might need extra attention, care, and compassion
- Imagine holding any young, frightened parts of yourself lovingly, with kindness

Embrace Emotions



The Courage to Feel—Making room for Grief

- Fear—Make room for fragility
- Sadness—Honor your vulnerability
- Anger—Tap into your strength
- Shame—Remember that you belong
- Joy—Reclaim your Aliveness

Embodiment, Resourcing, and Releasing

- **Identify Somatic Resources:** Grounding, Breath, Boundaries
- **Understand the Impact:** Body informs us about our response to stress.
- **Reclaim Healing Movement:** Body guides us towards healing or restorative movements
- **Somatic Release:** Allow sensations to sequence, allow trembling or shaking.
- **Integration of new experience:** Take the time to integrate new embodied experience.

In Practice: Grounding



- **Settle Downward**
- **Bring awareness to your legs and feet**
- **Press, Engage, Release**
- **Feel your connection to the earth**

Somatic Interventions

- **If sensation could move, how would it move?**
- **Is there a sound or words for the sensation?**
- **Place hands over and breath into the sensation.**
- **Allow your hands and arms to express sensation.**
- **Allow whole body to take over the sensation,**
- **Pushing with arms and legs**
- **Stepping movements with legs and feet**
- **Reaching and pulling with hands and arms**
- **Scrunching face, moving jaw, tongue, and lips**

Yoga and Pandicular Movement

- Posture is a secure base for exploration
- Instinct and Intuitive Movement
- Sensations are the guide
- Sequencing frozen or truncated movements



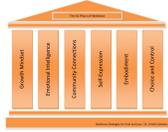
Acceptance and Allowing

- Notice resistance to painful feelings or sensations.
- See if you can allow your thoughts, emotions, and body sensations without pushing them away or needing to change them.
- Paradoxically, you might notice a sense of relief as you embrace your discomfort.
- All of your experiences are meant to come and go. As if watching water moving in a stream, notice your thoughts and emotions and imagine letting them flow downstream.
- Explore a simple phrase with your breath; inhale as you say to yourself "I am" and exhale as you say to yourself "letting go."
- Take your time with this practice, and let me know when you feel complete.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and practiced.



6 Pillars of Resilience

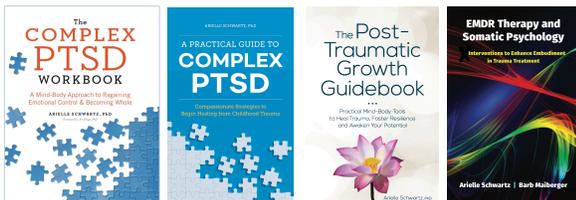


- **Growth Mindset:** "I grow even through challenge"
- **Social-Emotional Intelligence:** My vulnerability is a strength
- **Community Connections:** I focus on connecting to others
- **Self-Expression:** My creativity is the voice of my Self
- **Embodiment:** I am attuned to my body and sensations
- **Choice and Control:** My thoughts and behaviors make a difference in the outcome of my life.

Resilience Practices

- Exercise
- Go for a walk or hike
- Take a yoga class
- Spend time in nature
- Take a bath
- Practice mindfulness
- Supervision or consultation
- Go to therapy
- Receive a massage
- Dance
- Play or listen to music
- Read a book
- Create art
- Attend a community event
- Watch a movie or TV show
- Get together with friends
- Play a game
- Drink a cup of tea
- Attend a workshop
- Write in a journal
- Enjoy a healthy, nourishing meal
- Other

Additional Resources:



www.drarielleschwartz.com
