



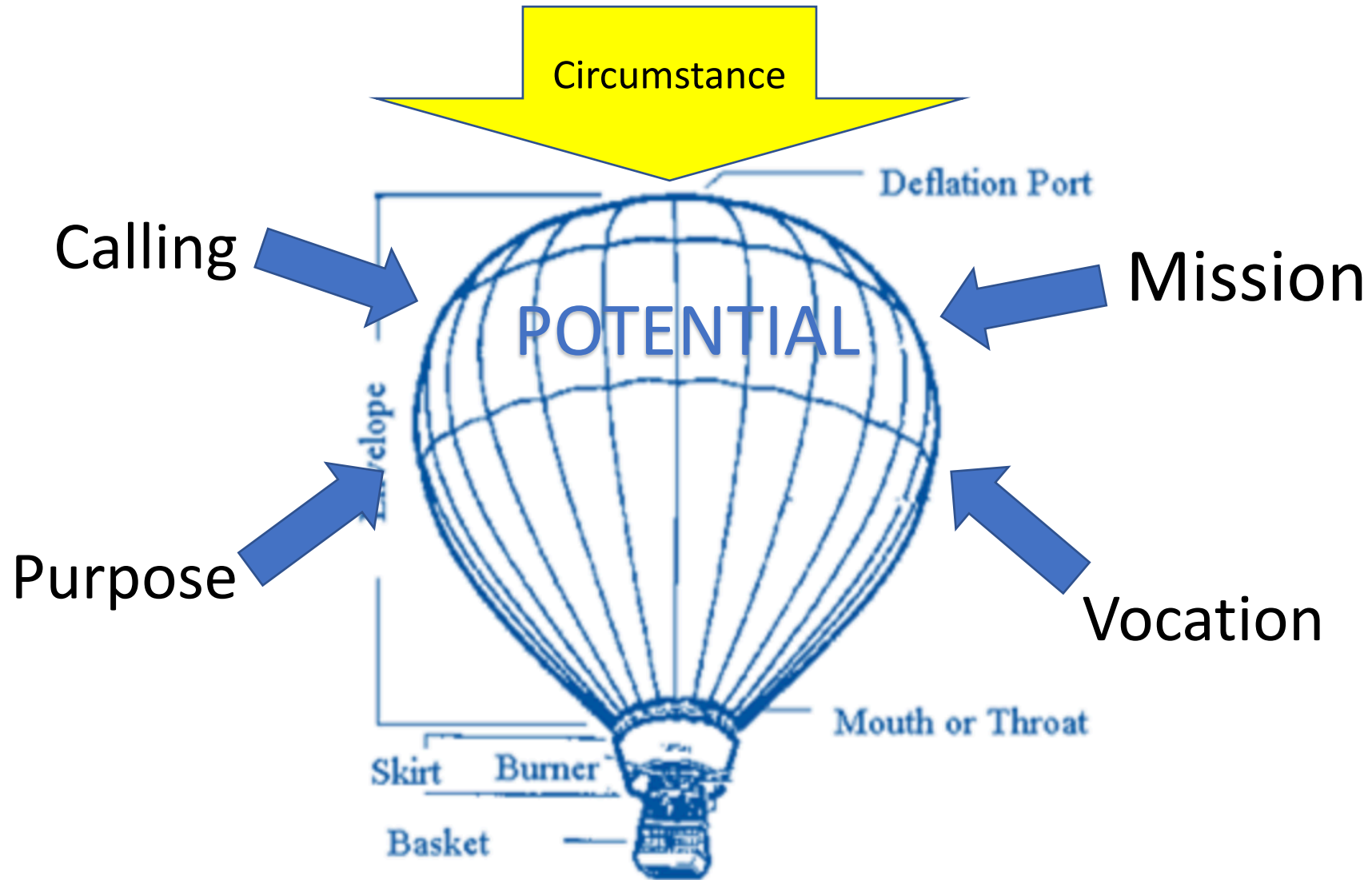
Resourcing your Emotional Health

Will Van Der Hart

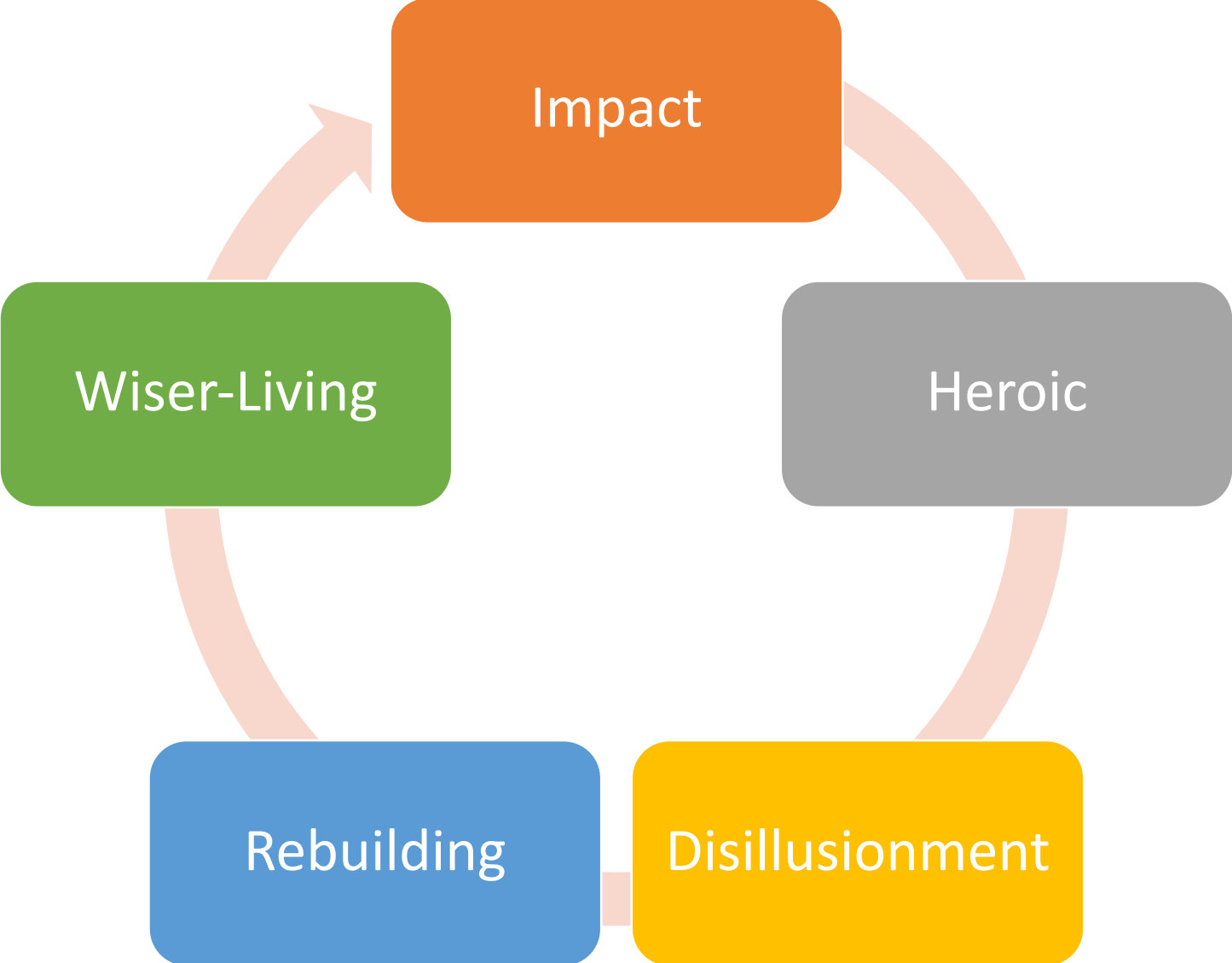
Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.



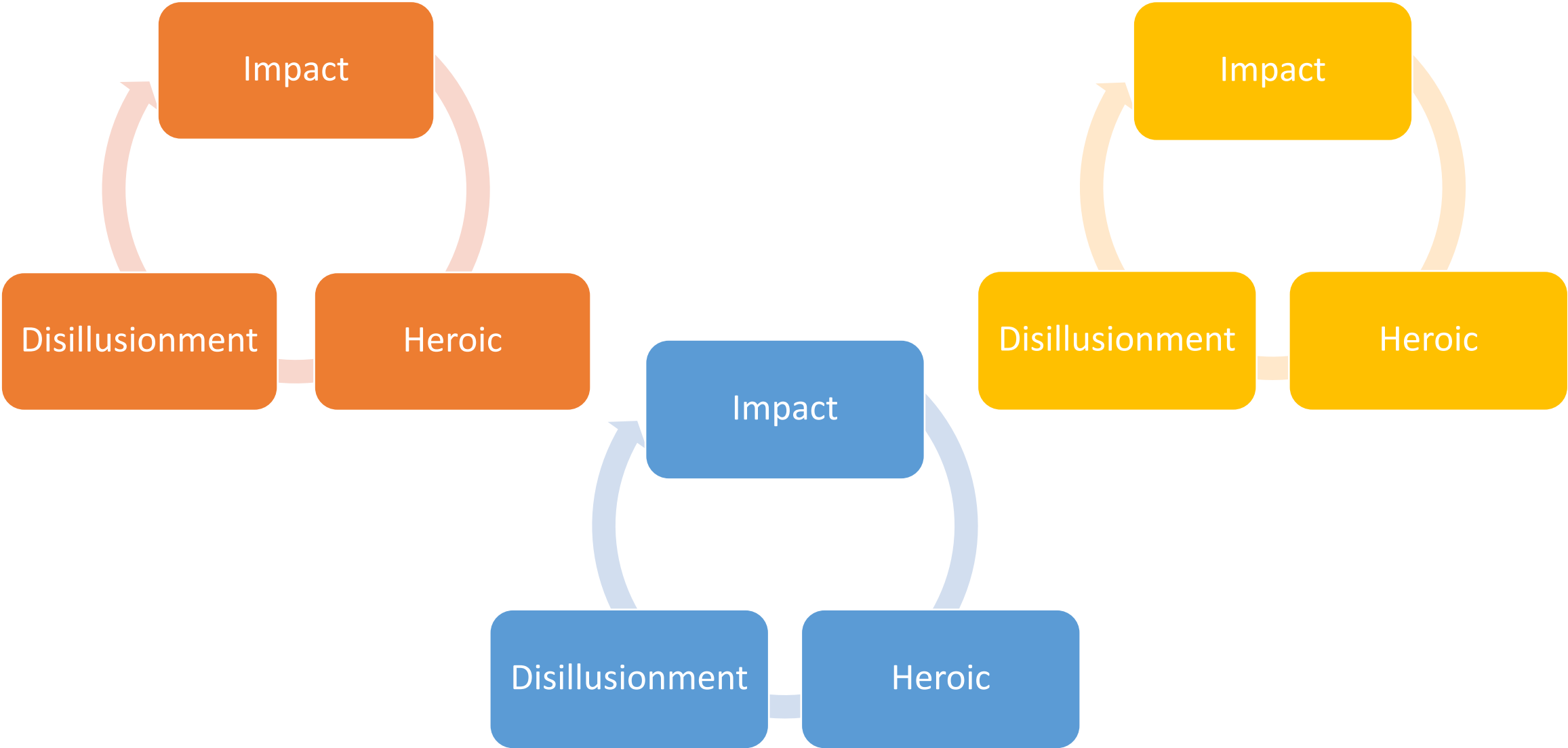
Oppressed Potential:



Traditional Phases of Collective Trauma Response:



Reality of 2020/21 Phases of Collective Trauma Response:





General Adaptation Syndrome

- Hans Selye: 3 universal stages of coping with a stressor
 - An initial “alarm reaction,” or “fight or flight” response
 - A stage of adaptation, with resistance to the stressor
 - A final stage of exhaustion

Productive Stress



Normal appetite/sleep
Feeling energized
Optimistic/Productive
Relate well to others
Healthy boundaries
Normal anger levels

Destructive Strain



Changes to appetite/sleep
Feeling lethargic/agitated
Pessimistic/unproductive
Insolated and hostile
Poor boundaries
Easily angered

4 Bags of C-Ballast to Drop:

- Competition
- The Inner Critic
- Catastrophizing
- Compulsive Activity

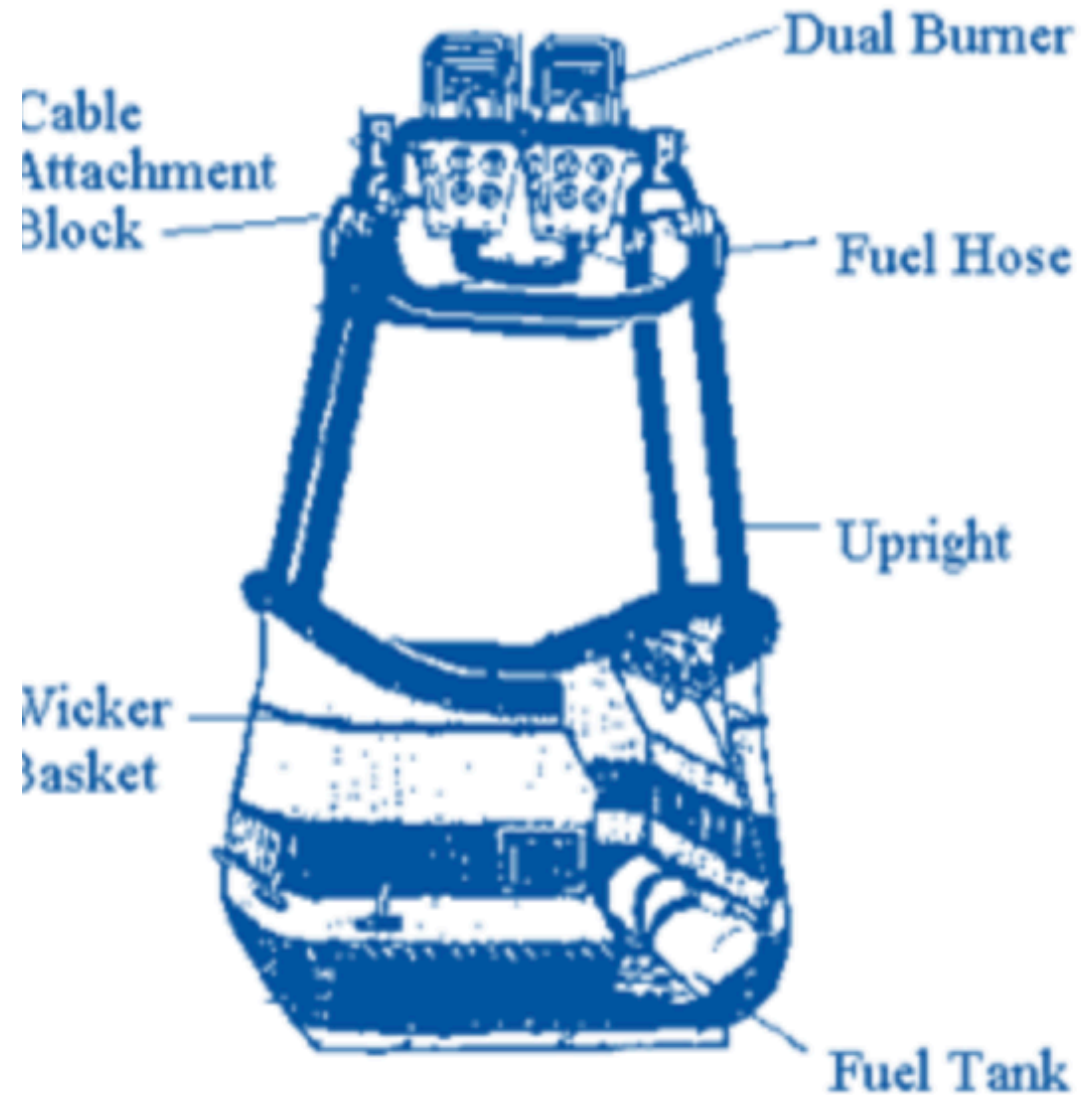
“Adversity turns into trauma when the mind experiences itself as being in isolation.”

Peter Fonagy



Who is in your basket?

“The best possible treatment for trauma is not professional but social”







Fuel for Uplift

1. Christian Practice
2. Prayerful Meditation
3. Creative Expression
4. Gratitude Training



A – Ask about suicide

L – Listen non-judgmentally

G – Give reassurance and information

E – Encourage person to get help and support

E – Encourage self-help strategies