Trust
Trust

Empathy develops by seeking to understand what another being is experiencing from their point of view

Trust develops by reaching out to engage and provide mutual support

• Develop a system of social support by identifying personal needs, the other individuals and the roles they play, and the contributions you make to sustain the system

Social support is one of the best protections from the effects of stress, posttraumatic stress disorder (PTSD) and suicide
Trust
Trust
Adaptability
Adaptability

"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change".

Charles Darwin
Adaptability is the confidence and understanding to create and pursue a skillful outcome that best meets the challenge.

- My skill can be a goal setting process that calls for planning, cooperation, persistence and control to fully define and develop.

Developing the skill to best adapt to my challenge gives me confidence and control — I own it!
Adaptability
Adaptability
Let’s try it ...

Belief
Belief

Perception is shaped by belief

• Can I alter my challenge so it is more positive ...

• Perhaps not, then a change of attitude is possible by changing my belief

My beliefs control my actions and the way I feel about something, my attitude

https://www.youtube.com/watch?v=v9bpj2lzhtw&feature=youtu.be
Recall a past Belief challenge where you successfully used the skill of Belief or something similar to Belief. Work on answering following questions. Feel free to work individually or in collaboration with another person on this exercise.

Did you alter your challenge so it was more positive?

Or, was the outcome not changeable? Did you then change your attitude is possible by changing your belief?
Apply Belief to a current challenge

Consider a challenge either you or perhaps someone you know has encountered. Write the challenge in as much detail as you feel necessary to allow you, and your associate, to make a decision as to whether you can alter the challenge outcome so it is more manageable. Or, if the outcome appears to be not changeable, a change of attitude is possible by changing a belief. Post your notes after completing.

• Identify the challenge.

• Consider the challenge. Is the outcome changeable? If so, identify a more positive, yet realistic outcome.

• Or, if the outcome is not changeable, then identify your worst fear; If possible, try to identify a potentially self-defeating belief supporting that fear. Identify a more positive belief to replace the self-defeating belief.

• Recognize that a challenge may require a change of belief before a change of outcome can be made.
Reflecting on Belief

Summarize, in writing, what this positive coping skill means to you. Post your notes after completing.
Your Challenge

• In the midst of what just happened, **why** do I need to be resilient?
• **What** skills can I use to be resilient?
• **How** and **where** can I use them?
• What key words can help me remember the skills that I will use?
What can I do now? Make a commitment to …

A few hours to learn positive coping skills

Practice to be resilient

Develop a social support system

Sustain the social support system

Do this now before a crisis!

More info at: onetreelearning.org
Creat[303]ing[415] a place to learn and practice
Problem-based learning to improve resilience
Work with personal challenges that can be real or made-up
Teams of two solve a challenge using a selected resilience skill
Goal is to recognize and foster resilience by applying positive coping skills to personal challenges and by developing and sustaining a social support system
Resilient communities
Healthcare, Nursing
First Responders, Fire, LE, EMS
Family, Spouse, Academic
STEM, Education
Choices define destiny

onetreelearning.org
Thank You