

If you make the Lord your  
refuge, if you make the  
Most High your shelter,  
no evil will conquer you;  
no plague will come near  
your home. For he will  
order his angels to protect  
you wherever you go.

Psalms 91:9-11

# Interfaith Justice Alliance Series on Trauma

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## From Trauma to Healing



# About Your Presenter...



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Doctoral Student, Interprofessional Leadership, Kent State University  
Executive Director, Training & Development and HR Communications,  
Kent State University

## **Relevant Certifications**

- Heart Intelligence Certified, Institute of HeartMath
- Emotional Intelligence Certified, Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT)
- Brain Intelligence Certified, Neurobusiness Group (NBG)

## Psalm 139:4, King James Bible

I will praise thee; for I am fearfully *and* wonderfully made; marvelous *are* thy works; and *that* my soul knoweth right well.





# My Family/Friends



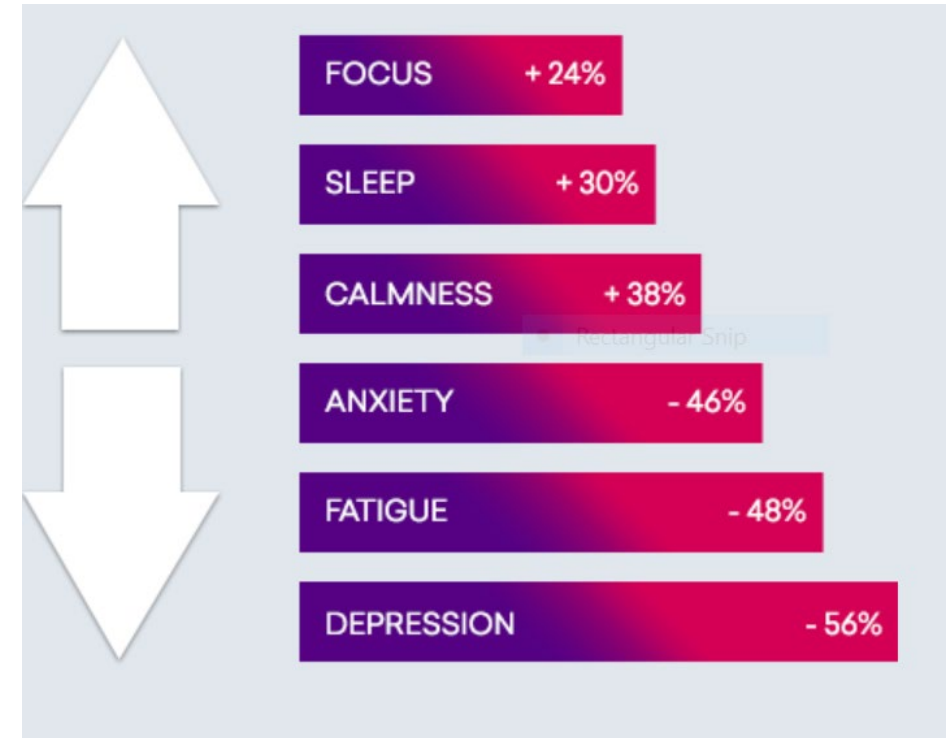
# Learning Objectives

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- Understanding how remaining positive impacts your resilience capacity
- Explore the impact of emotions on health and performance
- Identify ways to maintain and increase resiliency

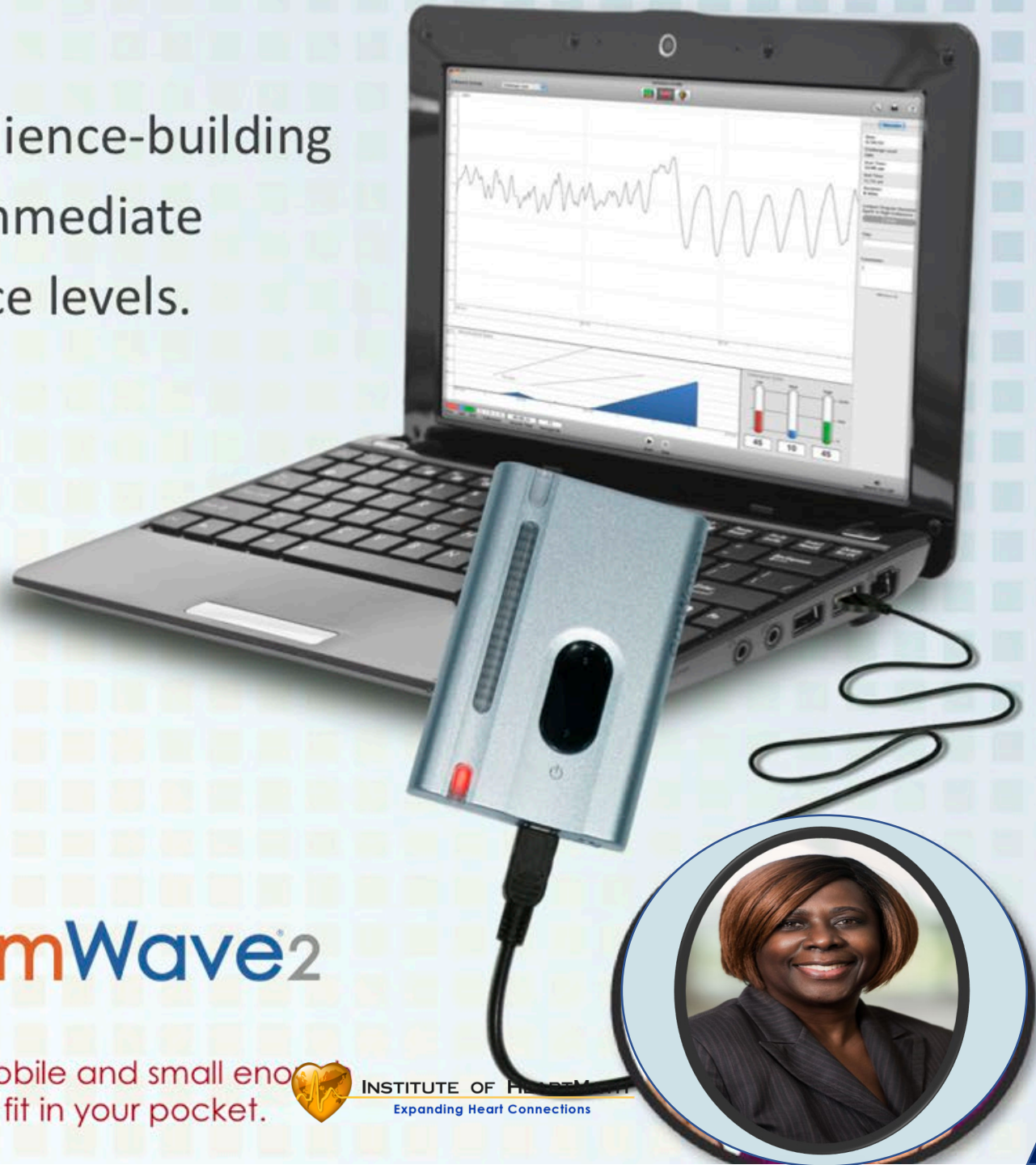


# HeartMath - Evidence-based Published Research





emWave2 is a portable resilience-building technology that provides immediate self-monitoring of coherence levels.



emWave2

Mobile and small enough  
to fit in your pocket.



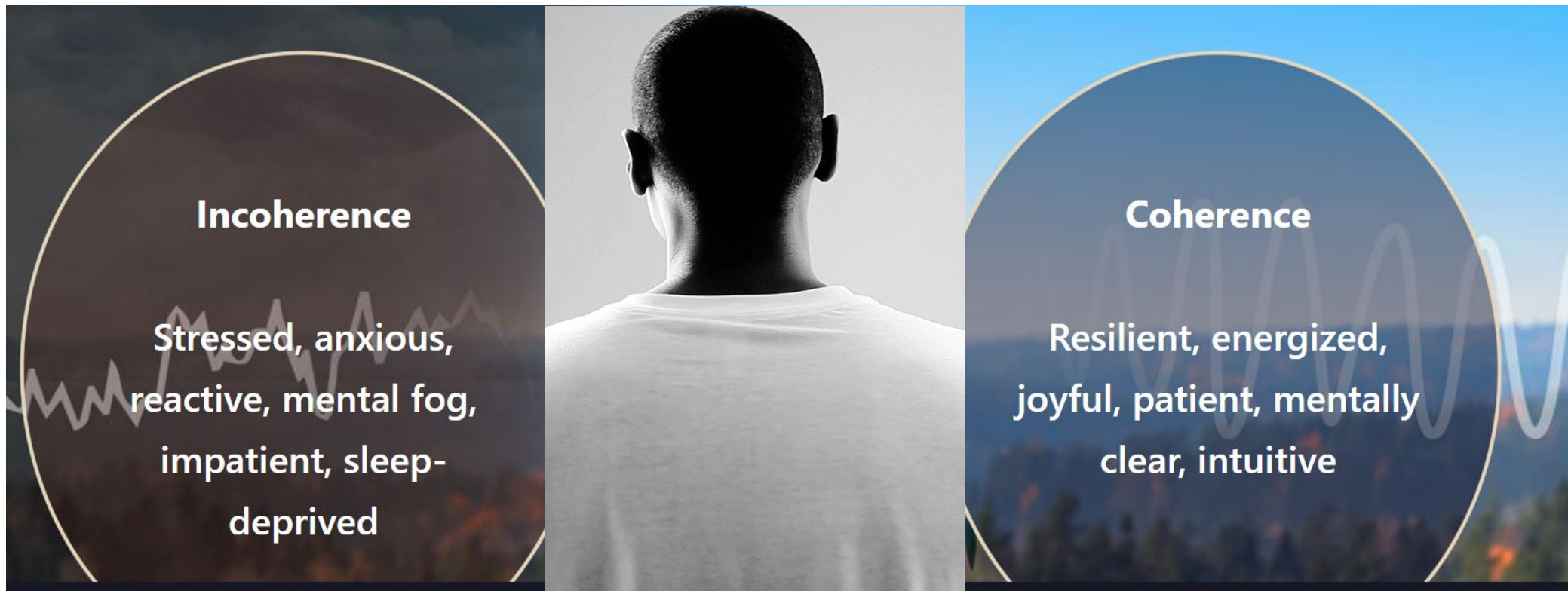
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# HeartMath - Evidence-based Published Research



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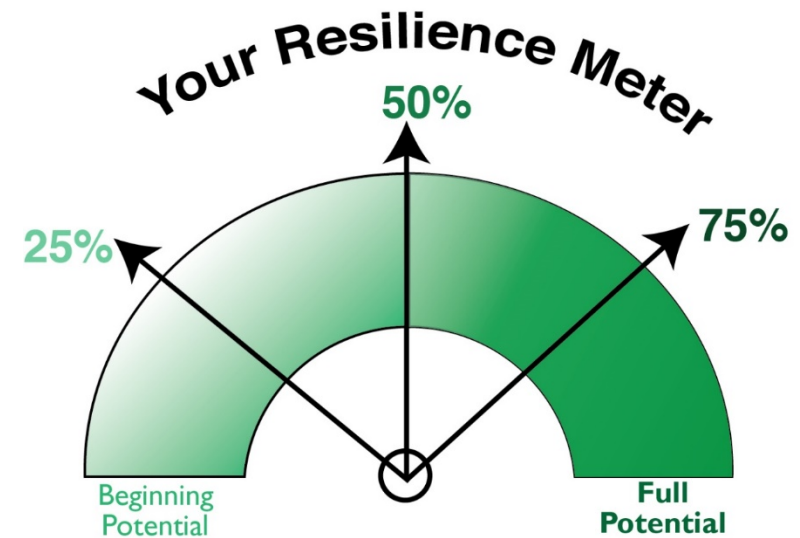




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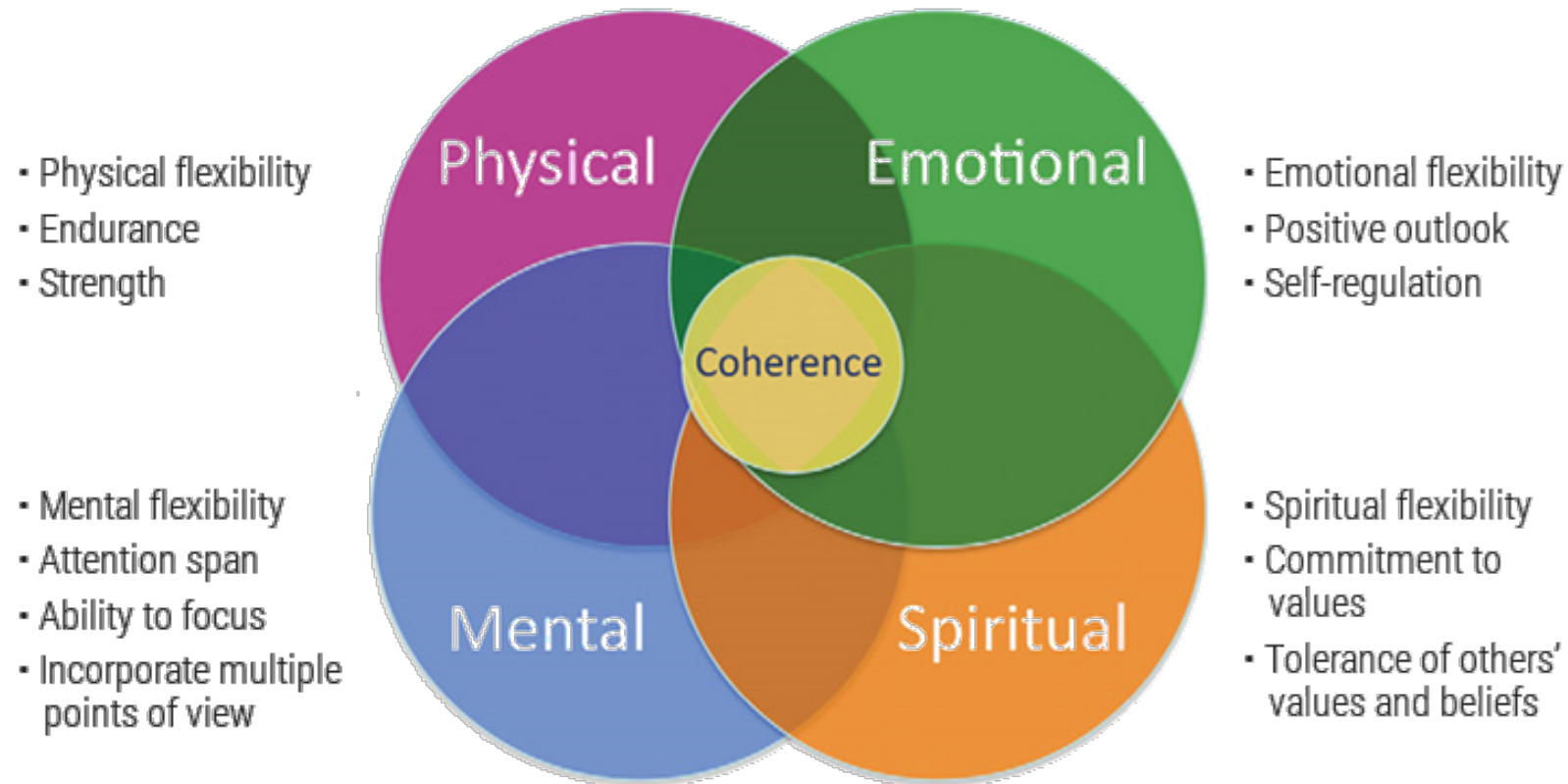
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Resilience - the capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity



# How to Build Resilience

## Domains of Resilience



# Staying Positive

## Emotional Intelligence

- Identify
- Use
- Understand
- **Manage**

Mayer, Salovey and Caruso Emotional Intelligence Theory (MSCEIT)





# Staying Positive - Heart-Focused Breathing

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- Heart-Focused Breathing is a powerful and effective tool for self-regulation
- It's the first step in shifting to a more coherent state – you are alert and calm at the same time
- It can help you maintain your composure in challenging situations



# Staying Positive -Heart-Focused Breathing Technique

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Focus your attention in the area of the heart.  
Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual

*Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable)*



# Benefits of Positivity

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Positivity **means** thinking in an optimistic way, looking for solutions, expecting good results and success

- Happier
- Healthier
- Better performance
- Increased energy

“As a Man thinketh”  
By, James Allen

Proverbs 23:7 KJV

For as he thinketh in his heart, so is he. “Eat and drink,” saith he to thee, but his heart is not with thee.



# Benefits of Positivity



## 10 Ways to Stay Positive

- Find something that inspires you
- Practice gratitude
- Stayed updated from reputable sources
- Surround yourself with positive people
- Smile even with your mask on
- Use social media, cell phone, etc.. to stay connected with family and friends
- Exercise
- Focus on what you can control
- Journal
- Seek out people that lift you up

“As a Man thinketh”  
By, James Allen

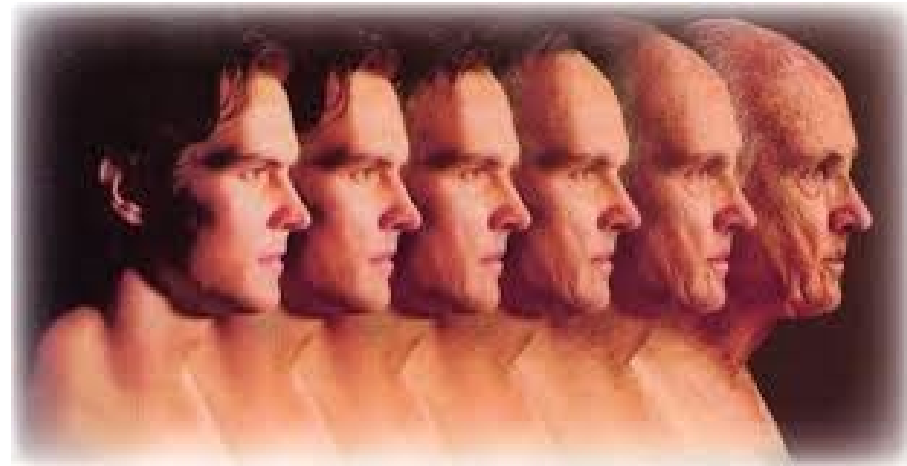
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# Depleting Emotions

Emotions such as fear, frustration, impatience and anger have a toxic feeling and cause the release of stress hormones. This often results in:

- Reduced muscle mass
- Brain cell death
- Impaired memory
- Accelerated aging
- Impaired mental function
- Diminished performance



# Depleting Emotions

Examples:		
Situations	Feelings	Current Solution
Cannot get enough sleep	Tired, frustrated	Ask boss to end work early
Argument with co-worker or love ones	Angry, helpless	Wait for it to blow over
Not being able to physically be with co-workers or family members	Anxious	Microsoft Teams meetings



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# Depleting Emotions



# Renewing Emotions

Emotions and attitudes such as **care, courage, tolerance and appreciation/gratitude** create neurochemicals that regenerate your system and offset energy drain, resulting in:

- Increased longevity
- Increased resilience to adversity
- Improved memory
- Improved problem-solving
- Increased intuition and creativity
- Improved job performance and achievement



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# Renewing Emotions

Examples:	
Situations	Feelings
In a Zoom meeting with family/friends or co-workers	Appreciation, happiness
Acknowledged for a good job	Confident, sense of accomplishment
Using Zoom to do Yoga for littles	Happy, excited

Physical vs. Social distancing – stay in touch with family and friends!



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# Renewing Emotions – Self Awareness

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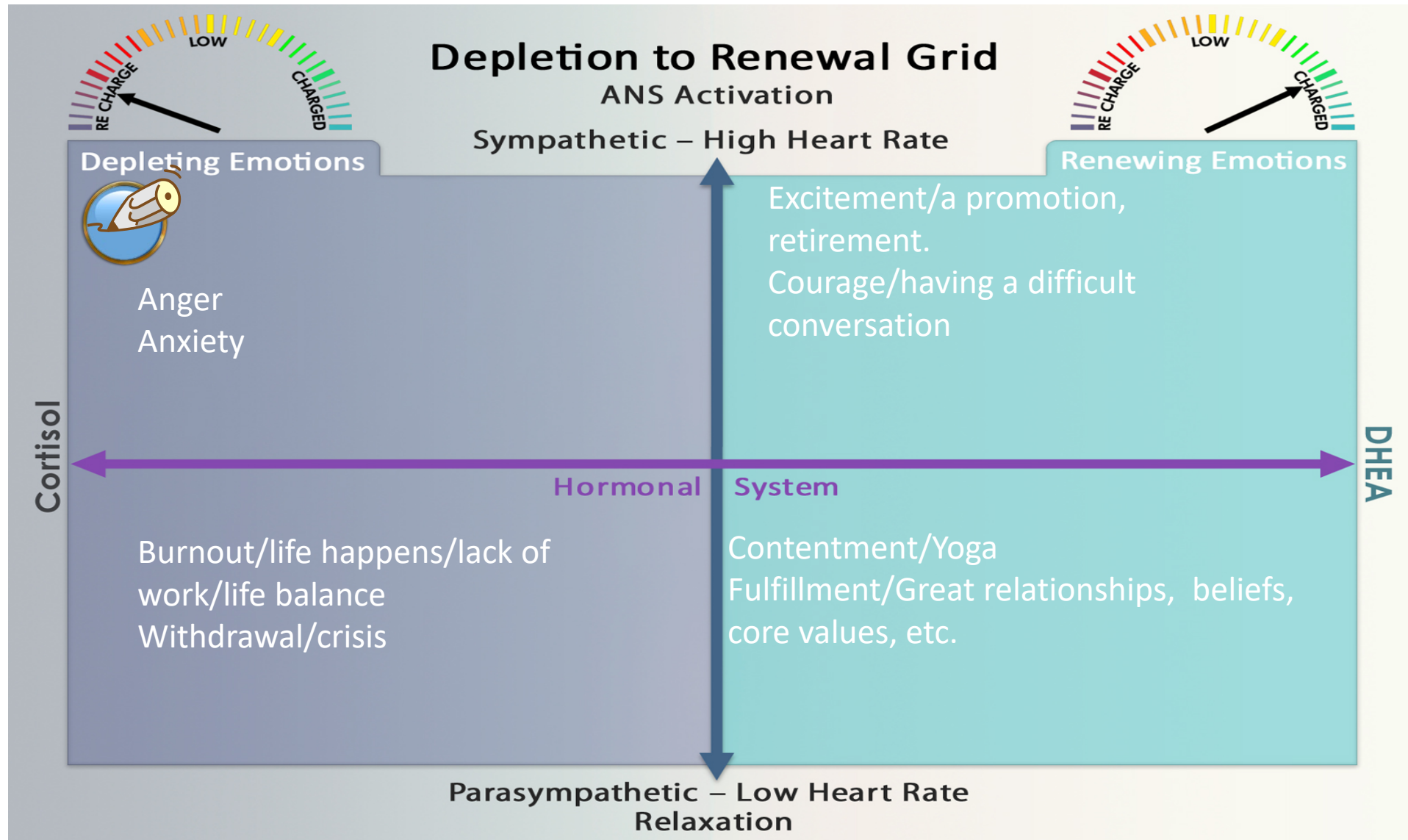
One of the most important steps in being able to stop energy drains and increase resilience is to identify unnecessary energy expenditures

- Identify where you are draining your energy
- Identify or name the feeling or emotion you experienced for each: for example, impatience, resentment, anxiety or anger.
- Identify your past/current solution for handling the situation



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# Staying Positive— Proper Sleep



1. Direct sunlight exposure
2. Blue blocking glasses
3. Sleep in complete darkness
4. Eating a protein dense meal early in the morning
5. Avoid a heavy meal 3-4 hour before bed
6. Avoid phone calls when possible before bed
7. Sleep in a cool environment
8. Use light therapy devices when necessary

# Staying Positive– Gratitude





# Staying Positive – Gratitude



Reduced depression  
Reduced high blood pressure  
Increased happiness  
Increased energy  
Higher self-esteem

Strengthened resiliency  
Less chronic pain  
Better sleep  
Deflects negative thoughts  
Retain positive thoughts



# Staying Positive – Gratitude

GRATITUDE FOR

GRATITUDE

Giving yourself a moment to **stop**, breathe & think is more critical now than ever. Spending a few minutes thinking about gratitude makes you feel happier, more connected and there are many renewing benefits.



# Power of Positive Change - Growth Mindset



## FIXED MINDSET

Believe that they are the way they are (however this doesn't mean they do not have the desire to become better)

Avoid putting themselves in challenging situations and if they are in them, they do not embrace them

Do not like constructive feedback or being corrected at all

Feel threatened by other's success

Do not like putting in effort, see it as fruitless



## GROWTH MINDSET

Have a desire to learn and improve because they believe the brain is like a muscle, and intelligence can be developed.

Takes on challenges and is more interested in learning and stretching themselves

They see constructive feedback as a form of learning and good feedback for their growth

Are inspired by the success of others and seek to find lessons from it.

See effort as a necessity to grow and master useful skills

### Fixed Mindset vs Growth (Carol Dweck)

- Known for her work on the mindset of psychological traits
- An American psychologist
- Professor of Psychology at Stanford University



# Staying Positive– Take Care of Yourself

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[www.apa.org/helpcenter/road-resilience.aspx](http://www.apa.org/helpcenter/road-resilience.aspx)

# Learning Objectives

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- Understanding how remaining positive impacts your **resilience** capacity
- Explore the impact of attitude on health and performance
- Identify ways to maintain and increase **resiliency**



# Questions

