Our Kids Are Not Broken!! They Are Sacred Beings Part III

The Importance of Resilience in Overcoming Adversity and Restoring Balance

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Stress Management: Tackling The Problem

1) Making the problem manageable

2) Active Avoidance

3) Let Some things go

Serenity Prayer

Grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference

Stress Management: Taking Care of My Body

4) Exercise

o Fear

o Anger

Stress Management: Taking Care of My Body

5) Relaxation

6) Nutrition

Stress Management: Taking Care of My Body

- 7) Sleep
- o Stimulation
- o Cool Down

Exercise

Shower

o Release emotion

Stress Management: Managing Emotions

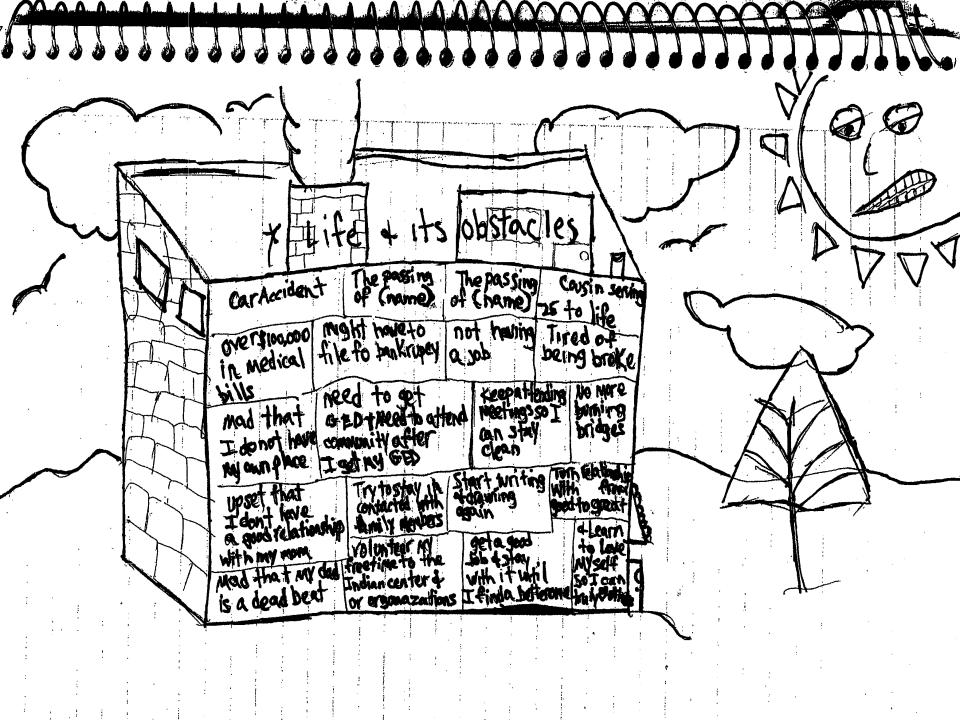
8) Instant Vacations

Stress Management: Managing Emotions

9) Emotional Releases

The Worst thing is not to be stressed . . . it is to be NUMB

The Tupperware Box



Stress Management Plan: Making the World Better

10) Contributing to the world

US

Help Youth . . .

Know how much they matter

Give youth . . .

The opposite of what they are used to.

A radical calmness amidst a chaotic reality.

A safe place of compassion, love, and one that is free of judgment.

Recognize...

Youth as the experts in their own lives who have the capacity to heal and find the solutions within themselves.

Sensitized youth as our future healers.

The credentials they bring to the world.

Parents Need to Know:

The Greatest Gift You Can Give Your Child

We Need to Know:

The Greatest Gift We Can Give The Youth We Serve

Do The Work It Takes To Love

The Second Sentence

There is no "other"

There is only US

Planting the Seeds

A Note about Project Scope, Measurement, & Evaluation

As we proceed with the Native Resilience Project, the broader intent is to:

- 1. Create a resource that is meaningful and holds value in tribal communities.
- 2. Utilize processes that are meaningful to participants and communities.
- 3. Create meaningful measures of project impact and effectiveness, measures that will align the evaluation processes with the values of the participants.

Questions & Answers

Follow-up Conference Call Date, Time