

# Our Kids Are Not Broken!! They Are Sacred Beings

## Part III

### The Importance of Resilience in Overcoming Adversity and Restoring Balance

Ken Ginsburg, MD, MS Ed



OJJDP



# 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**

# x life + its obstacles

Car Accident	The passing of (name)	The passing of (name)	Cousin serving 25 to life
over \$100,000 in medical bills	might have to file for bankruptcy	not having a job	Tired of being broke
Mad that I do not have my own place	need to get GED + need to attend community after I get my GED	keep attending meetings so I can stay clean	No more burning bridges
Upset that I don't have a good relationship with my mom	Try to stay in contact with family members	Start writing + drawing again	Turn relationship with god to great
Mad that my dad is a dead beat	Volunteer my freetime to the Indian center + or organizations	get a good job + stay with it until I find a better one	Learn to love myself so I can help others



# 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**