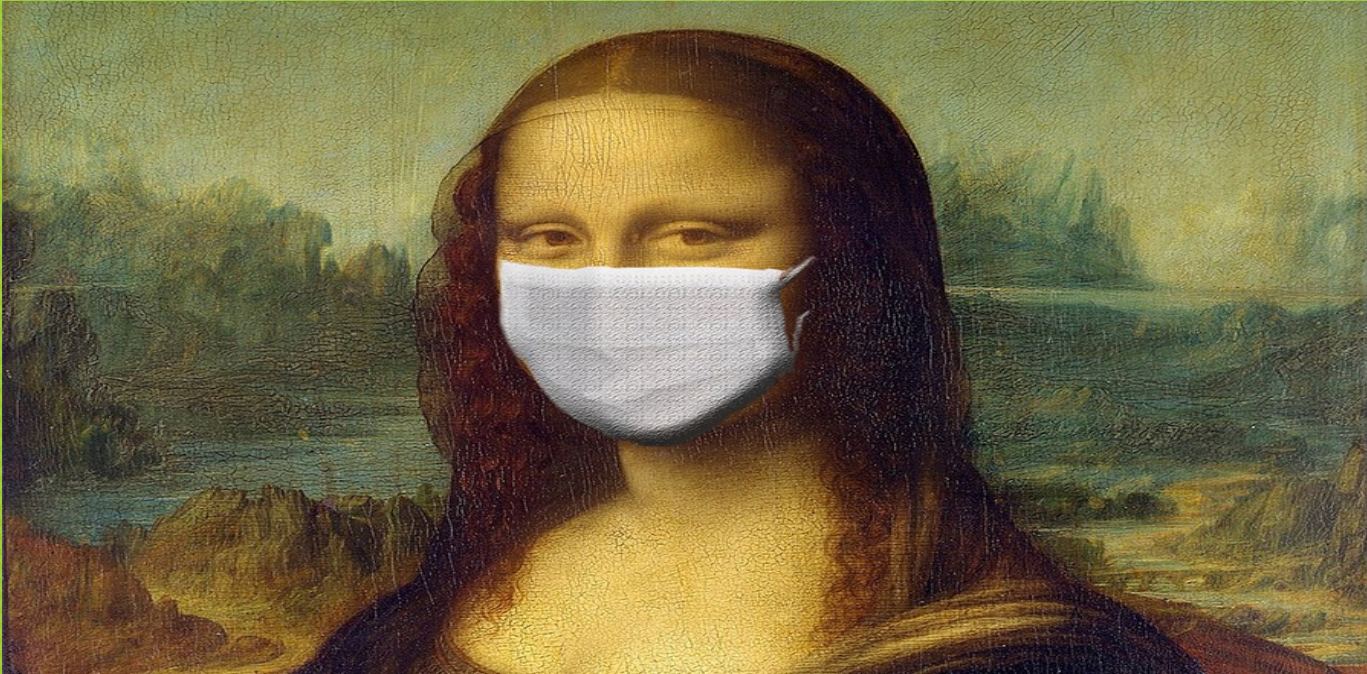
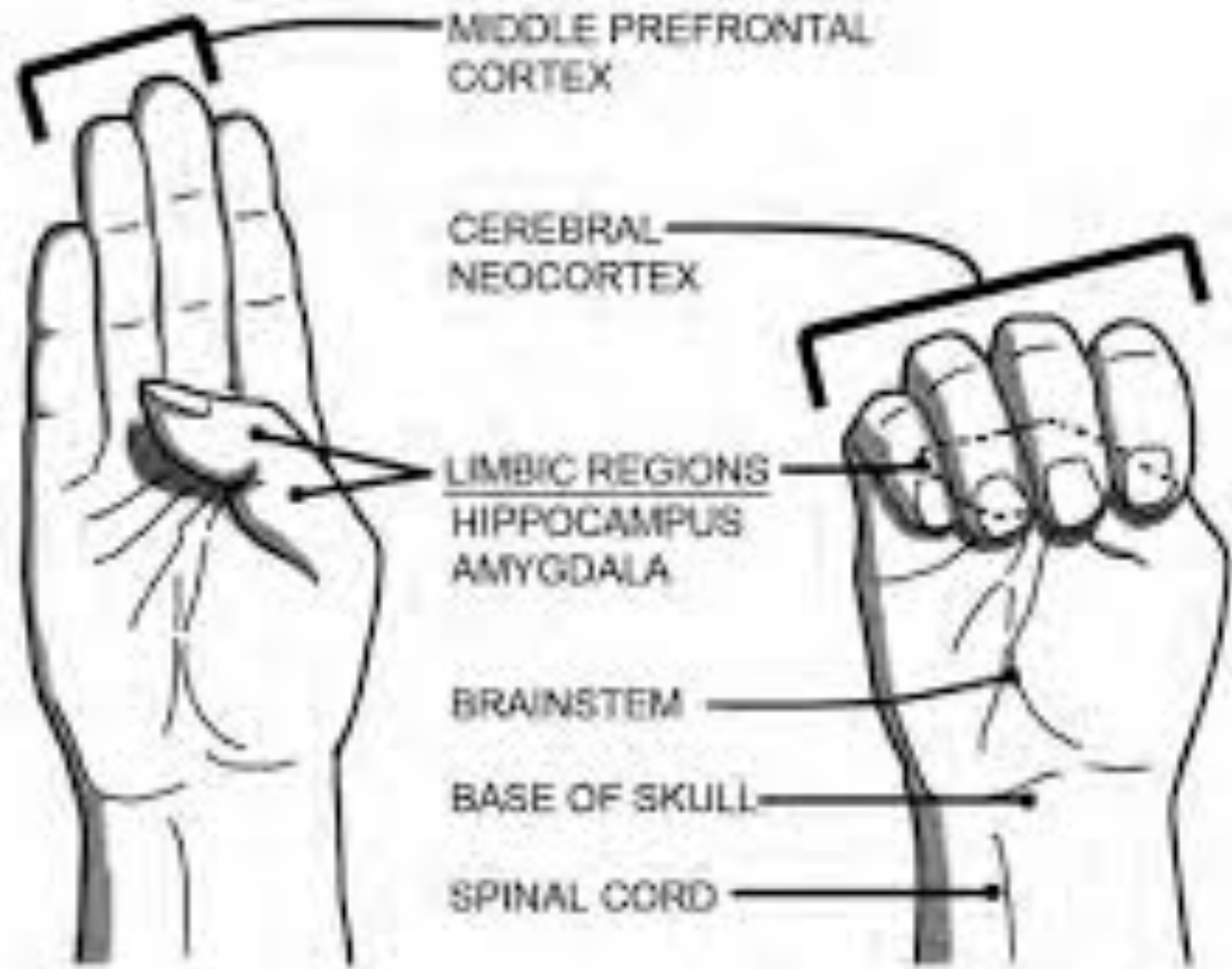


YOUR CRISIS RESILIENCE KIT









Fight

- Irritability
- Loss of Temper
- Defensiveness

Flight

- Avoidance
- Anxiety
- Fear

Freeze

- Numbing
- Detachment
- Giving Up Easily


Normal Defensive Responses to High Threat

Normal defensive responses to high threat can impact treatment and treatment adherence.



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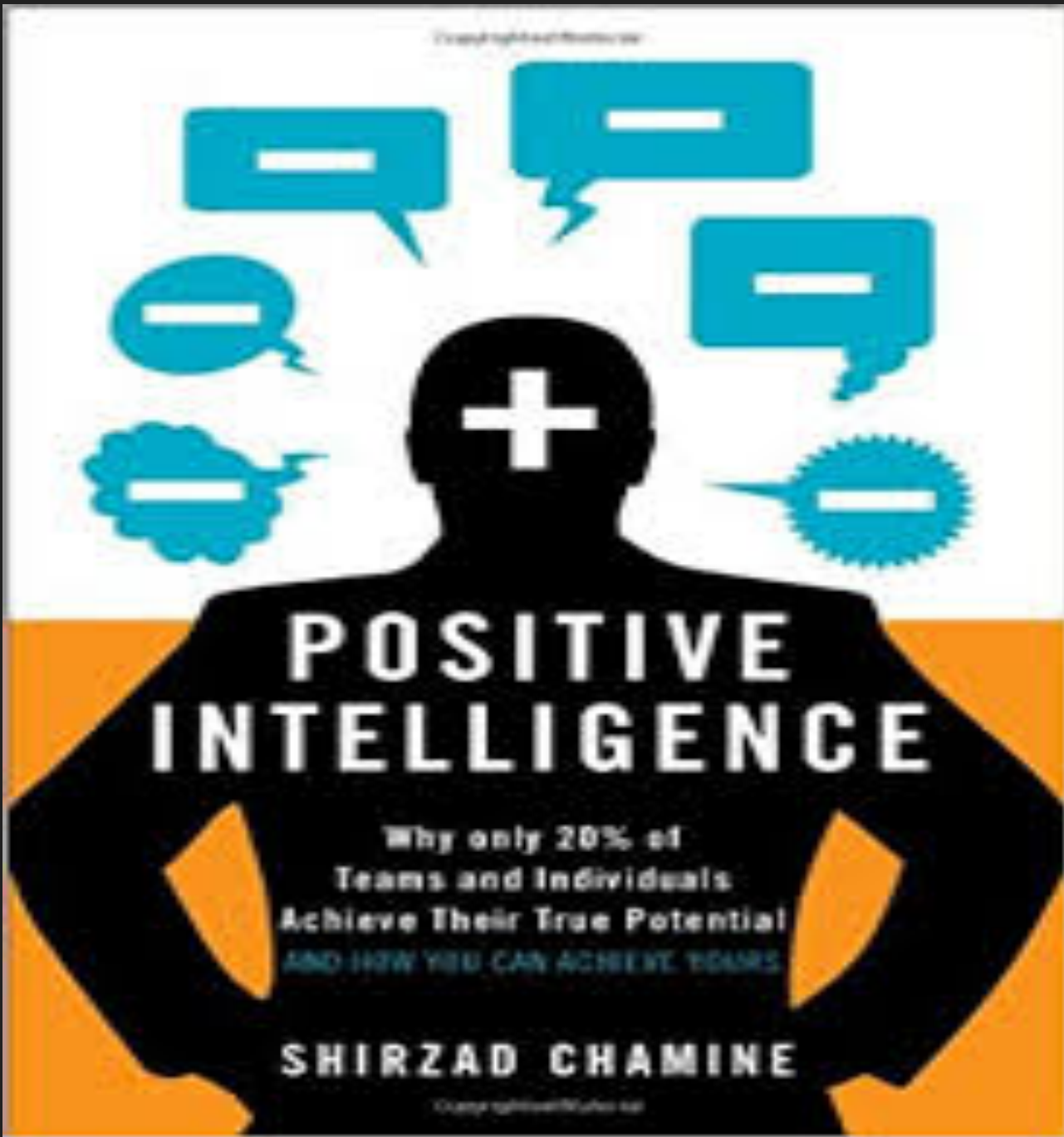
Mindfulness







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POSITIVE INTELLIGENCE

Why only 20% of
Teams and Individuals
Achieve Their True Potential
AND HOW YOU CAN ACHIEVE YOURS.

SHIRZAD CHAMINE

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AFFIRMATIONS

“I have the power to pick myself up again.”

“I have a history of being a survivor.”


○ *“I allow doubt to float away from me.”*

“I handle change with ease.”

“I have not run out of possibilities.”



I can't
do it



**WORDS
HAVE
POWER**



**NEW
HABITS**

7

8

12

11





Energy Gainers ✓
&

Energy Drainers ✗



**COVID-19 is pulling the band-aid
off how important it is for
leaders and organizations to
care about people as human
beings first.**


EMANUELE





Window of Tolerance

Hyperarousal Zone (Flight/Fight): Increased sensation; emotional reactivity; hypervigilance; disorganized cognitive processing

Rigidity

Chaos



Window of Tolerance: Flexible; adaptive; coherent; energized; stable

Rigidity

Chaos

Hypoarousal Zone (Freeze): Relative absence of sensation; numbing of emotions; disabled cognitive processing; reduction of physical energy

Siegel, 2010 & Ogden, Minahan, & Fahn, 2006

THANK YOU!



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