



Trauma and Resilience Series: Suggestions For Building A Personal Wellness Plan

Donna Riemer

Scott Webb

Rebecca Wigg-Ninham

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Objectives

Through collaboration and discussion, begin to build a personal wellness plan to promote self-care and personal resilience so that we are better able to support others.



Suggestions For Introspection

- Mission
- Intentionality
- Self-compassion skills
- Self-validation skills



Suggestions For Introspection

- Self-regulation skills
- Support systems
- Self-care skills
- Supporting others



Resources

S. Bloom, S. Covington, “Moving From Trauma-Informed to Trauma Responsive: A Training Program For Organizational Change”

Emotional CPR, www.emotional-cpr.org

J. Eric Gentry, PhD, “Compassion Fatigue Vaccination” (2009)



Resources

Kristina Neff, Self Compassion Ted Talk

<https://www.youtube.com/watch?v=IvtZBUSplr4>

Marshall Rosenberg, PhD, “Compassionate Communication” (2003) www.cnvc.org

Rosen Method, <https://roseninstitute.net/about/about-rosen-method>



Resources

“Using Trauma Theory to Design Service Systems,”
Harris/Fallot (2001)

How to Develop and Practice Self-Regulation,
<https://www.verywellmind.com/how-you-can-practice-self-regulation-4163536>