



# Are You Doing Okay? Supporting the People who Provide Supportive Services

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Housing as a Human Right: An Asset-Based Approach to Housing Justice

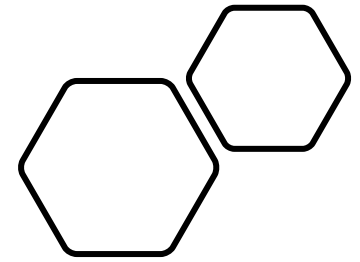
October 3, 2023



**ARE YOU OKAY?**

**BUILDING EVERYDAY RESILIENCE**





# Compassion

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- Compassion is a feeling of deep sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.




# Compassion Fatigue

## Common Signs and Symptoms

- Ongoing physical, spiritual, and emotional exhaustion.
- Difficulty concentrating and focusing.
- Feeling helpless and hopeless
- Difficulty sleeping
- Feeling overwhelmed by the pain of others
- Feelings of anger or sadness
- Reduced empathy
- Feeling detached or distant from your environment and emotions.



# Let's Check In:

- What is resonating with you?
  - What is society's message about working through & managing stress?
  - Your family & culture's messages?
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## Emotional Labor

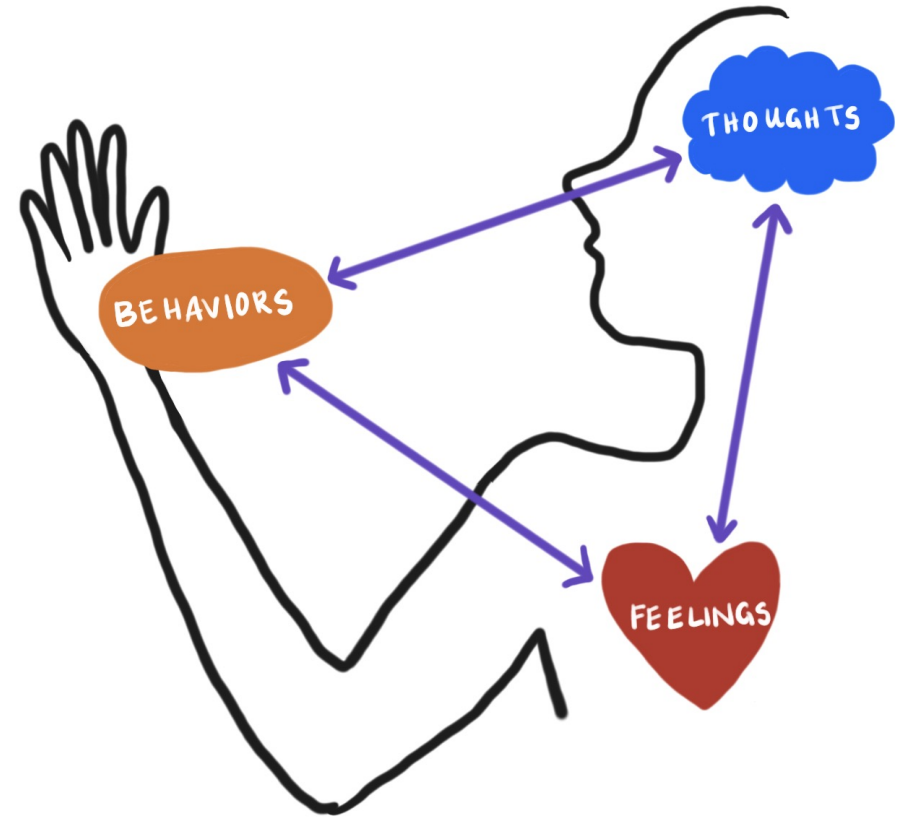
- It is the gap that we experience between the emotional “face” we must wear to accomplish our work
- A wide gap takes its toll



# Emotions aren't just in your head.

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- 80% of messages flow from body to survival brain via the vagus nerve
- We can “hack” our nervous system by practices that send messages that we are safe



# Resilience

The ability to bounce back from whatever life throws at you, so that you not only cope, but you are also able to recover.

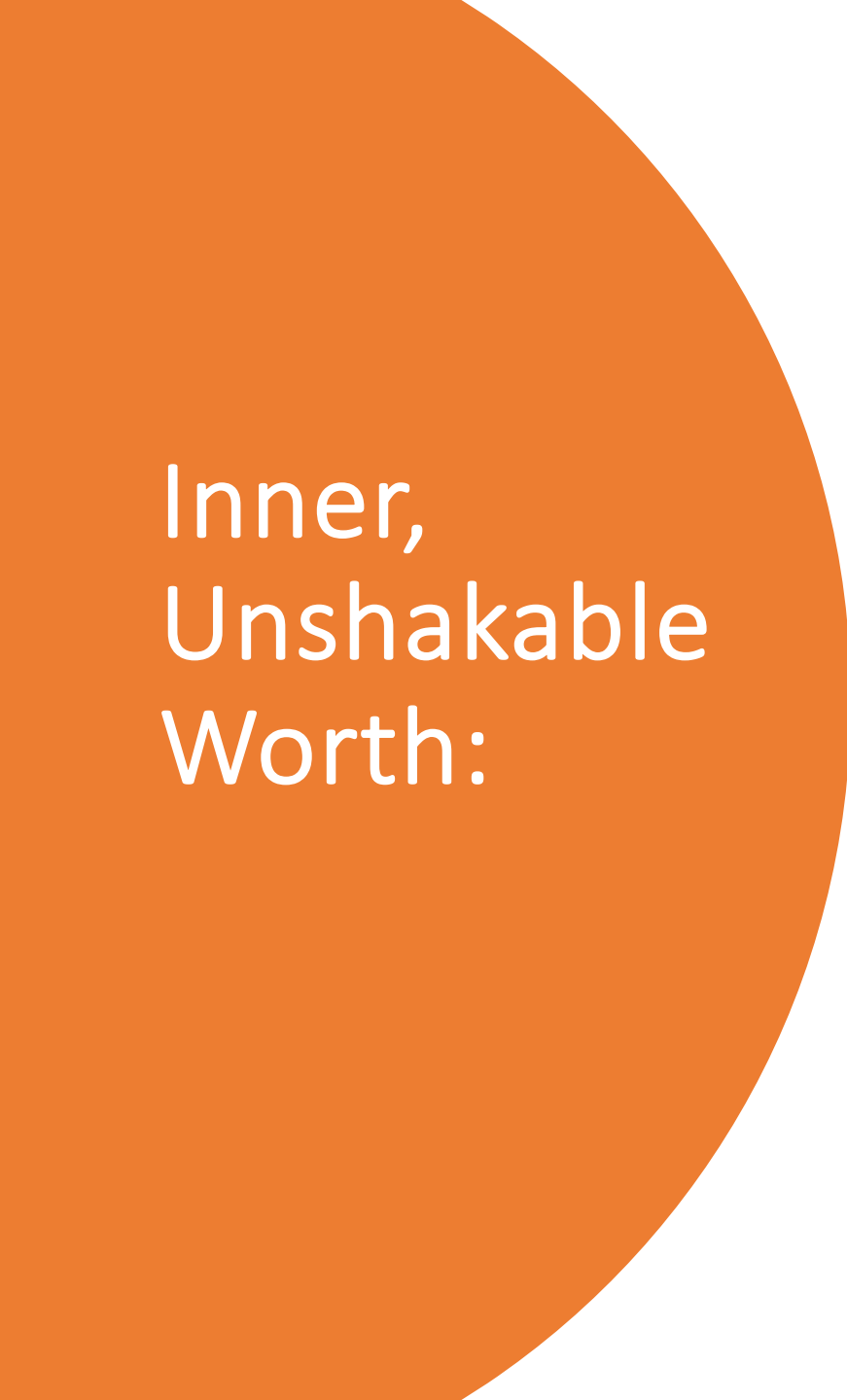
- How you view and engage with the world
- Availability and quality of resources
- Specific coping strategies



# A Sense of Humor

## Physical and Mental Benefits of Laughter:

- Reduces levels of stress hormones
- Lowers blood pressure
- Increases endorphins
- Can increase immunity
- Reduces feelings of anxiety, hatred & anger
- Reduces bouts of depression

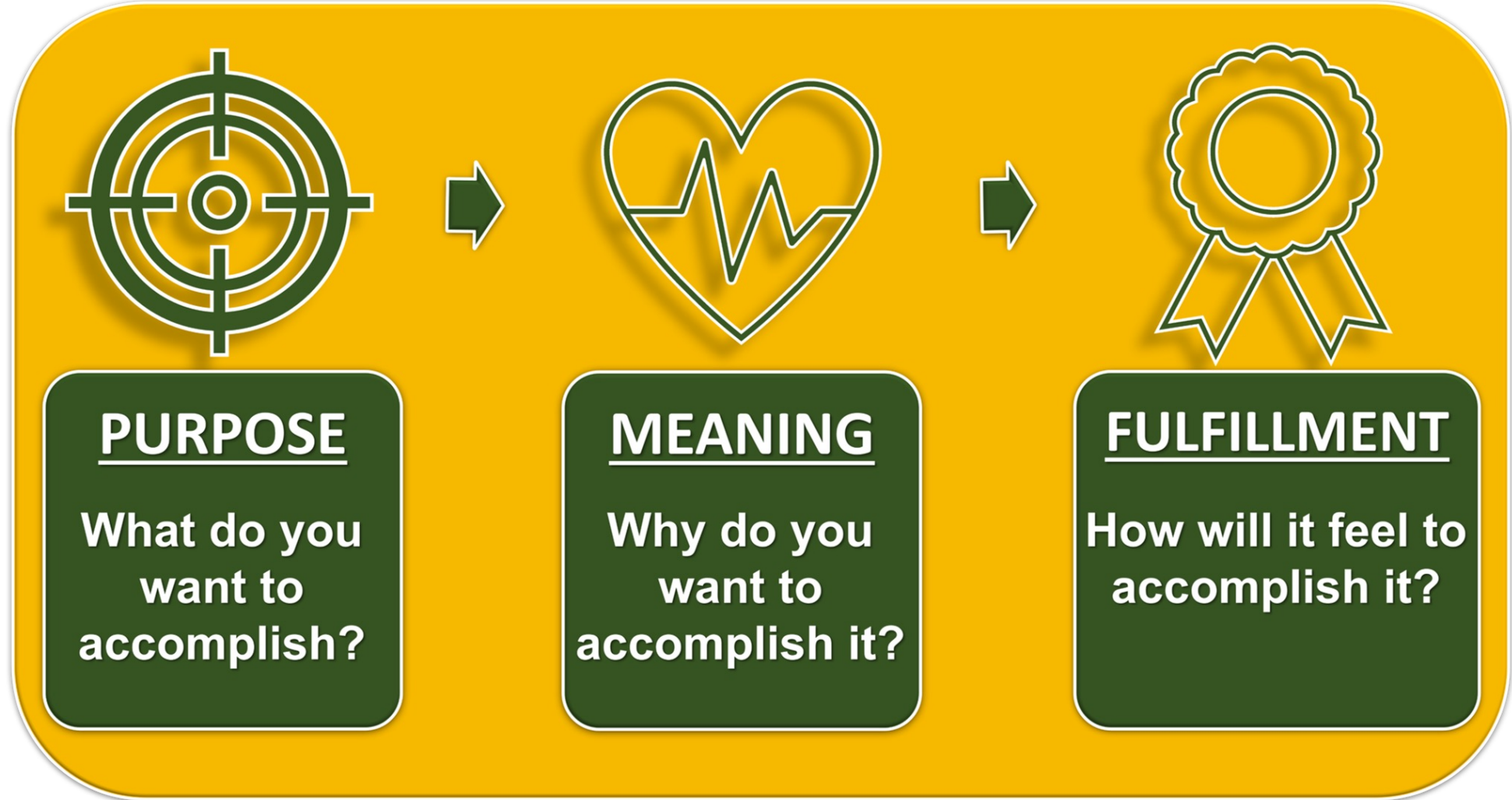


Inner,  
Unshakable  
Worth:

***SELF-LOVE, SELF-RESPECT, SELF-WORTH:  
THERE'S A REASON THEY ALL START WITH  
'SELF'. YOU CAN'T FIND THEM IN ANYONE  
ELSE.***



# MEANING AND PURPOSE

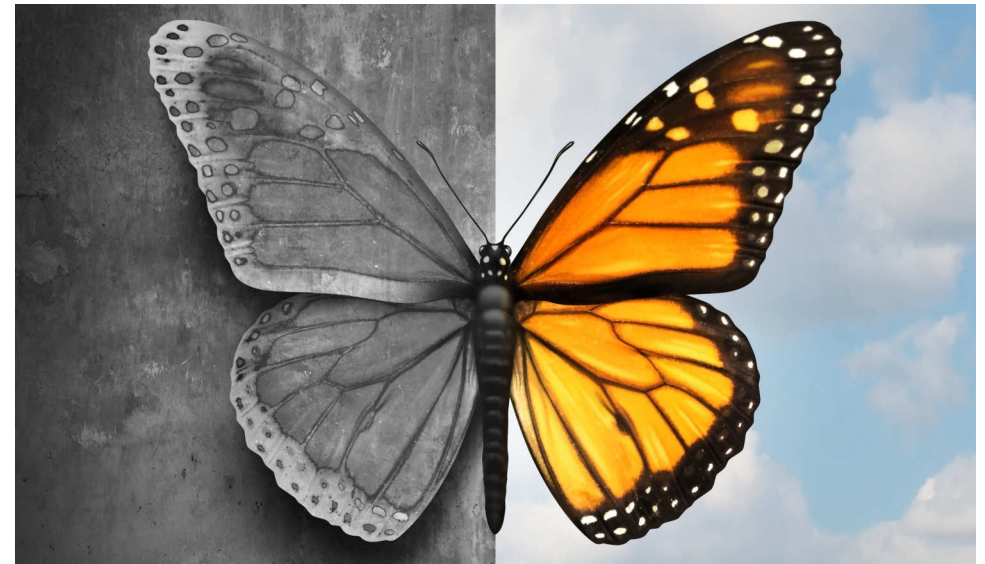


# Relaxed Control



# The Long View of Suffering

- Ben Franklin taught, “That which hurts instructs.”
- To be human is to suffer and to feel joy, sometimes side by side.
- The human spirit is resilient.



Questions? Thoughts? Reflections?



# The Undoing Effect of Positive Emotions

- Three Good Things Exercise
- <https://hsq.dukehealth.org/tools/>



# References

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- Menakem, R. (2017). *My grandmother's hands: Racialized trauma and the pathway to mending our hearts and bodies*. Las Vegas, NV: Central Recovery Press.
- Schiraldi, G.R. (2023, August 16). Key attitudes for adverse childhood experiences [blog post]. *Psychology Today*.



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# Thank you to our speakers!

Rebecca Bryan , DNP, APN  
[www.nj.gov/dcf/resilience.html](http://www.nj.gov/dcf/resilience.html)

Kayann Foster

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# Questions?

Thank you for attending the panel!

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