

# **“Recovering the Art of Resilience”**

**NYAPRS 2020 Annual Conference**

**RISE UP: Community, Connection, Culture.**

**Neville B. Morris**

**September 29<sup>th</sup> 2020**

**Virtual - Zoom, NY**

# Content

- **Trauma & resilience**
  - Role we play
  - From would be trauma to teaching event
- **Life with a central purpose**
- **Communication, internal and external**
- **Checking yourself for consistency**
- **Guiding the Giant within**
  - Knowing the rules.
- **Synchronization and Alignment**
  - Towards a more resilient me
- **Harnessing the power within**
  - Breaking your own cycle
- **Have fun and expect unfinished business**

# Trauma



- TRAUMA: An overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience.
- PSYCHOLOGICAL TRAUMA is damage to the mind that occurs as a result of a distressing event.
  - Transformation varies from mild to severe
  - Derailing forced eviction to another time and space
- One mans trauma is merely an event for another.
  - **Some** of our trauma is a reflection of our world view

# **Stress** (The Resilience Tester)

- **Our emotional response to the strain of life unfolding in time.**
- **Triggered by thoughts and or events detected by the senses.**
  - **Optimist, practice to expect miracles**
  - **Pessimist, practice to expect curses**

# Resilience



- Resilience, the ability to recover/bounce back/cope from a traumatic event to the pre-traumatic stage.



- ..... just not the same.

- How well would you, could you, or should you bounce back from adversity?

..... easier said than done.



# I 'wanna' go back.

- Where am I, this cannot be real?
- This is not fair.
  - Stages of grief and denial
- How do I get back?
- TRAUMA = Event+ Interpret + Reaction
  - Where did you learn to deal with it
- Is there help along the way?

# Resilience Prep?

- **What is your resilience factor?**
- **How will you react \_\_\_\_\_**
- **Will you cross the bridge?**
  - **Yes/No. (Purpose, morals, values, character)**
  - **“Well, it depends on how I feel at the time.”**
  - **“When I get to that bridge, then I’ll decide.”**
- **Stack the deck in our favor or, let the chips fall where they may.**

# The Traumatic journey



## 1. Before the event

- Can you follow the North Star
- Can you drive, swim, hike, callus, different terrains
- Learn about it before, or wait until you are in it

## 2. While you are in it

- 1001 paths back, what worked for you
- Jacket, shelter, food, predators, hands, knife,.....

## 3. Managing life, after the event

- Coping skills, flexible/rigid,



# **Your Help Comes From?**

- **“I lift my eyes unto the hills ....”**
- **Family, friends, NYAPRS, therapy, doctor, medication, work, etc.**
- **Enabling or disabling?**
  - **In a hole, is it ok to dig deeper?**
- **Adopt habit, make things worst.**
  - **Check self, Long-term interest.**

Before you go looking for help.

- Have a word with the person in the mirror.
- Best friend to worst enemy.
- We do not control the event
- The response is on us.

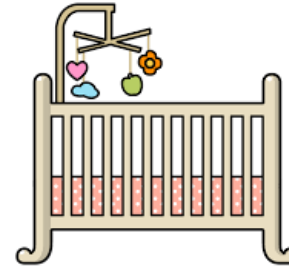
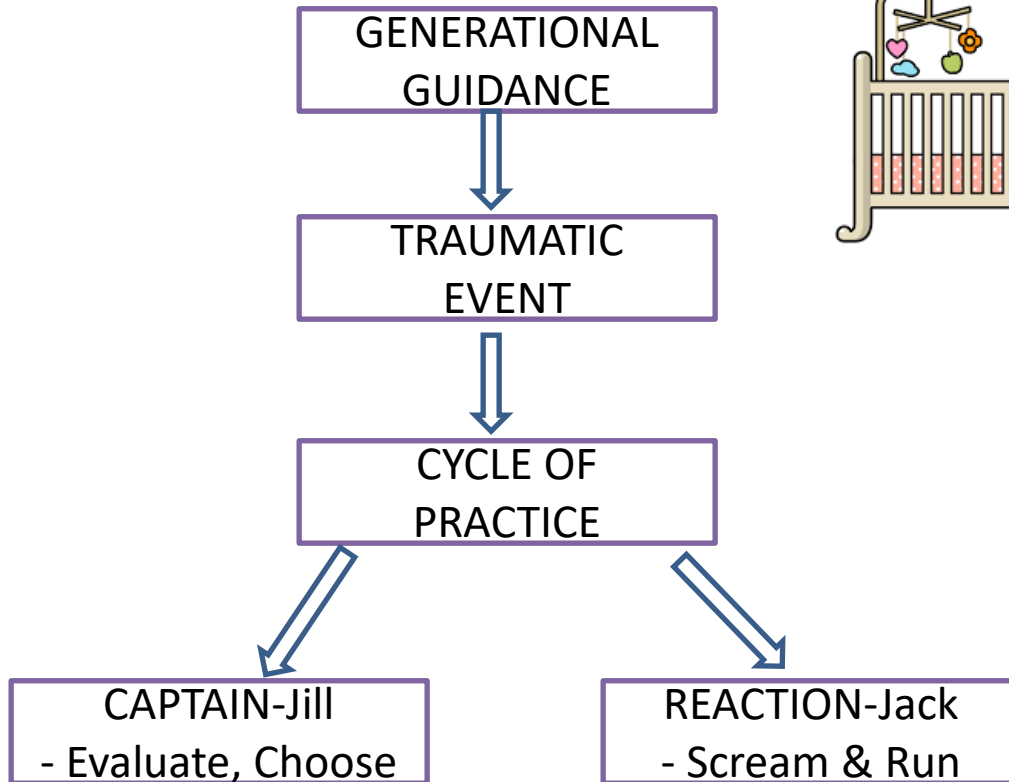
# Trauma

- Not welcome
- Part of this earthly pilgrimage we call life.
  - Can be a most transforming experience spiraling out of our control.
  - A teaching moment
- Do we get a choice.
- Desire is for more teaching moments, and less spiraling

# To be or Not to Be

- If the same event, that lead to psychological trauma for Jack was only a horrible event for Jill, was the event traumatic?
- If Jack = YES, Jill = NO
  - Then there is more to the equation
- We have little or no control over the event
  - Jack is crying for days, Jill is very angry for days
- Jack's focus, blame, revenge, unfairness
  - Jill, running interference, blocking, picking up pieces.

# Where does it begin?



- Love, Hate
- Kind, Selfish
- Brave, Coward
- Cautious, Careless
- Accountable, Blame
- Tolerance, Intolerance
- We, Me

## THE AO Factor

- Chest, cradle
- Mama's milk or \_\_\_\_
- Grandma Guidance \_\_\_\_

# 1<sup>st</sup> MAJOR FALL FROM THE HORSE OF LIFE.



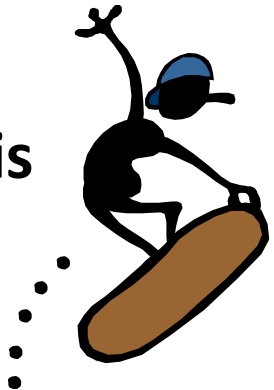
- Most of us know what to do.
- Get up, brush off and ride again.
- ..... **WHY?**
- Is this **recovery tool** in our toolbox?

# Overnight COUP

- If you don't, that could be your last ride
- Who is in control
- The 5-year-old child within
  - Sub conscious mind
- Who will assign the meaning of the event
- Be it you or the child, this could be your new mission in life.
  - Do or die, **overnight new constitution**
  - Requires an Act of Congress to change

- ***“If we do not choose the way our beliefs are stored, then the autopilot process will provide one for us. What we hold as truths aren't necessarily so, however, they are the rudders that steer our ships through the emotional oceans of life”.***

**Neville B. Morris**





# When adversity strikes



- If and when it comes.....?
- The words that leave our mouth after a stressful or low traumatic event is a strong indicator of where we are on the spectrum.
  - “Oh my God”
  - “Mmmh, that’s different.”
- ..... and how do we get better.
  - Check yourself and \_\_\_\_\_.



Practice

# How will you respond?

- Question of self, disempowering.
  - “Dear God, why me, why, why, why?”
  - If God does not answer, guess who will?
  - Your #1 critic
- Empowering question
  - What can I learn from this so that \_\_\_\_\_”
- Your own best friend, and \_\_\_\_\_.



# Self-talk to the subconscious?

- “It kills me when .....
- “This too shall pass.”
- “I **hate** when this happens”
- “Wow, that is different.”
- “I **don’t know** what to do.” (Pause and think)
- What can I learn from this so that \_\_\_\_\_”
- **This crap is driving me crazy.**

# What Meaning will I Assign to this event?

- Disabling the long-term effect
  - Assignment of meaning (power)
- The bounce of resilience is in the assignment of meaning.
- Traumatic or ecstatic, *the process is the same.*
- Dozen long stem roses
  - Ecstatic (Jill) vs. traumatic (Jane)
- Either the process serves us or \_\_\_\_\_

**“Things and events have absolutely no meaning whatsoever until we assign one to them, after that, they take on a life of their own.”**

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# Trauma leads, will you follow?

- Repetition of advertising works, will you follow?
- Things repeated, be it true or false, will lead, \_\_\_\_\_?
- Family, culture, religion, TV, politicians, organization, books, movies, teach us
- ..... and when it comes
- The ball will be in our court.
- What will you do?
  - Trauma, past, present, and the future.
- Traumatic or a learning experience?



# First Assignment of Meaning

- Traumatic & ecstatic, process records the same.
  - First assignment rules **for most of our lives**.
  - Subsequent similar experiences, (movies, books, magazine, thoughts) *serves* to strengthen that first assignment.
- You are responsible for the first assignment.
- You are the one who will live with it.
- Either it will serve you or ***you will serve it***.
- Choose wisely, check yourself, practice.



Look within

# Rules of the Game



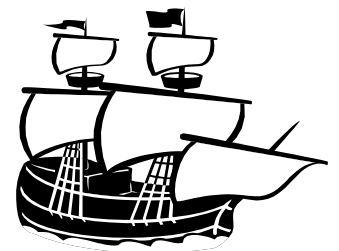
**"When we know the rules of the game, our chance of winning improves tenfold, practice, and it's a 1000-fold.**

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**USE, IGNORE, ABUSE**



# LIFE WITH A CENTRAL PURPOSE



# Who Am I

**“If I am what I am, then today I am what I have become. My life can remain that way and I get more of the same, or, I can choose to learn HOW to be the way I’d like to be.”**

Neville B. Morris

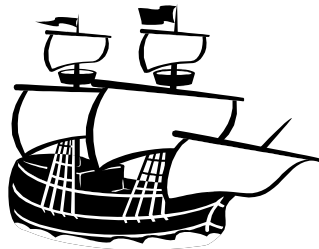
# Have a central Purpose?

- Source, is it yours, parents, religion, politician, job, spouse, or an organization.
- If not, get one, and check it for consistency for being on the “right path”.
- Let it be the guiding light for your ship at sea.
- Are you guiding the ship, or you “followship”
- Without one, ship at sea without a rudder.
- If none, a purpose will be chosen for you, and not necessarily in your best interest.
  - Your habits are a good indicator



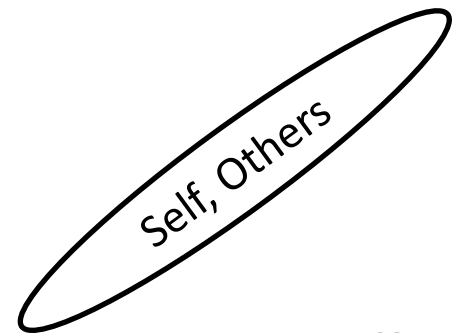
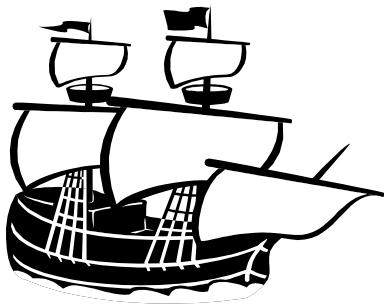
**HOPE IS THE 'SAIL' TO CATCH THE WIND.  
&  
FAITH THE 'WIND' THAT FILLS THE SAIL.  
&  
YOU ARE THE CAPTAIN OF THAT SHIP AT  
SEA.**

- Faith in something greater than you, by your side/outside working towards your greater good.



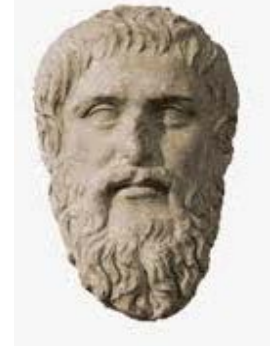
**PURPOSE  
HOPE  
FAITH  
FINE/W**

# COMMUNICATION, SOCIAL BEINGS.

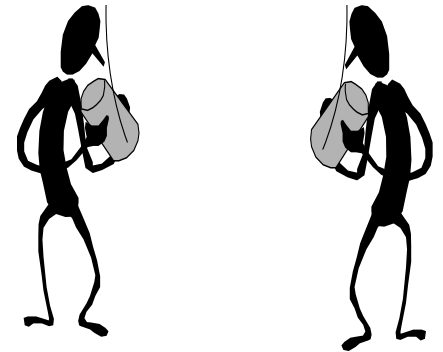


# RELATIONSHIPS, INCLUSION, CONNECTEDNESS, and FAMILY.

- **Where it all comes together.**
  - It takes a village to raise a child.
- **Science of psychology for generations, showed the importance of socialization/family**
  - New voice “Divided we are stronger.”
- **Back when the, the world was flat.**
  - New Voice “The world is round”.



**If relationship is where it comes together, then how important is our communication?**



**What are rules?**

**Whose job is it to teach em?**

**How important is it to learn em?**

# RELATIONSHIP STARTS WITH SELF.

- **Do you enjoy your own company?**
  - Do you get bored with self.
  - Do you know the child within
  - Can you hear yourself
  - Calibrate for course correction
  - Working together for the greater good





# HOW EFFECTIVE IS YOUR COMMUNICATION

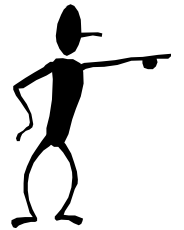
- When we enter a room, does it get lighter, **brighter**, or do we **suck up** the energy in the room?
- Lose/lose, to win/win
- What is the aura that surrounds you **MOST OF THE TIME?**
- “If you get down and you quarrel everyday. You're saying prayers to the devils, I say, wooh Why not help one another on the way? Make it much easier (just a little bit easier)”.  
Hon. Robert Nesta Marley

**CHECK  
YOURSELF**



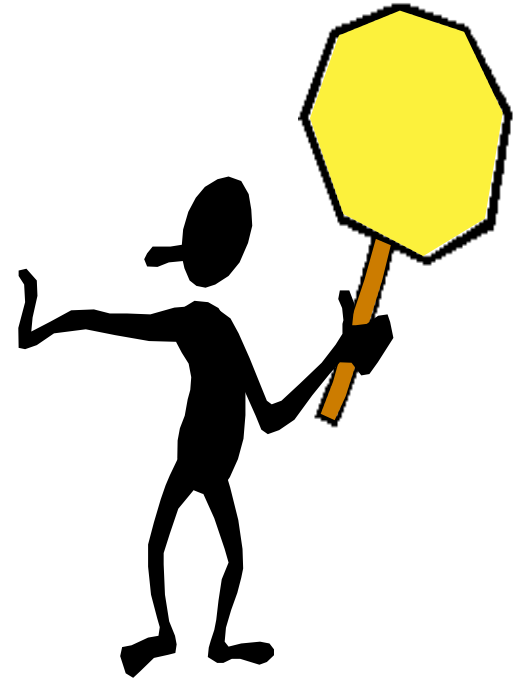
# CHECK YOURSELF

- Your dominant beliefs and trauma interpretation
- Your current beliefs could be most liberating.
- They could also be the **greatest restraint**.
- Are THEY SERVING YOU, or  
**ARE YOU SERVING THEM?**
- Check yourself, bounce them off on a friend.
- Hold em, Fold em, Change em?

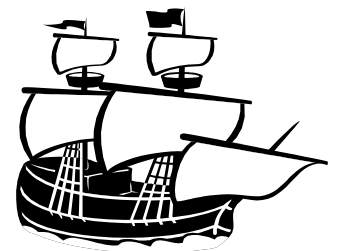


**FOLD EM**

**DID I SAY YOU SHOULD  
CHANGE YOUR BELIEFS?**



# GUIDING THE GIANT WITHIN



# MOST POWERFUL WORDS

- "I am", and "You are".
- Acknowledging your reality is one thing.
- Repeating that reality can lock us in there.(jailers / liberators)
- Focus your thoughts on where you would like to go, is GOOD
- ..... verbalizing/affirming the desire is even BETTER
- ..... visualizing and acting on it is even GREATER
- ..... calling on a greater source out there to help, near BEST.
- ..... claiming it, PRICELESS. (Do you know how)
- A morning mantra, prayer, affirmation, saying, "I am healthy, wealthy, wise, and loved, doing what's in my best overall long term interest and getting better and better each day."

# PRACTICE / REPEAT



**“Be it thoughts, words, songs, prayers, or mantra, whatever we repeat over and over again, as time goes by, we are moving closer to it.”**

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# MINIMIZE UTTERANCE OF LIMITING AND ABSOLUTE WORDS

- “I must \_\_\_\_\_”
- “I always \_\_\_\_\_”
- “I never \_\_\_\_\_”
- “I have to \_\_\_\_\_.”
- “Every time \_\_\_\_\_”
- “I **hate** when \_\_\_\_\_.”
- “I **get angry when** \_\_\_\_\_.”
- “My **pet peeve is** \_\_\_\_\_.”

Choose a word  
To remove and  
another to repeat  
more often.





# Trauma/Ecstasy gives new birth

- New conviction, and for some, **it's worth dying for.**
- Jack now \_\_\_\_\_ and is a happy man.
- After a horrible breakup, Tim-harden/Jill-soften?
- Lady from Chicago had a traumatic experience.
- Sue had an Ecstatic/traumatic experience at her initiation/\_\_\_\_\_.
- Joe provides a **service** and Tom sells **goods** that often destroy families and yet both are loved, admired and respected in their communities.  
(Leadersship/followship)

Check Yourself

**“Knowing the right thing,  
and doing the right thing,  
are two completely  
different things.”**

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**“In the abundance  
of water, the fool is  
thirsty.”**

Can one have Health,  
Family, Food, Shelter,  
Job, Love-X, Safety, much  
more and still be  
miserable and unhappy.

**Hon. Robert Nesta Marley**

# Taking Back the Power

- When we can accept a complement with a simple smile and a “thank you”.
- Independent of people's validation of you.
- Show great respect to those who have nothing to offer.
- When you can accept an **insult** with a simple smile and a **“Thanks, your opinion is noted.”**
  - Without a feather on your back ruffled (*calm*)
  - Forgiving who **trespassed** against you (*let go*)
  - Return kindness to the hurting soul

# **SYNCHRONIZATION and ALIGNMENT**

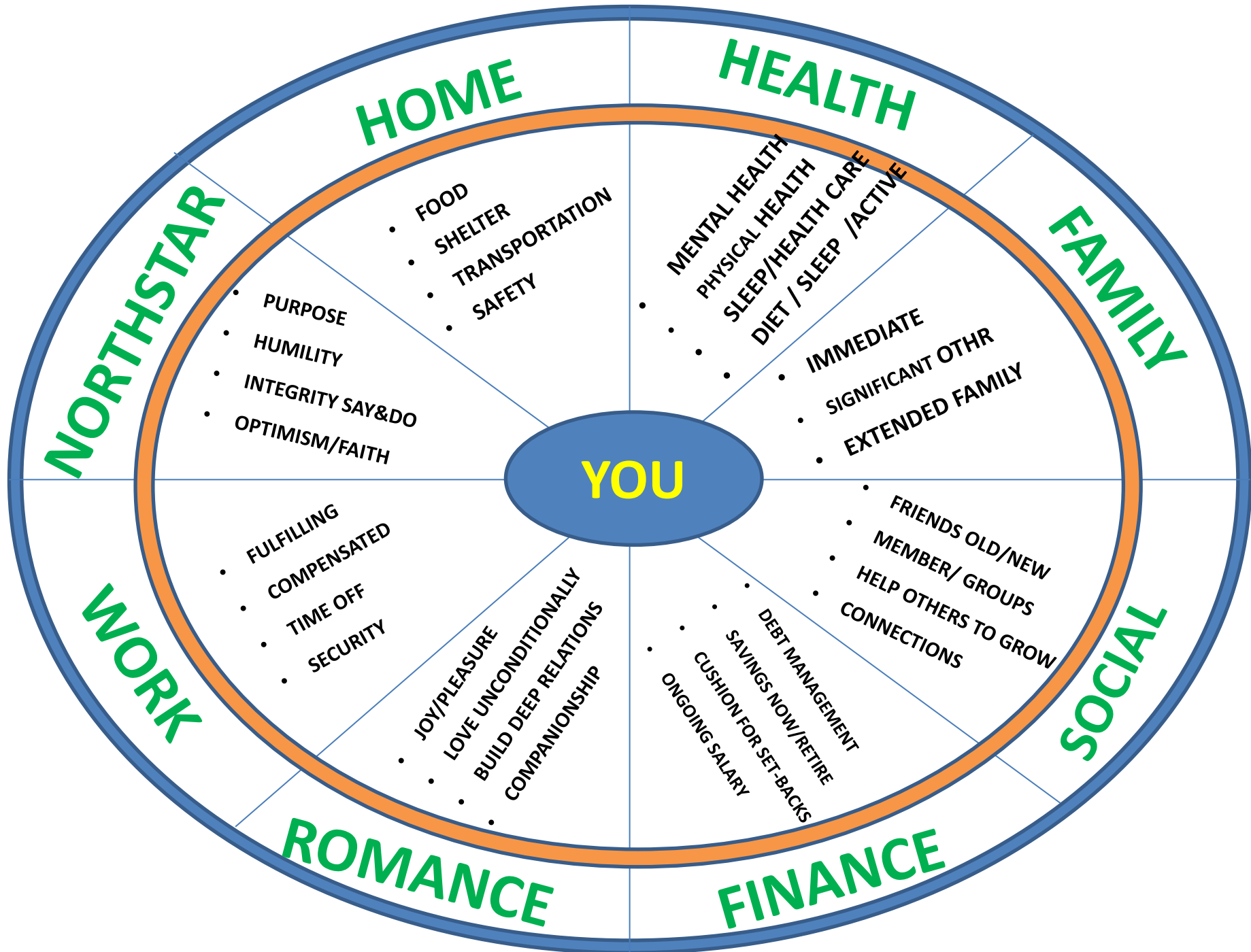
# Synchronicity

- Human body has multiple systems synchronizing towards the common good of our life.
- Our job is to synchronize our thoughts, desire, words, plans, actions and habits towards a joyful life with a central purpose.
- Have faith, be optimistic, expect miracles to unfold, showers of blessings, prepare for their coming, and experience the world conspiring to your humility.
- Avoid/minimize/prepare, for common storms, sharks, emotional temptations, hypocrites, power mongers, systems and self- serving organizations.
- Full time job from the heavens to the Earth.
- Check yourself, who is serving whom.

# Before we need Resilience

- We can work hard, and save people drowning in the river.
- We can work smarter, by sending someone up-river to understand how people are getting in the river.
  - An ounce of prevention .....
- Are you prepared to approach the river throwers?
- How are your negotiating skills?
- Covey's number 5 rule.
- Why are they throwing people in.
- How do you eat an elephant.

**USE, IGNORE, ABUSE**





# **HARNESSING THE POWER WITHIN**

# How Does it Work?

- **We have our cycle from calm to anger.**
- **Do you know your own?**
- **How easy is it to ruffle your feathers?**
- **Learn the part you play in this cycle**
- **Who has the control button?**
- **Learn to interrupt the cycle and break the power others may have over us.**

# Managing Trauma

- A vastly traumatic event for one person can be a mere teaching event for another.
  - The way we respond to trauma can be enabling or disabling
- We may not control our life events, however the tools we use will shape the outcome.
- Our tools maybe generational, however the responsibility for checking for \_\_\_\_\_ is on us.
  - We cannot plant peas and expect to reap corn
- My beliefs, habits and spoken words are commands to the subconscious mind that has no sense of humor.
  - It is an exceptionally good follower of its master.
- Preparation before trauma strikes \_\_\_\_\_
- The joy in my life reflects the absence stress, therefore \_\_\_\_\_
- I can accept myself the way I am and get more of the same, or I can work towards what I would like to be.

# Steppingstone or Stumbling Block

- **When we learn the art of lighting our own fire, it is a good thing.**
- **When we learn to change the habits that do not serve us, it is a more beautiful thing.**
- **When we practice to check ourselves for alignment of purpose, hope, faith, desires, thoughts, and deeds, it is an absolute most wonderful thing.**
- **When we consistently take actions based on the above, then it all comes together as we learn to Bathe in the Joy of this Life.**

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# Disabling Potential Trauma

- Where do you begin, Check yourself
- You have the power bring a potential traumatic giant to its knees.
- The choice of response is on you.
  - React Like Jack or take the lead like Jill
- Your choice of words will set the tone
- Your preparation before the event \_\_\_\_\_
- Practice on the small \_\_\_\_\_.