



Post-Traumatic Growth: The Way Forward

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Why this talk?

We've been through a lot...and it's not over yet

We've risen to the occasion... and it's taking a toll

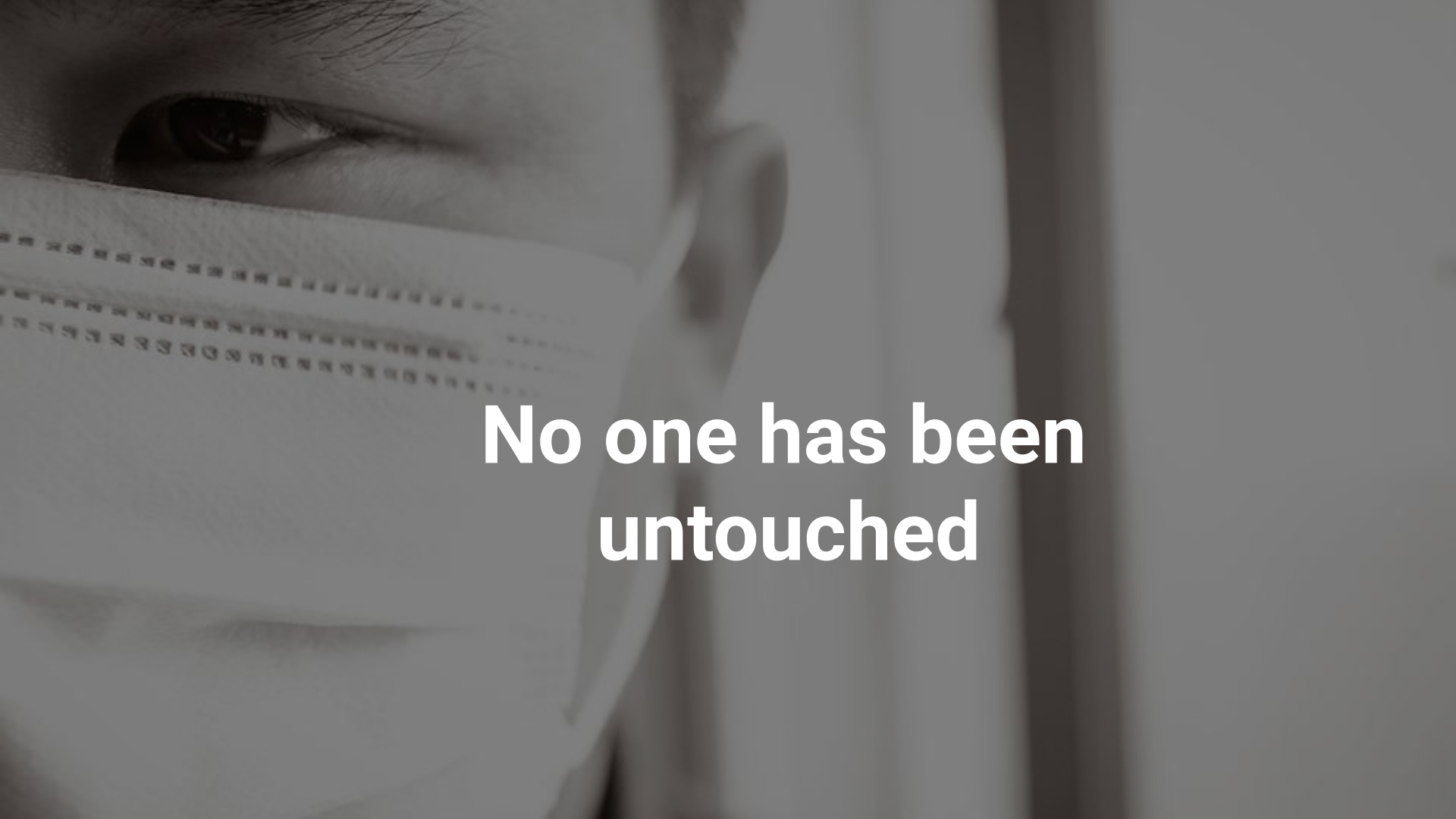
Why this talk?

Most of us have days when we just **feel out of sorts, not ourselves**

All of us want to **make sense** of what we've been through
and **move on**



Grow from it



**No one has been
untouched**





We are remarkably resilient

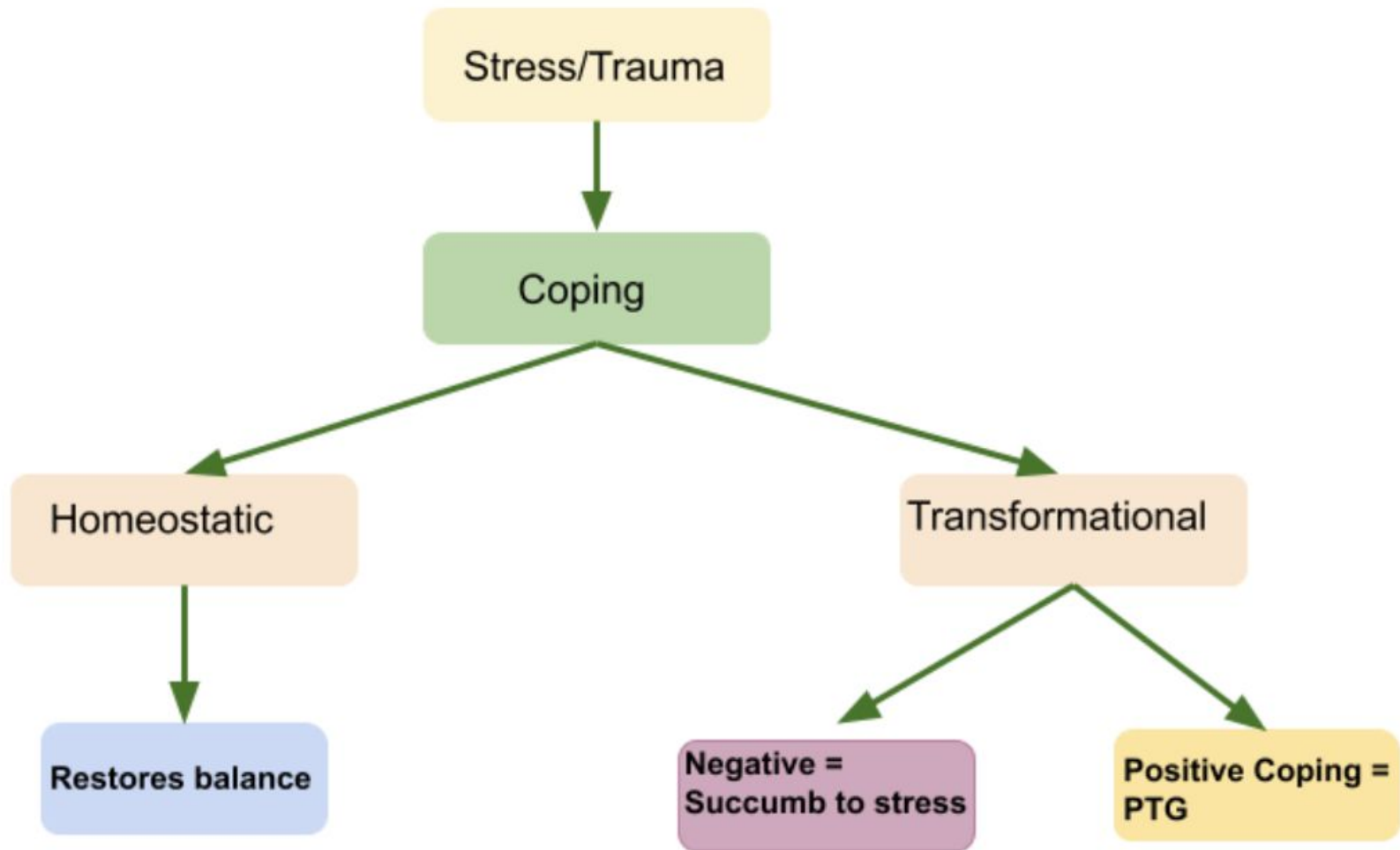
Full of grit,
determination,
compassion

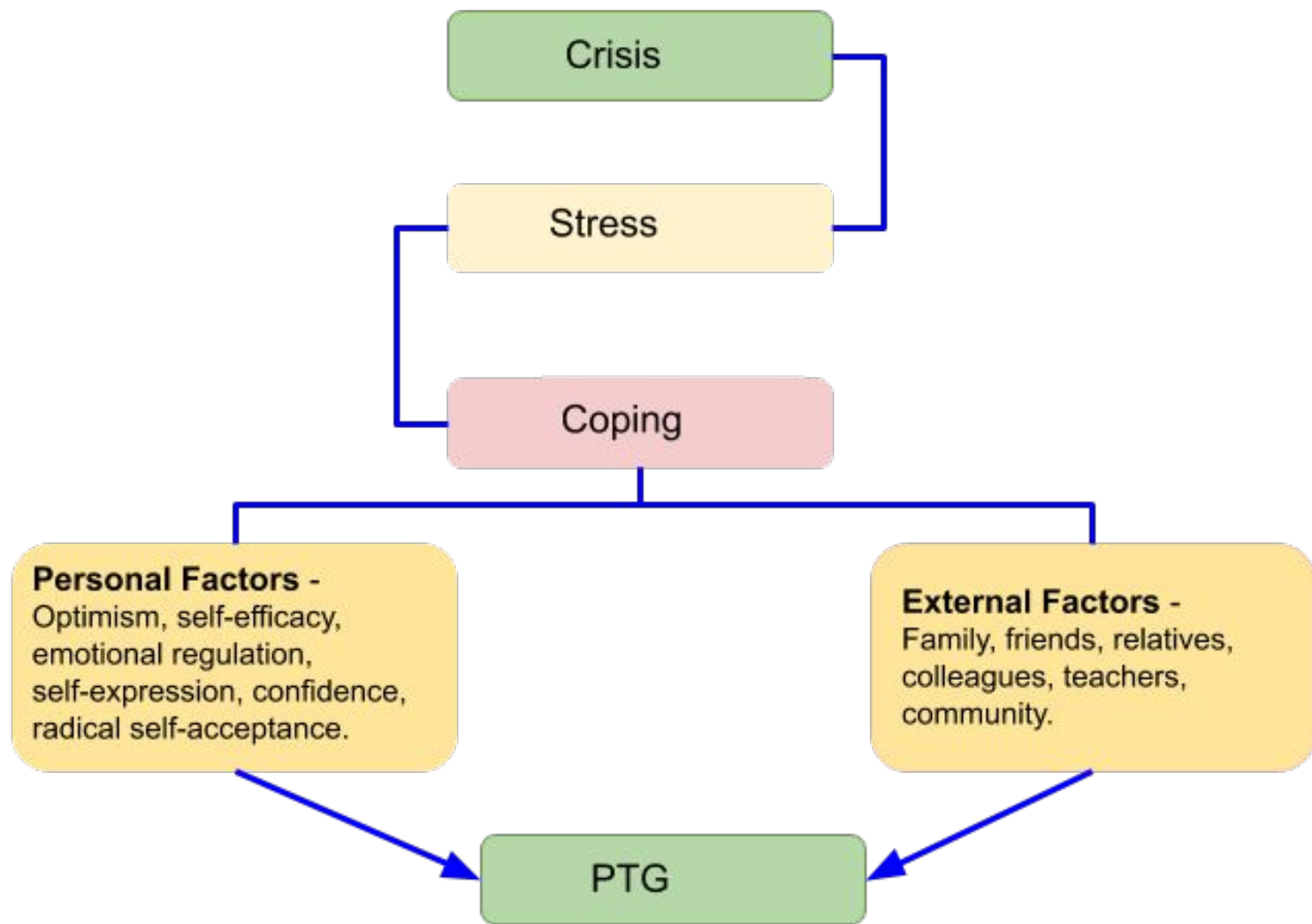
**Many of us feel
exhausted, distracted,
irritable, forgetful,
shut down and worry
about losing our
sense of purpose**



**Small wonder:
Normal responses
to an abnormal
situation**









Post Traumatic Growth is an active process

Building reserves

Regaining confidence

Make meaning

Maintaining connections



Breathe

**Take charge of your breathing
Send a message
I've got this!**

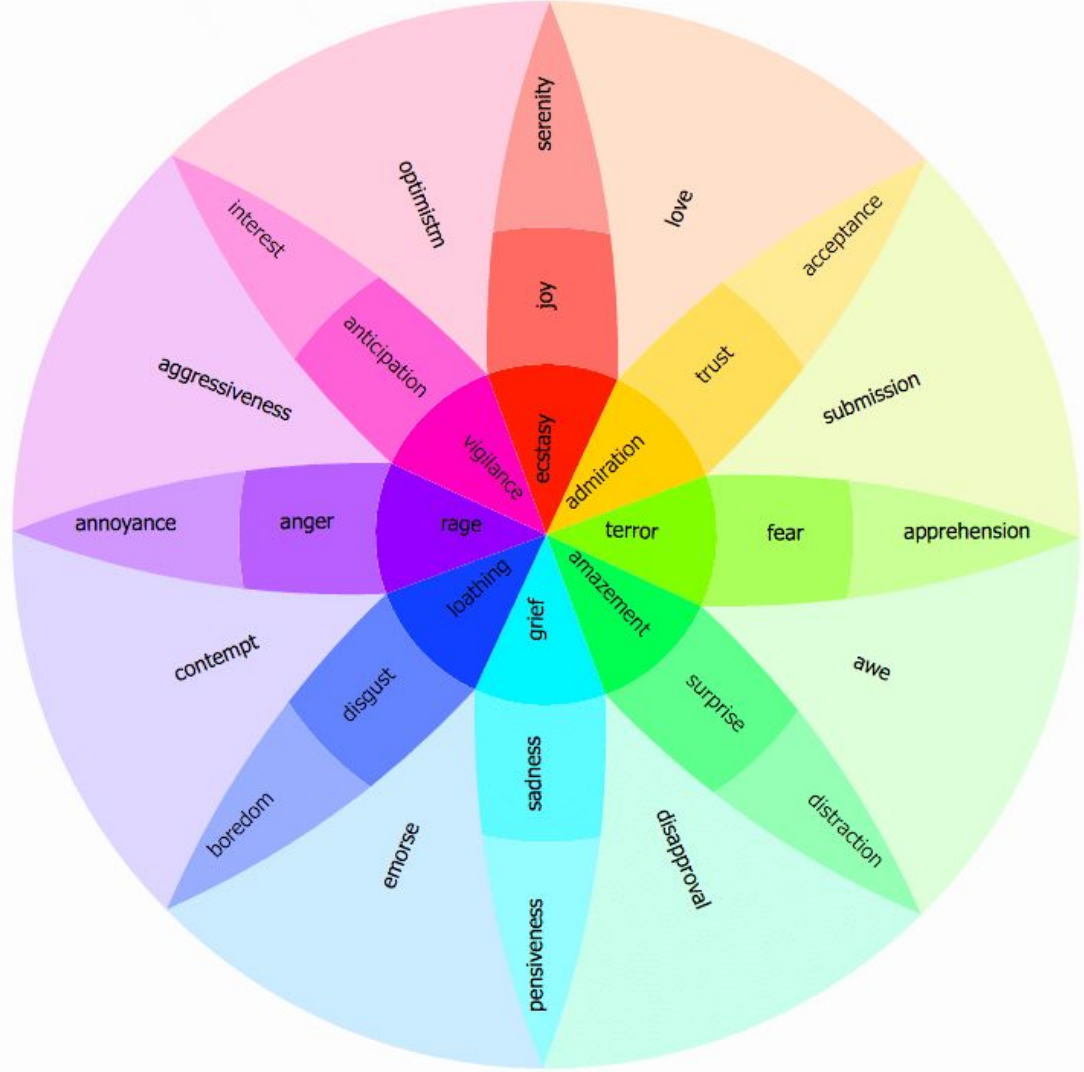


Name It to Tame It (Siegel)

6—or 27!— Basic Emotions

Plutchik's Wheel

- Joy
- Fear
- Sadness
- Disgust
- Anger
- Surprise





Catch-Check-Change

Catch the negative

Ask: Is it true?

Change the tune

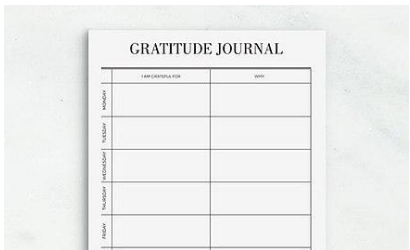
*These techniques do not constitute cognitive-behavioral therapy and are not intended as medical advice

Spend time in
the natural
world





Gratitude Practice



WHY?

What good are positive emotions in crisis? A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001.

Fredrickson, Barbara L., Tugade, Michele M., Waugh, Christian E., Larkin, Gregory R.
Journal of Personality and Social Psychology, Vol 84(2), Feb 2003, 365-376

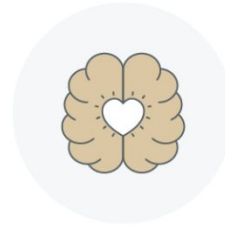
The Benefits of Gratitude



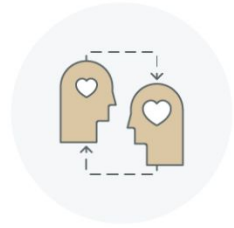
**IMPROVES PHYSICAL
HEALTH**



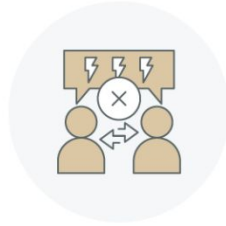
**IMPROVES
SLEEP**



**IMPROVES
PSYCHOLOGICAL HEALTH**



**INCREASES
EMPATHY**



**REDUCES
AGGRESSION**



**MORE SOCIAL
CONNECTION**



**ENHANCES
SELF-ESTEEM**



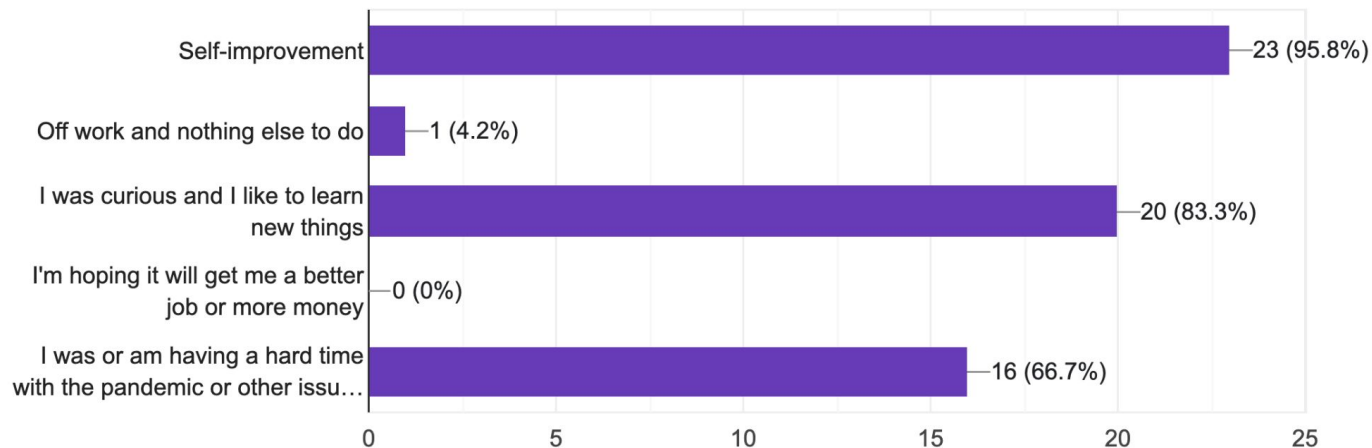
**IMPROVES MENTAL
STRENGTH**

Reasons for attending

Growth mindset
Nurture resilience

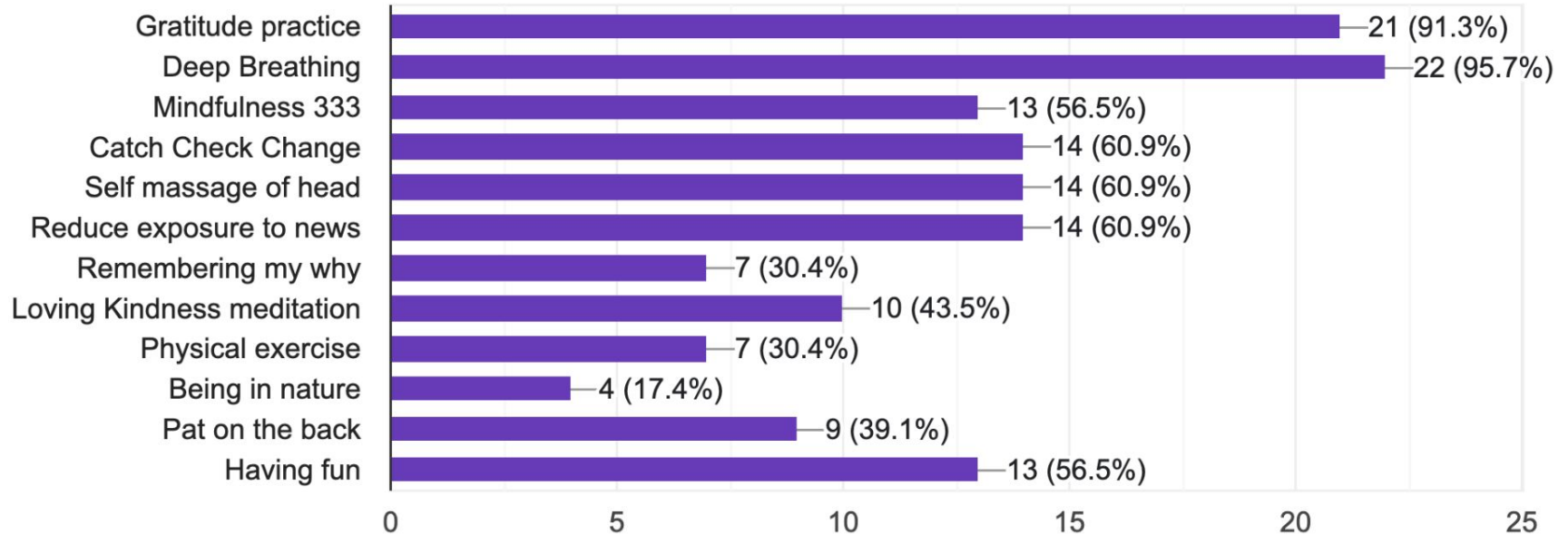
Why did you choose this course? Pick up to 2 reasons

24 responses



Which skills have you used the most? Pick up to 5

23 responses





**Reflect on a positive
discovery**



Tell your story
Listen to each other



Key Takeaways

Whatever phase you are in

Whatever you are coping with

Use your brain power

Use your community strengths

Care for yourself

And you can continue supporting others

Want to stay in touch?

Here's how

Email: swehry@une.edu
Twitter: [@beingwithaging](https://twitter.com/beingwithaging)
Visit: www.AgingME.org
susanwehrymd.com





Key Resources

[Well-Being Tools](#)

[LovingKindness Meditation](#)

[Benefits of Kindness and Compassion](#)

Exploring your (post)pandemic growth opportunities

PTG: Tadeschi and Calhoun

Possible Areas of Growth and Change	0	1	2	3	4	5
1. I changed my priorities about what is important in life.						
2. I have a greater appreciation for the value of my own life.						
3. I developed new interests.						
4. I have a greater feeling of self-reliance.						
5. I have a better understanding of spiritual matters.						
6. I more clearly see that I can count on people in times of trouble.						
7. I established a new path for my life.						
8. I have a greater sense of closeness with others.						
9. I am more willing to express my emotions.						
10. I know better that I can handle difficulties.						
11. I am able to do better things with my life.						
12. I am better able to accept the way things work out.						
13. I can better appreciate each day.						
14. New opportunities are available which wouldn't have been otherwise.						
15. I have more compassion for others.						
16. I put more effort into my relationships.						
17. I am more likely to try to change things which need changing.						
18. I have a stronger religious faith.						
19. I discovered that I'm stronger than I thought I was.						
20. I learned a great deal about how wonderful people are.						
21. I better accept needing others.						