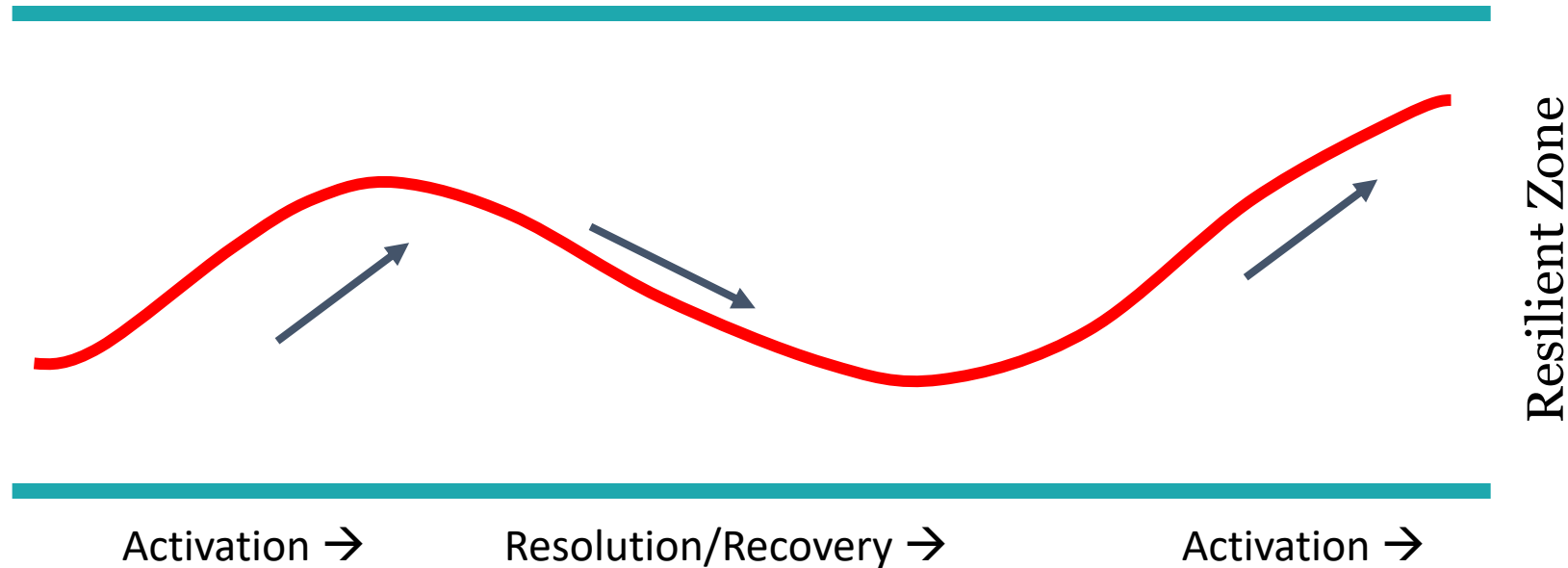


## *The Resilient Zone- "OK" Zone*



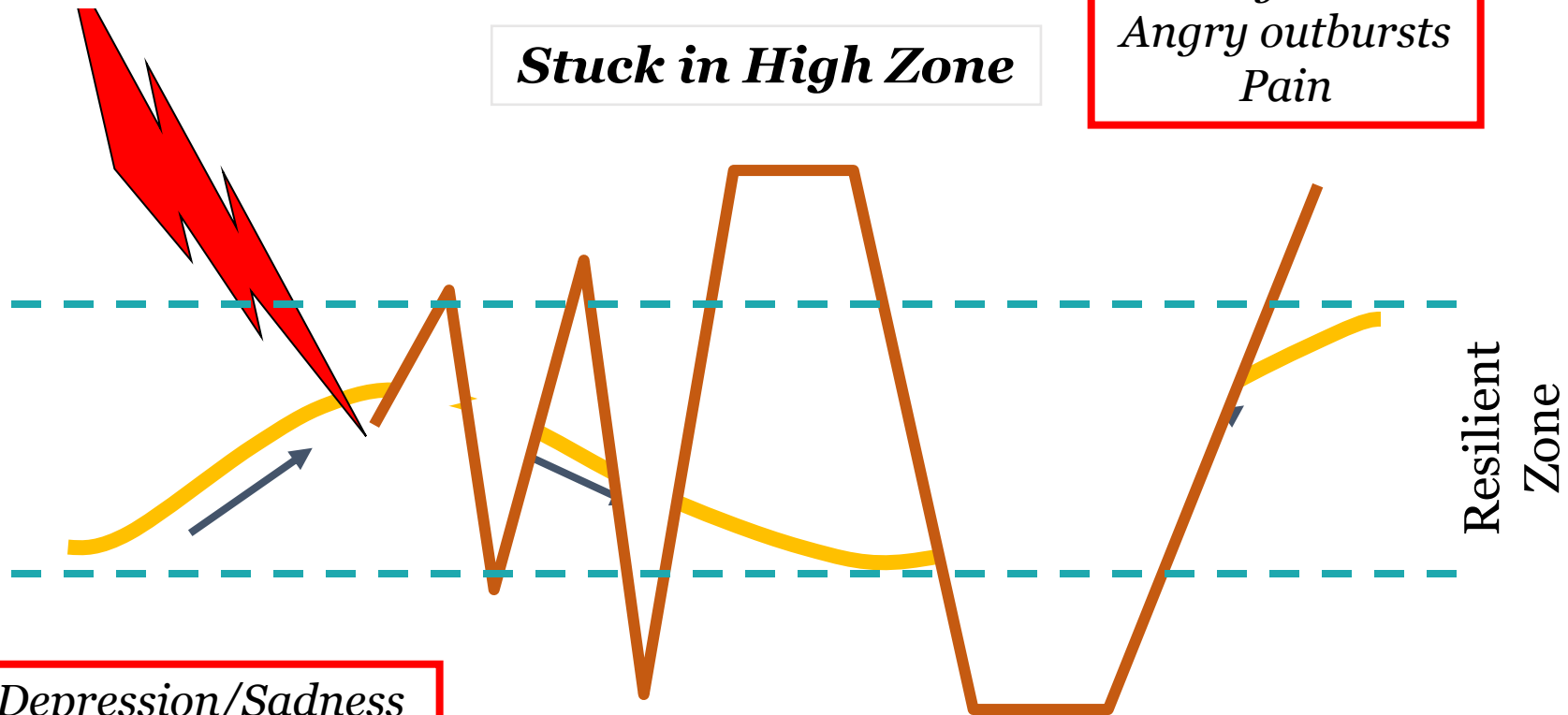
### *GOALS:*

*TO WIDEN YOUR RESILIENCY ZONE and GET BACK IN WHEN KNOCKED OUT*

**Traumatic/Stressful Event  
or  
Stressful/Traumatic  
Reminders**

**Stuck in High Zone**

*Edgy  
Irritable  
Mania  
Anxiety & Panic  
Angry outbursts  
Pain*

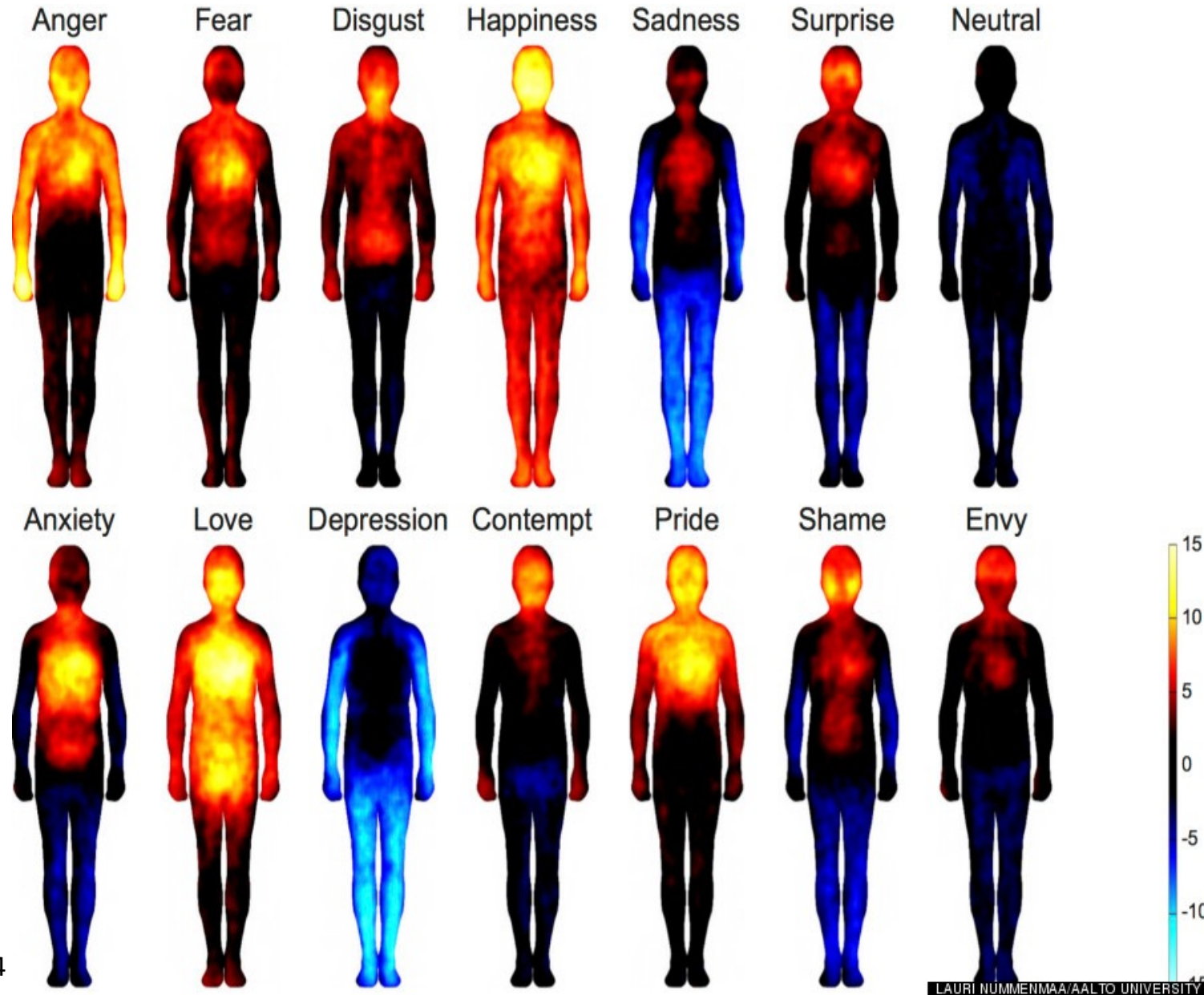


*Depression/Sadness  
Isolated  
Exhaustion/Fatigue  
Numbness*

**Stuck in Low Zone**

**Resilient  
Zone**

# Developing the Language of Sensation: “Felt Sense”



A sensation is a physical experience in the body

**Yellow and red** = increased sensation, activation, or energy

**Black** = neutral

**Blue** = no energy or sensation

1,000 participants colored bodily regions whose activity they felt increasing or decreasing when exposed to emotional words, stories, movies, or facial expressions.



EMORY

NELL HODGSON  
WOODRUFF  
SCHOOL OF  
NURSING

# *Resiliency training to support healthcare workers during the pandemic, and beyond*

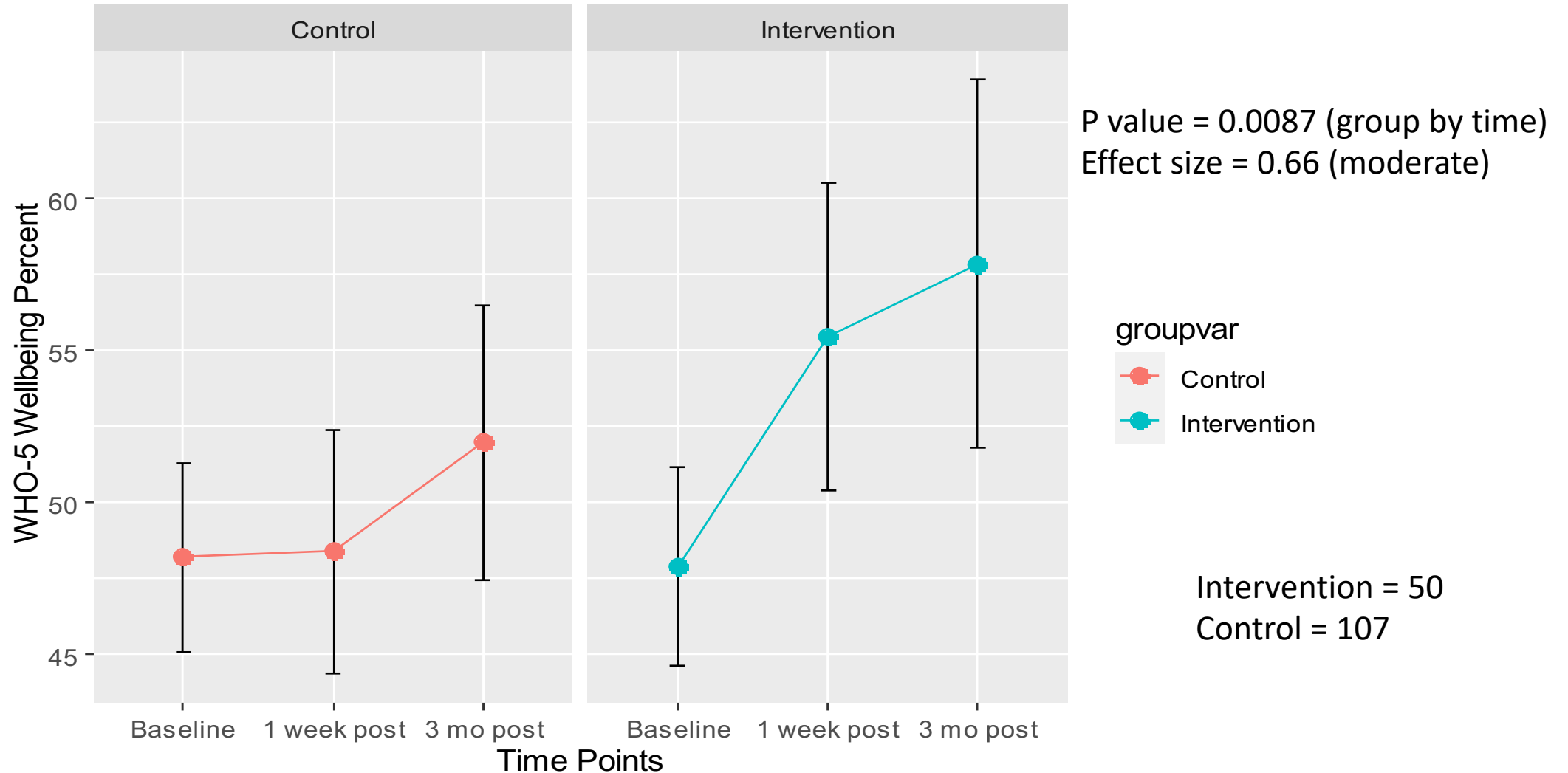
Ingrid Hopkins Duva (PI),  
David Lawson, Marianne Baird, Melinda Higgins,  
Jordan Murphy, Linda Grabbe

Woodruff Health Science Center's 2020  
Interprofessional Education and Collaboration  
**Synergy Award**

***RCT of EHC Workers: a 1-hour virtual CRM class***

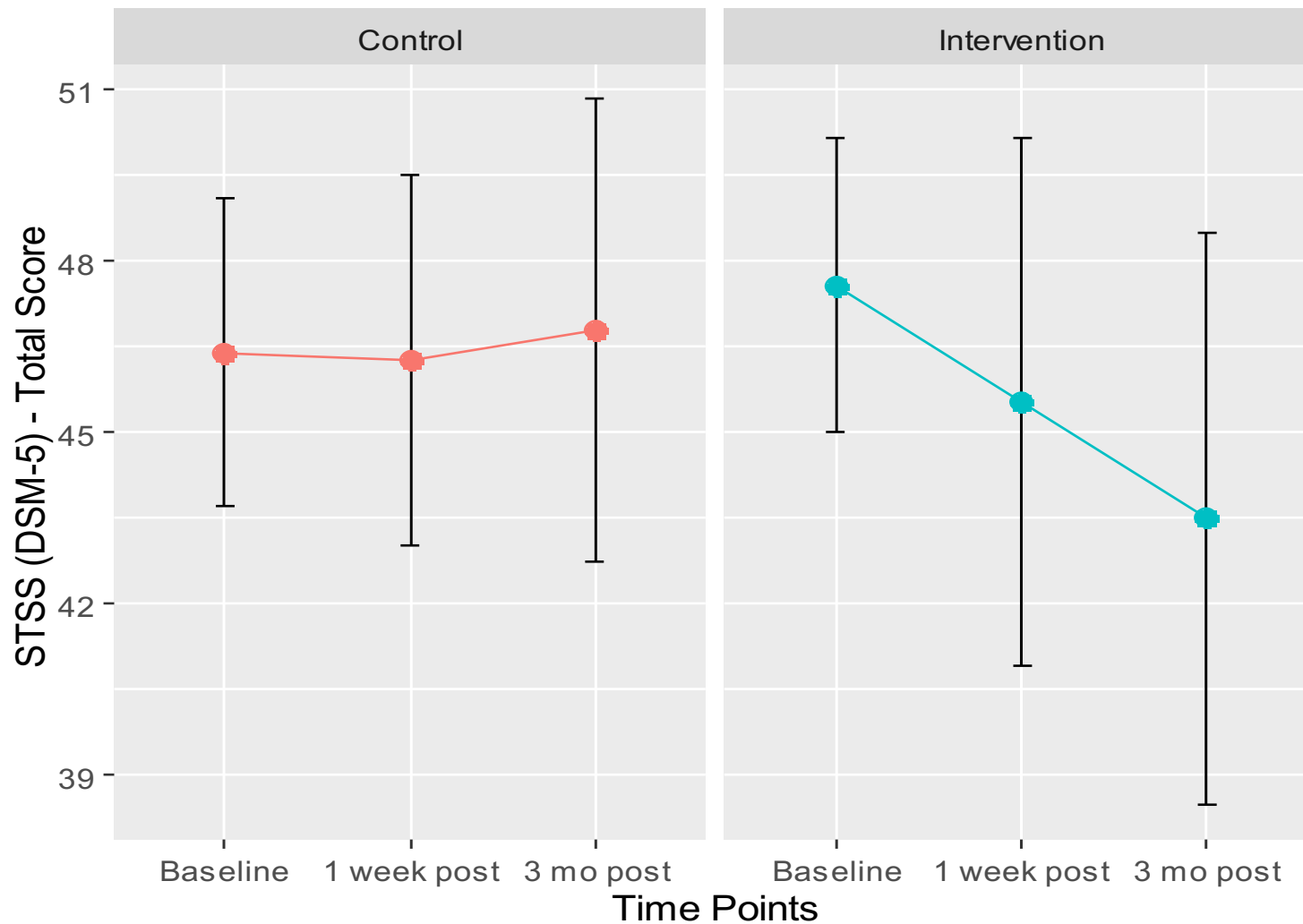
# Significant Results: Well-Being

Figure 1: WHO-5 Wellbeing Percent Over Time by Group (mean +/- 95% CI)



# Significant Results: Stress Symptoms

Figure 9: STSS (DSM-5) Over Time by Group (mean +/- 95% CI)

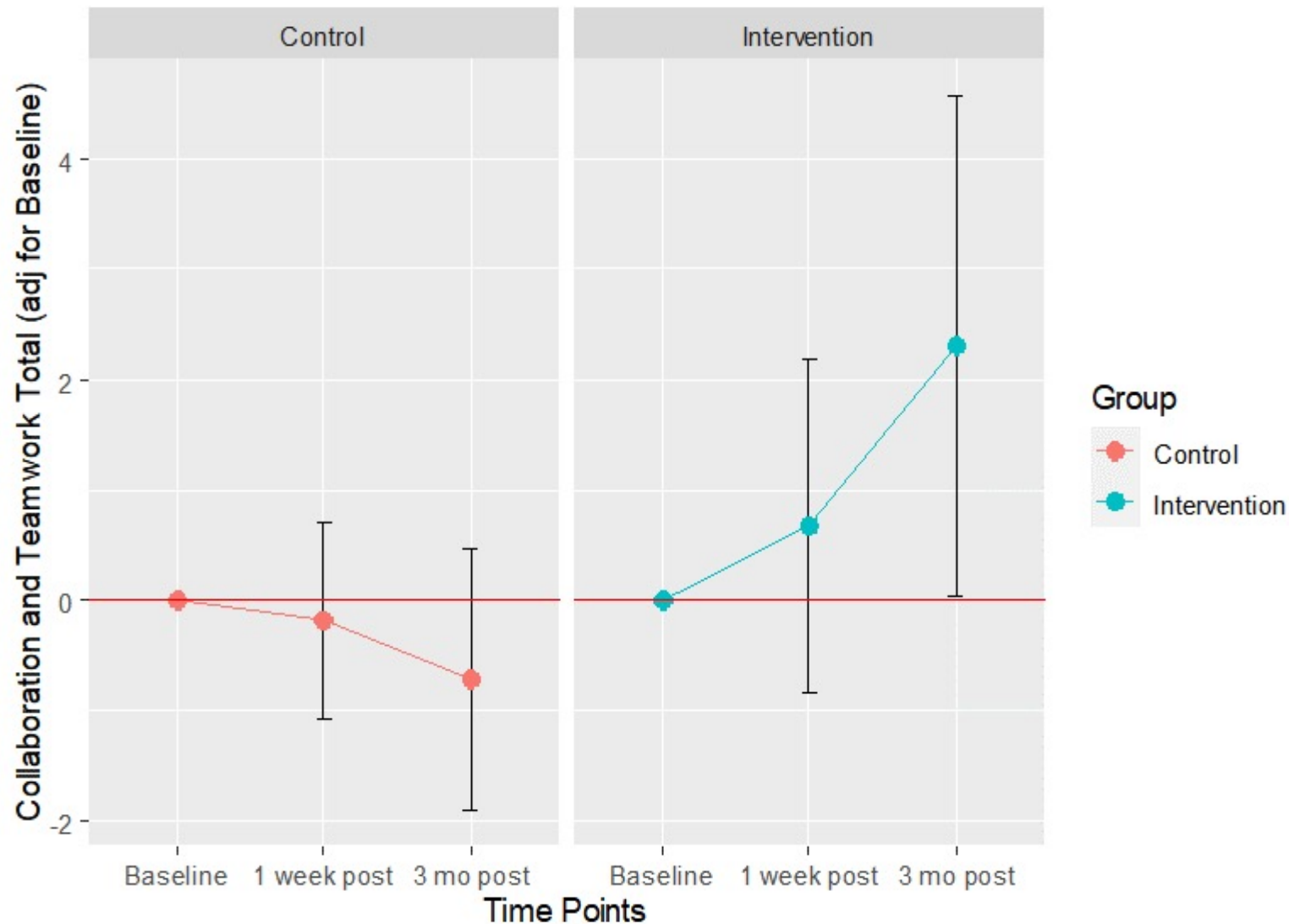


P value = 0.0058 (group by time)  
Effect size = 0.46 (moderate)

groupvar  
● Control  
● Intervention

# Significant Results: Interprofessional Teamwork

Figure 6: Teamwork Over Time by Group (mean +/- 95% CI)



P value = 0.0002  
(group by time)  
Effect size = 0.41  
(moderate)



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# The Community Resiliency Model (CRM)



CRM in Georgia:  
[www.crmgeorgia.com](http://www.crmgeorgia.com)  
Free 1-hour training  
lgrabbe@emory.edu

CRM Teacher Training  
[www.traumaresourceinstitute.com](http://www.traumaresourceinstitute.com)

Free app "ichill"

HELP NOW!



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ICHILL OVERVIEW

RESILIENT ZONE  
BEFORE

SKILLS

RESILIENT ZONE  
AFTER

RESILIENCY IMAGES