

Yours is important work.

Resiliency is the key to being able to DO this work well and continue to make a positive difference in the lives of those where you are most needed- at home and at work.

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- Pulse
- Respiration
- Body temperature
- Blood pressure and other functions

What causes the psychological changes in sexual assault personnel?

Hypervigilance

“Those working with sexual abuse cases know what it feels like to do this work. Just about everybody else is on the outside looking in.”



5 keys condensed to 3

What are the **keys** to RESILIENCE

1. Strong, supportive relationships most crucial

This takes many informal interactions that are supportive and encouraging, not critical

2. Support from supervisors and administration

Does the organization encourage people to meet those basic needs of SAFETY, REST, EXERCISE, NUTRITION in a way that supports resiliency?

3. Maintaining an attitude of hope and optimism

We will never be able to accomplish everything we want to, but celebrate your victories within yourself, and especially with each other



One Key to RESILIENCE



❖ **Maintaining an attitude of hope and optimism**

Check out <http://www.positivityratio.com/>

What's *your* ratio?

80% of Americans fall short of the ideal 3-to-1 positivity ratio. Take Dr. Fredrickson's 2-minute on-line quiz and see how you score.

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WORDS TO LIVE BY

- Don't get so busy making a living, that you forget to make a life
- We make a living by what we get, but we make a life by what we give
- Life is too short to wake up with regrets
- So, love the people who treat you right
- Love the ones who don't just because you can
- If you get a second chance-grab it with both hands!
- Forgive quickly
- Laugh often every day.
- Smile even if you don't feel like it, smiles are contagious.
- Remember . . . There is always, always something to be thankful for.



Never exclude professional counseling as a tool to build personal resiliency. In helping professions we always look at ourselves as expert problem solvers and often we feel inadequate if we can't solve all our own problems. We are all human beings! Do what you need to, to take care of yourself for you won't be able to care for others.

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– OVC Training Available –
Building Resiliency In Child Abuse Organizations

<https://www.ovcttac.gov/views/TrainingMaterials/dspBldgResiliencyChildAbuseOrgs.cfm>

The goal of this blended-learning training is to identify the individual elements of resiliency, and explore how they can be implemented in an organization through policies, supervisory techniques, and training.

This training is intended for victim service providers who work within an agency that is interested in and willing to implement policies, supervisory techniques, and training that support resiliency.

Please note: This training consists of two Webinars held 2 weeks apart, short independent study assignments, followed by a 1-day face-to-face training, concluding with a final Webinar held several weeks following the face-to-face training.

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[https://www.ovcttac.gov/views/TrainingMaterials/dsp
InstructorMaterials.cfm](https://www.ovcttac.gov/views/TrainingMaterials/dspInstructorMaterials.cfm)

**Be equipped for future
reference with extensive
categorized, research-based
professional development
resources**

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Contact Information:

There are no experts-

Only people who have tried to do their best

and

Are willing to share what they have learned.

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