


## The Trauma of Poverty

--reducing the time, trauma, and costs of healing

Hashtag: #Siz ha#P Hg1  
43252356



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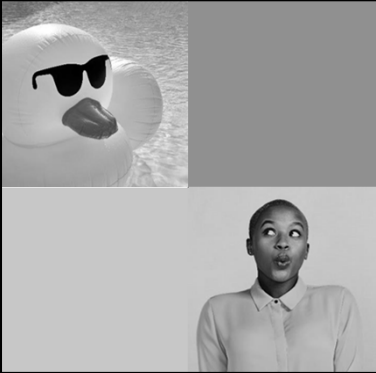
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## Objectives

1. Connect skills to needs from keynote.
2. Discuss five core skills and their role in reducing the impact of poverty.
3. Demonstrate the five core skills presented.

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## Children are meant to grow up feeling safe and secure.

When they live in financial, emotional, intellectual poverty—safe is dangerous, and secure is different.

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**Bad things happen**

- Natural disasters
- Medical crises
- Financial instability
- Homelessness
- Abuse
- Accidents
- Neglect
- Crime victimization

...and more.

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**Then what happens?**

When people feel like they might die, lose their minds, or be badly injured, they can't learn.

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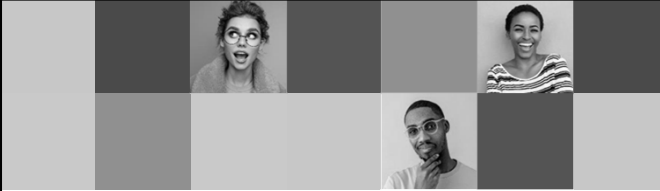
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**"If you can learn, you can heal.**

**Learning requires no diagnosis and the skills you need? They're common best practices in childrearing and skills common to SEL, EQ, and trauma recovery."**

Elizabeth Power, M.Ed.

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**Relationship & connections diminish the impact of poverty.**

**Even when our skills need a boost, we heal in relationships.**



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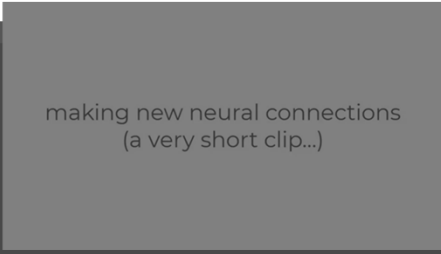
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**Hey y'all! Watch this (short, silent) video:**



making new neural connections  
(a very short clip...)

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**1. Install the good**

- Do before going to sleep
- Call up one good thing from the day
- Use your mind to intensify the feeling of good
- Focus on it for 20 seconds

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## 1: Try it!

**Pick one. Turn the feelings up. Hold 20 seconds.**

 <p><b>Food.</b> What tasted good?</p> <p style="font-size: small;">10/12/2023</p>	 <p><b>Place.</b> What pretty thing did you see?</p> <p style="font-size: small;">The Trauma Informed Academy®</p>	 <p><b>Relationship.</b> What kindness happened?</p> <p style="font-size: small;">The Trauma Informed Academy®</p>

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**How might you use this at home? At work?**

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## 2. Use inner connections

- Build an inner library
- Additive, not a replacement
- Memories: recipes, jewelry, playlists, places, gifts received

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**2: Try it!**  
 Pick one. Pair up. Say hey.  
 Tell each other the story—positives only.

 <b>Place.</b> Where you'd visit again—and the story.	 <b>Gift.</b> Gladly received—and the story.	 <b>Food.</b> Favorite recipe—and the story.	 <b>Music.</b> Favorite music—and the story.
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**How might you use this at home? At work?**

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**3. Name the strengths**

- Use labels of strengths you admire: persistence, know your boundaries, believe in yourself
- Listen to what you say in your head
- Flip a to strength based

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**3: Try it!**

Pick one strength. Identify the strengths it represents. Find a partner, or be your own. Share.

 <p><b>Limits.</b> She ran away to escape abuse.</p>	 <p><b>Knowing needs.</b> He blew through families one after the other, quickly.</p>	 <p><b>Persistence.</b> She was hospitalized over 40 times in 20 years.</p>
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	<p><b>How might you use this at home? At work?</b></p>
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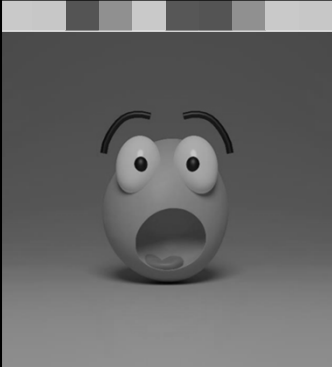
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	<p><b>4. Make Elastic Emotions</b></p> <ul style="list-style-type: none"> <li>▪ Learn more names.</li> <li>▪ Identify where people feel them in their bodies, what evokes them, and how they respond.</li> </ul>
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### 4: Try it!

Pair up. Say hey. Pick one. Look up synonyms.  
Talk about what makes you feel the synonym, where you feel it in your body, what you do to change how you feel.

 <b>Happy.</b>  Glad, pleased, joyful	 <b>Sad.</b>  Grieved, sorrowful.	 <b>Angry.</b>  Annoyed, peeved.	 <b>Scared.</b>  Anxious, terrified.
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**How might you use this at home? At work?**

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### 5. Sustain hope

- Counter negativity bias.
- Feed the future.
- Find and tell success stories. Everyone knows the failure stories.

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## 5: Try it!

Pick one...

		
<p><b>Learning.</b> What are you curious about?</p>	<p><b>Earning.</b> What does it feel like to have "Plenty"?</p>	<p><b>Health.</b> How can you help your body thrive?</p>
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**How might you use this at home? At work?**

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Wkdqn#|rx

***If you like what I do, please don't keep me a secret!***

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hd}dehwkC wdku#fcrp  
WkhiWubcp dlagrup hgD fdghp |fcrp






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