

**Workshop: The Integrated Home Visitor: Strategies to Promote Whole Brain Integration and Resilience**

**INCREASING RESILIENCE - Protective Factors for Home Visitors**

**Self-Reflection:** Awareness of emotional triggers and how past experiences (consciously and unconsciously) impact relationships with families. The capacity to identify what you are feeling and why. Additionally, developing the capacity to identify where you are residing in the brain (cortex, brain stem, limbic, left or right hemispheres) in an effort to bring balance.

**Self- Regulation:** The capacity to manage disruptive emotions and impulses and regulate oneself in order to think and respond instead of react.

**Self- Care:** The recognition that our work is delivered through our one precious self and that we must care for ourselves with at least as much passion and effort as we care for others. Self-care is not a luxury, but a priority, because we know when we take good care of ourselves we are healthier, happier, brighter and better able to show up for others.

**Social Connection:** Knowing that it is a human need to be heard, valued and seen. We seek out the support of others who believe in us, listen to us without judgment and honor who we are. We understand that we cannot do everything alone – we need each other.

**Empathy:** We understand that only when our own emotional wounding is met with empathy and compassion from others, and from ourselves, that we can truly connect with the pain of another and feel with them instead of judging or feeling for them.

**Vulnerability:** Being willing to admit when a “mistake” was made, making amends and asking for help when needed. Also, remembering that if we aren’t making mistakes we aren’t learning or human.

**Self- Compassion:** Resilient home visitors offer themselves the same level of compassion and understanding that they offer the families they serve. They practice self-forgiveness and attend, with empathy, to the wounded parts of themselves.

**Boundaries:** When we are clear about what is okay and not okay for each of us, we can kindly, but firmly, set boundaries. When personal boundaries are in place this container of safety allows for us to assume that people are doing the best they can. They also assist us in knowing when we are over-working and need to balance work and home life. Setting boundaries is vital to the prevention of burnout.

**Joy:** Research has shown that there is no faster way to heal trauma than through the experience of joy. Resilient home visitors know what brings them joy, practice joyful activities and recognize with gratitude the little pleasurable moments in life.