

ACEs in Alaska
(ACE- Adverse Childhood Experience)
By Jan Adasiak
Part 4: Resilience and bouncing back from ACEs

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Resilience is the ability to recover from a hurtful or embarrassing situation. When a person has ACEs, which do long-term harm, more time and various modes of help are required to recover. This resilience questionnaire at <https://acestoohigh.com/got-your-ace-score/> will give you greater insight into what is involved.

Adversity can foster feelings of helplessness. Sometimes a person will find healthful ways to deal constructively with their feelings, but sometimes they discover that denial or use of substances, or compulsive eating or shopping blunts the pain. For young people and adults, working with a therapist can help them bounce back. For adults being in a group of individuals sharing their own stories of hurt and healing can help. Such meetings work best with a facilitator who has some experience in the field.

How can the church help to foster resilience in one's community?

--Some people feel stronger and more free by engaging in sports or hobby activities.

--Getting involved with church activities can be a good choice unless the person or people who hurt you are there and their presence feels threatening.

--Yoga or Tai Chi exercises can make you more aware of your body and its tensions. A charming video of children engaged in Tai Chi is at www.taichiforkids.com

--Breathing practices are easy and effective ways to help calm the body and mind. Here are a few examples:

**Recite the 23rd Psalm (or your favorite Psalm), inserting a slow, quiet, deep inhalation and exhalation between sentences.

**Recite The Lord's Prayer breathing the same way.

**Here's a longer one. Sit quietly in a place without TV, radio or other distractions. Close your eyes. Breathe in slowly through your nose until you feel your lungs are full. Purse your lips and breathe out slowly through your mouth. Do this for a full five minutes. Enjoy the feeling of your breath entering and leaving. You may feel a little lightheaded when you are done. Idea: Take your pulse before and after and compare. Or take your blood pressure before and after.

Next time, in Part 5 of ACEs in Alaska we will learn more about resilience and how you can make progress in recovering your sense of psychological well-being.

Homework: ACEsTooHigh.com website has an issue from 2012 about a pastor using ACES information to help "wounded" adults. The address is <https://acestoohigh.com/2012/03/13> and title is Ex-pastor-marries-science-bible-studies-to-heal-wounds-of-childhood-trauma.

Questions? Whenever you have questions, please e-mail me, Jan Adasiak, at adasiakjan@gmail.com and I will answer them as best I can.