

# MindMatters Overcoming Adversity and Building Resilience

## A Tool Kit for Empowerment

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### Goals

People who have experienced trauma and toxic stress often have difficulty regulating their emotional responses when facing challenges in school, life, and relationships. As participants learn the skills and strategies in *Mind Matters*, they can begin to say, "I am not a victim of what happened to me. I am the hero in my own life story."

### Introduction

*Mind Matters'* 12 one-hour lessons teach participants ages 12 and up to respond to negative experiences with innovative methods based on current research and neuroscience. These skills give individuals a way to take charge of their emotions and improve their states of mind. They learn to address their physical, relational, and mental health needs.

### Key Topic Areas

- **SELF-SOOTHING AND EMOTIONAL REGULATION**  
cultivating a mindfulness practice
- **DEVELOPING AN OBSERVING SELF**  
managing stress, dealing with intrusive thoughts, internal family systems
- **RELATIONSHIP SKILLS**  
developing empathy, building and using a support system, asking for help
- **COMPASSION FOR THE HIJACKED BRAIN**  
understanding the science of ACEs
- **SELF-CARE SKILLS**  
yoga, rhythm, tapping, focused attention
- **INTENTIONALITY**  
goal setting, developing a new self-statement



**The Dibble Institute**  
Relationship Skills for Teens and Young Adults

*"The authors have truly created a gift to the community of people looking for a way to help others learn about just how normal childhood adversity is, how profound its effects are our brain, bodies, lives, and communities, and most importantly, how to soothe and heal ourselves."*

—JANE STEVENS, PUBLISHER, ACES CONNECTION



### Unique Aspects of Delivery

- Strong emphasis on **safety**,
- Lessons are **fun and engaging**,
- Creates **"new habits of mind"** through journals.
- Practical, **hands-on activities** that build resilience and increase hope.
- May be taught by **para-professionals to groups**.

### Expands Access

- **Easy to implement:** 12-hours, written in a clear concise manner.
- **Training:** recommended but not required.
- **Affordable and available.**
- **Flexible:** lessons can be taught in different order and can be taught in segments.
- **Updated regularly:** posted on a private Facebook page.
- **Culturally competent:** Meets the needs of different cultural groups.

### Who benefits?

Teens, youth and adults who have experienced trauma either directly or indirectly. Community agency staff and teachers exposed to secondary trauma.

### Program Background

This program is **researched-based** in consultation with van Der Kolk, Siegel, and Gentry and other leaders in the field. It was piloted with at-risk seventh graders, a high-needs community high school and a transitional housing association for their staff and clients. Currently, being implemented across the country.

### Learn more

<https://www.dibbleinstitute.org/mind-matters/>

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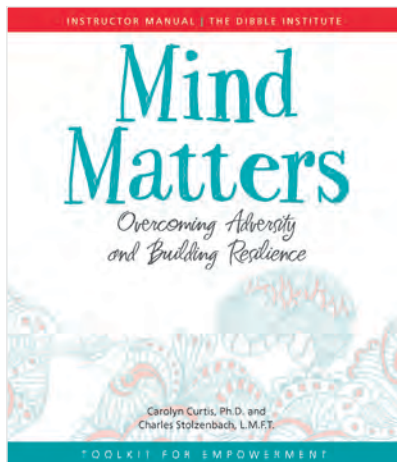
# Mind Matters *Overcoming Adversity and Building Resilience*

## Instructor's Kit **\$325** SKU: MM

- Instructor's Manual with 12 lesson plans including all handouts.
- Toolkit cards with breath exercises, self-soothing skills, self-awareness skills for easy use.
- PowerPoint slides for every lesson with embedded videos.
- Access to online Bonus Materials to supplement the lessons.
- Participant Journal to build confidence and competence.

## 1 Pack of 10 Participant Journals **\$100** SKU: MM-J10

- 3-11 packs of 10 - \$95
- 12+ packs of 10 - \$90



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