



HOW TO GET A **HANDLE** ON COPING

Stacey D. Hardy-Chandler, PhD, JD, LCSW

Director, Center for Children & Families
Department of Community & Human Services
Alexandria, VA



Head



Heart



Hands



Understand It

Head Brain Part	Hand Part	Function
Brain Stem	Palm	Basic living Response to THREAT
Limbic System	Thumb	Meaning, Memory, Connections to Care EMOTION
Cortex - Frontal - Prefrontal	Fingers	Sight, Sound, Language LOGICAL REASONING
Spinal Cord	Wrist	Connection to body

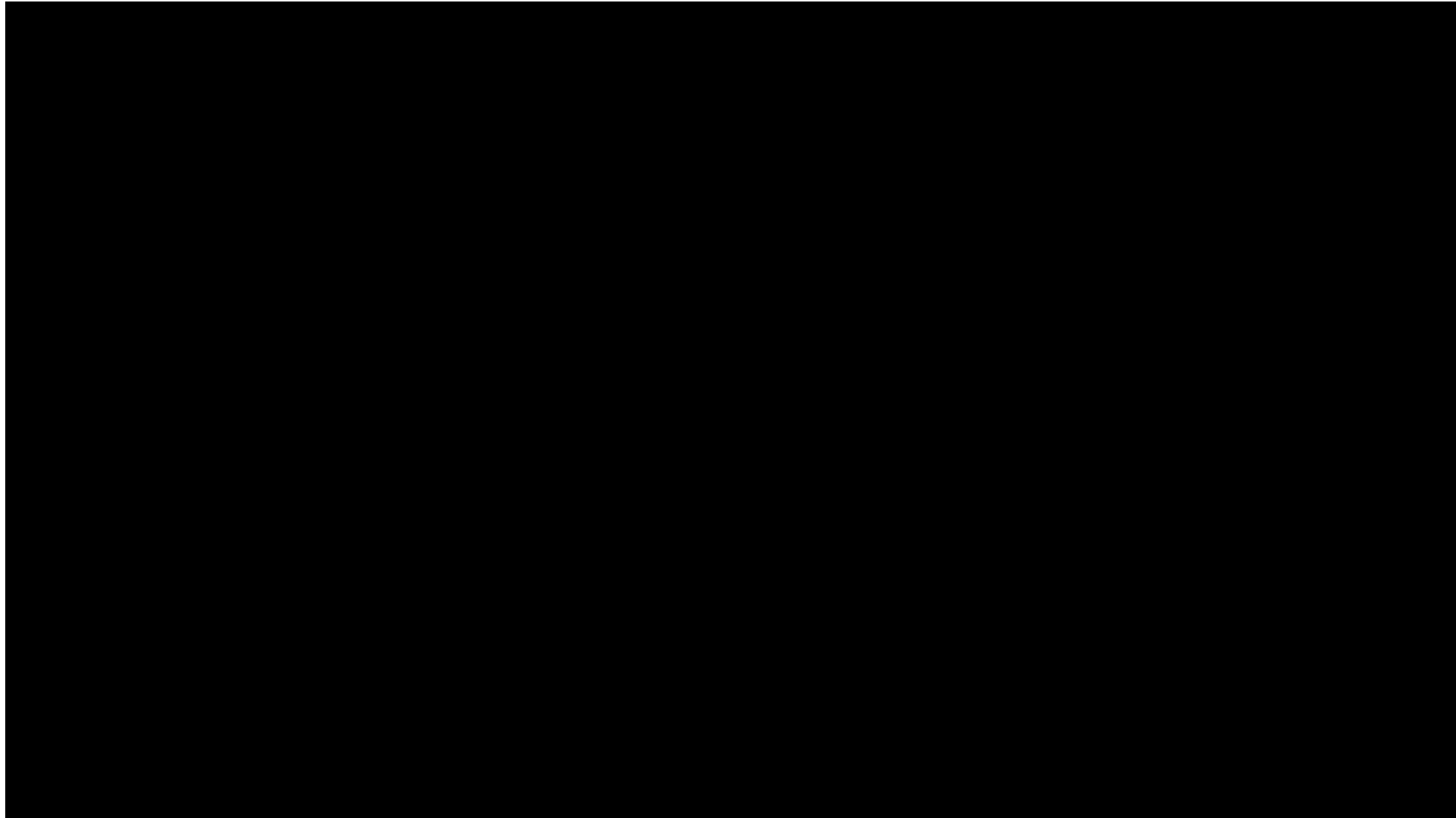
Fight	Flight
Freeze	Please (Fain)

USE YOUR HEAD

Hand Model of the Brain

Dr. Dan Siegel

WHEN WE “FLIP OUR LIDS”





The Contented Child, Child Wellbeing Consultancy
March 12 · 📍

Hand Model of the Brain

The Hand Model of the Brain

What happens when we "flip our lid"

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in for the Upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain

Your brain working in harmony. All parts are connected and talking. The upper part of the brain can be accessed for logic, socialising and reasoning. Our upper brain is hugging our mid brain, making it feel safe

Upper and lower parts of the brain are no longer connected and talking. Logic no longer influence emotions. You've "flipped your lid"

The Cerebrum or Neo Cortex
Cerebral cortex
Prefrontal cortex
Upper brain
"Logic centre"
"Thinking brain"
"Upstairs brain"

The Cerebellum or Limbic Region
Hippo campus
Amygdala
Mid brain
"Big feelings"
"Cave man"
"Downstairs brain"
Information dump from the Central Nervous System



www.thelittleblackduck.com.au
©Copyright the little black duck 2018.
All rights reserved. Advice is general in nature.
Not to be reproduced without written permission



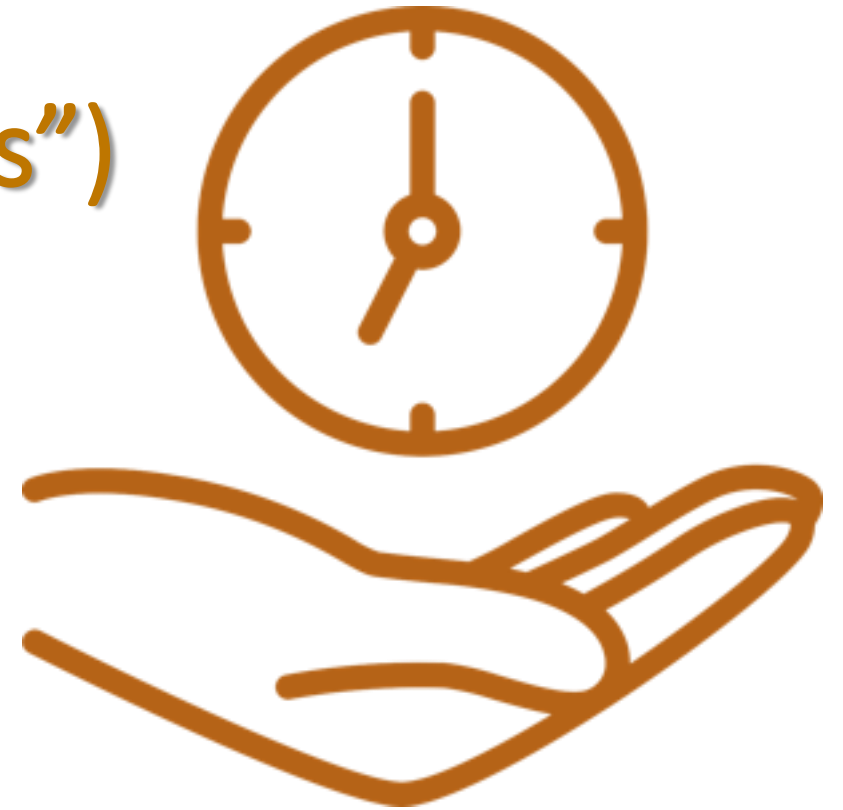
PREVENT IT (“flipping our lids”)

- TIME

- For reasoning to catch up with emotion; integration, regulation

- Split-Second Bonus

- Find the place in your body where the tension is held and release it





Understand It

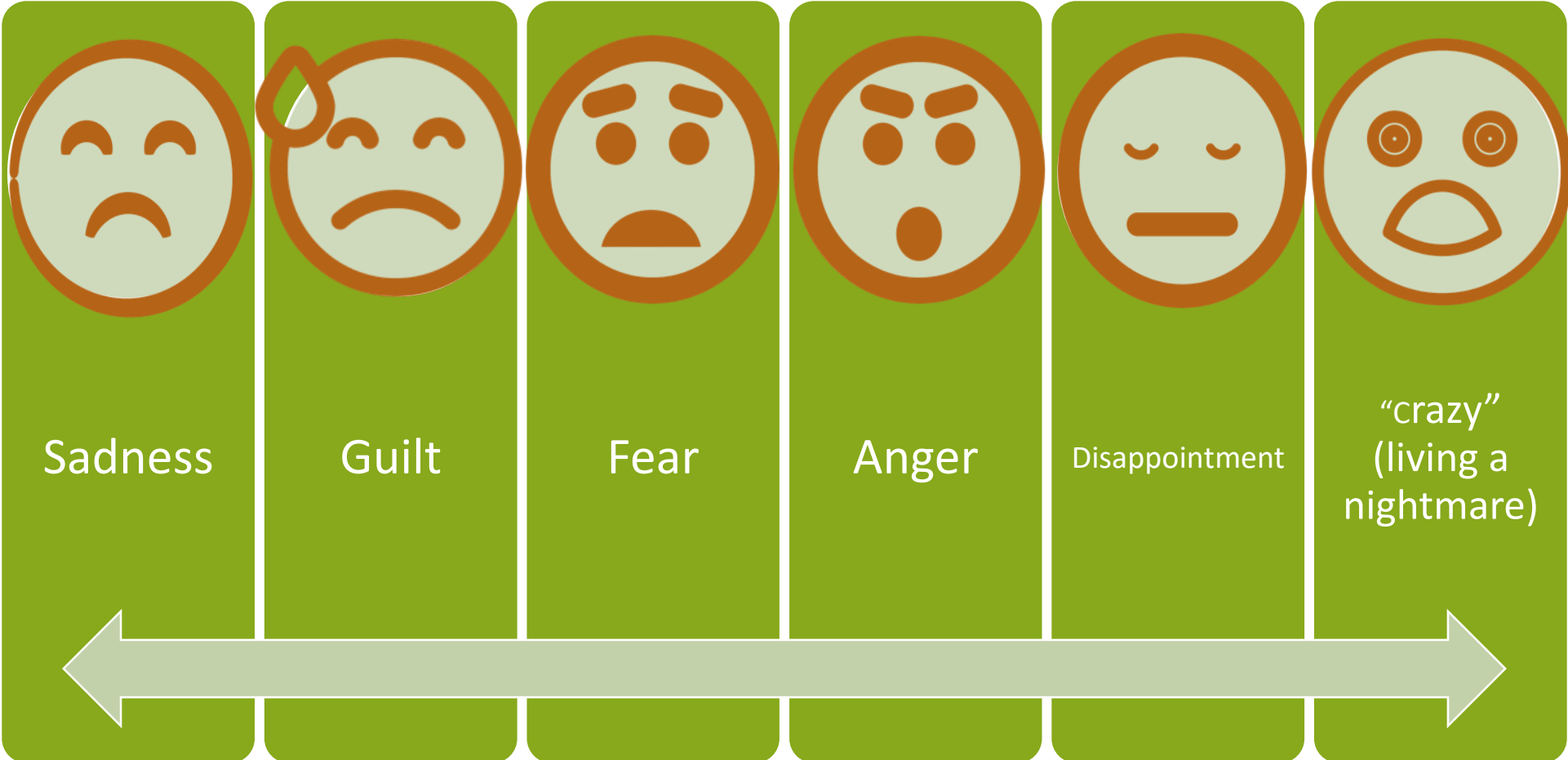
LOSS leaves us broken hearted



HAVE A HEART

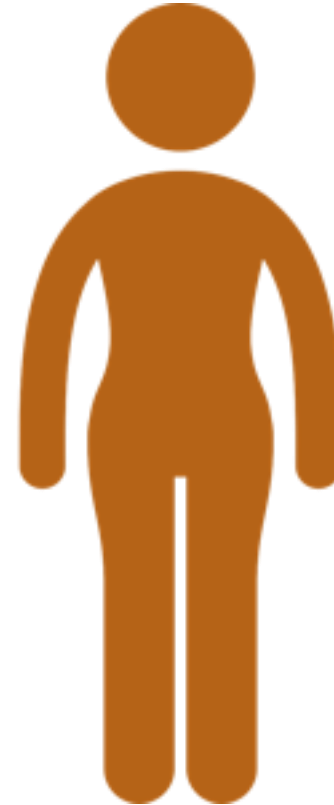
Empathy and
Compassion

EMOTIONAL RESPONSES TO LOSS

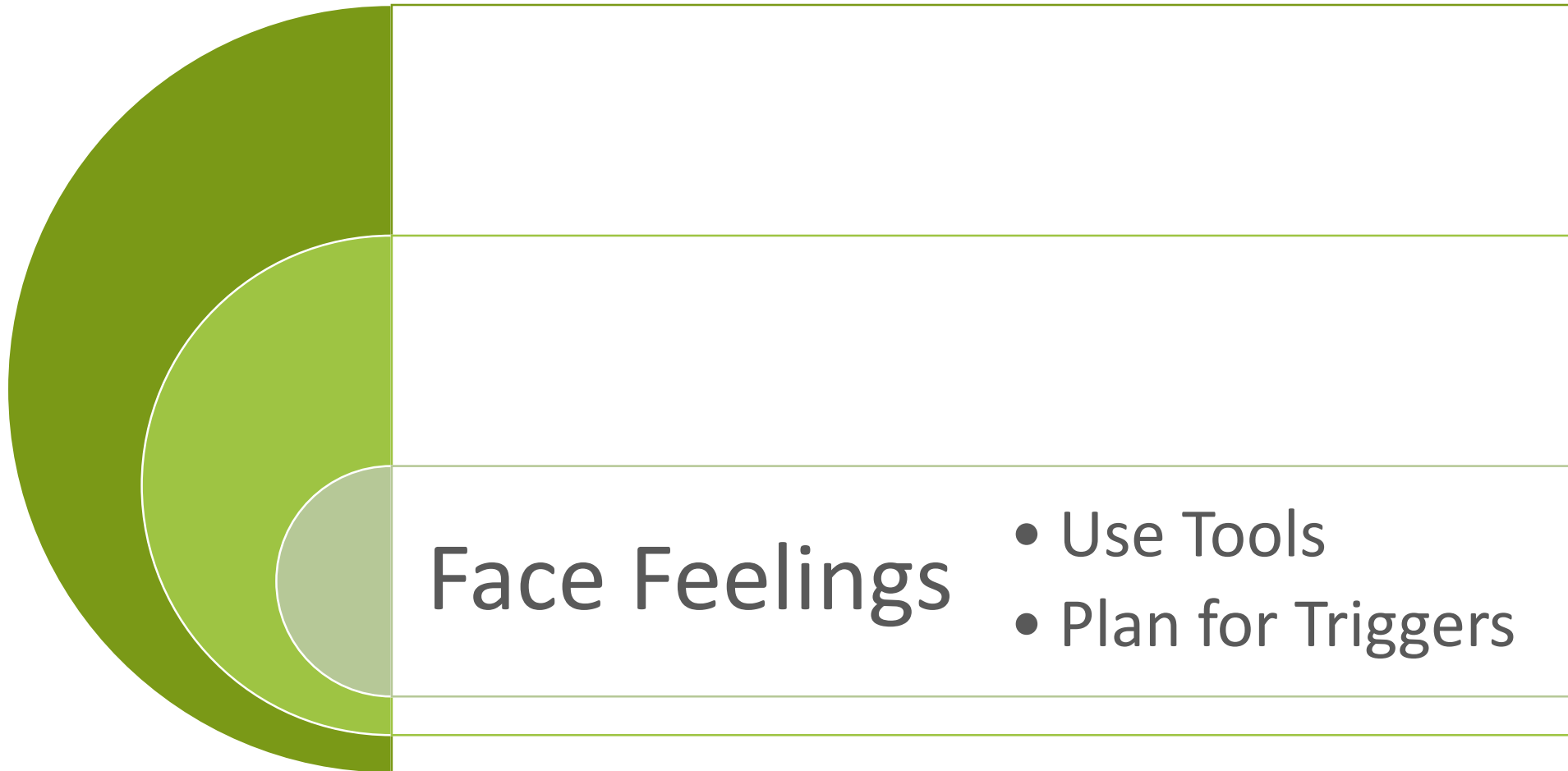


PHYSICAL RESPONSES TO LOSS

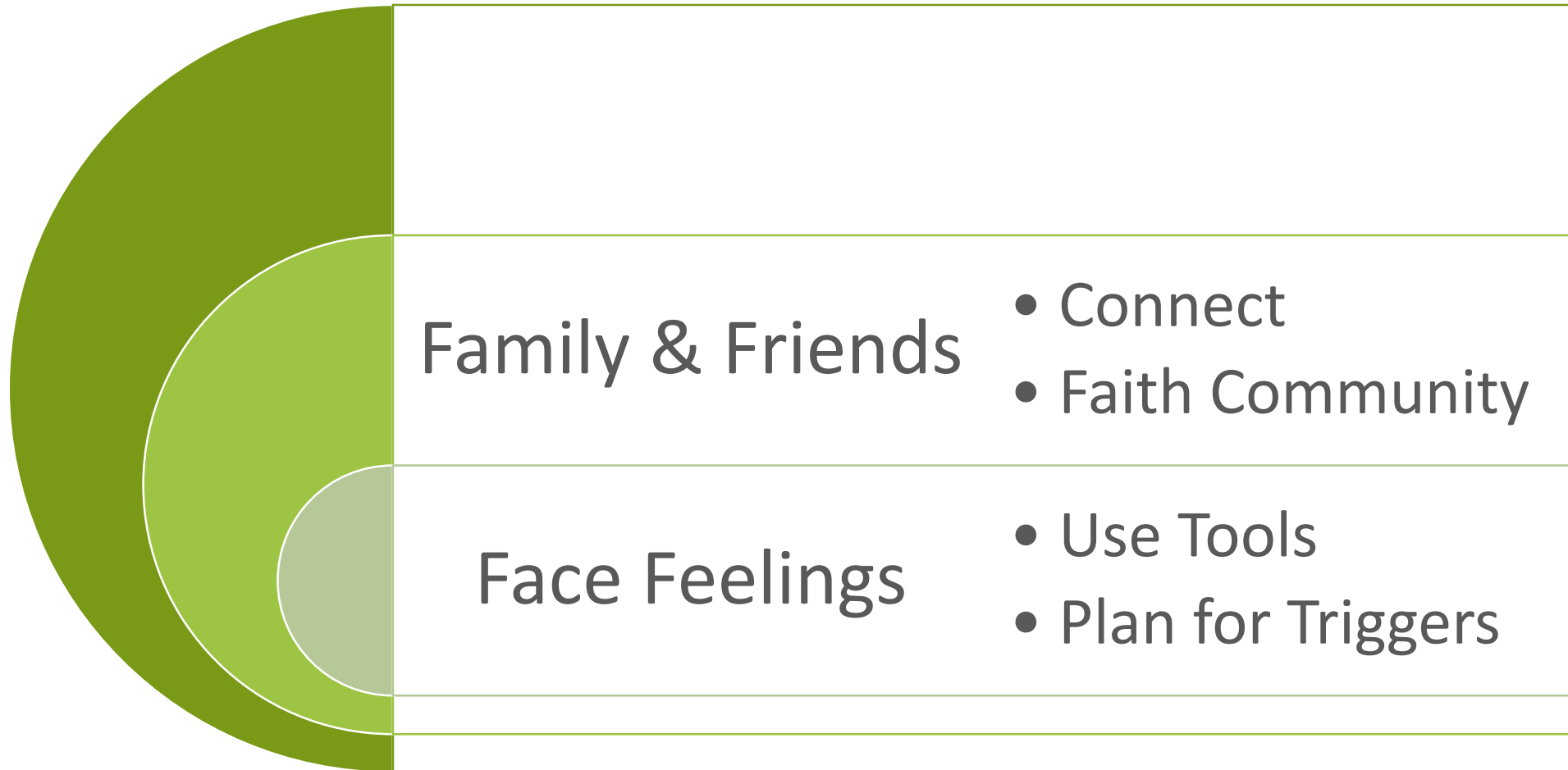
- Lower immunity
- Nausea
- Aches and pains
- Insomnia
- Weight loss/gain
- Low energy
- Generally “sick”



PREVENT IT (from worsening)



PREVENT IT (from worsening)



PREVENT IT (from worsening)



Understand It



Allstate®

“YOU’RE IN
GOOD HANDS”



Clear Impact: Results Based Accountability



Social Support

- Correlates with almost every positive outcome
- Two-way street; benefits in both directions (giving and getting)
- Developmental Assets – 1st set of External Assets listed

PREVENT IT (Disconnection, Isolation)

EXTERNAL ASSETS

The supports, opportunities, and relationships young people need across all aspects of their lives.

Support

Young people need to be surrounded by people who love, care for, appreciate, and accept them.



- Family support—Family life provides high levels of love and support.
- Positive family communication—Young person and their parent(s) communicate positively, and young person is willing to seek parent(s) advice and counsel.
- Other adult relationships—Young person receives support from three or more nonparent adults.
- Caring neighborhood—Young person experiences caring neighbors.
- Caring school climate—School provides a caring, encouraging environment.
- Parent involvement in schooling—Parent(s) are actively involved in helping young person succeed in school.

WRAP UP – COPE BETTER BY USING YOUR...

- HEAD

- Knowledge

- HEART

- Compassion

- HANDS

- Courage to
act



- **Dr. Dan Siegel's Hand Model of the Brain**
 - <https://www.youtube.com/watch?v=f-m2YcdMdFw>
- **City of Alexandria - Resources to Cope with Pandemic and Holiday Related Stress, and Address Racial Trauma, Abuse and Substance Use**
 - <https://www.alexandriava.gov/dchs/info/DCHSConnectInfo.aspx?id=119328>
- **RAISE (Alexandria's Trauma Informed Community Network)**
 - <https://www.alexandriava.gov/dchs/childrenfamily/default.aspx?id=109680>
- **DCHS Early Childhood Team** infant mental health
 - <https://www.alexandriava.gov/dchs/childrenfamily/default.aspx?id=50494>
- **DCHS Child and Family Behavioral Health Services** 571.213.7963
or DCHSYouthIntake@alexandriava.gov. (age 5 and older)
- **CrisisLink Text Line** "CONNECT" 855-11
- **National Suicide Prevention Lifeline** 800-273-8255
- **Smart Beginnings Alexandria** <https://sbalexandria.org/>

RESOURCES
for Getting a
HANDle on
Coping

Thank You!

