

GRIT

**GREATER RESILIENCE
INFORMATION TOOLKIT**



Greater Resilience Information Toolkit Program (GRIT)

Lauren Shaw, Psy.D., GRIT Program Manager

**Lyda Hill
Institute for
Human Resilience**

Lauren Shaw, Psy.D.
GRIT Program Manager

The mission of the Lyda Hill Institute for Human Resilience is to advance human resilience to adversity by designing evidence-based solutions through interdisciplinary research, healing therapies, and community training and empowerment. This is accomplished through the work of our three divisions: Research, Healing, and Community Training & Empowerment.



THE GRIT COACH PROGRAM

- Established in 2020
- Developing awareness for stress-related problems and reactions
- Support in your social network
- Current and future stress/disasters



COLORADO SPRINGS: THE FIRST “GRIT CITY”

In partnership with Mayor Yemi and Abbey
Mobolade’s Mental Health Initiative:

- Become the first “GRIT City” to have 25,000 GRIT Coaches in the next five years
- In alignment with the “Pikes Peak Rising” regional movement and “1,000 Neighborhood Gatherings”
- Goals: To promote community mental health through connection and reducing social isolation
- People who know six or more of their neighbors have decreased feelings of isolation
- Building supportive and meaningful connections in your neighborhood and community

THE GRIT COACH TRAINING



This training provides information on:

- General stress, disaster and trauma-related stress
- Resilience, disaster recovery, and coping skills
- Organizational challenges and considerations
- Fostering supportive and meaningful connections and personal empowerment
- Resources

GOALS OF A GRIT HELPING CONVERSATION

Drawing attention to and identifying what is working for them, their strengths

Reviewing key activities that can make coping even more effective

Sharing helpful community resources

Sharing technology-based resources

Encouraging active coping

WHO TO HELP

Someone who seems especially withdrawn from others and seems to be isolating

An individual that is showing signs of stress (crying, unusually irritable, seems “out of sorts”)

A person who is not sleeping or seems really exhausted

Someone who is working in a high stress/impact job

An individual that is already coping with an existing mental health problem

Someone who was already under significant stress or going through a difficult life transition



WHO TO HELP

- There is no clear list of individuals in need
- The GRIT training will help you identify individuals and groups who might be especially in need of coping support during times of stress or disaster.
- GRIT helps to build awareness of stress in others

STRESS REACTIONS: WHAT'S YOUR "BEAR"?

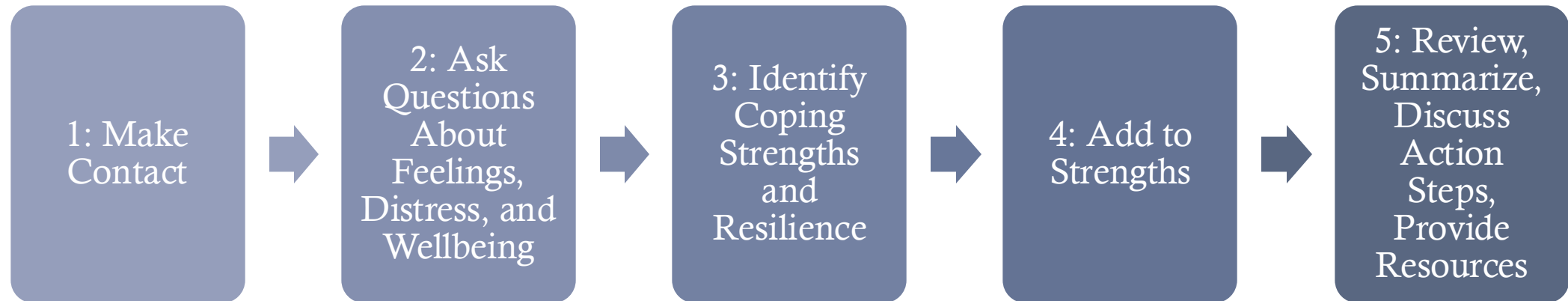


- The mind and body react to an unusual demand such as a threat or challenge
- Stress Response
 - When the brain interprets something as a stressor, it sends alarm signals via nerves and hormones to prepare the body to fight, flight, or freeze (maybe fawn)
 - Senses become more alert; muscles tighten and tense for action, heart and breathing rates increase so that more blood is provided for vital organs

WHAT ARE THE
“OBSERVABLE”
BEHAVIORS WE
NOTICE THAT MAY
INDICATE A STRESS
RESPONSE?



5 STEPS TO GRIT





CORE PRINCIPLES OF PSYCHOLOGICAL FIRST AID

- Sense of Safety
- Calming
- Connectedness
- Hope
- Self and Collective Efficacy

PROVIDING SUPPORT

- Support predicts wellbeing after exposure to stressful events. When people feel supported, they are likely to feel less alone, safer, more confident in a positive future, and more confident in their ability to cope.
- Giving support often means just listening, showing interest, and “being there” for the person. It happens when you bring up the stressful situation in a supportive way. It might include sharing your own experience when it seems to support or validate what the person is saying.
- **It doesn't mean solving problems for the person or giving them advice.**

ENCOURAGE RESILIENT BEHAVIORS



Social connections
and support



Positive (mood-
improving) activities



Healthy eating and
drinking



Sleeping



Exercise



Relaxation

When we engage in a full GRIT conversation, from reaching out to promoting strengths to agreeing on action steps, we are promoting *connectedness, a sense of safety, calming, hope, and self- and collective-efficacy* – all five core principles of psychological first aid!



GO FORTH AND SUPPORT!

GRIT has 5 additional tracts for additional support:

- GRIT-SERVE
- GRIT-4ED
- GRIT-4Health
- GRIT-LEAD
- GRIT-Teen

Learn more at:

GRIT.UCCS.EDU

pikespeakrising360.crediblemind.com

grit@uccs.edu
resilience.uccs.edu