Getting to Overflow: Moving from Survival to Service
Behavior to Empathy: The Science of Trauma and Challenge of Compassion

• What are ACEs and Complex Trauma?
• How do they change our behavior, attachment, and relationships?
• Service looks like: Choose compassion – for wounded self and wounded others
What are ACEs and Complex Trauma?
Who has ACEs and how do people get them?
What is resilience and how does it show up?
Why are some people able to move on after trauma and others have their whole lives ruined or affected?
• How does toxic stress change our behavior, attachment, and relationships?

• If we are always on alert and trying to survive a dangerous and uncaring environment, how might it change our bodies, our minds, and our ability to learn?
Service looks like: Choosing compassion – for wounded self and wounded others

• Knowledge to Action Activity:
• Love Means Listening

Who is listening?
Resilience to Relationships: Building Systems that Heal from the Inside Out

- Universal Design: Create Connection through Policy and Practice
- Why student leadership isn’t enough
- Exploring the domains
  - What do we do well?
  - Where are our gaps?

Security & Belonging
Choice & Empowerment
Collaboration & Co-Creation
Communication & Engagement
Trust & Empathy
Growth & Support
Service looks like: Sharing power and adapting to meet needs

- Knowledge to Action Activity: Redesign a policy or practice that matters to students
  - Over lunch, students from each school identified a policy that doesn’t meet student needs. Your job is to address the unmet need.
  - What is the current policy or practice?
  - What would meet the needs of students better?
  - How will making the change improve student wellbeing and resilience?
Boundaries beget Generosity: Know yourself and respect others

Boundaries Game

- All pastors, and choose 2 people from each academy to play
How to Serve: Regulation and Repair

• Service begins with Safety: How do you know you’re safe for each other?
• Awareness Activity – Matching Emotions to Physical Reactions
What does disapproval have to do with dysregulation?

If a person has offended us, do we know how to remain emotionally safe for them?

Are we still willing to love them when they deny our values?
Repair brings Connection: Restore safety and build goodwill

The best apology is changed behavior.
Service looks like: Being responsible for my boundaries and my relationships
Recap

Overflow can’t happen in survival mode.

Resilience isn’t always positive – sometimes it is messy.

Service means choosing compassion, adapting to meet needs, and being responsible for my impact and my relationships.

We have more capacity to serve others if we manage ourselves and our relationships with compassion and boundaries.

Self regulation serves others by not making them responsible for our emotions and behaviors.

Sometimes service is silent and love looks like listening and holding space.

Repairing can be scary but it is essential for healthy relationships.