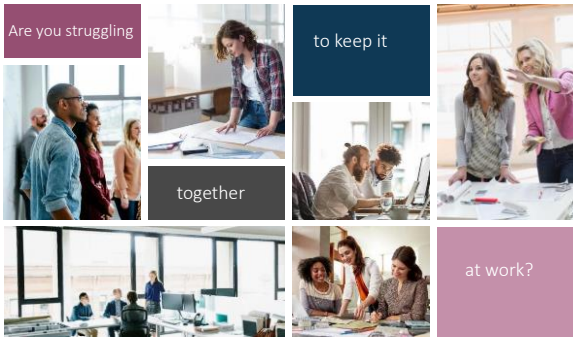
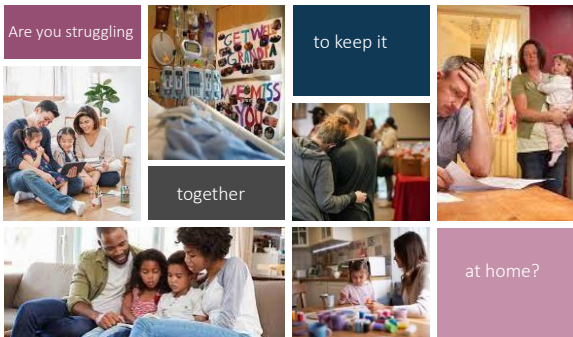
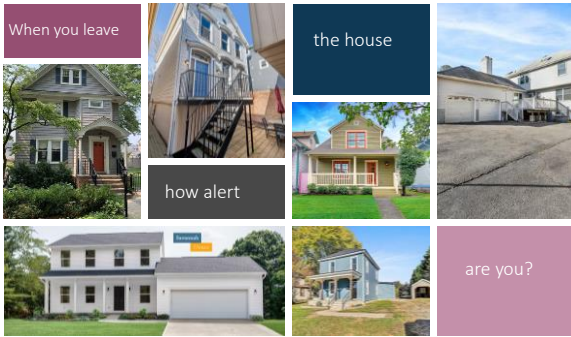


Losing Your Focus?

ACEs and Adults







What is on your mind when you or someone you love leaves the house to go to any of these places?

- Shopping Center
- School to pick up your kids
- A restaurant
- Sports event
- Grocery Store




**How about your Workplace?
Your thoughts...answer the poll question.**






The World is a Scary Place

Is it possible that our everyday experiences and the media now are constantly adding to our hippocampus filling cabinet a tapestry of violent imagery, stories and perceptions? Thus creating a belief that no place safe exists anymore? That just common everyday locations might be the last place you visit.



The World is Scary a Place


Are you waking up everyday not realizing that the alarm mode of your mind is stuck on a majority of the time? Has our world become so predatory and dangerous that much like our ancient hunter gatherer ancestors we are on the constant look out for danger. Are you in fact encountering adult sized ACTs.



Random, Indifferent and Unpredictable

From Animal Predators to the Predators of Everyday

Human beings cannot sustain a constant flight, fight or freeze mindset all the time. If the individual and national mindset has become always stuck in alarm mode our citizenry, our neighbors, will do just about anything to achieve some sort of resolution or escape from those feelings. Even if it is temporary or creates a life long consequence. Modern life was supposed to deliver a Jetsons like future and instead we now have unprecedented levels of violence, struggle, division and a sense of helplessness. Making it home safe is now always in question.



The Learning Pathway for Today

- The World is a Scary Place
- Define Trauma
- 24 hour news and the internet
- ACE's for Adults
- How the Workforce Responded?
- How do you Cope?



Trauma is

Deeply distressing

Can shatter basic assumptions like "the world is safe," "people are good," or "I am in control"

Real or perceived threat to life, bodily integrity, or sanity

Overwhelms your ability to cope

Outside the scope of "everyday human experiences"
Though chronic trauma situations can become "everyday"

Based on an individual's subjective experience



TRAUMA = Adult Sized ACEs



What was once twice a day...

From Walter Cronkite to Bernard Shaw

- George Gerbner's "cultivation theory". This theory involves the belief that viewers will watch so much violent content that they become fearful of the outside world (Gerbner, Gross, Morgan, & Signorelli, 1986).



24 Hour news and the Internet

Little did anyone know just how powerful and lasting the influences of the 24 hour news cycle would have on our lives and in particular our daily mental health. We have now been living for over 40 years with this influence. **Is this constant limbic system agitation helping anyone?**



Where did it all begin?

In the United States, the first nationwide cable TV news channel to launch was CNN in 1980, followed by Financial News Network (FNN) in 1981 and CNN2 (now HLN) in 1982.



How many hours are you online a day?


Experts say adults should limit screen time outside of work to less than two hours per day. Any time beyond that which you would typically spend on screens should instead be spent participating in physical activity.



How many hours do we actually spend: In 2021 it was **485** minutes (eight hours and five minutes)

Too much Screen Time? Your thoughts...answer the poll question.






Your Commute to Work


The most dangerous Place in the Matrix was the freeway!

Have you been on a freeway in Texas lately?

The last death free day on Texas roads was:

November 7, 2000






The Cost of Living?

Across all sectors aduling is getting more and more expensive. The pressure on families is just another barrier to being able to do the very work that makes purchasing goods and services possible. Although easing slightly it is still not showing any sign for substantial relief.

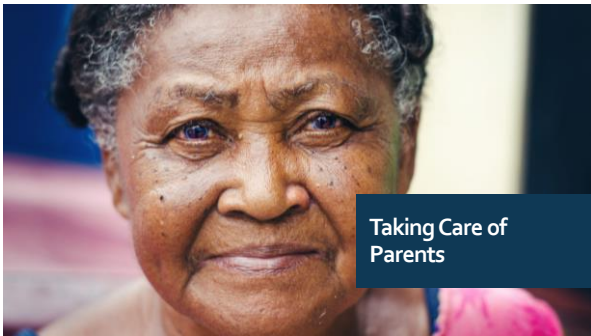
Estimates are that the cost of living has increased anywhere from 371.00 to 460.00 more a month depending on what source you get your information from.





Troubling Stats













Workplace Promises versus Reality

Some workplaces have met the competition for staff head on with higher wages and performance based rewards for productivity. More effort to help workers with health insurance and compensation. Finding workplaces that understand that workers are their best asset and everyone on a team is essential to the overall growth and health of the organization is hard to do. Still fundamental to every person is meeting the foundations of Maslow's Hierarchy of Needs. Safety for the body and resources for everyday living are critical. Without these basic needs being met it is hard to focus on performance at work.

What can we do to Cope? – Positive Childhood Experiences PCE

Building Resiliency into Adulthood

Although the study is focused on childhood there are several items from the list of seven PCEs that are notably helpful for adults. Having someone to talk to about how you are feeling and is a trusted good listener is beneficial. Family support and a sense of belonging is essential. Having a few trusted friends can become the cherished things in your life that sustain you through difficult times.

- The List of Seven PCEs
1. The ability to talk with family about feelings.
 2. The sense that family is supportive during difficult times.
 3. The enjoyment of participation in community traditions.
 4. Feeling a sense of belonging in high school.
 5. Feeling supported by friends.
 6. Having at least two non-parent adults who genuinely cared. Comparisons kill joy!
 7. Feeling safe and protected by an adult in the home.

What can we do to Cope? - Personal

Send in your ideas...what do you do?

This is a start on a list of things each of us might do to try to cope with the multitude of events, pressures and requirements of life. It can be daunting to consider how many adult Aces are out there happening to us. I believe it is important to first and foremost acknowledge that this is happening and is becoming just the paradigm we are all being asked to accept. While many times we feel helpless to effect a change either personally or professionally. We can all strive for incremental progress with the strategies on this list.

- Maintain your close connections and do not allow work to become your only priority. If you quit, retire or die tomorrow your workplace will move on.
- Travel and learn about the world. Talking to people and out some connection back into your social efforts. Do all you can to not allow your world view to be constructed by media whose only goal is to get views and clicks.
- Work on your wellness and identify chronic health issues that might be connected to inappropriate coping efforts such as food, alcohol, and other substances. What you eat and how much is a key metric.
- Become more aware of your built in alarm system and take time doing things to reconstruct your world view. Mindfulness and remaining in the moment. Monitor your emotional reactions to the information and to the day in general.
- Pets can be a pathway to companionship and happiness.
- Go outside and spend less time on the things that do not make you happy.

What can we do to Cope? - Workplace

Send in your ideas...what do you do?



Maintain your positive pro-social relationships at work. Seek out supportive and sincere co-workers. Look for opportunities to learn about who can make your job easier and more productive.



Vulnerability and honesty are tough in the workplace. Talking about what you need and limiting how many work things you are willing to juggle at any moment is okay to communicate. Think about resiliency and self-efficacy.



Just like at home work on your work wellness and identify toxic stress issues that might be connected to inappropriate coping efforts such as food, alcohol, and other substances.



Limit screen time and change up your work activities. Set an alarm so you can get up and move around periodically.



Go outside and take breaks.

Where you go

from here

is up to

YOU!

Final Thoughts

We know about trauma and that it can be experiences that are deeply distressing and shatter our basic assumptions like "the world is safe," "people are good," or "I am in control." Our perceptions are part of this definition.

Adult sized ACEs can include examples from both our personal and professional lives. These come in a variety of examples.

Harmful adult adversities have to be acknowledged by employers. Communicating that it is okay to take care of yourself both intrinsically and from employers is essential.

The extent to which you commit to strategies to limit your exposure to harmful toxic adult ACEs will contribute to your overall well being.



Thank you for your engagement and participation.

Texas Juvenile Justice Department
Juvenile Justice Training Academy
2711 San Jacinto Blvd., Suite 120
Austin, Texas 78701
john.kinsey@tjcd.texas.gov