

Barry University

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Developing Psychological Flexibility for Resilience

5 Strategies to Help Your Clients



Mindful Breathing

Focus on the breath to promote present-moment awareness, reduce anxiety, and enhance emotional regulation.

Clarify Your Values

What is important to you in the long-term? Staying true to your values leads to more fulfilling actions and decisions.

What matters to you? What do you stand for? How you want to treat yourself and others?

The "Sweet Spot" Exercise



Thought Labeling

Identify and name your thoughts and feelings without judgment. For example, "I notice the feeling of anxiety in my chest." Or, "I notice I'm having the thought that I'm not good enough."

The Curious Scientist

Imagine yourself as a curious scientist in a laboratory. Observe your thoughts and feelings objectively, without judgment. What emotions are present? What physical sensations accompany these emotions? Where do you feel them in your body?



Expansion Exercise

This exercise is designed to help create more space for your emotions and physical sensations, allowing you to respond more flexibly.

Bring your attention to your body and notice any emotions or physical sensations. Imagine you are gently expanding the area around the emotion or sensation. Make space for it. Breath into the area. Notice how the sensation or emotion shifts. Just continue to make space for it.



Trauma-Responsive Clinical Practice: Applications and Innovations
Ashley Austin, PhD, LCSW and Jennifer Williams, PhD, LCSW