



Happiness

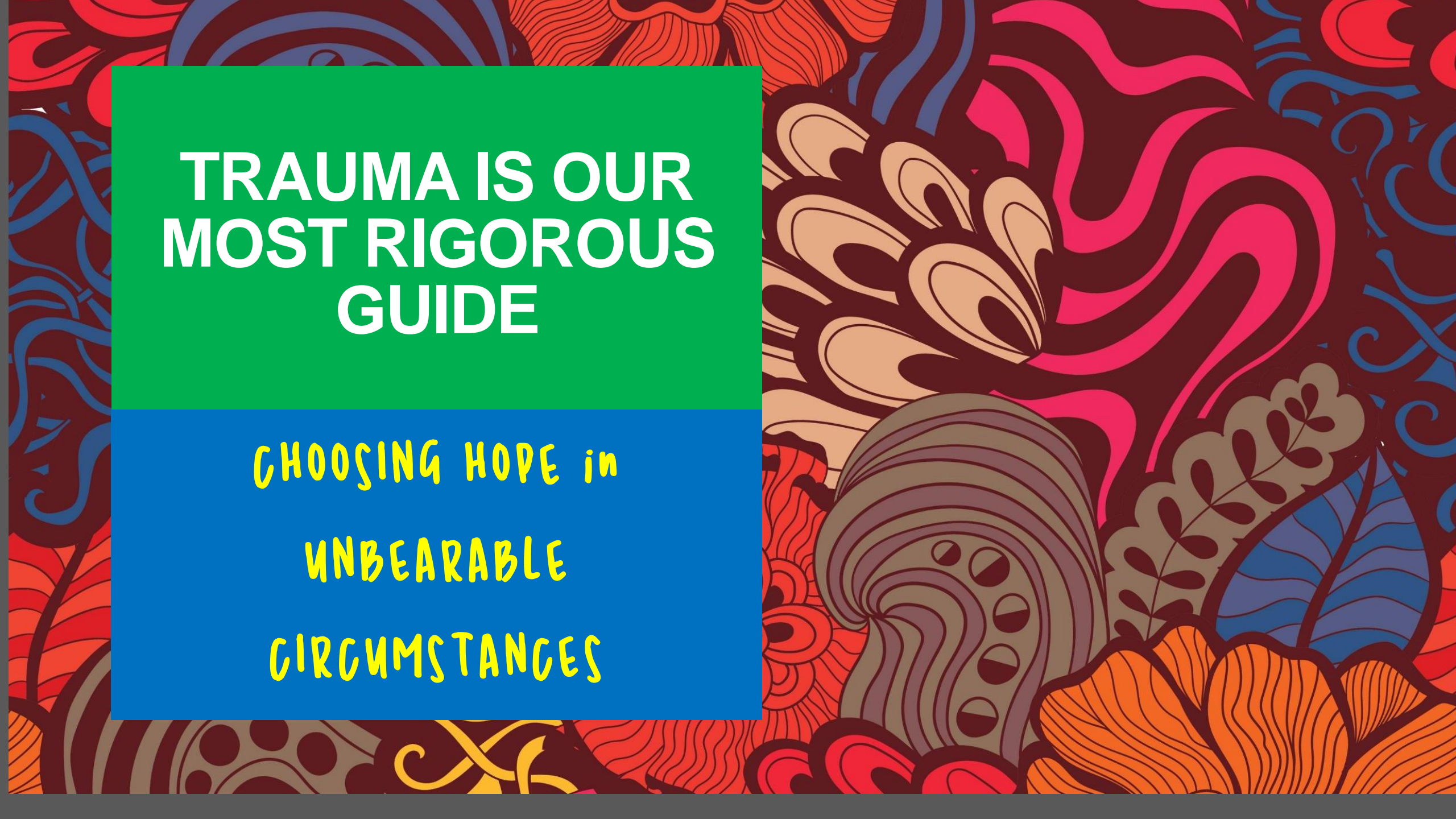
IS RUNNING THROUGH THE
STREETS TO FIND YOU...
EVEN DURING A
PANDEMIC!

Featuring
Holly Elissa Bruno

ohioaeyc

Ohio Association for the
Education of Young Children

We will begin soon!



TRAUMA IS OUR MOST RIGOROUS GUIDE

CHOOSING HOPE in
UNBEARABLE
CIRCUMSTANCES

Claiming your true voice & power to make a difference amidst trauma

Requires you to choose:

HUMOR
ORIGINALITY
PERSPECTIVE
EMOTIONAL
HONESTY

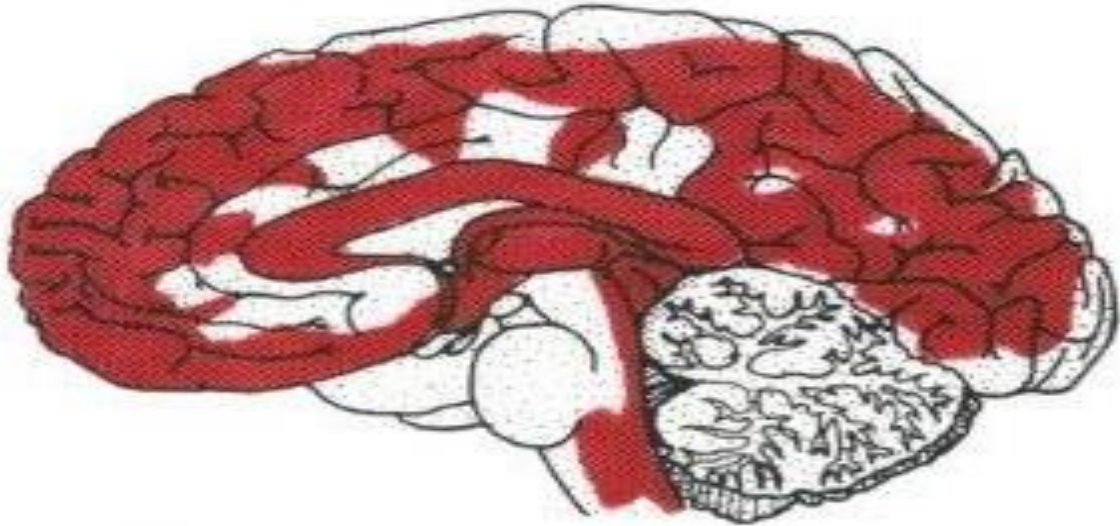
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TRAUMA DRAINS OUR BRAINS

HOPE-Based

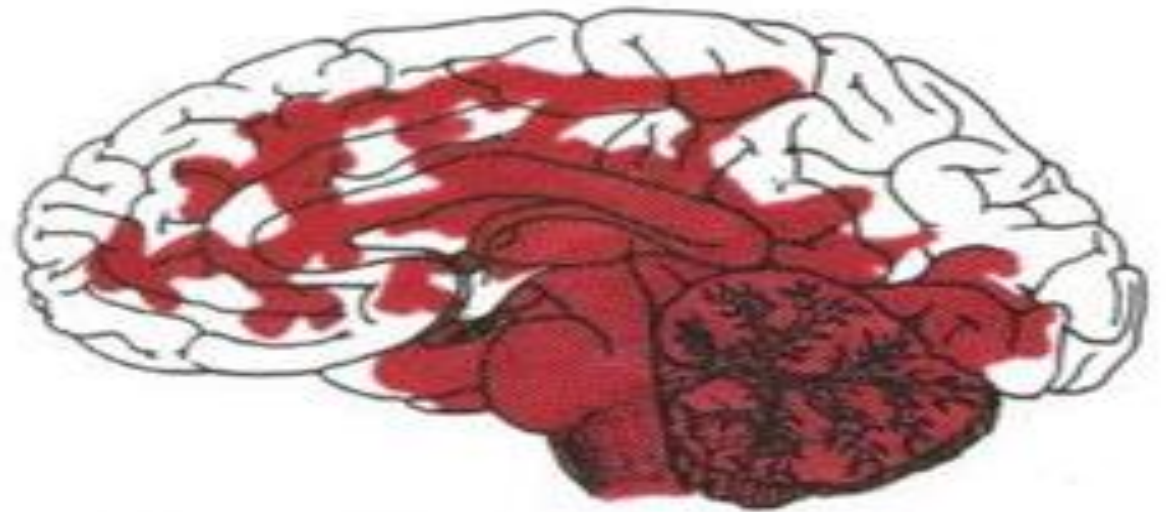
ACTOR believes in possibilities



Blood pumps evenly to all parts of brain, fueling all functions, flowing to pre-frontal cortex Executive Function for perspective, creativity, innovation, optimism, clarity, HOPE.

FEAR-Based

REACTOR dreads uncertainty



Blood pools in amygdala, triggering knee-jerk “flight or fight; freeze or fawn” response, robbing Executive Function of ability to problem solve, stay professional. Autonomic response feels out-of-control: “can’t think straight”, defensive.



Trauma is my most rigorous guide.

**Trauma is my unchosen but compelling pathway to a life of meaning,
an uplifting appreciation of beauty, and a deeply anchored
conviction to make the world better for every child.**

Bruno, Happiness is running through the streets to find you (Exchange Press, 2020)

TAKE YOUR BROKEN HEART & TURN IT INTO ART

-Carrie Fisher

Broken into Wholeness

H.E. Bruno, Exchange, 2018



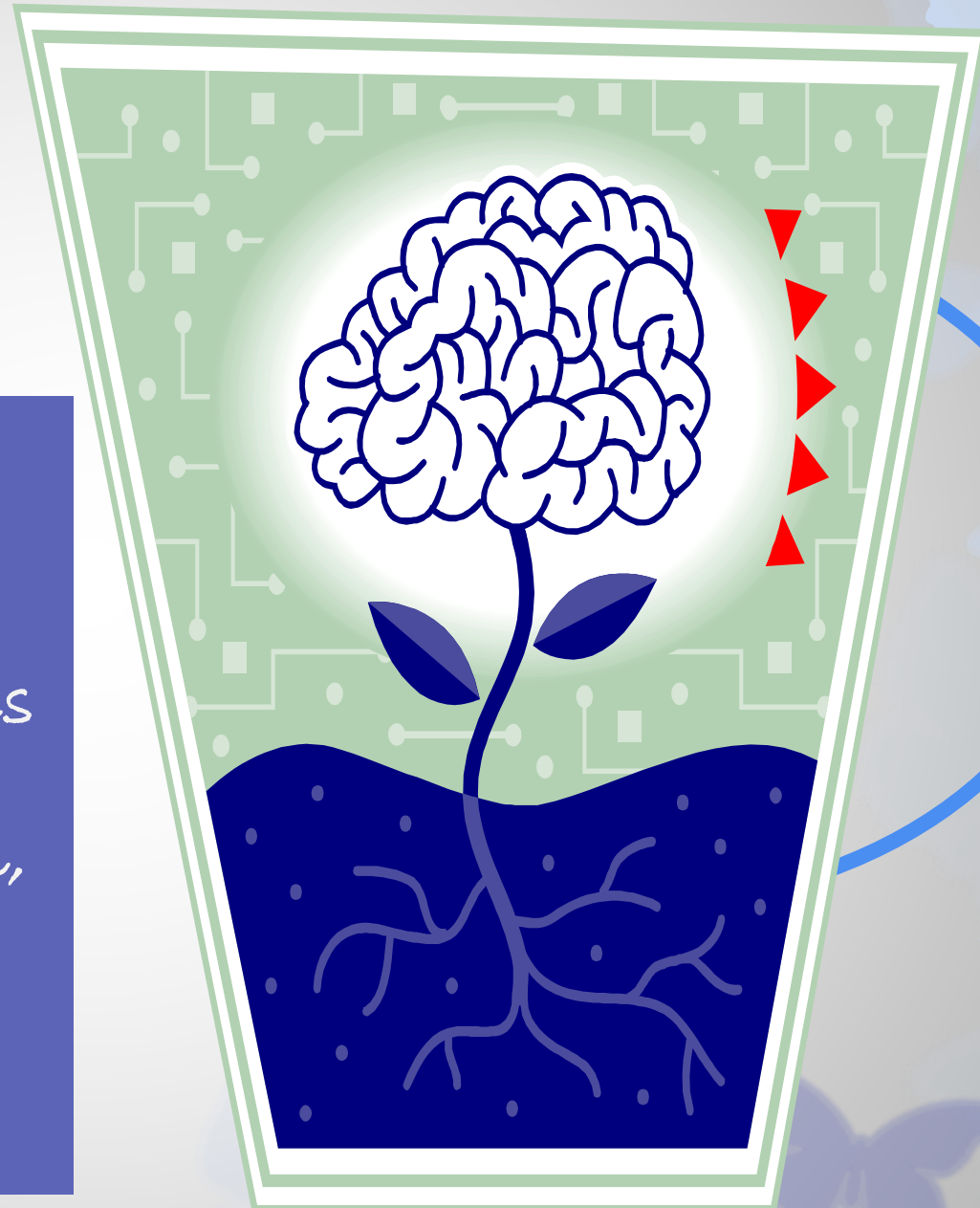
MAY I HAVE
THE COURAGE TODAY
TO POSTPONE MY DREAM NO LONGER
BUT DO AT LAST
WHAT I CAME HERE FOR
AND WASTE
MY HEART
ON FEAR NO MORE.

John O'Donahue

Let your brain
help you recover:

Humor & Laughter

- ❖ Trigger **prefrontal cortex** or executive function activity
- ❖ Our **prefrontal cortex** is the locus of new ideas, problem solving acumen, humor, generosity, optimism & vision for a better future.

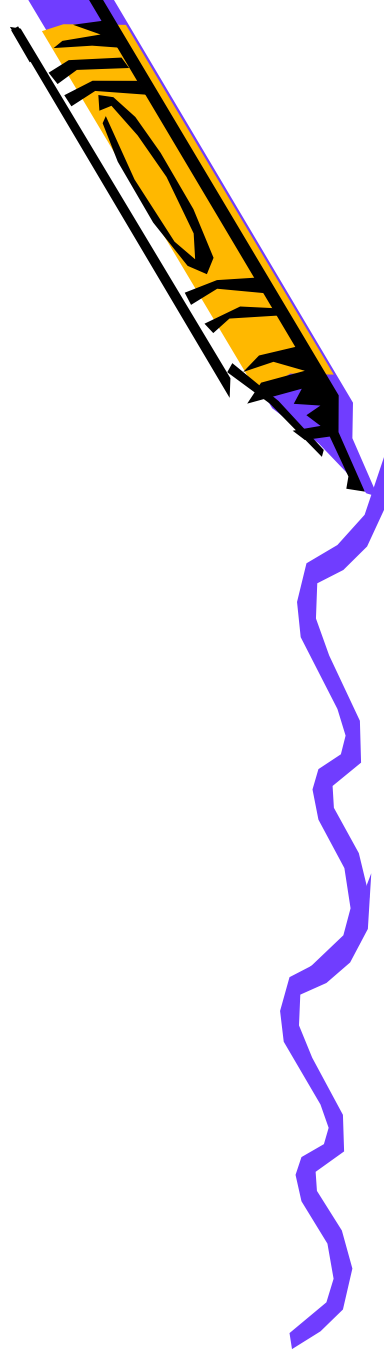


Play is the brain's jungle-gym

Play selectively stimulates nerve growth:

- In the amygdala, where emotions are processed; and,
- In the dorsolateral prefrontal cortex where executive decisions are processed

-Jan Panskeep, neuroscientist





"When people are able to find that sense of PLAY in their work, they truly become powerful figures"

Stuart Brown, MD



ORIGINALITY

BE BOLD
BE BRAVE
ENOUGH
To be your
TRUE SELF

-Queen Latifah

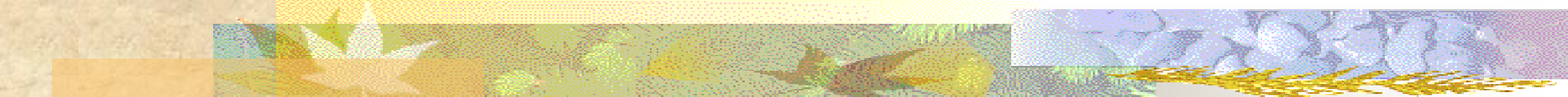


To LIVE through Trauma,
children & adults
need to feel

- ❖ **Inner control: Freedom to choose**
- ❖ **Joy: Live in awe, curiosity, wonder**
- ❖ **Connection: Hold one another in safety and love**
- ❖ **Hope: “Best way out is through”**

Playmakers, LIFE IS GOOD Foundation





Nobody else can live
the life you live.

And, even though
no human being is perfect,

We always have the chance
to bring what's unique about us
to life.

Fred Rogers

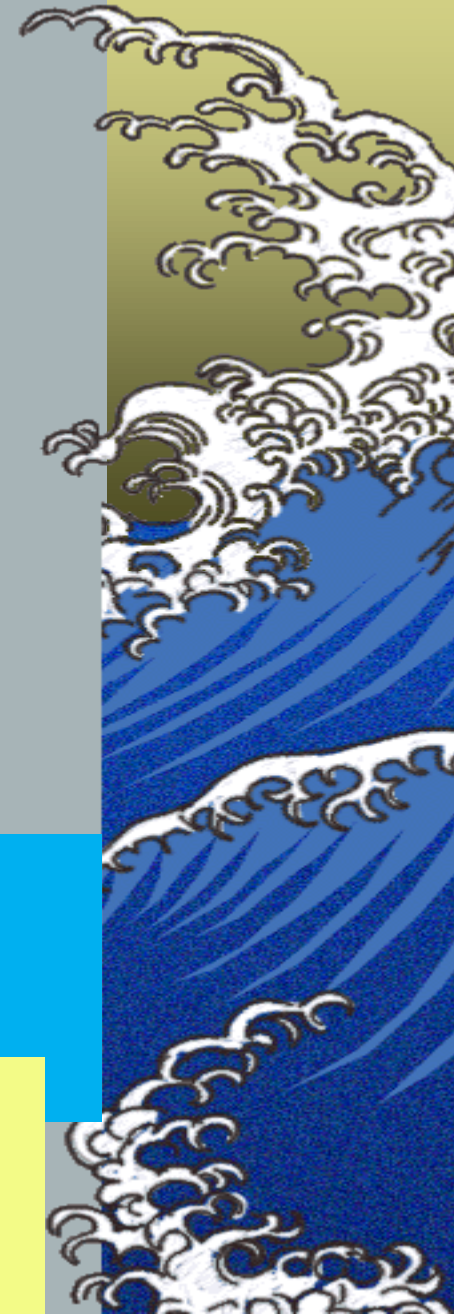
PERSPECTIVE

You gain strength, courage and
confidence by every experience
in which you stop to
look fear in the face

You must do
the thing
you think you
cannot do.

-Eleanor Roosevelt



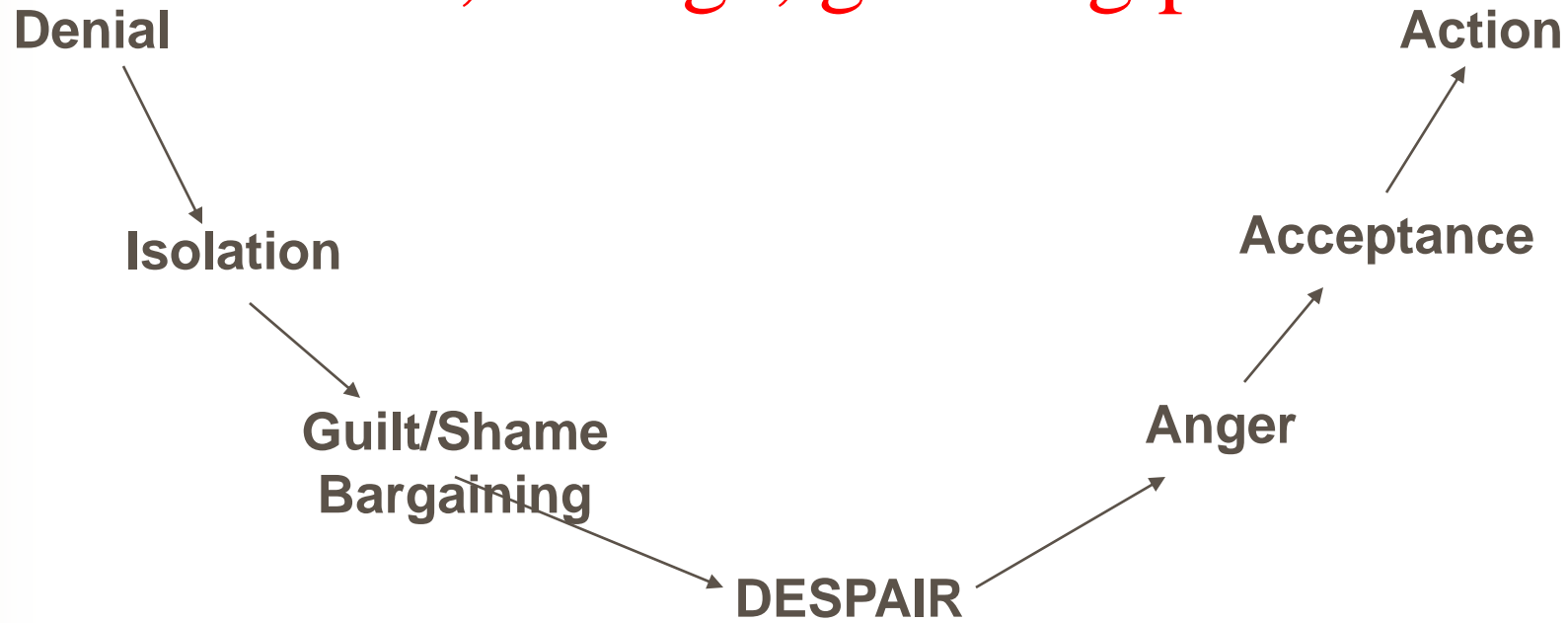


The dark thought, the shame, the malice,
meet them at the door
laughing and invite them in.

Be grateful for whoever comes, because each
has been sent as a guide from beyond.

-RUMI

Trauma, change, grieving process



Fear-based > Hope-based

Low Self Esteem > Self-Confidence

Problem Looms Large > Problem in Perspective

Victim > Hero

Reactor > Actor



Predictable **Opportunities** when we face the unknown

Every **trauma offers choices** for action:

- **Denial** >>> Acknowledgement: **FACE IT.**
- **Isolation** >>> Connecting: **REACH OUT.**
- **Guilt** >>> Ownership: **OWN IT.**
- **Despair** >>> Faith/Trust: **ASK FOR HELP.**
- **Anger** >>> Clarity: **FEEL THE BURN.**
- **Acceptance** >>> Calm: **GET OVER IT.**
- **Joy** >>> Freedom: **CELEBRATE IT.**

Emotional clarity

TELL
THE WHOLE
TRUTH WITH
LOVE



An illustration from the book 'The Little Prince'. The Little Prince, a young boy with blonde hair, a red bow tie, and a green tunic, stands on a small, light purple, irregularly shaped planet. The planet has a few small, dark, star-like flowers. To the right of the planet is a large, deep blue ocean with white, stylized waves. The sky is a pale blue and contains a large yellow sun, several yellow stars, and a small yellow planet with a ring. The text is written in a black, serif font, with the first line in italics and the second line in a regular weight.

*"It is only with the heart
that one can see rightly.
What is essential is invisible to the eye."*

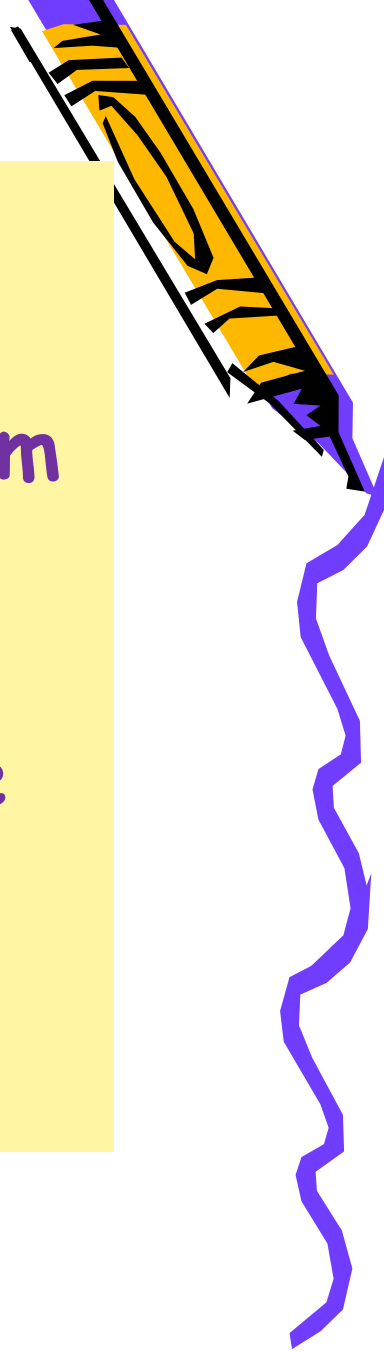
What frightened children need from adults

At many times throughout their lives children will feel the world has turned topsy-turvy.

It's not the ever-present smile that will help them feel secure.

It's knowing that love can hold many feelings, including sadness, and that they can count on the people they love to be with them until the world turns right side up again.

-Fred Rogers



HOPE IS THE THING WITH FEATHERS

That perches in the
soul

And sings the song
without words

And never stops at
all

—Emily Dickinson





Find HOPE in children's stories:
You are braver than you think,
stronger than you can imagine.

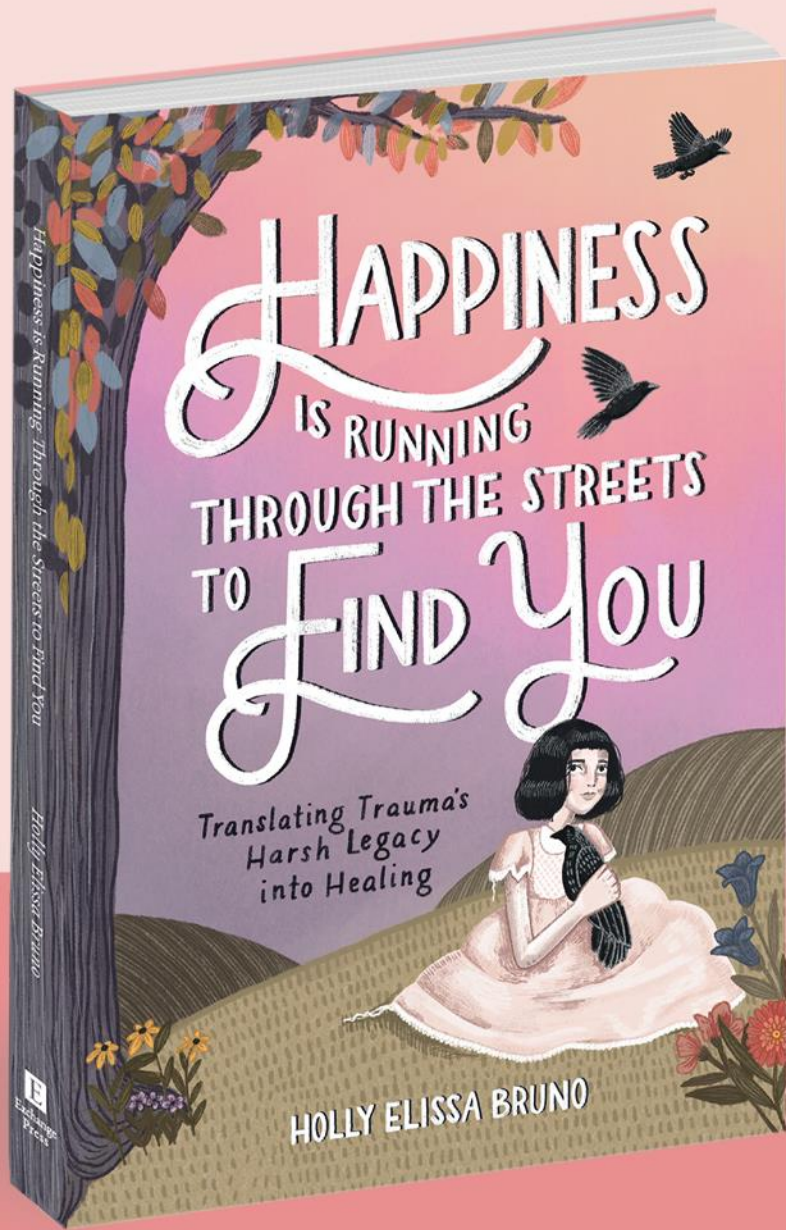


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Trauma's demons, monsters and dark nights

- ❖ Help us become the best we can be, soulful seekers
- ❖ Embrace the difficulties
- ❖ Love on our perfectly imperfect self
- ❖ Connect to joy, beauty and one another





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