

## Poverty/ACEs Online Activities Reflection

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Poverty is not something that is wished upon anyone however it is more common than discussed in everyday life. From watching these families, I learned that humans are more resilient than we believe them to be, and they use all resources that they are aware of and have available. Specifically, children are extremely mature and are in a position that forces them to grow up faster than they should have to. Despite their living situations they are so hopeful, grateful, and motivated for the future especially when it comes to their education expectations where they do their best to exceed so they can live a better life. Also, they are very generous to others that live in the same conditions and want to share what very little they have in order to help others get back on their feet too.

Adverse Childhood Experiences (ACEs) is an umbrella term for toxic stressors that impact the body & brain from the moment they are experienced no matter at what age and lasts a lifetime. These toxic stressors, if not handled appropriately through a proper support system, lead to lasting effects on the body such as increased risk for illness, infection, disease and brain damage in the control center, emotion center and memory/ learning system. Preventative measures include supportive positive caregivers where serve and return interactions are experienced. This is a term unknown to me beforehand that opened my eyes to my own personal experience that I was unaware had such a big impact on my development. Specifically in Nadine Burke Harris's speech she talks about a research study conducted on a large group of adults where they filled out a survey asking them questions about what ACEs they experience in the lifetime and compared that to their current medical history. Then she speaks about the results and how depending on how many ACEs were experienced their risks increased for certain diseases like depression, suicidal ideation, asthma, heart defects and so forth.

Overall, this subject was very eye opening to things that I was unaware of and the way I would like to implement this into my future nursing practices is through communication. Asking the hard questions about living situations and what a patient is experiencing in order to find them proper resources that will benefit their situation. As well as staying knowledgeable about said resources so I do not become dependent on a social worker/ case manager who are usually more knowledgeable in this area.