



Recognizing and Building Your Resilience

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The Trust



The Road to Resilience

The American Psychological Association

<https://www.apa.org/topics/resilience>

Discovery Health Channel

Resilience - What It Is

- Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats.
- Resilience means “bouncing back” from difficult experiences.
- Resilience is the ability to navigate difficult challenges with awareness, intention, and skill.

Resilience Tip: Accept that change is part of living.

Good News - What Resilience Is

- Resilience is ordinary, not extraordinary.
- Resilience can be learned and developed in anyone.
- Resilience includes an acceptance of reality, a deep belief that life is meaningful, and an ability to improvise.
- Resilience develops naturally through connections to and support from others through balanced self-care and through an open and engaged mind.

Resilience Tip: Make connections.

Good News - What Resilience Isn't

- Resilience is not a trait that people either have or don't have.
- Being resilient doesn't mean that a person doesn't experience difficulty or distress.
- There is no one way to build resilience.
- Resilience isn't about being tougher.

Resilience Tip: Take decisive actions.

What Else Resilience Is and Involves

- Re-charging vs. Enduring
- Recovery Periods
 - Restorative Sleep
 - Cognitive Rest
- Healthy Cycle of Resilience

Resilience Tip: Take Care of Yourself.

Drivers of Resilience

Two primary drivers of resilience:

- Resilience is a reactive state of mind created by exposure to suffering.
- The more tangible the threat, the more resilient we become.
 - Discovery is in seeing how we respond.
 - We gain strength in knowing our capabilities.
 - Resilience builds with personal experiences.

Resilience Tip: Look for opportunities for self-discovery and nurture a positive view of yourself.

Contributing Factors to Resilience

Resilience results from a combination of factors:

- Having caring and supportive relationships inside and outside of family.
- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and self-confidence.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.

Resilience Tip: Move towards your goals.

The Importance of Balance

- Allow strong emotions and limit them.
- Take action to meet demands and step back to rest.
- Spend time with loved ones and nurture yourself.
- Rely on others and rely on yourself.

Resilience Tip: Avoid seeing crises as insurmountable problems.

Discovering Your Resilience

- What kinds of events have been most stressful for me?
- How have those events typically affected me?
- Have I found it helpful to think of important people in my life when I am distressed?
- To whom have I reached out for support in working through a traumatic or stressful experience?
- Have I been able to overcome obstacles, and, if so, how?
- What has helped me feel more hopeful about the future?

Steps to Build Resilience

- Accept that change is part of living.
- Make connections.
- Take decisive actions.
- Take care of yourself.
- Look for opportunities for self-discovery and nurture a positive view of yourself.
- Move towards your goals.
- Avoid seeing crises as insurmountable problems.

Tips for Managing Stress

Suggestions on ways to manage your stress so that you are in control:

Deep breathing

- Relax shoulders and arms.
- Slowly circle head right, then left. Repeat several times.
- Close eyes.
- Take a slow, deep breath. Exhale.
- Repeat, concentrating on breathing.

6-second quieting response

- Smile (to relax facial muscles).
- Inhale. Imagine air flowing in through the feet and hands.
- Exhale. Let jaw, tongue and shoulders go loose, “feel” warm air flow down from chest and out through the feet.
- Tell yourself that your body is calm.
- Go back to what you were doing.

Tips for Managing Stress

Progressive muscle relaxation

- Tighten muscles in the right arm by making a fist.
- Hold the tension for a moment.
- Open the hand and enjoy feeling the tension flow away.
- Repeat with the left arm.
- In the same way, tense and relax muscles in the legs, back, chest, shoulders, neck and face.

Meditation

- Sit or lie comfortably.
- Close eyes, let muscles relax.
- Concentrate on breathing.
- Select a word and say it silently each time you exhale. Think only of the word.
- Open eyes after 10-20 minutes.
- Sit quietly for a few minutes more.

Tips for Managing Stress

Imagery

- Visit a park, forest, meadow or other quiet place.
- Observe the colors, sounds and scents.
- Later, close your eyes, breathe deeply, and spend a soothing 10-minute break recalling those sights, sounds and scents.

Exercise

- Lifting weights, jumping rope, doing sit-ups, bicycling, rollerblading, etc., are great ways to let off steam in OK ways (check with your doctor first).
- Besides relaxing muscles, exercise makes the brain release tranquilizing chemicals called endorphins.

Tips for Managing Stress

Being organized

- Put things away where they belong when you're finished with them, saves time and frustration the next time you need them.
- Make lists and enjoy crossing off tasks when you've completed them.
- Keep a calendar.
- Reserve a special place for important items.

Some Do's and Don'ts

- Don't try to be all things to all people.
 - You're only one person.
 - Be honest and know when to say, "I have to slow down."
- Be able to judge your risks.
 - It's important to take risks to make progress, but ask yourself how important the activity is.
 - There's a difference between taking calculated risks (those you have decided are worth a chance) and being foolish.

Some Do's and Don'ts

- Think positively.
 - Remember what we said earlier: Negative thinkers tend to be depressed and upset feelings come from upsetting ideas/thoughts.
 - Try to focus on what you're thinking when you're feeling bad.
 - Ask yourself if what you're thinking is helpful or unhelpful.
 - Then look at ways you can change those thoughts by using "counter" thoughts.
- Don't waste time worrying about things you can't change.
 - If there's nothing you can do to change or improve a situation, accept it and move on.
 - Focus on things you do have control over.

Some Do's and Don'ts

- Don't turn to drugs or alcohol to help you deal with stress.
 - When you come down off the high or sober up, the problems and stresses will still be there.
 - Using alcohol and drugs only increases the number of problems.
- Change your diet.
 - Certain foods or drinks can greatly increase your level of stress such as sugar, salt, caffeine.
- Get enough rest.
 - An individual who is sick or tired has less energy than a healthy person to expend on coping.

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