

BUILDING PERSONAL RESILIENCE

Session Content:

- What is resilience?
- Roadmap to build resilience and enhance personal wellbeing

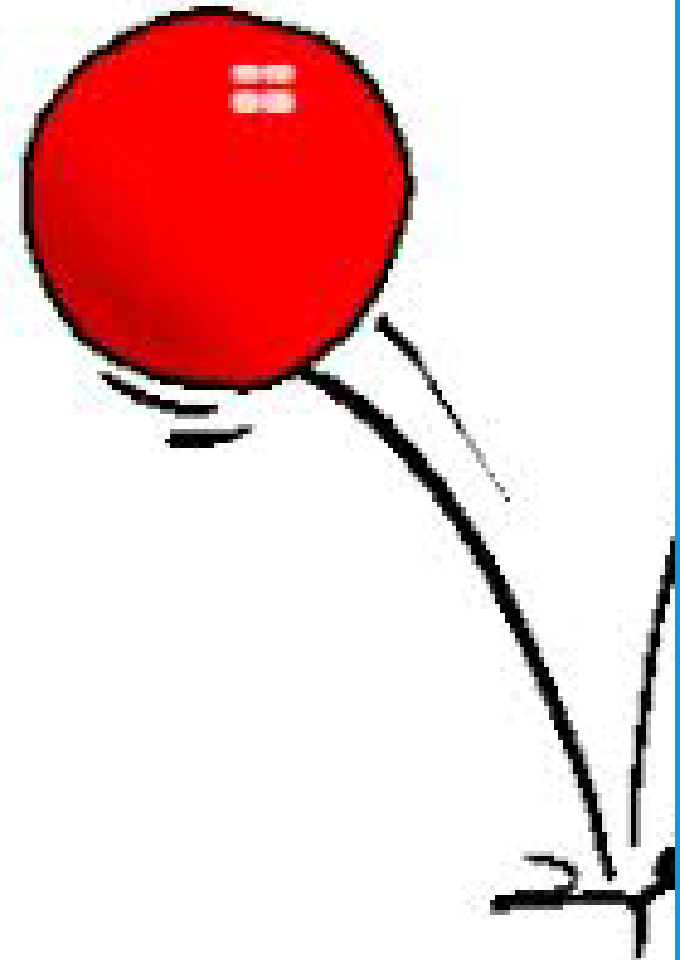


DEFINITIONS

- *'The quality of being able to return quickly to a previous good condition after problems'*
 - Cambridge English Dictionary
- 'Resilience is ordinary, not extraordinary'
 - Ann Masten: 'Ordinary Magic'
- resilient outcome = not earth shattering happenings, everyday stuff; working out best problem solving approaches

WHAT IS RESILIENCE?

- resilience is the ability to recover from setbacks
- the personal capacity to cope with adverse events and return to normal life
- the determination to see something through to its conclusion, even in the face of significant pressures to do something else or give up



COMMITMENT, CONTROL & CHALLENGE

- *As times get tough, if you hold these attitudes, you'll believe that it is best to stay involved with the people and events around you (**commitment**) rather than to pull out, to keep trying to influence the outcomes in which you are involved (**control**) rather than to give up, and to try to discover how you can grow through the stress (**challenge**) rather than to bemoan your fate.”*
- Maddi, S. and Khosshaba, D. (2005), *Resilience at Work: How to Succeed No Matter What Life Throws at You*, American Management Association, New York

ROADMAP TO RESILIENCE

1. Assertive communication
2. Optimism vs irrational thinking habits
3. Diet & exercise
4. Support system
5. Rational problem-solving
6. Self-efficacy
7. Impulse control
8. Listening to your body
9. Emotion awareness or regulation.
10. Goal setting
11. Laughter
12. Relaxation



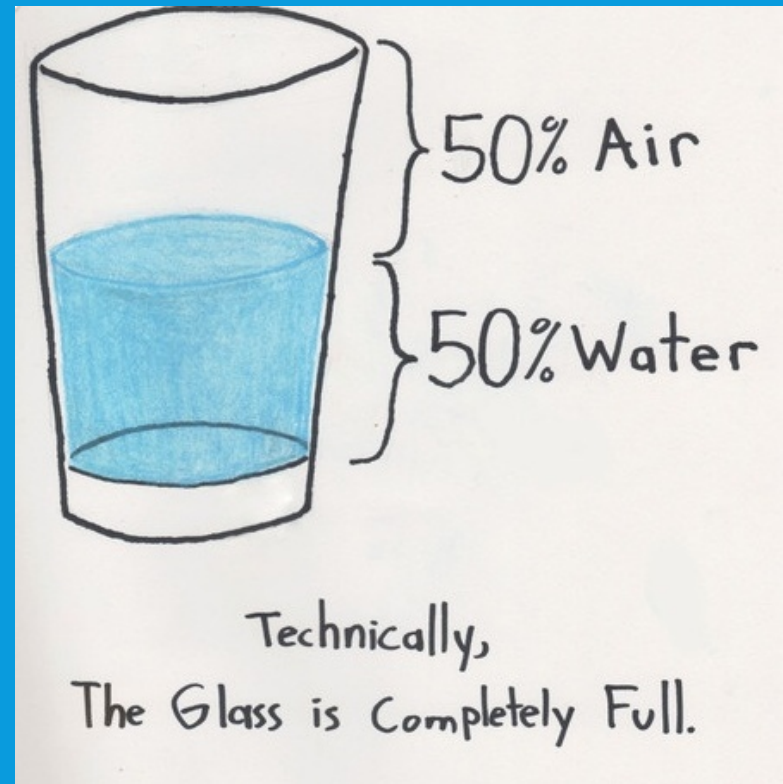
1. ASSERTIVENESS

- The capacity to convey a clear message to someone else without causing offense or distress
- The message should be about what you feel and what you want from the discussion.
- Unhelpful to accuse the other person of anything in an assertive situation; they will simply disengage and argue



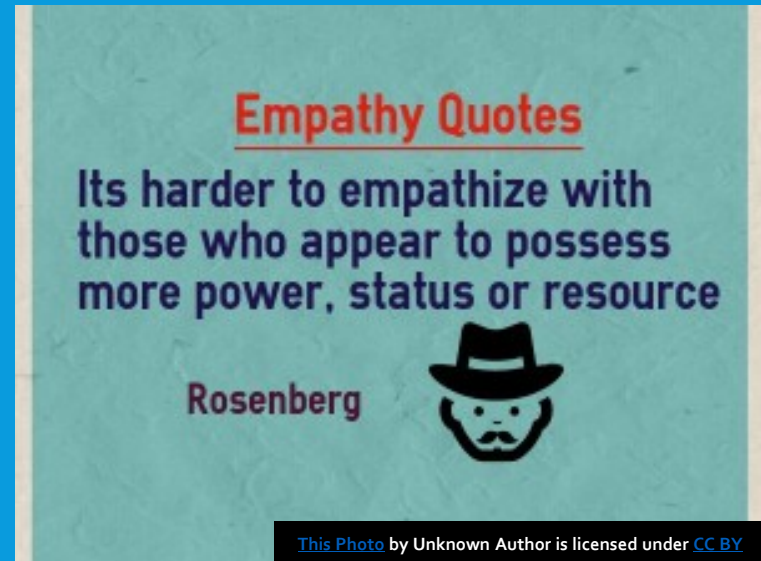
2. OPTIMISM

- This means having an optimistic 'explanatory style'
- 'realistic optimism' is important.
- For optimism to help resilience, it needs to be 'wed to reality'



4. SUPPORT SYSTEMS

- Resilience means reaching out to the people who care and asking for help.
- **Use of Empathy**
the ability to read and understand the emotions of others
- Important for resilience for two reasons: first, it helps build relationships with others and then cements social networks/support



PROBLEM SOLVING

- **Rationality**

- This means the ability to look at problems from many perspectives and consider many factors about the problems you confront.

- **Impulse control**

- Ability to tolerate ambiguity - don't rush to make decisions. Able to look at things in a thoughtful way before acting

- **Self-efficacy**

Confidence in your ability to solve problems.

- Includes knowing what your strengths and weaknesses are and relying on your strengths to cope.

7. THE MIND/BODY CONNECTION

- How we feel mentally will affect how we feel physically
- How do we 'frame' situations, what's our inner dialogue?
- *'To change the printout of the body we need to rewrite the software of the mind'*

Deepack Chopra

GOAL SETTING

- Ability to focus on a goal, task or vision
- Determination driving the capacity to achieve what you need
- Being prepared to take appropriate risk
- People who score high on resilience are willing to try things and think failure is a part of life



**"If you aim at
nothing, you will hit
it every time"**

Author Unknown

TRIPLE LOOP LEARNING

- A new idea is introduced, and then is reinforced in practical ways at least twice before you begin to adopt the new idea.
- After that continue to reinforce the new habit, which will become, eventually, your habit!

