

Resilience

Resilience is the ability to withstand stress and bounce back from adversity.

➤ Why Resilience is important

- Health benefits:

Better Immune system
Cancer inoculation

Fewer Heart attacks
Longer life

- More success – sales



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➤ Are we Flourishing?

ED DIENER'S FLOURISHING SCALE:

Below are eight statements that you may agree or disagree with. Using the 1 - 7 scale below indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- ___ I lead a purposeful and meaningful life.
- ___ My social relationships are supportive and rewarding.
- ___ I am engaged and interested in my daily activities.
- ___ I actively contribute to the happiness and well-being of others.
- ___ I am competent and capable in the activities that are important to me.
- ___ I am a good person and live a good life.
- ___ I am optimistic about my future.
- ___ People respect me.

Strongly disagree *Disagree* Slightly disagree *Neither agree nor disagree* Slightly agree *Agree* Strongly agree

1 2 3 4 5 6 7

(Key – 48-56=Flourishing, 35-48=Moderate, 8-34=Dissatisfied)

➤ Resilience is a choice. Choose:

(This Wasn't Supposed to Happen to Me, Dr. Beth Smallwood)

- Reality vs. Denial
- Responsibility vs. Victimhood
- Forgiveness vs. Bitterness
- Self-Forgiveness vs. Guilt
- Connection vs. Isolation
- Purpose vs. Powerlessness

➤ Traits of Resilient people (Skills you need to build/exercise)

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|--|---------------------------------------|
| 1. Identifying and Managing Thoughts & Emotion | 6. Relationships/Intimacy/Connections |
| 2. Happiness | 7. Compassion & Empathy |
| 3. Optimism | 8. Communication |
| 4. Gratitude | 9. Forgiveness |
| 5. Savoring | 10. Mindfulness & Flow |

1. Skill - Emotional Regulation *Identifying and Managing Thoughts & Emotion*

Exercise – Managing Thoughts and Emotion **Healthy Thinking Log**

- Steps:
1. Recognize your feeling and responses.
 2. Take a close look at what you say to yourself and recognize unhelpful, negative thoughts. Write them down.
 3. Challenge the unhealthy thoughts and substitute a healthier, alternative response.

Log Example:

Feeling	Negative Thoughts	Alternative Responses
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Discouraged	What a terrible, lousy day.	A couple of bad things have happened, but everything hasn't been a disaster.
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(Once you have healthy thinking about a concern you are able to move on to productive Problem Solving because you are no longer stuck in the emotion.)

2. Skill – Happiness

*Nearly all people are capable of much more happiness than they have. *See your potential.

*Create opportunities to invest in your own highest and best self. *Happy people have significantly better health.

*Invest in health by investing in happiness.

Exercise – Happiness

There is benefit to be had by acting as though you were happy even when you aren't, so long as you can approach this task with an open mind. Taking on the role of a happy person can be like priming a pump; at first it is just work and nothing much happens, but after a while the real thing starts flowing:

- At least three times a day, try smiling more and acting as if you respect and like the people around you.
- View some funny movies or read some funny books. Share some funny jokes or watch a comedy routine that will help put you into a good mood. Expose yourself to situations that will get you laughing and feeling good.
- Make Happiness a priority and Make plans to be happy. Those who fail to plan, plan to fail. Just like in any other life domain, the successful pursuit of happiness requires planning.

3. Skill – Optimism

Exercise – Optimism

- “How can I take this situation and get the best outcome?”

-Write your answers

- If you find it difficult to step outside of your usual pessimistic stance, try viewing the situation from a less personal perspective. Pretend that your situation is happening to a friend and not to yourself. How would you advise your friend to view this situation? We are usually harder on ourselves than we are on others. For this reason viewing your own problem as though it was someone else's sometimes will help you see that problem in better perspective.
- The point of this exercise is to emphasize and draw attention to the real 'silver linings' that can be found inside even dark clouds. You want to point out good things that could realistically come from your difficult situation. It's important that the things you point out be realistic and possible because if they aren't, you won't be able to take comfort from them. This practice can become habit.

4. Skill – Gratitude

“Thank you!” The science of gratitude can make you happier and may even be an intervention for depression.

Exercise – Gratitude The Gratitude Diary

Before bed write down one thing for which you’re grateful.

-or-

Each day, write 3 – 5 things that you liked.

- What happened to me?
- What did I do right?
- Then write one thing that you *didn’t* like
- Ask yourself: “And how is it also good, a blessing in disguise?”

Find two or three ways it helps you

5. Skill – Savoring

We quickly adapt and take pleasures for granted. This can be addressed with *savoring*: Focus intently on what you are experiencing: chew slowly when eating, fill your senses with what you see, hear, smell . . .

Exercise – Savoring Homework

- Focus on the sensory impressions in a moment-to-moment fashion.

-Food

-Friends

-Recall & nostalgia

-Conversations

-Activity (walking, running, sports)

6. Skill – Intimacy/Make Connections <http://www.pbs.org/thisemotionallife/video/tap-code>

Exercise – Connection

Nurture your friendships. Find at least one hour every few weeks to share with close friends. Sharing activities that each of you would otherwise do alone (such as exercising) is an efficient way to make this happen. If you have more time, make a date with your friend to share a meal, or attend a social or entertainment event you both like. Whatever you do, don’t wait around for your friend to make the first move. Remember that it is the mutual responsibility of each person involved in a relationship to keep it alive.

7. Skill – Compassion

Exercise – Compassion

Make a list of ways to enrich the lives of other people; people you care about and also strangers. Then start doing the things you’ve listed so as to make a difference for other people. A simple way to get started is to volunteer to do a task that your spouse usually does. You could also spend an hour each week doing volunteer work at your child’s school, or at a local shelter or soup kitchen. Helping others will enhance your own life, help you to experience the joy of helping other people, and motivate you to make similar gestures in the future.

8. Skill – Communication

Exercise – Communication

- Read a book about becoming more assertive or take an assertiveness class. Practice being assertive in your everyday conversations.
- Find reasons to sincerely compliment someone you care about, and then actually compliment them. Do this one or more times each day. Be genuine and sincere when you do this, and watch the reciprocity principle kick in to start deepening your relationship.
- Don't let things build up until you are ready to explode. Talk about what is bothering you at your earliest convenience.
- Make requests in a calm, respectful and rational way that will let the person you are talking with know that your goal is simply to resolve the conflict. “*When _____, this is how it impacts me _____. I need _____.*” Talk about your own experience instead of attacking or judging.
- Inquire as to how the other person is feeling. Allow them a chance to address the issues.
- Always offer the other person a way to save face.

9. Skill – Forgiveness

Exercise – Forgiveness

- REACH (Everett Worthington)
 - Recall the hurt
 - Empathize with the perpetrator
 - Altruistic gift of forgiveness
 - Certify you forgive
 - Hold on to the forgiveness

(Use wisdom and discretion: Typically you do NOT tell the perpetrator that you have forgiven him/her.)

10. Skill – Mindfulness “Hit the reset button”

Exercise – Mindfulness

- Take 3 deep long breaths
- Practice relaxation or autogenic training http://www.youtube.com/watch_popup?v=xcaRPOqOrmU&vq=medium

You choose resilience or unhappiness. What you exercise, you get more of.

Exercise Resilience!