

Building Resilience

Trina Koontz

Kentucky Employee Assistance Program

What exactly is Resilience?



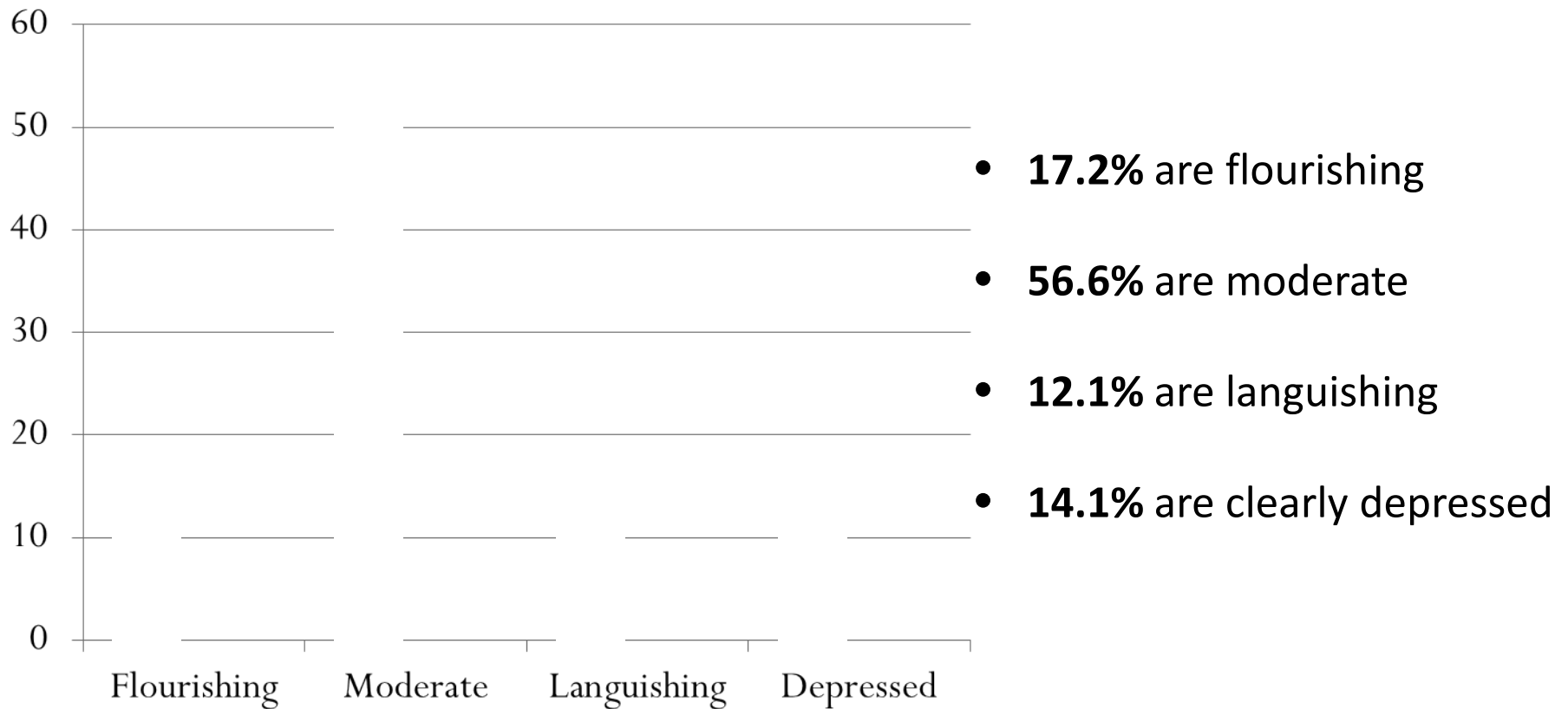
Resilience is the ability to withstand stress and bounce back from adversity.

Why Resilience is Important

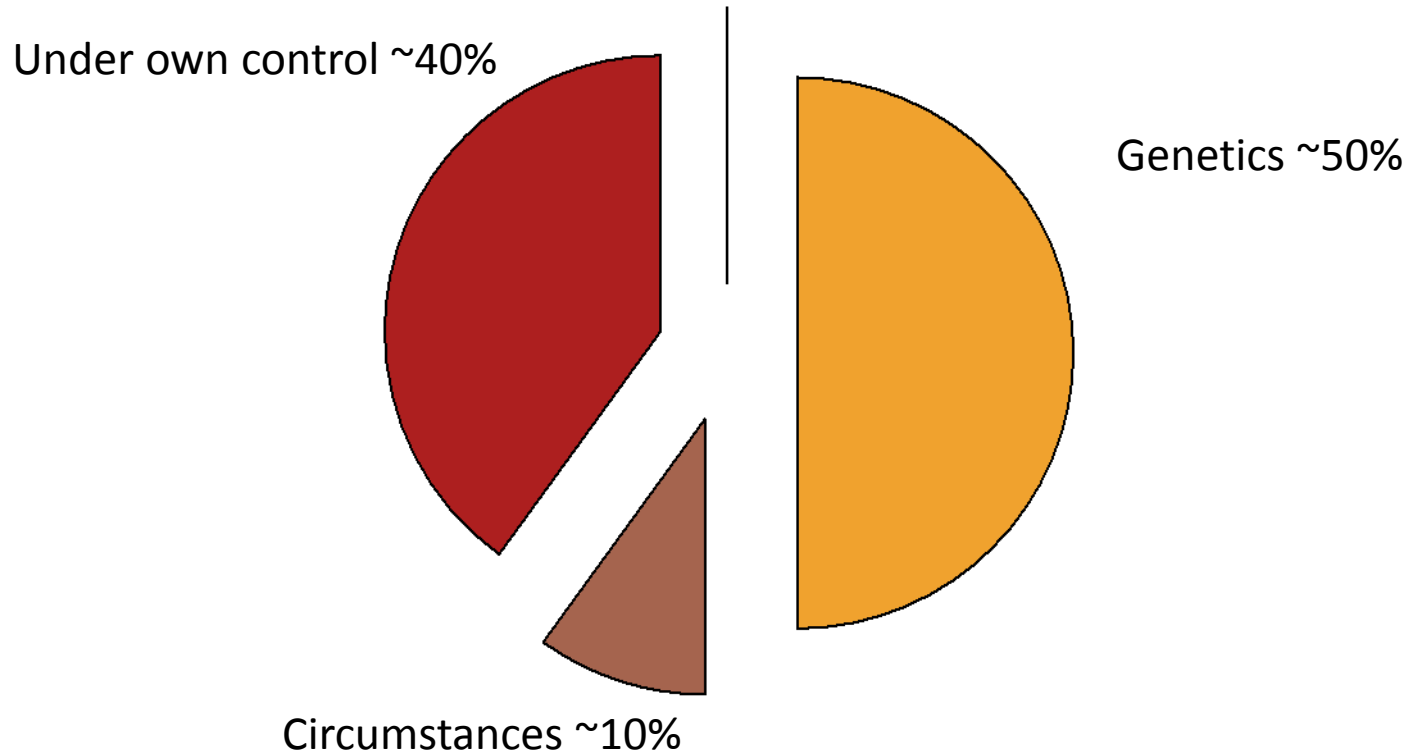
- Health benefits:
 - Better Immune system
 - Cancer studies
 - Less Heart attacks
 - Longer life
- More success - sales



The Mental Health Continuum: From languishing to flourishing in life

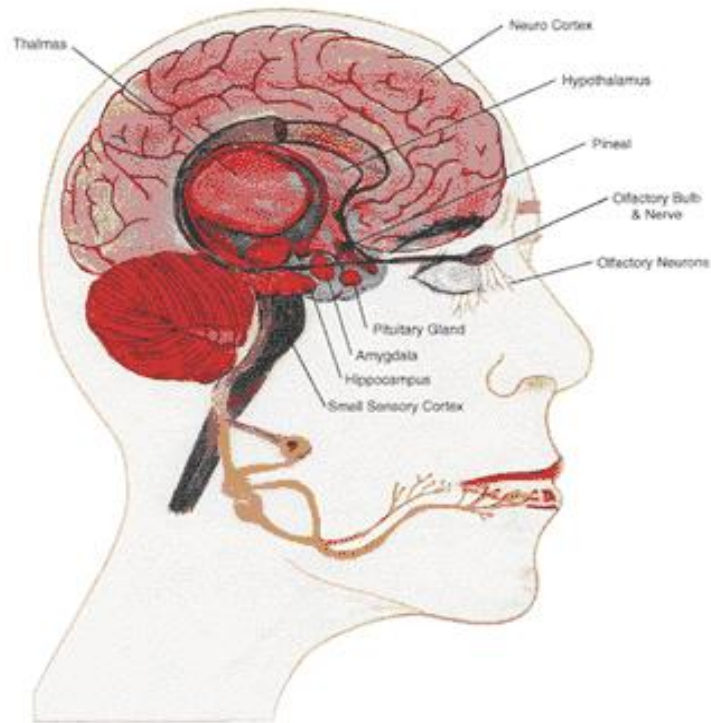


We can increase our happiness and optimism and thus RESLIENCE



How Resilience Works

Limbic System Smell and Emotional Responses



Resilience is a choice

Choosing Resilience



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

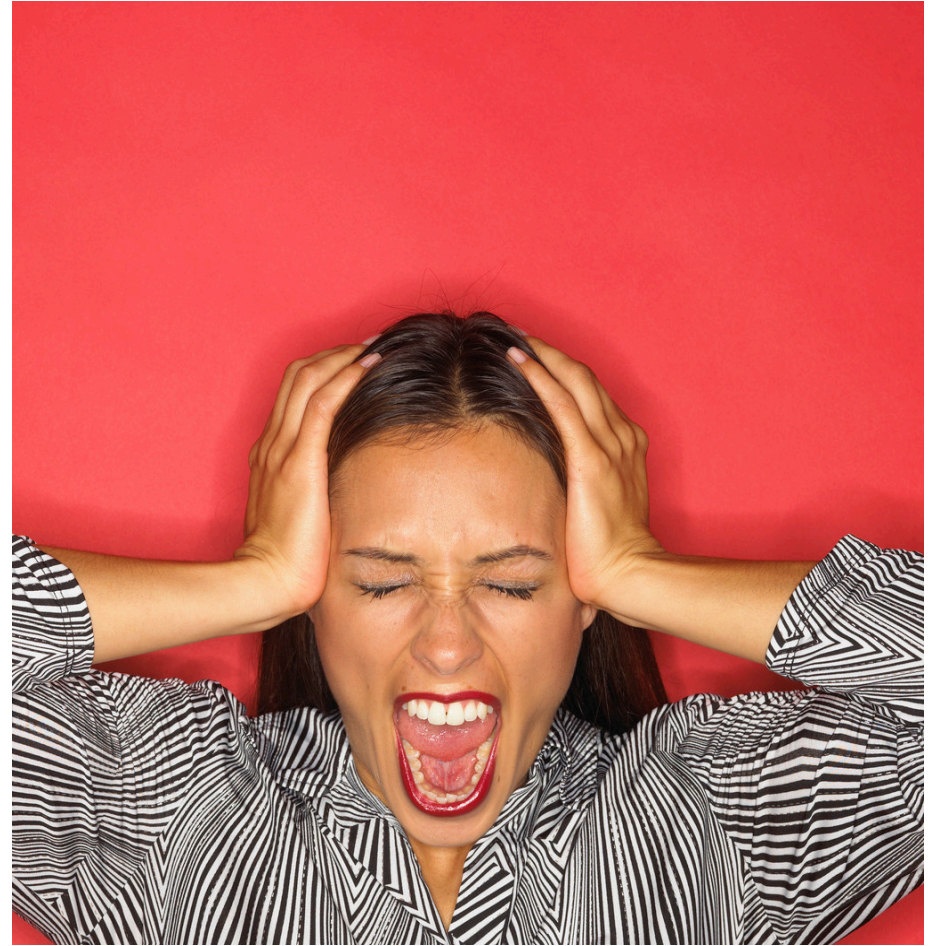
Traits of Resilient People

(Skills you need to build/exercise)

- Identifying and Managing Emotion
- Happiness
- Optimism
- Gratitude
- Savoring
- Relationships / Intimacy / Connections
- Compassion & Empathy
- Communication
- Forgiveness
- Mindfulness & Flow

Skill: *Identifying and Managing Emotion*

- Recognize and Identify the Emotion
- Pay attention to your thinking
- Challenge Negative thinking
- Managing the emotion by problem solving what's the best way to react



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
Discouraged	What a terrible, lousy day.	A couple of bad things have happened, but everything hasn't been a disaster.

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.

Skill - *Happiness*



Exercise - *Happiness*

- At least three times a day, try smiling more and acting as if you respect and like the people around you.
- 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.

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?

Skill - *Gratitude*

“If the only prayer you said in life was
‘Thank you,’ that would suffice.”

Meister Eckhardt



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.

Skill - *Savoring*



Savoring

“I wondered how it was possible to walk for an hour through the woods and see nothing of note. I who cannot see find hundreds of things: the delicate symmetry of a leaf, the smooth skin of a silver birch, the rough, shaggy bark of a pine. I who am blind can give one hint to those who see: use your eyes as if tomorrow you will have been stricken blind. Hear the music of voices, the songs of a bird, the mighty strains of an orchestra as if you would be stricken deaf tomorrow. Touch each object as if tomorrow your tactile sense would fail. Smell the perfume of flowers, taste with relish each morsel, as if tomorrow you could never taste or smell again. Make the most of every sense. Glory in all the facets and pleasures and beauty which the world reveals to you.”

Helen Keller

Exercise – *Savoring Homework*

- Focus on the sensory impressions in a moment-to-moment fashion.
 - Food
 - Activity (walking, running, sports)
 - Conversations
 - Friends
 - Recall & nostalgia

Bryant, F.B. & Veroff, J. (2007) *Savoring: A New Model of Positive Experiencing*. New York: Lawrence Erlbaum Associates.

Skill – *Intimacy/Make Connections*



<http://www.pbs.org/thisemotionallife/topic/resilience>

<http://www.pbs.org/thisemotionallife/video/tap-code>

Exercise – *Intimacy/Connection*

*Nurture your friendships.

*Focus on Strengths.

Skill - *Compassion*



Exercise - *Compassion*

- As a goal, try to secretly serve someone each day.
 - Write a thank you note to someone you admire.
 - Do an anonymous good deed.
 - Pick up trash along a trail or road.
 - Look for a chance to serve in a group.
 - Write about your service in your diary.

- Volunteer

Skill - *Forgiveness*

- “To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back— in many ways it is a feast fit for a king.

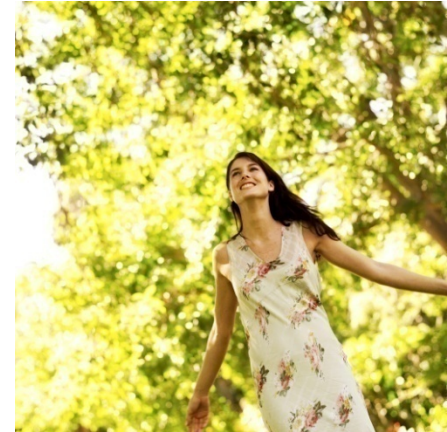


The chief drawback is what you are wolfing down is yourself. The skeleton at the feast is you.”

Fred Luskin, *Forgive for Good*, p. 77

Exercise – *Forgiveness*

- REACH (Everett Worthington)
 - **R**ecall the hurt
 - **E**mpathize with the perpetrator
 - **A**ltruistic gift of forgiveness
 - **C**ertify you forgive
 - **H**old on to the forgiveness



Skill - *Communication*



Exercise - Communication

- Read a book about assertive, honest communication.
- Practice delivering difficult messages from your own perspective...

“When _____, this is how it impacts me _____.
I need _____.”

Skill - *Mindfulness*



Exercise – *Mindfulness*

“How to set the reset button”

- Deep Breathing
- Autogenic Training

http://www.youtube.com/watch_popup?v=xcaRPOgOrmU&vq=medium

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



Exercise Resilience

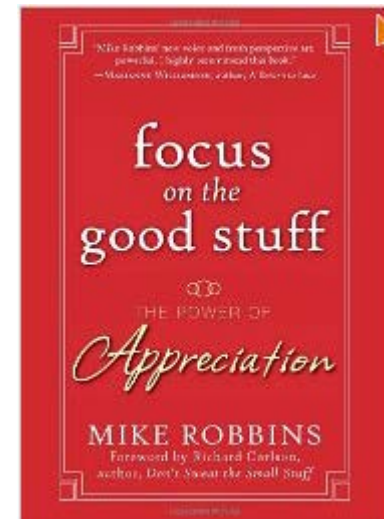
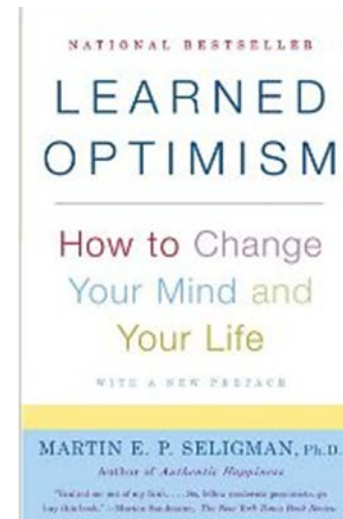
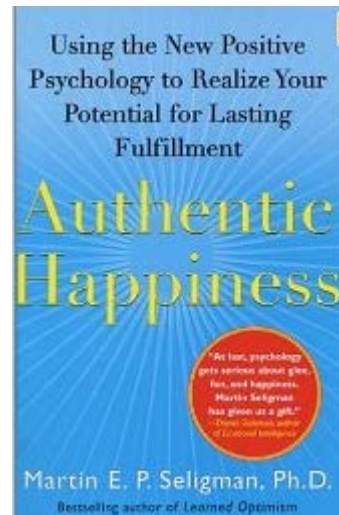
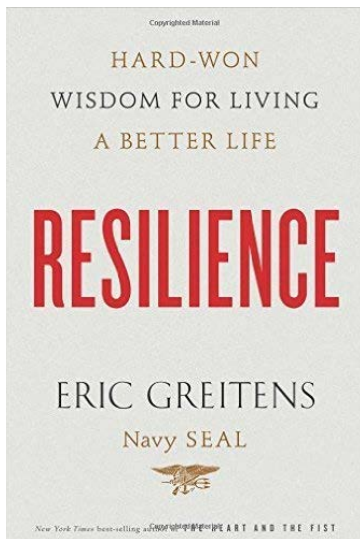
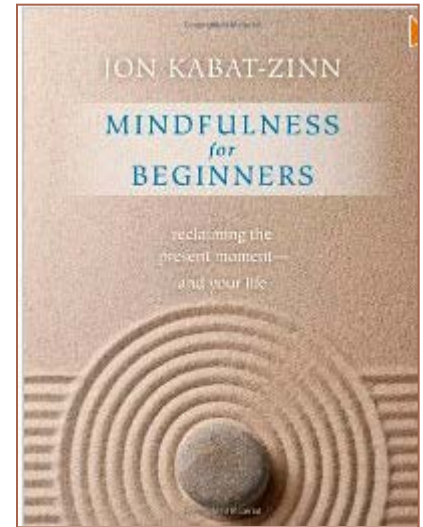
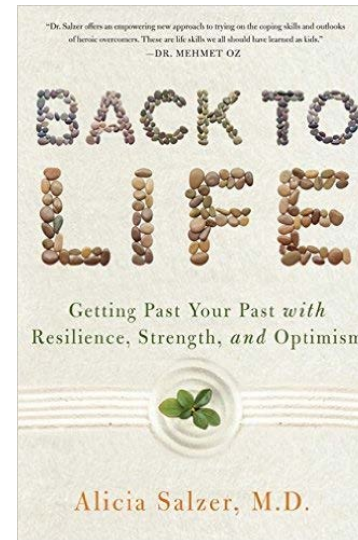
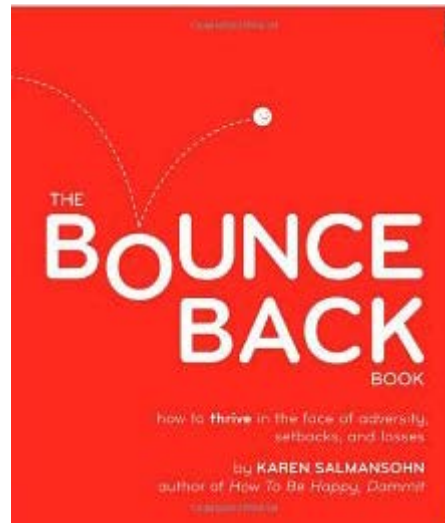
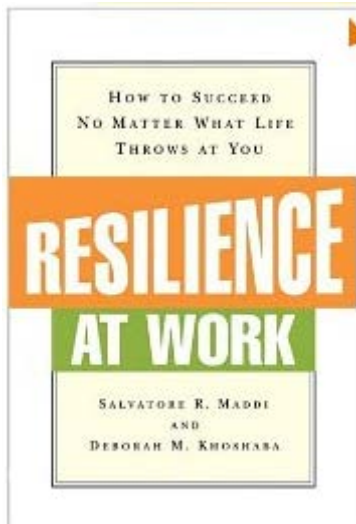
What will you take home?

RESILIENCE RESOURCES

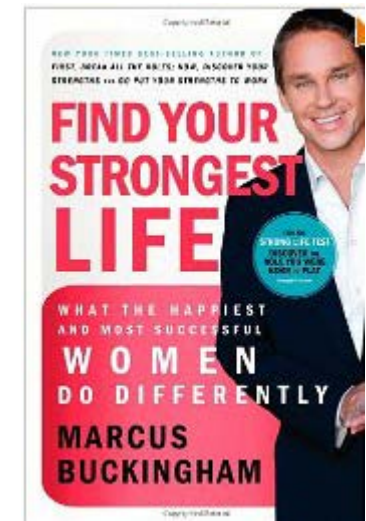
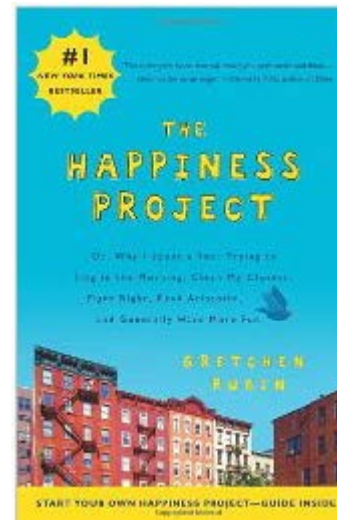
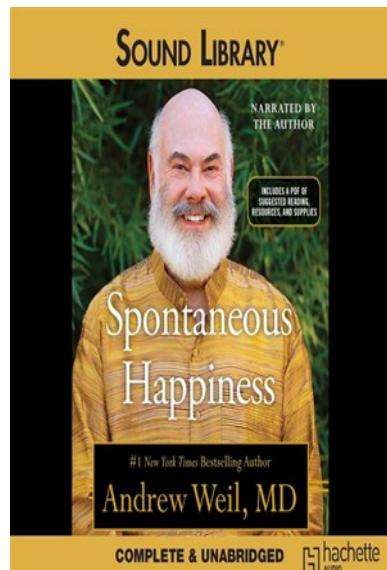
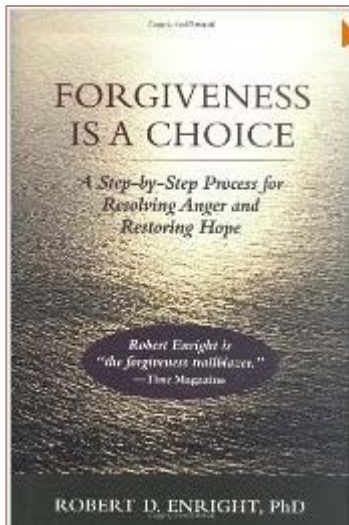
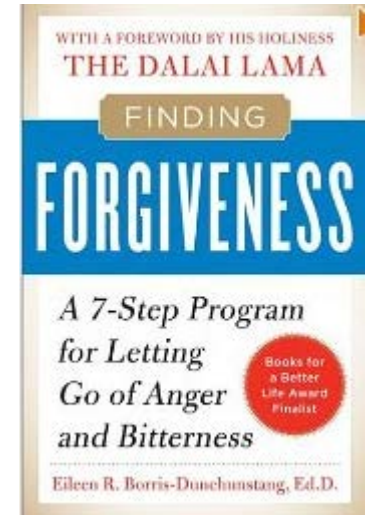
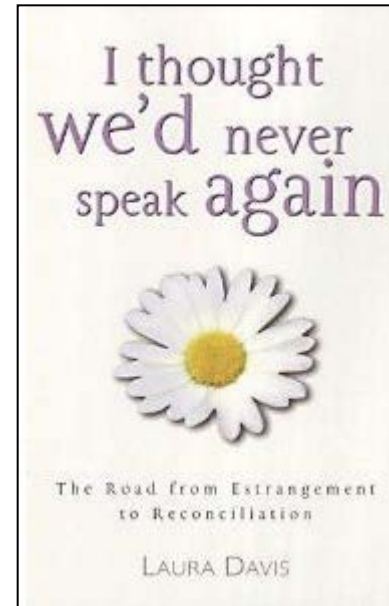
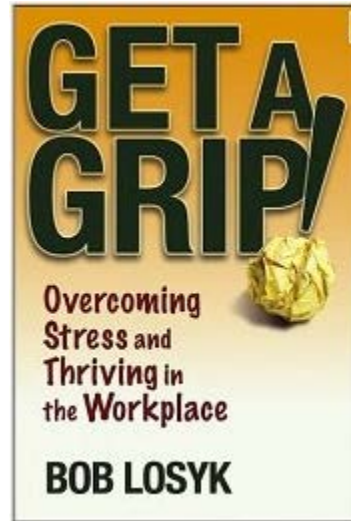
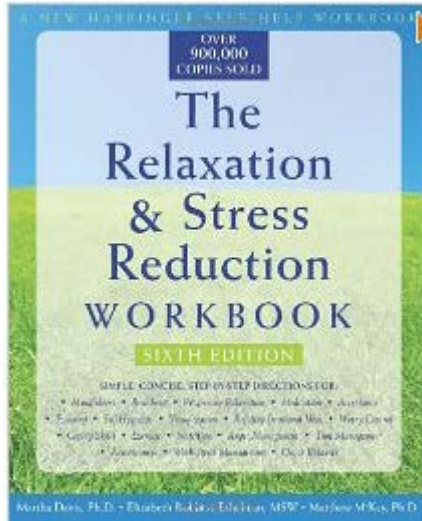
Kentucky Dept. for Libraries and Archives

Division of Library Services

Resilience Resources



Resilience Resources



How do I find materials?

- KDLA WorldCat Discovery
 - <http://kdla.on.worldcat.org/discovery>
- Kentucky Libraries Unbound (KLU)
 - <http://kdla.ky.gov/employees/downloadingmedia/Pages/default.aspx>



KDLA Catalog



Kentucky Department for Libraries and Archives

Librarians ▾

Archivists ▾

Researchers ▾

State Employees ▾

Records Management ▾



The Kentucky Talking Book Library relies on volunteers to record books with a connection to the Commonwealth for our users who have visual or physical disabilities. Thirty volunteers currently work to record and edit digital audio books. To thank them for their hard work (more than 700 hours so far this year!) KTBL held a luncheon in their honor on June 3rd. Kentucky Poet Laureate George Ella Lyon was the keynote speaker. She read some of her work and kindly recorded the title poem from her book *Where I'm From* for inclusion on the talking book edition.

Photo caption: George Ella Lyon in the recording studio.



- [Home](#)
- [KDLA Catalog](#)
- [Digital Archives](#)
- [Ask a Librarian](#)
- [Public Library Directory](#)
- [Kentucky Library Job List](#)
- [Records Retention Schedules](#)
- [Kentucky Talking Book Library](#)

Connect with KDLA



Upcoming Events

Sep 05 - Labor Day

Nov 08 - Presidential Election

Nov 11 - Veterans Day

Nov 24 - Thanksgiving

KDLA WorldCat Discovery



Kentucky Department for Libraries and Archives

Librarians ▾

Archivists ▾

Researchers ▾

State Employees ▾

Records Management ▾

Home / [Common Content](#) / KDLA WorldCat Discovery

KDLA WorldCat Discovery

Search KDLA WorldCat Discovery

Advanced Search

Resilience



- [Home](#)
- [KDLA Catalog](#)
- [e-Archives](#)
- [Ask a Librarian](#)
- [Public Library Directory](#)
- [Kentucky Library Job List](#)
- [Records Retention Schedules](#)
- [Kentucky Talking Book Library](#)



KDLA WorldCat Discovery offers quick and easy searching of KDLA's collections, and the collections of other libraries worldwide.

STATE GOVERNMENT EMPLOYEES

["Placing HOLDS in WorldCat Discovery"](#) (video, October 2015, 6 min.)

NEW! ["Requesting Interlibrary Loan \(ILL\) in WorldCat Discovery"](#) (video, March 2016, 7 minutes)

["Setting/Resetting your KDLA LIBRARY ACCOUNT in WorldCat Discovery"](#) (video, July 2015, 6 minutes)

KENTUCKY PUBLIC LIBRARIES

[WorldCat Discovery for your Kentucky Public Library](#)

NEW! ["Searching for Kits in WorldCat Discovery"](#) (video, April 2016, 10 minutes)

State Library Hours

9 am - 4 pm ET, Monday - Friday;

Staff available by phone and [Ask a Librarian](#):

8 am - 4:30 pm ET, Monday - Friday

See [calendar](#) for upcoming closures & holidays.



Sort by

Library and Relevance

Selected Filters

Kentucky Department for Libraries and Archives

Print book

Library

Libraries Worldwide

Kentucky Historical Society

Kentucky Department for Libraries and Archives

Format

Top 6 Formats

All Formats

Article/Chapter (95)

Article (91)

Book (44)

eBook (27)

Print book (13)

Audiobook (14)

See All

Databases

All Databases

1. [Journeys from childhood to midlife : risk, resilience, and recovery](#)



by [Emmy E. Werner](#), [Ruth S. Smith](#)

Print book ©2001

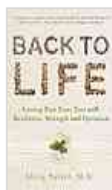
Held by: Kentucky Department for Libraries and Archives

Presents the development of resilience and coping systems in the underprivileged children of Kauai.

Available State Library General Stacks 305.209969 Wern

Save

2. [Back to life : getting past your past with resilience, strength, and optimism](#)



by [Alicia. Salzer](#)

Print book ©2011

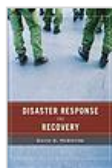
Held by: Kentucky Department for Libraries and Archives

A psychiatrist who specializes in treating trauma explains how to surmount past traumatic experiences and live a happy life without always feeling like a victim -- Source other than Library... [Read More](#)

Available State Library General Stacks 616.8521 Salz

Save

3. [Disaster response and recovery : strategies and tactics for resilience](#)



by [David A. McEntire](#)

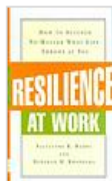
Print book ©2007

Held by: Kentucky Department for Libraries and Archives

Available State Library General Stacks 363.3480973 McEn

Save

4. [Resilience at work : how to succeed no matter what life throws at you](#)



by [Salvatore R. Maddi](#), [Deborah M. Khoshaba](#)

Print book ©2005

Held by: Kentucky Department for Libraries and Archives

"Resilience at work explains how to: approach change as a meaningful challenge no matter how stressful the circumstances, and stay committed to your work, rather than detaching and givi... [Read More](#)

Available State Library General Stacks 158.7 Madd

Save

1. [Journeys from childhood to midlife : risk, resilience, and recovery](#)



by [Emmy E. Werner](#), [Ruth S. Smith](#)

Print book ©2001

Held by:
Kentucky Department for Libraries and Archives

Presents the development of resilience and coping systems in the underprivileged children of Kauai.

Available

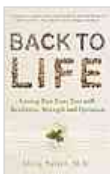
State Library General Stacks

305.209969 Wern



Save

2. [Back to life : getting past your past with resilience, strength, and optimism](#)



by [Alicia Salzer](#)

Print book ©2011

Held by:
Kentucky Department for Libraries and Archives

A psychiatrist who specializes in treating trauma explains how to surmount past traumatic experiences and live a happy life without always feeling like a victim -- Source other than Library... [Read More](#)

Available

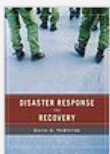
State Library General Stacks

616.8521 Salz



Save

3. [Disaster response and recovery : strategies and tactics for resilience](#)



by [David A. McEntire](#)

Print book ©2007

Held by:
Kentucky Department for Libraries and Archives



Save

Back to life : getting past your past with resilience, strength, and optimism

Close Item Detail



by [Alicia Salzer](#)

Print book ©2011

Held by: Kentucky Department for Libraries and Archives

MARC



Save

Description

Editions & Formats

3 Found

Availability / Holdings

Kentucky Department for Libraries and Archives

1 available

Place hold

Kentucky Department for Libraries and Archives

Holding Summary

Local Holdings Available.

State Library General Stacks

1 of 1 available

Call Number

Availability

616.8521 Salz

Available

Libraries Worldwide

495 Libraries



Kentucky Department for Libraries and Archives

Sign in

KDLA Account Number

Password

[Cancel](#)

[Set/reset password](#)



1. [Journeys from childhood to resilience, and recovery](#)



by [Emmy E. Werner](#)

Print book ©2001

Held by: Kentucky Department and Archives

Presents the development and coping systems of underprivileged children

Available

State Library General

305.209969 Wern

2. [Back to life : getting past your resilience, strength, and optimism](#)



by [Alicia Salzer](#)

Print book ©2011

Held by: Kentucky Department and Archives

A psychiatrist who specializes in treating trauma explains how to surmount past traumatic experiences and live a happy life without always feeling like a victim -- Source other than Library... [Read More](#)

Available

State Library General Stacks

616.8521 Salz

3. [Disaster response and recovery : strategies and tactics for resilience](#)



by [David A. McEntire](#)

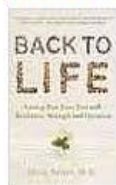
Print book ©2007

Held by:

Place Hold

CHARLY, you are requesting a hold for:

[Back to life : getting past your past with resilience, strength, and optimism](#)



by [Alicia Salzer](#)

Print book ©2011

Database: WorldCat

Held by: Kentucky Department for Libraries and Archives

Pickup location

Send to my office

Set hold schedule (optional)

Cancel

Submit

Close Item Detail



Save

3 Found

1 available

Place hold

Kentucky Department for Libraries and Archives

Holding Summary

Local Holdings Available.

State Library General Stacks

1 of 1 available

Call Number

616.8521 Salz

Availability

Available



Save

Kentucky Libraries Unbound



Kentucky Department for Libraries and Archives

Librarians ▾

Archivists ▾

Researchers ▾

State Employees ▾

Records Management ▾



The Kentucky Talking Book Library relies on volunteers to record books with a connection to the Commonwealth of Kentucky for our users who have visual or physical disabilities. Thirty volunteers currently work to record and edit digital audiobooks. To thank them for their hard work (more than 700 hours so far this year!) KTBL held a luncheon in the recording studio on June 3rd. Kentucky Poet Laureate George Ella Lyon was the keynote speaker. She read some of her work and kindly recorded the title poem from her book *Where I'm From* for inclusion on the talking book edition.

Photo caption: George Ella Lyon in the recording studio.



- State Employees
- Ask a Librarian
- Research Databases
- Training Events Calendar for State Employees
- Archived Training Sessions
- Library Account Application
- Collections
- Downloading Audiobooks and Ebooks**
- Technology Training for State Employees
- Resource Lists
- Kentucky State Publications
- KDLA WorldCat Discovery



Upcoming Events

Sep 05 - Labor Day

Nov 08 - Presidential Election

Nov 11 - Veterans Day

Nov 24 - Thanksgiving

Kentucky Libraries Unbound



Kentucky Department for Libraries and Archives

Librarians ▾

Archivists ▾

Researchers ▾

State Employees ▾

Records Management ▾

Home / [State Employees](#) / Downloading Audiobooks and Ebooks

Downloading Audiobooks and Ebooks

State government employees can download digital audiobooks and ebooks due to a partnership agreement with Kentucky Libraries Unbound (KLU). Members of the general public should check with their [local public libraries](#) about downloadable digital resources available to them.



You may download resources over the Internet using your home computer or personal devices. If you want to download titles at work, you must adhere to your agency's IT policies. You cannot use any library's public computers to download titles.

Before you start:

- You must have a valid State Library account to download titles. If you need to sign up for an account, [apply here](#).
- If you have lost your account number, contact the Reference desk through [Ask a Librarian](#) or by calling 502.564.8306 or 800.928.7000.

Getting Started in KLU:

- Connect to [Kentucky Libraries Unbound](#)
- Set up/Login to your account (look for "Account" in the top right hand corner).
- Select "KY Dept for Libraries and Archives" as your library. When prompted, enter your State Library account number and password.

Getting ready to download:

- Audiobooks: Install the [OverDrive's desktop app](#) on your computer
- Ebooks: Install [Adobe Digital Editions](#) on your computer
- Kindle books: You will need a free Amazon account, Kindle device or the Kindle reading app
- Use the "Help" link in the top right hand corner for more detailed instructions. Select the OverDrive Help tab for how-to videos on getting started and downloading titles.

- [Home](#)
- [KDLA Catalog](#)
- [e-Archives](#)
- [Ask a Librarian](#)
- [Public Library Directory](#)
- [Kentucky Library Job List](#)
- [Records Retention Schedules](#)
- [Kentucky Talking Book Library](#)



If you need help, send your question by email through the [Ask a Librarian](#) service. The reference staff will be happy to assist!

Get Ready: Browse! Checkout! Download!

Want to know more about downloading audiobooks and/or ebooks? Take the free, online class that covers the basics of what Kentucky Libraries Unbound is and how to use it. Check the [training calendar](#) for upcoming class

Kentucky Libraries Unbound

« Member Libraries

English



Sign In

KENTUCKY
LIBRARIES
UNBOUND



Menu

Account

Help

Search...
Advanced Search

Featured Collections

NaNoWriMo

Sports Memoirs

Salute to Veterans

No Holds, No Waitlists

All Collections...

eBooks

All Fiction

All Nonfiction

Biography & Autobiography

Business & Careers

View more...

Audiobooks

All Fiction

All Nonfiction

Biography & Autobiography

Business & Careers

View more...

Children & Teen

Children Fiction

Children Nonfiction

Teen Fiction

Teen Nonfiction

View more...

Streaming Video

Children's Videos

Documentary

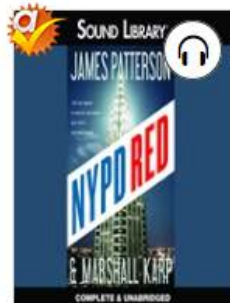
Drama

Feature Film

View more...

Most Popular

View more...



NYPD Red
James Patterson



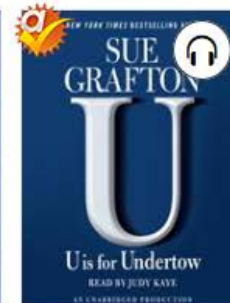
Neil Patrick Harris
Neil Patrick Harris



Second Son
Lee Child



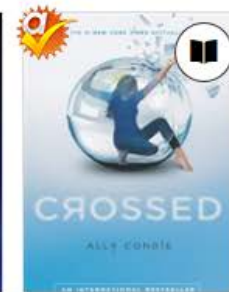
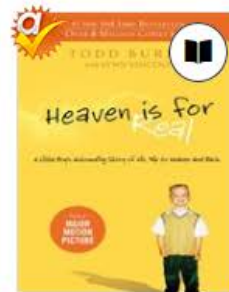
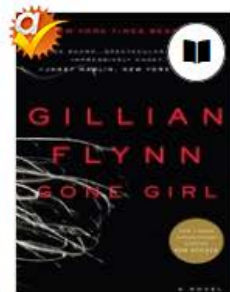
Wicked Business
Janet Evanovich



U Is For Undertow
Sue Grafton



Breaking Dawn
Stephenie Meyer



More KDLA Services

- [Interlibrary Loan](#)
 - Get materials we don't have in our collection
- [Ask A Librarian](#)
 - Ask a question, get help with research, etc.

Ask A Librarian



Kentucky Department for Libraries and Archives

Librarians ▾

Archivists ▾

Researchers ▾

State Employees ▾

Records Management ▾



The Kentucky Talking Book Library relies on volunteers to record books with a connection to the Commonwealth of Kentucky for our users who have visual or physical disabilities. Thirty volunteers currently work to record and edit digital audiobooks. To thank them for their hard work (more than 700 hours so far this year!) KTBL held a luncheon in the recording studio on June 3rd. Kentucky Poet Laureate George Ella Lyon was the keynote speaker. She read some of her work and kindly recorded the title poem from her book *Where I'm From* for inclusion on the talking book edition.

Photo caption: George Ella Lyon in the recording studio.



- State Employees
- Ask a Librarian
- Research Databases
- Training Events Calendar for State Employees
- Archived Training Sessions
- Library Account Application
- Collections
- Downloading Audiobooks and Ebooks
- Technology Training for State Employees
- Resource Lists
- Kentucky State Publications
- KDLA WorldCat Discovery



Upcoming Events

Sep 05 - Labor Day

Nov 08 - Presidential Election

Nov 11 - Veterans Day

Nov 24 - Thanksgiving

Thank you for attending!

- To get the PDF:

- In the Download box, click “Resilience PDF”
- “Download File(s)”

- In the pop-up window:

- “Click to Download”
- “Save”
- Choose where to save file
- “Save”

- Call KEAP at:

- 502-564-5788
- 800-445-5327
- <http://personnel.ky.gov/emprel/keap/>

- Call KDLA at:

- 502-564-8306
- 800-928-7000, option #3
- KDLAReferenceDesk@ky.gov



[facebook.com/KYStateLibrary](https://www.facebook.com/KYStateLibrary)



[@KYStateLibrary](https://twitter.com/KYStateLibrary)