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Objectives

- Define resilience
- Understand what makes someone resilient
- Know how you can build resilience

Resilience 2

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What is resilience?


- The ability to manage stress
- Coping in a healthy way
- Returning to your own "normal"
- Building personal strength out of negative events
- Resilience does not mean you do not get sad, hurt or stressed

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Qualities of resilient people

- A positive attitude
- Self-awareness
- The ability to find meaning in negative events
- Hope for the future




Resilience

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What happens when there is a negative event?

- A stress response
- Anxious feelings
- Fear of the future
- Self-doubt
- Negative feelings




Resilience

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Myths about resilience

- Resilient people don't get stressed
- Resilient people have easy lives
- Resilient people recover from negative events right away
- Resilience is something you're born with
- If you're not resilient, you never will be



Resilience

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Anyone can be resilient

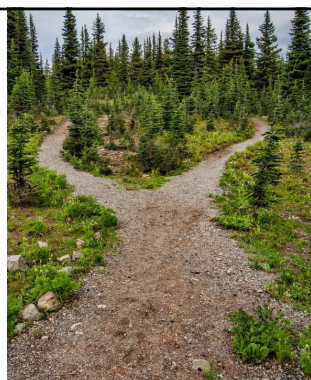
- We are all built for resilience
- People commonly demonstrate resilience
- Resilience can be learned and practiced

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Your path to resilience

Now it's time to decide how you can personally build skills for resilience

Resilience



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Resiliency: Build healthy habits

- Take care of yourself
- Create a support network
- Build your confidence
- Deal with negative self-talk

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Habits of resilient people

Take care of yourself

- Engage in relaxing activities
- Exercise
- Eat well
- Do things you enjoy

Remember that you take better care of others when you take care of yourself

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Habits of resilient people

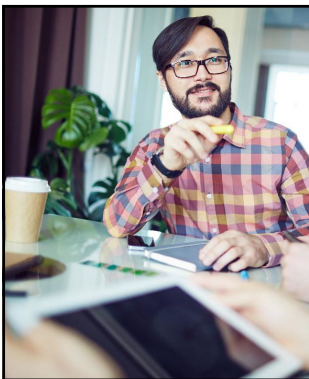
Create a support network

- Choose to surround yourself with healthy people
- Work to maintain close relationships
- Ask for help and support when you need it
- Accept help when it's offered
- Connect with your community
- Help others in need

Resilience



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Habits of resilient people

Build self-confidence

- Accept yourself for who you are
- Appreciate yourself
- Think about times you have solved problems
- Trust your instincts

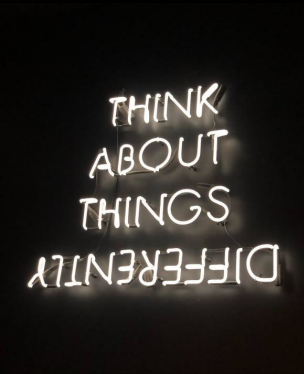
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Habits of resilient people

Dealing with negative self-talk

- Label your inner critic
- Develop your compassionate witness
- Monitor your thoughts
- Collect the facts
- Change the critical thought to a goal



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Accept discomfort

- View change as a chance to grow
- Focus on your own choices
- Make adjustments
- Get comfortable with discomfort

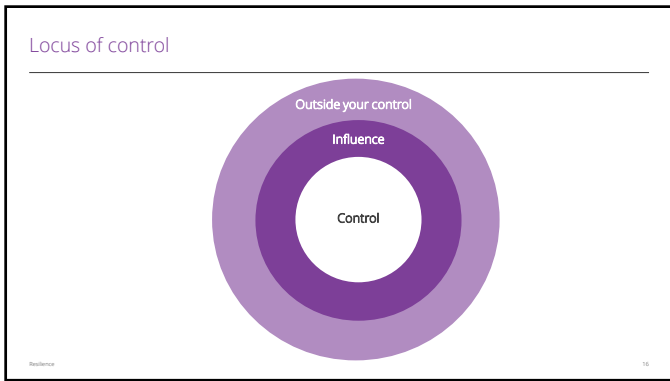
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Get through it

- The only way to get through it is to go through it
- Focus on what you can control
- Think of times you have successfully solved a problem
- Practice hope
- Notice your strengths
- Change negative self-talk



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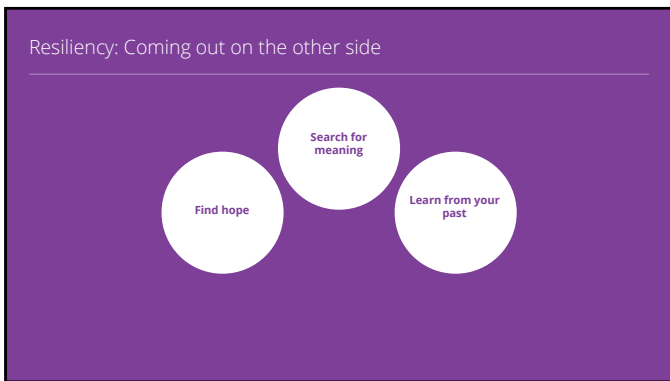
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Be flexible

- Give yourself permission to feel your feelings but know that sometimes you need to avoid strong emotions
- Depending on the situation, work to solve the issue or take care of yourself
- Spend time with loved ones or spend time alone
- Ask for help or try to do things by yourself
- Offer help to others or focus on yourself

Resilience


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Find hope


- Visualize your desires
- Turn worries into plans
- Practice optimism



Resilience


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"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping'."



Fred Rogers

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Search for meaning


- Search for meaning
- Think about the long-term
- Try to see the big picture
- Assign meaning to your experience

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Learn from your past

- Think about your past experiences of stress
- Think about how you responded
- Remember what you did that worked well for you
- What can you learn from that experience?



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The Waffle House Index

FEMA uses a Waffle House Index to measure damage from a storm

- If Waffle House is serving a full menu, damage is limited
- If Waffle House is not serving hot food, things are shaky
- If Waffle House is closed, there is likely severe damage

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The Waffle House principles

What we can learn from Waffle House about weathering a storm:

1. Have a manual
2. Accept the situation
3. Be flexible
4. Know you'll get through it

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Thank you for attending!

All calls are confidential, except as required by law.
Information is believed to be accurate as of the production date;
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Resources *for* Living

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