



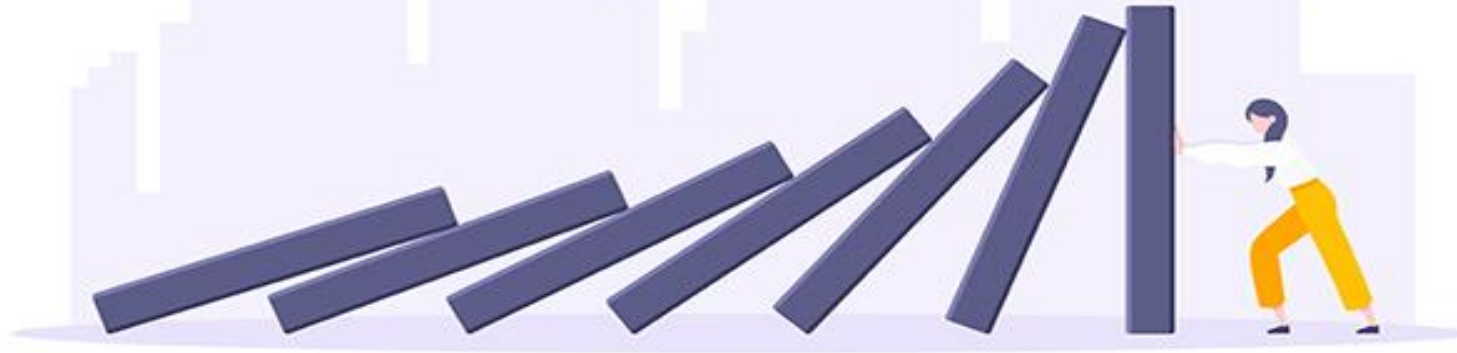
Mental Health Seminar
Building Resilience – A superpower
14 October 2023

You're not born with resilience. "It's not something you either have or don't have,"

Dr. Alexandra Burt, Michigan State University.

RESILIENCE

What is it & How do we build it?



bouncebackability

Rolling with life's punches



Resilience is the ability to cope with a crisis using mental and emotional strategies such as relationship building, self-efficacy and healthy thinking among others.

by Tarek Stephens (2014), Took, Press & Hoag (2018)

www.dyn.net (1/10) - Management skills for everyone

Resilience Definition

1. Resilience allows you to roll with the punches and cope with what life throws at you.
2. It is the ability to adapt and bounce back when things don't go as planned.
3. It's being able to learn from mistakes and move forward rather than wallow or dwell on failures.
4. Being resilient in some situations can even build inner strength and boost confidence in many areas of life.

Resilience – "The capacity to recover quickly from difficulties; toughness" (Oxford Dictionary definition)

RESILIENCE
is the ability
to find the inner
strength to bounce
back from a
SET-BACK OR CHALLENGE



Resiliency
The Power of Embracing Failure

resilience:

"an ability to recover from or adjust easily to misfortune or change."

—Merriam-Webster Dictionary

WHAT IS RESILIENCE?



Resilience is the ability to adapt and cope with stress, adversity, or trauma.

It is the capacity to bounce back and recover from difficult situations or challenges.

Resilience can involve emotional, cognitive, and behavioral processes, and can be developed and strengthened over time through various strategies such as positive thinking, social support, and self-care.

It is an important skill that helps individuals overcome setbacks and navigate life's ups and downs with greater ease and confidence.

Glossary of terms | © www.WorksheetsPlanet.com | All rights reserved | Protected by Copyright 

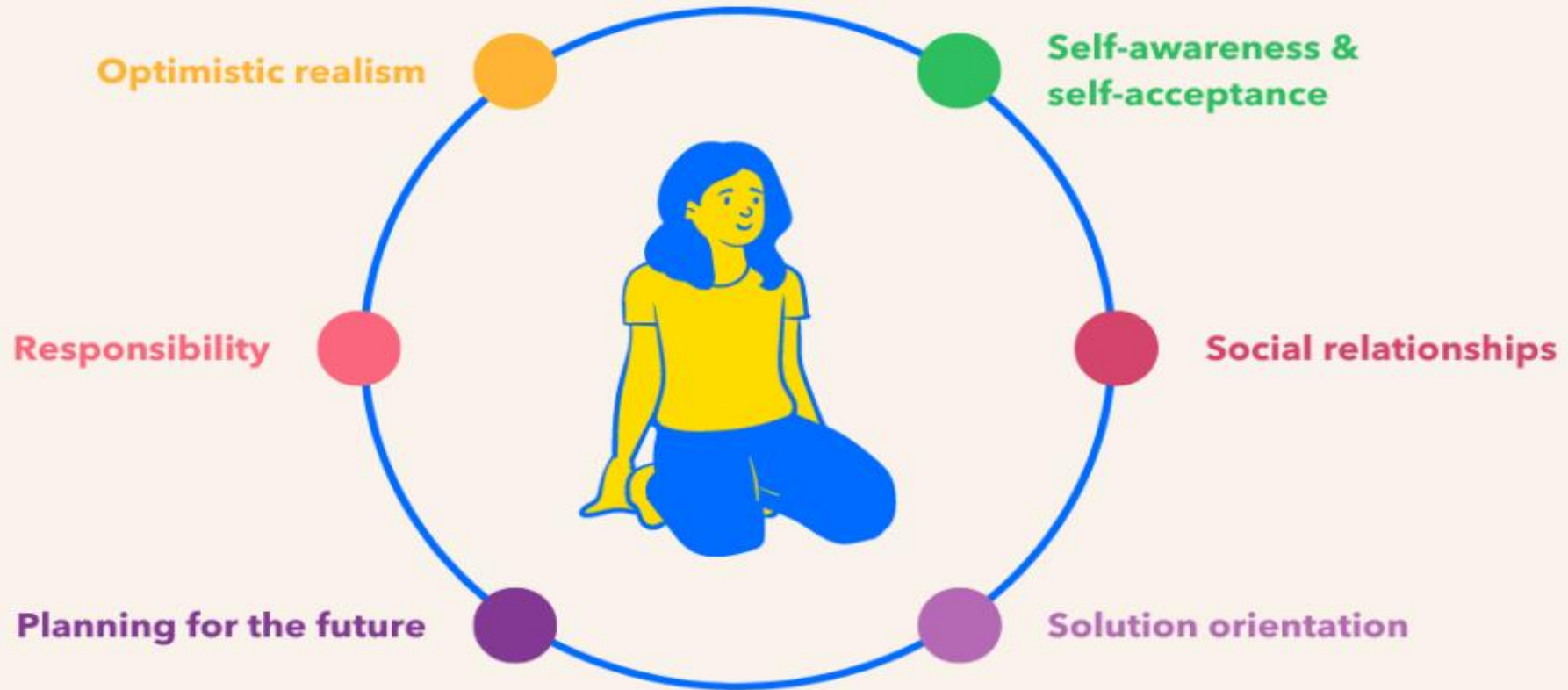
- Resilience is defined in different ways.
- Though there are nuanced differences, most scholars and laypersons alike agree that in its broadest sense, resilience is a positive response to adversity.
- Resilience is a process; whereas, resilient is an outcome.

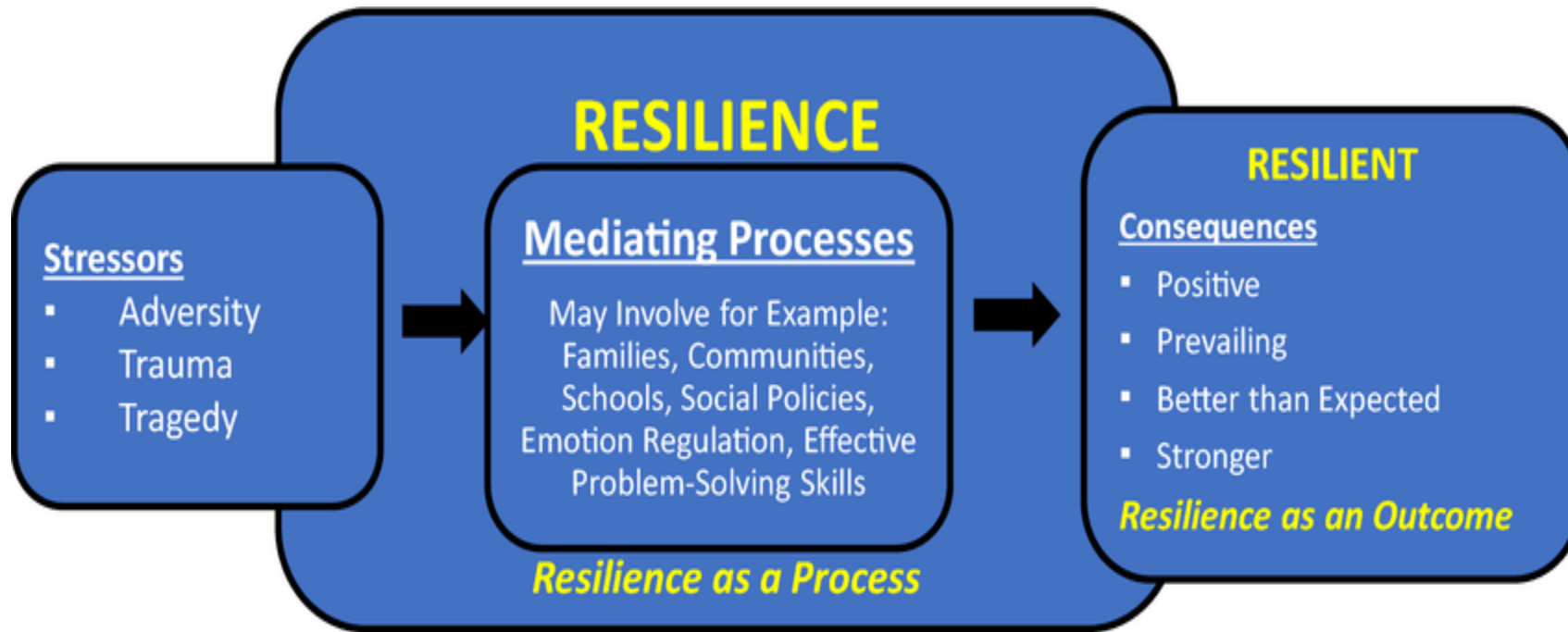
Bryant, C. M., Anderson, L. A., & Notice, M. (2022). Contemporary Family Therapy, 44 (3), DOI:[10.1007/s10591-021-09621-6](https://doi.org/10.1007/s10591-021-09621-6)

Are any of these familiar?



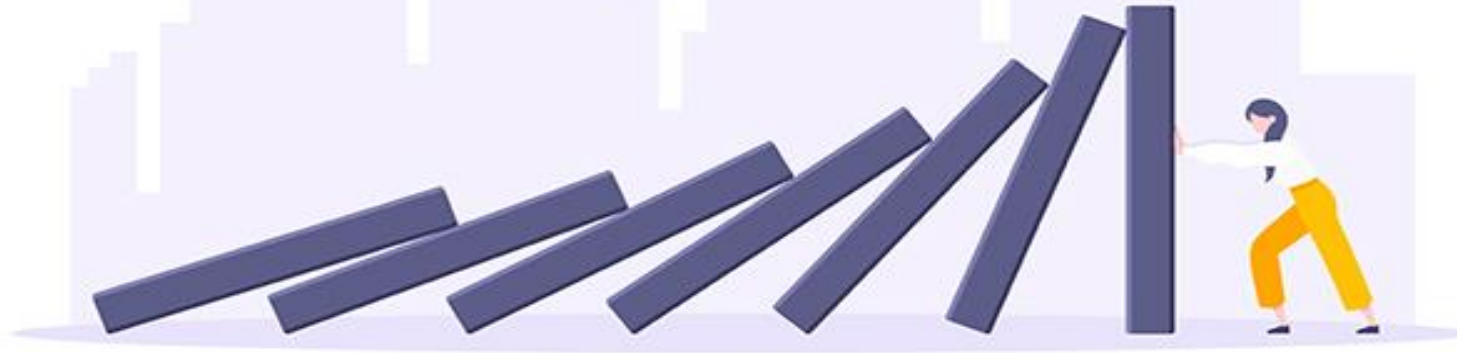
Resilience Factors





RESILIENCE

What is it & How do we build it?



How do we grow our resilience muscle? Building a resilience wall



Steve Hallett (2019)

Building blocks to the resilience wall – building a corridor

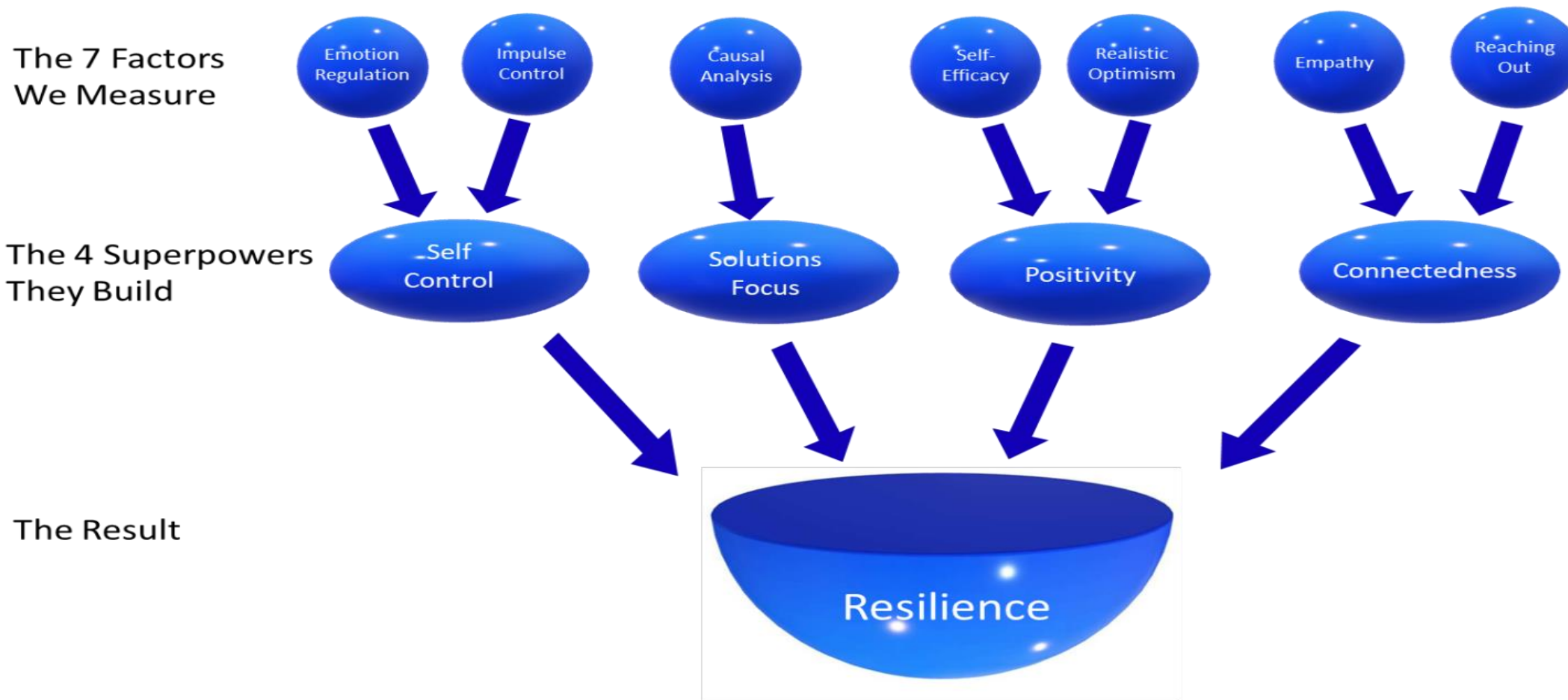
- Employ a “corridor” that tells you your working day is over, and your downtime has begun.
(Changing out of your work clothes at the end of the working day – that’s a corridor. So is showering when you get home, or walking the dog, exercising, listening to music – any change that tells you your workday has ended.)
- Change your routine. Some people have a stressful routine all week and live for the weekend.
(try “rediscovering Wednesday”? This involves simply doing something different and fun midweek, like having a picnic, going to the cinema or even just leaving work right on time. It means that when you look back on the week, Wednesday will have been different. You’re not recalling a grey block of endless work.)
- ❖ Commit to actions using the wall cartoon and adding their own building blocks.
- ❖ The more of these blocks you can add, the better you will feel and the more resilient you will grow.

Steve Hallett (2019)

Resilience – Your “secret, not-so-secret” superpower

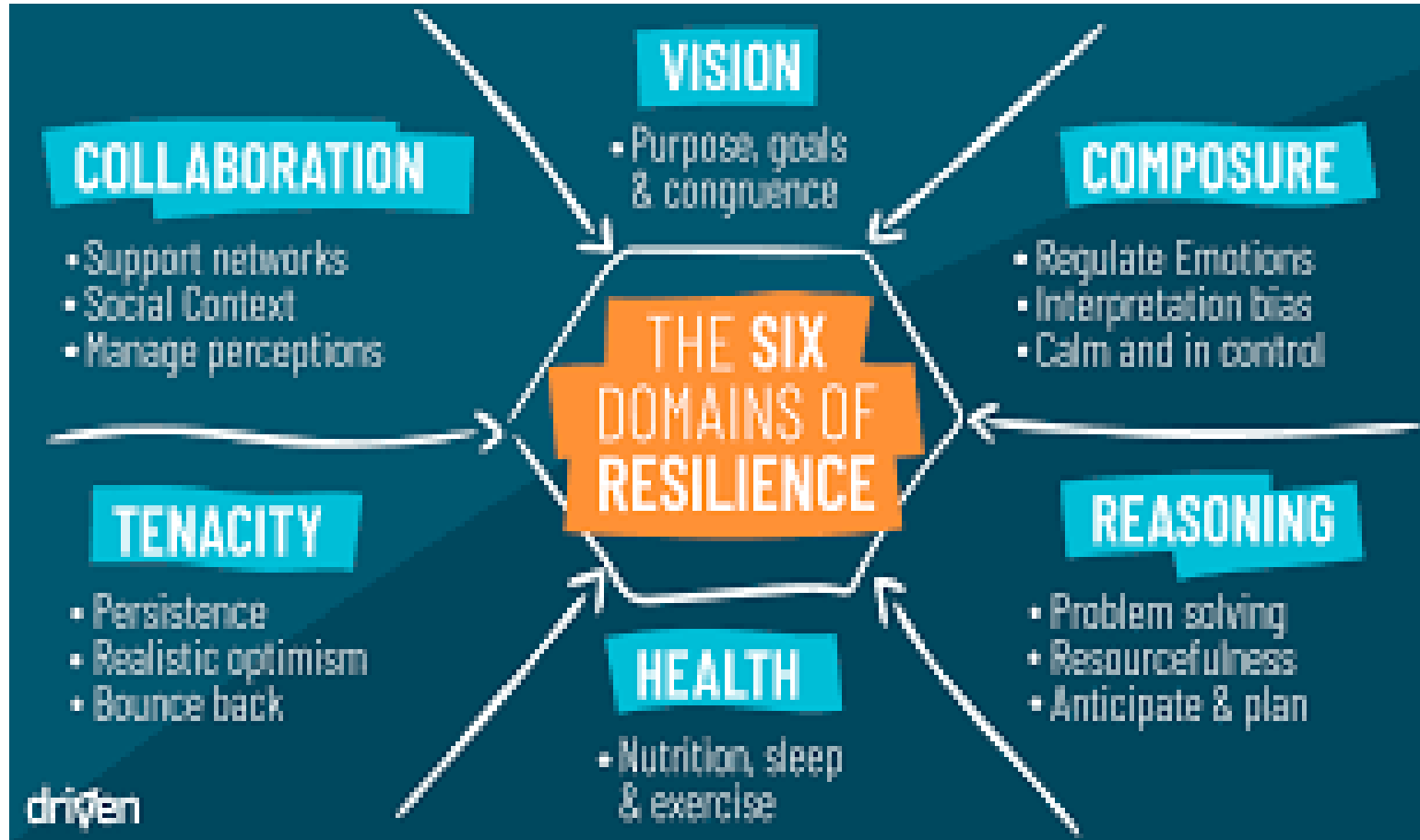


The Adaptiv Resilience Model



© Adaptiv Learning Systems

Connection
Empathy and
making a difference



Self-regulation
Self-control

Positivity

Solution Focus
Problem solving

Final thoughts

Resilience "does not come from rare and special qualities, but from the everyday magic of ordinary, normative human resources in [our] minds, brains, and bodies, [as well as] in [our] families and relationships" (Masten, 2001, p.235).

Resilience is "ordinary magic," characterized as an ecological construct, where positive outcomes emerge from and through interactions between individuals' capacity, their context, access to resources and support, including cultural relevance, meaning, and perception of how to adapt or overcome adversity (Bryant et al., 2022; Ungar, 2013).

In this sense, one's positive response to adversity emerges from the interaction of individual and contextual characteristics.

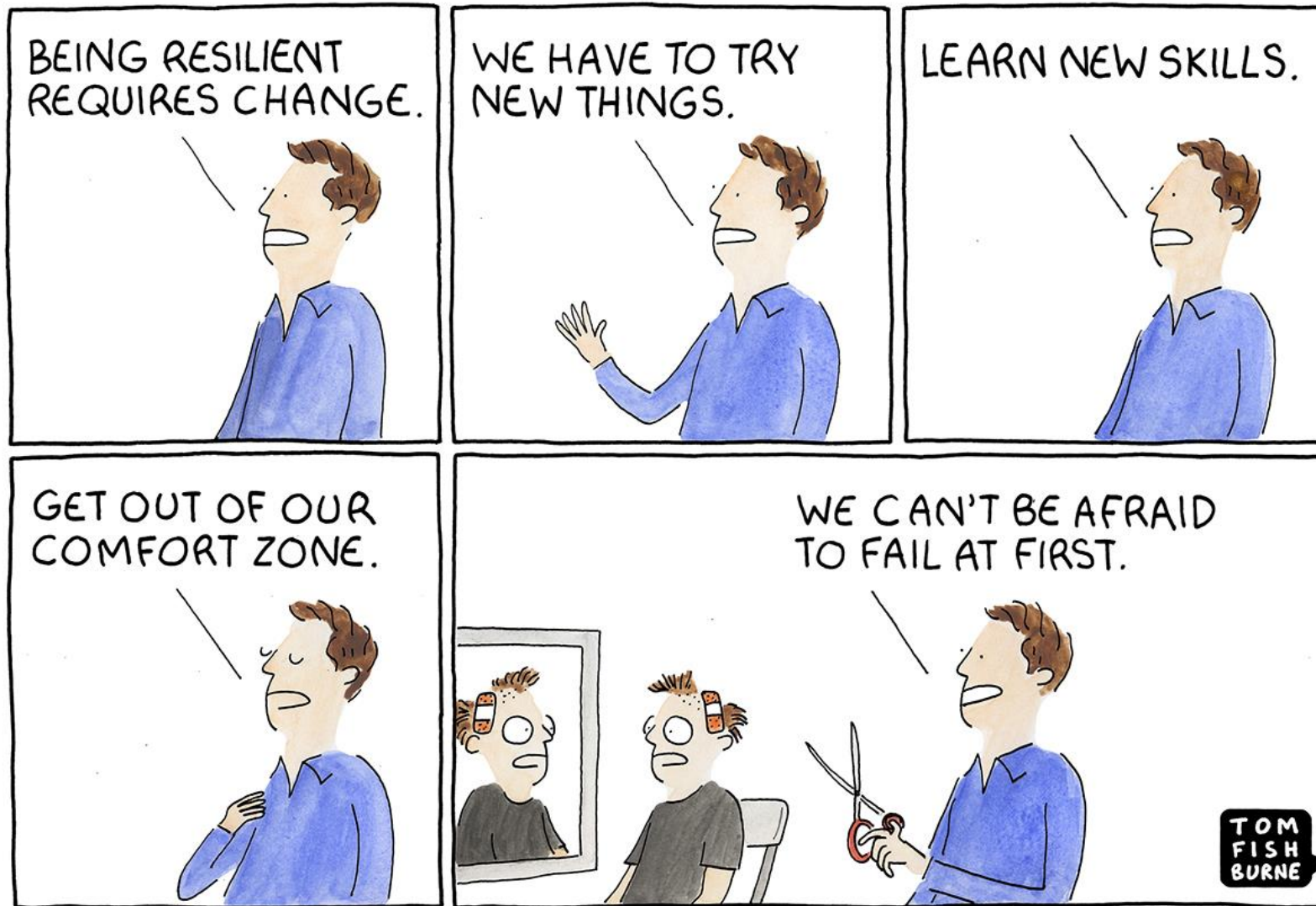
Final thoughts

- Never fear change or adversity
- Never fear “failure”
- Taking healthy risks may lead to “failure”, but it develops skills sets, leads to rebounding and builds resilience

Resilience – Resilient: The superpower that can be transferred



In Conclusion



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