

Resilience



presented by Pauline Humm-Johnson

Resilience



Is the process of adapting in the face of trauma, tragedy, threats of stress.

In a nutshell, resilience can be defined as the ability – and tendency – to *“bounce back”*.

Psychology Today



Resilience isn't a fixed trait, something that some people have and some don't, it actually requires ordinary processes and a willingness to give it a go.

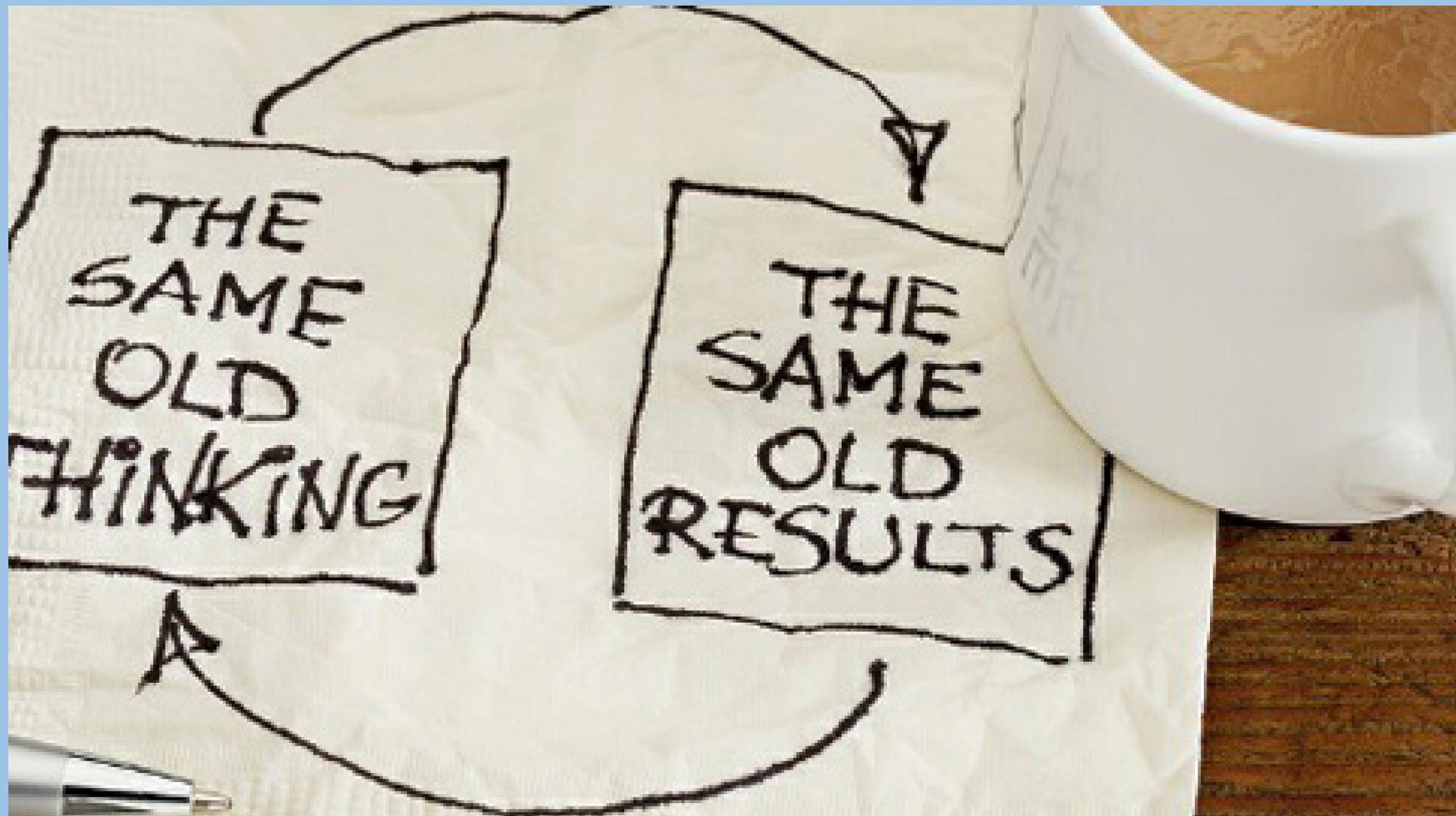
Life issues can put us on a pathway we don't want, we then need to decide how we respond to it.

We can build resilience through daily practice.



- I needed to stop stigmatising myself.
- I needed to take charge of my life and befriend myself.
- I needed to see myself as a champion in my life not a victim.
- I needed to believe in myself, trust myself and understand that anything is possible.
- I needed to rewrite the script.
- I needed to develop a positive outlook (what I now refer to as a growth mindset).
- I needed to develop a positive relationship with myself.





THE
SAME
OLD
THINKING

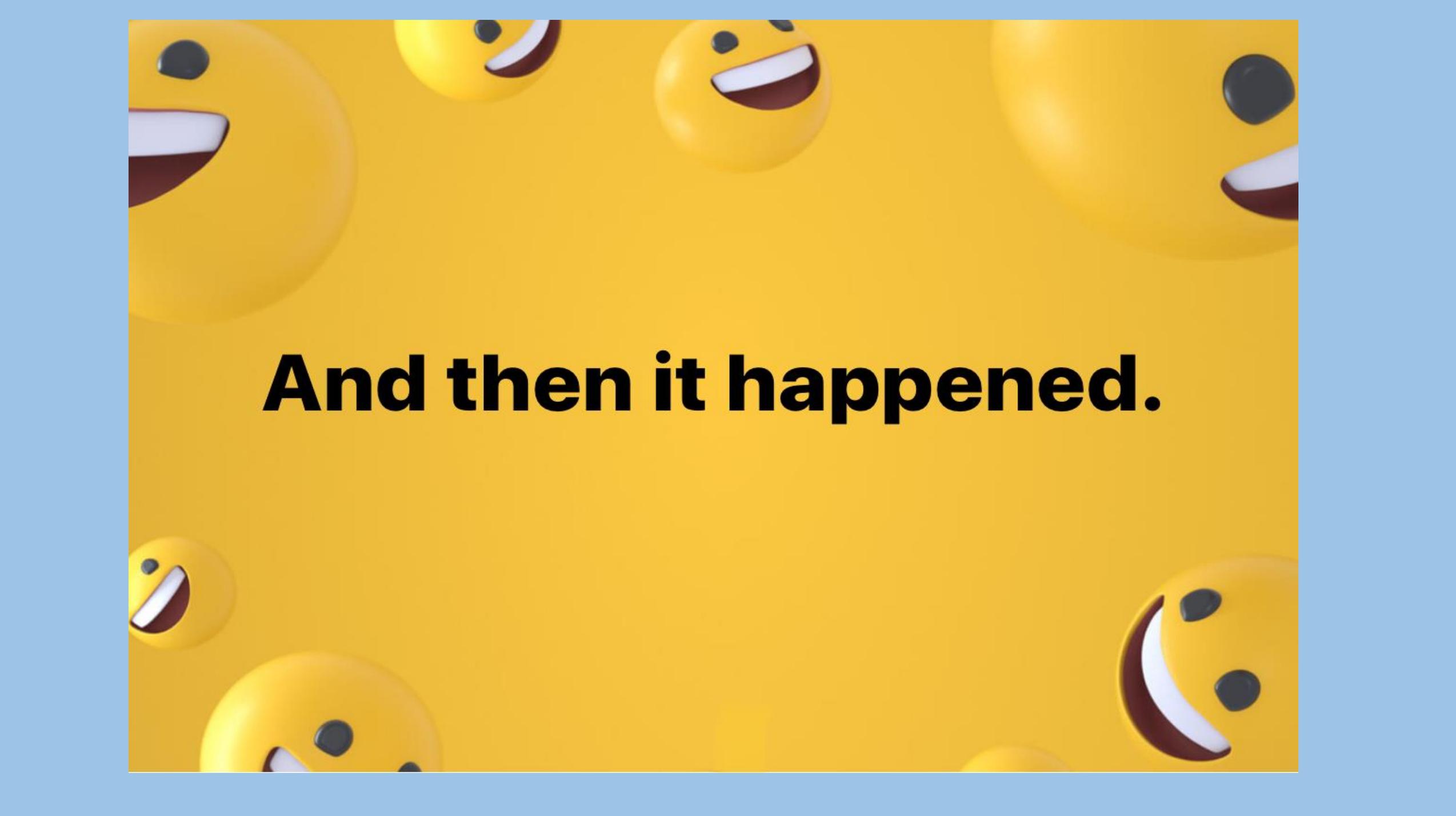
THE
SAME
OLD
RESULTS

Negativity

- Humans are hardwired with a negativity bias, a tendency to put greater weight on negative experiences than on positive ones.

Is this helping or harming me



The background is a solid yellow color with several 3D-rendered yellow emoji faces scattered across it. Each emoji has a wide, open-mouthed smile showing white teeth and a dark red tongue. The emojis are positioned at various angles and sizes, creating a playful and cheerful atmosphere.

And then it happened.

How to build resilience

We all face challenging times in our lives, but it's how we respond to them that can help make a difference.

Resilience is not something you have or don't have.

There are things you can do to become more resilient.



Three elements essential to resilience:

1) **Challenge** – resilient people view a difficulty as a challenge. They look at mistakes/failures as lessons to be learned from.

2) **Commitment** – Resilient people are committed to their lives and their goals, and they have a compelling reason to get out of bed each morning. This commitment is to all aspects of their life, work, family, friends, causes, their religious or spiritual beliefs.

3) **Personal Control** – Resilient people spend their time and energy focusing on situations and events that they have control over. They put their energy where they feel empowered and confident.

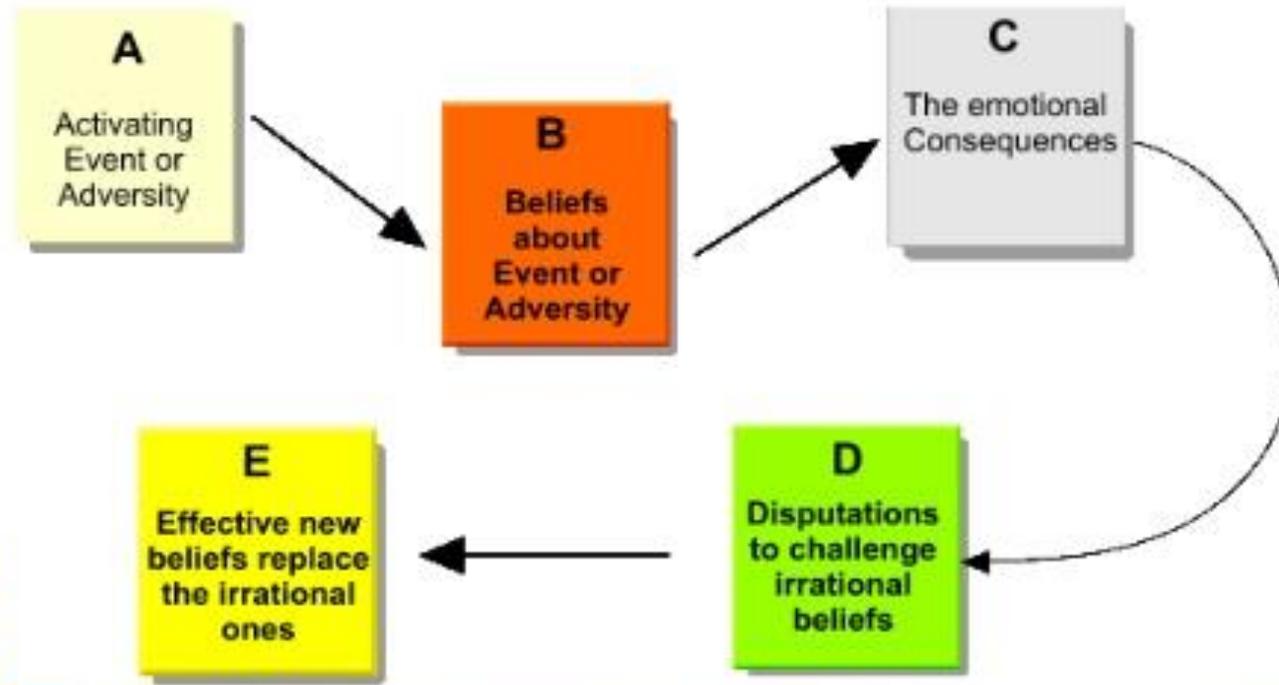
“Mindtools.com”

3 common traits of resilient people

- Acceptance of reality
- Sense of purpose
- Flexible thinking

ABCDE Model

Step one : Identify the negative beliefs that may be preventing you from resolving your issue



ABCDE's of Resilience



A = ADVERSITY of ACTIVATING EVENT

- What is the challenge or setback.
- What event has triggered your negative feelings.



B = BELIEFS about the event or adversity

- What are the beliefs, thoughts, and worries around this challenge?
- Your beliefs are how you interpret the adversity.
- (This is about thoughts not feelings)



C = CONSEQUENCE (The emotional consequence)

- How are these thoughts impacting on me?



D = Disputation / Distraction (To challenge irrational beliefs)

- Argue with yourself
- Sometimes you just need to distract yourself.



E – Effective new beliefs replace the irrational ones

- This is where irrational beliefs can be replaced by new beliefs based on current reality.



Key strategies to promote resilience

- Build self-esteem by reminding yourself of your strengths and qualities.
- Maintain a supportive social network of colleagues.
- Try to be as flexible as possible in the face of change. ...
- Develop positive thinking and optimism. ...
- Pay attention to your own needs.
- Remember adversity is a fact of life. Being resilient and optimistic will enable you to master the negative influences at work and in life.
- Develop skills such as mindfulness to support you.



BELIEVE
IN
YOURSELF