

Agenda:

- Why resilience?
- Research on resilience
- What we know about resilience
- How resilient are you? What can you do about it?
- Mindfulness and Resilience

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Why Resilience?

- Right now ... it's all about you – just for now 😊
- Taking care of the care giver
- You are only able to be effective with others and operate in congruence with your values when you take care of yourself

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Exercise

What is resilience?

How would you describe it in a word or two?

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Resilience

- **1: the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress**
(squishies ... anyone?)
- **2: an ability to recover from or adjust easily to misfortune or change**
(www.merriam-webster.com)

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Significant Resilience Researchers

- **Norman Garmezy, University of Minnesota**
 - Studied students who succeeded
- **Emmy Werner, Kauai, Hawaii**
 - Research on Protective Factors
- **Martin Seligmann, University of Pennsylvania**
 - Thinking and Explanatory Styles
 - Positive Psychology

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Innate

- **“You were born resilient.”**
- **Think of examples of resilience, small and large throughout your life.**



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Thinking Styles



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Resilient Thinking Styles

- Identify thoughts (ABCs of CBT)
- Identify Core Beliefs
- Recognize Thinking Errors

- Explanatory Style
 - Me/Not Me
 - Always/Not Always
 - Everything/Not Everything

(*The Resilience Factor*)

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Protective Factors

- Environmental Protective Factors
 - Caring and support, high expectations, meaning and purpose, pro-social bonding, and clear boundaries

- Internal Protective Factors
 - Life skills (EQ) sense of self
 - optimism perseverance
 - internal locus of control humor
 - flexibility creativity
 - spirituality social

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- <https://www.youtube.com/watch?v=kZIXWp6vFdE>

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My boss told me to
have a good day...



So I went home.

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Life Skills/EQ

Emotional Intelligence by Daniel Goleman includes:

- Self/other awareness (regarding thoughts, feelings, actions and how they interplay between you and others).
 - Mood Management (difficult feelings)
 - Self-Motivation (ability to set and strive towards goals)
 - Empathy (perspective taking)
 - Management of Relationships (making friends, managing conflicts)
- (Emotional Intelligence, 1995)*

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Internal Locus of Control

- Beliefs about what causes good or not-so-good things to happen in your life.
- Extent that you believe you can influence the events that affect your life. (*The Building Resiliency Workbook*)
- In a scale that measured Internal Locus of Control, Werner (Kauai study) noted that resilient people were two standard deviations higher than the standard group. (Konnikova, *The New Yorker*, 02/11/16)

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Resilience Exercise

- Applying this to your life:
- Think of an adversity that you have overcome.
- What protective factors helped you overcome/work through this adversity?
- Which of those might you use to overcome a current or future obstacle no matter how large or small?

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CD – RISC 10

- The need for a scale measuring resilience came from Dr. Connor's and Dr. Davidson's work with patients who have PTSD and other forms of anxiety.
- Resilience scales existed but were not designed for clinical practice.
- They recognized that in addition to reducing the symptoms of PTSD that their patients became more resilient in general and had an improved ability to manage their stress.

(www.connordavidson-resiliencescale.com)

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Opportunity to complete the scale!

- You have an opportunity to complete the CD-RISC 10 to measure your own level of resilience.
- **Reminder: the scale cannot be used or distributed without permission.**
- Scale also comes in a 25-question and a 2- question format.
- Contact the authors for permission.
- www.connordavidson-resiliencescale.com

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Resources on resilience:

The Resilience Factor by: Reivich and Shatte

The Resiliency Workbook by: Henderson

The Building Resiliency Workbook by:
Leutenberg and Liptak

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- [https://www.youtube.com/watch?v=Ep9Vzb6R 58](https://www.youtube.com/watch?v=Ep9Vzb6R58)

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Summary

- Innate and strengths based
- Room for further personal growth
- Thinking styles are key
- Protective Factors are necessary
- Mindfulness is effective in building mental resilience

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Thank you!

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