

ASTERI★PURSUIT

RESILIENCE

The Practice of Overcoming Adversity

WORKBOOK

Presentation Outline

Topic Highlights

Stress

Resilience

Prevention

Preparation

During Stress

Post Stress

What you can do now

BY MICHAELA ANDERSON, CCP

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STRESS

STRESS DEFINED

“Stress is a natural physical and mental reaction to life experiences. Everyone expresses stress from time to time. Anything from everyday responsibilities like work and family to serious life events such as a new diagnosis, war, or the death of a loved one can trigger stress.

TYPES OF STRESS

STRESS IS PART OF LIFE

ACUTE STRESS

CHRONIC STRESS

EUSTRESS

DISTRESS

(AIS, N.D.).

Resilience

Adaptation to adversity (STRESS)

1. Adversity (Challenging or difficult life experience)
2. Mechanisms to avoid, cope, and recover from adversity
3. Healthy functioning after adversity

RESILIENCE IS NOT

- BEING UNAFFECTED BY YOUR EXPERIENCES
- ALL OR NOTHING
- A TRAIT YOU HAVE OR DON'T
- SOMETHING YOU ARE BORN WITH

(APA, 2020a; Hamby et al., 2018)

FACTORS OF RESILIENCE

EMOTIONAL

MEANING MAKING

INTERPERSONAL

FACTORS OF RESILIENCE

EMOTIONAL

EMOTIONAL SKILLS FOR DEVELOPING RESILIENCE

- Emotional Awareness & Regulation
- Coping Skills
- Honesty Humility & Expectations

EMOTIONAL AWARENESS & REGULATION

- Emotional intelligence
- Adapt to negative emotions
- Perseverance

COPING SKILLS

- Stress management
- Learned hopefulness
- Engagement
- Mindfulness

HONESTY & HUMILITY

- With yourself and with others
- Reasonable expectations
- Embrace our emotions

(Hamby et al., 2018; Kerig, 2020)

FACTORS OF RESILIENCE

MEANING MAKING

MEANING MAKING SKILLS FOR DEVELOPING RESILIENCE

- Sense of Purpose
- Optimism
- Spirituality & Religion
- Cultural and Family Values

Sense of Purpose

In life

In work

In relationships

Knowing my why

Spirituality/Religion

Faith in a higher power

Connection to something greater than yourself

Cultural & Family Values

What is my role

What am I needed for

Who needs me

Optimism

Believing the good in others

Believing the good in yourself

Believing the good in events

(Hamby et al., 2018; Kerig, 2020)

FACTORS OF RESILIENCE

INTERPERSONAL

INTERPERSONAL SKILLS FOR DEVELOPING RESILIENCE

- Generativity
- Compassion (Self & Others)
- Social Support & Closeness
- Sense of Community

Generativity: Mentoring, nurturing, guiding

Compassion: Empathizing with others and yourself

Attachment: Close relationships

Social Support: People you rely on and who rely on you

Community: sense of belonging

(Hamby et al., 2018; Kerig, 2020)

Dynamic Practice

Developing all three factors will allow for the greatest level of protection from mental health problems caused by adversity

- Learned process

- Practice not perfection

- Reasonable expectations

CURRENT CHALLENGES

FEAR

STRESS

NEGATIVITY

JUDGEMENT

MEDIA BOMBARDMENT

BURNOUT

VICARIOUS TRAUMA

SECONDARY TRAUMATIC STRESS

COMPASSION FATIGUE

RESILIENCE IN PRACTICE

1

PREVENTION
& PREPARATION

2

DURING THE
STRESSFUL EVENT

3

AFTER THE
STRESSFUL EVENT

(Davydov et al., 2010)

Prevention & Preparation

How you can prevent the negative impacts of stressful or potentially traumatic events before they occur

Optimism:

Humour:

Emotional Intelligence:

Health:

Stress Prevention:

Positive Environment:

Spirituality & Religion:

Value Based Living:

Relationships & Community:

During the Event

How you can cope with stressful or potentially traumatic events in the moment

Progressive Muscle Relaxation:

Diaphragmatic Breathing:

Mindfulness:

5 Senses:

Attachment Reflection:

After the Event

How you can cope with stressful or potentially traumatic events in the moment

Cognitive Flexibility

Positive Explanatory Style

Appraisals

- About the event
- What it means to us
- What it means to others
- Vulnerability
- Permanence
- Blame
- Reactions

Common Unhelpful Appraisals

Hindsight Bias

- Overgeneralization
- Just-world Hypothesis
- Failing to differentiate guilt, responsibility, and the uncontrollable

After the Event

How you can cope with stressful or potentially traumatic events in the moment

Compassion

Socratic Questioning

- Evidence for
 - Evidence against
 - Is it true
 - Is it the whole picture
 - Are extremes involved
 - All or nothing
 - Feelings or facts
-

Value-Based Living

Keep your values in plain sight
Reflect on what your values are
Reflect on your actions
Reflect on your thoughts
Mindfulness
Talk about it

CLOSING NOTES

Resilience in your life

Q1 WHAT CAN I DO TODAY TO BECOME MORE RESILIENT?

Take control of what you can: health, stress, sleep, relationships
Laugh often
Be honest
Accept your emotions
Surround yourself with resilient people

Q2 HOW CAN I COPE WITH MY CURRENT STRESSORS?

Ask for help
Practice relaxation
Be aware of your breath
Reflect on past wins, and others who have also overcome what you are going through

Q3 WHAT CAN I DO TO CONTINUE TO DEVELOP RESILIENCE?

Practice
Value-Based Living
Foster close relationships
Engagement (not avoidance)

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NOTES/QUESTIONS

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