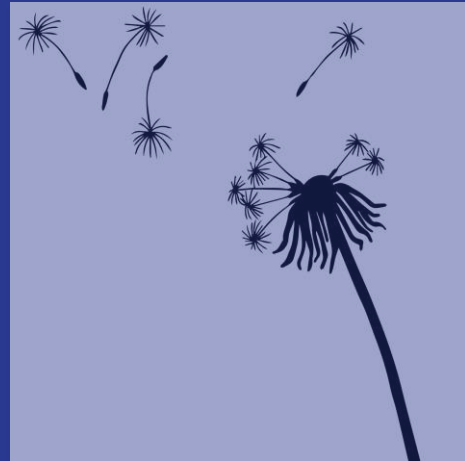


From Surviving to Thriving: Building the Resilience to Navigate Through Stressful Times



Kristine Reynolds, LICSW

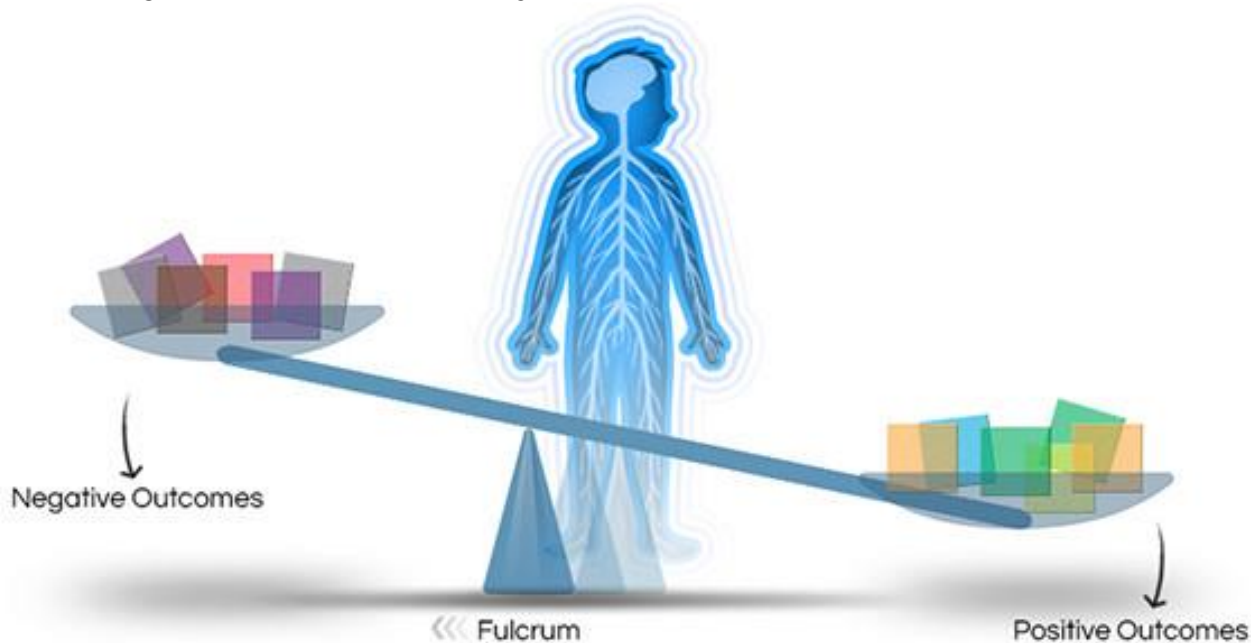
Disclosure

I have no relevant financial relationships to disclose or conflicts of interest to resolve.



What it it?

Resilience is our internal ability to bounce back from and **navigate through** life's stressors and/or traumas. Our DNA initially identifies where our level of resilience starts out, however it can be changed! The **The Center on the Developing Child at Harvard University** uses the analogy of a seesaw.



A quick critique of the concept of resilience



Strength vs. Weakness

Analogies often used

What are we using to measure
where someone “should” be
working towards?

It is more than productivity

Don't forget why a person is
“bouncing back” in the first place.

- Life still will probably look different as we are experiencing stress or after a trauma has happened, the important part about resilience is **not** that you are “back to normal”, but that you have redefined what you want your version of “normal” to be.
- Resilience is a lifestyle/way of being not an intervention.



What is this stress (or trauma) that we are navigating through?

- Will look different to different people.
- Some symptoms of stress:
 - feeling irritable or down
 - experiencing muscle tension
 - minor difficulty sleeping
 - not feeling like one's normal self
 - having excessive guilt, shame or blame
 - feeling out of control
 - experiencing panic
- If not address these symptoms can turn into burn out, caregiver fatigue, depression, anxiety, PTSD and can impact our ability to do our work.



Building your Resilience!



Focus on the positive and keep things in perspective.

Recognize and use your skills and abilities with confidence.

Pay attention to what's most important and move towards your goals.

Creativity

Make and nurture connections.

Structure/Routines

Trying new things, even then they are scary

Feel your feelings.

Patience and a positive self-view.

Get comfortable with ambiguity and change.

Practice self-care (this turns into resilience)

Focus on the positive and keep things in perspective



Change the story you tell yourself- focus on things that are changeable

Gratitudes

Reflection (silver linings, but not minimizing)

Challenge where you got the message



Recognize and use your skills and abilities with confidence

Find your strength(s)

Focus on learning

What would you say to a friend



Pay attention to what's most important and move towards your goals

Simplify

Say NO

Set Goals



Creativity

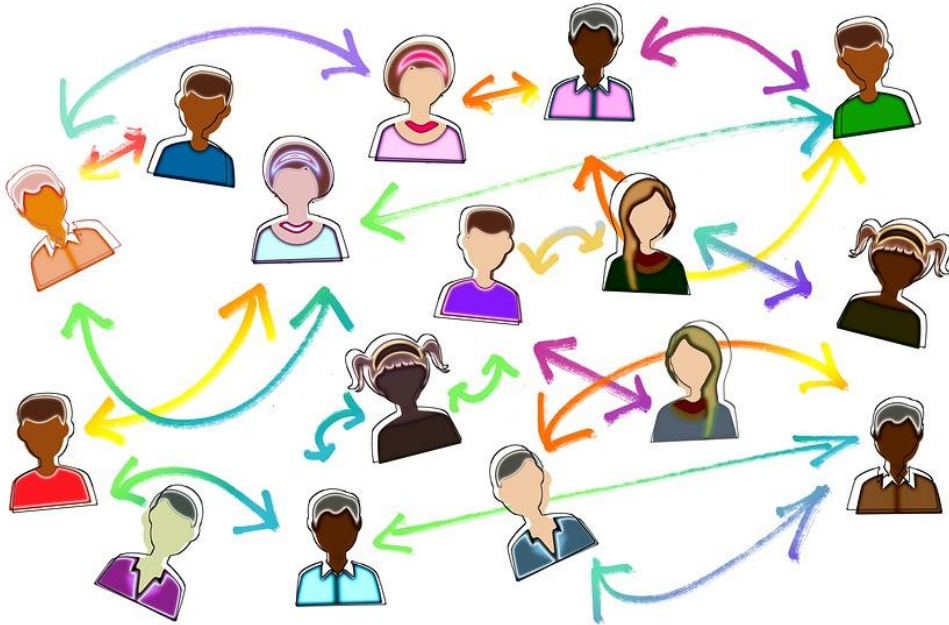
Yes...and

Let ideas flow

Resist Judgment



Make and nurture connections



Be the one to start the conversation

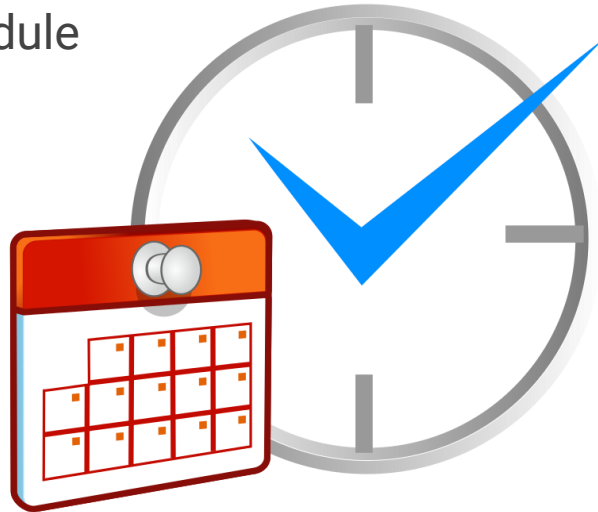
Ask for help

Find a purpose

Structure /routine

Find what works for you (this make take some trial and error)

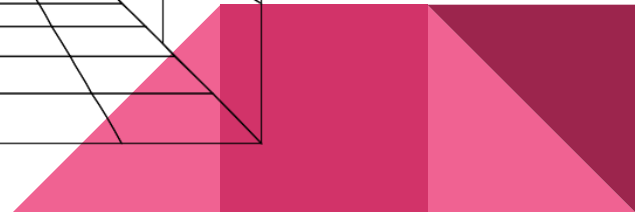
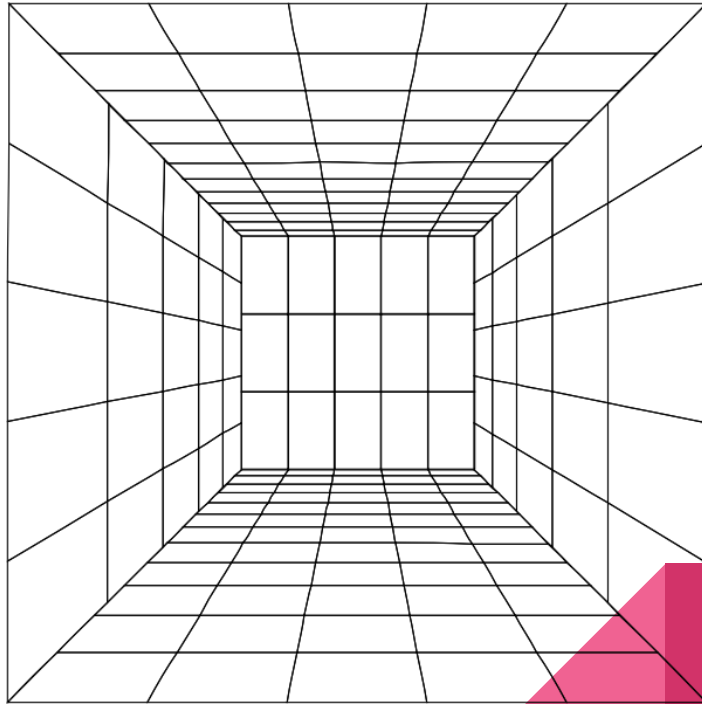
Plan your time/make a schedule



Trying new things, even then they are scary

Perspective

Practice-small steps and reflect



Patience and a positive self-view

Things will not go as planned...and that's ok

Breathe

You can do hard things



Get comfortable with ambiguity and change

Are you “shoulding” all over the place

Reframe, reframe, reframe

Practice Mindfulness

Remind yourself that you can do hard things



One more thing!

The over all body is important too!

Practice Self-care

Prevention and Response

Make an actual plan

Resources:

“You feel like shit”

University of Buffalo-Social Work Department-Self-Care



Resources and References

The Center for the Developing Child at Harvard University- <https://developingchild.harvard.edu/>

Resilience Alliance- <https://resiliencealliance.com/about-us/>

Prosilience- <https://prosilience.com/exercises/>

Realization Institute- <https://realizationinstitute.com/seven-resilience-muscles/>

American Psychological Association- <https://www.apa.org/topics/resilience>
<https://www.apa.org/helpcenter/resilience>

Cornell Health- <https://health.cornell.edu/resources/health-topics/building-resilience>

Brene Brown-podcasts and books



A few more Resources and References

Bozdağ, F., & Ergün, N. (2020). Psychological Resilience of Healthcare Professionals During COVID-19 Pandemic. *Psychological reports*, 33294120965477. Advance online publication. <https://doi.org/10.1177/0033294120965477>

Hoopes, L. (2017). *Prosilience: Building Your Resilience for a Turbulent World*, Dara Press

Developing Personal Resilience (by Linda Hoopes)- <http://www.reply-mc.com/2011/05/29/developing-personal-resilience-by-linda-hoopes/>

You feel like shit-interactive flow chart- https://philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html

University of Buffalo-Social Work Department-Self-Care <http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>



Questions?

I love talking about resilience! Feel free to reach out!

Kristine Reynolds

kristine@vtresiliency.com

www.vtresiliency.com

