

Resilience: A (Very) Short Course on How to Be Friends With Failures and Setbacks

Nabiha Rahman and Avani Abraham

Credits to Marc Wilchesky, PhD, CPsych

Executive Director, Counselling and Disability Services



redefine THE POSSIBLE.

Basic Peer Leadership Training
Bethune College Student Ombuds Services

Sunday May 14, 2017



Definition of Stress

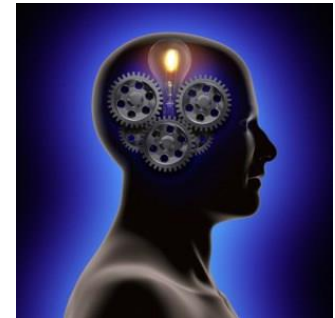


What does stress mean to you?

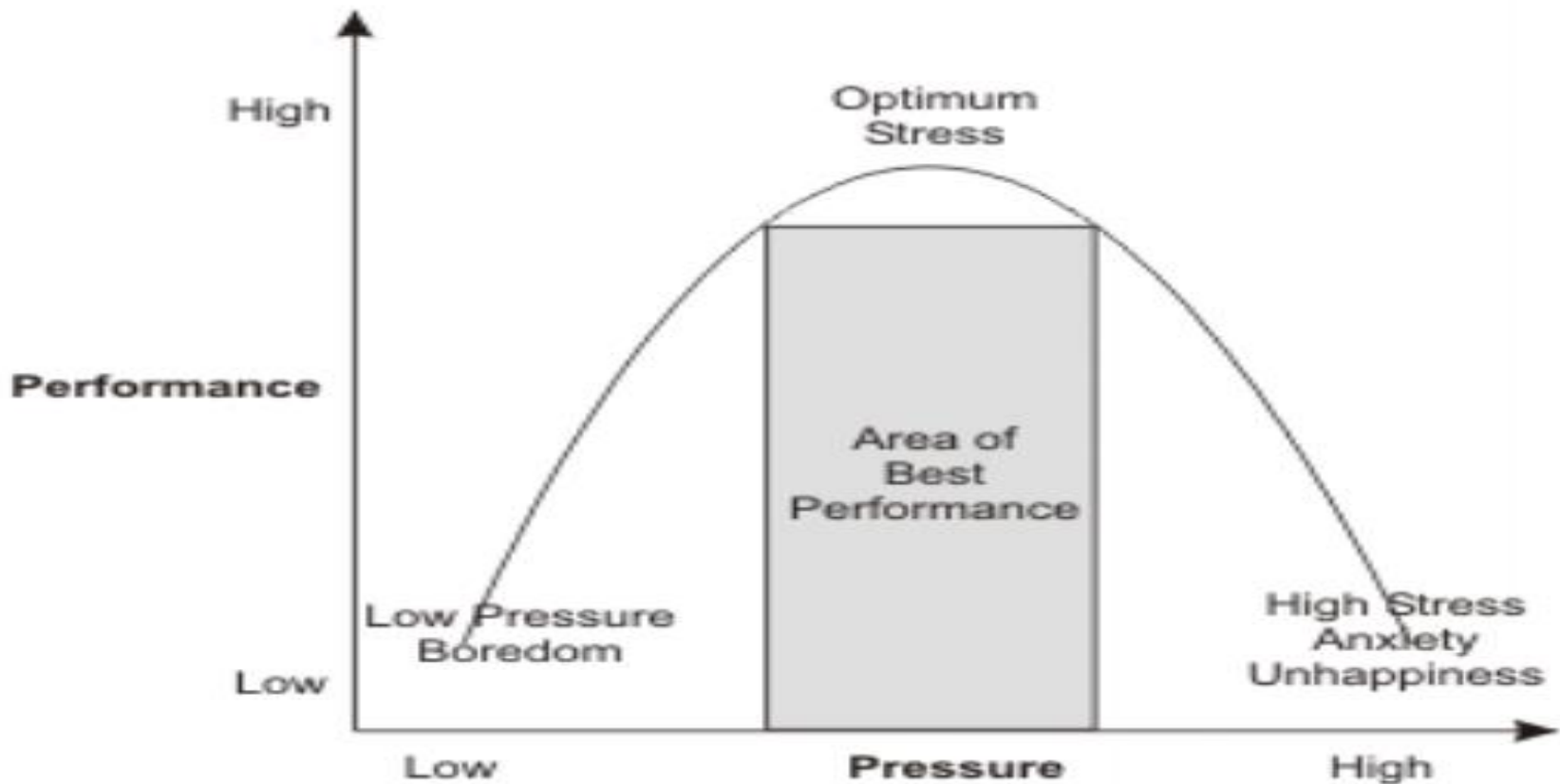
Definition of Stress



- A natural response to any demand placed on you
- Stimulating and increases your level of alertness
- Inescapable, part of day-to-day living
- A motivator and energizer



Inverted-U Graph of Stress



The Inverted-U relationship between pressure and performance

Thoughts and Feelings of di/Stress



- Difficulty concentrating (forgetting)
- Excessive self-criticism
- Moody, worried, scared, irritable, depressed, reduced self-esteem, pessimistic, helpless, withdrawn, easily embarrassed



Strategies on dealing with Stress



How do you deal with your distress?



Tips on dealing with stress



- Good nutrition
- Regular exercise
- Enough sleep
- Breathing exercise
- Prayer
- Time management
- Assertiveness skills



What is Resilience?



How do you view your setbacks & failures?



“Resilience is the ability to know where, how and when to use your energies to improve things for yourself and how to recruit help in that endeavour”. - **BRIGID DANIEL**

Daniel, B. The Value of Resilience as a Concept for Practice in Residential Settings. *Scottish Journal of Residential Child Care*, February/March 2003

What is Resilience



The ABC's of Resilience (Kathryn Meisner)

Why is Resilience so Important?



Because it is rare for individuals never to be confronted with adversity or challenging circumstances during the course of their lifetime.



How Can We Develop Resilience?



- The good news is that resilience is not a trait that people either have or do not have – it involves thoughts, beliefs, attitudes and behaviours that can be learned and developed.
- What are some strategies we can use to develop resilience?

How Can We Develop Resilience?



- Scenario: Chilean Miners Scenario



Stories to Remember



What are your stories of resilience?

"Out of suffering have emerged the strongest souls; the most massive characters are seared with scars"

- Khalil Gibran

Psychological and Environmental Factors that Contribute to Resilience



- Positive Self-Regard
- Internal Locus of Control/Evaluation
- Stress Management Strategies (e.g. “Parking”, laughter and social support)


**KEEP
CALM
AND
STAY IN
CONTROL**



Symptom Reduction and Adaptation Strategies



1) Park the problem!

- Parking a problem is not avoiding, denying or forgetting about it.



- It means that you have decided that you will attend to it later, allowing you to focus totally on the task(s) you presently have to do.

2) Thought Stopping

“Never finish the worry, always interrupt it”

STOP > RELAX > POSITIVE SELF-TALK



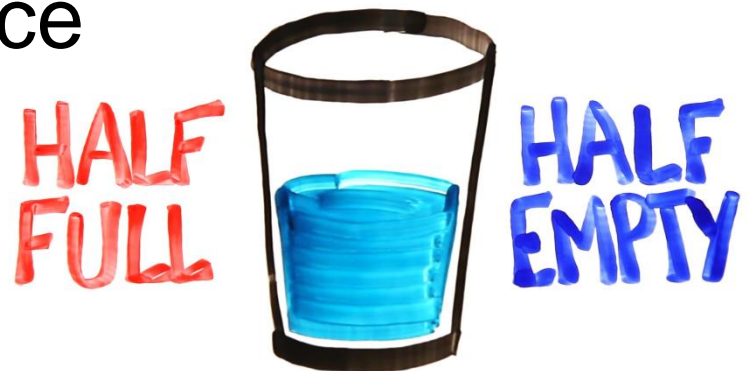
- Implement the “prevention strategies” such as: physical activity, relaxation, social support system, positive self-statements, vacation, etc.

Symptom Reduction and Adaptation Strategies



3) Reframe the problem - turn crisis into challenge or opportunity.

- Try to see another perspective
- Lack of acceptance of things that cannot be changed creates great di/Stress, continued anxiety and inhibits resilience



Laughter is the Best Medicine



Gelotology

- The study of laughter and its effects on the human

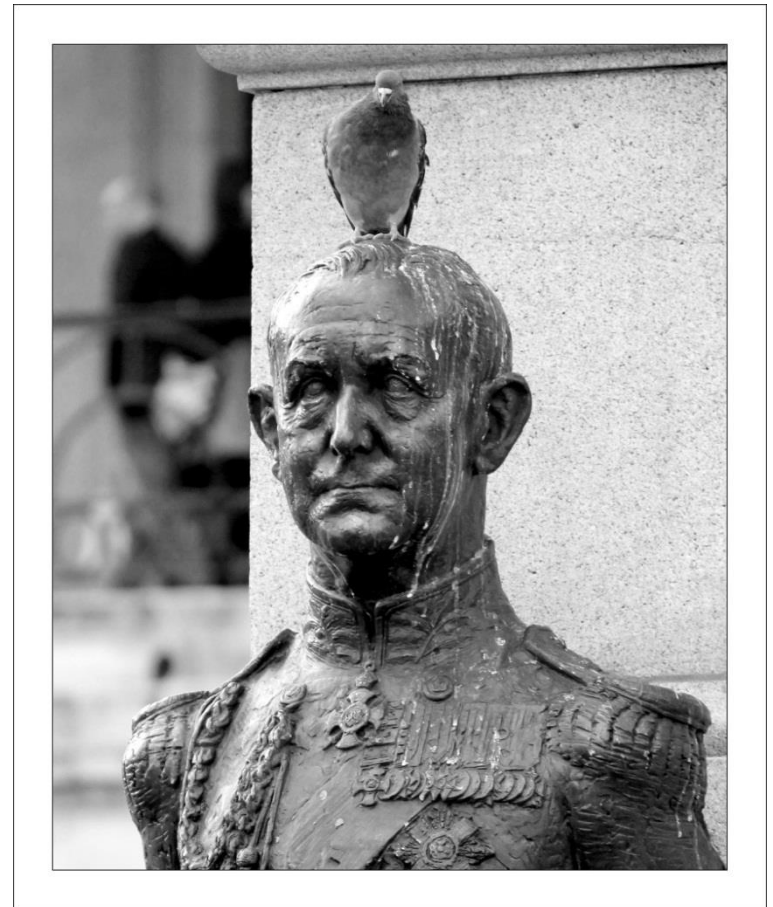
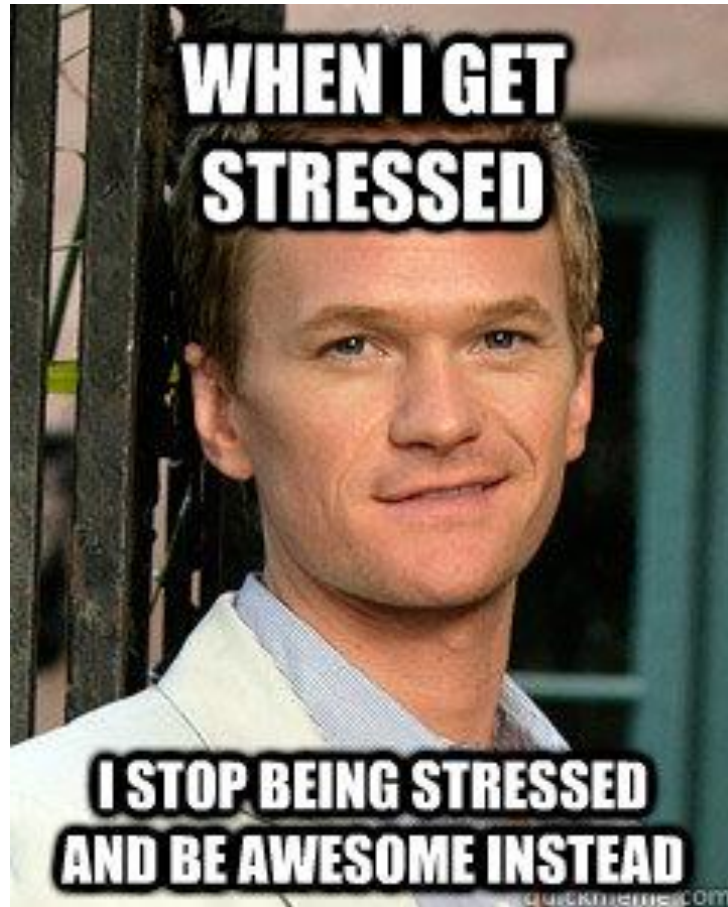


Laughing is electrochemical



- It lowers levels of catecholamines, the “fight or flight ” hormones, released by the adrenal glands in response to stress

A Little Humour Never Hurts...





Don't give up

https://www.youtube.com/watch?v=c1H92b_uLdU



Stress juggling



- write 3 stresses on tape.
- Develop a passing pattern with object provided (NOT a circle)
- Once pattern is established
- Repeat passing with one stress taped to your object
- Maintain passing while objects are added



Final Thoughts



How can you relate resilience to the leadership role of CR or other SOS positions?

.