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

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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

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- Moody, worried, scared, irritable, depressed, reduced self-esteem, pessimistic, helpless, withdrawn, easily embarrassed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?

“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

How do you view your setbacks & failures?
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
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)
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.
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…
Resilience

Don’t give up

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