

Building Resilience

“Challenges are what make life interesting; overcoming them is what makes life meaningful”

- Joshua J Marine



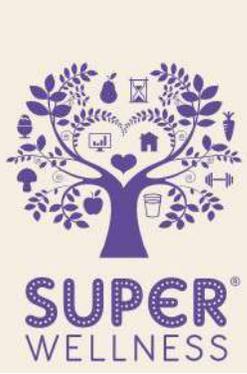


Agenda

Understanding resilience

Strategies to build resilience

Building a personal resilience plan



How resilient do you feel?

1. What does resilience mean to you personally?
2. How do you currently rate your resilience level?
 - a) High
 - b) Moderate
 - c) Low
3. “Resilience is something that can be learned and developed.”
True or false?



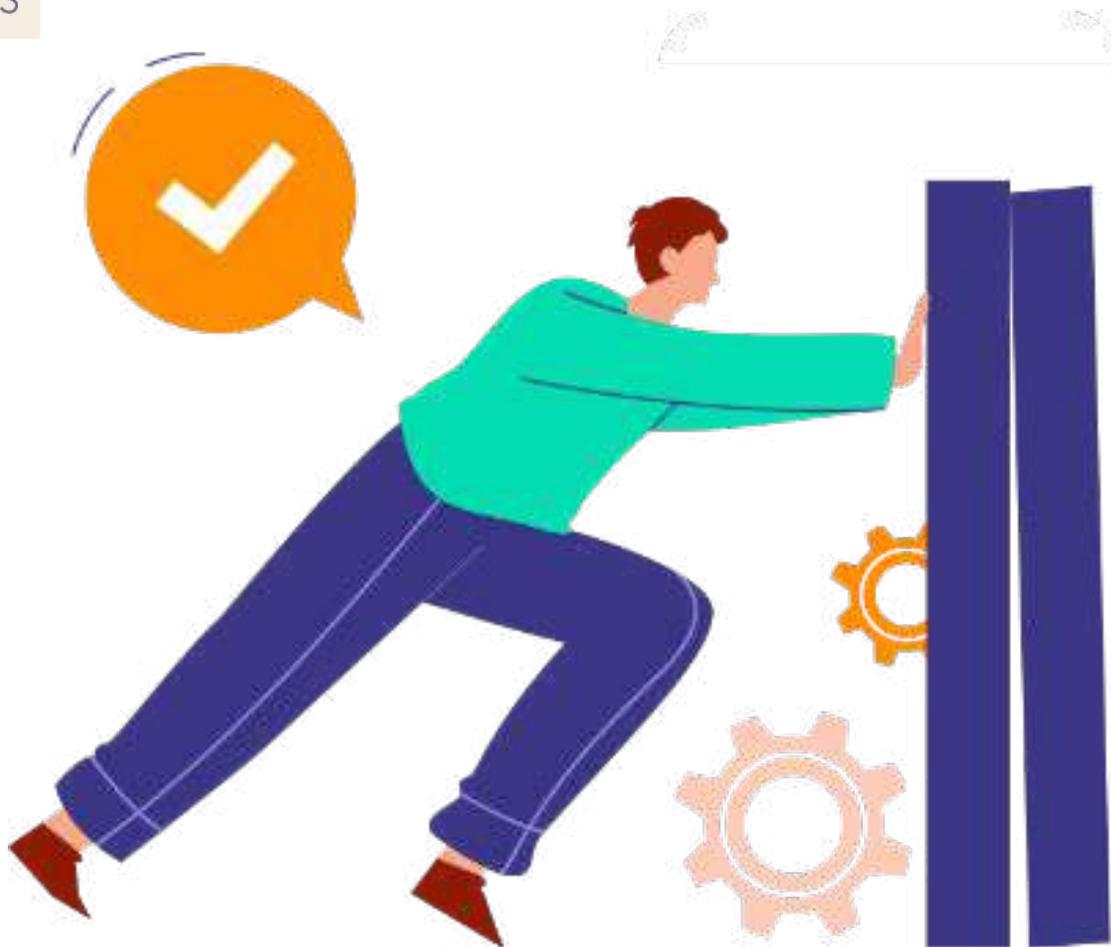


Understanding resilience





What is resilience?



Resilience is the ability to adapt, recover, and thrive in the face of adversity, stress, or significant challenges



The 4 components of resilience

Emotional

Cognitive

Physical

Social





The 7 C's of resilience

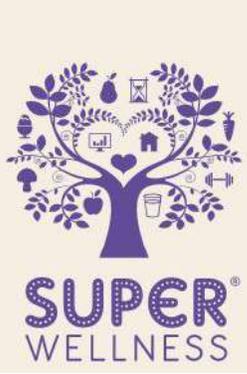
- 1) Competence
- 2) Confidence
- 3) Connection
- 4) Character
- 5) Contribution
- 6) Coping
- 7) Control



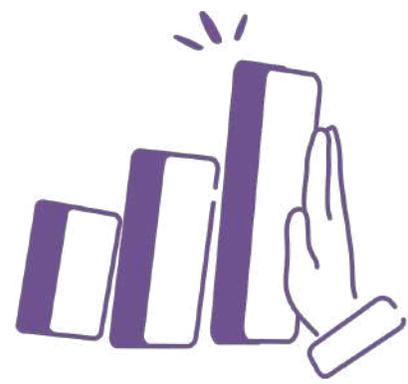


What are some factors that may influence your resilience?





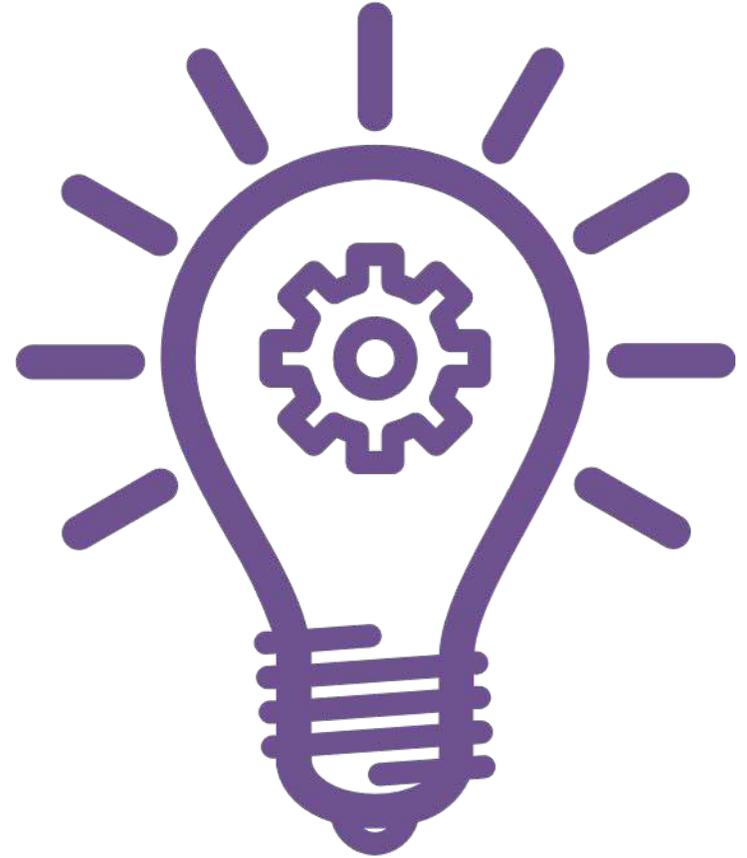
Impact of resilience



| | High resilience | Low resilience |
|-----------------|--|---|
| Wellbeing | <ul style="list-style-type: none">• Better emotional regulation• Positive mindset• Low stress and anxiety• Better health outcomes• Stronger relationships• Adaptable and persistent | <ul style="list-style-type: none">• Emotionally reactive• Negative mindset• High stress and anxiety• Slower recovery from illness• Strained relationships• Resistant to change |
| Job performance | <ul style="list-style-type: none">• Improved job performance• Increased problem-solving• Higher levels of job satisfaction• Higher levels of teamwork | <ul style="list-style-type: none">• Lower productivity• Struggles finding solutions• Lower levels of job satisfaction• Lower collaboration input |



Strategies to build resilience





1. Self-awareness

*Self-awareness increases resilience by helping you **recognise and manage your emotions and reactions**, enabling you to navigate challenges more effectively.*

Strategies:

- Mindfulness practices
- Self-assessment
- Seeking feedback





Self-assessment

Reflect on the following statements and rate yourself on a scale from 1 to 5:

1. I bounce back quickly from setbacks.
2. I stay calm and focused under pressure
3. I can adapt well to change.
4. I maintain a positive outlook even during tough times.
5. I seek help and support when needed.
6. I find it easy to manage my emotions.
7. I learn and grow from challenges and failures.
8. I have strong, supportive relationships.
9. I engage in regular self-care activities.
10. I feel confident in my ability to handle difficult situations.



1 = Strongly disagree
2 = Disagree
3 = Neutral
4 = Agree
5 = Strongly Agree



2. Self-regulation

*Self-regulation increases resilience by allowing you **to control your emotions and behaviours**, helping you stay focused, calm, and adaptable in the face of stress or adversity.*

Strategies:

- Emotion regulation techniques
- Practicing self-compassion
- Self-care

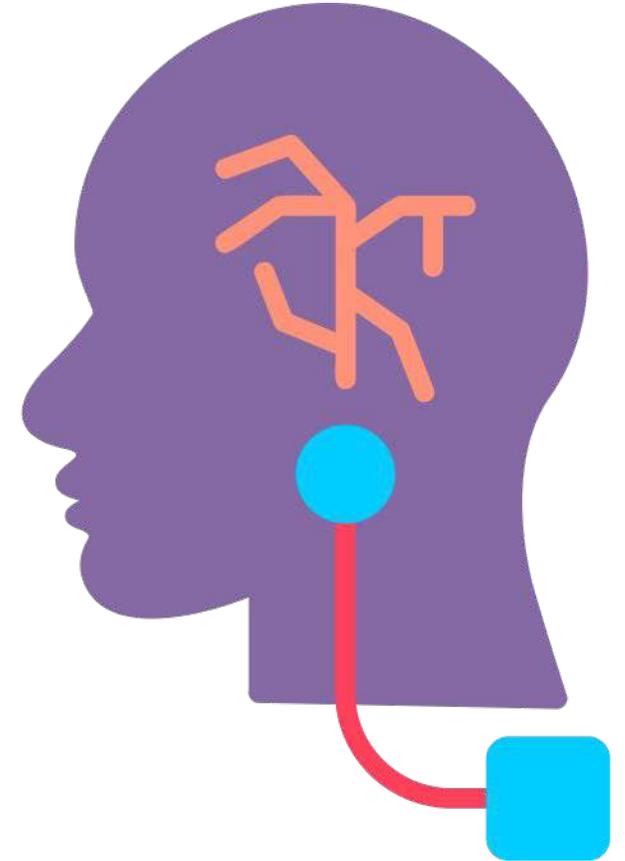




Valsalva Manoeuvre

How To Do It:

- Pinch your nose tight and close your mouth (so no air escapes)
- Exhale forcefully, as if trying to inflate a balloon
- Hold for 10-15 seconds





3. Optimism

*Optimism boosts resilience by fostering a **positive outlook**, enabling individuals to persevere and adapt more effectively in the face of adversity.*



Strategies:

- Gratitude practices
- Visualising success
- Focus on solutions
- Surround yourself with positive influences

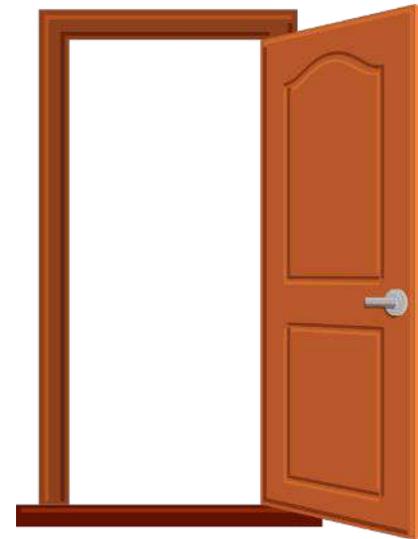


Doors closed doors open exercise

Think about a time in your life when someone rejected you, you missed out on something important, or a big plan collapsed. These would be points in your life where a door closed.

Now think about what happened after: what doors opened? What would never have happened if that first door hadn't closed? Write down your reflections as follows:

- **The door that closed was:**
- **The new door that opened in my well-being role was:**





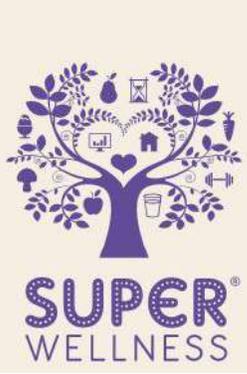
4. Mental agility

*Mental agility is the ability to **think quickly, adapt to new information, and switch between tasks or perspectives efficiently**, which enhances resilience by enabling individuals to navigate and recover from challenges more effectively.*

Strategies:

- Puzzles and brain teasers
- Practice decision making
- Set learning goals
- Use problem solving frameworks

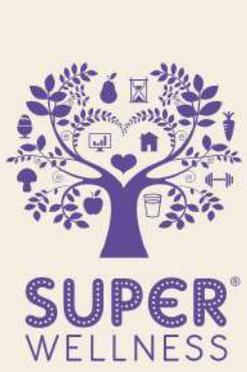




Rapid reflection exercise

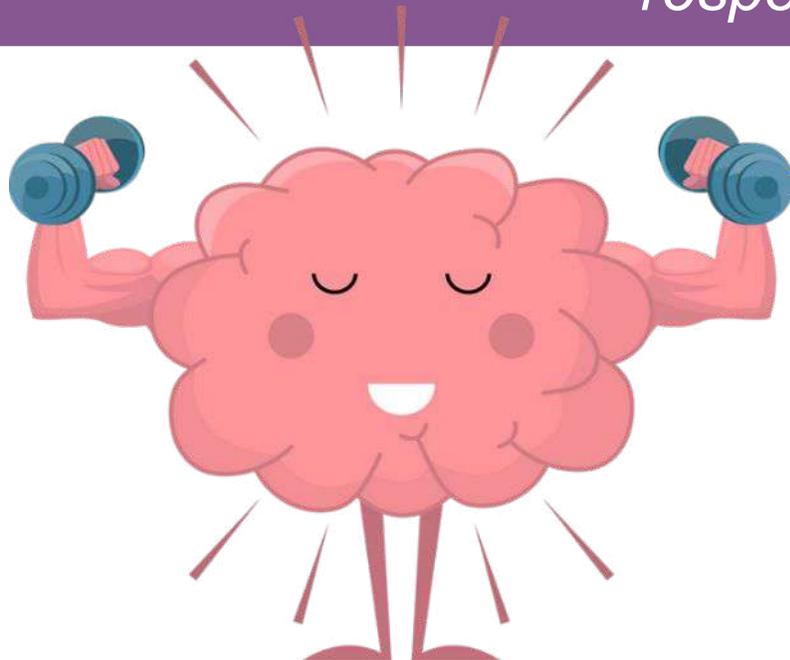
- We will set a timer for 1 minute
- Identify and jot down **3 ways to effectively manage stress.**
- When the timer is up, we will set another 1-minute timer.
- Identify and jot down **3 ways to improve your physical health.**





5. Focusing on character strengths

*Focusing on character strengths improves resilience **by leveraging personal attributes and skills** to effectively cope with and overcome challenges, fostering a more positive and adaptive response to adversity.*

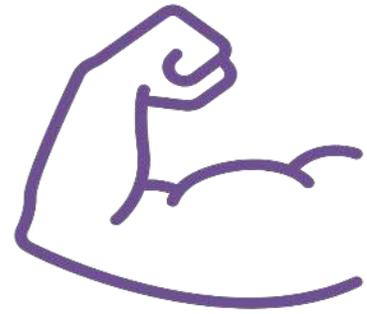


Strategies:

- Identify your strengths
- Set strength-based goals
- Create a strength-based plan



What are your resiliency strengths?



- Viewing change as a challenge or opportunity
- Commitment
- Faith
- Engaging the support of others
- Close, secure attachment to others
- Setting personal or collective goals
- Self-belief
- Understanding when to let go of things you can't control.
- Finding strength in stressful times
- Learning from past experiences
- Realistic sense of control/having choices
- Sense of humour
- Action-oriented approach
- Patience
- Tolerance of negative emotions
- Adaptability to change
- Optimism



6. Connection

Connection enhances resilience by providing emotional support, reducing isolation, and offering shared experiences and perspectives during difficult times.

Strategies:

- Join support groups
- Seek out mentorship
- Start a new hobby or volunteer





7. Develop sense of purpose

*Developing a sense of purpose improves resilience by **providing motivation and direction**, which helps individuals persevere through challenges and maintain focus on their goals.*

Strategies:

- Set meaningful goals
- Reflect on values
- Explore your interests, strengths and passions
- Create a personal mission statement





Purpose reflection activity

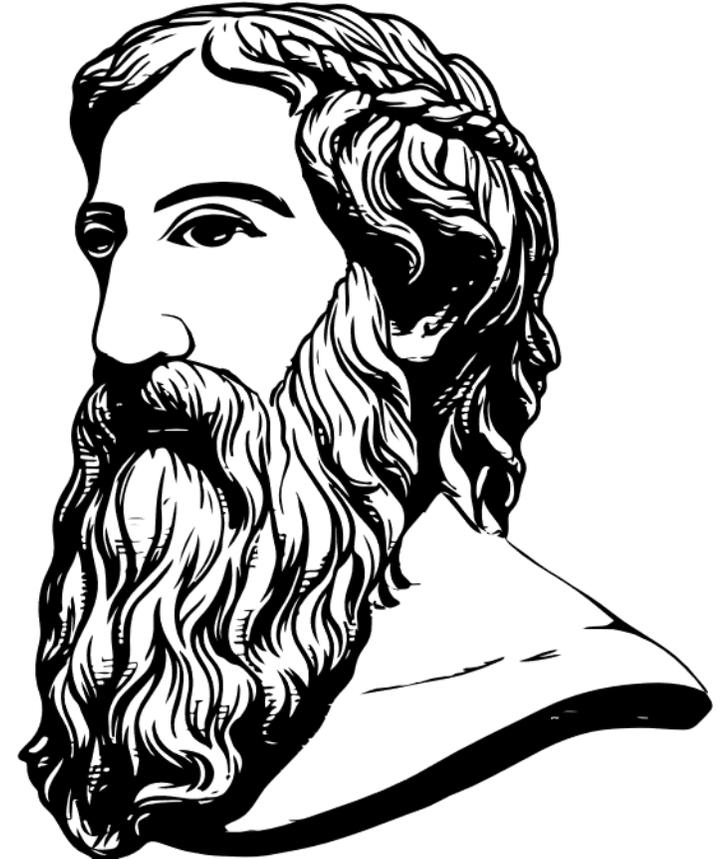
1. Why do you get up in the morning?
2. What keeps you awake at night?
3. When are you most alive?
4. What does being successful mean to you?
5. How might you apply your gifts to a pursuit that deeply interests you and helps others?
6. What can you do to make a difference in one person's life today?
7. What is your sentence? (Meaning: if you summarised your purpose in one sentence, what would it be?)
8. If you say yes to living purposefully, what are you saying no to?
9. If you met an older version of yourself, what sage advice would they give you?





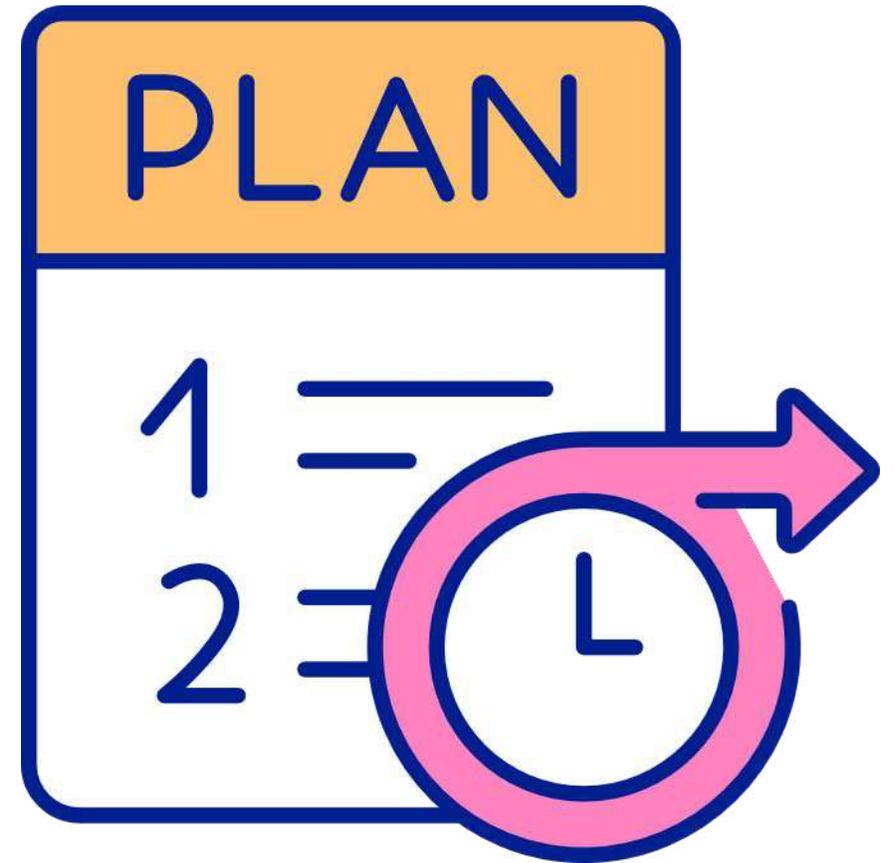
Stoicism and resilience

Stoicism is an ancient philosophy that teaches self-control, rationality, and focusing on what we can control. It helps build resilience by encouraging acceptance of challenges, emotional stability, and adaptability.





Creating a personal resilience plan

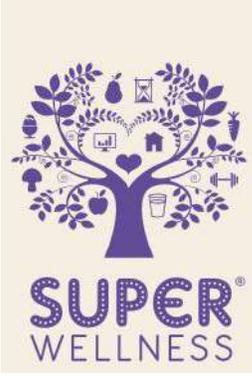




Create a Personal Resilience Plan Activity



| | |
|---|--------------------------------------|
| Identify the resilience skills and strategy you currently use. What works well? | |
| Identify 2 resilience skills you would like to develop. | |
| Write 1 goal for each of the skills you identified. | Goal 1: Goal 2: |
| Identify potential obstacles in developing these skills. | |



Create a Personal Resilience Plan Continued

Supports

Strategies

Sagacity

Solution-se
eking





Key takeaways



- Resilience is the ability to **adapt, recover, and thrive** in the face of adversity, stress, or significant challenges
- To build resilience we can use the strategies we have gone through today: ***self-awareness, self-regulation, optimism, mental agility, focus on strengths, connection, developing sense of purpose.***
- To enhance resilience further create your **personal resilience plan.**



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