

Resiliency – Getting Back Up! Techniques for Developing a Resilient Mindset



Objectives

As a result of this seminar you will learn how to:

- Define and understand resiliency
- Develop a resilient mindset through positive thoughts, beliefs and behaviors
- Implement strategies to find motivation during difficult times



What is resiliency?

- Resiliency is the ability to cope with and manage both ordinary and extraordinary life events, as well as the ability to return to a status quo "good state of being"
- Being resilient doesn't mean being free of difficulty, stress or pain - through struggle we gain insight and develop inner strengths
- There are three areas in life that require equal attention and balance to optimally respond to life's challenges and thus increase resilience: physical, emotional and intellectual needs



The Good News!

The capacity to be resilient is within all of us:

Resiliency can be learned and developed through the thoughts, beliefs and behaviors we use to help us get through difficult experiences



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Assess Your Resilience

- Do you have a strong social network?
- Do you easily adapt to change?
- Can you laugh at yourself?
- Do you see the glass as half full?
- Are you confident most of the time?
- Can you identify your emotions?
- Do you take care of your health?
- Do you view experiences as an opportunity for growth?



Developing a Resilient Mindset

- Positive self-talk
- Reframing
- Learning from past experiences
- Gaining new skills and knowledge
- Connecting with others
- Communicating effectively
- Maintaining a sense of humor
- Acceptance and taking action



Positive Self-Talk

As Henry Ford said, “If you think you can, or think you can’t, you’re right.”

- Become aware of your internal —self-talk”
- Respect yourself
- Challenge negative or irrational thinking based in half-truths and distortions
- Keep things in perspective
- Increase positive messages
- Nurture a positive view of yourself and your ability to solve problems



Reframing

- Reframing offers a new or different point of view
- **Positive reframing allows you to:**
 - Reinterpret the meaning of an experience
 - Shift the focus away from the pain and difficulty to finding a positive outcome
 - Focus on your strengths and capabilities
 - See your options more clearly
 - Foster a more accurate, realistic and optimistic perspective
 - With practice, adapt more quickly and be more emotionally flexible



Past Experiences

- **Learn from your past experiences!**
 - —~~W~~hat have my strategies been to overcome adversity in the past?”
 - —~~W~~hat have my reactions been to these events?”
 - —~~W~~hich strategies were effective and which were not?”
 - —~~W~~hat will I do differently or the same the next time?”
- **Gather different perspectives from the experiences of others!**
 - Your load may seem lighter compared to that of others.



Gain New Skills and Knowledge

“There’s no growth in the comfort zone and no comfort in the growth zone.”

- Feed your intellectual needs - keep learning and gaining new skills
- Foster a curious attitude
- Make and learn from mistakes
- Travel to new places and expose yourself to different cultures
- Keep up with interests and hobbies
- Be adventurous and take appropriate risks
- Set and strive to achieve new work goals



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Make Connections with Others

- Build and maintain close relationships with family and friends
- Express your feelings of appreciation with those you care about
- Spend time with those who share your interests and passions
- Ask for support from close relationships when you need it
- Be available to help others
- Volunteer and get involved in your community



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Communicating Effectively

- Listening can be difficult when you are distracted, it's vital to discipline yourself to listen reflectively
- Appropriate assertiveness is important in getting your needs met
- Be aware of times when you have strong feelings, and may be experiencing some anger, it's important not to let those feelings influence your communications
- Concentrate on the confident, positive person you are
- Be cautious regarding what you communicate on social media!



Maintaining a Sense of Humor

- Humor and laughter offers a multitude of mental and physical health benefits
- Be flexible and learn to take yourself less seriously
- Even when things aren't going well, seek things to smile about
- Spend time with people who use humor well
- Nourish and sustain your sense of joy



Acceptance and Taking Action

- Try not to harbor regrets
- Learn to let go of things you have no control over
- Release unproductive worrying or blaming
- Accept that adversities are part of life
- Evaluate your options and take charge with decisive action
- Break down complex problems into smaller accomplishable steps
- Be patient and flexible while you adjust - it takes time to work through a difficult situation



Take Care of You!!

–When the going gets tough, the tough get going!”

- Take time to exercise!
- Don't forget to eat a healthy diet!
- Sleep is vital to resilience
- Treat yourself well!



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WorkLife4You Resources

WorkLife4You web site www.WorkLife4You.com

- **Emotional Health Web Service**
 - Stress & Coping Library
 - Self-Improvement Library
- **Interactive Quizzes**
Self-Esteem Test, Lifestyle Test, Anxiety Test, Depression Test, Patience Test
- **Audio Tips and Podcasts**
Change in Uncertain Times, Depression
- **HTML Articles**
- **On Demand Webinars**
Resiliency: How to Bounce Back from Adversity, Stress Management with Humor, Happiness, Letting Go of Worry and Anxiety, The Positive Effects of Self-Esteem on Performance
- **WorkLife4You Guides**
The Power of Positive Thinking, Happiness, Stress Management, Stress Management for Customer Service Representatives
- **Related Web Sites**



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