Resiliency: Bounce Back Stronger
Objectives

• Define resiliency

• Resilient qualities

• Access your resiliency

• Characteristics of resiliency

• Develop a resilience mindset

• Best Practices to maintain resiliency
What is Resiliency?

• Resilience is a process
• Capacity to bounce-back from setbacks
• Overcoming adversities
• Coping well with changes
• Learned skill
Qualities
The Good News

The Capacity to be Resilient is Within All of Us!
Assess your Resilience

• Do you adapt easily to change?
• Do you see the glass half full?
• Can you laugh at yourself?
• Are you confident most of the time?
• Do you have a strong support network?
• Do you view challenges as an opportunity for growth?
Characteristics of High Resilience

• Playfulness and curiosity
• Strong & healthy relationships
• Mental and emotional flexibility
• Solid sense of self:
  • Esteem, confidence, motivation & awareness
• Deep optimism
• Empathetic, intuitive, and creative
• Healthy boundaries
Develop a Resilient Mindset

- Become optimistic through positive self-talk
- Reframing situations
- Learning from past experiences
- Cultivate new goals, skills and knowledge
- Build social connections
- Acceptance & action
- Maintain a sense of humor
Cultivate Positive Self-Talk

• Become hyper aware of your internal chatter
• Challenge negative thoughts
• Stop irrational thinking
• ‘Flip the Coin’ to the positive side
• Create positive affirmation and mantras

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

- Reinterpret the meaning of a situation
- Shift your focus and perspective away from the negative
- Focus on your strengths & capabilities
- Find the ‘Silver-Lining’
- Foster more realistic and optimistic view
Tips for Reframing

• Talk it out with someone & gain their perspective
• Take a step back & see the “big picture”
• Sleep on it & see it differently the next day
• Ask yourself:
  • “How can I see this differently?”
  • “How else might I interpret this situation?”
  • “What am I not seeing?”
Learning from Past Experiences

• “How have I overcome similar challenges in the past?”
• “What strategies were effective and which weren’t?”
• “What have I learned about myself and others?”
• “How have I grown from past experiences?”

  • Remind Yourself of your Resilient Qualities!
Cultivate Goals - New Skills - Knowledge

- Cultivate new goals to pursue
- Focus on results you want to achieve
- Identify opportunities for growth
- Gain new skills & abilities
- Be adventurous and open to exploring

“There is no growth in the comfort zone and no comfort in the growth zone.”
Building Social Connections

• Maintain strong relationships with family & friends
• Spend time with those that share your interests
• Reach out and help those in need
• Ask for help from your connections
• Volunteer and get Involved with your community
Acceptance & Action

• Accept adversities are a part of life

• Let go of trying to control what you can’t

• Evaluate options and take action
  • ‘What is the most important thing to do next?’
  • ‘What choices best match my goals?’
  • ‘What action can I take today? Tomorrow?’

“You can’t control the wind, but you can adjust the sails”.
Maintain a Sense of Humor

• Use humor as a ‘pressure valve’ to relieve stress
• Find the humor in stressful situations
• Create opportunities to laugh
• SMILE
• Spend time doing fun & joyful things
• Stop taking everything so seriously
• Put things in perspective – Long view
Best Practices to Maintain Resiliency

• Sleep, eat and exercise: Recharge the brain to be at its best
• Laughter is just plain fun and good for the soul
• Human relationships help us keep going
• Reframing – “it could be worse” puts everything in perspective
• Take a mental break (or physical one)
More Best Practices

- Bubble baths, showers, pets, funny movies (or very sad ones)
- Reading a great book, cooking, gardening, chewing and enjoying food, all mindful tasks that have us stop and think about just how great life is
- Even studying family genealogy can help...what have your ancestors been through?
Self-Efficacy Success Stories

• Michael Jordan
• J.K. Rowling
• Walt Disney

“If they can do it – So can I!”
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