

Resilience

"Every time you were convinced you couldn't go on, you did."

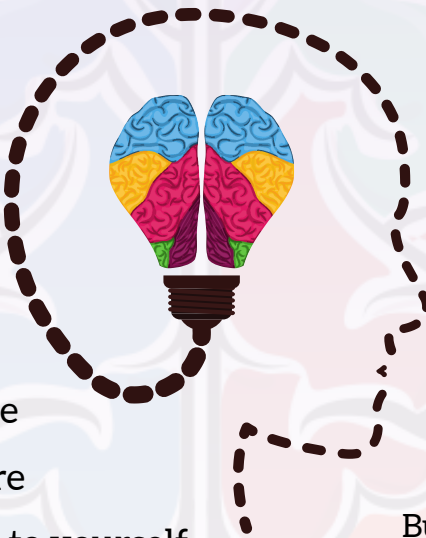


Resilience is the process of adapting well in the face of trauma, tragedy, or other significant sources of stress.

Mental health encompasses way more than the absence of a disorder. Resilience is a large part of having positive mental health. Resilience helps you handle stress in a more positive way and each person builds resilience differently. Some people bounce back from traumatic events quickly while others take more time. The road to becoming resilient is life long and facing trauma or stress with a positive attitude will help to build resiliency.

Ways to Build Resilience

- Take some deep breaths
- Seek sources of inspiration
- Listen to empowering music
- Take some time off to recharge
- Get involved with your culture
- Have compassion and be kind to yourself
- Connect with someone you love and trust
- Think of a mentor that exhibits resilience
- Allow yourself to feel and express your emotions
- Believe in yourself and your ability to be resilient
- Take some inspired action when you're feeling overwhelmed



Components of Resilience

Optimism

Selflessness

Commitment

Patience

Secure attachments

Sense of humor

Facing fear

Personal goals

Faith/Spirituality

Adapt to change

Social supports

Positive view of change

Types of Resilience

Natural Resilience

Resilience you are born with, this is your human nature.

Adaptive Resilience

Resilience built when life's challenges force you to adapt and change.

Restored Resilience

Building resilience through learned techniques, also known as learned resilience.

Resilience as a Scale

Positive experiences and adaptive skills on one side counterbalance negative experiences triggered by trauma, tragedy or stress. Resilience is apparent when a person's health and development are tipped in the positive direction, even when there are several factors stacked on the negative side.



Negative outcomes

Positive outcomes

The science of resilience. Center on the Developing Child. Harvard University.

Ackerman, Courtney (2017). How to measure resilience with these 8 resilience scales. Positive Psychology.

Riopel, Leslie (2019). Resilience skills, factors and strategies of the resilient person. Positive Psychology.

PROJECT
AWARE

Empowering Youth • Healing Communities



Resilience Building Plan Worksheet

1. Recognize Your Signs of Stress

- Where you feel stress in your body?
- What is your bad habit when you are stressed out?

2. Build Physical Hardiness

- Make small changes to improve health (e.g. better sleep, hydration, exercise).

One change I would like to make: _____

3. Strengthen the Relaxation Response - Calm body/Calm mind

- Activities at home that can help you relax: _____
- Activities at work that can help you relax: _____
- Try out some new relaxation skills such as meditation (check out Calm and Headspace meditation apps).
- Try some self-soothing activities using your senses:
 - Tactile (play with a fidget toy, or hold something soft)
 - Smell (have an essential oil diffuser with your favorite scent, or burn sage or sweetgrass)
 - Visual (post pictures of places/things that you enjoy and find comfort in)
 - Auditory (listen to your favorite music, or find a podcast that you enjoy)
 - Taste (drink some cedar tea or enjoy a piece of your favorite candy)

4. Identify and Use Your Strengths: Think of a time when you were able to overcome or handle a major challenge in life.

- What did you learn about yourself? _____
- What personal strengths did you notice? _____

5. Increase Positive Emotions on a Daily Basis

- Identify things that bring you joy or make you laugh.
- Express your gratitude for something or someone (visit someone, or write a gratitude note).
- Make a "TaDa" list of all your accomplishments.

6. Engage in Meaningful Activities

- Notice what meaningful events took place throughout your day.
- Identify activities that put you in the flow (make you loose track of time).

7. Counter Unhelpful Thinking

- Write down what you are thinking about when you get stressed and ask yourself three questions:
 - What is the worst that can happen and can I survive it?
 - What is the best that could happen?
 - What would I tell a friend in a similar situation?
- If you can't stop thinking about a certain situation write about it a couple times over the course of 3-4 weeks and notice the difference each time you write.
- If you are being hard on yourself give yourself a break and practice self-compassion; take a mental break.
- Remember someone who has inspired you in the past and how they helped you (e.g. mentor, coach, teacher).

8. Create a Caring Community

- Connect with friends and/or family on a daily basis.
- Identify your sources of support..

Work/School: _____

Home: _____

In the community: _____

- Practice good communication and conflict resolution skills.

