

Resilience

FOCUSING ON RECOVERY NOT DRAMA

Objectives

- Review the definition and background on resilience
- Learn about Psychological First Aid and when to use it
- Review 'Hot Topics' of opioid, suicide and homicide epidemic
- Develop your personal resilience plan

What is resilience?

According to the American Psychological Association, resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.



Why is resilience important?

Relatively new course of study.

Leading theorists noticed no matter how awful the situation some thrived.

Tracked core resilience characteristics to determine if they could be taught.

Think about heroes in your life or a time you overcame something that felt extraordinary.

What did you actually do?



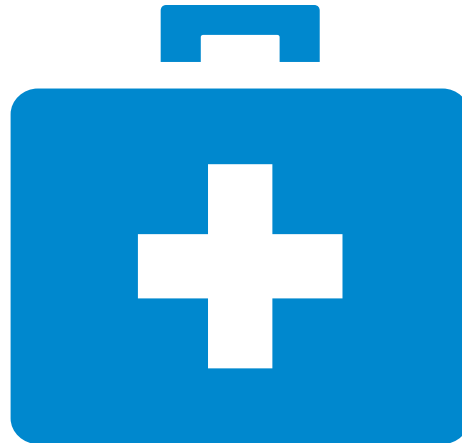
Seven characteristics of a resilient person

- Self-aware
- Flexible to change
- Internal control
- Strong problem-solver
- Strong social connections
- Is a survivor, not a victim
- Asks for help when needed

Psychological First Aid and building resilience

What is Psychological First Aid?

- Intervention to help people in the immediate aftermath of a very stressful or traumatic incident to reduce initial distress and facilitate short and long-term adaptive functioning.
- emotional support, coping skills, and connections to practical services by trained first responders.



Hot topic – Suicide and homicide

Suicide warning signs

- **Talk** (doing it, hopeless, burden, trapped, pain)
- **Behaviors** (substance misuse, researching how to, withdrawal, sleep changes, saying goodbye, giving away possessions, aggression)
- **Mood** (depression, anxiety, loss of interest, irritability, shame, anger, sudden improvement)

Homicide warning signs

- **Talk** (homicidal and suicidal threats)
- **Behaviors** (substance misuse, increasing violence, stalking, work performance decline, arguments/discord, separation)
- **Mood** (depression, paranoia, extreme jealousy, anger, rejection, resentment, humiliation)



Hot topic – Opioid addiction

What caused the opioid epidemic

Increase in prescribing of opioids

It was not yet known these drugs were highly addictive

Led to widespread misuse



How to avoid addiction

Education

Limit/avoid use

Safely discard unused opioids



When to get help

Using more or differently than prescribed

Cravings

Tolerance

Withdrawal



10 ways to build resilience

Make connections

Avoid seeing crises as insurmountable problems

Accept that change is a part of living

Nurture a positive view of yourself

Maintain a hopeful outlook

Keep things in perspective

Take care of yourself

Look for opportunities for self-discovery

Move toward your goals

Take decisive actions



Your Personal Resilience Plan

1. What are my biggest challenges/stressors right now?
2. What are my biggest worries/barriers with my challenges/stressors?
3. Why is it important to me to take action towards my biggest challenges/stressors at this time?
4. What actions will I take to tackle my challenges/stressors and build my resilience? (no action is too small)
5. I can do this because: (I am strong, I am capable, I am resilient, etc.)
6. Who are my social supports? (Who I can ask for support/help?)
7. I will take care of myself as I tackle my challenges/stressors by: (be specific as possible)
8. My positive view of myself and my future is:
9. I know I am making progress because: (small improvements I have or others have seen in me?)

Be Kind. Everyone you meet is fighting a battle that you know nothing about.

Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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Resources

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- <https://www.verywellmind.com/characteristics-of-resilience-2795062>
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