

# Resilience: Focusing on Recovery not Drama

## What is resilience?

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## Why is resilience important?

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## Characteristics of resilient people

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

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## Psychological First Aid and building resilience

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## Suicide and homicide

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## Opioid addiction

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### Do you have an opioid addiction?

- Has your use of opioids increased over time?
- Do you experience withdrawal symptoms when you stop using?
- Do you use more than you would like, or more than is prescribed?
- Have you experienced negative consequences to your using?
- Have you put off doing things because of your drug use?
- Do you find yourself thinking obsessively about getting or using your drug?
- Have you made unsuccessful attempts at cutting down your drug use?

\*If you answered yes to at least three of those questions, then you are addicted to opioids.

(<https://www.addictionsandrecovery.org/opioid-opiate-recovery.htm>)

### **Strategies for building 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
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## My personal resilience plan, resources and inspirational quotes

1. What are my biggest challenges/stressors right now?

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2. What are my biggest worries/barriers with my challenges/stressors?

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3. Why is it important to me to take action towards my biggest challenges/stressors at this time?

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4. What actions will I take to tackle my challenges/stressors and build my resilience? (be specific; no action is too small)

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5. I can do this because: (I am strong, I am capable, I am resilient, etc.)

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6. Who are my social supports? (Who I can ask for support/help?)

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7. I will take care of myself as I tackle my challenges/stressors by: (be specific as possible)

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8. My positive view of myself and my future is:

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9. I know I am making progress because: (small improvements I have or others have seen in me?)

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### Resources

- Addictions and Recovery – [www.addictionsandrecovery.org](http://www.addictionsandrecovery.org)
- American Foundation for Suicide Prevention – <https://afsp.org>
- American Psychological Association – [www.apa.org](http://www.apa.org)
- Centers for Disease Control and Prevention – [www.cdc.gov](http://www.cdc.gov)
- Magellan Employee Assistance Program. Call your company’s toll-free number or visit our website 24/7 for confidential assessment and referral.
- Magellan website
  - Mind Your Mental Health – section of the website focused on emotional wellness
  - Health and wellness webinar recordings and articles
  - Online, self-paced programs and APPs (Substance use, Depression, Anxiety, Obsessive-Compulsive Disorder, Chronic Pain, and Sleep)
- National Safety Council – [www.nsc.org](http://www.nsc.org)
- **National Suicide Prevention Lifeline - 800-273-8255**
- Research and Training Center for Pathways to Positive Futures – [www.pathwaysrtc.pdx.edu](http://www.pathwaysrtc.pdx.edu)
- **Resiliency quiz** - <https://www.verywellmind.com/quiz-how-resilient-are-you-4008851>
- Substance Abuse and Mental Health Services Administration – [www.samhsa.gov](http://www.samhsa.gov)
- U.S. Department of Health and Human Services – [www.hhs.gov](http://www.hhs.gov)
- U.S. Drug Enforcement Administration – [www.dea.gov](http://www.dea.gov)

### Inspirational quotes

- *When life seems like it is falling apart, it may be falling into place.*
- *I cannot know what the future will bring. My best hope is as likely as my worst fear, so I have no reason to give more weight to my negative assumptions.*
- *Be Kind. Everyone you meet is fighting a battle that you know nothing about.*