



# **EVERYDAY RESILIENCE: STAY GROUNDED AND STROLL PAST STRESS**

**A WEBINAR FOR EMPLOYEES FROM YOUR  
EMPLOYEE ASSISTANCE PROGRAM**

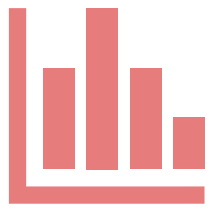
February 8, 2023

# INTRODUCTION



# OBJECTIVES

- Define resilience and contributing factors
- Understand the role of resilience in navigating challenges/adversity
- Discuss five ways to build and enhance resilience over time



# POLL 1

*In terms of how you handle stress, when something goes wrong, how do you typically respond?*

- I bounce back
- I fall apart
- I adapt

SECTION 1

# UNDERSTANDING STRESS

# DEFINING STRESS

Stress is  
the mental and  
physical  
response to  
any demand or  
pressure



# THE STRESS RESPONSE



**Fight  
or  
flight**



- Adaptive feature of human anatomy and basic survival
- Hypersensitivity to daily stressors since biology and modern stressors can get out of sync

# EFFECTS OF STRESS

## Physical

- Fatigue
- Headache, muscle tension
- Bloating
- Nausea
- Metabolic/immune disorders
- Decreased sexual desire
- Shortness of breath
- Heart conditions

## Emotional

- Anxiety
- Depression
- Irritability

## Cognitive (thoughts)

- Loss of control
- Feeling overwhelmed
- Over-reacting

## Behavioral

- Restlessness
- Changes in eating and sleeping patterns
- Substance use
- Social withdrawal, isolation, and loneliness
- Nervous habits
- Communication problems



SECTION 2

# UNDERSTANDING RESILIENCE

# DEFINING RESILIENCE

The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.



# DEMONSTRATING RESILIENCE

## Examples

Daily stressors



Illness



Disasters



Death



# EFFECTS OF RESILIENCE



Protects against adverse mental health outcomes



Empowers an individual



Contributes to physical health and overall wellbeing



Influences self-confidence



Helps motivate and move forward during tough times



Contributes to an individual's ability to thrive and grow



Develop healthy and adaptive coping skills



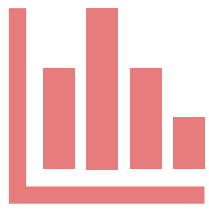
Maintain strong relationships



Stay calm in a stressful situation

## SECTION 3

# CONTRIBUTING FACTORS OF RESILIENCE



## POLL 2

*I learn valuable lessons from my experiences and from those of others.*

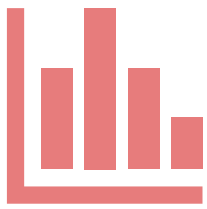
- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree



## POLL 3

*I adapt quickly to new developments. I'm curious and I ask questions.*

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

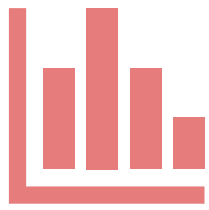


## POLL 4

***I'm usually optimistic. I see difficulties as temporary and expect to overcome them.***

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree





## POLL 5

*I'm good at solving problems and making things work well.*

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

# CONTRIBUTING FACTORS OF RESILIENCE



Emotional well-being and regulation



Physical wellness



Genetics



Healthy coping strategies



Self-confidence



Strong support system and meaningful relationships



Personal strengths/attributes

## The ability to:



Engage in self-reflection



Make plans



Keep commitments



Communicate well



Problem-solve



Have cognitive flexibility



Be flexible and resourceful

SECTION 4

# RESILIENCE SKILLS

LEARNING, DEVELOPING,  
AND ENHANCING

# 5 STEPS TO BUILD YOUR RESILIENCE PLAN



# 1

## CULTIVATE SOURCES OF SATISFACTION



### Find meaning in life

- Decreases negative impact of stress
- Fosters stronger sense of well-being



### Perform acts of kindness and demonstrate gratitude

- Increases happiness
- Helps focus on the positive

*“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”*

– Viktor Frankl

# GRATITUDE ACTIVITY: JOURNALING



- Keep a gratitude journal
- Mobile apps designed to help you stay positive
  - Gratitude Journal, Affirmation
  - Presently: A Gratitude Journal
  - Delightful: Gratitude Journal

# 2

## CREATE COMMUNITY



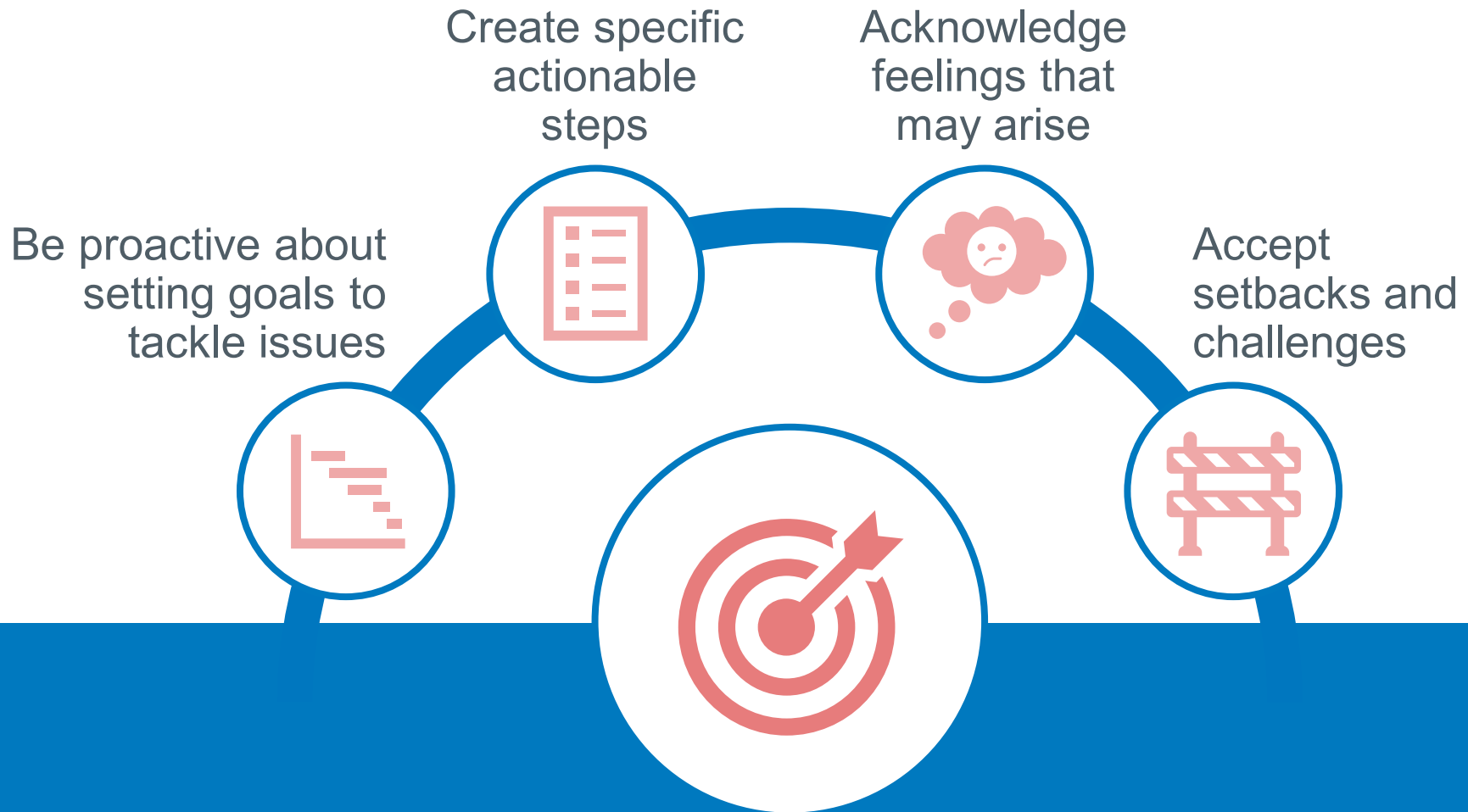
Form connections



Maintain supportive relationships

# 3

## MAKE GOALS AND ACTION PLANS





# 4

## STRENGTHEN EMOTIONAL AND PHYSICAL HARDINESS

### Five components

Foster wellness, coping skills, and self-care

Strengthen emotional intelligence

Reframe your thoughts

Practice mindfulness

Use self-compassion

# STRENGTHEN EMOTIONAL INTELLIGENCE (EQ)

## EQ is:

The ability to perceive, interpret, demonstrate, control, evaluate, and use emotions to communicate with and relate to others effectively and constructively.

## Components of EQ



### Self-awareness

Ability to recognize/identify links between thoughts, feelings, and reactions



### Self-regulation

Capacity to manage and appropriately express emotions



### Autonomy

Sense of control and perception of one's ability to influence situations



### Empathy

Foundation for social skills

# REFRAME YOUR THOUGHTS

**We assign meaning to a thought, experience, or observation that we have full control over.**

**If the meaning is negative, we can reframe it.**

**Pause to slow down your reaction, then consider whether:**

- You tend to catastrophize
- There are possible positive aspects
- The context aligns with the concern
- You can visualize the long-term perspective
- You can learn something new
- There's anything you can control

# PRACTICE MINDFULNESS

Activities to  
build resilience:



Guided  
meditation



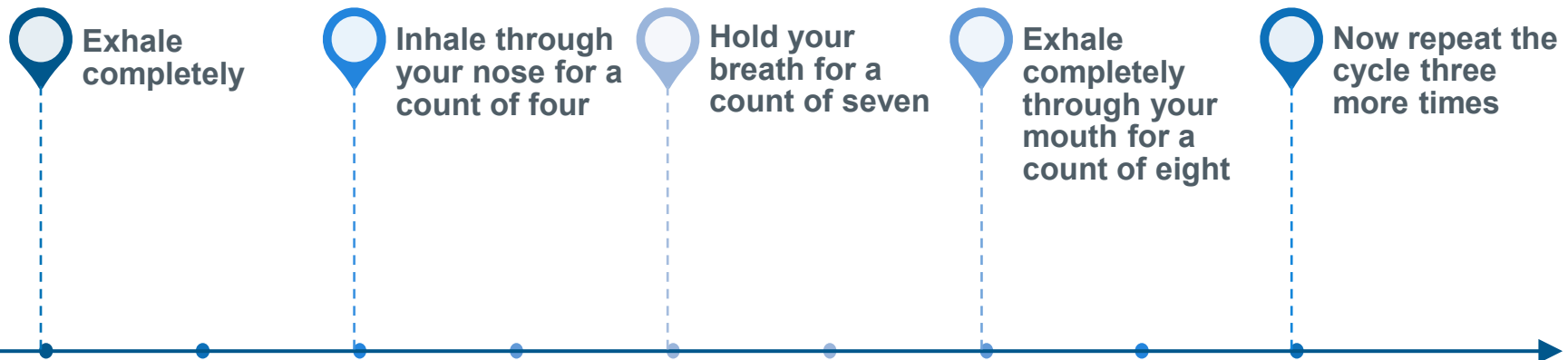
Body  
scan



Mindful  
breath

## Mindful breath exercise

The 4-7-8 breathing technique



# SELF-COMPASSION

**How do  
we show  
ourselves  
kindness  
and care?**

**Reflect on a situation that  
has been difficult for you:**

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How did you feel about how you handled the situation?

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What would you say to a friend if they went through the situation?

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Would the response/tone change?

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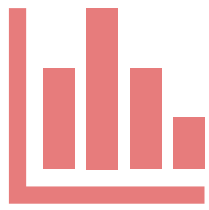
What keeps you from responding to yourself similarly?

# 5

## IDENTIFY SOURCES OF STRENGTH

### Personal strengths and attributes

- Patience
- Strong interpersonal skills
- Tolerance
- Flexibility
- Self-awareness
- Ability to reflect
- Planning
- Mindful
- Hopeful
- Grateful
- Optimism
- Compassion
- Internal locus of control
- Forgiveness
- Open to asking for help
- Strong work ethic
- Not easily discouraged
- Positive self-worth
- Personal accountability
- Persistence



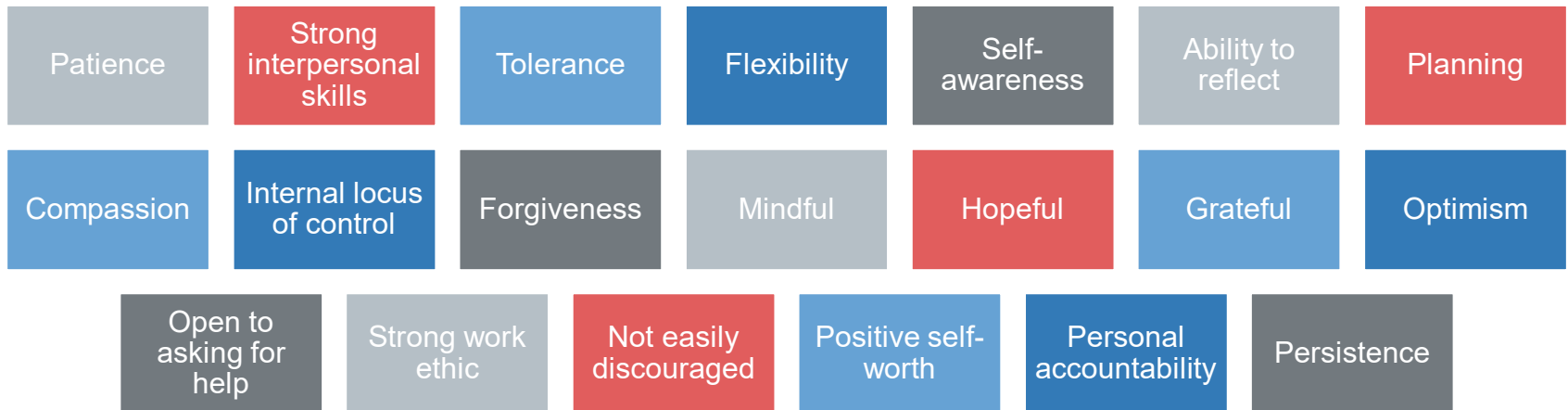
# POLL 6

*Which personal strengths and attributes contribute to your resilience?*

- Patience/tolerance
- Strong interpersonal skills
- Flexibility
- Self-awareness
- Mindfulness/compassion
- Hopefulness/gratitude/optimism
- Strong work ethic
- Positive self-worth
- Personal accountability
- Persistence

# STRENGTHS REFLECTION

- Recall the personal qualities and strengths you possess



- Write down those strengths to help make them more concrete
- See your strengths on paper and give yourself credit for them
- Add to the list when you think of other strengths you possess
- Use the list as a personal reference tool when you need it



# SUMMARY



# RESOURCES

## Books

- *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-being*
  - L. Graham, 2013
- *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness*
  - R. Hanson and F. Hanson, 2018

## Podcast

- Resiliency During COVID-19 Pandemic Flu Season
  - [newsnetwork.mayoclinic.org/discussion/mayo-clinic-qa-podcast-resiliency-during-covid-19-pandemic-flu-season](https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-qa-podcast-resiliency-during-covid-19-pandemic-flu-season)

## Web Article

- Resilience Building Plan
  - [ohsu.edu/sites/default/files/2018-11/Resilience-Building-Plan-handout.pdf](https://ohsu.edu/sites/default/files/2018-11/Resilience-Building-Plan-handout.pdf)

## Video

- 3 Minutes Body Scan Meditation: Mindfulness for Kids and Adults
  - [youtube.com/watch?v=ihwcv\\_ofuME](https://youtube.com/watch?v=ihwcv_ofuME)

## Apps

- Presently: A Gratitude Journal (Android only)
- Delightful: Gratitude Journal + 3 Good Things
- Gratitude Journal, Affirmation

# THANK YOU



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