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# Building Resilience

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# Outline

- **What does that mean?**
- **Ways to Build and Practice**
- **Resources**

# What is Resilience?

## resilience:

"an ability to recover from or adjust easily to misfortune or change."

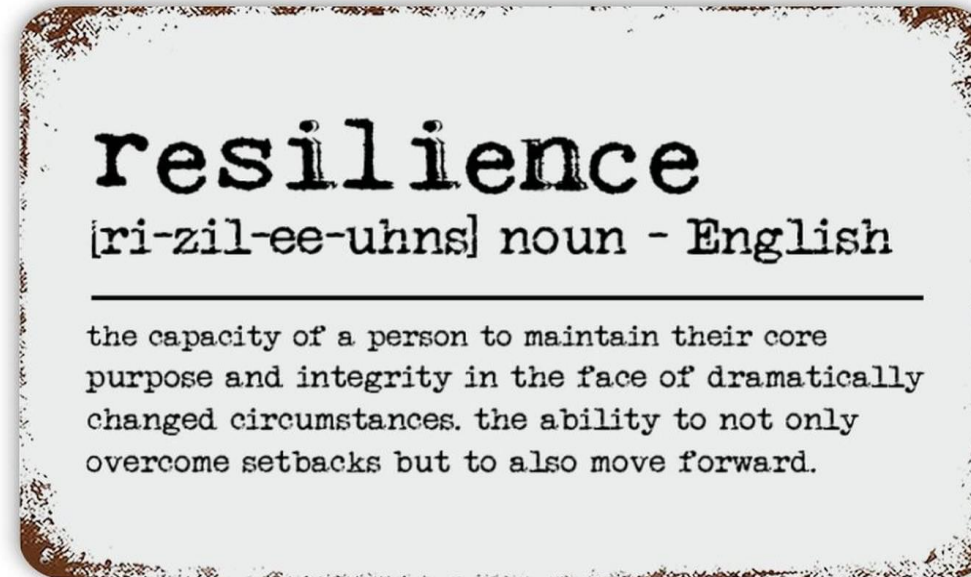
— Merriam-Webster Dictionary

## RESILIENCE

*noun.*

- 1) the ability to become strong, healthy, or successful again after something bad happens
- 2) the ability of something to return to its original shape after it has been pulled, stretched, pressed, bent, etc.

Definition of Resilience by Merriam-Webster, 2021. [ONLINE] Available at: <https://www.merriam-webster.com/dictionary/resilience> [Accessed 28 October 2021].



## The Four Parts that Fuel Emotional Resilience

Emotional resilience is the *ability to emotionally recover* after a challenge or setback.

### 1. **Self-esteem & Self-confidence**

- Self-esteem: your overall sense of your value or worth
- Self-confidence: your trust in yourself and your ability to deal with challenges, solve problems, and engage successfully with the world.

### 2. **Self and social awareness:** your emotional awareness/intelligence and awareness of the emotions of people around you.

### 3. **Self-management:** how well you manage your emotions

### 4. **Building relationships and connectedness with others:** how well you engage/connect with others and build relationships.

## Mental Resilience: 5 Patterns of Negative Thinking

Negative Thinking Pattern	Description	Example
Black or white thinking	Polarizes our thinking; binary – either one way or the other (no in-between or gray area)	<i>I missed working out today so I'm a lazy person.</i>
Jumping to conclusions	In the absence of information, you assume the worst. You're liable to miss seeing solutions or other explanations for behaviors and situations.	<i>She didn't get back to me. My idea must not have been good.</i>
Magnifying/catastrophizing	You minimize your strengths and maximize your problems.	<i>COVID is going to last forever!</i>
Overgeneralizing	If something goes wrong, it always will. Key words are "always" and "never".	<i>He never takes out the trash!</i>
Making "should" statements	Setting high standards for yourself or others and then feel guilty if you don't reach the standard or resentful if others don't.	<i>I should have spoken up in that meeting!</i>

## Pressure & Performance: Your “Go To” Behaviors

**What are your “go to” behaviors when you are strained and overwhelmed? Circle any or all that apply.**

Forgetting the human factor	Shutting Down
Sarcasm	Gossiping
Assuming ill intent	Snapping (losing temper)
Defensiveness	Overreacting
Slowing down/speeding up decisions	Excessive venting
Perfectionism/micromanagement	Self-medication
Ruminating	Loss of perspective
Self-importance/No importance	Muscle tension
GI distress	Passive-aggressiveness

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# Tips for Building Resiliency

# Tips for Improving Resilience



•**Get connected.** Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in good and bad times. Establish other important connections by volunteering or joining a faith or spiritual community.

•**Make every day meaningful.** Do something that gives you a sense of accomplishment and purpose every day.

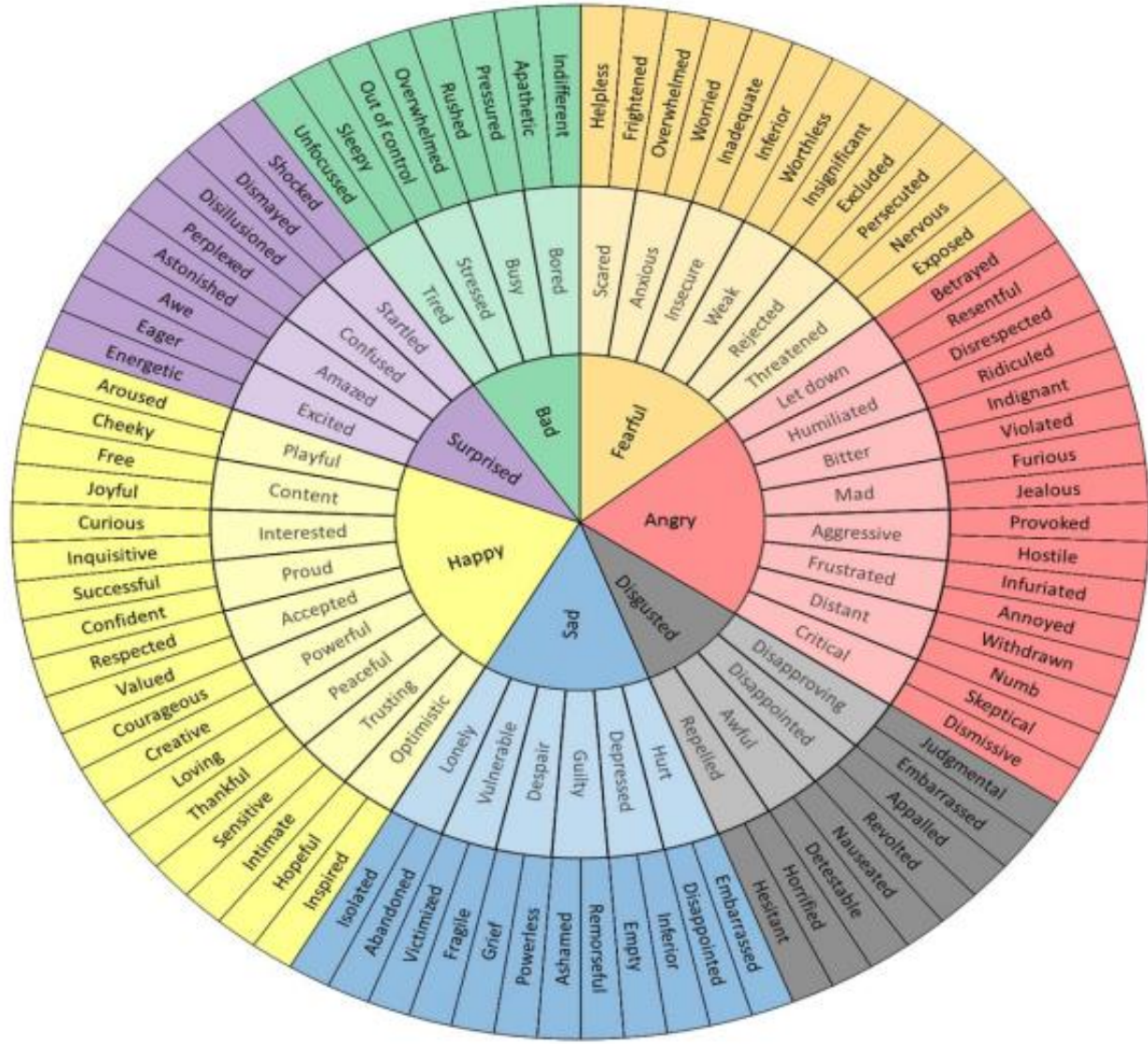
•**Learn from experience.** Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through difficult times. You might even write about past experiences in a journal to help you identify positive and negative behavior patterns and guide your future behavior.

•**Remain hopeful.** You can't change the past, but you can always look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.

•**Take care of yourself.** Tend to your own needs and feelings. Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep. Eat a healthy diet. Practice stress management and relaxation techniques, such as yoga, meditation, guided imagery, deep breathing or prayer.

•**Be proactive.** Don't ignore your problems. Instead, figure out what needs to be done, make a plan, and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.





## *Emotional Resilience: The Power of the Pause*

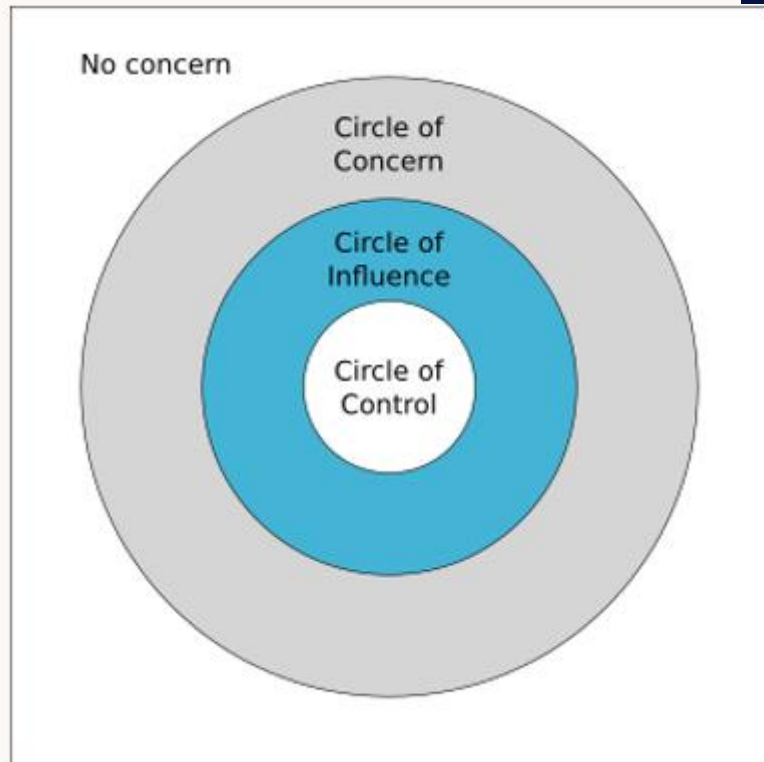
### **Pausing:**

- Provides space between the feeling and the reaction.
- Helps us use our evolved brain (prefrontal cortex) instead of our emotional brain
- Lets us respond instead of reacting which makes responding a conscious choice
- Focuses your energy on solving problems instead of reacting to them

### **Keep in mind:**

- The pause can be a minute, a few hours or a few weeks.
- Notice what's coming up for you as you are thinking about your challenge. Are you noticing your shoulders tense? Does your heartbeat quicken? *Whatever is going on, observe it without judgment and write it here.*

# Circle of Control



**Disrupt negative thinking.** Get out of the habit of ruminating on potential consequences. It can make you feel like the worst case is already happening. Take a breath when you find yourself spiraling into negative thoughts or tragic worst-case scenarios. Instead, try to imagine the best possible scenarios, and figure out a role for you in making those happen.

**Do something unexpected.** You can train yourself to be more comfortable with uncertainty. Stretching ourselves to try something new or go somewhere unfamiliar or go without a schedule can help us become more comfortable with the unknown and our ability to handle it.

**Take control where you can.** Research shows taking action over aspects of life that are within one's personal control can feel empowering and help mitigate stress over things that are out of one's control. For example, voting, volunteering, and community involvement can help people feel more connected and in control over their own futures. In fact, research has found [people who volunteer may live longer than those who don't](#).

**Don't judge yourself against others.** Some people are better at dealing with uncertainties than others, so don't beat yourself up if your tolerance for unpredictability is lower than a friend's. Remind yourself that it might take time for the stressful situation to resolve and be patient with yourself in the meantime.

**Take your own advice.** Ask yourself: If a friend came to me with this worry, what would I tell them? Imagining your situation from the outside can often provide perspective and fresh ideas.

## How a Compelling Why Enhances Resilience

- Helps us invest our energy and time into what matters most
- Clarifies how we can make decisions that align with our values
- Helps us find meaning in the things that happen to us
- Offers a psychological buffer against obstacles
- Appears to increase life span in adults
- Positively influences physical health
- Energizes us to be more engaged with their families, colleagues and neighbors

# Find Your Why

## Practical Application

### Questions to Uncover your Compelling Why

- Who or what is important to you?
- What are the three words you want people to use when they describe you?
- What kind of legacy do you want to leave behind?
- How do you want to be remembered?

Abundance	Dedication	Kindness	Resourcefulness
Acceptance	Dependability	Knowledge	Responsibility
Accountability	Diversity	Leadership	Responsiveness
Achievement	Empathy	Learning	Risk Taking
Adventure	Encouragement	Love	Safety
Advocacy	Enthusiasm	Loyalty	Security
Ambition	Ethics	Making a	Self-Control
Appreciation	Excellence	Difference	Selflessness
Attractiveness	Expressiveness	Mindfulness	Service
Autonomy	Fairness	Motivation	Simplicity
Balance	Family	Optimism	Spirituality
Being the	Flexibility	Open-	Stability
Best	Friendships	Mindedness	Success
Benevolence	Freedom	Originality	Teamwork
Boldness	Fun	Passion	Thankfulness
Brilliance	Generosity	Performance	Thoughtfulness
Calmness	Grace	Personal	Traditionalism
Caring	Growth	Development	Trustworthiness
Challenge	Happiness	Peace	Understanding
Charity	Health	Perfection	Uniqueness
Cheerfulness	Honesty	Playfulness	Usefulness
Cleverness	Humility	Popularity	Versatility
Collaboration	Humor	Power	Vision
Community	Inclusiveness	Preparedness	Warmth
Commitment	Independence	Proactivity	Wealth
Compassion	Individuality	Proactive	Well-Being
Consistency	Innovation	Professionalism	Wisdom
Contribution	Inspiration	Punctuality	Zeal
Cooperation	Intelligence	Quality	
Creativity	Intuition	Recognition	
Credibility	Joy	Relationships	
Curiosity		Reliability	
Daring		Resilience	
Decisiveness			

[Living Into Our Values -](#)  
[Brené Brown](#)  
[\(brenbrown.com\)](#)

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# Resources and Tools



# AbleTo Offers Care for a Variety of Needs

AbleTo has designed a comprehensive array of evidence-based treatment to ensure each person gets the care that's right for them. Our highly experienced providers help individuals identify patterns of thinking and behaving that are negatively impacting their quality of life and help them build skills to feel better and live better.

Treatment is designed to address a primary focus area while utilizing content from other areas to tailor a care plan that meets the individuals' needs.

## Focus areas AbleTo can help address:

- |                            |                        |
|----------------------------|------------------------|
| Anxiety & Panic            | Respiratory Health     |
| Bereavement                | Oncology               |
| Cardiac Health             | Parkinson's            |
| Caregiver Support          | Rheumatoid Arthritis   |
| Diabetes                   | Trauma and Stress      |
| GI Health                  | Military Transitions   |
| Postpartum                 | Loneliness & Isolation |
| Chronic Pain               | Covid-19               |
| Depression & Substance Use | DBT Skills             |
| Depression                 | Family Consultation    |
| Infertility                | Weight Loss & Insomnia |

# AbleTo Program Summary

24/7, anywhere digital, self-paced program.

Builds resiliency through new skills and daily habits

**Self Care+**

Coach led, 8-week CBT program via 30 min video/phone call

**Coaching +**

Eight weekly 1:1 sessions with licensed therapist via video/phone paired with digital support tools

**Therapy+**

Proactive identification from claims data.

Holistic 2x/week sessions with therapist and coach to manage physical, mental, emotional health supported by online resources

**Therapy360**

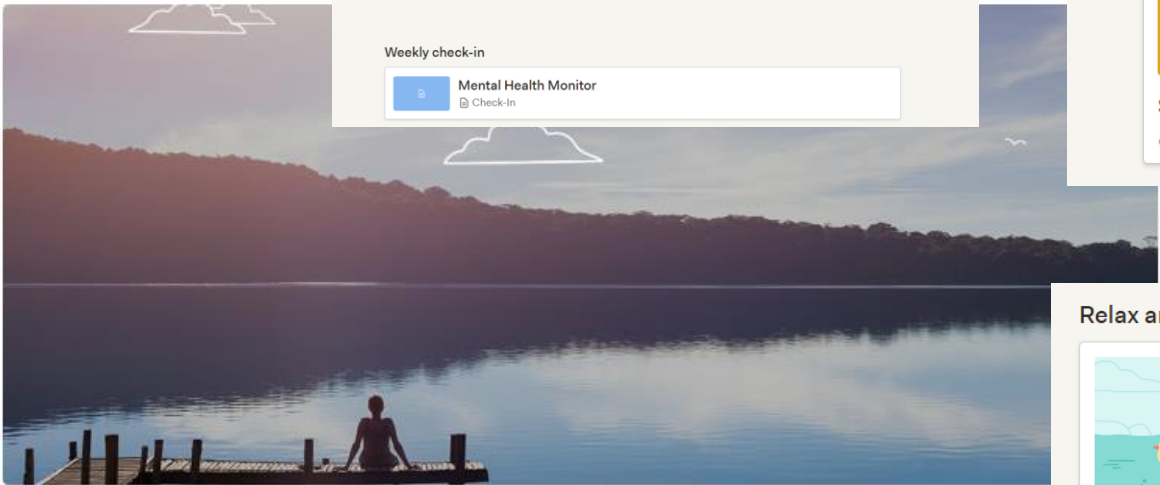
### Collections

Find timely guides to help you h



Weekly check-in

Mental Health Monitor  
Check-In



### Get Chill

Collection



### Overcoming Imposter Syndrome

Collection



### Your Good-Sleep Guide

Collection

### Journals

Reflect on your thoughts to find new ways of thinking



### SMART Goals

Journal



### 3 Cs Guided Journal

Journal



### Freewrite Journal

Journal

### Relax and unwind



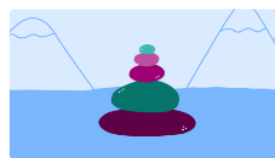
### Nurturing Empathy

Meditation • 7 min



### Taking a Mental Vacation

Meditation • 9 min



### Finding Peace

Meditation • 10 min



### Becoming Aware

Meditation • 9 min



### Easing Tension

Meditation • 9 min



### Waking Up Well

Meditation • 6 min

See all relax and unwind >

## Recovery Activities

Here is a list of short, easy to do activities you can do to put yourself in the recovery zone. There's space at the bottom to fill in additional activities.

Take 3 deep breathes

Stand up and stretch

For one minute, pay attention to your thoughts, feelings and sensations

Text a loved one

Listen to your favorite song

Inhale an upbeat smell

Have a good laugh

Express gratitude

Think about a vacation you've been on (or are going on)

Be in or around nature

Drink a glass of water

Practice mindfulness

# Take Action

1. What one, small action will you take to increase your resilience? Do you have control over that action?
2. Tie the new action to what's important to you. Why is taking this action important to you? (Keep asking "why" until you feel a strong emotion.)
3. Set the bar low: What's the smallest step you can take to start on this new action?
4. Where can you expect the resistance to come from?  
When situation X arises, I will perform response
5. Are there other tools and resources you can use?

Questions?

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Thank you.