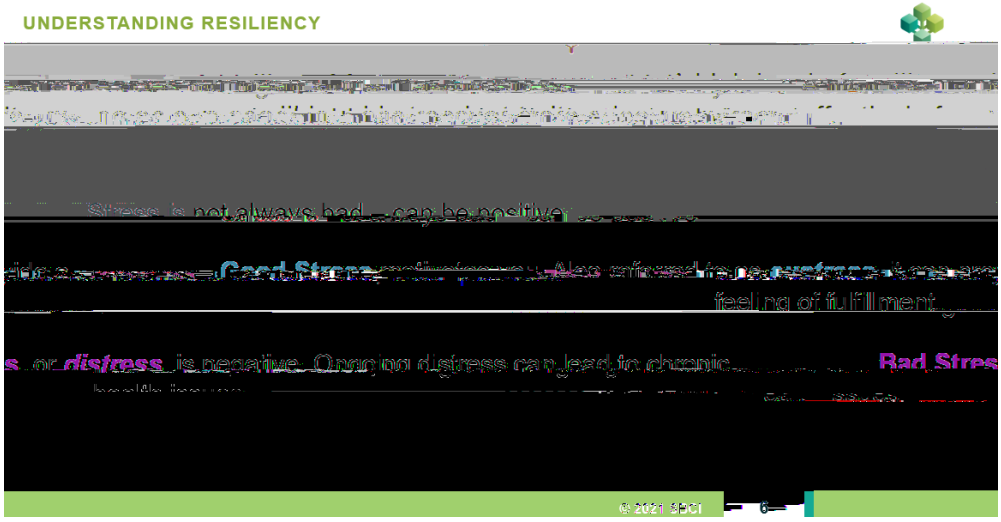
Agenda

Purpose

Process


UNDERSTANDING RESILIENCY
Stress is not always bad – can be positive
feeling of fulfillment
distress is negative. Omnipotent distress can lead to chronic
Bad Stres
© 2021 SPCI
6

UNDERSTANDING RESILIENCY
Resilience Factors
+ Attitude
+ Boundaries
+ Flexibility
+ Social Connection
+ Personal Strengths
+ Self Care
+ Being Organized
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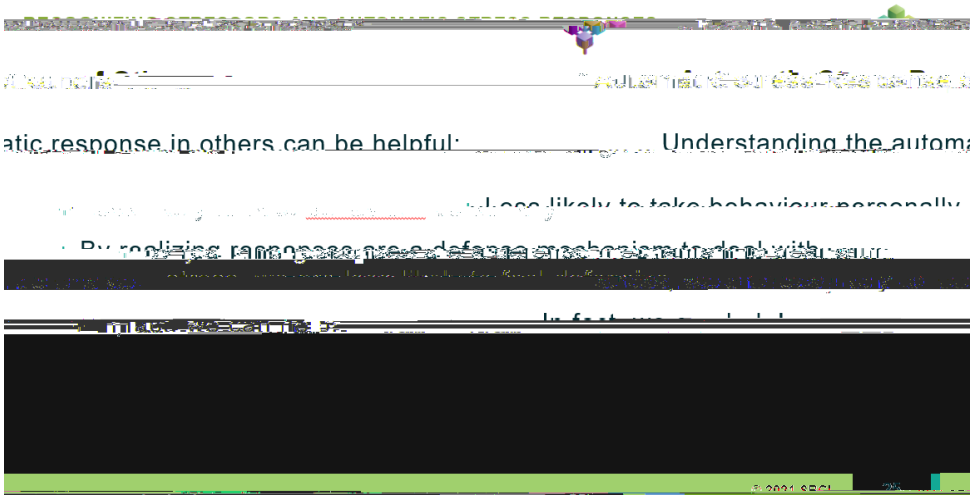
1. What does the word ‘resilience’ mean to you?

2. Write down the name of 1 person in your life who has shown resiliency. What did they do to demonstrate this trait?

☒
Job insecurity – fear of dismissal or contract not being renewed
Lack of role clarity or shifting expectations
Major organizational shifts – merger, acquisition, reorganization, etc.
Conflict
Organizational or team culture – lack of respect or civility
Lack of time to plan, think or reflect leading to errors or poor decisions
Ethical dilemmas
Workplace bullying or harassment
Mobbing – where a group treats someone insensitively
Lack of job flexibility
Lack of wage equity
Lack of recognition or appreciation
Fear of being perceived as inadequate or incompetent
Stagnation – no opportunities for job growth or development
Work pressures/demands
Responsibility without reasonable authority
Inadequate training
Inadequate or ineffective resources
Quality or safety concerns affecting your products or workplace
Occupational health and safety concerns
Workplace psychological health and safety issues
Major traumatic events, including workplace injuries or death
Lack of control over opportunities at work
Return from vacation to a huge backlog
Survivor guilt – when others lose their job or are injured
Communication demands/expectations – immediate responses to email and cellphone
Other:


atic response in others can be helpful:
Understanding the autom

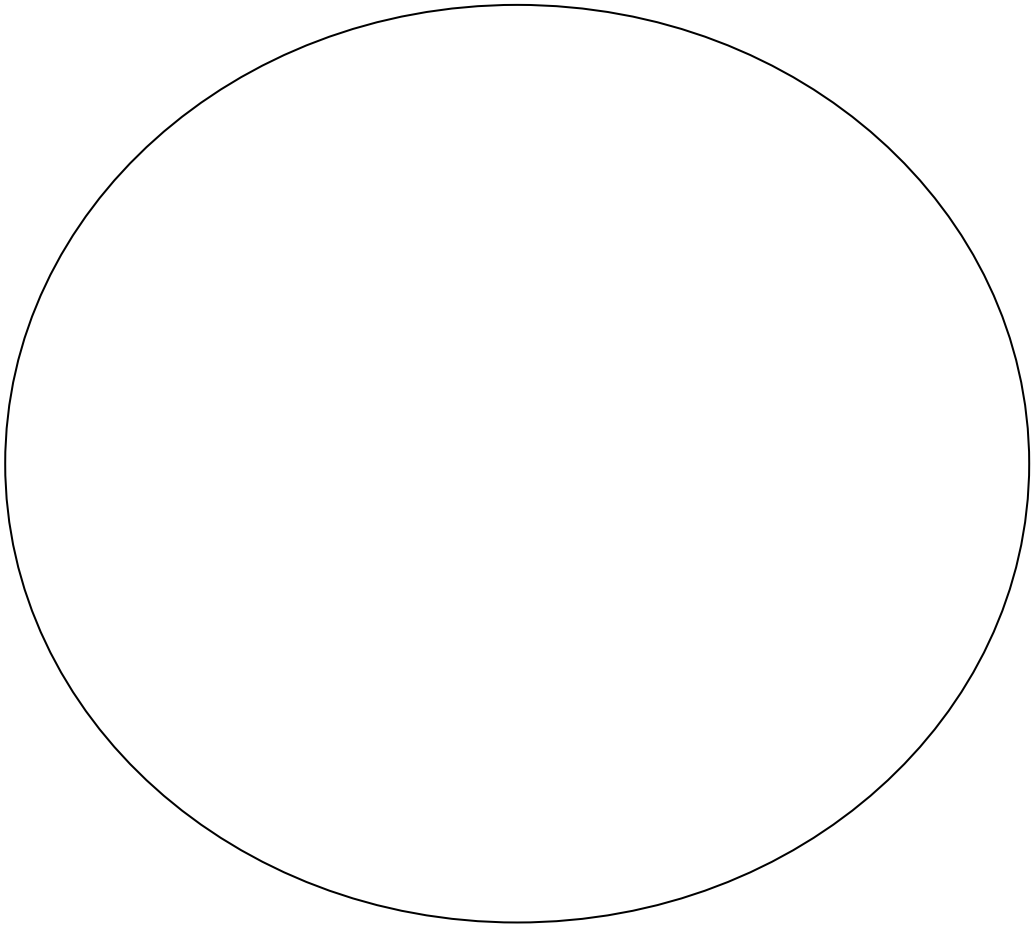
Avoid
+ Avoiding people who may foster or
unnecessary
+ Prioritizing your "to-do" list

Exercise 5: Circle of Concern

Instructions

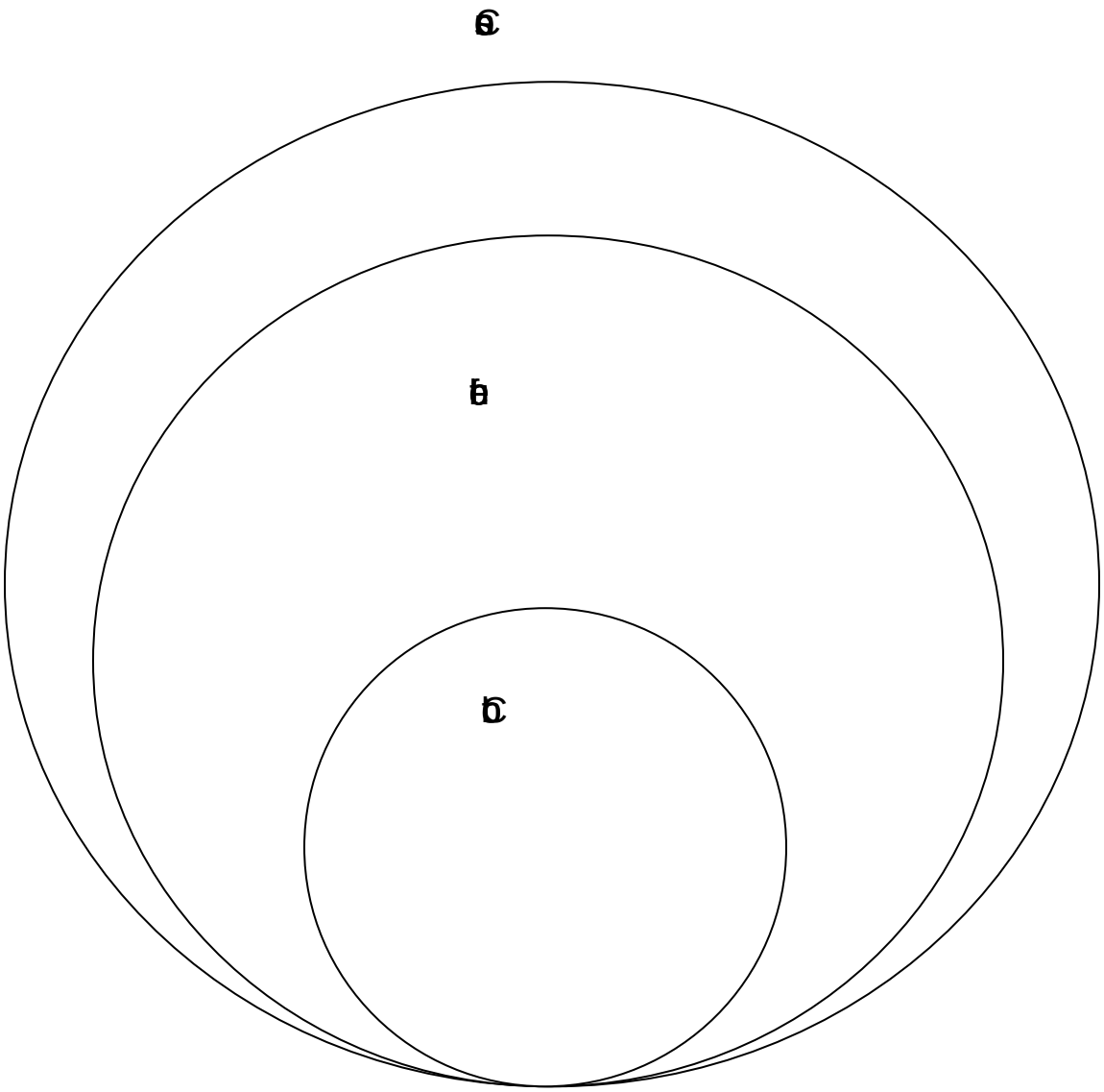
1. Think about your current life events – what do you worry about? What keeps you up at night? What are the things that lead you to feel angry, upset or frustrated?
2. List these items in the circle below.

Circle of Concern



Instructions:

1. Look at the items in your circle of concern – which ones are you able to influence?
2. Look at the items in your circle of concern – which ones are you able to control?



Healthy Mind Platter concept – 7 daily essential activities that we need to make room for on our plates to achieve a sense of balance and overall wellbeing.

- Healthy Mind Platter, David Rock and Daniel J. Siegel, MD, 2011

Focus Time	Time spent focusing on tasks in a goal-oriented way. Taking on challenges that move us closer to our goals.

Exercise 6: [illegible]

Look back at the Healthy Mind Platter (7 daily essential activities to achieve a sense of balance and overall wellbeing)

Choose 1 essential activity that you feel you need to improve upon to achieve better balance.

_____

[illegible]

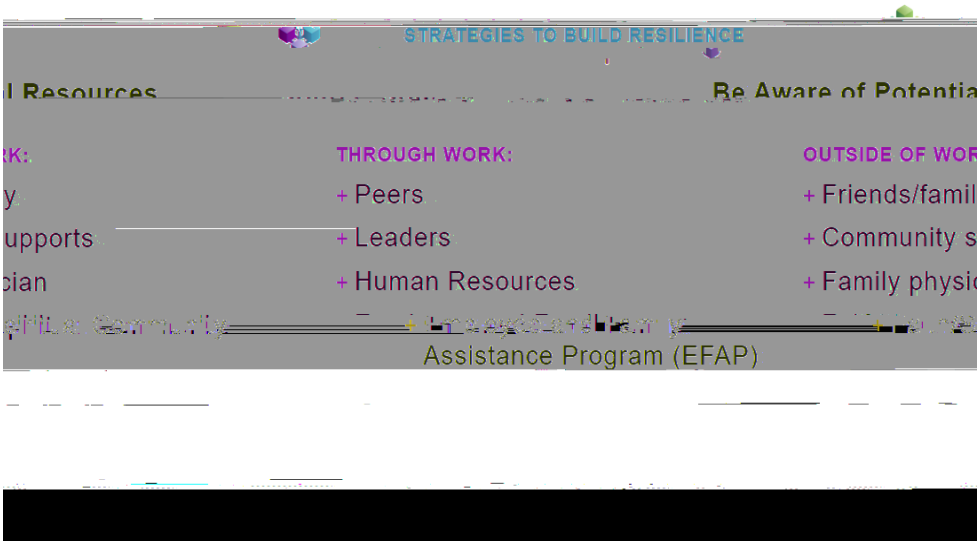
Specific: What action will I implement?

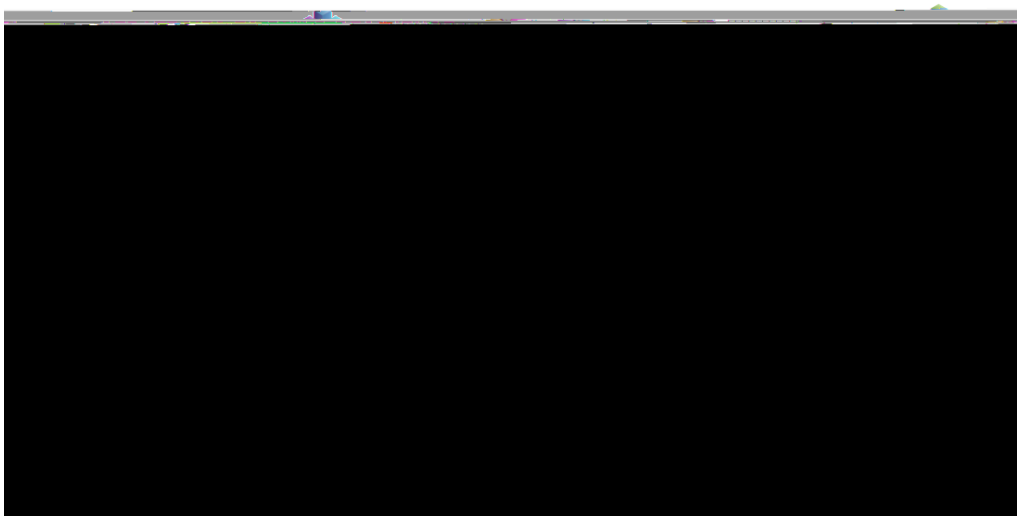
Measurable: How will I know if I have been successful?

Achievable: What tools, resources or help do I need?

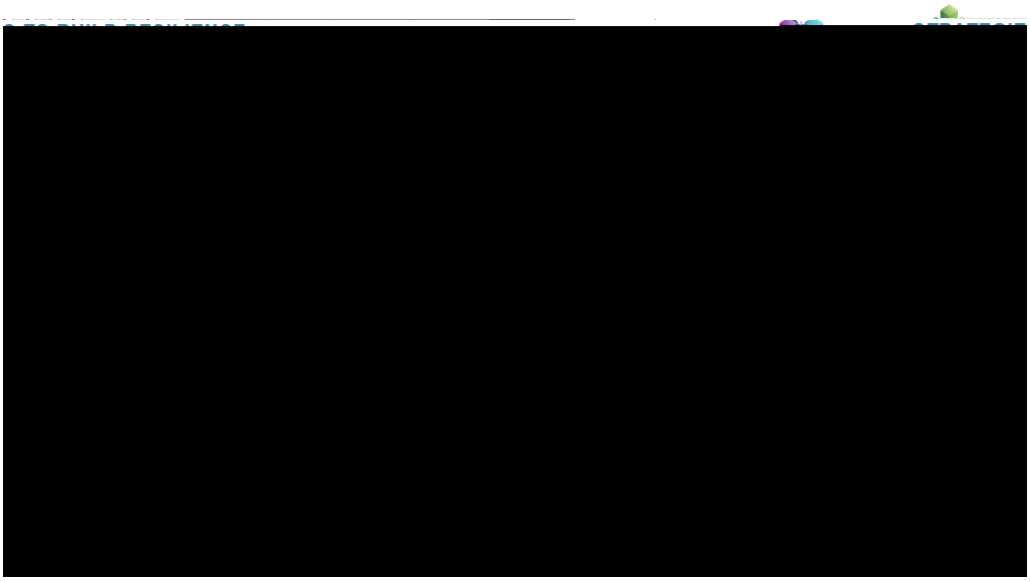
Relevant: **Realistic**: Why is this important to me?

Timely: **Time-bound**: When will I evaluate my progress?

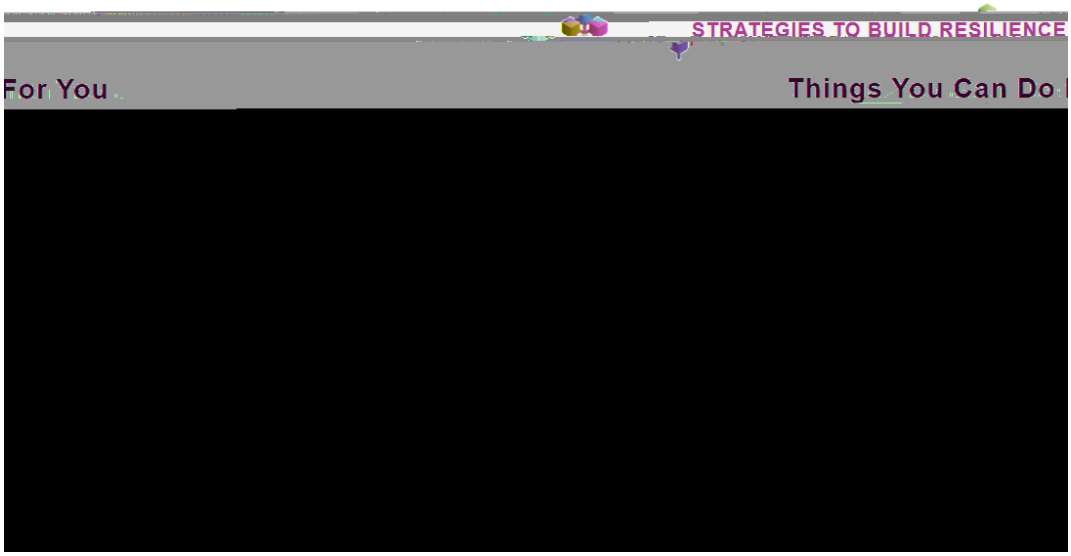




Consider completing the free VIA Character Strengths Survey at www.viame.org.



8. Commit to Self
who help me
+ Expressing appreciation to those
myself about myself)
+ Improving self-talk (what I say to m


STRATEGIES TO BUILD RESILIENCE
For You
Things You Can Do

Exercise Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal.

Hobby Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks. It also keeps your brain active.

Goals Goals don’t have to be ambitious. You might decide to finish that book you started three years ago; to take a walk around the block

Dr. David Posen