Resilience

Stay Grounded

- Know that "stuff" happens
- Choose where you put your time and attention
- Tune into the "good" (without denying "bad")
- Check yourself: is what you are doing helping (or is it harming you)

Discuss:

• What image equals resilience for you? (super ball, trampoline, plant in a crack)

Assess a Situation

- Realistically appraise situations
- Focus on what can be changed
- Accept what cannot be changed
- Connect with sources of support (doubledown on connections)

Discuss:

• When are you helpful to someone else?

Manage Your Mind

- Pivot away from the negative to the positive
- Cultivate a belief in your ability to cope well
- Seek meaning in the midst of "it"
- Imagine yourself bouncing back and being better than ever

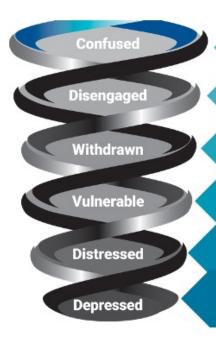
Discuss:

• Which "mantra" do you use to cope?



Closing

1. Rapid bounce



Simplify: what is the one key task to attend to

Be disciplined about defining and completing each activity. Remove distractions

Refresh: notice the mind drift and take a break

Stretch, coffee, break, low carb snack, walk about, get in sun or fresh air

Connect: notice withdrawal and seek a safe connection

Talk to someone, call a friend, take time for yourself

Renew: be firm about taking defined renewal steps

Get to sleep early, long weekend with no devices, well-being initiatives, massage

Seek help: define and understand the symptoms

Clear diagnosis, counselling, exercise, yoga, massage, meditation and sleep

Get help: must define and understand your situation

Diagnosis, counselling, positivity, reframing, exercise, sleep, support and medication



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Resources: Resilience

LinkedIn Learning

- Building Resilience (~34 m) https://www.linkedin.com/learning/building-resilience/what-why-and-how-to-become-resilient?u=50844473
- Cultivating Mental Agility (~36 m) <a href="https://www.linkedin.com/learning/cultivating-mental-agility/making-yourself-relevant-2?contextUrn=urn%3Ali%3AlyndaLearningPath%3A5e878386498ef60664993342&u=5084443
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- Making Better Decisions by Thinking in Bets (~28 m) [a podcast] https://www.linkedin.com/learning/making-better-decisions-by-thinking-in-bets/distinguish-between-decision-quality-and-outcome?contextUrn=urn%3Ali%3AlyndaLearningPath%3A5e878386498ef60664993342&u =50844473

Online sources

- Podcast (~18 m) Mayo Clinic Q&A podcast: Resiliency during COVID-19 pandemic flu season 10/22/2020
- "Building Your Resilience" (~ 9 m read) American Psychological Association, https://www.apa.org/topics/resilience 2012
- "Resilience: Build skills to endure hardship" (~3 m read) Mayo Clinic https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311 10/27/20



More Resources: Resilience

More Online Sources

- "Feeling Overwhelmed? Here's How to Get Through the Workday," Alice Boyes, HBR, https://hbr.org/2020/11/feeling-overwhelmed-heres-how-to-get-through-the-workday?utm-medium=email&utm-source=newsletter-daily&utm-campaign=mtod-notacts-ubs-11/2/2020
- "Seven Skills of Resilience," by Katherine King, Psychology Today, https://www.psychologytoday.com/us/blog/lifespan-perspectives/202003/seven-skills-resilience 3/31/2020

JMU Talent Development Resource Collection Books

- Brave, Not Perfect ©2020 by Reshma Saujani
- Emotional Intelligence 2.0 ©2009 by Travis Bradberry
- Abundance: The Future is Better Than You Think ©2012/2014 by Peter F Diamonds and Steven Kotler
- Earning Serendipity: 4 Skills for Creating and Sustaining Good Fortune in Your Work ©2009 by Glenn Llopis
- Crazy Busy: Overstretched, Overbooked and about to Snap. Strategies for Handling Your Fast-Paced Life ©2006 by Edward Hallowell, MD

