

# 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 (double-down 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

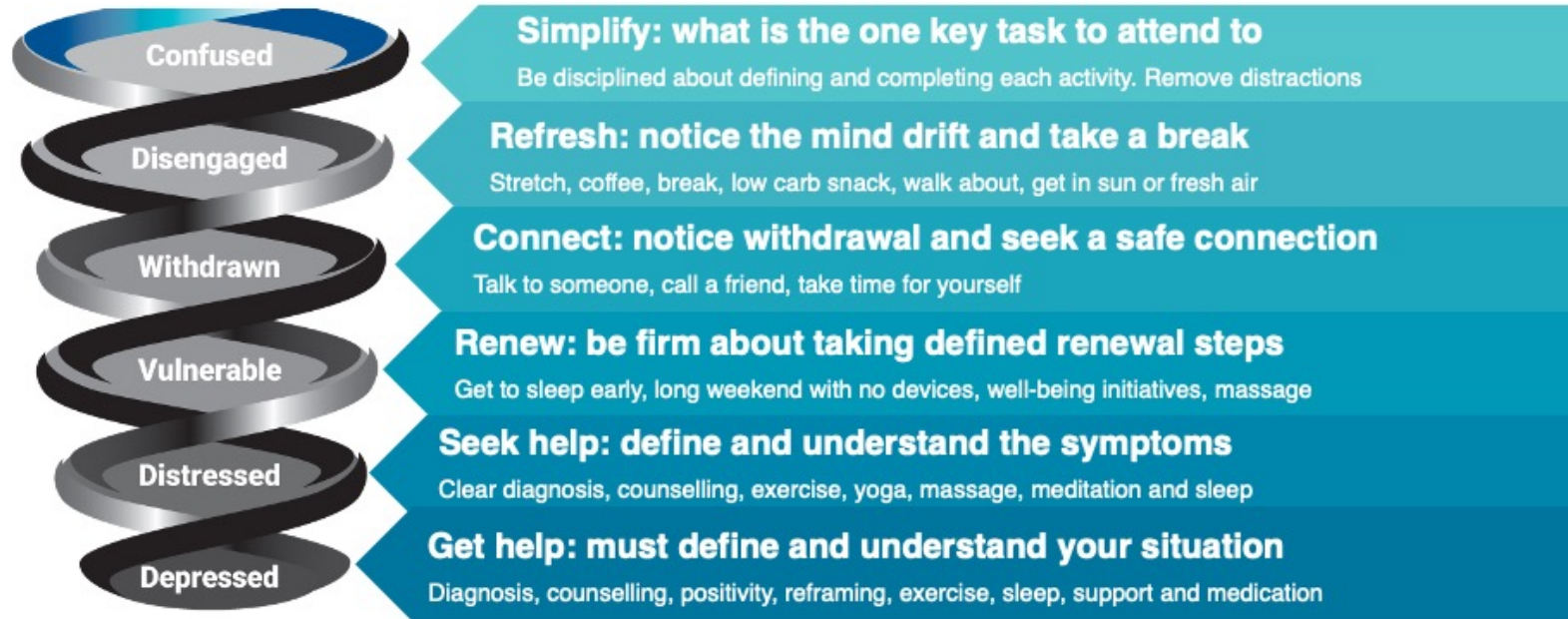
### Discuss:

- Which “mantra” do you use to cope?



# Closing

## 1. Rapid bounce



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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) <https://www.linkedin.com/learning/cultivating-mental-agility/making-yourself-relevant-2?contextUrn=urn%3Ali%3AlyndaLearningPath%3A5e878386498ef60664993342&u=50844473>
- 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](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

