

Resilience PD Session



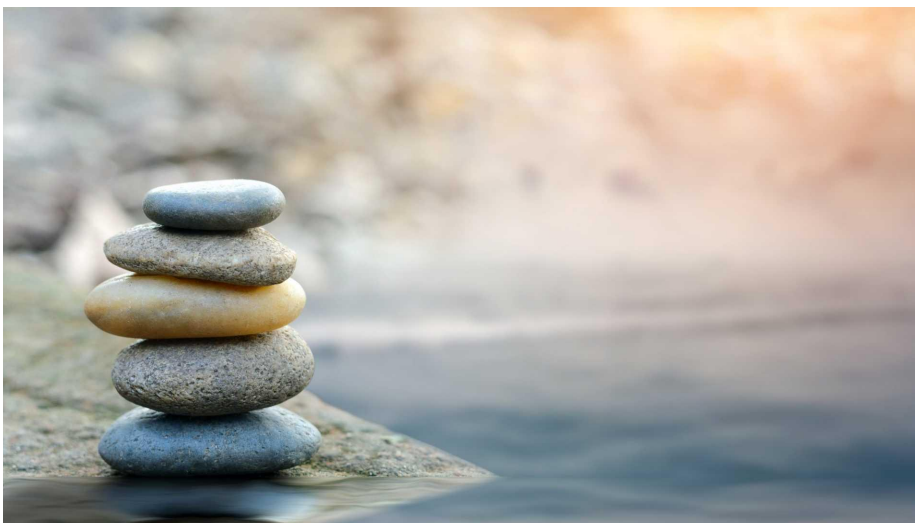
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Introduction



What is Resilience?

Resilience is :

- the ability to withstand and bounce back from difficult events in life.
- A resilient person has the ability to return to a previous good state after difficult events or change.

The ability of a substance to return to its usual shape after being bent, stretched, or pressed.



What is Resilience to you?

.....

.....

.....

.....

.....



Situations requiring Resilience?

Can you think of examples in the: Home, Office, Community?

Death of a spouse
Divorce
Marital separation
Imprisonment
Death of a close family member
Personal injury or illness
Marriage
Dismissal from work
Retirement
Change in health of family member
Pregnancy
Gain a new family member
Business readjustment
Change in financial state

Resilient Role Models

Let's make a list of the 3 most resilient people you know.
Then include the reasons why you think they are resilient.

1.....

2.....

3.....

Statistics

- ▶ One in five adults will experience mental health problems throughout a year
- ▶ One in 4 adolescents have a mental illness
- ▶ One in 3 girls and one in five boys
- ▶ suffer from an anxiety disorder



Carol Dweck and not yet



https://www.youtube.com/watch?v=KUWn_TJTrnU

<https://www.youtube.com/watch?v=hiiEeMN7vbQ>

Growth Mindset Thinking

- "It's never too late to learn." ...
- "It's ok if I fail, at least I learned something." ...
- "I appreciate constructive criticism." ...
- "I can always improve at something if I try." ...
- "I model my work after others who have been successful in the past."

Fixed Mindset Thinking

- Either I'm Good at Something, or I'm Not. ...
- I Can't Learn Now; It's Too Late. ...
- There's No Point in Trying if I'm Going to Fail. ...
- I Take Feedback as a Personal Attack. ...
- I Always Struggle With... ...
- I Feel Threatened/Intimidated by the Success of Others.

Over to you

Think of 3 examples of fixed mindset thinking you're doing about something in your life at the moment.

- 1.....
- 2.....
- 3.....

Over to you

Can you turn these 3 examples into Growth mindset thinking?

1.....

2.....

3.....

The 3 P's

Our ability to deal with hard things is determined by 3 P's.

These P's are ways that we see the world:

Personalization

Permanence

Pervasiveness

This was described by psychologist, Martin Seligman. Princeton

Personalization

Is thinking that the problem is yourself, instead of considering other outside things that have caused it.



Realizing outside factors have caused a bad situation allows us to reduce the blame and criticism we put on ourselves.

Permanence

Is thinking a bad situation will last forever. Those who think setbacks are temporary have improved ability to accept and adapt for the future.

Pervasiveness

Is thinking a bad situation applies across all areas of your life, instead of only happening in one area. People who think bad situations are pervasive feel that all areas of their life are impacted. This can make it hard to carry on.

Example

Let's say you lost your Job. Below are ways you could feel, and ways you could try to change your perspective:

Personal

I am not a good enough person
There's something wrong with me

Impersonal

The company is struggling.
My skill-set did not fit with current industry needs.

Permanent

I will never find a job

Impermanent

I will find a job soon

Pervasive

I also failed as a parent

Specific

This applies to work – it does not apply to my family life, hobbies, social life, or other interests

Exercise

Change your Perspective

1. Think of an experience that is happening in your life now. Something difficult.
2. Use the previous example as a template.
3. Write out how you could think about the situation as Personal, Permanent and Pervasive.
4. Now, change your point of view: write out how the experience could be Impersonal, Impermanent, and Specific.

Can you think of some personal examples of the 3Ps?

Personal I will never find a job	Impersonal
Permanent	Impermanent
Pervasive	Specific

Key areas to develop over time to become more resilient:

1. Keep a positive attitude.
2. Reframe your stressful thoughts.
3. Find a resilient role model.
4. Face your fears.
5. Develop active coping skills.
6. Establish and nurture a supportive social network.
7. Prioritize your physical well-being.
8. Train your brain.
9. Play to your strengths.

Do you have a self care routine?



Develop, schedule and continually work to improve your self care routine:

1. Sleep
2. Breathing / Quiet time
3. Good Food
4. Balanced social life
5. Exercise
6. Time Out
7. Mentor/s
8. Meetings with experts
9. Surround yourself with good people
10. Plan something in the future to look forward to like a holiday or a weekend off.

My new, improved self care routine:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Do you have support?



Can you say yes to help and support? Or do you struggle with this?

Develop your support crew:

- ▶ List who do you have so far
- ▶ Work out 3 questions you can ask these people to gain more support
- ▶
- ▶
- ▶
- ▶ Work out with the person next to you how to grow this list

Do you have a “go to” plan for whenever times are tough?

Resilient Coping Skills for whenever times are tough:

1. See the issue for what it is
2. Breathe
3. Call a friend
4. Call in the experts
5. Reframe
6. Slow it down
7. Self Care
8. Make a plan
9. ...
10. ...
11. ...

Reach Organisation- Problem Solving how to:

8 steps to problem solving

Step 1. Define the problem. What exactly is going on? Sometimes a problem just seems too big to tackle. However, if you make a list and break it down into smaller parts that you can make a start on solving, it'll feel more manageable.

Step 2. Set some goals. Focus on the steps you can take to resolve things, rather than just thinking about what you'd like to happen. Maybe you wish you had more money. Make a list of all the ways you can save or earn more. It could mean walking to school rather than taking the bus, or applying for a part-time job.

Step 3. Brainstorm possible solutions. Be creative and come up with as many solutions as you can think of. Some ideas may be way out there, but don't worry about evaluating them yet. If you want to solve a conflict you're having with your parents by escaping on a rainbow unicorn, write it down! Keep an open mind and list anything that comes to mind, plausible or not.

Step 4. Rule out any obvious poor options. Okay, reality check. Evaluate your list of ideas and rule out the ones that are unrealistic or unhelpful. Bye-bye, rainbow unicorn. But how about trying to see things from your parents' point of view? That option should probably stay on your list.

Step 5. Examine the consequences. Go through the options you've got left and for each one write a list of their pros and cons.

Step 6. Identify the best solutions. Now it's time to make a decision. Look at your list of options, and pick out the ones that are most practical and helpful. There may be one obvious solution, or some might work in combination.

Step 7. Put your solutions into practice. Have faith in yourself and make the commitment to try out one of your solutions.

Step 8. How did it go? So, you tried it out. What happened? If you had more than one solution and the first didn't work, move on to another one.

What to do when you can't fix the issue

Despite your best efforts, you may still not be able to fix something. If you've tried a few strategies but haven't had any success, you might try to focus on your coping skills instead, to help you deal with things as they are.

If you're experiencing a lot of negative feelings because of your issue, it's important to look after yourself. Take time out to do something you enjoy. You might also find it helpful to talk to someone you trust who can give you moral support. If your situation is interfering with your day-to-day life, it's a good idea to get some [professional help](#).

Reach Organisation- Problem Solving

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Breathing Techniques

4,7,8

Power Poses

Body language affects how others see us, but it may also change how we see ourselves. Social psychologist Amy Cuddy argues that "power posing" -- standing in a posture of confidence, even when we don't feel confident -- can boost feelings of confidence, and might have an impact on our chances for success.

<https://www.youtube.com/watch?v=Ks- Mh1QhMc>

Secrets of a resilient person

A resilient person:

- purposely strives to be as mentally and physically healthy as possible,
- possesses the confidence to effectively cope with and manage stressful situations
- is compassionate towards self and others,
- demonstrates grit or perseverance even in the face of adversity, and
- focuses on the positive and fulfilling aspects of life

The Resilience Project

The Imperfects Podcast

Gratitude

What is gratitude? It's about paying attention to the things and moments we have right now, and not worrying about what we don't have. We practise gratitude by noticing the positives that exist around us, and by being thankful for things, places and people in our lives.

[Find Out More](#)

Empathy

What does empathy mean? Empathy and kindness are closely linked. So are empathy and compassion. To be empathetic is to put ourselves in the shoes of others to feel and see what they are. We practice this by being kind towards other people.

[Find Out More](#)

Mindfulness

How to practise mindfulness? Mindfulness activities help us to be present in the moment and often create a feeling of calm. We practice this through slowing down and concentrating on one thing at a time. This includes meditation, colouring in and flow states.

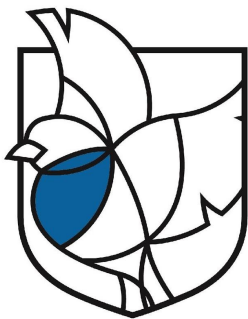
[Find Out More](#)

Mindfulness

Mindfulness breeds resilience
<https://www.youtube.com/watch?v=yXDr8NJ2THs>

Resilience is ordinary magic and can be learned.....

Stated simply, resilience is the ability to survive and thrive.



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Thank you for joining this session