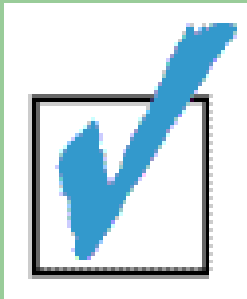


Resilience-Bouncing Back in a Healthy Way

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

By: James J. Messina, Ph.D.





"The pessimist complains about the wind;
The optimist expects it to change;
The realist adjusts the sails."

William Arthur Ward



Goals of Program

1. Identify what is Resilience
2. Identify strategies for developing one's resilience in the face of one's health challenges
3. Problem solve solutions for developing resilience strategies in your life to face the your health challenges



Emotional Fears in Facing Personal Health Challenges

- Fear of personal ineffectiveness or loss of ability to survive the Health Challenge(s)
- Fear about impact on the job, in one's family or in the community due to possible failure of one's personal effectiveness in coping with the health challenge
- Fear of impact of health challenge on one's self-worth & self-esteem
- family and marriage if not able to meet financial needs in this new economic reality



So What is Resilience?

The APA Health Center says that:

- Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress -- such as family and relationship problems, serious health problems, or workplace and financial stressors. It means "bouncing back" from difficult experiences.



What are Key Factors Associated with Resilience?

The APA Help Center identifies them as:

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths & abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses



Resilience is a Personal Strength

Which is:

- Ability to positively adjust to adversity
- Applied to building personal strengths
- Gained through building positive & nurturing relationships
- Maintaining of positivity
- A way of developing emotional insight
- Achieving of life balance & spirituality
- Becoming more reflective

Jackson, D., Firtko, A. & Edenborough, M. (2007). Personal resilience as a strategy for surviving and thriving in the face of workplace adversity: a literature review. *Journal of Advanced Nursing*:60(1):1-9.



When is Resilience Needed?

Ashe (2006) proposes people need to build resilience to sustain emotional health when faced with:

- wars
- layoffs
- life-altering events
- natural disasters
- death
- change
- divorce
- health issues
- financial difficulties, etc.

She states that being resilient doesn't mean you won't experience difficulty or distress.

Emotional pain, anger, grief and sadness are common when you have troubles in tough times.

Developing resilience involves behaviors, thoughts and actions that can help you cope with stressful events. It helps restore balance in your life (Ashe, 2006).

Ashe, L. (2006). In Times of Trouble Build Resilience. Methodist Healthcare Employee Assistance Well Informed Program:3.



Resilience Results in Adaptation

Adaptation is measured by:

- Level of prevalence in the community of mental & behavioral health
- Adequate role functioning at work & home
- A high quality of life by all

Norris, F. H.; Stevens, S. P.; Pfefferbaum, B.; Wyche, K.F. & Pfefferbaum, R.L. (2008). Community Resilience as a Metaphor, Theory, Set of Capacities, and Strategy for Disaster Readiness. *American Journal of Community Psychology*: 41(1–2): 127–150.



What Lessens Resilience

Martindale (2007) came up with issues which can lessen or diminish one's resilience as one grows older which are:

- Fear of diminution or loss of one's personal strength due to health issues
- Fear of displacement in work roles by younger workers or possible failure of effectiveness of one's professional skills
- Fear that one would not be able to cope with unemployment or retirement and would lose sense of identity and worth when one lost professional or work role identity
- Fears about the anxieties arising in marital & family relationships if one should lose one's job or retire resulting in a "diminished role"

Martindale, B. (2007). Resilience and Vulnerability in Later Life. *British Journal of Psychotherapy*: 23(2):205-216.



What is the State of Your Resilience?

Take the Self-Assessment of Personal Resilience

This self-assessment survey was developed on materials available on resilience in a variety of **journal articles** (Ashe, 2006; Harrison, 2002; Ivy, 2003; Lavretsky & Irwin, 2007; and Owen, 2002).



Interpretation of the State of Your Resilience

- If you rated 10 or more items over 8 or if you rated 15-20 over 5, you are most likely to experience some level of resilience in facing health or other personal life challenges



Ways to Build Your Resilience

APA (2004) reports that you can build your resiliency by:

- Making connections to develop a strong social network with others
- Avoiding seeing crises as insurmountable problems
- Accepting that change is a part of living
- Moving toward your goals
- Taking decisive actions
- Looking for opportunities for self-discovery
- Nurturing a positive view of yourself
- Keeping things in perspective
- Maintaining a hopeful outlook
- Taking care of yourself



How Can Your Support Group Help?

Your Support Group needs to be coached about how to build their personal resiliency by:

- Assessing their own level of resilience in facing life's challenges
- Teaching them about the best ways to build their own resilience
- Encourage “resilience building lifestyle” changes in their home & work life
- Get support group members to be “task-focused” by making plans of action to cope with life challenges experienced by all group members
- Ensure your support group is “emotion-focused” where each member gets a chance to let out personal feelings
- Keep support group members in reality by not allowing them to fall into “avoidant coping style” where they refuse to believe times are tough or challenges are real

Keep on Building Your Resilience

- Keep on Building your Resilience to Overcome Your health and life challenges
- Remember: You can survive Tough Times!
- Remember: You can build your resilience!
- Get your support team to agree to network together to support one another's efforts to grow in resilience to survive their challenging times!

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