

Cultivating Resilience for a Balanced Life

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Is it possible to learn how to be resilient?

Resilience

Process and outcome of **adapting** to difficult

or challenging life experiences,

especially through mental, emotional, and behavioral **flexibility**

and **adjustment** to external and internal demands.

(American Psychological Association)

Components

- Adversity
- Positive adaptation – learning process



When we face adversity, we develop tools that help us in the future, and we become stronger.

The role of resilience

(Stressor - the actual threat or a perceived challenge)

Resilience transforms potentially *toxic* stress into *tolerable* stress

Some of the stressors we can't control, but many of them we can control and modify.


„It is not stress that kills us,
but how we react to it“

Hans Selye




STRESS ???

- Life changes
- Catastrophic events
- Daily stressors
- Ambient stressors



Stress is not always
a bad thing!



Short-term effects of stress on the
brain

Enhanced delivery of glucose and oxygen
Enhanced hippocampal-dependent memory
Increased release of dopamine

Robert Sapolski



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Humans invented adventitious suffering

Feeling pain for:

- what was,
- what will be,
- what could be,
- what others experience

Robert Sapolski

Long-term effects of stress

- Suppressed immune system
- Increased risk of diabetes
- High blood pressure
- Gastrointestinal disorders
- Decreased release of dopamine (no pleasure – depression)
- Damage and death of neurons in Hippocampus (memory, learning)
- Enhanced amygdaloid function related to fear and anxiety
- The frontal cortex doesn't work
- Empathy is reduced (20/40%)



Michael Marton of University College London Medical School



Should we have no stress in our life?



Stress is more likely to be harmful when:



- it feels against your will
- out of control
- has no meaning

Kelly McGonigal





If we want to step into uncertainty, we must have **other certainties**



Victim of others,
fear of failure



Optimistic, acceptance
and learning



Victim of himself,
depressed, paralyzed

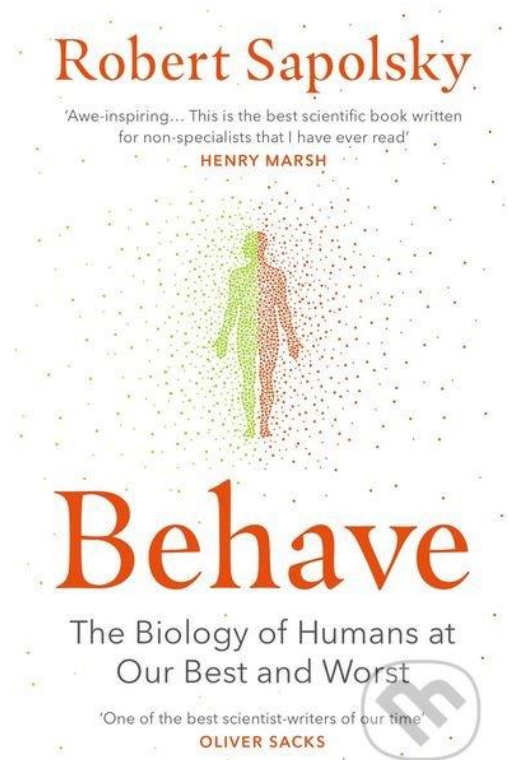


Victim of others,
violent


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Why do we behave the way we do?

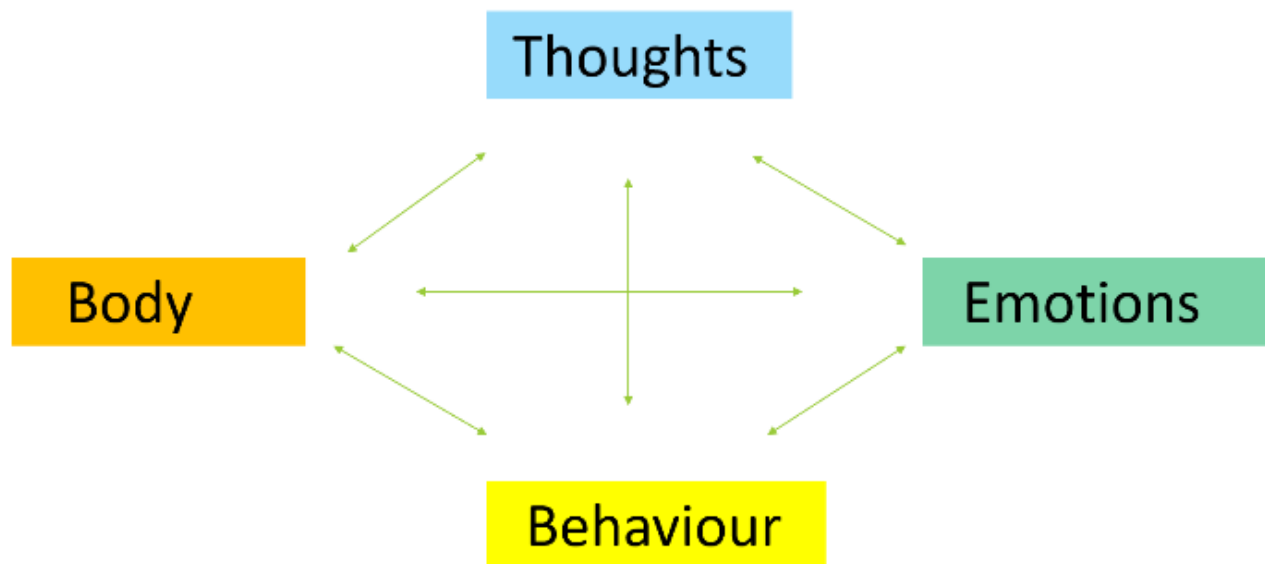


Behavior

- 
- Genetics
 - Belief, attitude
 - Habits
 - Needs
 - Emotions
 - Experiences
 - Past times

- 
- Culture
 - Upbringing
 - Education
 - Media
 - Other people
 - Weather
 - Sounds, aroma, place...

"Everything we do is in service of our needs."



Negative experience / Emotion

Need that is not satisfied

I was not invited to a party and feel isolated

Belonging, connection, acknowledgment

My opinion was not heard and I feel inadequate

Respect, understanding, acceptance, support

I do not enjoy my job and I feel bored

Meaning, purpose, wholeness



NEGATIVE
OUTCOMES

POSITIVE
OUTCOMES

Be a role model



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The signs of a resilient person

www.menti.com
Code: 1255 4109



Main factors

- ✓ how individuals view and engage with the world
- ✓ the availability and quality of social resources
- ✓ specific coping strategies

Types of Resilience

- Physical
- Psychological (mental)
- Emotional
- Community (social)



Domains of Resilience

Relationships

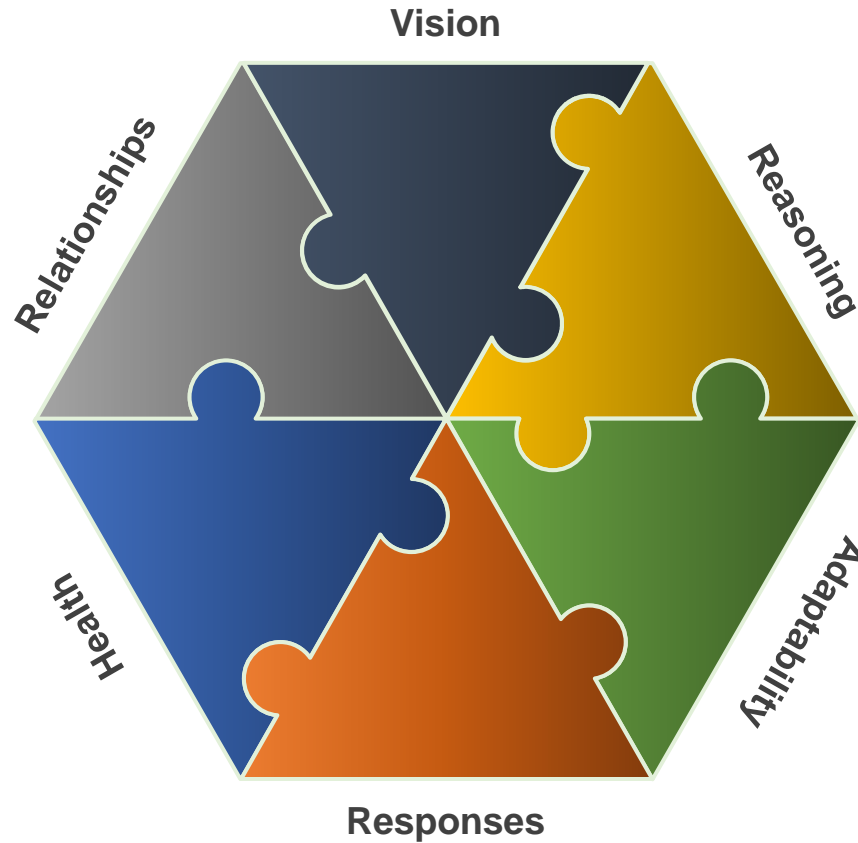
Supportive network, friends, family, colleagues, empathy, communication, collaboration,

Health

Physical health, sleep, exercise, healthy diet, sustainable lifestyle

Responses

Self-awareness, self-confidence, self-regulation



Vision

Purpose, meaning, life control, values, self-esteem

Reasoning

Problem solving, resourcefulness, growth mindset, habits

Adaptability

Flexibility, optimism, coping with ambiguity

@lohynova

According to Sonya Wallbank

Domains of Resilience



Building resilience

- Be role models 😊
- SEL
- Cognitive flexibility (goal-setting, problem-solving, critical thinking)
- Self-efficacy, self-esteem
- Stress reduction practices (mindfulness, exercise)
- Resilience requires relationships – reaching out
- Optimistic thinking – growth mindset
<https://wordwall.net/resource/69668286>
- Resourcefulness, creativity
- **Curiosity**

Are you optimistic?

Learned optimism by Martin Seligman

- **Personalization:**

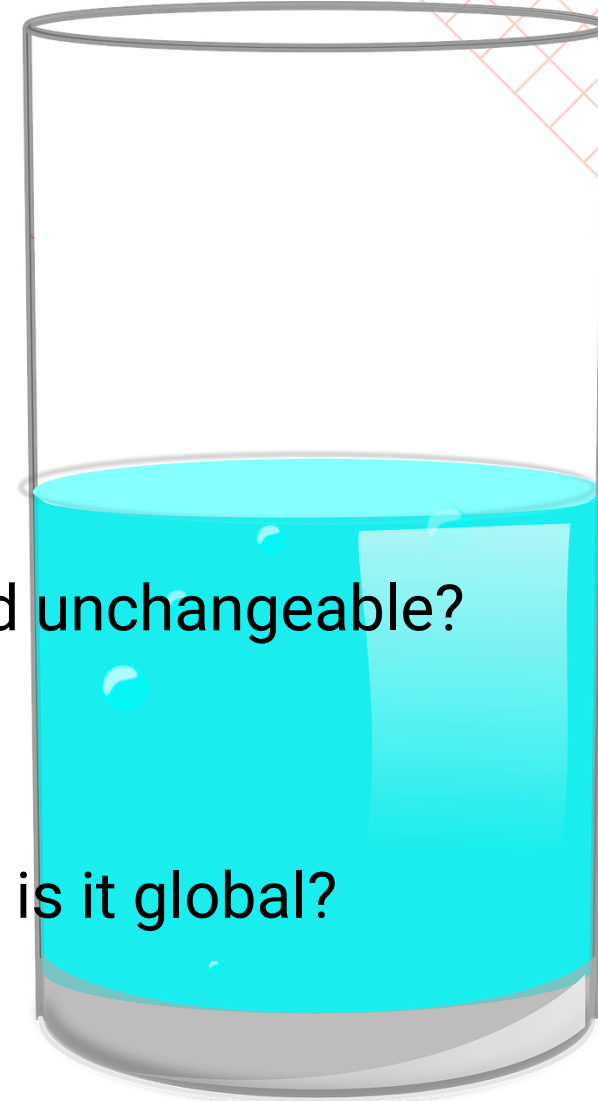
Is the cause perceived to be internal or external?

- **Permanence:**

Is the event specific (a one-time event) or lasting and unchangeable?

- **Pervasiveness:**

Is the event applicable only to a specific situation, or is it global?



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Self-esteem is the disposition to experience oneself as competent to cope with the basic challenges of life and as worthy of happiness

Nathaniel Branden

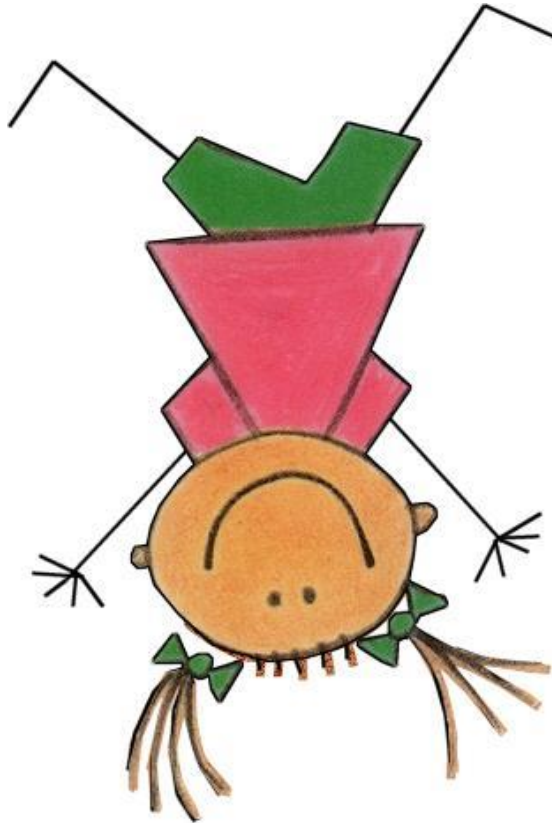


Create positive thinking habits

- Choice of response (nobody makes us angry)
- 1 negative = 3 positive thoughts
- Gratitude
- Act of kindness
- Positive self-talk
- Passion
- Be proactive – what you want not what you dont want



Train yourself to manage failures



01

Face uncomfortable situations

02

Write down what you are afraid of

03

Break down a big challenge into pieces

04

Become comfortable with rejection

05

Learn new skills

Strategy	Activities
Cognitive reappraisal	Alter the way you think, look into a stressful situation from a whole new perspective, replace your negative thoughts, let them go, self-talking – birds eye view
Physiological strategy	Meditation , yoga, breathing, exercise, walking in nature
Avoiding	Leaving the situation, activity or a person
Pleasant activities	Humour, hobbies, socialization, talking to friends, going out
Social support	Helping others, kindness
Entertainment	Music, theatre, cinema, shopping

Situation: some friends are going to a party and I was not invited.

Thoughts: My friends don't like me, they think I am not funny, I am boring, I will have no friends....

Feelings: sad, disliked, alone

Evidence that supports the thoughts: I do get moody now and then.

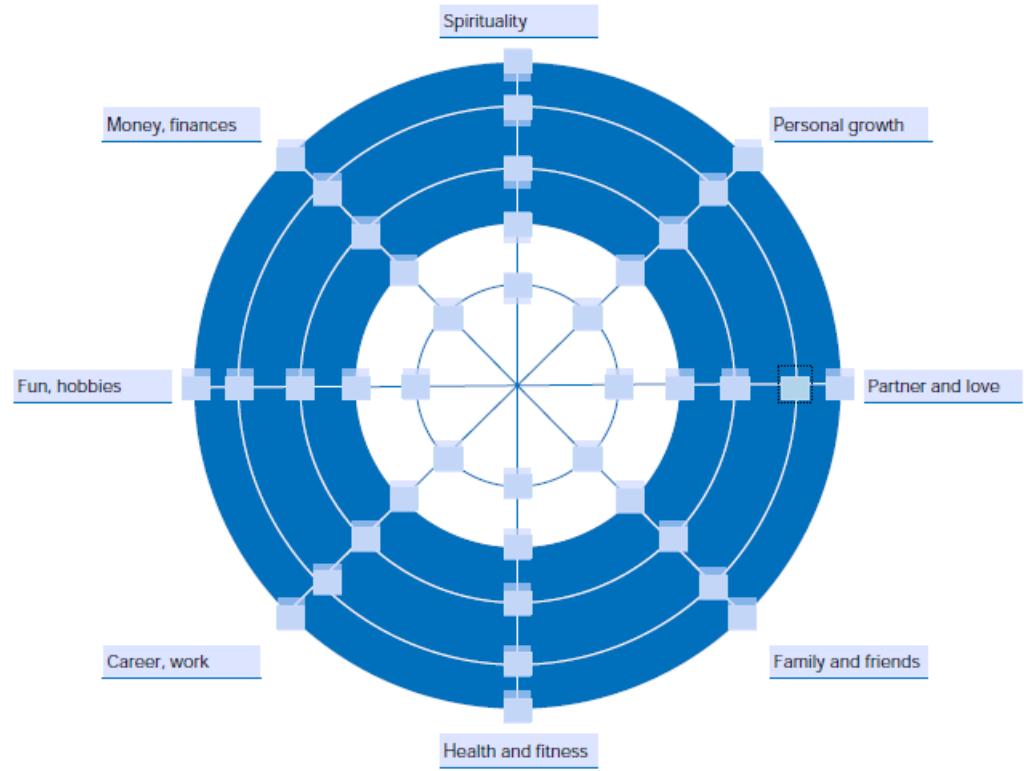
Evidence that does not support the thought: My friends invite me very often. Other friends have not been invited to other activities.

Alternative thought: My friends like me but that doesn't mean that they have to invite me to everything.

Outcome: I feel better, I no longer feel stressed about it. www.concordia.ca



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Things I will **START** doing to regain balance in my life

Things I will **STOP** doing, reprioritize or delegate

Well-being

- Frequent positive affect
- Infrequent negative affect
- Life satisfaction

(Ed Diener)



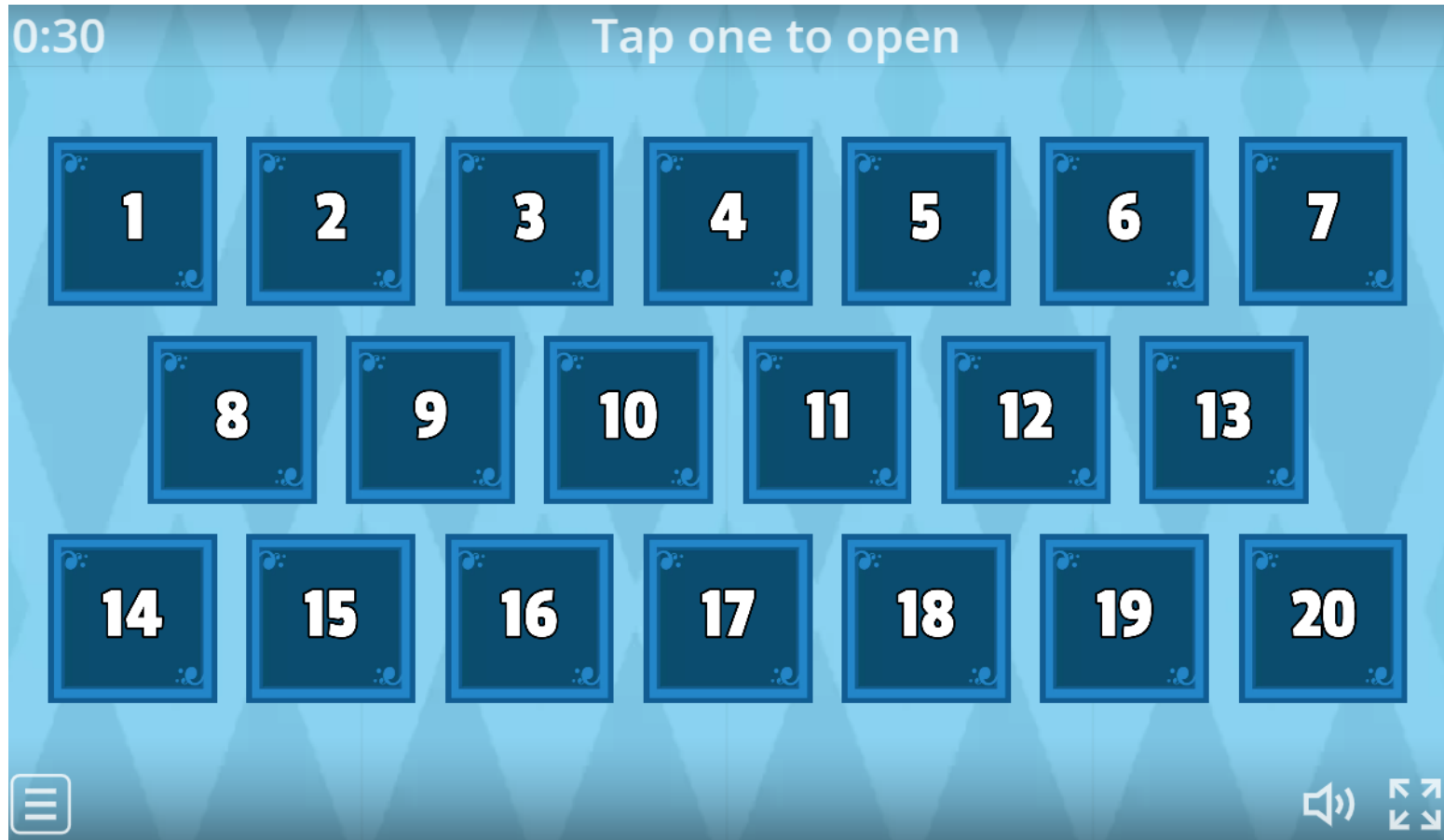
Spiritual

Physical

Intellectual

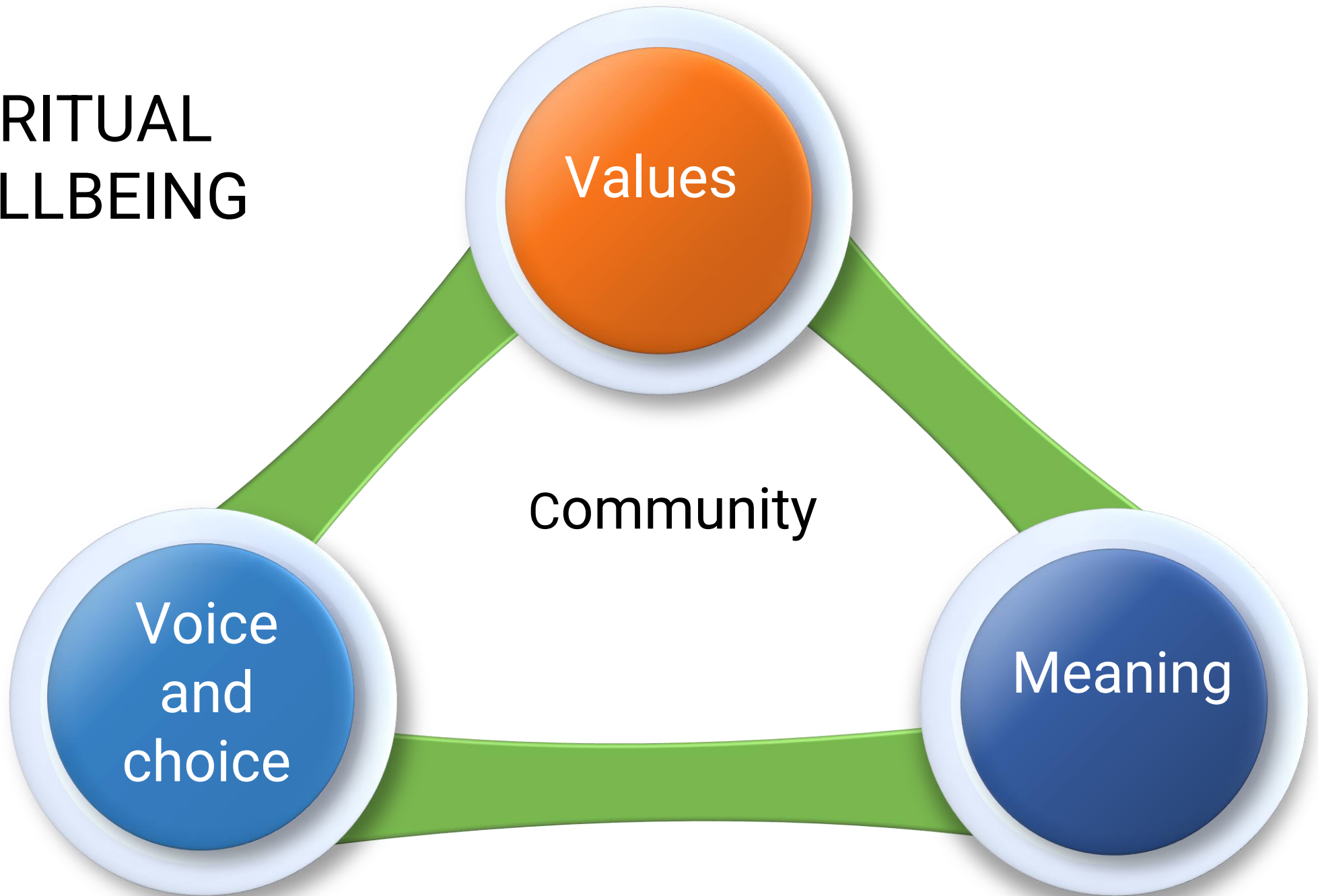
Relational

Emotional



[Social/Emotional Game - Open the box \(wordwall.net\)](https://www.wordwall.net)

SPIRITUAL WELLBEING



Values

Community

Voice
and
choice

Meaning

Physical wellbeing

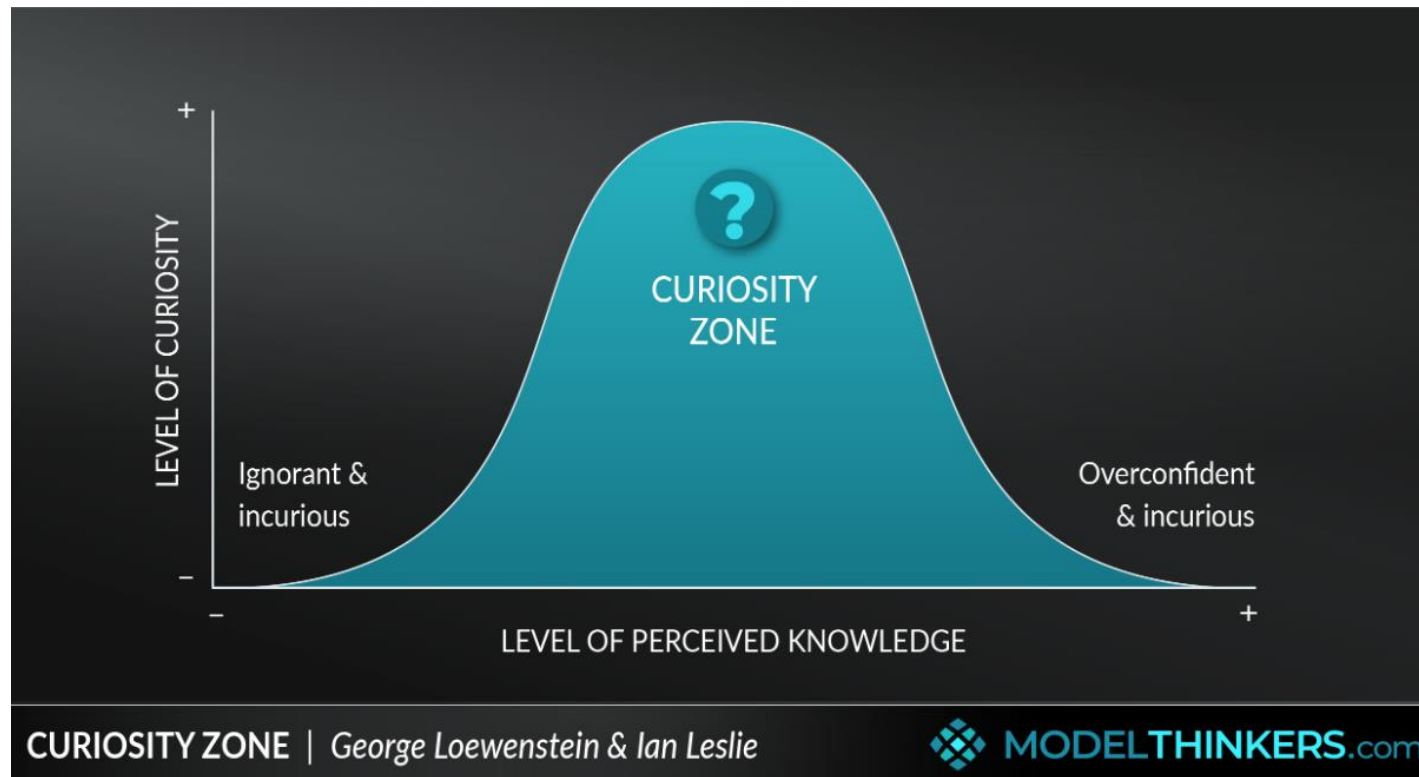
- Nutrition - eating habits
- Safe environment
- Physical activity – movement breaks, active play
- Outside learning, school gardens
- Sleep – discussions, projects
- Think Twice: How the Gut's "Second Brain" Influences Mood and Well-Being - Scientific American

Intellectual

- Realistic learning goals (high expectations)
- Autonomy
- Minimise external rewards
- Meaningful feedback
- Activate prior knowledge
- Boost curiosity
- Provide brain breaks



Curiosity



We are most curious when we know something about a subject

Relational

Classroom
rules

Antibullying
programs

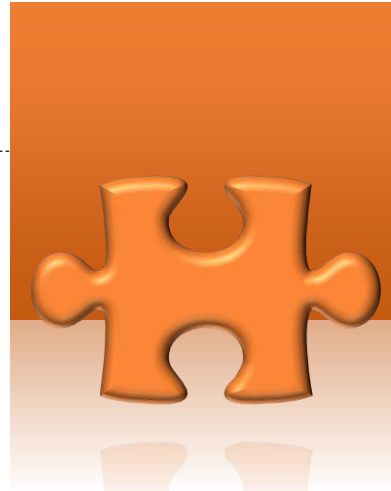
Empathy

Communication
skills - NVC

Collaboration
skills

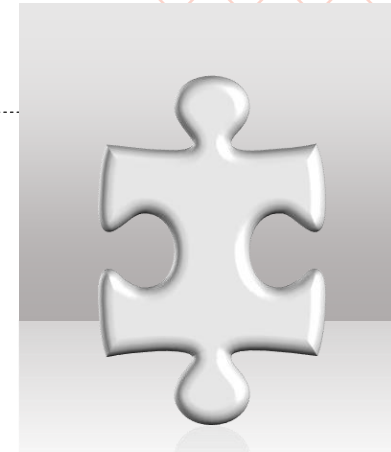
Social
intelligence

Emotional



Self-awareness

- Identifying one's emotions
- Linking feelings, values, thoughts
- Recognizing strengths
- Self-confidence
- Self-efficacy



Self-management

- Managing one's emotions
- Stress management
- Self-discipline
- Self-motivation
- Taking initiative



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Emotional

Zones of Regulation








Unpleasant, low energy	Pleasant, low energy	Pleasant, high energy	Unpleasant, high energy
sad apathetic tired bored lonely down pessimistic concerned	calm focused peaceful chilly content balanced relaxed satisfied grateful	joyful excited hyper energised enthusiastic happy motivated inspired surprised	angry anxious frustrated nervous annoyed tense restless worried irritated

I'm in the zone because

I need to because I'm feeling

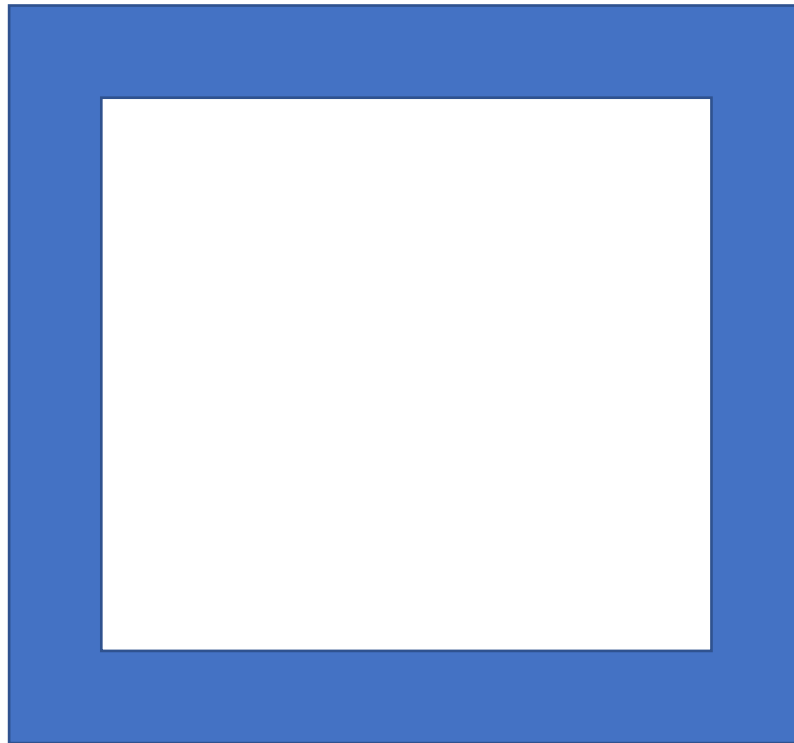
MINDFULNESS SCAVENGER HUNT

Tick off each activity as you achieve it!

	<p>Watch a sunrise or sunset without taking a photo</p>	 <p>Practice deep breathing</p>
<p>Taste something new and describe the flavours</p> 	 <p>Colour in a picture</p>	<p>Sit in silence for 20 minutes and listen for hidden sounds</p> 
<p>Feel the different textures of leaves in your garden</p> 	<p>Walk your neighbourhood at dinner time and smell your neighbour's cooking</p> <p>Write a list of 10 things you are grateful for</p> 	

Education resource hub

Box - breathing



4-4-4-4

Online wellbeing



- Impact on our emotions
- Impact on our psychological wellbeing
 - Impact on our physical health

What to do if something goes wrong? 😱

Wellbeing online

- 1. Health and Wellbeing
- 2. Ethics and Empathy
- 3. ePresence and Communications



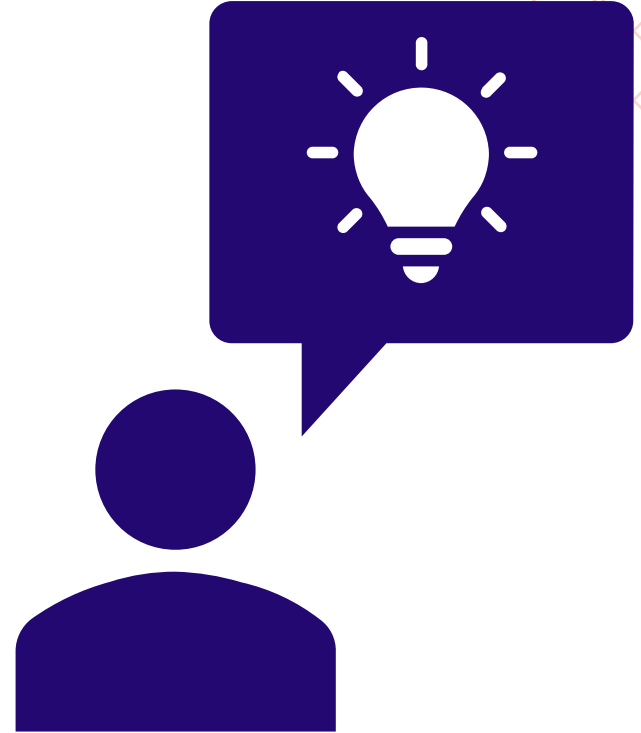
1. Health and Wellbeing

- Right ergonomic posture
- Lack of movement
- Internet addiction
- FOMO
- Comparing to others - lower self-esteem
- Feelings of anxiety and stress
- Difficulty sleeping
- Feeling lonely
- Feeling overwhelmed
- Cyberbullying
- Radicalisation
- False information
-



Checking our digital habits

- Identify your digital habits
- How do they make you feel?
- Choose one habit you want to change
- Why?
- Challenge yourself – plan (when, what)
- Keep track of your progress
- Share with peers – reflect



Avoid social comparison

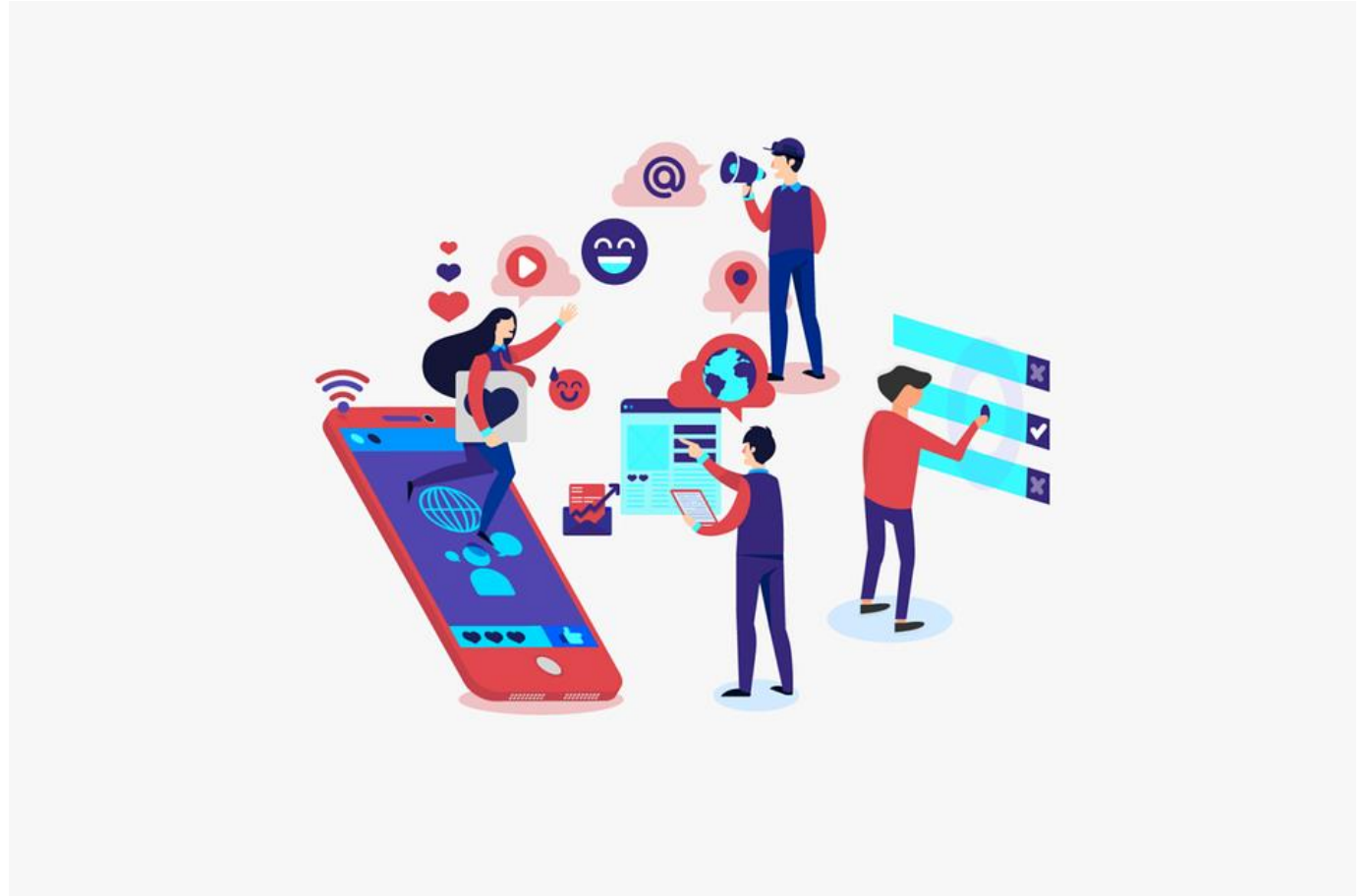
- Stop Technique
- Gratitude = Killer of Envy
- Curate information you get



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3. ePresence and Communications

Online
expression



Resources

- 1 [Digital Resilience Toolkit - Internet Matters](#)
- 2 <https://www.childnet.com>
- 3 ggia.berkeley.edu/practice/finding_silver_linings

The good life is a process,
not a state of being.
It is a direction
not a destination.

Carl Rogers





Even though we may believe
that we have no influence on making the
world a better place,
It is our primary task and duty.

Thank you