Resilience: Bouncing Back
Learning objectives

Resilience: Bouncing Back

**Define** resilience

**Understand** the importance of being resilient

**Learn** about how the mind and body are connected

**Discover** ways to become more resilient
What is resilience?

• Resilience is an "inner strength" that helps you **bounce back** after **stressful situations** without being overwhelmed or acting in destructive ways.

• When you are resilient, you may recover more quickly from:
  - Setbacks
  - Difficult changes
  - Illness
  - Misfortunes

“**Inner strength**” can be learned!
ActivePoll: How well do you bounce back?

• Select the statements that you feel apply to yourself:
  a) I feel self-confident and appreciate myself.
  b) I adapt quickly to new developments.
  c) I'm usually optimistic.
  d) I tolerate high uncertainty and ambiguity.
  e) I learn valuable lessons from all experiences.
Mind-body connection

• Part of resilience is how you **think**

• Your mind can have a positive or negative effect on your body
  – For example, negative emotions, such as worry and stress, can cause tense muscles and pain, headaches, and stomach problems

**Your mind and body are powerful allies**
Building resilience
Becoming more resilient

• Gradual, small changes in your outlook on life
• Careful self-evaluation
• Begin this shift on your own by:
  – Changing the way you think
  – Changing the way you act

• Having a positive outlook on life takes work!
6 ways to be more resilient

1. **Accept** that things change
2. See the **big picture**
3. Tap the power of **optimism**
4. **Build** relationships
5. **Believe** in yourself
6. Take **care** of yourself
1 Accept that things change

- **Anticipate** and **accept** change
- Look at change as a **challenge** rather than a **threat**
- Examine how and why you feel the way you do when things change
- Expect the best

You can't change what happens, but you **can** change how you feel about it!
See the big picture

- Find the **positive** in stressful situations
- **Learn** from the situation
  - Difficult or emotional situations can teach you about yourself
  - Look to the future, and ask yourself how the stressful event might help you
- See the **funny side** of bad situations
3 Tapping the power of optimism

*Optimism is a hopeful, positive outlook on the future, yourself, and the world around you - It is a key part of resilience!*

- Optimism helps you see, feel, and think positively
- Whenever you’re having trouble with thinking negative thoughts, expecting the worst, or feeling powerless, try any of these exercises for a few days:
  - Focus on what’s going well
  - Practice gratitude
  - Look for the benefits
  - Look ahead
  - Build yourself up
Build relationships

- Build relationships that are solid and loving with your family and others
  - Help them, and don't be afraid to let them help you
  - Invite a friend who makes you laugh, and go to a funny movie
  - Send an encouraging message to someone who's going through a hard time
  - Look for a faith community that shares your views. Call a food bank or hospital and ask about their volunteer programs

- Develop a support network
Believe in yourself

• Developing confidence in your ability to solve problems
• Trust your instincts
• Solve problems
  – Look at all aspects of a problem
  – Ask friends for suggestions
• Do things to gain self confidence and build self-esteem

What are some things you have achieved in your life that you are proud of?
6 Take care of yourself

• Do things that you **enjoy**
  – See a movie
  – Have a good meal
  – Laugh with your friends
  – Know what's important to you

• **Relax** your mind and body with deep breathing and guided imagery

• Manage your **emotions**

• Express **gratitude**
Practice deep breathing

Technique:

1. Lie down or sit comfortably

2. Close your eyes, and place one hand on your belly, and the other on your chest

3. Begin to breathe slowly and deeply through your nose—expand your belly, chest and lungs (let the belly push your hand back as you breathe)

4. Slowly breathe out through your mouth
Summary

- Accept that things change
- See the big picture
- Build relationships
- Believe in yourself
- Take care of yourself

Practice these small changes to get on the right path!
Visit MyActiveHealth today!

Trackers, Videos, Recipes, Webinars, and more!
Thank you