

2021: Building Resilience

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What did people think “return to normal” should have looked like in 2021?



What people think it looks like



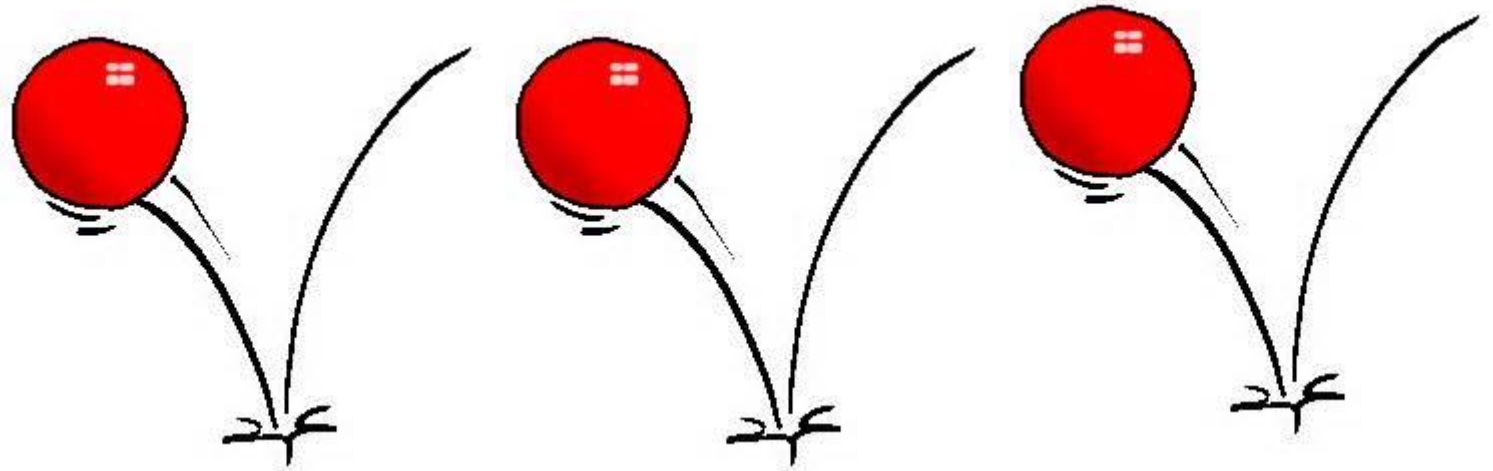
What it really looks like



Resilience and
RECOVERY

Defining “Resilience”

The capacity to bounce **forward** quickly from difficulties.



Overview

Resilience is a teachable mindset and skillset.

Essential for wellbeing and success today and into the future.

The Benefit of Learning Resilience:

You gain a sense of personal and professional mastery over failure.



Mindset

And

Skillset



How to Build
Resilience?

Mental Skills

What used to trigger stress to physical threat now triggers stress to self esteem or ego.



Adversity
is
Necessary
for
Resilience



FACT

What Kind of Mindset Do You Have?

Mindset?



Mindset Quiz

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. Your intelligence is something very basic about you that you can't change very much	0	1	2	3
2. No matter how much intelligence you have, you can always change it quite a bit	3	2	1	0
3. Only a few people will be truly good at sports, you have to be born with the ability	0	1	2	3
4. The harder you work at something, the better you will be	3	2	1	0

Mindset Quiz

	Strongly Agree	Agree	Disagree	Strongly Disagree
5. I often get upset when I get feedback about my performance	0	1	2	3
6. I appreciate when people give me feedback about my performance	3	2	1	0
7. Truly smart people do not need to try hard	0	1	2	3
8. You can always change how intelligent you are	3	2	1	0
9. You are a certain kind of person and there is not much that can be done to really change that	0	1	2	3

Mindset Quiz

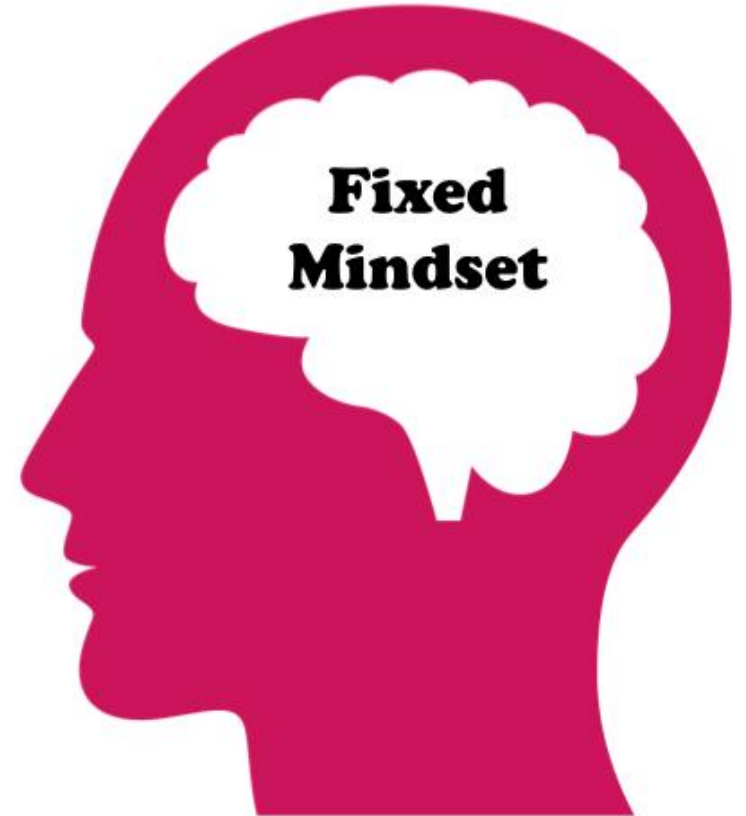
	Strongly Agree	Agree	Disagree	Strongly Disagree
10. An important reason why I do my work is that I enjoy learning new things	3	2	1	0
Totals				
Strong Growth Mindset	22 - 30			
Growth with Some Fixed Ideas	17 - 21			
Fixed with Some Growth Ideas	11 - 16			
Strong Fixed Mindset	0 - 10			

What Kind of Mindset Do You Have?

Mindset



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Develop A Growth Mindset



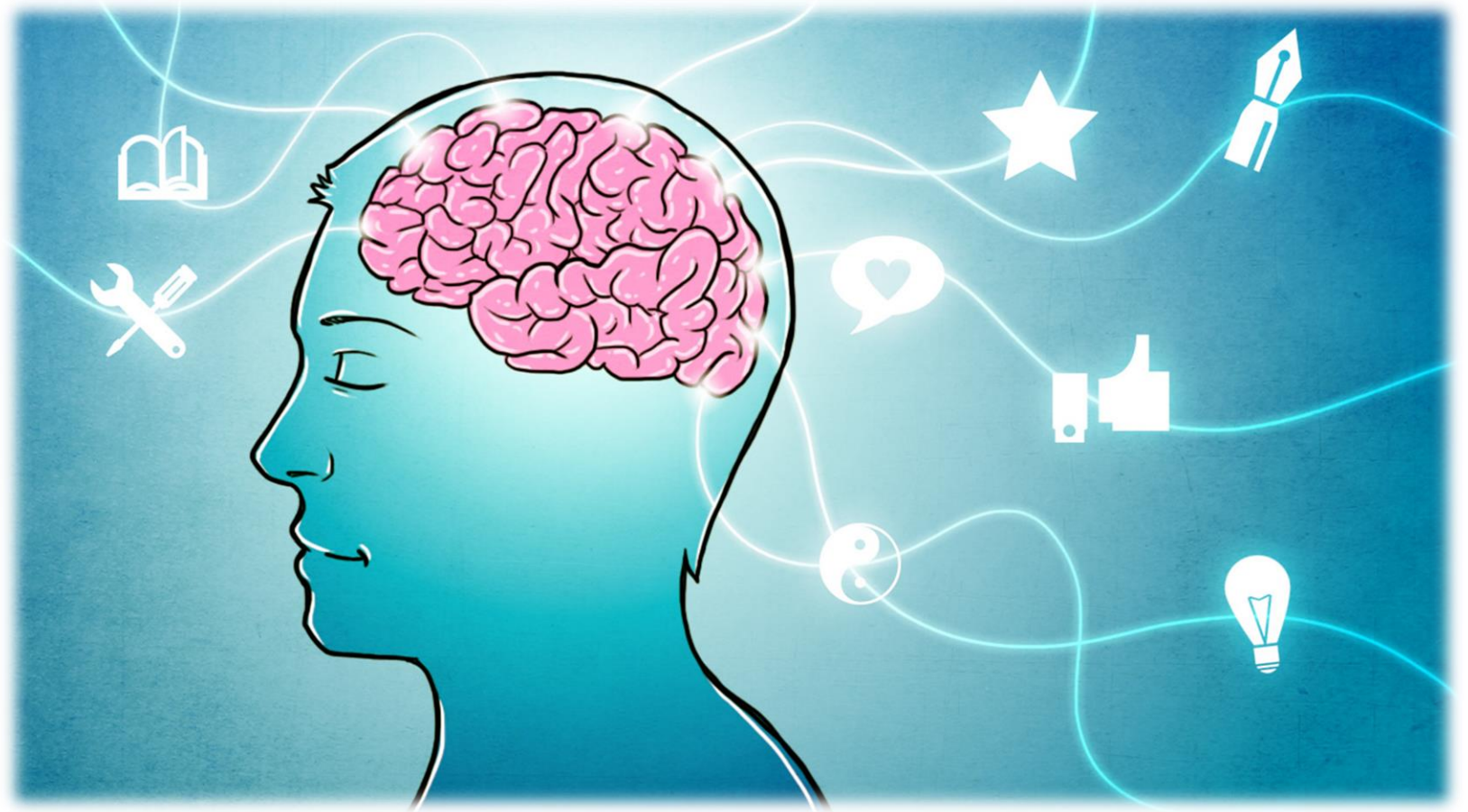
MINDFUL
LIFE™

Developing a Growth Mindset

INSTEAD OF...	TRY....
I'm bad at this	What am I missing?
I give up	I'll try a different strategy
This is good enough	Is this my best work?
This is too hard	This may take some time
I got it wrong	I learn from mistakes
I'll never be that smart	I can train my brain
I don't get it	I don't get it <u>yet</u>

The original source of this grid is unknown and was modified by Mindful Life LLC

Skillset: Reframing



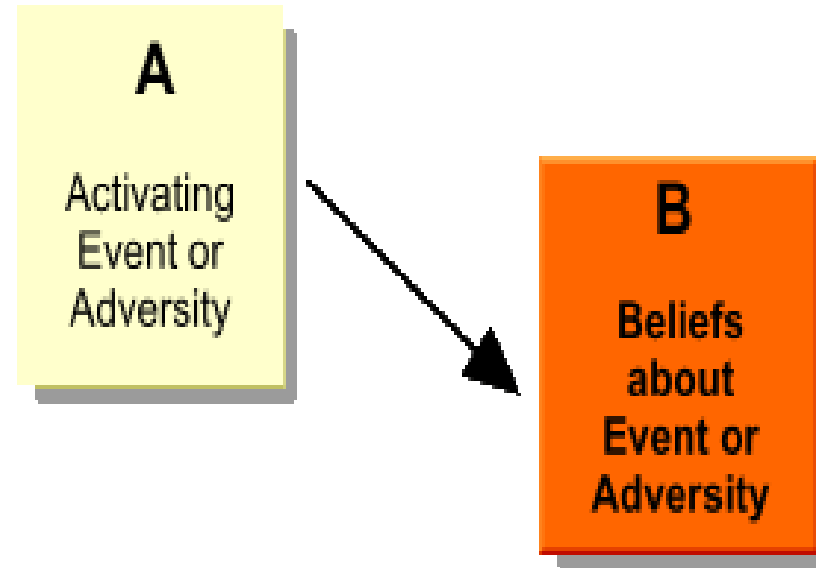
There are 70,000 thoughts
between you and well-being every day

ABCDE Model of Reframing

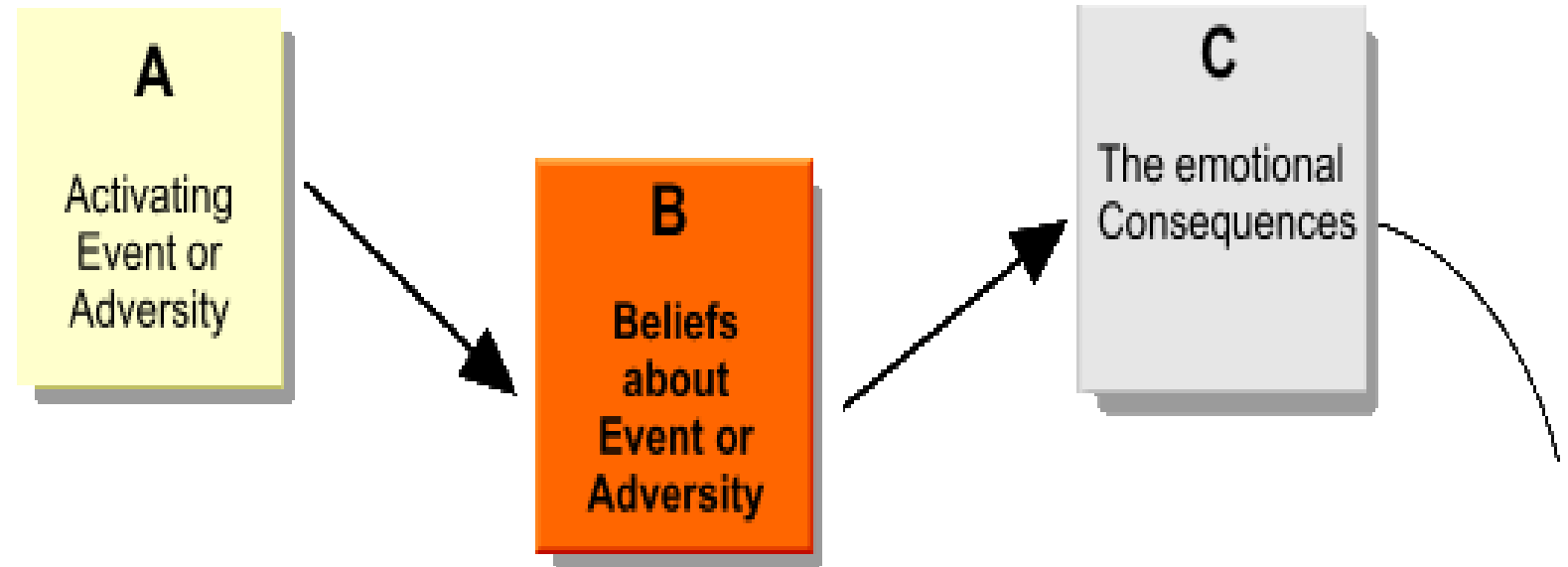
A

Activating
Event or
Adversity

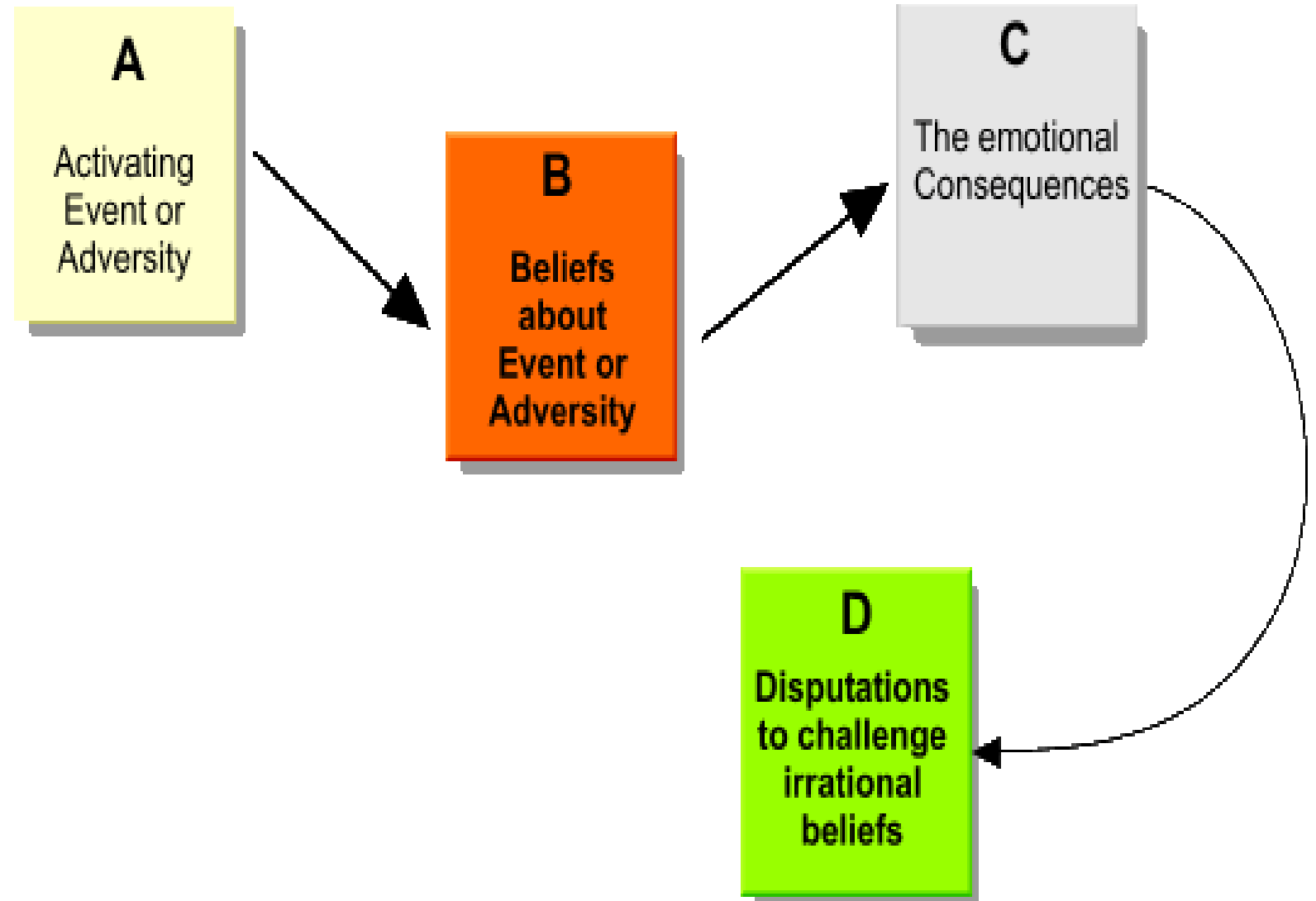
ABCDE Model of Reframing



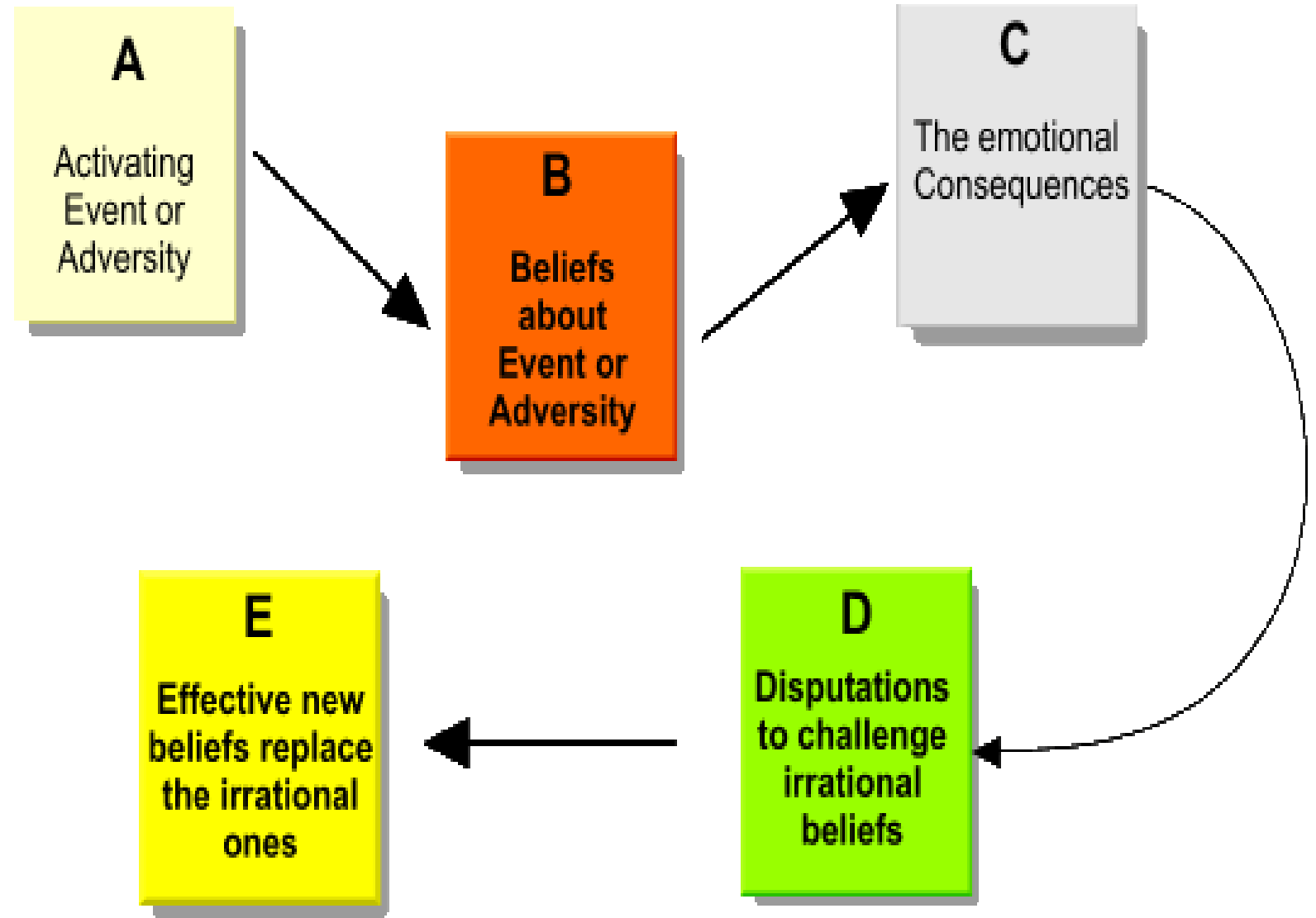
ABCDE Model of Reframing



ABCDE Model of Reframing



ABCDE Model of Reframing



Common B – C Connections

Belief	Emotional Connection
Real-world loss or loss of sense of self worth	Sadness Depression
Future threat	Anxiety
Violation of your rights	Anger
Violation of another's rights	Guilt
Loss of standing with others	Embarrassment

Treat Beliefs Like Theories

Create alternative theories for consequences:

- If you are a ME person, come up with a NOT ME explanation
- If you are a NOT ME, come up with a ME explanation
- If you are an ALWAYS, then NOT ALWAYS
- If EVERYTHING, then NOT EVERYTHING

Evaluate the evidence to prove or not prove

Reframing

Adversity

- My kid is sick and they tell me I can't have time off.

Belief

- They treat us like machines here!

Consequence

- Anger at a 5 / Sadness at a 9

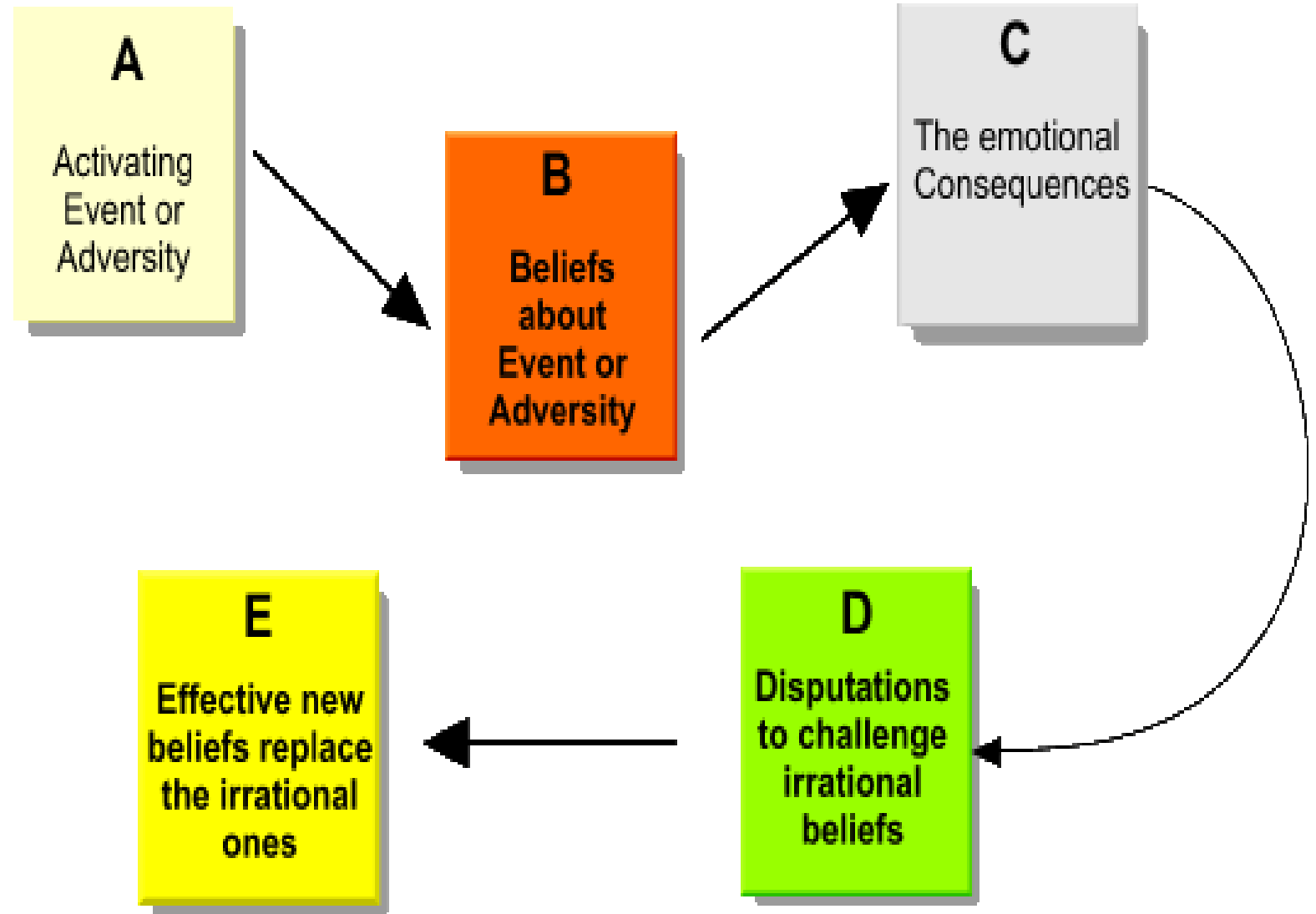
Irrational Beliefs

- I can't do this job and be a good parent

New Beliefs

- What does being a "good parent" mean to me?

Your
Turn.....





Framework for Building Resilience

Use

Use science to test approaches

Commit

Commit to a systems approach

Identify

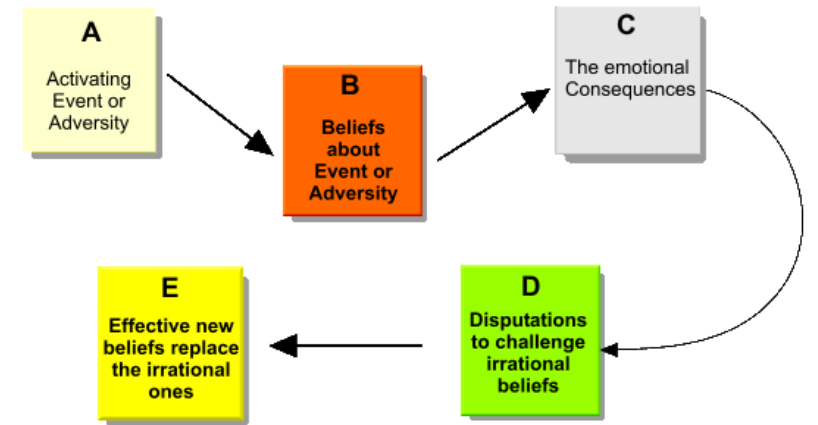
Identify unique barriers in the local context

Ask

Ask "What matters to you?"

Use Science to Test Approaches:

- Growth Mindset
- Reframing



I can learn anything I want to.
When I'm frustrated, I persevere.
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Commit to a Systems Approach:

HEAL



Have a Beneficial Experience



Enrich It



Absorb It



Link It

Commit to a Systems Approach

HEAL

Have a Beneficial Experience:

Grow resiliency by noticing pleasurable thoughts, feelings or sensations that are already present many times in a day.
Takes a minute or less.

Commit to a Systems Approach

HEAL

Enrich It:

- **Lengthen it:** Stay with it 5 to 10 seconds longer
- **Intensify it:** Let it be big in your mind
- **Expand it:** Notice other sensations or emotions
- **Freshen it:** Imagine you are having it for the very first time
- **Value it:** Be aware why it is important to you, why it matters

Commit to a Systems Approach

HEAL

Absorb It:

- **Intend to receive it:** Consciously choose to take it in
- **Sense it sinking into you:** Give over to it, allow it to become a part of you
- **Reward yourself:** Tune into whatever is reassuring, helpful, or hopeful about the experience.
- Doing this will increase the neurotransmitter system (dopamine) and will flag the experience as a “keeper” for long-term storage

Commit to a Systems Approach

HEAL:

Link it:

- **Need for Safety:** Compassion; Calm, Courage
- **Need for Satisfaction:** Mindfulness; Gratitude; Motivation; Aspiration
- **Need for Connection:** Learning; Confidence; Relationships; Generosity

“What Matters To You?” & Identify Unique Barriers

A particular need is best met by the learned inner strengths that are matched to it:

- ✓ What helps make a good day?
- ✓ When am I at my best?
- ✓ What does that look like?
- ✓ What gets in the way of a good day?



Building
Resiliency
Correlates
With:

Self-efficacy
Autonomy
Problem Solving
Optimism
Creativity
Flexibility
Stress Management



Make It Matter
in 2021!