



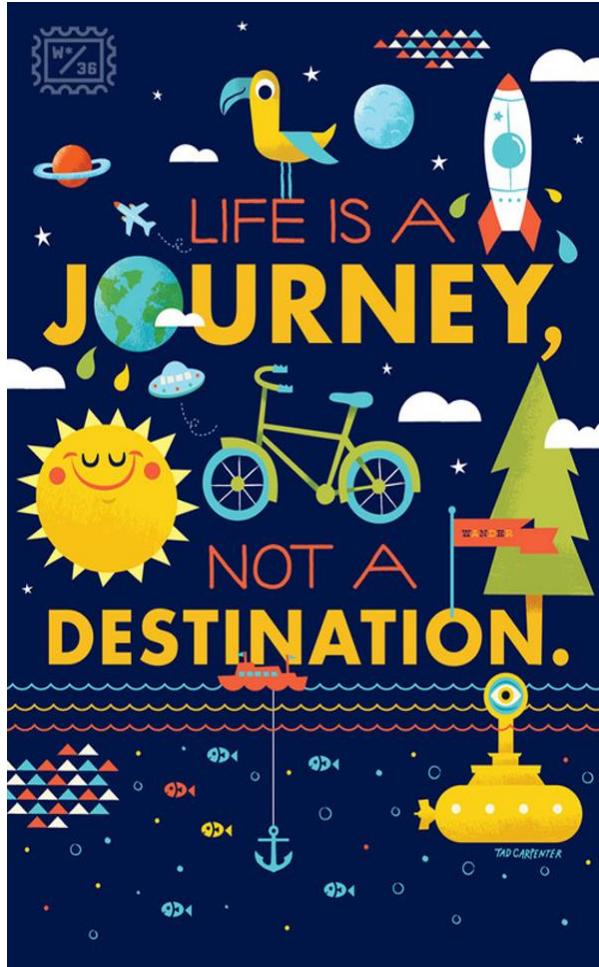
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# Developing Resilience to Cope with Difficult Situations



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# Introduction



- The journey of life can be pleasant at times.
- We may feel in control.
- At other times the journey may not be so easy.
- If everything is falling apart, we may wonder if we will survive the experience.
- Work may be good for us, but it presents problems.

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# What is resilience?

“Resilience is the ability of people to cope in the face of adversity, drawing on their internal strengths and those within the social systems in which they live.”

National Mind, 2020

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# What is resilience?

- On a day to day basis it is the capacity to **cope with or adapt to stressful situations** or crises without long term difficulty. Maintaining high performance and well being when facing challenging or difficult situations.
- Resilience involves **facing challenge** even when it feels easier to give up.
- It involves **emerging stronger** and wiser from adversity.
- Resilient people are..
- *'..like bamboo in a hurricane – they bend rather than break.'*

*video*

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# THE RESILIENCE MATRIX



## COPING

Being able to tap into inner resources, ie skills and strengths to cope and recover from problems, setbacks and challenges, and to bounce back.

## GRIT

Resilient people never give up . They find in themselves the strength to tackle problems head on, overcome adversity, and move on with their lives.

## EMOTIONAL INTELLIGENCE

Being able to analyze and manage feelings and emotions is a key success factor to deal with difficult situations more positively.

## SENSE MAKING

Being able to make sense of past experiences and learn from them. Being able to make life meaningful by having a sense of purpose, and goals for the future.





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# Why do we need resilience?



- By finding better ways to cope with life's challenges, there is less chance of them causing us so much disturbance that they develop into serious mental health problems.
- There is more chance of us staying well, no matter what life throws at us.

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# Vision versus Reality



- Supermen and superwomen are fiction.
- To be human involves facing doubts, dealing with conflicting emotions in tough times.
- Resilience is a complex issue. One size does not fit all. Some people are more naturally resilient. Others can learn!

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# When your resilience is challenged

May include:

- Denial, lack of self awareness
- Bottling things up
- Working long hours
- Over analysing things
- Low levels of self belief/confidence
- Excessive cynicism
- Problems with forgiveness/letting go of the past
- Reliance on alcohol and/or other drugs

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# Traits of emotional resilience

May include:

- Willingness to invest in relationships
- High levels of self belief and confidence
- Ability to laugh at ourselves, not take ourselves too seriously.
- Ability to address and face the most painful chapters of their lives.
- Having a sense of purpose
- Ability to forgive, let go, move on
- Acceptance of failure, ability to learn lessons.
- Identity is formed by various interests

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# 8 STEPS TO BECOME MORE RESILIENT



1

## Accept change

Find ways to become more comfortable with change.



2

## Become a continuous learner

Learn new skills, gain new understanding and apply them in times of change.



3

## Take charge

Take charge of your own career and your own development.



4

## Find your sense of purpose

Helps you to assess setbacks within the framework of a broader perspective.



8

## Skill shift

Reframe how you see your skills, talents and interests.



7

## Reflect

Reflection fosters learning, new perspectives and self-awareness



6

## Cultivate relationships

Develop and nurture a broad network of personal and professional relationships.

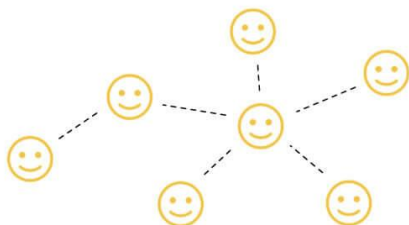


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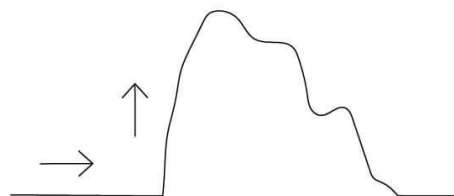
## Pay attention to self-identity

Form your identity apart from your job.

1. Make connections and building your social support network.



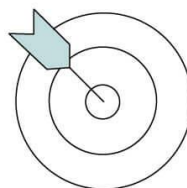
2. Avoid the tendency to view crises as insurmountable challenges.



3. Accept that change is a natural and unavoidable part of life.



4. Move towards your realistic goals.



5. Take decisive action that will help you face your challenges.



6. Look for opportunities that promote self-discovery.



7. Nurture a positive view of yourself and your abilities.

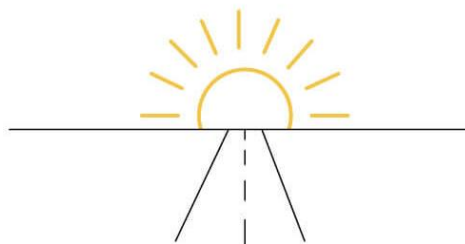


8. Keep things in perspective and in context.



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9. Maintain a hopeful outlook on life.



10. Take care of yourself.

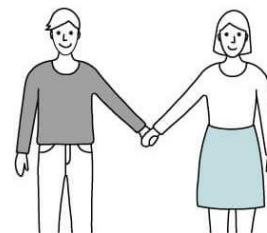


### Four Themes of Resilience training:

Resilient Thinking



Effective Relationships



Managing Emotions



Building on Strengths



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# Thank you

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