



Resiliency

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Objectives

- ❑ Define resiliency
- ❑ Increase knowledge of ways to build patient resiliency
- ❑ Increase mindfulness of building and maintaining of our resilience

T R A C Y C H A P M A N



Helpless core beliefs

I am incompetent
I am ineffective
I can't do anything right
I am helpless
I am powerless
I am weak
I am vulnerable
I am a victim
I am needy
I am trapper
I am out of control
I am a failure
I am defective [i.e., I do not measure up to others]
I am not good enough [in terms of achievement]
I am a loser

Unlovable core beliefs

I am unlovable
I am unlikeable
I am undesirable
I am unattractive
I am unwanted
I am uncared for
I am different
I am bad [so others will not love me]
I am defective [so others will not love me]
I am not good enough [to be loved by others]
I am bound to be rejected
I am bound to be abandoned
I am bound to be alone

Worthless core beliefs

I am worthless
I am unacceptable
I am bad
I am a waste
I am immoral
I am dangerous
I am toxic
I am evil
I don't deserve to live

© 2011, Beck, J.S. *Cognitive Behavior Therapy: Basics and Beyond* (2nd ed.).

Beginning in childhood, people develop certain ideas about themselves, other people, and their world. People regard these ideas as absolute truths. These beliefs become more activated when we feel vulnerable or stressed



Time &
Intentionality



Types of Resiliency

- Psychological
- Emotional
- Physical
- Financial
- Social
- Community

Stress vs. Resilience

Stress

- ❑ Lowers concentration
- ❑ Lowers memory
- ❑ Lowers mood
- ❑ Lowers tolerance to pain
- ❑ Lowers tolerance to sickness
- ❑ Lowers sleep

Resilience

- Increases wellbeing
- Increases working memory
- Increases sleep
- Increases immune function
- Increases relationships
- Increases coping

RS-14

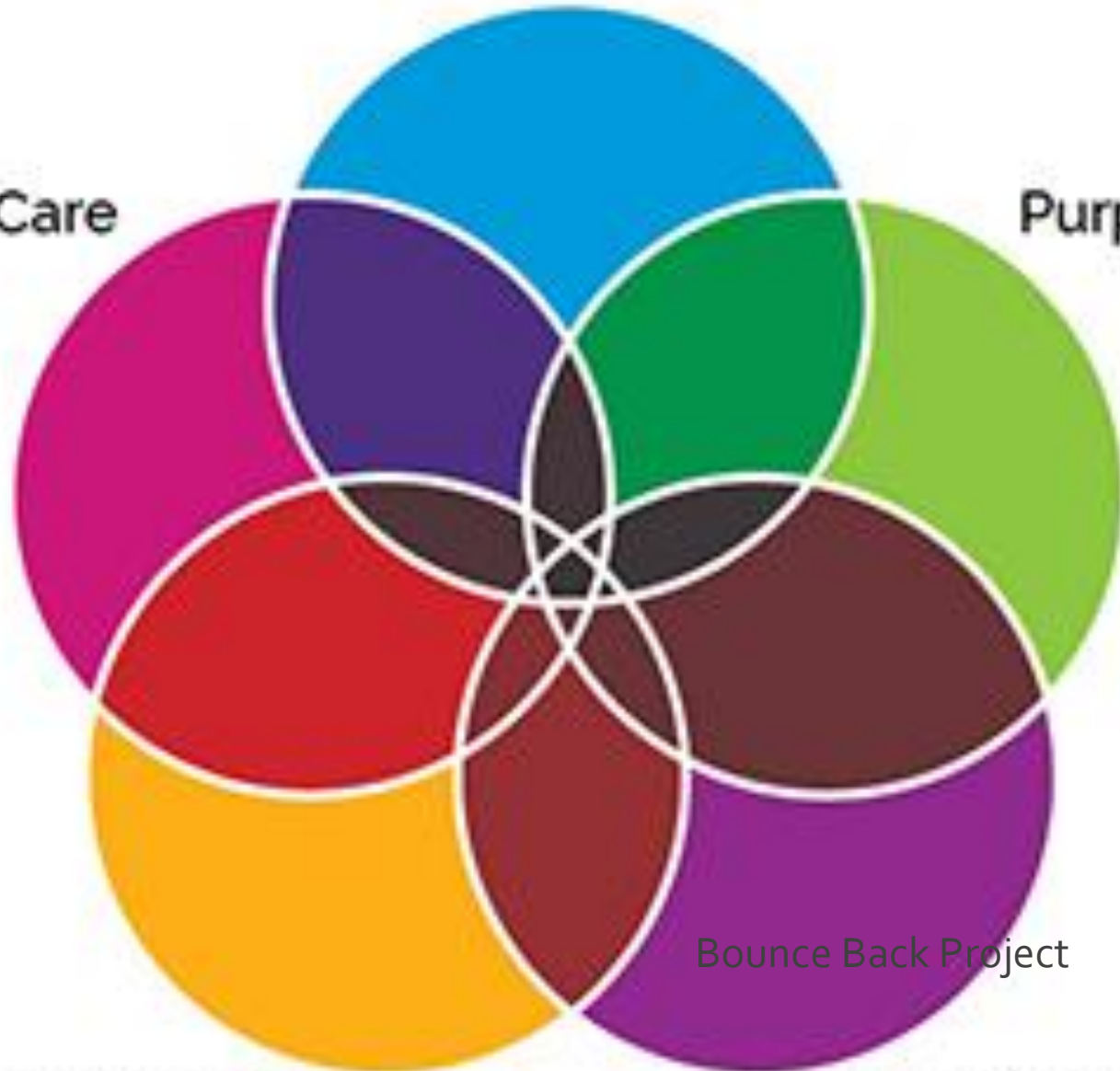
Please read each statement and circle the number to the right of each statement that best indicates your feelings about the statement. Respond to all statements.

Circle the number in the appropriate column	Strongly Disagree				Strongly Agree		
	1	2	3	4	5	6	7
1. I usually manage one way or another.							
2. I feel proud that I have accomplished things in my life.							
3. I usually take things in stride.							
4. I am friends with myself.							
5. I feel that I can handle many things at a time.							
6. I am determined.							
7. I can get through difficult times because I've experienced difficulty before.							
8. I have self-discipline.							
9. I keep interested in things.							
10. I can usually find something to laugh about.							
11. My belief in myself gets me through hard times.							
12. In an emergency, I'm someone people can generally rely on.							
13. My life has meaning.							
14. When I'm in a difficult situation, I can usually find my way out of it.							

Self Awareness

Self Care

Purpose



Bounce Back Project

Relationships

Mindfulness

5 Pillars of Resilience

The 7 C's Model of Resilience

- ❑ Competency- practice handling stressful mistakes
- ❑ Confidence- increase a belief in your own abilities
- ❑ Connection-development of close ties to family and community, creating security
- ❑ Character-having empathy and sense of right and wrong
- ❑ Contribution- the world is made better by your actions
- ❑ Coping-reducing stress and enhancing skills
- ❑ Control-exercise your voice and choice

4 Core Components of Building Resilience

Building Your Connection

- Prioritize Relationships
- Join a Group

Foster Wellness

- Take care of your body
- Practice Mindfulness
- Avoid negative outlets

Embrace Healthy Thoughts

- Keep things in perspective
- Accept Change
- Maintain a hopeful outlook
- Learn from your past
- Seek additional help

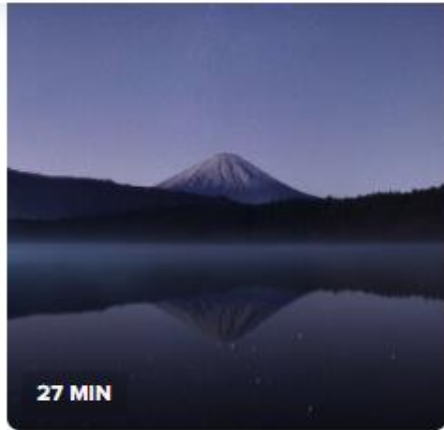
Find Your Purpose/Meaning

- Help Others
- Be Proactive
- Move toward goals
- Look for opportunities for self-discovery



Additional Strategies

- Expressing feelings (even sadness)
- Pausing during emotional triggers
- Laughter
- Learning from mistakes
- Increase decision making
- Expressing gratitude
- Nurturing themselves
- Improving positive view of themselves
- Grounding exercises



27 MIN

Cory Cochiolo

Guided Practice For Deep Sleep

★ 4.5 (34,127)



87 MIN 🎵

Pablo Arellano

Relaxing Within

★ 4.8 (15,691)



29 MIN

Glenn Harrold

Relax & Sleep Well

★ 4.6 (25,158)



45 MIN

Bethany Auriel-Hagan

Sleep Meditation: Awaken to a Clean Slate

★ 4.8 (22,080)

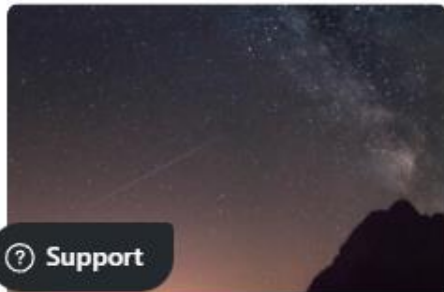


69 MIN 🎵

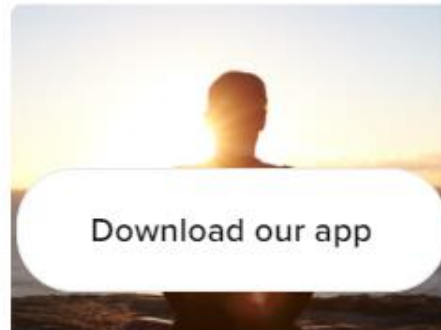
Pablo Arellano

Whispering Notes

★ 4.8 (18,681)



Support



Download our app





Building
Resilience
Individually and
as a Team

#1 Self-Awareness

- Recognize when you are affected by stress
- Identify your adaptive and maladaptive responses to stress
- Increase awareness of your somatic, emotional, and cognitive experiences through formal (mindfulness & meditation) and informal practices (habits of the mind and work).-observe your own reactions to stress
- Asking yourself self-reflective questions



Self-Regulation and Resilience

- Draw on habits prior to medical training such as exercise, relaxation techniques, and meditation
- Setting boundaries where you can to allow time for relaxation, sleep, and spend time with family or friends
- Reduce Isolation and increase engagement



Summary

- The impacts of trauma, ACEs, and social determinants can be mitigated by resiliency
- Methods and the importance of building and maintaining of our own resiliency
- It is important for us to support each other to build resilience