ROLLING WITH THE PUNCHES: DEVELOPING YOUR PERSONAL RECIPE FOR RESILIENCE

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INTRODUCTIONS

• Amy
• Charlotte
• You!!! (small group exercise)
• Your first name
• Where you work
• Your discipline
• One ingredient in your recipe for resilience (ONE EACH)

• PLEASE TAKE 5 MINUTES AND INTRODUCE YOURSELF TO YOUR GROUP AND POST UP YOUR KEY INGREDIENTS FOR RESILIENCE
MINI-DIDACTIC
DEFINITIONS & TERMS: THANKS TO STEVE BLADES FOR SOME SLIDES
boing!
RESILIENCE

the different abilities of *anticipating, reducing the impact of, coping with, and recovering from the effects of adversity*. Resilience is therefore not just the immediate ability to respond to negative ‘events’ but rather a process of positive adaptation before, during and after adversity

RED CROSS
WHAT IS RESILIENCE

Resilience is the ability to know where, how and when to use your energies to improve things for yourself and how to recruit help in that endeavour.

BRIGID DANIEL

Daniel, B. The Value of Resilience as a Concept for Practice in Residential Settings. Scottish Journal of Residential Child Care, February/March 2003
WHAT IS RESILIENCE

Resilience is the ability to be successful both personally and professionally, in the midst of a high-pressured, fast-paced and continuously changing environment.

GSK
WHAT IS RESILIENCE?

• A set of flexible cognitive, behavioural and emotional responses to acute or chronic adversities which can be unusual or commonplace
• These responses can be learnt
• Coming back from adversity (not bouncing back)

(Neenan, 2009)
CHALLENGES TO RESILIENCE FOR DOCTORS

- Excessive workload
- Dealing with suffering and constant demands
- Dealing with uncertainty about future
- Dealing with one’s own mistakes or fear of them
- Lack of professional support
- Externally imposed change/managers
- Boredom
- Reluctance to seek help
YERKES-DODSON CURVE

- Performance
- Stress

- Peak Performance
- Going “Over the Top”
- Burnout
HOW CAN WE DEVELOP RESILIENCE?

• It’s likely that some people may be more biologically predisposed toward being resilient; but psychological and environmental factors can contribute to its development

• The good news is that resilience is not a binary quality that people either have or do not have – it involves thoughts, beliefs, attitudes and behaviours that can be learned and developed
PSYCHOLOGICAL AND ENVIRONMENTAL FACTORS THAT CONTRIBUTE TO RESILIENCE

• Positive Self-Regard
• Internal Locus of Control & Evaluation
• Existential Concepts of Freedom and Responsibility (Victor Frankl)
  ▪ Everything can be taken from a man or a woman but one thing: the last of human freedoms – to choose one’s attitude in any given set of circumstances
• Ability to cope with pressure
COPING WITH PRESSURE

Thinking
Behaviour
Lifestyle behaviours
THE ABC MODEL

A – Activating event or situation
B - Beliefs about the event
C – Consequences
    emotional, such as anxiety or anger
    behavioural such as aggression or avoidance
    physiological such as palpitations, shaking
THE POWER OF THINKING

“Man is disturbed not by things but by the views he takes of them” (Epictetus, AD 55-135)

“My life has been full of terrible misfortunes most of which have never happened” (Michael de Montaigne)
UNHELPFUL THINKING PATTERNS

• All or nothing thinking
• Overgeneralisation
• Disqualifying the positive or focusing on the negative
• Magnification or minimisation
• Thoughts feelings fusion
• Using should, must or ought statements
• Catastrophising
• Personalisation
• Mind reading or predicting the worst
Spot the Mind-Trap...
BEHAVIOURS

Support networks
Reflection
Assertiveness
Avoid procrastination
Develop goals
Time management
Work – life balance
LIFESTYLE CHOICES

Alcohol
Caffeine
Exercise
Nutrition
Smoking
Relaxation
## Styles Underpinning Resilience

<table>
<thead>
<tr>
<th>High frustration tolerance</th>
<th>Humour</th>
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<tr>
<td>Self acceptance</td>
<td>Perspective</td>
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<td>Self belief</td>
<td>Curiosity</td>
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<td>Adaptability</td>
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<td>Meaning</td>
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UNHELPFUL STYLES: PERFECTIONISM

• High standards and conscientiousness
• Self criticism
• Chronic doubt and guilt
• Exaggerated sense of responsibility
• High demands of others and difficulty delegating
• Procrastination
• Frustration with inefficiencies
IT’S ALL ABOUT THE WAY YOU THINK

Success is not final, failure is not fatal: it is the courage to continue that counts.” Winston Churchill

You must make a decision that you are going to move on. It won’t happen automatically. You will have to rise up and say, ‘I don’t care how hard this is, I don’t care how disappointed I am, I’m not going to let this get the best of me.” Joel Osteen, Your Best Life Now: 7 Steps to Living at Your Full Potential

Failure is the condiment that gives success its flavor.” Truman Capote
MINDSET (CAROL DWECK)
EMOTIONAL INTELLIGENCE
SOME DAYS YOU ARE THE PIGEON, AND SOME DAYS YOU ARE THE STATUE
10 TOP TIPS FOR DEVELOPING RESILIENCE

1. Stay positive
2. Mentoring
3. Maintain perspective
4. Give yourself a break
5. Ask for help
6. Take control
7. Manage stress
8. Get fit
9. Be mindful
10. Help others

And ...............?
RECOMMENDED READING

Doug Strycharczyk on Mental Toughness: http://www.amazon.co.uk/Developing-Mental-Toughness-Improving-Performance/dp/0749463775/ref=sr_1_2?ie=UTF8&qid=1384186097&sr=8-2&keywords=mental+toughness


Nicholson and Clarke’s well-received book: http://www.amazon.co.uk/Resilience-Bounce-back-whatever-throws/dp/1854585444/ref=sr_1_1?ie=UTF8&qid=1384186224&sr=8-1&keywords=clark+resilience

The CBT/REBT-focused approach to resilience http://www.amazon.co.uk/Developing-Resilience-Cognitive-Behavioural-Michael-Neenan dp/041548068X/ref=sr_1_1?s=books&ie=UTF8&qid=1384186296&sr=1-1&keywords=neenan+resilience
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