Building Resilience
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Presenter
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Outline

Definition of resilience

The 4 C’s of resilience

Resilience strategies

How to build them
Definition of Resilience

• Resilience is our ability to adapt well and recover quickly after stress, adversity, trauma or tragedy

• If you have a resilient disposition, you are better able to maintain wellness in the face of life's challenges

• If you're less resilient, you're more likely to dwell on problems, feel overwhelmed, use unhealthy coping tactics to handle stress, and develop anxiety and depression
Resilience means being able to bounce back!
Resilience Facts

Depression & Anxiety in Ireland presently impacts significantly on 1 in 5 of us. www.stopsuicide.ie

Most people assume that the opposite of depression is joy. In fact the opposite of depression, or the wearing down of our ability to bounce back from life’s challenges / transitions, is RESILIENCE.
Characteristics of Resilience

Think of someone you would define as extremely resilient.

In pairs list their character traits i.e. What kind of people are they and how do they behave?
The 4 C’s of Resilience

What differentiates those who thrive from those who succumb?

1. Control
2. Commitment
3. Challenge
4. Connection
1. Control: Circle of concern and circle of influence
2. Commitment

- Holding on to your values. Those things that you hold closely. Those things that you stand for in life and that are important.

- What is your purpose? Why do you do what you do?
3. Challenge

- Expect barriers and set-backs and learn to see them as an opportunity for learning.
4. Connection

• Develop a strong social network - having caring, supportive people around you acts as a protective factor during times of crisis.
Resilience Strategies

MENTAL

- Think Positively
- Keep perspective
- Take clear, decisive actions
- Accept what you cannot change
- Set goals & take small concrete steps
- Stay flexible
- Learn what you can from your past experiences
- *Stay in the moment*
Resilience Strategies

PHYSICAL

• Relax & do activities you enjoy
• Exercise
• Regular, restful sleep patterns
• Limit caffeine, alcohol & sugar
Resilience Strategies

**EMOTIONAL**

- Identify feelings & needs & *express them*
- Nurture a positive view of yourself
- Find & express humour
- Work on accepting & adapting to change faster
- Maintain a hopeful outlook
Resilience Strategies

**BEHAVIOURAL**

- Avoid risky behaviours (lifestyle for example)
- Prioritise
- Limit exposure to stresses such as repetitive media coverage
- Take time away from screens/input
Strategies for Building Resilience 1.

• **Make Connections** - caring supportive relationships: family, friends, groups.

• **Avoid seeing crisis as insurmountable problems** - you can change how you interpret and respond to stressful events.

• **Accept that change is part of living** - the only thing that is constant in life is change. Reflect on change.

• **Move towards your goals, take charge** - do something regularly, no matter how small, that enables you to move towards your goals.
Strategies for Building Resilience 2.

• **Take decisive action** - rather than detaching completely and wishing that problems and stressors would go away.

• **Look for opportunities for self-discovery** - reflection - people often grow in some respect as a result of their struggle with stressful events.

• **Nurture a positive view of yourself** - trust your instincts - develop confidence in your ability. Pay attention to self identity.

• **Keeps things in perspective** - keep a long term perspective - avoid blowing things out of proportion.
Strategies for Building Resilience 3.

• **Maintain a hopeful outlook, find your sense of purpose** - visualise what you want (goals) rather than worry about or focus on what you fear or what you do not have.

• **Take care of yourself** - pay attention/be mindful of your own needs and feelings. Engage in activities you enjoy and find relaxing
Thank you for your time

Oonagh
Q&A
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