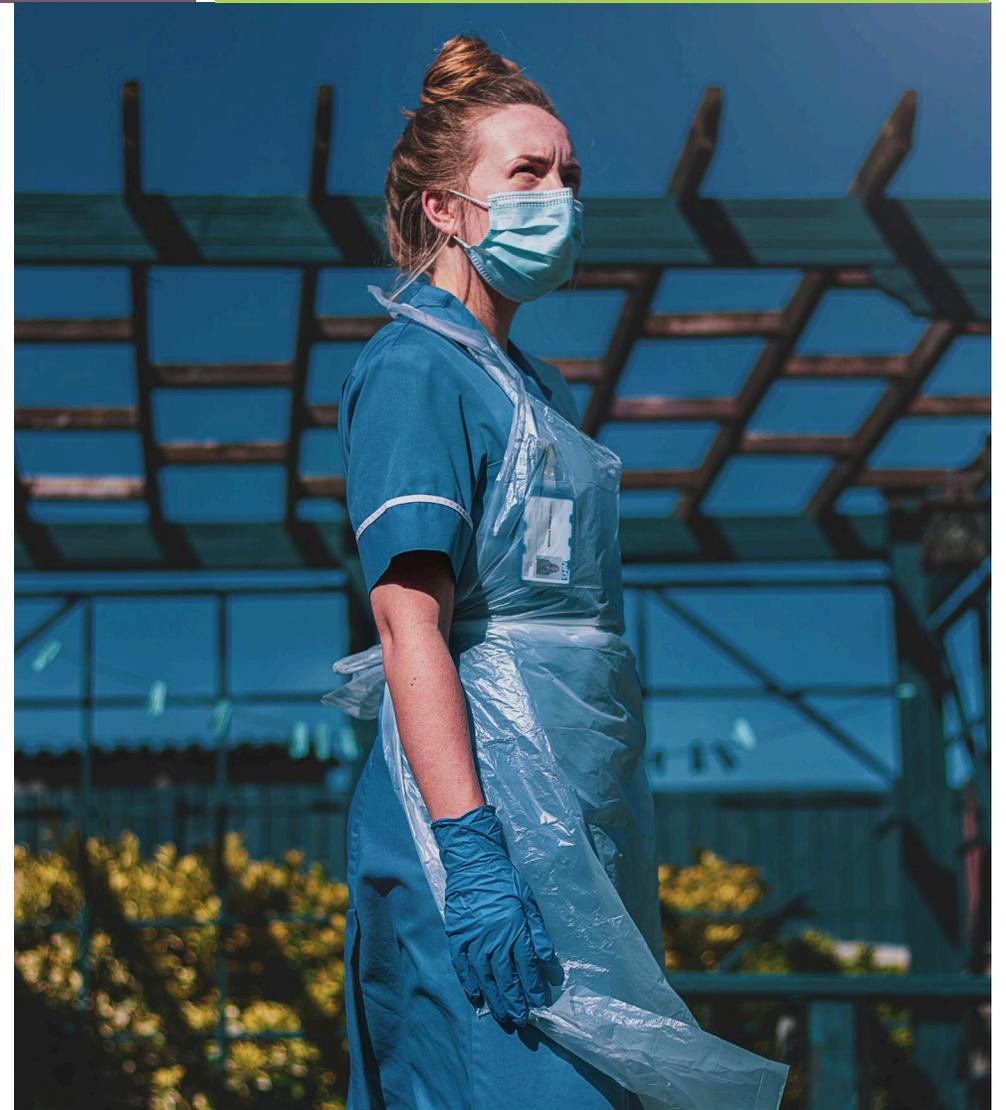


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Science of Resilience

A Hero's Journey

www.expertinhope.com



POLL



How do you feel about
the Global Pandemic?

AGENDA

- Science of Resilience
- Perspective vs Mindset
- Building Resilience



ROGER



- Roger was born in 1900
- Age 14 – WWI starts; ends at Age 18
- Age 18 - Spanish Flu epidemic hits, ends at Age 20
- Age 29 – Great Depression begins; ends at Age 33
- Age 39 – WWII starts; ends at Age 45
- Age 50 – Korean War starts; ends at Age 53
- Age 55 – Vietnam War starts; ends at Age 75

RESILIENCE

The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.

~American Psychological Association

Your ability to develop resilience is based on many factors, including genetic, developmental, demographic, cultural, economic, and social variables;

RESILIENCE can be LEARNED.

POLL



How Resilient are you?

SCIENCE OF RESILIENCE

- Field of study within Positive Psychology
- A common trait – people commonly demonstrate resilience
- Requires emotional distress
- The markers of resilience:
 - Capacity to make plans and carry them out
 - Positive view of yourself
 - Confidence in your strengths and abilities
 - Skills in communication and problem solving
 - Capacity to manage strong feelings and impulses

RESILIENT CHILDREN

- Strong bond with a supportive caregiver, parent, teacher or other mentor-like figure
- Seemed to “meet the world on their own terms”
- Autonomous and independent
- Had a positive social orientation and looked for new experiences
- Had an “internal locus of control” – they believed they, not their circumstances, affected their achievements

What matters is whether adversity becomes traumatizing.

WHERE HAVE
YOU BEEN THE
HERO IN YOUR
OWN STORY?



PERSPECTIVE – HOW WE SEE THINGS



- **Firefighter** – sees a job to do
- **Pyromaniac** – sees a fascination or attraction
- **Family** – see their home, their memories

MINDSET – HOW WE THINK ABOUT WHAT WE SEE

Frame adversity as a THREAT

- Ruminates
- Becomes an enduring problem
- Become more inflexible
- More likely to be negatively affected

VICTIM

Frame adversity as a CHALLENGE

- Become more flexible and able to deal
- Move on
- Learn from it
- Grow

HERO

IDENTIFY THE GUIDES

Write down the names of important Guides in your life.

Under each name, write down two things you can do to strengthen your connection to that person in the next week.



STRATEGIES FOR BUILDING RESILIENCE

1. Make connections
2. Avoid seeing crisis as insurmountable problems
3. Accept that change is a part of living
4. Move toward your goals
5. Take decisive actions
6. Look for opportunities for self-discovery
7. Nurture a positive view of yourself
8. Keep things in perspective
9. Maintain a hopeful outlook
10. Take care of yourself

I INTEND TO...



I intend to (action) so
(reason for taking action).

Example:

I intend to **start a Gratitude practice** so **I can improve my wellbeing and increase my resilience.**