



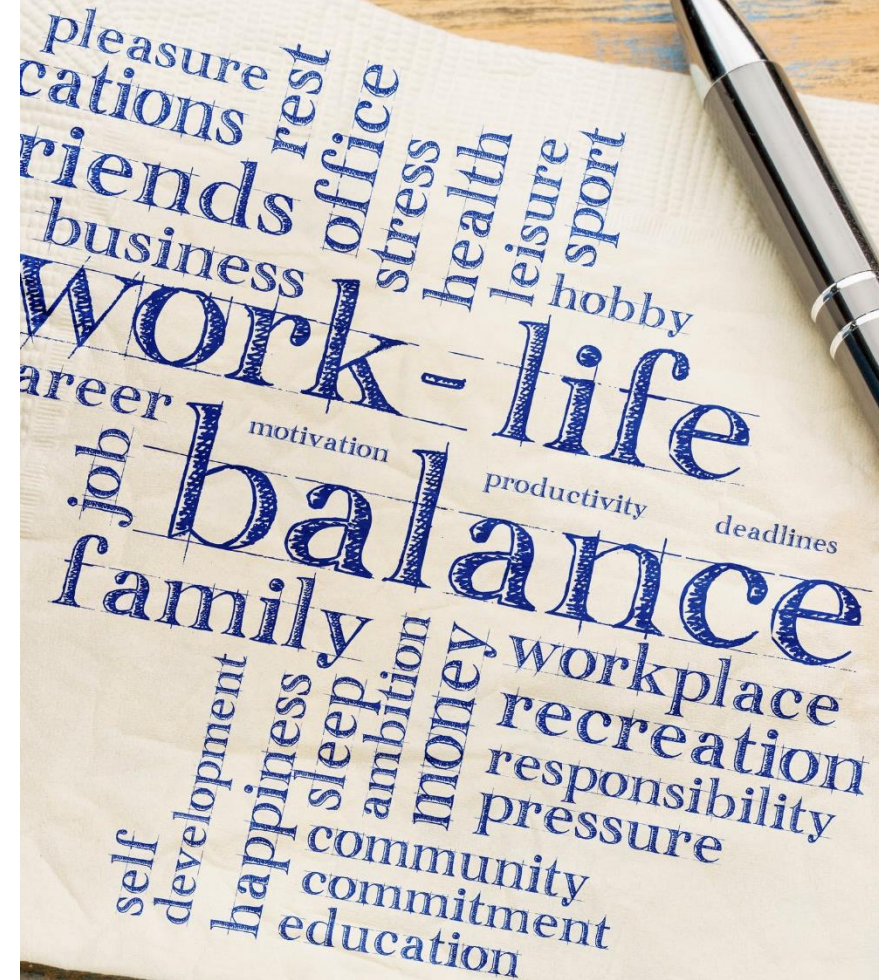
Developing Resilience

Presented By | Coach Kirstie



AGENDA

- Resilience and your health
 - Your health
 - Optimism
 - Gratitude
 - Feedback in failure
- Building Resilience
 - What practices build resilience?
- Where to go for more help



LIFE'S ROUGH, GET A HELMET





WHAT IS RESILIENCE?

- The ability to overcome adversity.
- Having inner strength and the ability to bounce back from tough times.
- It is NOT closing yourself off from others



WHY IS IT IMPORTANT FOR OUR HEALTH?

- World Health Organization – health is not merely the absence of disease or infirmity.
- Protects from depression and anxiety.



WHAT MAKES A PERSON RESILIENT?

Positive attitude

Being optimistic

Able to regulate emotions

Able to see failure as feedback



Think

Positive

= Be =

Positive

HOW CAN WE CREATE OPTIMISM?

“In order to carry a positive action,
we must develop a positive vision.”

— Dalai Lama

- Clear out the negative thoughts.
- Focus on how you talk to yourself, is this friendly?



GRATITUDE PRACTICE

Tips for gratitude practice

- Make the conscious decision to be happier and more grateful.
- Elaborate in detail
- Focus on people you are grateful for
- Reflect on what life would be like without certain blessings
- Savor surprises
- Don't overdo it – once or twice per week is all you need

I am grateful for...

1. Early wakeups = Children to love
2. House to clean = Safe place to live
3. Laundry = Clothes to wear
4. Dirty dishes = Food to eat
5. Crumbs under the table = Family meals
6. Shopping to do = Money to use
7. Toilets to clean = Indoor plumbing
8. Lots of noise = Kids having fun
9. Endless questions = Kids learning
10. Getting into bed sore and tired
=I'm still alive

Chelsea Lee Smith
MomentsADay.com





HEALTH BENEFITS OF PEOPLE WHO PRACTICE GRATITUDE CONSISTENTLY

- Physical
 - Stronger immune system
 - Less aches and pains
 - Lower blood pressure
 - Better sleep
 - Exercise more
- Psychological
 - Higher levels of positive emotions
 - More alert, alive, and awake
 - More joy and pleasure
 - More optimism and happiness
- Social
 - More helpful, generous, and compassionate
 - More forgiving
 - More outgoing
 - Feel less lonely and isolated



SOMETIMES
YOU WIN
SOMETIMES
~~YOU LOSE~~
LEARN

SEEING FAILURE AS FEEDBACK

- Failure teaches us humility, maturity, and empathy.
- Venture capitalists invest in those whose first start-ups failed.
- Failure makes us human.



HOW TO BUILD AND IMPROVE RESILIENCE

1. Relationships

- Build strong positive connections.





HOW TO BUILD RESILIENCE

2. Make your days purposeful.

- Create goals and take action.
- Volunteer
- Join a club
- Join a faith or spiritual community



HOW TO BUILD RESILIENCE

3. Learn from experience

- You'll only touch a hot stove once.





HOW TO BUILD RESILIENCE

4. Cultivate hope –
“Yesterday is not ours to recover,
but tomorrow is ours to win or
lose”.



HOW TO BUILD RESILIENCE

5. Care for yourself



HOW TO BUILD RESILIENCE

6. Be Proactive

Make a plan

Take action



IF YOU NEED MORE HELP

- Self-help and support groups
- Books and other publications
- Podcasts or motivational videos
- Mental health counselors, EAP
 - Contact your Human Resource Department for the information about your employee assistance program.
- Primary Care Physician



FINAL THOUGHTS

1 : 400,000,000,000,000



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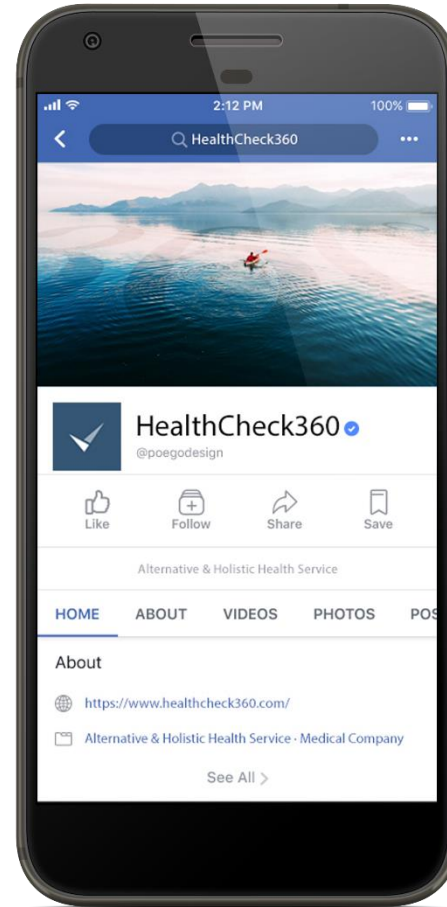
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