RESILIENCE

Lori Knutson RN, HNB-BC
Founder & President
Integrative Healthcare Solutions
Objectives

• Define resilience: emotional, social, physical, and spiritual aspects.

• Identify elements that lead to greater resilience

• Describe several ways to build resilience

• Identify resiliency resources
What is Resilience?

Resilience is the ability to find the inner strength to bounce back from a set-back or challenge.
EMOTIONAL AND SOCIAL RESILIENCE
Resilience: Emotional & Social

• **Emotional Awareness:** They can identify what they are feeling and why they are feeling that way; i.e. “I’m not feeling sad, I’m feeling angry (the feeling) about what Jean said in class today (the event) because it hurt my feelings (the reason).

• **Perseverence:** the motto here might be “the only way to get through it is to go through it.” Resilient people are often action oriented and don’t give up, even if they are not succeeding or doing things perfectly

• **Internal Locus of Control:** These people believe that they are in control of themselves most of time and that they have a choice in most situations.

Adapted from the American Psychology Association: apa.org/search?query=Resilience
• **Optimism:** Resilient people can see or find the positive aspects in most situations and believe they will handle whatever comes along.

• **Support:** They know the value of social support and are able to find and surround themselves with supportive friends and family.

• **Perspective:** Resilient people are able to learn from their mistakes rather than deny them, see obstacles as challenges to be overcome or adjusted to, and find meaning in difficult situations rather than seeing themselves as a victim of uncontrollable circumstances.

• **Sense of humor:** They are able to laugh at themselves and life’s difficulties as a way of coping with something unpleasant.

• **Handling troublesome emotions:** They have the capacity to handle strong feelings and impulses rather than give into them
Diathesis --- Stress Model

“The Diathesis Stress Model asserts that if the combination of the predisposition and the stress exceeds a threshold, the person will develop a disorder”

Diathesis-Stress/Dual-Risk Model

- Resilient individual
- Vulnerable individual

Axes:
- Y-axis: Outcome (negative to positive)
- X-axis: Environment/Experience (negative to positive)
Evaluating Your Resilience

How Resilient Are You?
Complete the Resilience Scale and find out. (or Take the RS-25)

1. The highest level of education I have attained: Please select your educational level:
   - High School
   - Bachelor's Degree
   - Master's Degree
   - Doctorate

2. My age:
   - Under 20
   - 20-30
   - 31-40
   - 41-50
   - 51-60
   - Over 60

3. My gender:
   - Female
   - Male

The 14-Item Resilience Scale™ (RS-14™)

29 March 2013

Please read the following statements. To the right of each you will find seven numbers, ranging from "1" (Strongly Disagree) on the left to "7" (Strongly Agree) on the right. Click the circle below the number which best indicates your feelings about that statement. For example, if you strongly disagree with a statement, click the circle below "1". If you are neutral, click "4", and if you strongly agree, click "7"; etc. You must answer every question to submit the test for scoring.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I usually manage one way or another.</td>
<td>1 2 3 4 5 6 7</td>
<td></td>
</tr>
<tr>
<td>2. I feel proud that I have accomplished things in life.</td>
<td>1 2 3 4 5 6 7</td>
<td></td>
</tr>
<tr>
<td>3. I usually take things in stride.</td>
<td>1 2 3 4 5 6 7</td>
<td></td>
</tr>
<tr>
<td>4. I am friends with myself.</td>
<td>1 2 3 4 5 6 7</td>
<td></td>
</tr>
</tbody>
</table>

Hypercharge your resilience research.

Purchase the Resilience Scale User's Guide + RS Licenses

The Resilience Scale User's Guide is an essential tool if you want to properly administer the Resilience Scale and accurately interpret your results.

You must also purchase licenses to use the Resilience Scale (RS). This is easy. We have license packs for organizations, researchers and professors, with a special price for students and residents of developing countries. The organizational and
PHYSICAL RESILIENCE
Resilience: Physical

“A challenge is to determine whether biological factors associated with resilience are the consequences, or the cause, of being resilient”

Biochemistry of Resilience

- **Human serotonin transporter gene** (5-HTTLPR): associated with increased serotonin availability, decreased risk of depression and stronger emotion regulation skills.

- **Neuropeptide Y (NPY):** Research conducted in high-intensity military settings indicates that higher baseline levels of NPY are associated with better performance during prolonged stress. NPY is also associated with more efficient return of cortisol levels to baseline following activation of the HPA axis.

- **Catechol-O-methyltransferase (COMT):** COMT is an enzyme that affects synthesis of two primary neurotransmitters, dopamine and noradrenaline (norepinephrine). COMT is negatively correlated with levels of dopamine and noradrenaline.

- **Dehydroepiandrosterone (DHEA):** known to counteract the deleterious effect of elevated glucocorticoid levels found in the brain resulting from prolonged stress reactivity of the HPA axis.

Stress & the HPA axis

Physical, psychological or environmental input triggers the HPA axis.

1. Stress leads to an increase in CRH (Corticotropin-Releasing Hormone) from the Hypothalamus.
2. CRH stimulates the Pituitary Gland to produce ACTH (Adrenocorticotropic Hormone).
3. ACTH prompts the Adrenal Glands to secrete Cortisol.

Cortisol levels can feedback to reduce CRH production if cortisol is low, maintaining the balance of the HPA axis.
Experience-Dependent Neuroplasticity

Studies are now showing that you can literally rewire your brain in 21 days, by adopting new mental habits. It’s called “Experience-Dependent Neuroplasticity”. In other words, we get good at what we practice – and your brain changes depending on your habitual thinking patterns.

Very simple daily habits can make all the difference. Things like keeping a gratitude log or journal, where you find at least three new things each day to be grateful for.
NUTRITION
Daily Beverage Recommendations:
6 Glasses of Water

Wine in moderation

Monthly

Weekly

Daily
Spiritual Self-Assessment
Reflect for several moments on each spiritual issue as you presently understand them. Then, as you perceive each spiritual issue in the context of your life, try to identify where you might be on the continuum. You might find it helpful to write these down, as you see them below, or print this page and mark a spot along the dotted line.

Despair..........................Hope
Brokenness......................Wholeness
Dread/Fear.....................Courage
Loneliness......................Connectedness
Meaningless.....................Meaningful
Guilt/Shame....................Grace
Helplessness....................Power

http://baystatehealth.com/Baystate/Main+Nav/Clinical+Services/Departments/Spiritual+Services/Patient+and+Family+Resources/Spiritual+Self-Assessment
TEN WAYS TO BUILD RESILIENCE
Make Connections

Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.
Avoid Seeing Crisis as Insurmountable Problems

You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.
Accept That Change Is a Part of Living

Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
Move Toward Your Goals

Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"
Take Decisive Actions

Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.
Look for Opportunities for Self Discovery

People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, a greater sense of personal strength even while feeling vulnerable, an increased sense of self-worth, a more developed spirituality and a heightened appreciation for life.
Nurture a Positive View of Yourself

Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
Keep Things in Perspective

Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.
Maintain a Hopeful Outlook

An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
Take Care of Yourself

Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.
RESILIENCE RESOURCES
WELLNESS INVENTORY

The Whole Person Assessment Program

Group Name

1. Self-Responsibility & Love
2. Breathing
3. Sensing
4. Eating
5. Moving
6. Feeling
7. Thinking
8. Playing & Working
9. Communicating
10. Intimacy
11. Finding Meaning
12. Transcending

http://www.wellpeople.com/
Daily tips on positive thinking

**MONDAY**

“I am in charge.”

Take responsibility of my situation. I can and will take control of my life again.

**TUESDAY**

“Control my feelings.”

I will not let any negative emotion overwhelm me. I am strong and have the will to fight another day.
WEDNESDAY
“Temporary, not permanent.”
This challenge is just a phase, and it WILL pass.
Every challenge is an opportunity and a blessing in disguise.

THURSDAY
“There is hope.”
Be patient. It gives me time to be thankful for what I have, and to plan for better things.

FRIDAY
“Never give up.”
I believe in myself and in my loved ones. Persist. Push my limit, and I will do better.
SATURDAY

“Be informed.”

Be aware of my surroundings so that I will always be prepared.

SUNDAY

“I have support.”

My family, friends and community care for me. They can help me to be self-reliant.
“If the body is sick, the mind worries and the spirit grieves. If the mind is sick, the body and spirit will suffer from its confusion. If the spirit is sick, there will be no will to care for the body or mind.”

J.R. Worsley, Acupuncturist