

Research Survival: Developing Resilience

When life gives you lemons...



With: Alys Kay



...make lemonade

What is Resilience?

It's not...

- Ability to stick with a task, no matter how tough

It is...

- Ability to perform effectively under pressure
- Come back from difficult circumstances
- Prioritise our overall health and wellbeing
- Understand how to achieve optimum performance


What is stressful for you?



Uncertainty?



Family or
relationships?




Thinking about
the future?




High pressure?




Work load?



Coping with
change?



Interactions with
others?



Doing new
things?

Are you on the Burnout Treadmill?

I want to be more productive, but I just keep disappointing myself. It's like I am always feeling burnt out – when I try to focus and motivate myself I end up getting distracted and procrastinating.



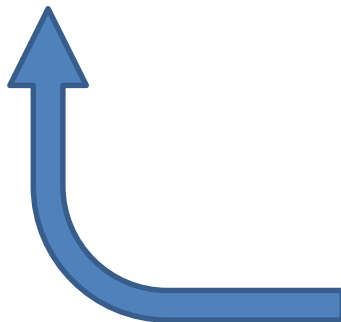
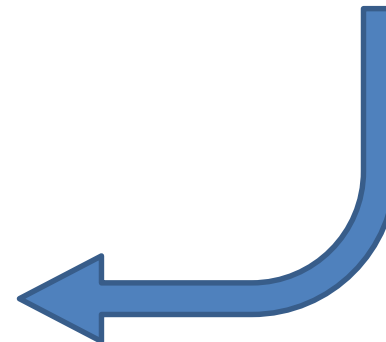
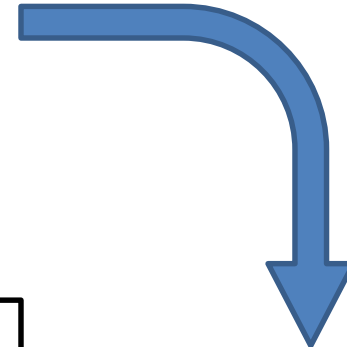
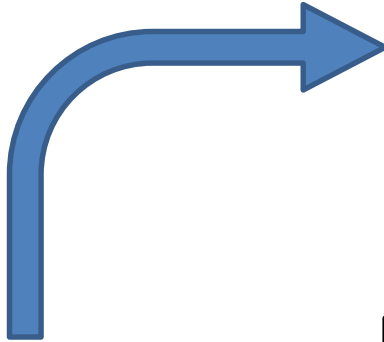
*I can't cope with
the demands of
the work*

Learned
helplessness

decreased
performance/
achievement

decreased
self-esteem
& motivation

withdrawal of effort



How people answer the question of *why*:

(Wiener , 1985):

1. **Who caused the event?** - locus of control
'I was the cause' vs 'Someone else was the cause'
2. **Is the event controllable?** - controllability
'I have complete control' vs 'I had no control'
3. **How stable is this event?** - stability
*'This occurs often for the same reason'
vs 'This was a one-off'*

Tool 1: Recognising your strengths

Come up with an example of a time when you showed resilience in your life.

Share with a partner:

What was the situation?

What strengths did you draw upon?

What did you learn from your challenge?

Fill in the sheet

What advice would you give to someone facing the same situation?

Tool 2: Learn to Manage Anxiety

Eustress

Good form of stress

Keeps you focused

Motivating

Distress | Harmful form of stress

Distress

Toxic

Not useful

Paralysing

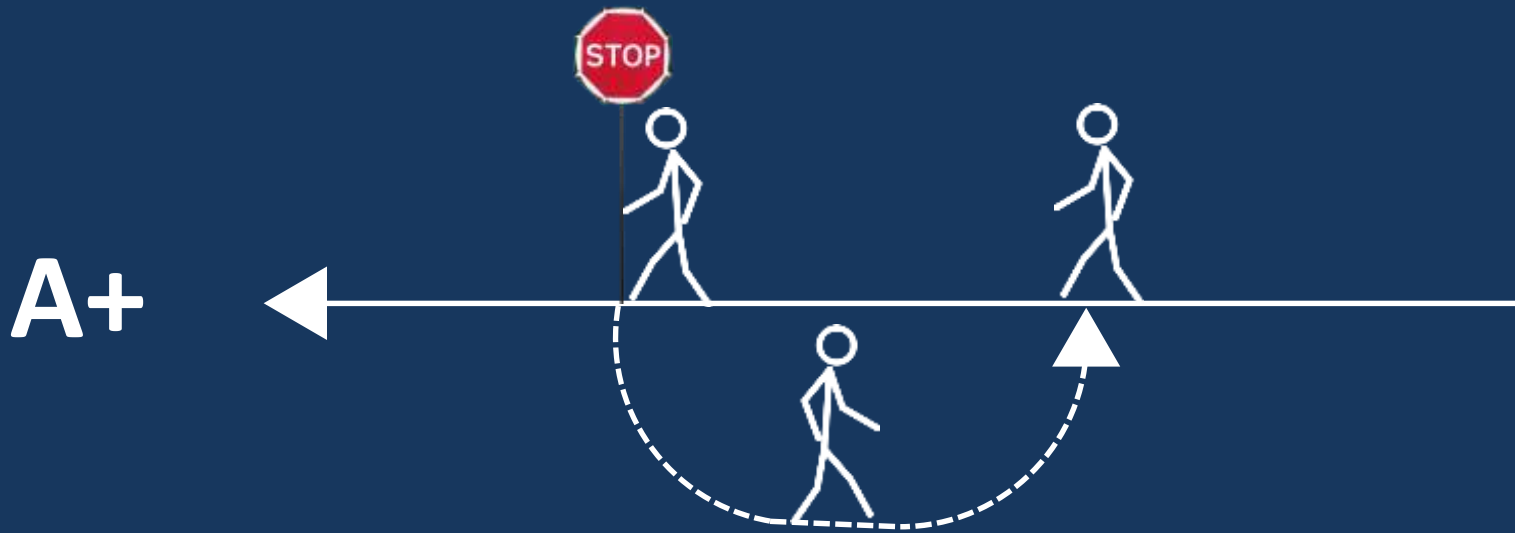
Signs of unconscious anxiety

Difficulty making a decision

Fatigue

Making more mistakes

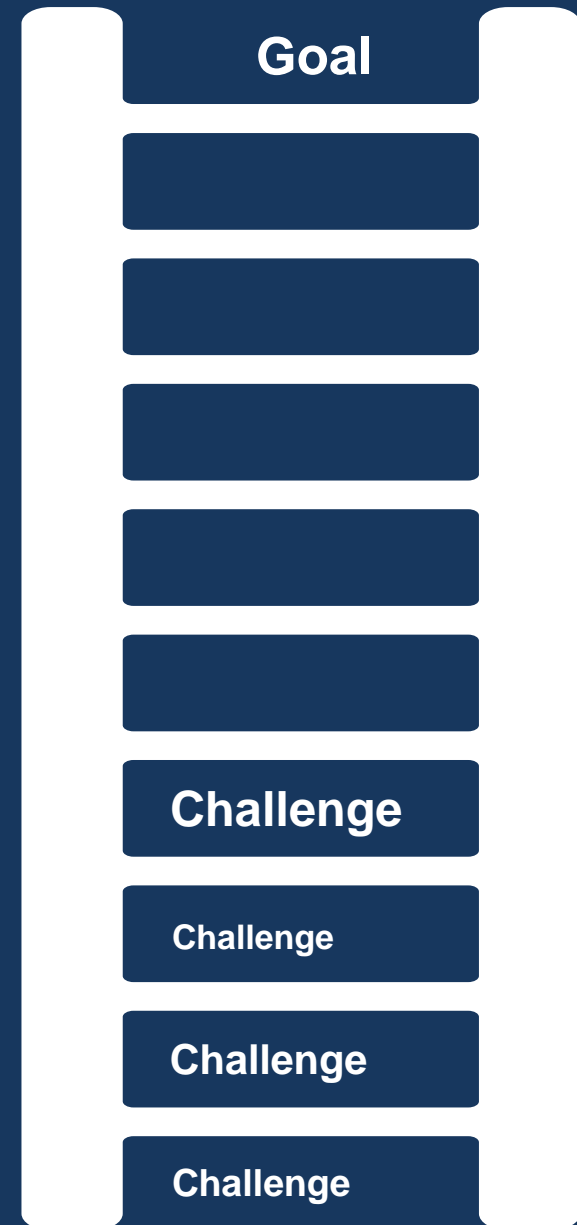
Avoidance Coping



The Challenge Ladder

On each rung you will place a challenge for yourself, each one will be slightly bigger and more anxiety inducing than before.

As you meet each challenge you will become more skilled at accepting your anxiety as just a feeling, rather than something that should hold you back.



Self-Esteem
Maintenance

Coping to feel good enough

Self-Esteem
Optimisation |

Boosting your self esteem

Strategy 2:

Self-Esteem Optimisation

What music makes your heart sing?

Exercise,
walking in nature?

Cooking, painting,
singing?

List your previous
success and
achievements

Top-Down Anxiety

Fear that gradually builds up

| Use chunking for top-down
anxiety

Bottom-Down
Anxiety

Instinctual fear that suddenly
emerges

Chunking does not work for
bottom-up anxiety

Techniques for overwhelm

Use a breathing technique

Call out the anxiety

Make a plan B

Automatic worries and negative thoughts
often cause anxiety

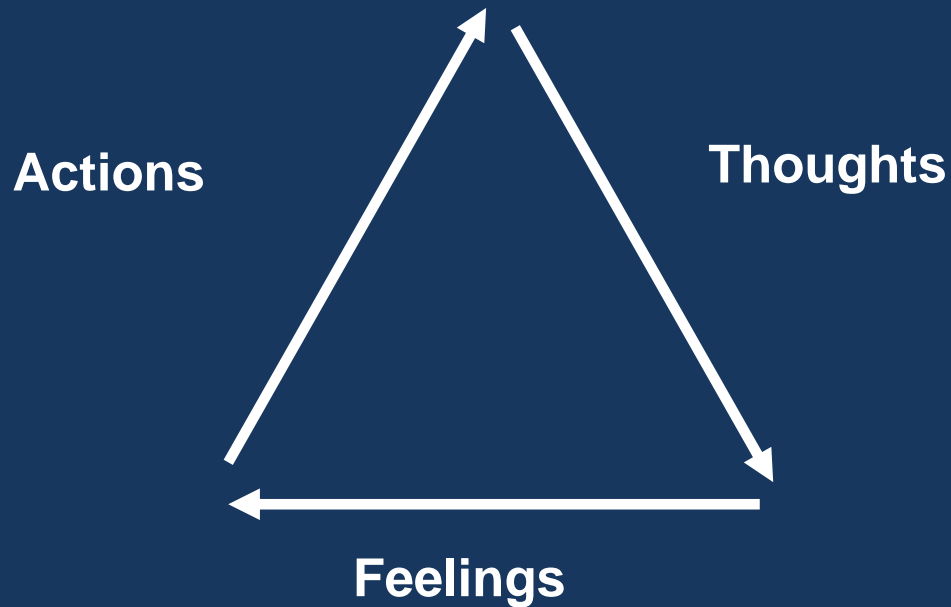
Mindfulness

Way to deal with mental chatter

Different relationships with thoughts

Calling out your own anxiety
can help

Reappraisal Through Writing





“I am not very confident”

Thoughts

*I can't do this.
I'm going to make a
complete mess of it.
I'll make a show of
myself.*

Feelings

*Nervous.
Anxious.
Worried.*

Physical Reaction

*Nausea
Dizzy
Heart pounding*

Behaviour

*Procrastination
Poor sleep (busy
head)*

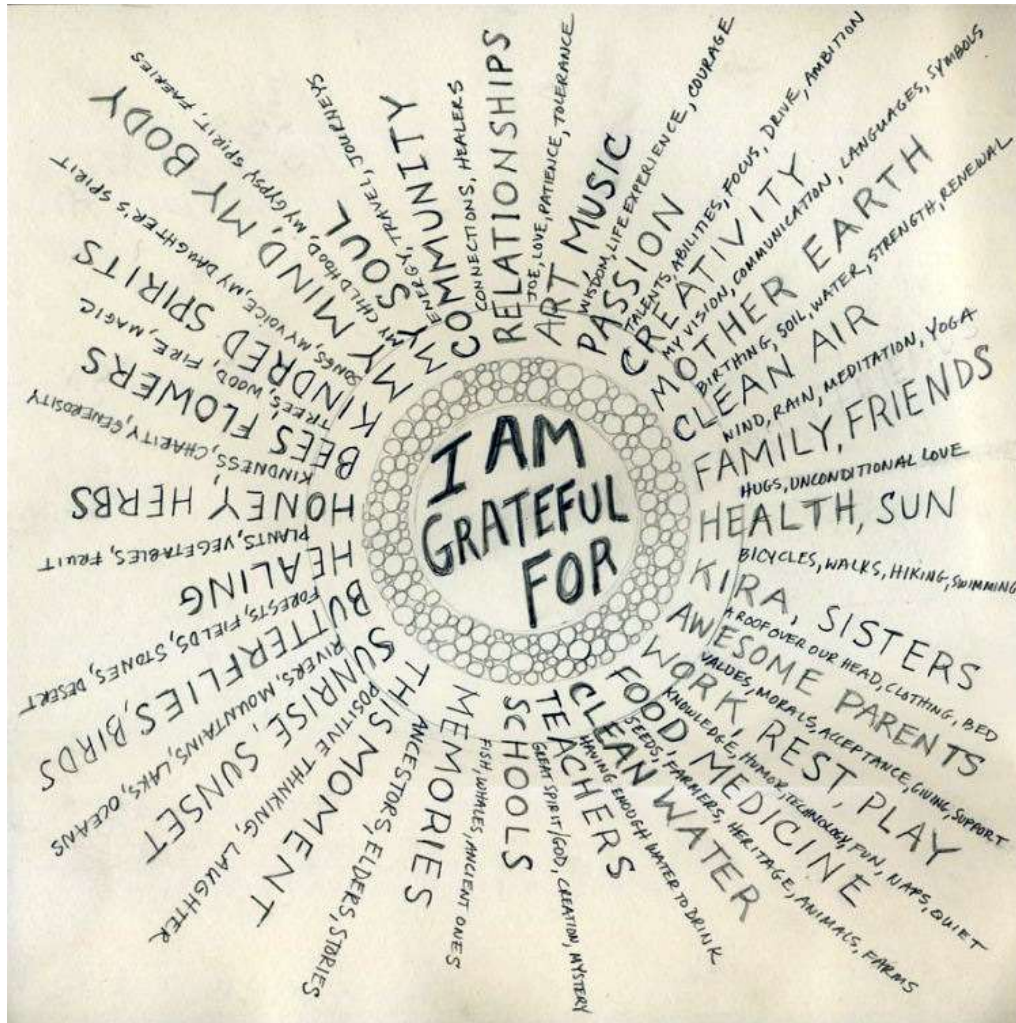
[Conscious thought] Im going for this because I can handle whatever the outcome may be

[Unconscious] Okay cool

[Conscious thought] Im not going to go for this, what if I didn't get it? I'd be devastated

[Unconscious] Okay cool

Tool 3: Gratitude is...



...an attitude

A Small Gratitude Exercise for a Large Boost of Happiness

Instructions:

“Write down one thing that went well each day every day for one week. In addition, provide a causal explanation for each good thing.”

What went well?

In what way were you involved in what went well?



Thank you!