

Resilience

How to Keep Going When the Going Gets Tough

“Quake-Proof” Resilience

Firm

- ✓ Build self-esteem: A positive view of yourself and confidence in your strengths and abilities.
- ✓ Make and maintain connections with others.
- ✓ Set goals and achieve them.

Flexible

- ✓ Accept and embrace change.
- ✓ Use flexible thinking to overcome obstacles.
- ✓ Survive with in-the-moment coping strategies.
- ✓ Use stress management and relaxation techniques.

Your Inner Voices

The Critic

- Constantly judging and evaluating self
- Points out flaws and limitations
- Typical self-talk: “I could have done better.”

The Worrier

- Expects the worst
- Exaggerates the consequences of “the worst” (potential negative event)
- Typical self-talk: “What if...?”

The Victim

- Focuses on feelings of helplessness or hopelessness
- Perceives insurmountable obstacles in accomplishing your goals
- Typical self-talk: “I’ll never be able to...”

How to Strengthen Your Connections

Connect Through Listening

- ✓ Let the other person do most of the talking
- ✓ Pay attention to body language.
- ✓ Be curious about the other person.

Work through Conflict

- ✓ Respond, don’t react
- ✓ Practice Positive Intent

The Four Stages of Change

1. Denial
2. Anger
3. Bargaining
4. Acceptance

Change Your Self-Talk

- Use milder wording.
- Change self-limiting statements to questions.
- Change negative thoughts to neutral or positive ones

Proactively Adapting to Change

- **Approaches for “No” Types:** Educate yourself on the the situation, find a safe outlet for feelings.
- **Approaches for “Slow” Types:** Find a link between the past and the future. Slowly implement the change.
- **Best Approaches for “Flow” Types:** Be willing to share your opinions about the change. Take responsibility for implementing change; share in the communication process.
- **Approaches for “Go” Types:** Share your positive energy; mentor others; offer to train and support.
- **For All Types:** Identify the consequences of not changing. Figure out what you can and can’t control.

In-the-Moment Coping Strategies

- Allow yourself a bad day
- Lighten your load
- Ask for help
- Look for the good
- Avoid saboteurs

Address Your Stress

Avoid

- Become more assertive.
- Manage your time better.
- Limit time with people who stress you out.

Alter

- Adjust your standards.
- Reframe problems.
- Change your environment.

Accept

- Don’t try to control the uncontrollable.
- Learn to forgive.
- Share your feelings.

Symptoms of Burnout

- ✓ Every day is a bad day.
- ✓ Caring about work seems like a total waste of energy.
- ✓ You’re exhausted all the time.
- ✓ The majority of your day is spent on tasks that feel either dull or overwhelming.
- ✓ You feel as if nothing you do makes a difference or is appreciated.

Burnout Repair

- ✓ Start the day with a relaxing ritual.
- ✓ Adopt healthy habits.
- ✓ Say no before you get overwhelmed.
- ✓ Regularly disconnect from technology.
- ✓ Get support.