Building Resilience
Using Positive Psychology to get through tough times

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What is Resilience?

- The ability to
  - Bounce back from adversity
  - Work through challenges
  - Overcome obstacles

“Fall down seven times...
...get up eight”

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We can’t always control what happens to us

…but we can control how we respond!

...how do you respond when something goes wrong?

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So what’s within your circle of influence?

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Managing Energy

- It’s hard to be strong if you’re literally...sick and tired
  
  - **Diet & Nutrition**
    - Would you let your car run out of petrol?
  
  - **Exercise & Activity**
    - Potent anti-depressants
  
  - **Sleep & Rest**
    - Half an hour’s meditation each day is essential, except when you’re busy. Then a full hour is needed.

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“There is nothing either good or bad except thinking makes it so”
The Cognitive Model

This is terrible; an absolute disaster!

Anxious & Fearful

Aroused & avoidant

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The Cognitive Model

Thoughts

Feelings

Behaviours

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Unhelpful Thoughts

Negative feelings

Self-defeating behaviours

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Helpful Thoughts

More positive feelings  More constructive behaviours

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Wow! Will you look at that view!
Beware of ANTs

- Catastrophising
- Black & White
- Personalising
- Mind reading
- Overgeneralising
- Filtering

Write down a specific recent example

...Which ANTs do you engage in most?

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4 Simple Steps

- Identify thoughts
- Label ANTs
- Question and/or challenge unhelpful cognitions
- Replace with more helpful and realistic ones

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Let’s look at an example

Imagine a stressful situation...

...now consider this!

- 3 billion people live on less than $2 a day
- 30,000 children die daily of preventable diseases
- 6 million children die annually from malnourishment
- 113 million children are not in school

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Stomping on ANTs

Are my thoughts...
- Realistic? In perspective?
- Taking into account all the facts?
- Helpful?

Can I look at things...
- From a different angle?
- In another way?

What can I do about the situation?
- Solve? Accept?

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The ultimate goal?

- Realistic and positive and flexible thinking
- Facing up to cold hard realities...in a constructive way
- Actively focusing on positives

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Next steps?

For therapy
- overcomingdepressiontreatment.com
- makingchanges.com.au

For training, coaching & corporate programs
- thehappinessinstitute.com
Playing above the line
Planting Optimistic Thoughts

Try these:

- Three good things
- Gratitude journal
- Gratitude letter/visit
- Positive focus

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Individuals gain more when they build on their talents, than when they make comparable efforts to improve their areas of weakness.
24 Core Strengths

- Wisdom
- Love of learning
- Open mindedness
- Originality
- Emotional intelligence
- Perspective
- Bravery
- Perseverance
- Integrity
- Kindness & generosity
- Loving & being loved
- Appreciation
- Gratitude
- Optimism & hope
- Spirituality
- Forgiveness
- Playfulness & humour
- Passion & enthusiasm

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Identifying strengths

- www.authentichappiness.org
  - VIA Signature Strengths Test

- Or for now
  - What do you learn easily?
  - What energises you?
  - When do you experience flow?
  - On what do others compliment you?
  - What have you always been told to change?

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Reach Out

- **Ask for help**
  - What ANTs might get in the way?

- **Give help**
  - In doing so we receive

- **Be positive**
  - At a ratio of 4:1 and praise

- **Communicate**
  - Effectively and honestly

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Final Exercise

- Reflect back on 2-3 difficult or negative experiences in your life
- Note what you’ve learned from overcoming and/or surviving these challenges

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Summary

- Resilience can be learned and developed
- Resilience comes from:
  - Taking care of yourself
  - Optimism and perspective
  - Using your strengths
  - Reaching out and helping others
  - Building positivity

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Where to from here?

Write down 2-3 specific action steps...what can you go away and do?

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