

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

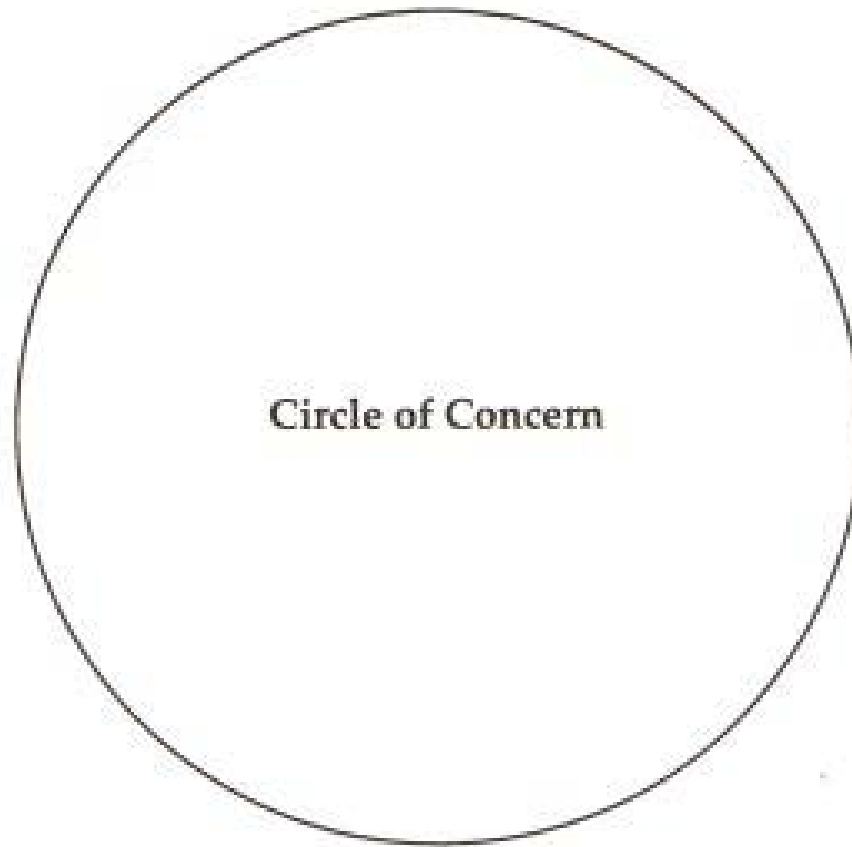
“Fall down seven times...

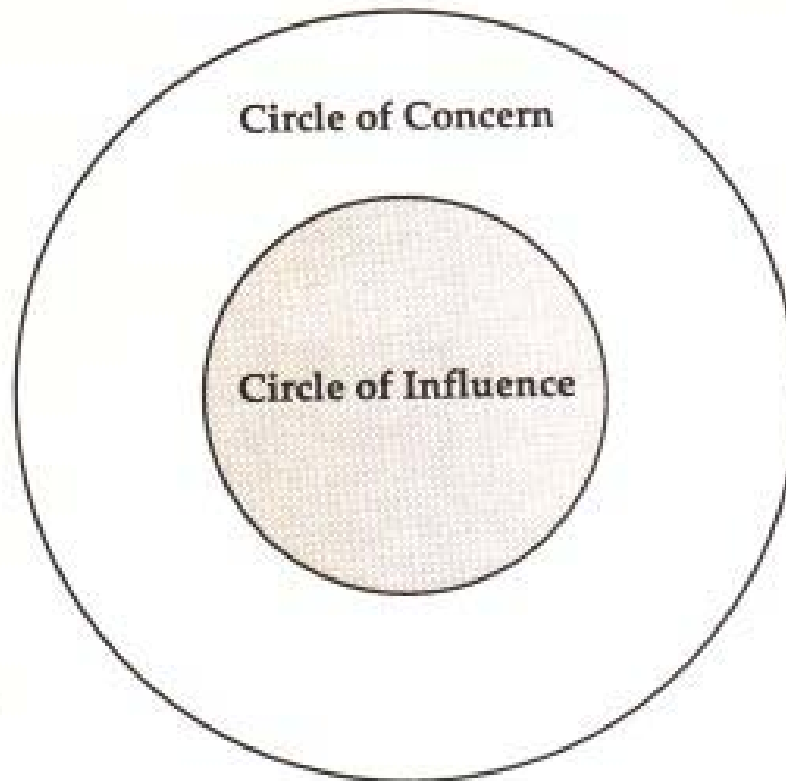
...get up eight”

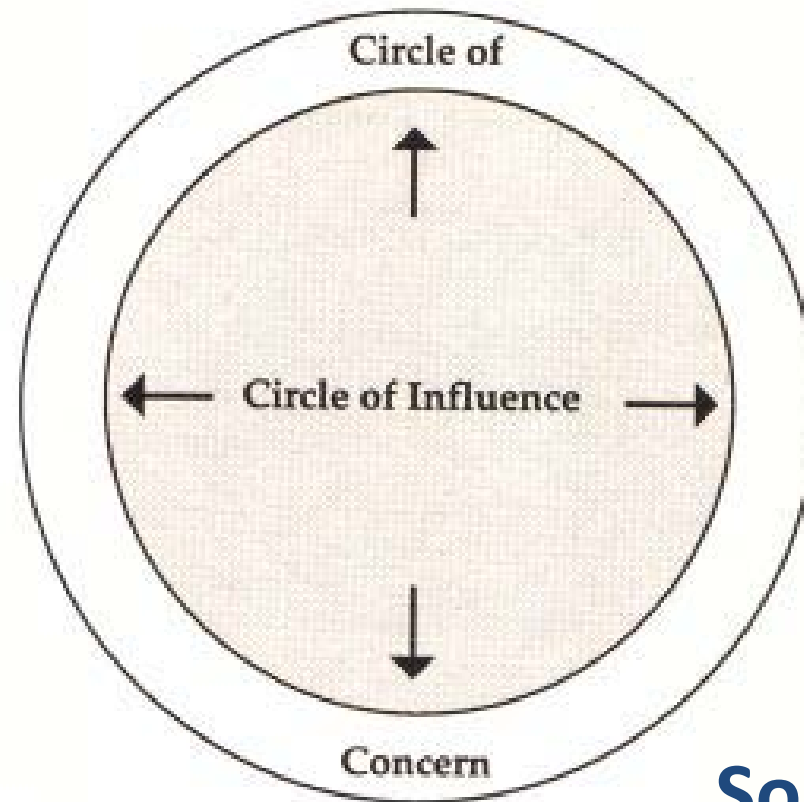
We can't always control what happens to us

...but we can control how we respond!

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







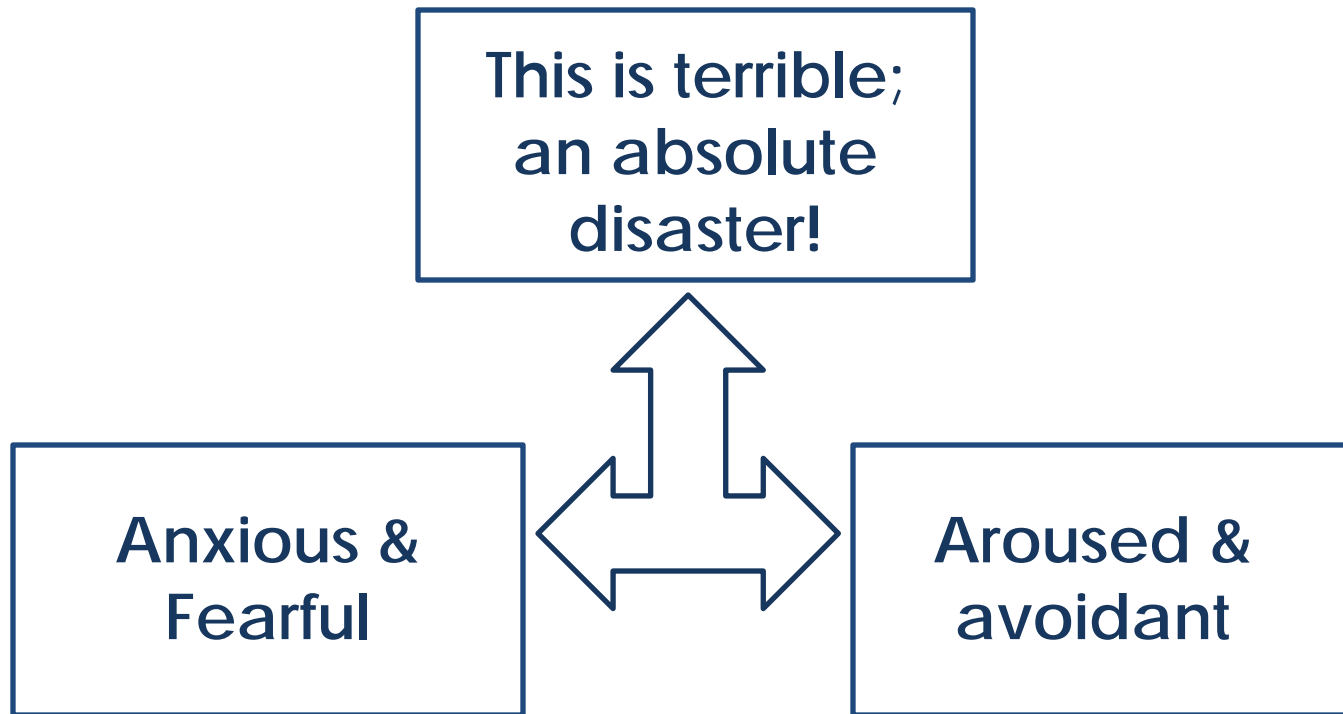
**So what's within
your circle of
influence?**

Managing Energy

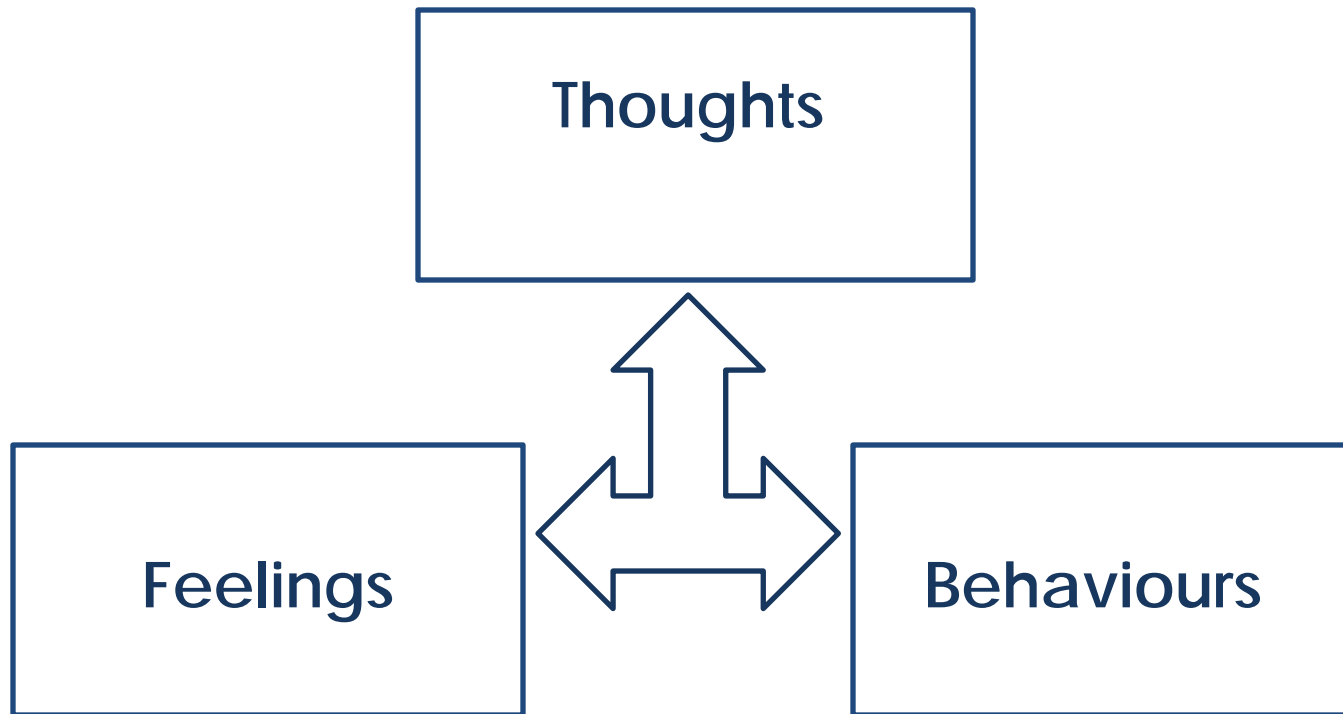
- It's hard to be strong if you're literally...sick and tired
 - **Diet & Nutrition**
 - Would you let your car run out of petrol?
 - **Exercise & Activity**
 - Potent anti-depressants
 - **Sleep & Rest**
 - Half an hour's meditation each day is essential, except when you're busy. Then a full hour is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

**“There is nothing either good
or bad except thinking
makes it so”**

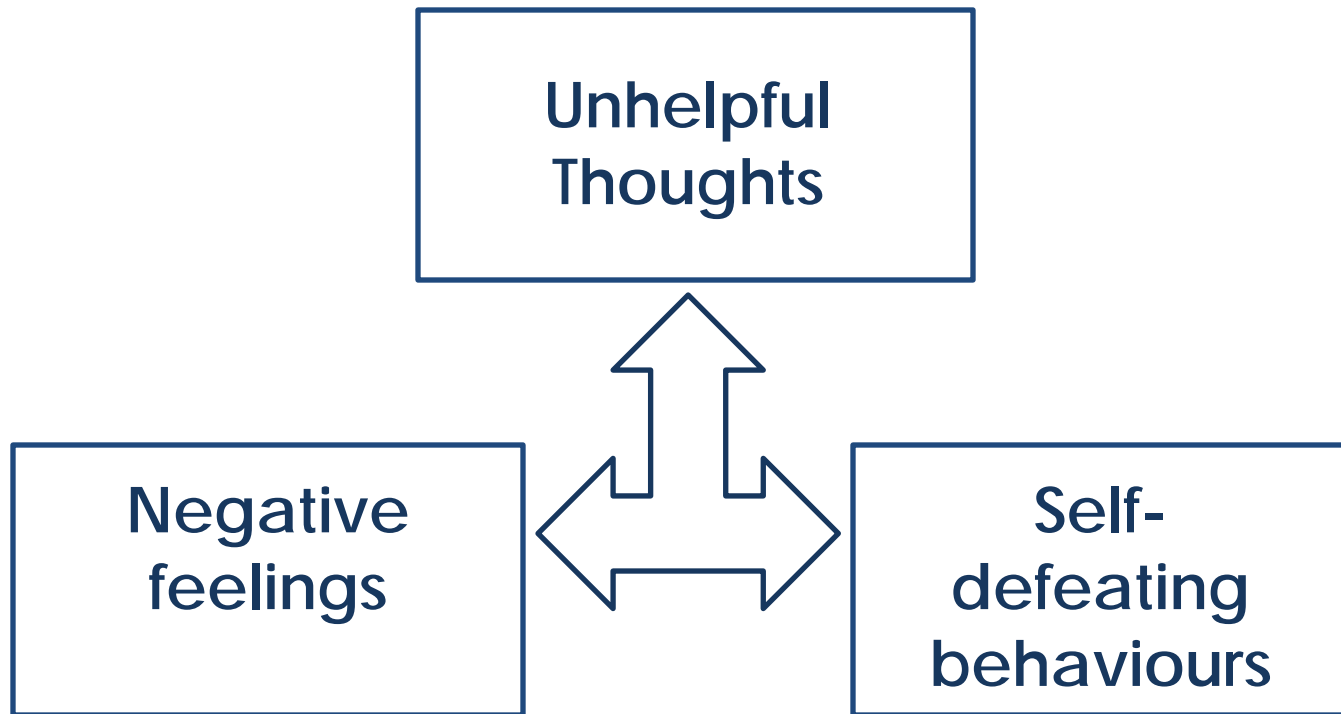
The Cognitive Model



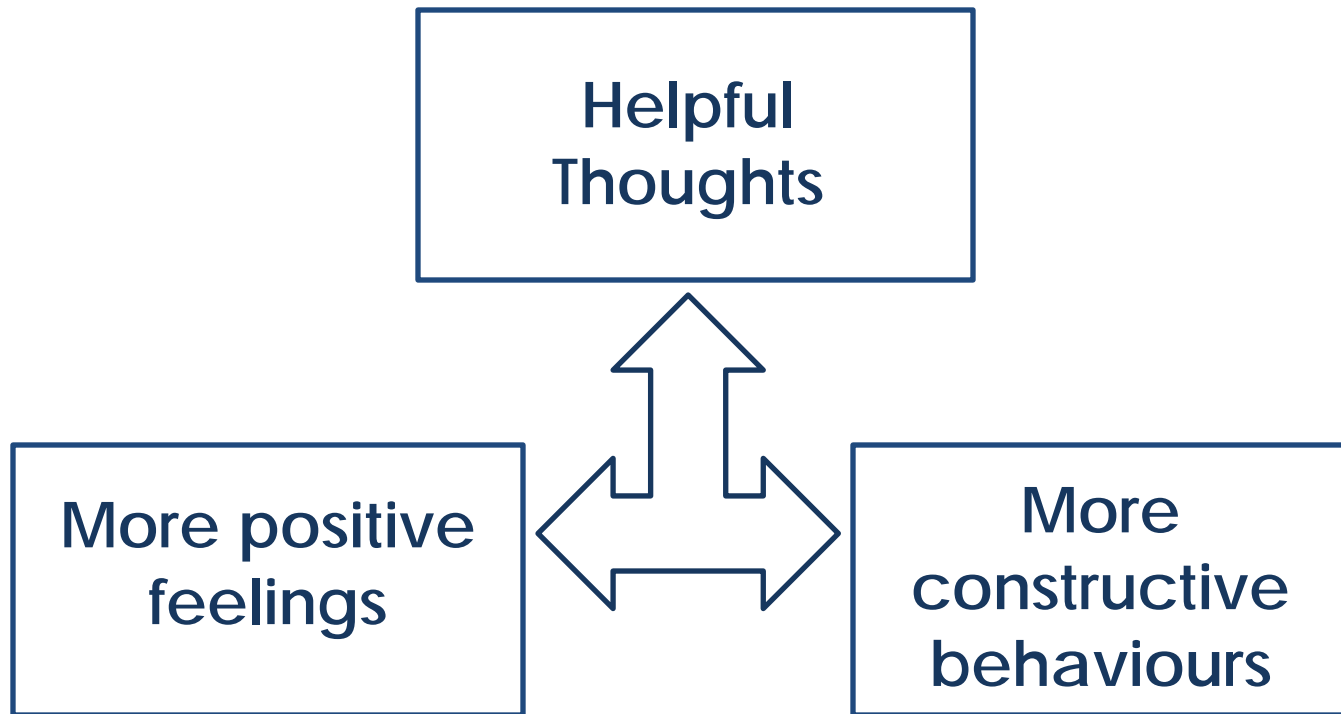
The Cognitive Model



The Cognitive Model



The Cognitive Model





Beware of ANTs

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

Write down a specific recent example

...Which ANTs do you engage in most?

4 Simple Steps

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

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

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?

The ultimate goal?

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

Next steps?

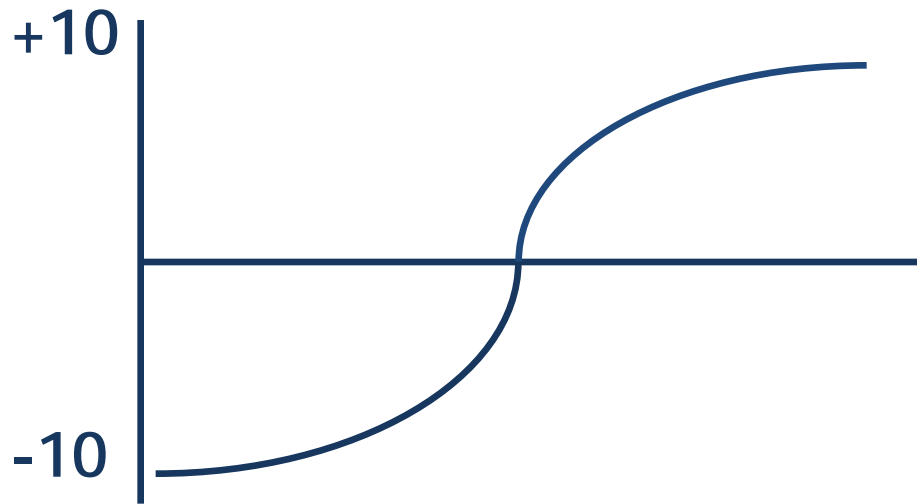
For therapy

- 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

- 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

- Loyalty
- Fairness
- Leadership

- Self-control
- Caution
- Modesty

- Bravery
- Perseverance
- Integrity

- Kindness & generosity
- Loving & being loved

- Appreciation
- Gratitude
- Optimism & hope

- Spirituality
- Forgiveness
- Playfulness & humour
- Passion & enthusiasm

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

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

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

Where to from here?

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

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