

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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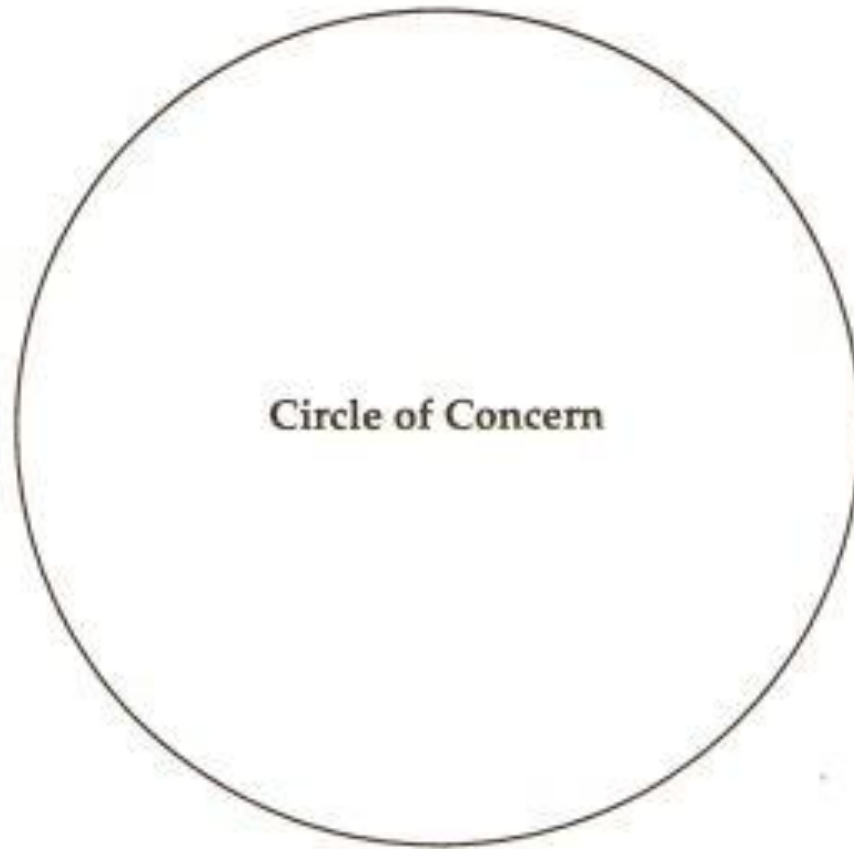
It's appropriate to...

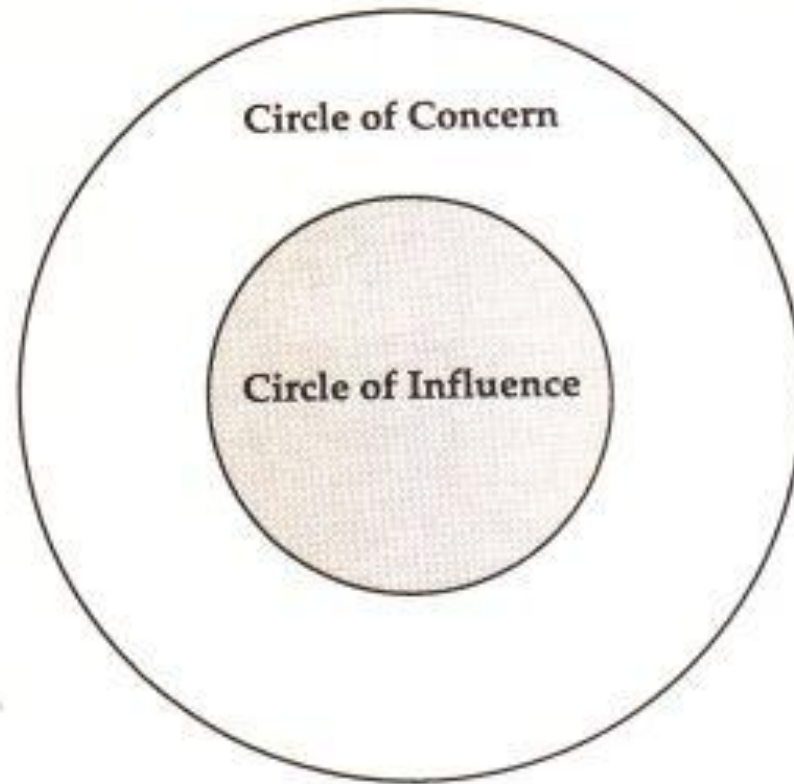
- 😊 Grieve your losses
- 😊 It's important to accept the reality
- 😊 But...

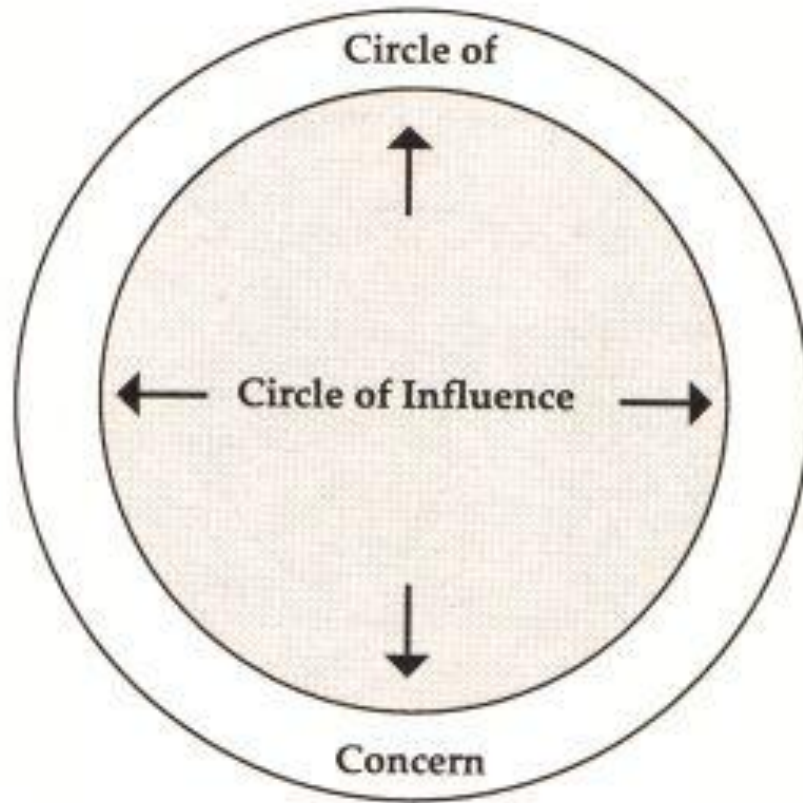
**Although we can't always
control what happens to us**

...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

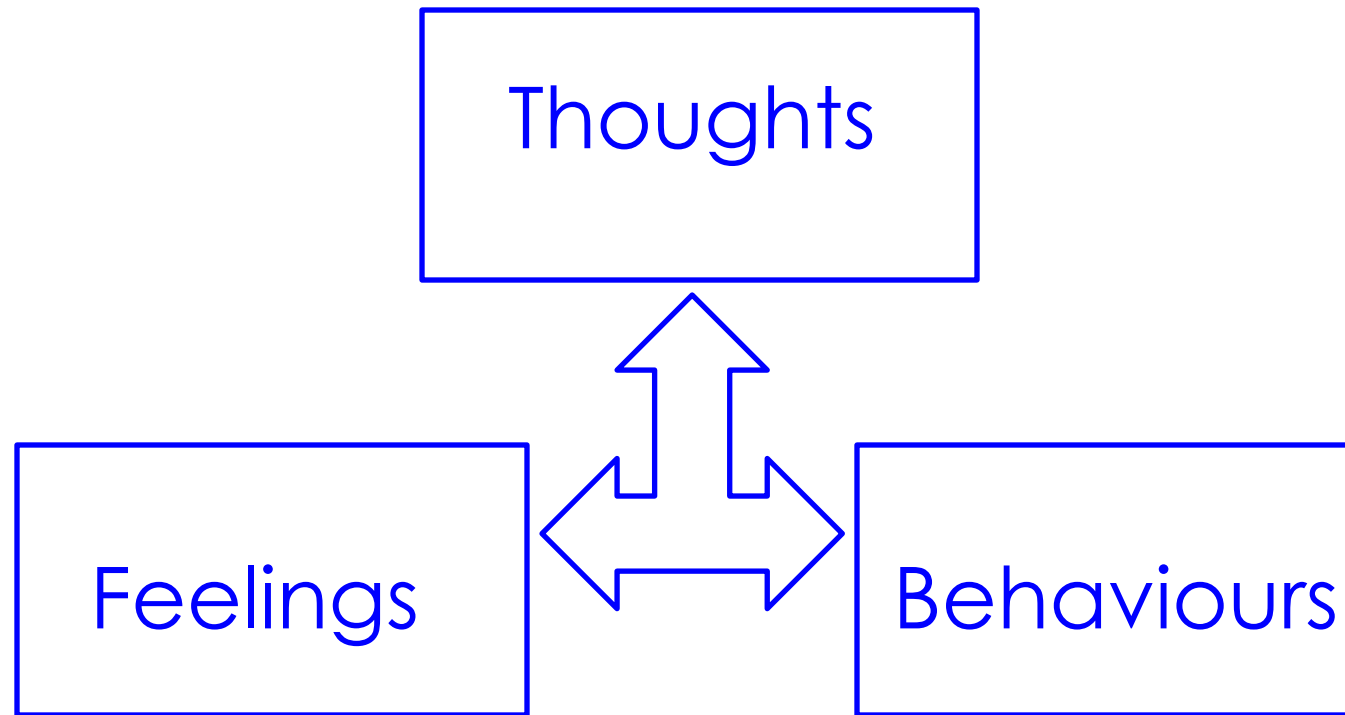
taking care of yourself so you can care for others

- ☺ 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.

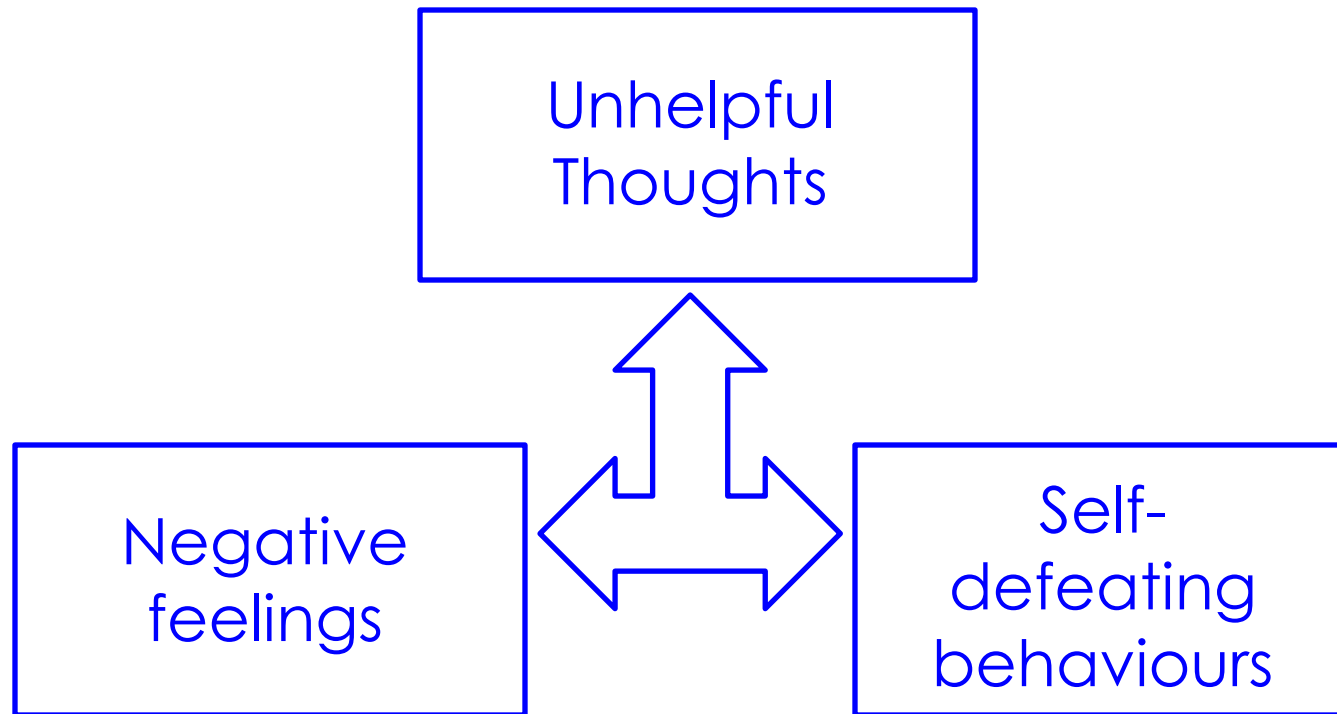
😊 “There’s very little difference in people. But that little difference makes a big difference. **The little difference is attitude.** The big difference is whether it’s positive or negative.”

W. Clement Stone

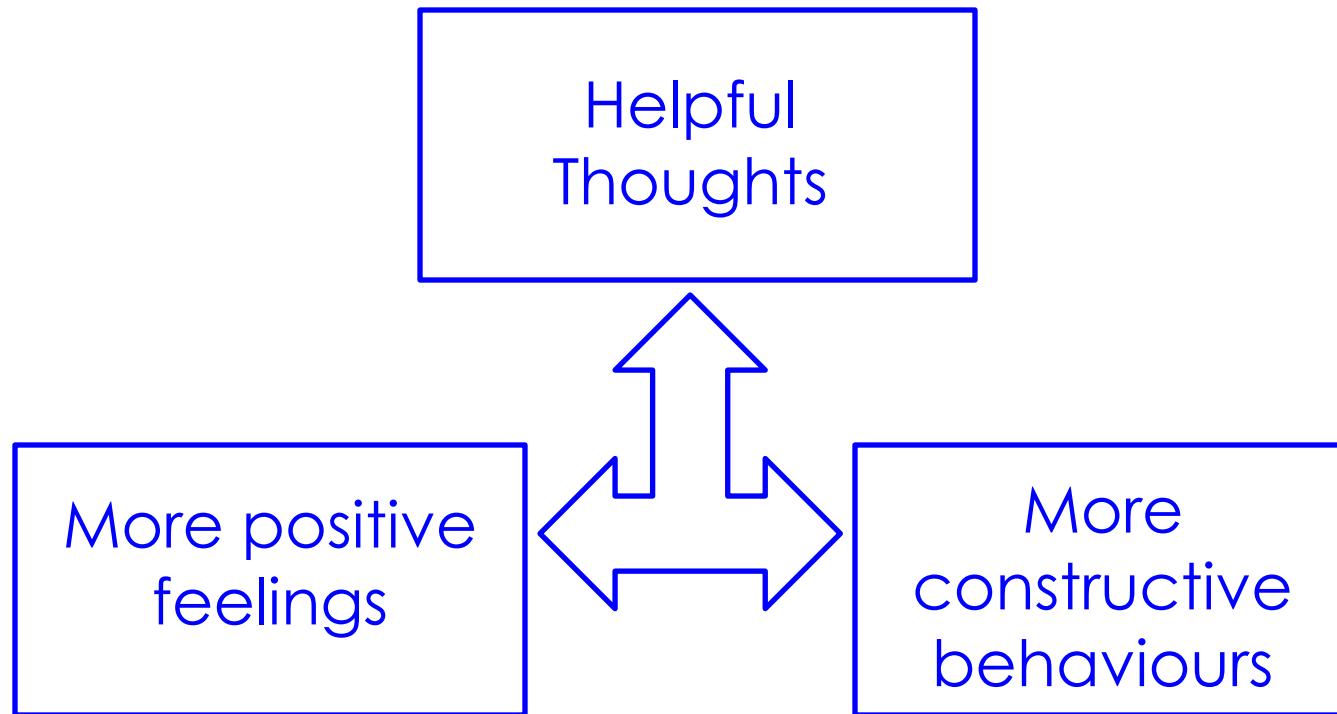
The Cognitive Model



The Cognitive Model



The Cognitive Model



Beware of ANTs

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

...Which ANTs are hindering you right now?

4 Simple Steps

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

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?

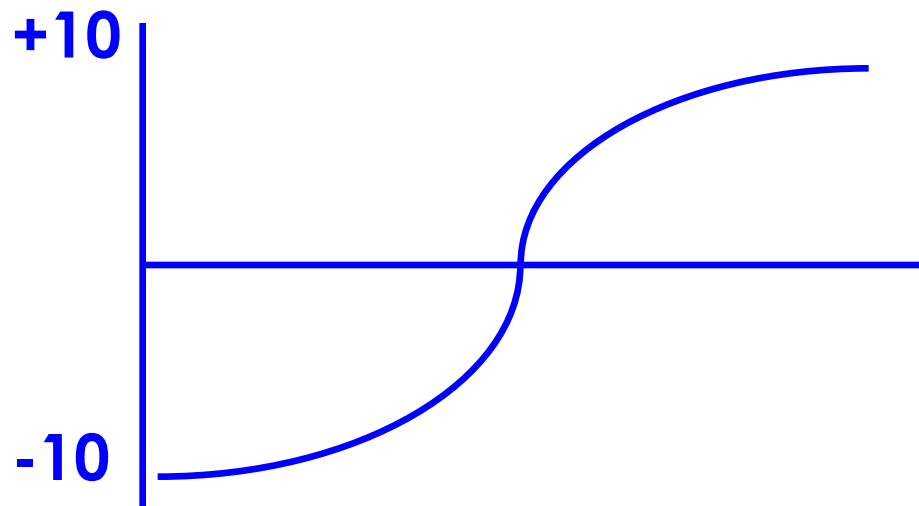
What can I do about the situation?

- 😊 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

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

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 Thoughts...

- 😊 Reflect back on 2-3 difficult or negative experiences in your life
- 😊 Note what you've learned from overcoming and/or surviving these challenges
- 😊 **How can you use these learnings now?**

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?

www.makingchanges.com.au

www.overcomingdepressiontreatment.com

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