THE SCIENCE OF 'BOUNCIBILITY'

Building Resilience

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Web: www.moodwatchers.com

1

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Resources section

'Like' Moodwatchers (short written pieces about well being etc)

@moodwatchers

NEED MORE HELP?

2

Three promises

- Evidence-based
- Will cost you nothing
- Can be implemented immediately

3

Three realities

- We are all vulnerable
- We will face challenges and crises
- We underestimate our potential to 'bounce back'

4

What is resilience?

"Resilience is the process of, capacity for, or outcome of successful adaption despite challenging or threatening circumstances"

(Master, Best & Garmezy, 1990)

5

GREAT NEWS

- Doesn't mean that you have to become as hard as nails
- We underestimate our potential to cope better through crisis and grow stronger
- It's the best option! - to cope and grow stronger

6

6 Tips for greater resilience

7

1. EMOTIONAL AWARENESS /AVOIDING PANIC

The ability to identify your feelings and express your emotions,
and when necessary, the ability to control your feelings (Reivich & Shatte, 2002)

- *Gender differences?*
- *Not being governed by your emotions*
- *There is a separation between who you are at your core and what you are going through*
- *RATIONAL THINKING - BEING NEUTRAL, OBJECTIVE AND FAIR*
- *The power of questioning*
- *Consultation*

8

Consulting / Practical advice and solutions

Watch out for KNOW-ALL-ISM

Avoiding unnecessary stress

The power of questions

Seeking the evidence before you decide

Not to be governed by panic

9

- Is there another way of making sense of this?
- Am I right to be as annoyed as I am?
- Would this annoy you as much as it's annoying me?
- Does it really matter?
- Have I got good advice or am I making conclusions on my own?
- Am I my own best or worst coach?

10

2. EMPATHY/ SEEING BEYOND YOURSELF

The ability to read and understand the emotions of others

- Understand how your situation affects others
- Seeing others, supporting others
- Enhancing our sense of family/ team
- Building relationships
- Reaching out to others with support and encouragement
- MINDING YOURSELF - BEING COMPASSIONATE

11

- The Impact of Clinical Empathy on Patients and Clinicians: Understanding Empathy's Side Effects
  Helen Riess, 2015, Harvard Medical School
- "The benefits of clinical empathy in medical practice abound. They include:
- improved patient satisfaction and adherence to treatment recommendations, more accurate diagnoses, reduced distress (Neumann et al. 2011)
- improved health outcomes (Kelley et al. 2014),
- and fewer medical errors and
- malpractice claims (Hickson et al. 2002)."
- ..some studies have shown that clinician empathy positively impacts clinician well-being, meaningful work, sense of coherence, and job satisfaction (Halpern 2001; Krasner et al. 2009; Warmington 2012; Tei et al. 2015),"
- **CULTUREOFEMPATHY.COM**

12

3. MINDING YOURSELF

- Running health protective strategies while in crisis
- Doing what is good for us whether we feel like it or not
- Boxing cleverly
- Legislating for 'flow' in your life

13

4. OPTIMISM

- The concept of stumbling
- Unlearning helplessness
- Optimism which facilitates problem-solving
- 'wed to reality'
  - *Engaging with the optimist*
  - *Contemplating the optimistic view*

14

Optimism and Its Impact on Mental and Physical Well-Being

Ciro Conversano,[1,*] Alessandro Rotondo,[2,*] Elena Lensi,[1] Olivia Della Vista,[1] Francesca Arpone,[1] and Mario Antonio Reda[1]

(2010)

- CONCLUSION:

From the literature reviewed, it is apparent that optimism is a mental attitude that heavily influences physical and mental health, as well as coping with everyday social and working life.

Through an adaptive management of personal goals and development and by using active coping tactics, optimists are significantly more successful than pessimists in aversive events and when important life-goals are impaired.

Clinics should develop an application form of optimism concept in Applied Psychology and in Psychotherapy. As a matter of fact, application form of optimism concept should be integrated in treatments and prevention programs respectively in mental and physical health, to improve well-being.

15

5. SOCIAL CONNECTIVITY

- People need people
- The powerful resource of family
- Harnessing a sense of team
- The crucial role of the 'significant other' in those who thrive despite adversity
- Keeping good company / leaning on resilient people

16

- Psychologists have shown that social ties and increased contact with family and friends are associated with a lower risk of illness
- What's more, a 2010 meta-analysis of 148 studies showed that social connection doesn't just help us survive health problems but the lack of it causes them

(Williams, 2011)

17

6. PRAYER/FAITH

- Spirituality/religiousness
- Sense of purpose
- It's not all about me!
- Life as a journey
- Silence
- The benefits of prayer
- Investing in our spirituality:
- MINDFULNESS

18

- Scientific studies have established that there may be psychological and physiological benefits in prayer.
- The frequency with which subjects prayed was closely correlated with having fewer symptoms of depression and anxiety. (Maltby et al, 1999)
- Religion associated with better recovery from physical illness, including better health and longer survival after heart transplant and reduced mortality following other cardiac surgeries (Oxman, Freeman and Manheimer, 1995).
- Hundreds of studies confirm a positive correlation between religious practice and improved health outcomes. Religion tends to promote a general lifestyle that fosters a better quality of life

19

•EXTRA TIP

20

7. KEEP LAUGHING

- Humour is a therapy in itself
- Hanging around with good-humoured people

21

"Laughing one hundred times amounts to the same exercise as riding a stationary bike for fifteen minutes. Five minutes of intense laughter can double the heart rate. Three minutes of laughter is equivalent to three minutes on a rowing machine. Laughter stimulates circulation, tones muscles, energises lungs and stimulates endorphins in the immune system."

Dr William Fry (Stanford University)

22



23