

BOUNCE WITH ME: THE RESILIENCE INTERVENTION

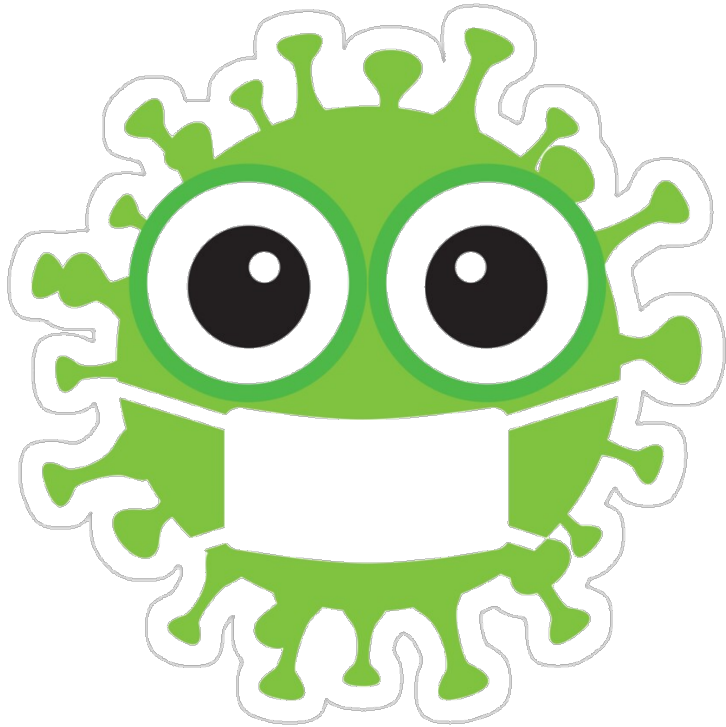
RESILIENCE TOOLS FOR UNCERTAIN TIMES



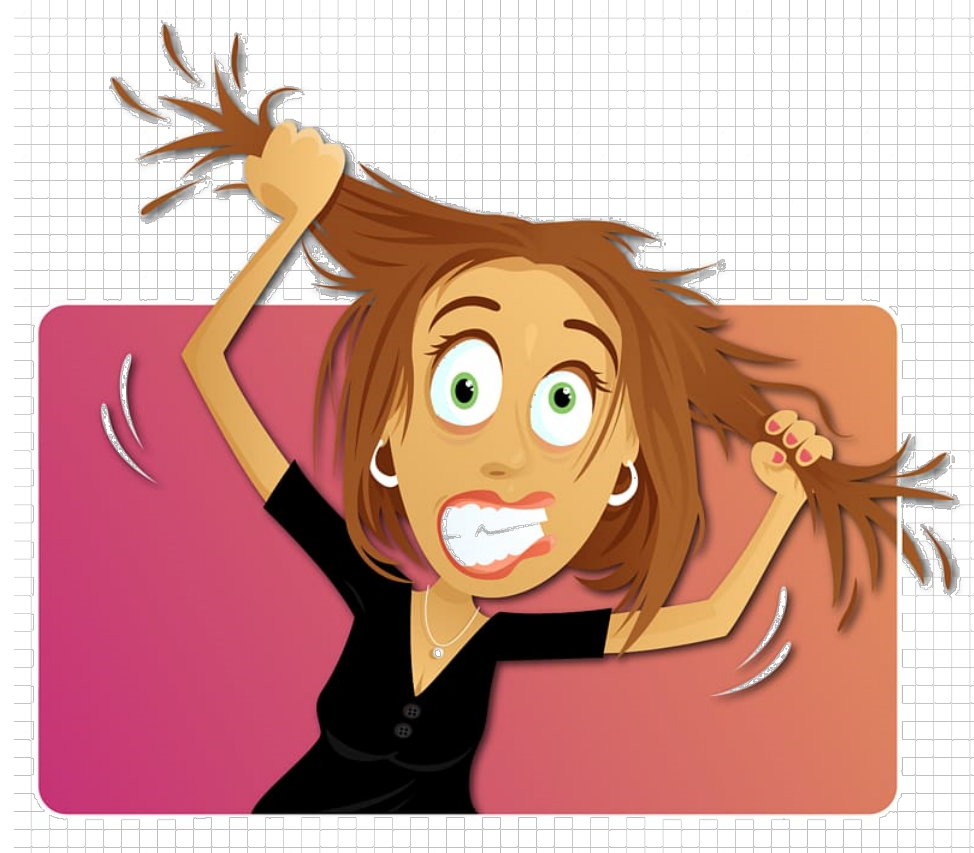
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NOT FEELING YOURSELF LATELY???

Does this?



Have you feeling?



WHAT IS RESILIENCY?



The ability to bounce back from negative emotional experiences and flexibly adapt to the changing demands of stressful experiences.

VARIABLES THAT EFFECT RESILIENCE



Biology

Optimism

Spirituality

Mental Agility

Positive Institutions

Connection

Self-Regulation

Self-Awareness

Self Efficacy/Mastery

GOOD NEWS!!!

RESILIENCE CAN BE STRENGTHENED THROUGH
PRACTICE WITH SPECIFIC TOOLS



TOOL #1: OPTIMISM

- Belief in a positive future
- Engine of resilience
- Being able to separate what you can control and what you have to accept
- Mindset: Problems are challenges, not threats



2 TYPES OF OPTIMISM

EXPLANATORY STYLE OPTIMISM

The ability to explain an event external, unstable and in specific ways of explaining the problem.

DISPOSITIONAL OPTIMISM

Basic belief or expectation that good things are going to happen

Explanatory Optimism

WHEN BAD THINGS HAPPEN:
THE BRAIN ASKS WHY?

Internal

(you caused event)



External

(other people or circumstance caused event)

Stable

(unchangeable, permanent)



Unstable

(temporary, changeable, can control)

Global

(negatively impacts every area)



Specific

(contained to that one event)

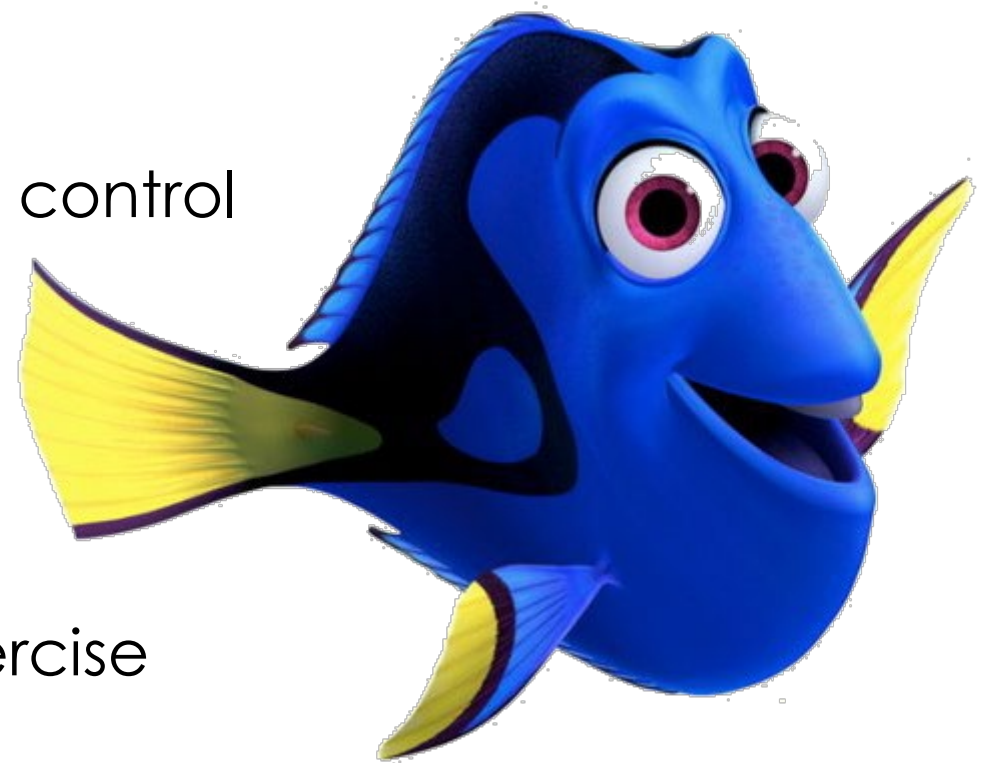
BENEFITS OF OPTIMISM

- Cope with stress more effectively
- Have a greater social support = increased relationship satisfaction
- Greater quality of life = happier, stronger well-being
- **Better, more robust immune system**
- Greater job satisfaction, school & sports performance = can excel in high demand, high pressure arenas



WHAT OPTIMISTS DO DIFFERENTLY:

- Identify problems better
- See situation as a challenge and not a threat
- Work towards the problem vs. against it
- Accept the aspects of the situation they can't control
- More likely to seek out information
- More likely to ask for help
- Specific pro-active behaviors: Eat healthy, exercise routine, quality sleep, recharge



TOOL #2: RECOGNIZING THINKING TRAPS

*Beliefs we have
that are inaccurate
&
counterproductive*




FOUNDATIONAL PRINCIPLE:



Our thoughts drive emotions, behaviors & physiology

Activating events

Beliefs  *determines everything*

Consequences

FIGHT



FLIGHT oohlala!



FREEZE



Our fight, flight or freeze response is dependent upon the **personal interpretation** of an event.

IMPORTANT FACT: A body under stress is constantly in fight or flight mode. Cortisol builds up which leads to **INFLAMMATION IN THE BODY.**

Inflammation = Weakened Immune System/Chronic Illness

5 THINKING TRAPS:

- MIND READING
- ME
- THEM
- CATASTROPHIZING
- HELPLESSNESS



REAL TIME RESILIENCE



As soon as you hear a negative thought, challenge it.

Sentence Starter:

“That’s not true because...”

(put in evidence to prove counterproductive thought is false)

Reframe with optimism:

“A more helpful way to see this is... or a better way to see this is...”

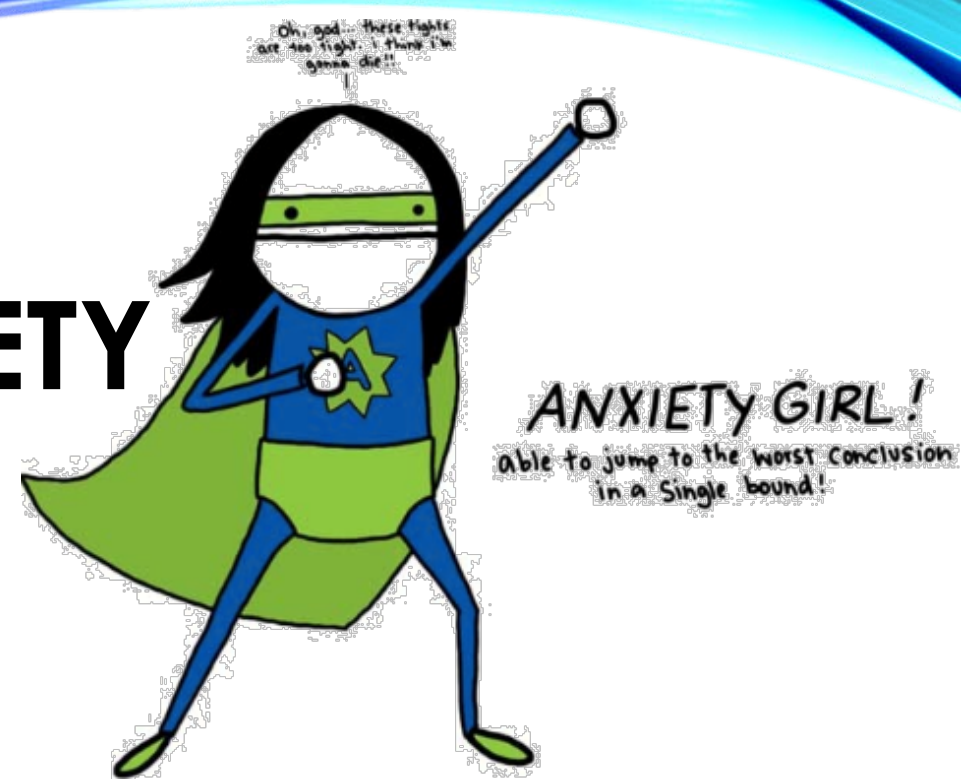
(fill in the rest with a more optimistic, perspective on the situation)

Plan:

If **X** happens, I will **Y**.

(Tip: use data (make it vivid) to prove why counterproductive thought is untrue)

TOOL #3: MANAGE ANXIETY



Anxiety can be a good when it's used as a motivator. When we have too much anxiety it puts the body into fight or flight mode.

Anxiety usually comes when we catastrophize. Which is triggered by:

Ambiguity

Something you value highly & it's at stake

Already fear the situation

MANAGE ANXIETY WITH A PLAN



1. Start by **eliminating** catastrophic worst case scenarios in your head

1st get worse case out

2nd work down your list (if there is multiple)

3rd think of best case (generate a positive emotion)

2. Think of all the **probable** things that will likely happen

3. Plan purposeful **action** for what will probably happen

TOOL #4: GRATITUDE



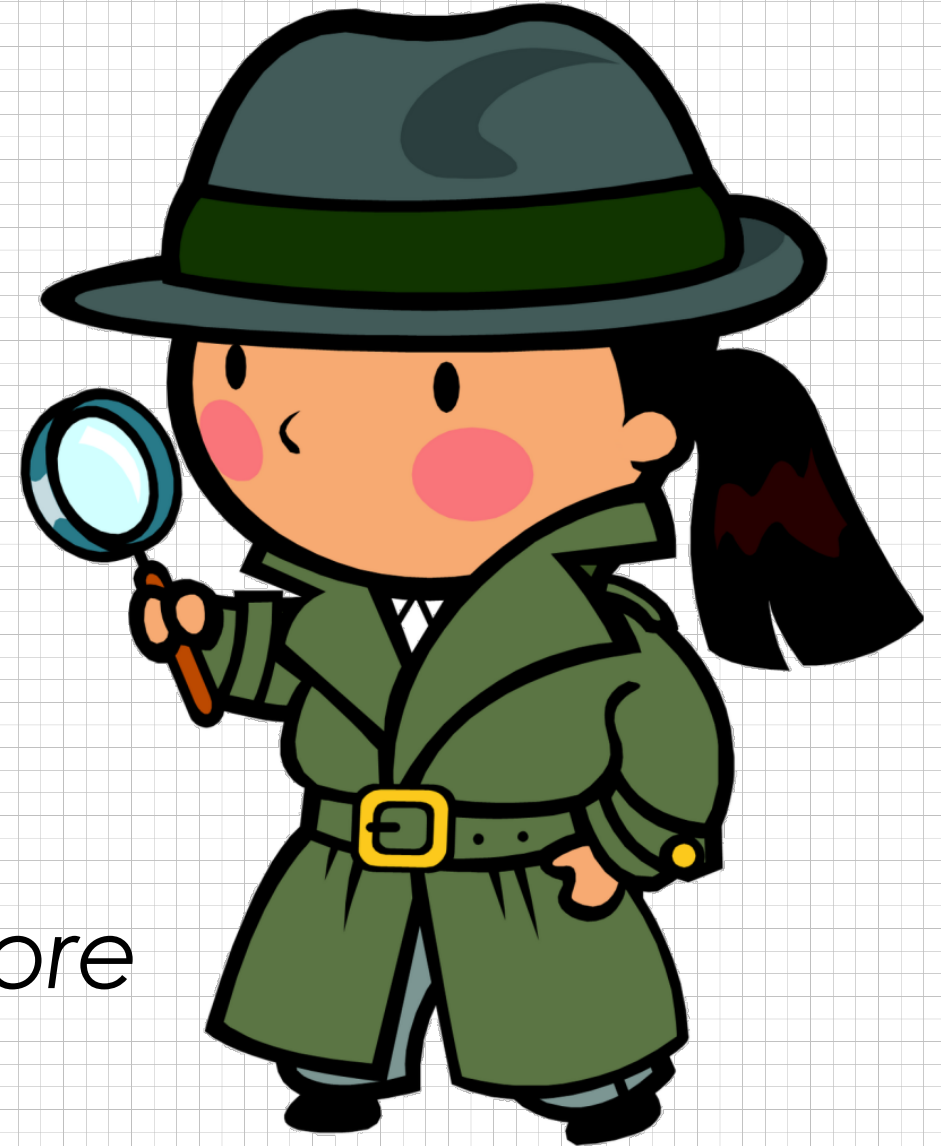
Viewing the world through the lens of “***what I am receiving***”, enables you to feel attached to something bigger than yourself.

HAVE AN ATTITUDE OF GRATITUDE

HTGS =
Hunt the Good Stuff



End of the day:
*Write down 3 good things & explore
why they happened*



TOOL #5:

CHARACTER STRENGTHS



Creativity



Curiosity



Judgment



Perspective



Bravery



Perseverance



Zest



Honesty



Social Intelligence



Kindness



Love



Leadership



Fairness



Teamwork



Forgiveness



Love of Learning



Gratitude



Spirituality



Self-Regulation



Humility



**Appreciation
of Beauty**



Prudence



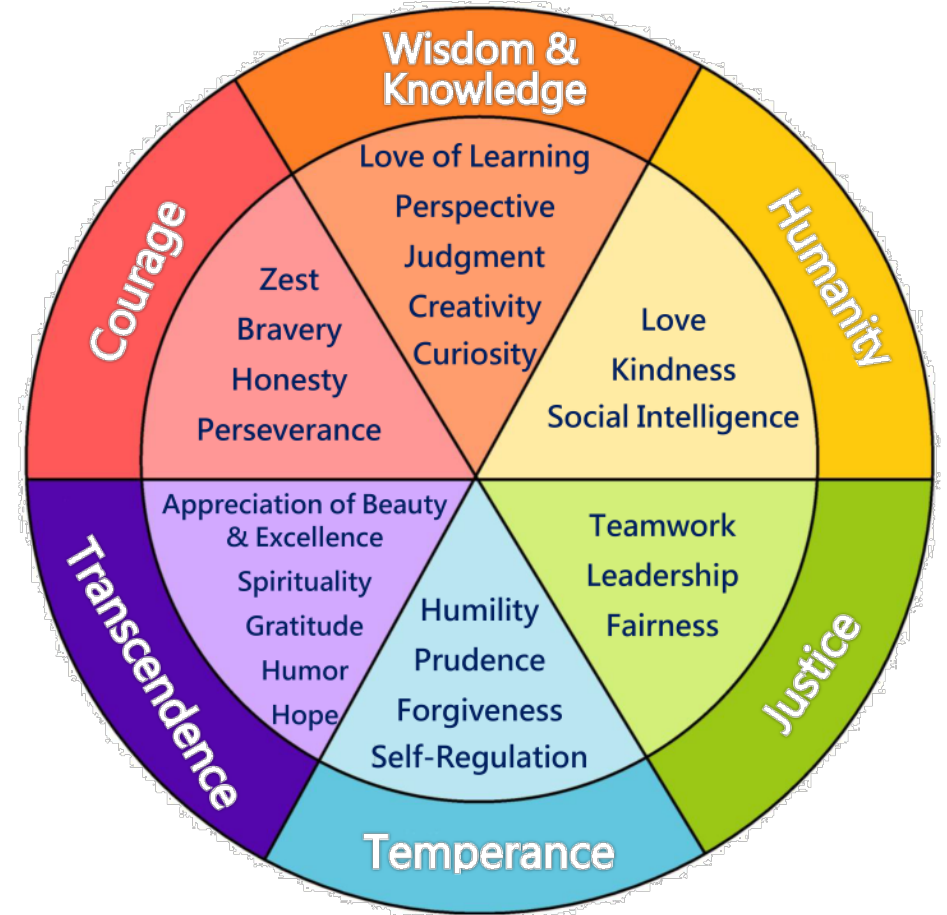
Hope



Humor

When you are operating from that piece of your character...

- Do you feel true to yourself?
- Do you feel authentic?
- Do you feel motivated within to use that part of your character?
- Are you energized when you use that part of your character?



You can take the VIA Survey:

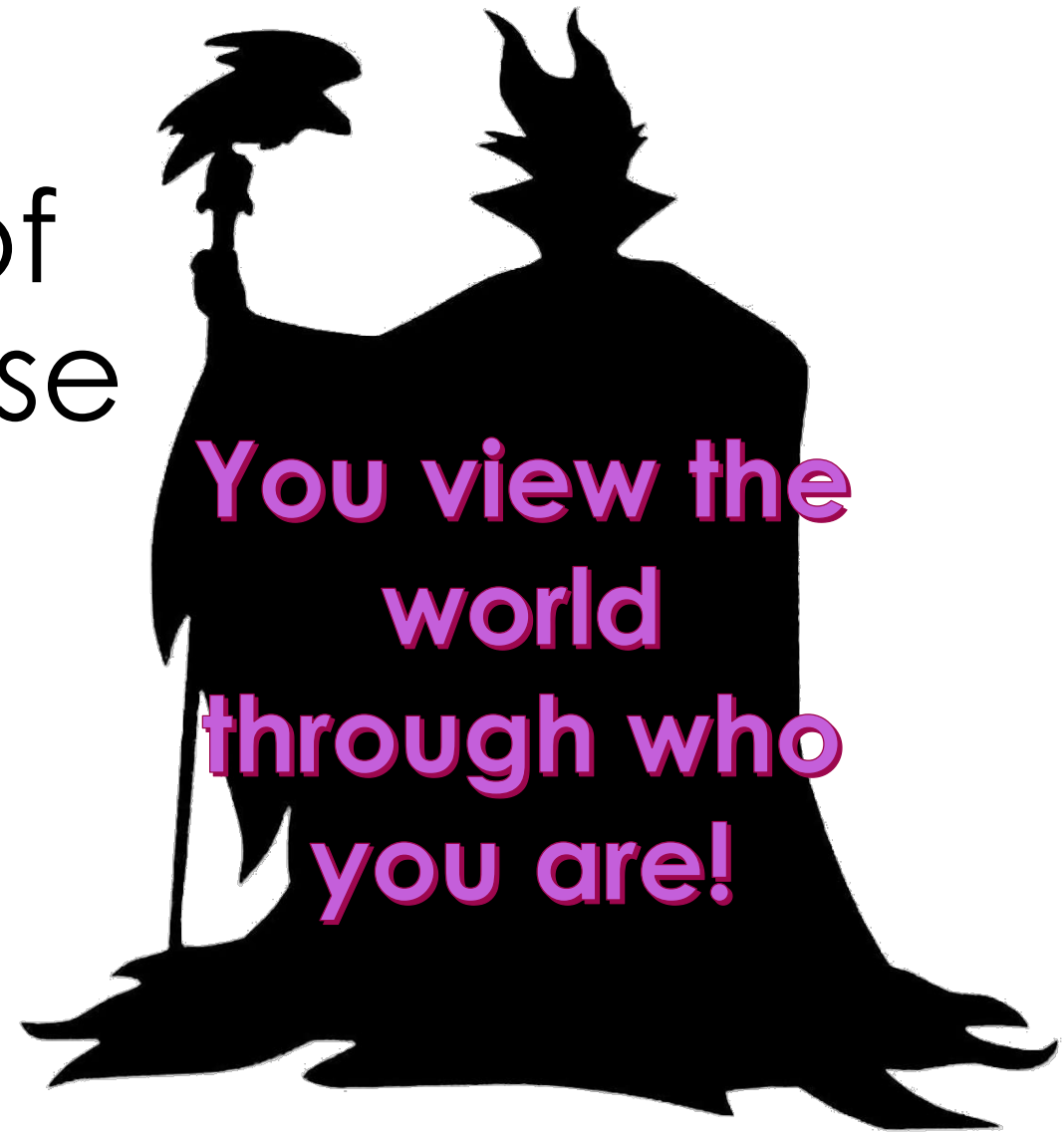
<https://www.viacharacter.org/survey/account/register>

Which of my character strengths are most dominant, and how can I leverage them to fully create the life I want to live (to have more resilience)?



SHADOW SIDE OF CHARACTER STRENGTHS

Sometimes the best of
who we are can cause
harm to ourselves or
others...



TOOL #6: PRACTICE ACTIVE CONSTRUCTIVE RESPONDING



VITAL QUESTIONS TO ASK YOURSELF TO SEE IF A RELATIONSHIP IS STRONG...

Will you be there for that other person when things go wrong?
(will they for you)

Even more important...

**Will you be there for the other person when things go right?
(will they for you)**

- There are **4** different styles of responding when someone shares a positive experience.
- Only **1** of them will strengthen the relationship.
- The rest will erode it over time.



Passive Constructive

- You acknowledge what the person said but your are doing something else.
- You understand & support but are distracted

Conversation Killer



Passive Destructive

-The person tells you good news but you change the conversation to yourself and shine light to your own positive experience.

Conversation Hijacker

Active Destructive

- You acknowledge their good news but point out the negatives, concerns and downsides to their news.
- Creates animosity & distrust

Joy Thief

Active Constructive

- You are present and actively engaged. You mirror the other person's excitement and share in their joy.
- Both people leave feeling closer.

Joy Multiplier



ACR is a skill that take reflection and willingness.



- What gets in your way of being authentically engaged?
- Work on non-verbal's to be more present.
- Simply ask ?'s – follow-up ?s
- How do you express positive emotion?

**If someone wants to share their
good news with you, it speaks to
how much you matter to them.
Be grateful for it!**



IF YOU REMEMBER ANYTHING...

- Love & strong relationships
- Knowing who you can rely on no matter what's going on in your life
- Gratitude
- Attachment to something bigger than yourself

ARE ALL CRITICAL/VITAL FOR RESILIENCE

