



TOOLS TO STAY STRONG AND BUILD RESILIENCY

AGENDA

- What Resiliency IS
- What Resiliency is NOT
- Benefits of having Resiliency
- Strategies for building Resiliency
- Tools and Resources
- Discussion



RESILIENCY

WHAT IT IS AND WHY IT'S IMPORTANT

RESILIENCY IS...



The ability to adapt to adversity, trauma or loss, and to rebound from a set back without completely going to pieces.



The ability to “see the light at the end of the tunnel” when faced with a daunting challenge or life event.



A behavior, a thought, or an action that enables a better outcome – all of which can be developed overtime.



It usually involves having a strong support system.

RESILIENCY IS NOT...



Going at it alone.



The absence of difficulty, stress, pain and sadness.



A trait you either have or don't have.

HAVING RESILIENCE CAN...



- Give you the ability to handle stress.
- Help you find enjoyment in your life.
- Allow you to see past a challenge or set back.
- Guard you from mental health conditions.
- Improve your ability to cope.
- Boost your mental health.

LACK OF RESILIENCE CAN CAUSE YOU TO...

- Feel victimized
- Become overwhelmed
- Turn to unhealthy coping mechanisms (substance abuse)
- Dwell on problems



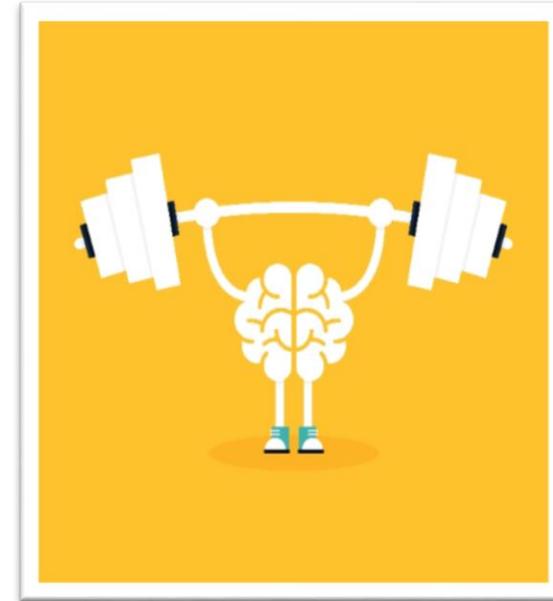
FACTORS ASSOCIATED WITH RESILIENCE

- Communication and problem-solving skills.
- Ability to manage feelings and impulses.
- Ability to make plans and carry them out.
- Positivity and confidence in yourself and your strengths.
- *Having supportive relationships inside and outside of the family.*

All these factors can be cultivated.



TWO FACTORS THAT CONTRIBUTE TO PERSONAL RESILIENCE - PHYSICAL AND MENTAL HEALTH



“People who stay physically strong tend to be more emotionally resilient.”

Ani Kalayjian

CULTIVATING RESILIENCE

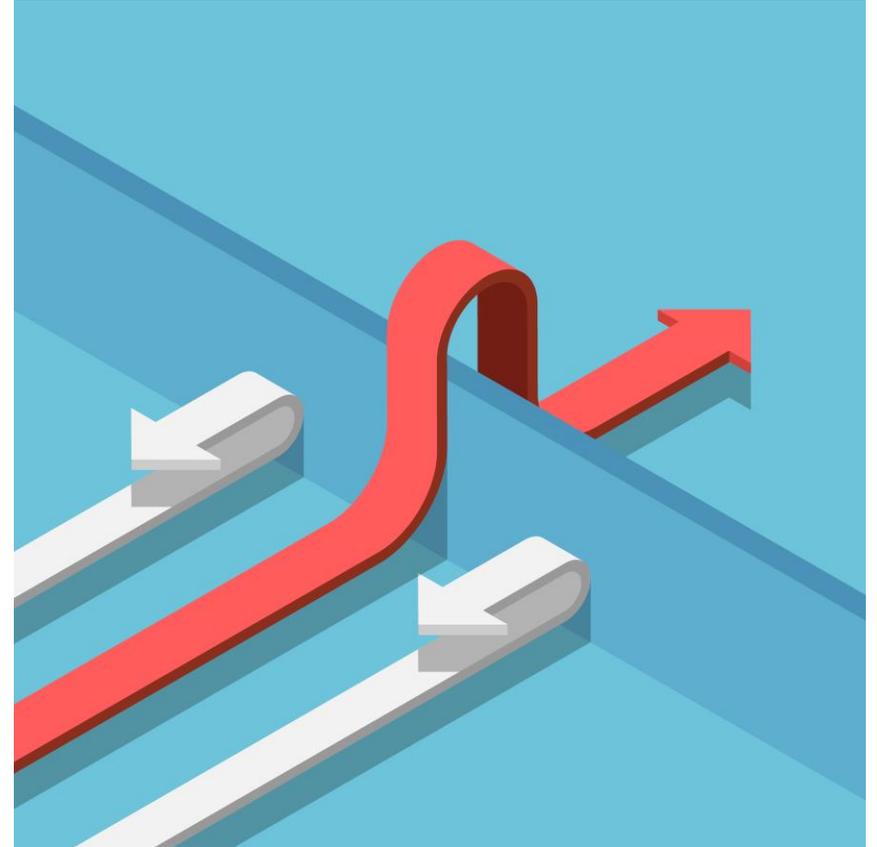
COMMON SENSE TIPS

- Stay active
- Stay mentally active
- Eat healthy foods
- Get enough sleep



ALONG WITH THE HELPFUL THINGS YOU CAN DO...

- Try not to dwell on the negative
- Don't self-medicate
- Try not to feel victimized



LEARN FROM THE PAST



- What kinds of events have been most stressful for me?
- How have those events typically affected me?



- Have I found it helpful to think of important people in my life when I am distressed?
- To whom have I reached out for support in working through a traumatic or stressful experience?



- What have I learned about myself and my interactions with others during difficult times?
- Has it been helpful for me to assist someone else going through a similar experience?



- Have I been able to overcome obstacles, and if so, how?
- What has helped make me feel more hopeful about the future?



PERSPECTIVE IS HUGE

SIMPLE STRATEGIES FOR BECOMING MORE RESILIENT



- Be Flexible
- The Glass is Half Full
- Make an Action Plan
- Lean on Others
- Have an Outlet
- Commit to a Healthy Lifestyle

- Build Yourself Up
- Cultivate Gratitude
- Laugh out Loud
- Stay Positive
- Ask for Help

SEEK GUIDANCE

Building resilience takes time and practice.

Seek a mental health provider for more **SUPPORT.**



DISCUSSION: WHAT WORKS FOR YOU?

What strategies or tools have you used in the past to overcome adversity or a challenge?

What lessons did you learn after facing and moving past a challenge?

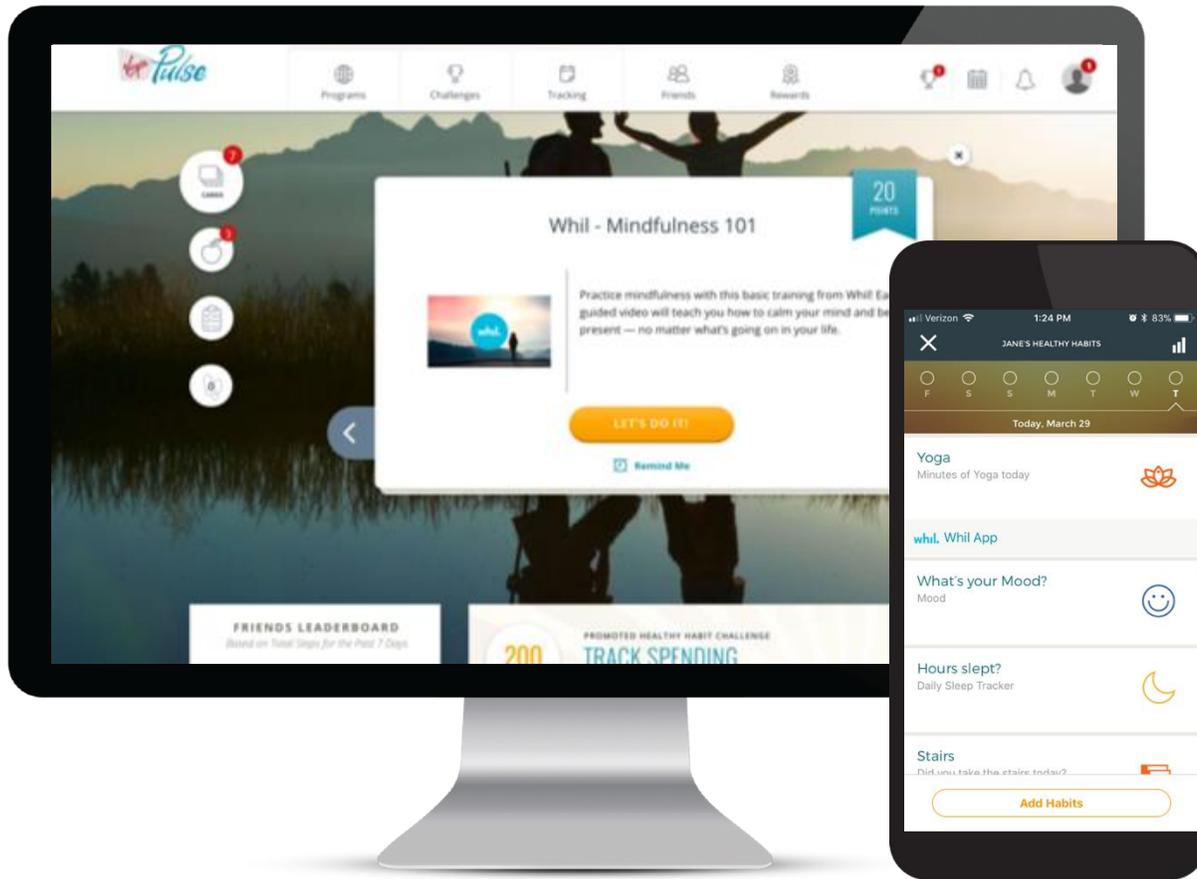


TOOLS AND SUPPORTIVE RESOURCES



- Mental Health Professional
- UCLA Mindful Awareness Research Center: Guided Meditations and Podcasts
- The Free Mindfulness Project: Guided Meditations and Breathing Techniques
- Employee Assistant Program
 - <https://das.ohio.gov/Divisions/Human-Resources/Benefits-Administration/EAP>
- Headspace App: Guided Meditations
- Virgin Pulse: Health Coach
- Virgin Pulse: Journeys

whil. | STRESS & RESILIENCE



Leading digital training solution for wellbeing, resilience and performance integrated seamlessly into Virgin Pulse

- Helps employees reduce stress, increase resilience and improve mental wellbeing and performance.
- Provides daily 5-minute sessions and 250+ mini-courses covering 12 aspects of wellbeing including mindfulness, resilience, sleep, emotional intelligence, yoga and more.
- 30+ of the top MDs, PhDs, and certified experts deliver over 2,000 video & audio training sessions on-demand.
- Personalized Whil program recommendations mapped to Virgin Pulse data and recommendation engine
- Real-time healthy habit integration, tracking and rewards to reinforce daily success.



REFERENCES:

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Support



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THANK YOU

