

Resilience

reaction flexibility obstacle overcome endurance vision

believe determined positive idea optimism strength persistent prevent education

business power experience idea challenge motivate vitality empowering grow

bounce change learning agility growth action success leadership persistence pressure active

positivity adversity effort impossible possible teamwork

hope stability stronger impossible pressure active

defense

# WHAT IS EMOTIONAL RESILIENCY

- **Emotional resilience** refers to one's ability to adapt to stressful situations or crises. More **resilient** people are able to "roll with the punches" and adapt to adversity without lasting difficulties; less **resilient** people have a harder time with stress and life changes, both major and minor. (verywellmind.com)
- Studies have indicated that resilient individuals can deal with stress more effectively. They can bounce back from any stressful situation with positive energy and confidence, and they are more likely to learn lessons from traumatic encounters rather than get overwhelmed by them (American Psychological Association, 2012).



# WHAT EMOTIONAL RESILIENCE IS NOT

- Being independent and going at it alone
- Does not mean that people don't experience stress, emotional upheaval, and suffering
- Does not mean 'toughing it out'
- Is not denying reality



# Emotional Resilience Self-Assessment

Below are ten statements that define you. Rate each statement from 0 to 5 where '0' means 'Strongly Disagree' and '5' means 'Strongly Agree'.

Statement	Rating					
	0 – Strongly Disagree	1	2	3	4	5 – Strongly Agree
1. I trust myself	0	1	2	3	4	5
2. I am proud of my achievements	0	1	2	3	4	5
3. I have the power to overcome difficulties	0	1	2	3	4	5
4. I have people who love me	0	1	2	3	4	5
5. I can handle criticisms	0	1	2	3	4	5
6. I am respectful towards myself and others	0	1	2	3	4	5
7. I enjoy being part of a community	0	1	2	3	4	5
8. I am aware of my strengths and my weaknesses	0	1	2	3	4	5
9. I focus on solutions more than problems	0	1	2	3	4	5
10. I love my life	0	1	2	3	4	5
<b>Total Score</b>						





# COVID-19 OUTBREAK

LATEST UPDATES



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# EMOTIONAL IMPACT

- Recent survey by Professor Tazeen Jafar from Health Services & Systems Research Programme at Duke NUS Medical School
  - Found that 1 in 3 adults, particularly young women experience psychological distress such as anxiety, depression, post traumatic stress and insomnia, from Covid 19 interventions like lockdowns, social distancing, and quarantine
  - There has been a 13% increase in suicides last year; the highest since 2012
  - SOS figures show 154 suicides among seniors last year, a 26% hike from 2019 (straights times)

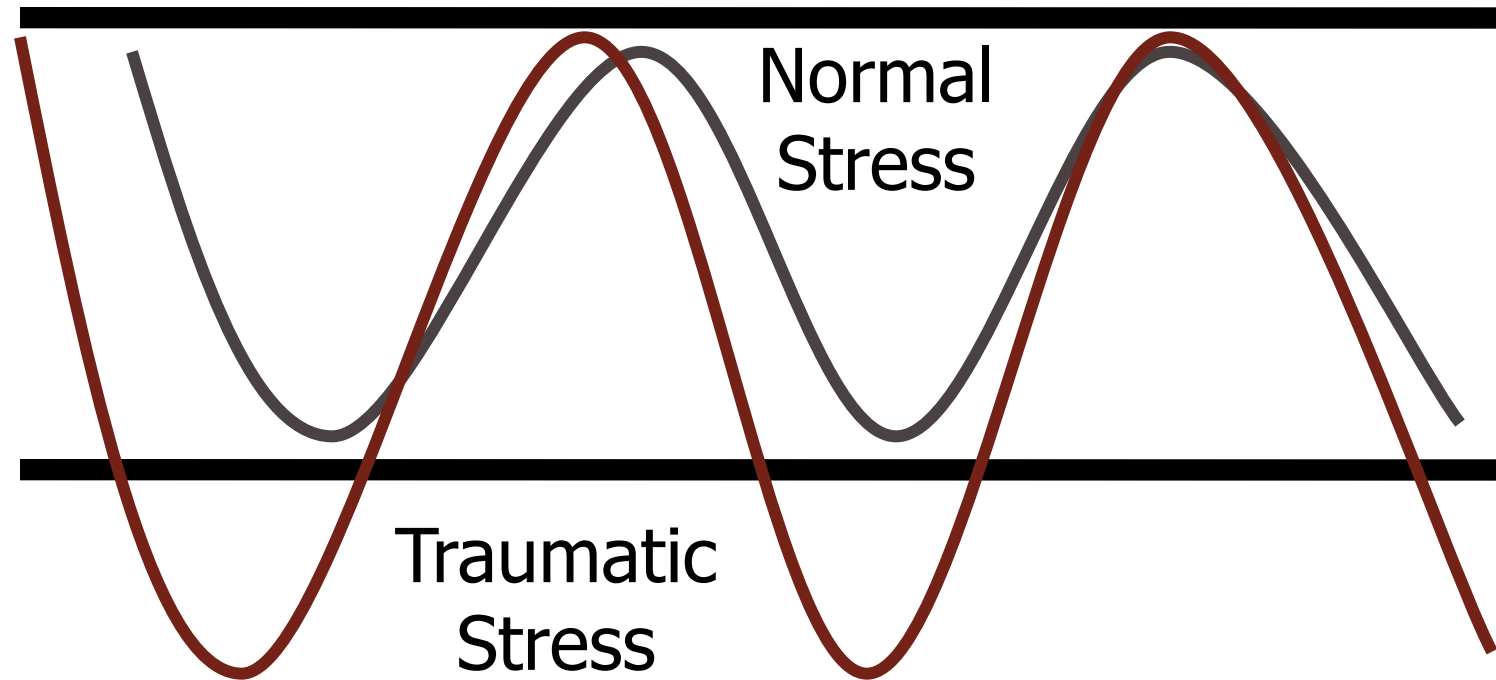


# DAY-TO-DAY LIFE





# TRAUMATIC STRESS ACUTE OR CHRONIC

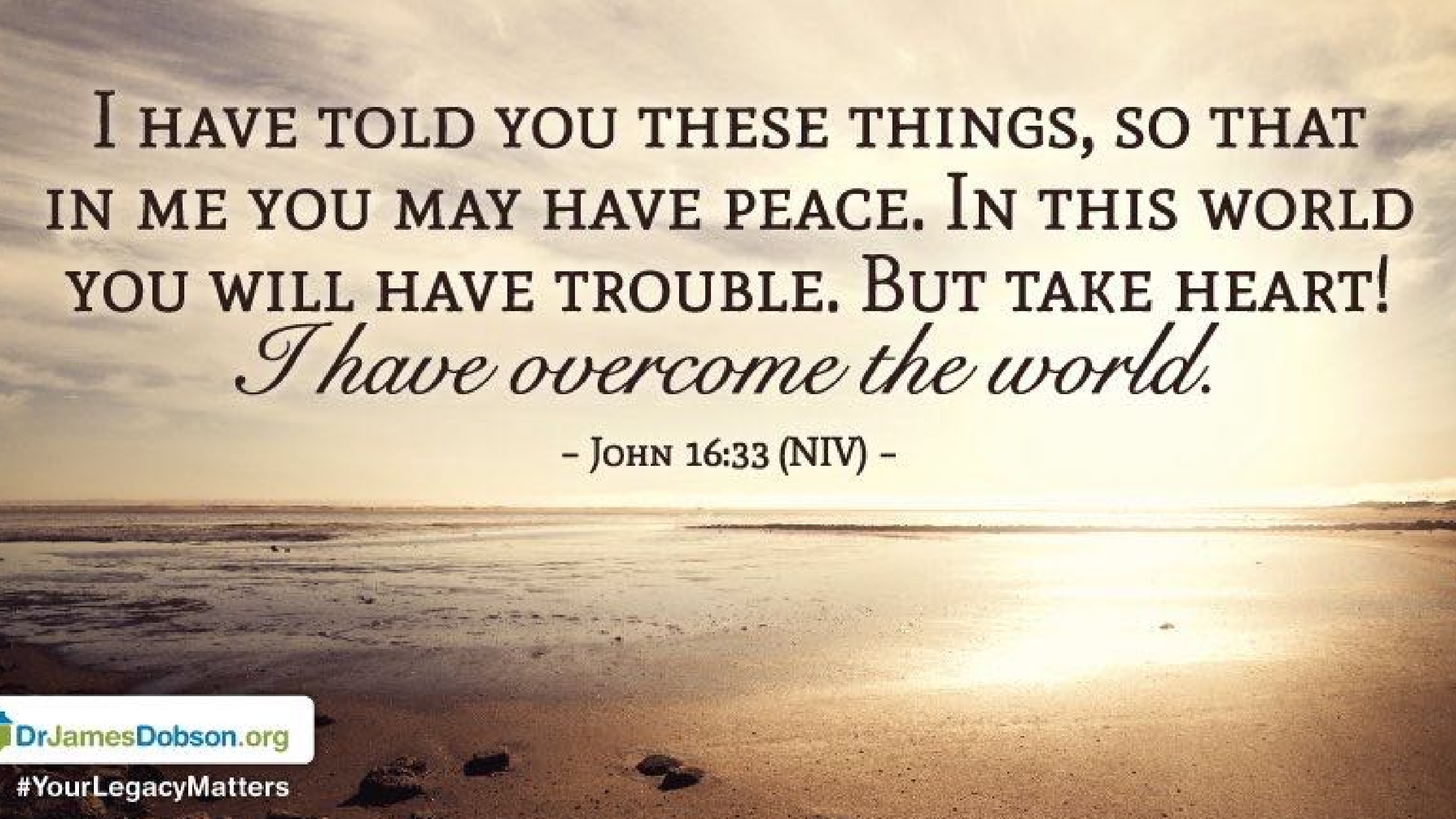


# WHAT BUILDS RESILIENCE



# ABILITY TO BE SELF AWARE





I HAVE TOLD YOU THESE THINGS, SO THAT  
IN ME YOU MAY HAVE PEACE. IN THIS WORLD  
YOU WILL HAVE TROUBLE. BUT TAKE HEART!  
*I have overcome the world.*

- JOHN 16:33 (NIV) -

# SELF AWARENESS

- Ability to tune into our own feelings, internal conflicts, and perceptions
- **“The minute your aware of something its weakened. Anything that’s weakened is changeable. A thought you are aware of physically changes structure. Caroline Leaf**
- Being attuned to our inner world – more cognizant



# AWARENESS OF EMOTIONS

Recognize  
Respect  
accept





# AWARENESS OF THINKING

What You Focus On  
**EXPANDS**

TheWellnessQueen.com

Whatever Things  
are TRUE  
HONORABLE  
JUST  
PURE  
of LOVELY  
GOOD REPORT  
if there is any virtue,  
and if there is any praise,  
**THINK ABOUT**  
These Things  
PHILIPPIANS 4:8





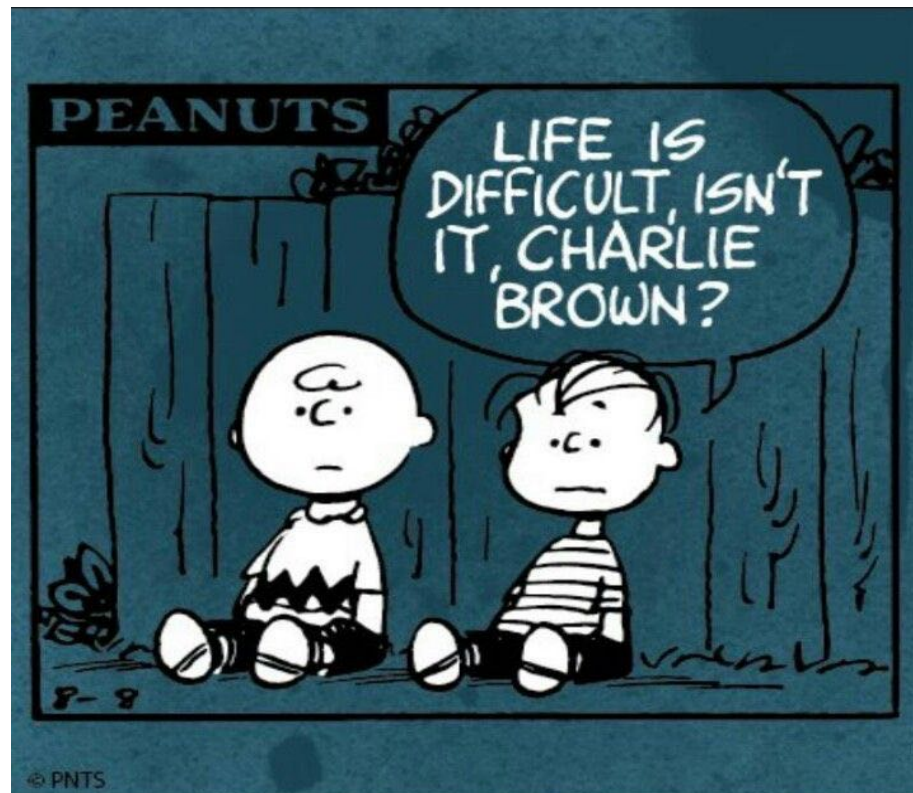
# CREATING

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”  
Romans 12:2

“The greatest discovery of our generation is that human beings can alter their lives by altering their attitudes of mind. As you think, so shall you be.”  
William James



***LIFE IS 10% WHAT HAPPENS TO US AND 90%  
OUR ATTITUDE TOWARD IT ..***      **—CHUCK SWINDOLL**



# Things I Cannot Control

Other  
People's  
Thoughts

Other  
People's  
Feelings

# Things I Can Control

My Thoughts  
My Words  
My Actions  
My Behaviour  
My Feelings

Other  
People's  
Words

Other  
People's  
Behaviour

Other  
People's  
Actions

- [GOODIDEAFAIRY.CO.UK](http://GOODIDEAFAIRY.CO.UK)





lol :-)

# BEHAVIORS

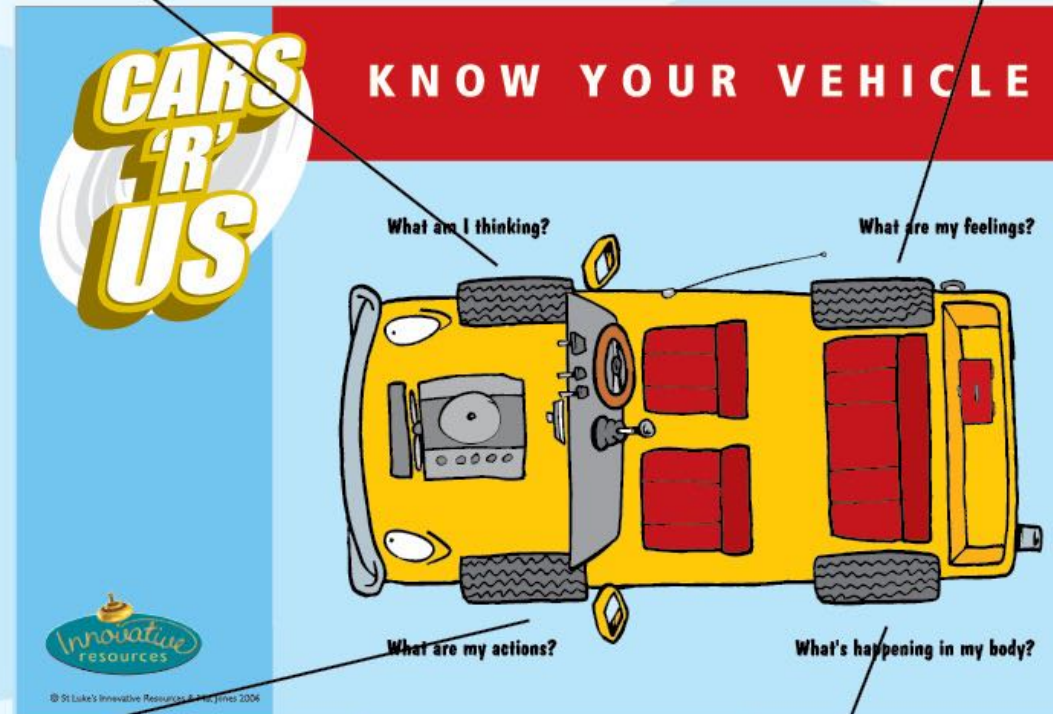
## Car One: The Worry Car

### Thinking (3)

- Something bad is going to happen
- I can't handle this
- I'm scared to death

### Feeling (1)

- Fearful
- Worried



### Acting (4)

- Talks a lot
- Fidgety, highly strung
- Playing with fingers

### Body (2)

- Tummy ache
- Dry throat, can't breathe
- Can't move, sweaty palms

# ABILITY TO BE MINDFUL

- Being in the moment

“Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own” Matthew 6:34

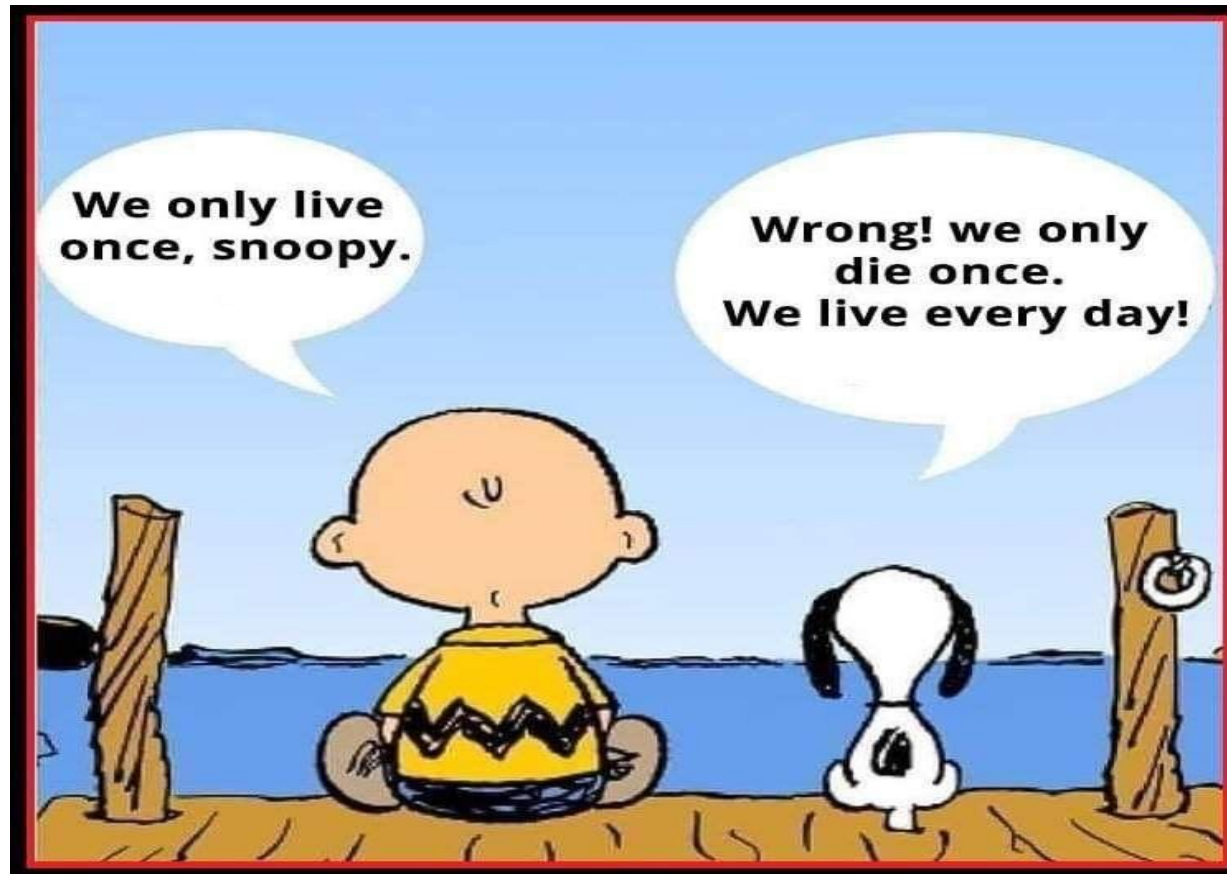
“Be still and know that I am God” Psalm 46:1



“Sit with animals  
QUIETLY  
And they will  
show you their  
HEARTS  
Sit with them  
KINDLY  
and they will help  
you locate  
YOURS.”

—Ranblings of the Clairy

**LET US NOT LOSE SIGHT OF ETERNITY IN THE HERE AND NOW. LET'S CHOOSE LIFE DAILY...amid the chaos of our time.**



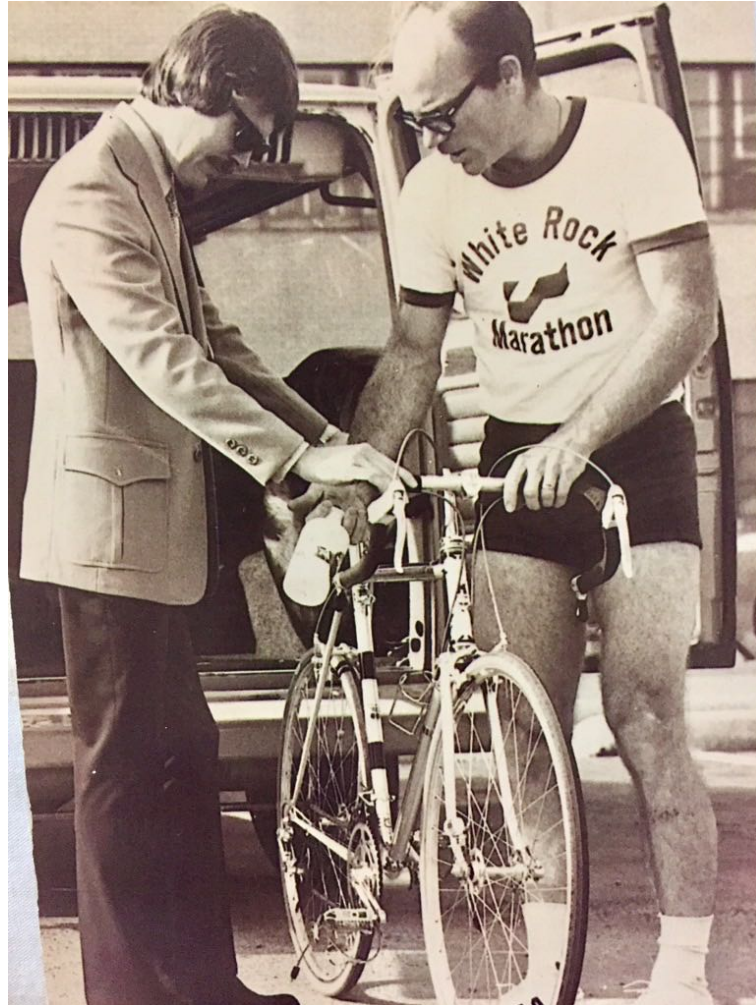
# ABILITY TO BUILD CALM INTO LIFE

- Relaxation techniques
  - Rhythmic breathing – noticing breath
  - Inhale/exhale – 1,2,3 and exhale 1, 2, 3, 4, 5, 6
  - Progressive relaxation
  - Visual imagery/safe place
- Meditation – scripture, song, etc





# ABILITY TO BE PERSISTENT





LET US RUN WITH  
**perseverance**

THE RACE MARKED OUT  
FOR US, FIXING OUR EYES  
ON JESUS, THE PIONEER  
AND PERFECTER OF FAITH.

HEBREWS 12:1



# ABILITY TO HAVE FLEXIBLE THINKING



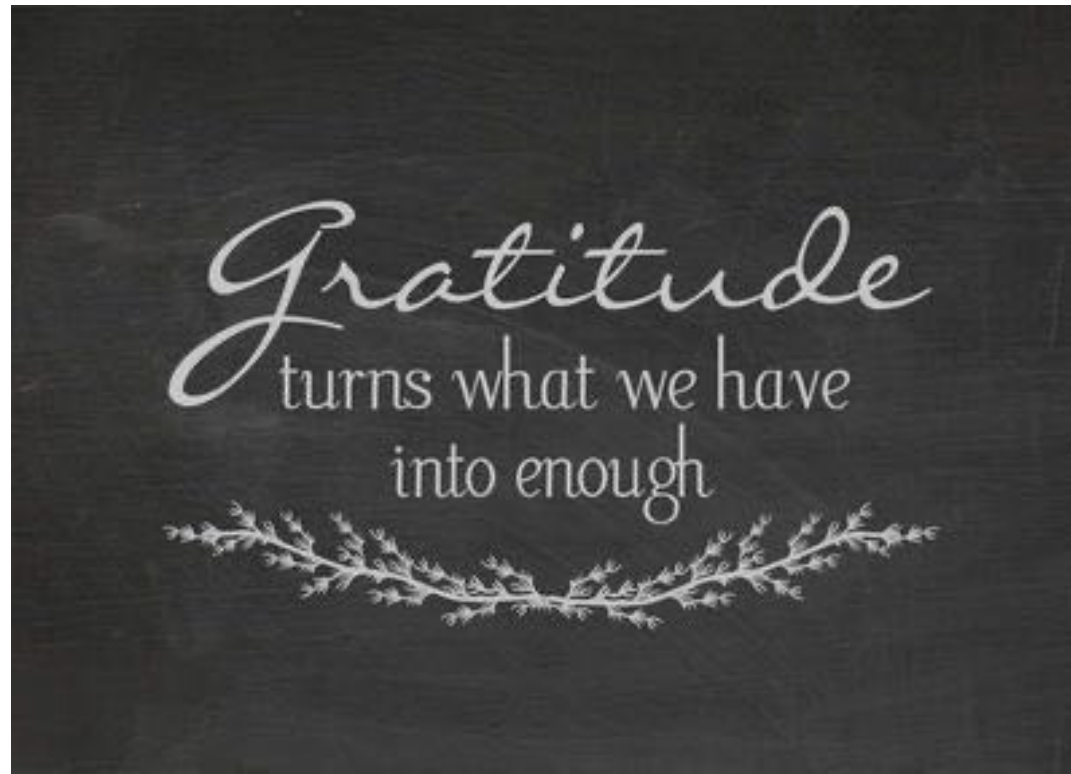
# HOW TO DEVELOP FLEXIBLE THINKING

- Change the context
- Try something new – “mental flexibility is aided by novelty, and that contributes to brain growth and development throughout a lifetime.” (study led by Koutstaal)
- Question your thoughts and words
- Plan to be spontaneous –change your regular routine



# ABILITY TO HAVE GRATITUDE

- When we learn to appreciate what we have, rather than complaining and stressing about what we don't have or what we lost, we are already more resilient than before.



# RESEARCHERS HAVE FOUND THAT THE BENEFITS OF GRATITUDE AND THANKFULNESS:

- More optimism, happiness, and self – worth; less envy, anxiety, and depression
- More compassion, generosity, and forgiveness; stronger relationships; less loneliness
- Better sleep
- Greater Resilience
- When there is pain in life, see if there are any gifts that come along with it



# ABILITY TO CREATE CONNECTIONS



# BUILD CONNECTIONS WITH OTHERS

- Call a friend
- Be vulnerable
- Laugh





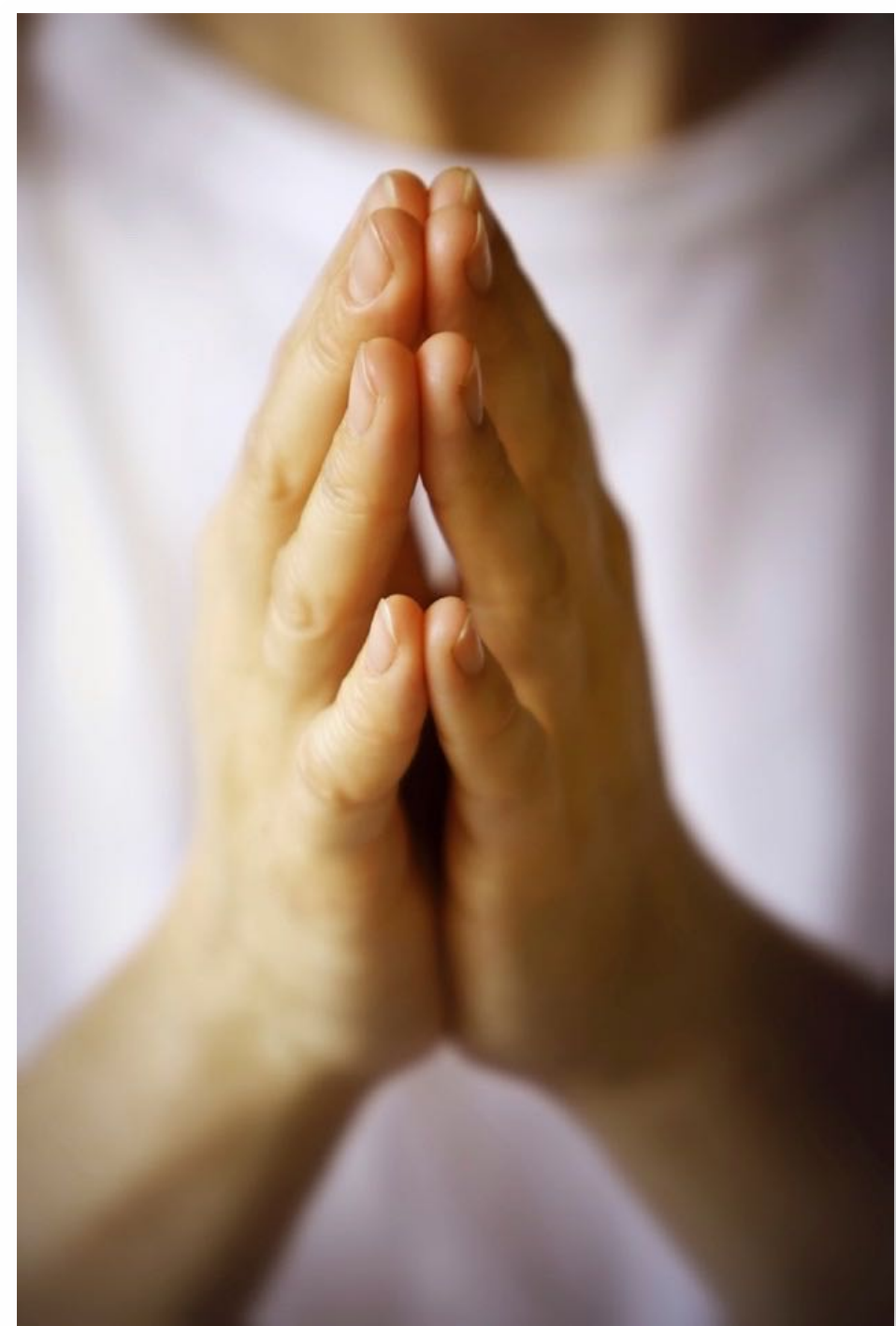
# WE ARE ONLY AS STRONG AS OUR RELATIONSHIPS ARE.



Sometimes when I say  
*“I’m okay!”*,  
I need someone  
to look at me in the eyes,  
hug me tight and say  
*“I know you are not!”*.

# **SPIRITUAL LIFE**

- Gives meaning to hard times
- Practice Gratitude
- Read something inspirational
- Prayer/meditation
- Spending time in nature



**RESILIENCE IS ROOTED IN A SOLID FAITH AND  
THE DEPTH OF OUR RELATIONSHIP WITH THE  
LORD**



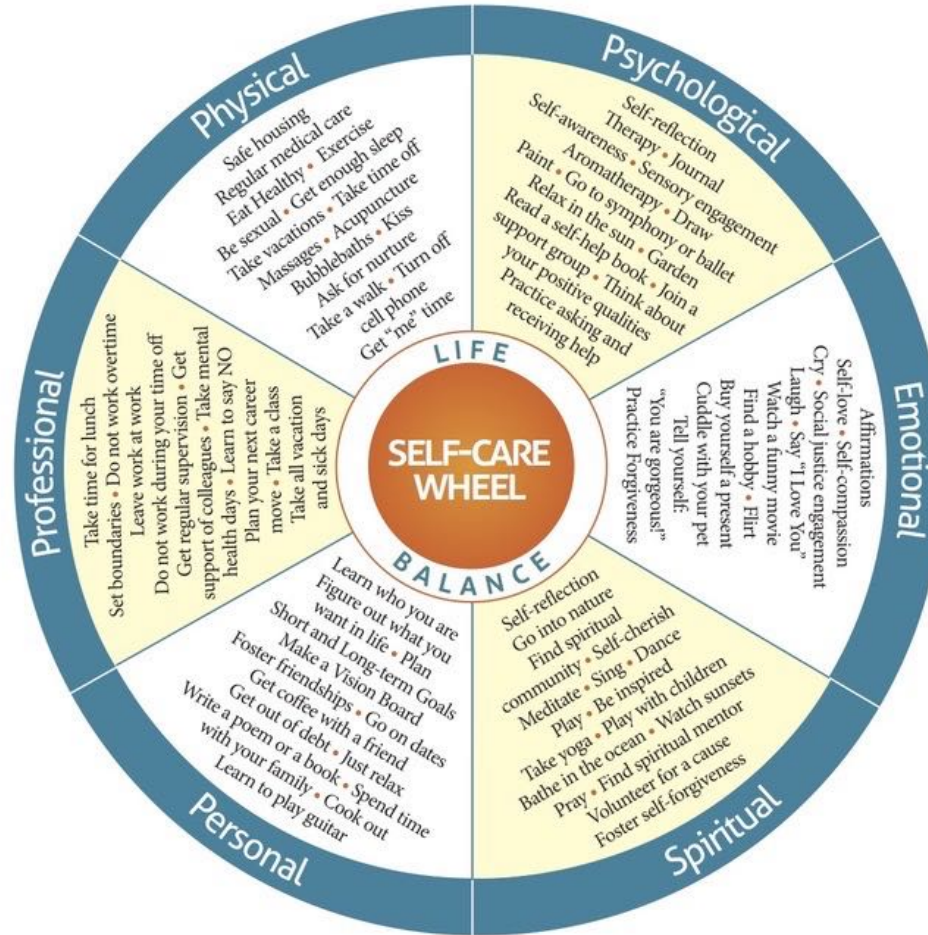
# SELF COMPASSION



YOU GOTTA  
NOURISH  
TO FLOURISH



# SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

[www.OlgaPhoenix.com](http://www.OlgaPhoenix.com)



# SELF CARE/RESILIENCE PLAN

- Develop a plan
  - What do I need:
    - Daily
    - Weekly
    - Monthly
    - Quarterly
    - Yearly



# WHAT MAKES A PERSON RESILIENT

## AN EMOTIONALLY RESILIENT PERSON:

- Is aware of his thoughts, emotions, and inner potentials
- Thinks before reacting
- Is patient, understanding, and willing to adapt
- Is high on acceptance and forgiveness
- Focuses on finding solutions
- Expresses his emotions in a socially acceptable way
- Does not bottle up negative emotions; accepts negative emotions
- Is able to create and sustain long-term relationships
- Is not ashamed to ask for help when they need it the most
- Believes in sorting out conflicts through discussions

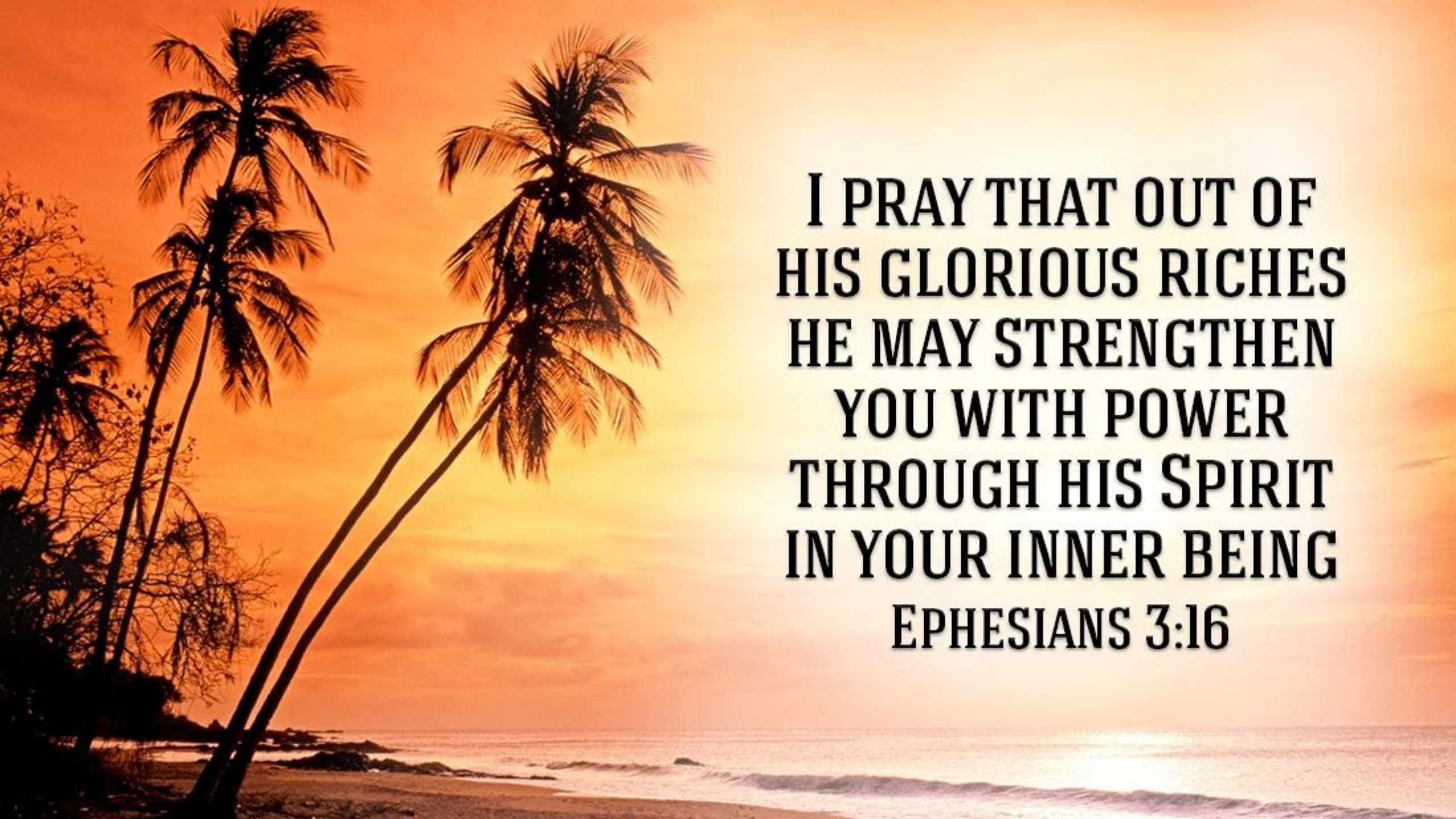


# TIPS OF RESILIENCY

- This, too, shall pass
- Everything changes “hopes”
- Feeling fear and anxiety is natural
- You will grow because of this
- Looking for your strength within
- Embrace God - “turning it over”: Surrender
- Keep your emotions in balance “stay cool”
- Believe in yourself “I believe I am....”
- Strive to Treasure the moment “In the present”





A tropical beach scene at sunset. The sky is a vibrant orange and yellow, with the sun low on the horizon. Several palm trees are silhouetted against the bright sky, leaning towards the right. The ocean is visible in the background, with gentle waves washing onto a sandy beach in the foreground.

**I PRAY THAT OUT OF  
HIS GLORIOUS RICHES  
HE MAY STRENGTHEN  
YOU WITH POWER  
THROUGH HIS SPIRIT  
IN YOUR INNER BEING  
EPHESIANS 3:16**

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**The End**



# RESOURCES

- “What is Emotional Resilience and How to Build it? [Madhuleena Roy Chowdhury, BA](#); 12/6/2021; PositivePsychology.com
- “What is the Negativity Bias?”; <https://www.verywellmind.com/negative-bias-4589618?print>; April 29, 2020
- “One thing Mentally Strong people have in common”; Amy Morin; August 8, 2019
- “10 Biblical Principles to Foster Emotional Resilience”; Onpoint; March 18, 2019
- “Resilient; How to grow an Unshakable Core of Calm, Strength, and Happiness”; Rick Hanson, Ph.D.

