Be Resilient; Be a Role Model

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Objectives

- Identify barriers to resiliency among school aged children
- Identify how adults respond to stress and barriers to resiliency
- Discuss methods to promote resiliency among adults
- Discuss methods to promote resiliency among healthcare providers

Resilience

Noun, the capacity to recover quickly from difficulties; toughness
McGloin and Widom (2001) found a greater tendency for resilience in
twomen as compared to men in a matched case-control longitudinal
study in the US of young adults who had experienced/not experienced
abuse or neglect growing up.

One in five of the previously abused sample (22%) showed resilience
overall, but gender differences were evident with a higher proportion of
young women showing resilience, 27% as against 18% of young men.
If you can’t explain it to a six year old, you don’t understand it yourself.”
~ Albert Einstein

Children draw from 3 sources of resilience

- “I HAVE” (External supports)
- “I AM” (Personal Strengths)
- “I CAN” (Social and interpersonal skills)

Children Need….

- Love and trust
- Food and shelter
- Hope and autonomy
- Safe haven
- Safe relationships
- Freedom to explore
- Stable environment
- Encouragement
- Have love expressed verbally
- Have behaviors modeled when faced with adversity
- Adults who will offer explanations and encourage children to accept responsibility
Question:

A mother is in the kitchen cooking; her children are running around and taking food from the fridge and cabinets. What is the best action to promote resiliency?

- A. Remove the food in a child’s hand and ask them both to leave the kitchen immediately
- B. Yell at the children to stop running and send them to their room to cry it out
- C. Explain the food is needed for the meal and ask them to “make” food from paper / boxes
- D. Stop cooking and play with the children using the ingredients from the fridge and cabinets.

Your teenager sneaks out of the house after you told them to go to bed.

- How will you respond to promote resiliency?
- How do you respond to stress?

“Anyone who has never made a mistake has never tried anything new.”
— Albert Einstein
Potential Barriers to Resilience for Adults in the workforce

- Lack of money / distractions at home
- Difficult standards
- Poor working conditions
- Too much preparation and paperwork
- Difficult students or patients
- Lack of preparation / organization
- Poor health
- Damaged personal relationships
- Low self esteem

How to improve Resilience

- Find meaning in your position
- Get connected
- Laugh
- Learn from your experiences
- Acknowledge time when you could have performed better
- Remain hopeful
- Take care of yourself
- Work toward a Goal **

*"I'm not a funny person but I like to laugh"* ~ Wendi Palemo (2015)
Qualities of Resilient People

- Reflective
  - You are able to learn
- Robust
  - Limit spread of failure
- Flexible
  - Have alternative strategies
- Integrated
  - Work with others
- Resourceful
  - Can easily repurpose your resources
- Resilient
  - Have back-up capacity
- Inclusive
  - Broad consultant and can communicate well

What makes a person Resilient?

- They Identify as a **SURVIVOR**, not a Victim

"Dr. Paleme, tell me I can't do it and I'll prove you wrong" - Nursing student (2011).

What makes a Nurse “Resilient”?

- One Research study claims that nurses who **believe** they are effective **skilled clinicians** and do not imagine their own **failure**.
- Confident

Nurses have to be MORE than resilient

- Trials come
- People / Students are unpredictable
- Regardless, nurses must be successful in the face of challenges or those in our care suffer.

“Move the Ball Down the Field”

- Don’t wander aimlessly – be goal oriented
- Everything we do is to achieve a goal.
- Not “doing just to do” per se

- “If I don’t want excuses, I want results.” ~ Sammy Redden Sr.
Life doesn’t get easier, you just get stronger!

“Suck it up Buttercup”
~Susan Lestage

Questions?

Thank you!!
References

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