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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

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Re-sil-ience

▶ Noun. the capacity to recover quickly from difficulties; toughness



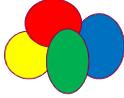
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GRIT

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Identify Your Personality Trait

Analytical
Conceptual
Structural
Social



Emergenetics



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Resilience – Does Gender Matter?



- ▶ McGloin and Widom (2001) found a greater tendency for resilience in women 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.

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“If you can't explain it to a six year old, you don't understand it yourself.”
 ~ Albert Einstein”

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Children draw from 3 sources of resilience

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

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Children Need....

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

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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.

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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?

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“Anyone who has never made a mistake has never tried anything new.”
— Albert Einstein”

Adult Burn Out



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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

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How to improve Resiliency

- ▶ 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**



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"I'm not a funny person but I like to laugh" -Wendi Palermo (2015)

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Qualities of Resilient People

- ▶ **Reflective**
 - ▶ You are able to learn
- ▶ **Robust**
 - ▶ Limits Spread of Failure
- ▶ **Flexible**
 - ▶ Has Alternative Strategies
- ▶ **Integrated**
 - ▶ Work with others
- ▶ **Resourceful**
 - ▶ Can easily repurpose your resources
- ▶ **Redundant**
 - ▶ Has Back up capacity
- ▶ **Inclusive**
 - ▶ Broad Consultant and can communicate well

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What make a person Resilient?

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

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



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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
- ▶ **Turner, S. (2014). The resilient nurse: An emerging concept.** DOI: <http://dx.doi.org/10.1016/j.mnl.2014.03.013>

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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.

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"Move the Ball Down the Field"



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Identify your Goal Immediately

- ▶ Don't wander aimlessly – be goal oriented
- ▶ Everything we do is to achieve a goal.
 - ▶ Not "doing just to do" per se



▶ "I don't want excuses; I want results." ~Sammy Redden Sr.

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Life doesn't
get easier,
you just get
stronger!

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"Suck it up Buttercup"
~Susan Lestage

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Questions?

▶ Thank you!!

References

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