



Building Life Resilience

Intermountain EAP

EAP

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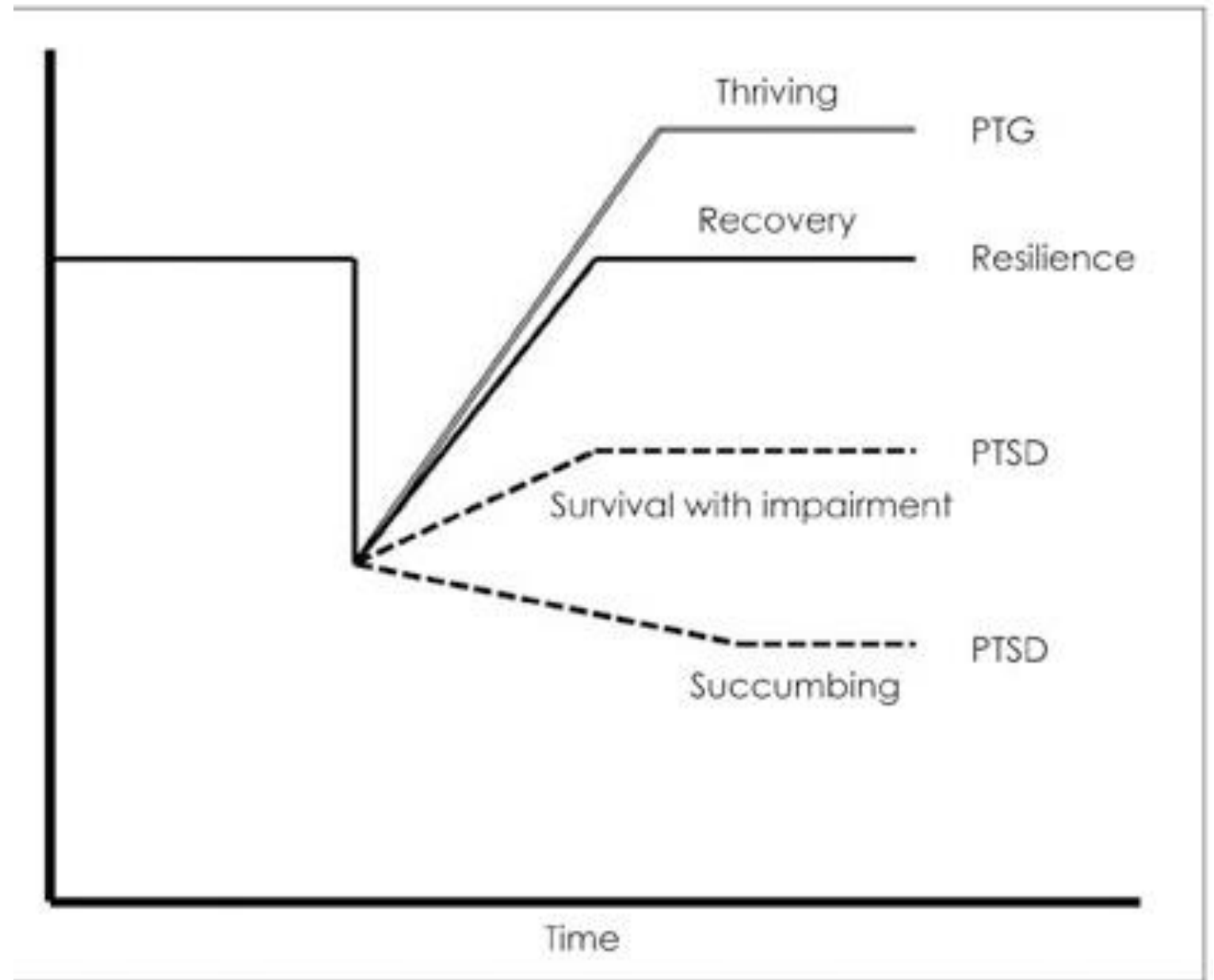
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All services are free and confidential.

What is resilience?



The Power of Resilience



Resilience Decreases Your Worry Load

“Worrying is carrying tomorrow’s load with today’s strength-carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn’t empty tomorrow of it’s sorrow, it empties today of it’s strength.”

-Corrie ten Boom

RESILIENT

*How to grow an unshakable core of calm,
strength and happiness*

Rick Hanson, Ph.D.

12 components of resiliency Rick Hanson, Ph.D.

- Compassion
- Mindfulness
- Learning
- Grit
- Gratitude
- Confidence
- Calm
- Motivation
- Intimacy
- Courage
- Aspiration
- Generosity

Three C's of Hardiness

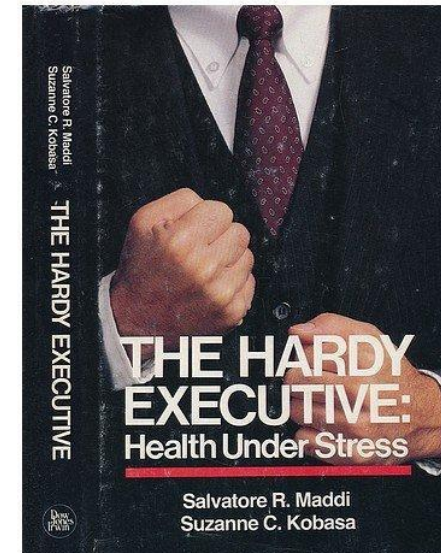
Control: *recognizing what you can control and what you can't*

Commitment: *showing up for people and for life, commitment to values*

Challenge: *viewing life as a challenge not a threat*

Salvatore R. Maddi

Suzanne C. Kobasa

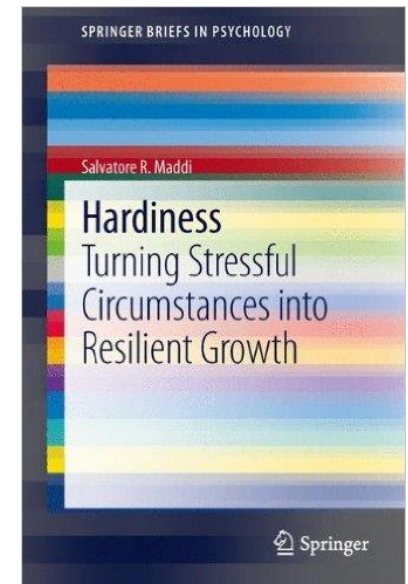


The Fourth C

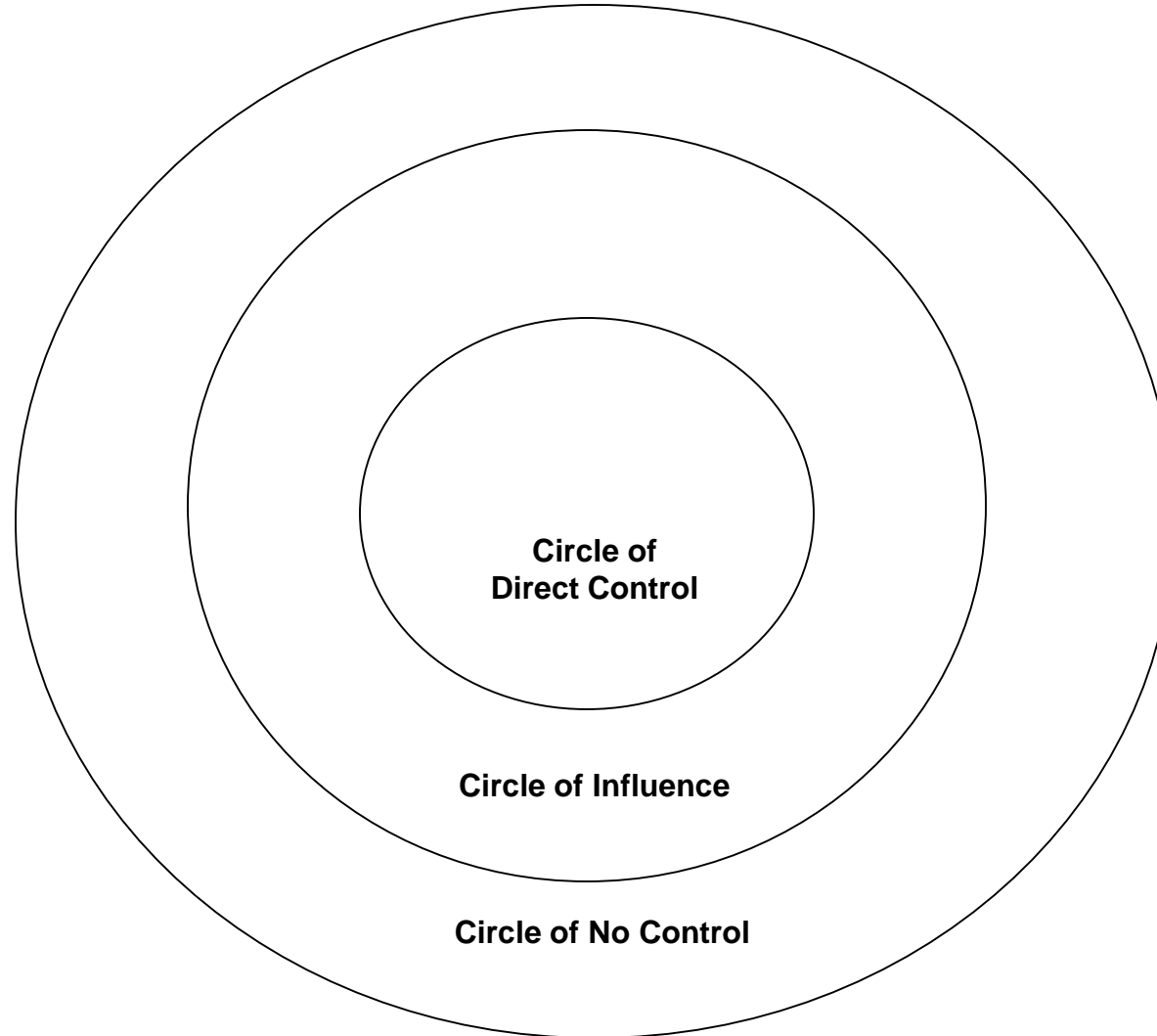
Courage.

Dr. Maddi discovered that the original Three C's of hardiness “nested under” the larger umbrella of courage, and courage was vital in determining resilience.

- Salvatore R. Maddi, Ph.D.



Control



Take Your Pulse



What is making me feel out of control right now?



What is within my control, and what is outside of my control?



What actions do I need to take to shift towards resiliency?

Commitment

The tendency to involve oneself in the activities in life

Having a genuine interest in and curiosity about the world

Showing up for people

Commitment to values

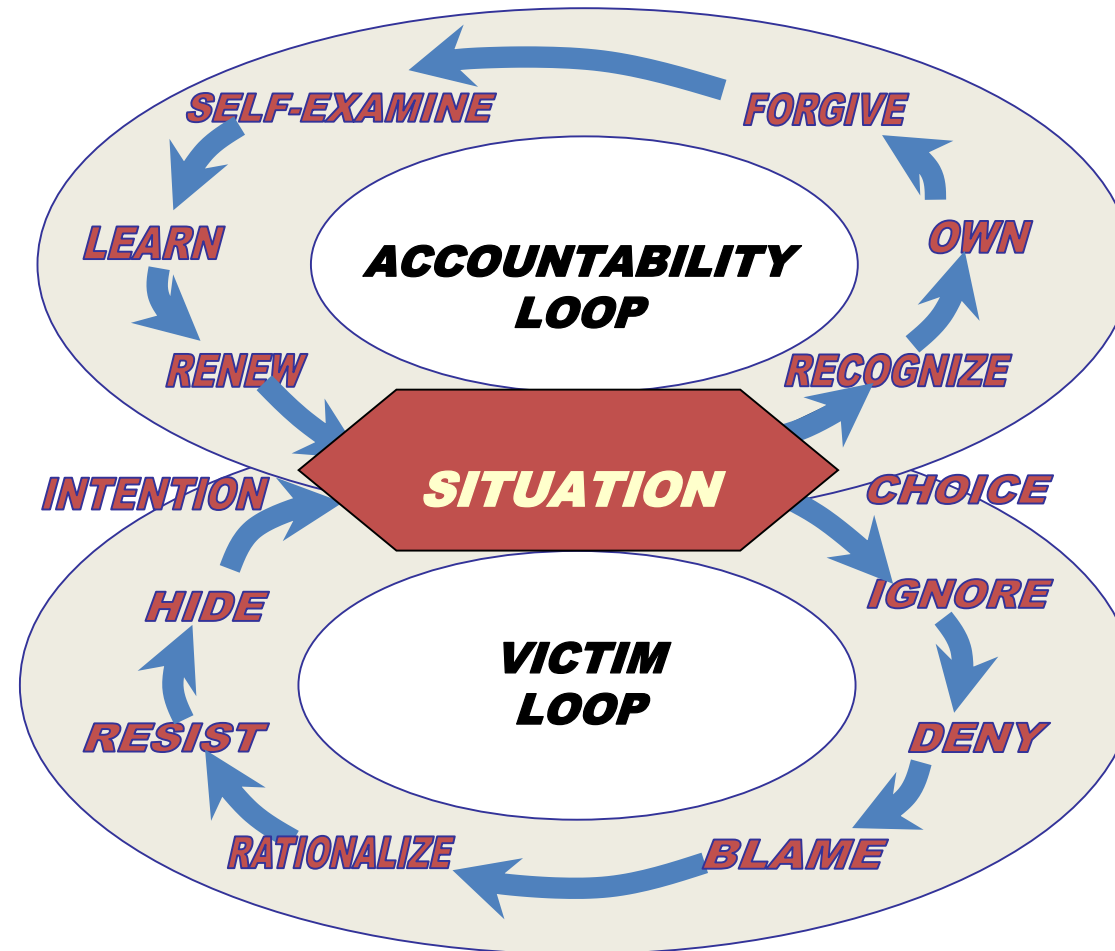
Commitment to values

Authenticity	Community	Fame	Inner Peace	Optimism	Self-Respect
Achievement	Compassion	Flexibility	Integrity	Patience	Service
Adventure	Consistency	Forgiveness	Justice	Peace	Simplicity
Accepting	Contribution	Friendship	Kindness	People	Spirituality
Accountability	Courage	Generosity	Knowledge	Playfulness	Stability
Altruism	Creativity	Growth	Listening	Pleasure	Status
Autonomy	Curiosity	Happiness	Leadership	Poise	Success
Balance	Dependability	Hard Work	Learning	Popularity	Teamwork
Beauty	Determination	Health	Liberty	Respect	Tolerance
Boldness	Diversity	Honesty	Love	Responsibility	Trust
Calmness	Equality	Honor	Loyalty	Restraint	Trustworthiness
Challenge	Excellence	Humility	Meaningful Work	Security	Wisdom
Citizenship	Fairness	Humor	Mindfulness	Sensitivity	
Collaboration	Faith	Independence	Openness	Self-Reliance	

Challenge

Performance Execution

Mark Samuel, Creating the Accountable Organization: A Practical Guide to



How have you
been
courageous?



Physical



Emotional



Spiritual



Mental



Social

Additional Building Blocks of Resilience

Self Compassion

Positivity

Engagement

Relationships

Self Compassion – Dr. Kristin Neff www.self-compassion.org

People who increase their self compassion, talk about their mistakes with kindness to self, rather than self condemnation.

Three components of self-compassion

1. Self-kindness vs. Self-judgment

Be warm and understanding to self when you fail.

2. Common humanity vs. Isolation

We all fail. Be vulnerable & imperfect. Don't be afraid to share that part of you.

3. Mindfulness vs. Over-identification

Don't over react to negative feelings. Take a balanced approach. Allow, don't judge.



Self Compassion

- Dr. Kristin Neff

When suffering, try increasing self compassion by saying the following three sentences

- “This is a moment of suffering.”
- “Suffering is a part of life and the human experience.”
- “May I be kind to myself in this moment.”



The power to
shift to the
positive

Positivity Journal

- What am I grateful for today?
- What went well today?
- How was I blessed today?
- Did I witness kindness in action?
- What personal value did I focus on today?

Engagement

Dr. Martin Seligman



Doing something you enjoy



Being wrapped up in the delight of “doing”



Letting the present moment erase self-consciousness



Enthusiastically seeking activities that allow for creativity and self expression

Relationships

Dr. Martin Seligman



Positive relationships
improve our health and
wellbeing



They help us recover
from hard times



It can be anyone:
partner, friends, family,
boss, colleagues,
children, even
community



We have a need to feel
loved, supported, and
valued by others

Virtual “Going Home” Checklist

1

Acknowledge one thing that was difficult; let it go.

2

Consider 3 things that went well. Be proud of this.

3

Check on co-workers and self. Concerns or wellness

4

Shift attention to home. Rest and recharge.

The ultimate measure of a man
is not where he stands in moments
of comfort and convenience,
but where he stands in times of
challenge and controversy.

[Martin Luther King Jr.](#)





Barcelona '92



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Favorite Books

Anchor, Shawn. [The Happiness Advantage.](#)

Baker, Dan. [What Happy People Know.](#)

Covey, Stephen. [7 Habits of Highly Effective People.](#)

Maddi, S. R., & Kobasa, S. C. (1984). [The hardy executive: Health under stress.](#)

Maddi, Salvatore. [Hardiness: Turning Stressful Circumstance into Resilient Growth](#)

Neff, Kristin. [Self-Compassion: The Proven Power of Being Kind to Yourself](#)

Ruiz, Don Miguel. [The Four Agreements.](#)

Samuel, Mark. [The Power of Personal Accountability.](#)

Seligman, Martin. [Authentic Happiness.](#)

Seligman, Martin. [Learned Optimism.](#)

Resources

<https://www.rickhanson.net/>

[Maddi, S. R., & Kobasa, S. C. \(1984\). **The hardy executive: Health under stress.** Homewood, Ill: Dow Jones-Irwin. APA \(6th ed.\)](#)

[Salvatore R. Maddi \(2006\) Hardiness: The courage to grow from stresses, The Journal of Positive Psychology, 1:3, 160-168, DOI: 10.1080/17439760600619609](#)

<https://marksamuel.com/>

<https://self-compassion.org/>

<https://positivepsychology.com/perma-model/>

<https://www.nia.nih.gov/about/living-long-well-21st-century-strategic-directions-research-aging/research-suggests-positive>

<https://www.psychologytoday.com/us/blog/living-mild-cognitive-impairment/201606/the-health-benefits-socializing>

https://health.ucdavis.edu/medicalcenter/features/2015/2016/11/20151125_gratitude.html

<https://www.youtube.com/watch?v=kZlXWp6vFdE> Derek Redmond video