

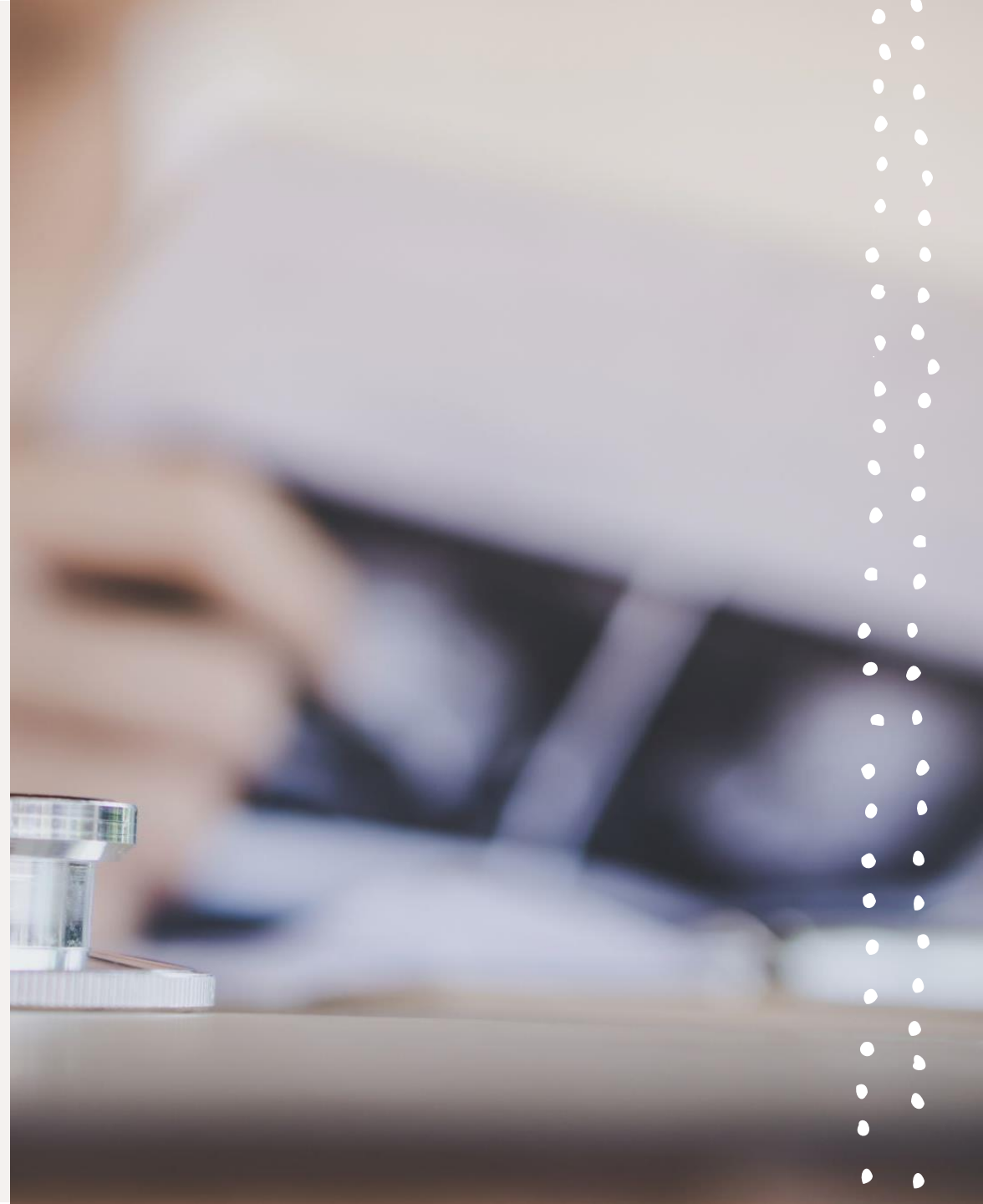


Resilience by Design: Create Your Toolkit

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Conflicts of Interest

- None to report
- I am an employee of Oruka
Therapeutics
- I will not discuss be discussing any
medically relevant topics of conflict



Agenda

What is resilience?

Why does resilience matter?

How do I build resilience?

Designing your resilience toolkit



**Resilience: the ability to successfully adapt to stressors,
maintaining psychological well-being in the face of adversity**

Resilience wisdom

Fall seven times, stand up eight.

-Japanese Proverb

I can be changed by what happens to me. But I refuse to be reduced by it.

-Maya Angelou

Do not judge me by my successes. Judge me by how many times I fell down and got back up again.

-Nelson Mandela

Hardships often prepare ordinary people for an extraordinary destiny.

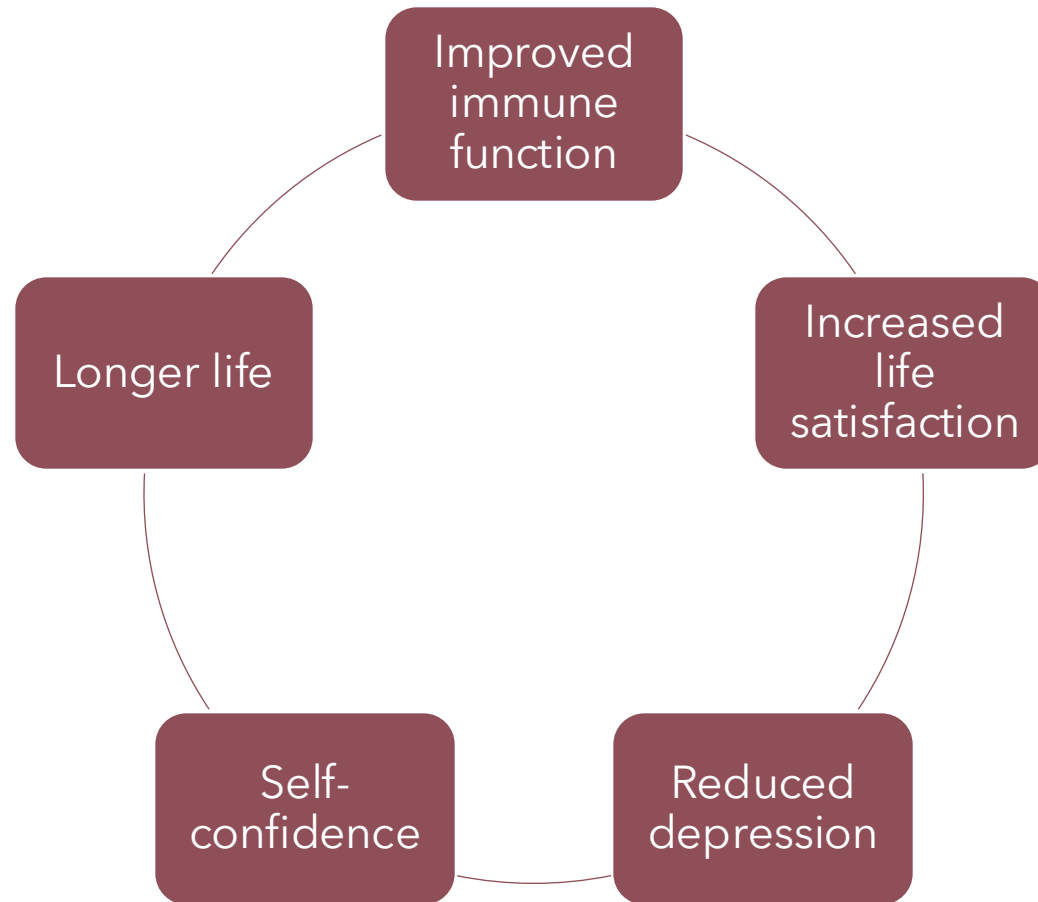
-C.S. Lewis





*The same water
hardens eggs
and softens
potatoes*

What are the effects of resilience?



Zeng, Y., & Shen, K. (2010). Resilience significantly contributes to exceptional longevity. *Current gerontology and geriatrics research*, 2010.

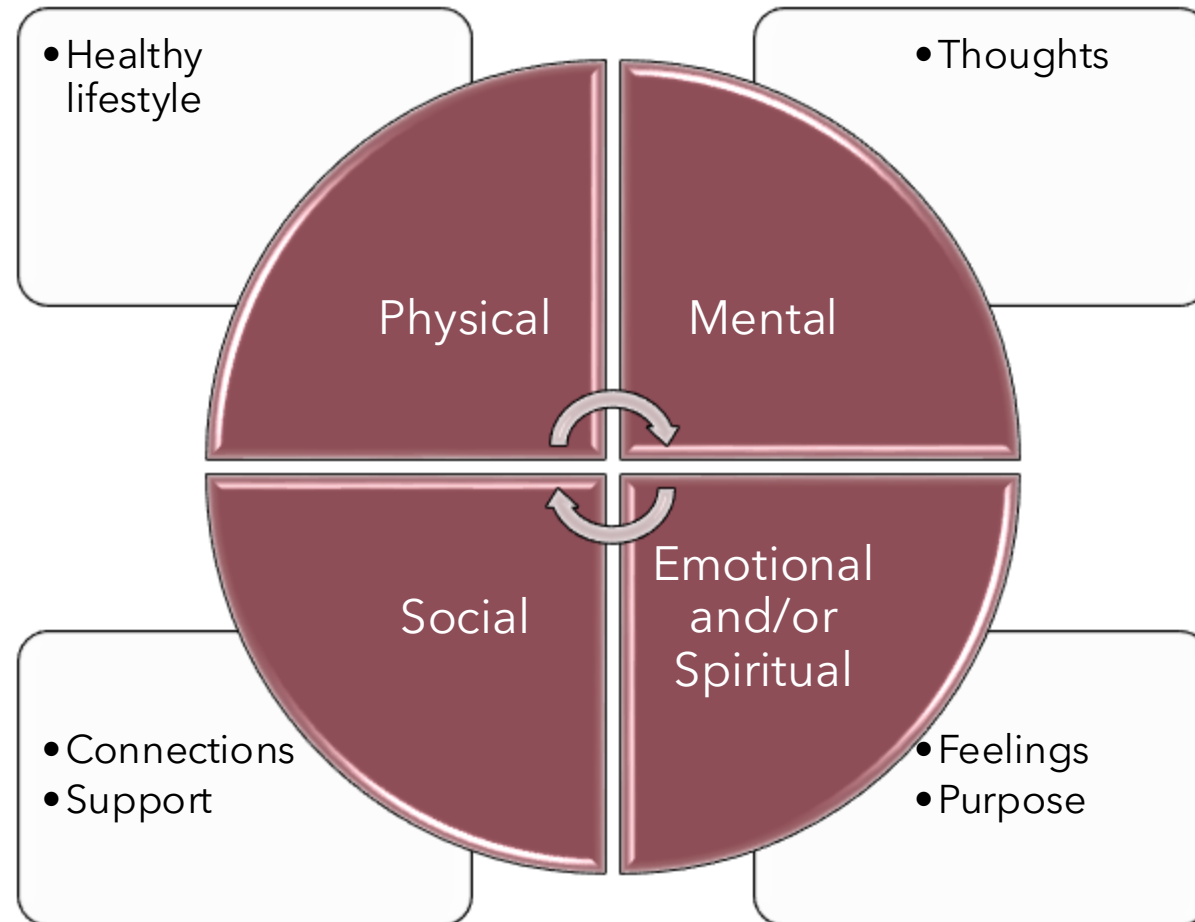
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4 Domains of Resilience





You can't pour from an empty cup

A pair of hands is cupped together, palms facing each other, with a vibrant rainbow light effect emanating from the center. The background is a soft, out-of-focus teal color.

*Self-care is
critical to
your well-
being*



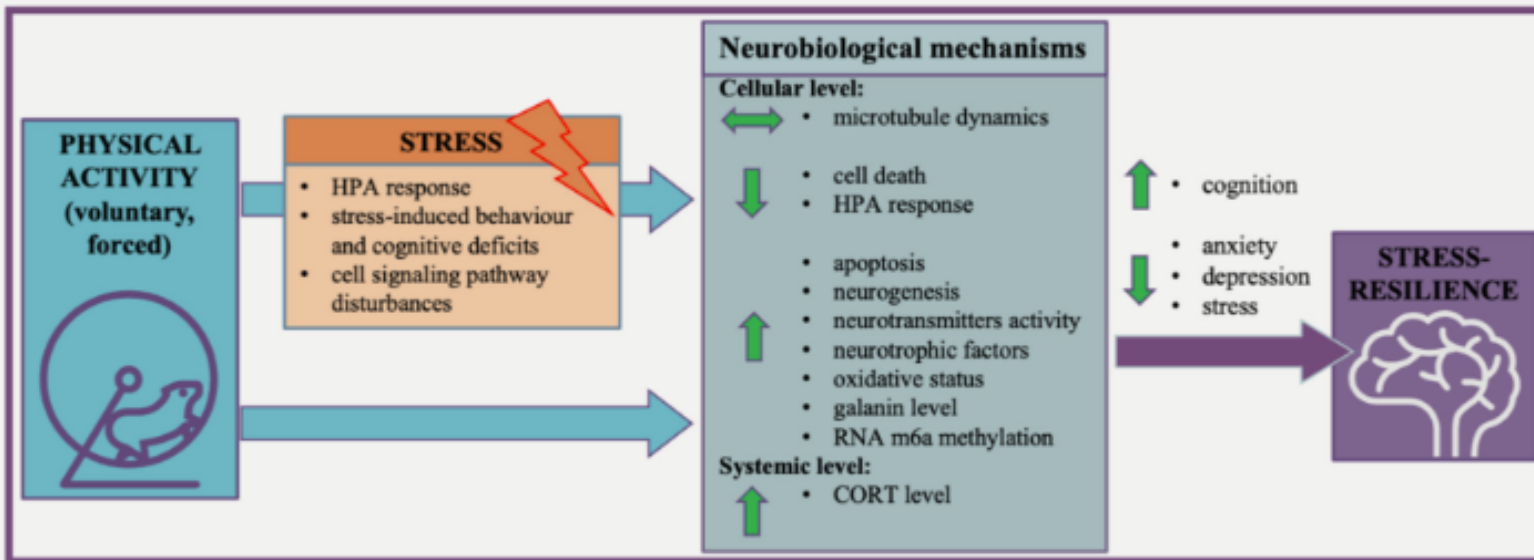
A silhouette of a surfer standing on a rocky shore, holding a surfboard, with waves and mountains in the background. The scene is bathed in a warm, golden light, suggesting sunrise or sunset. The surfer is positioned in the center-right of the frame, facing left. The surfboard is held vertically against their back. The background features a range of mountains and a body of water with white-capped waves. The overall mood is serene and adventurous.

Physical Domain

MOVEMENT IS MEDICINE

Physical activity trains the body and brain

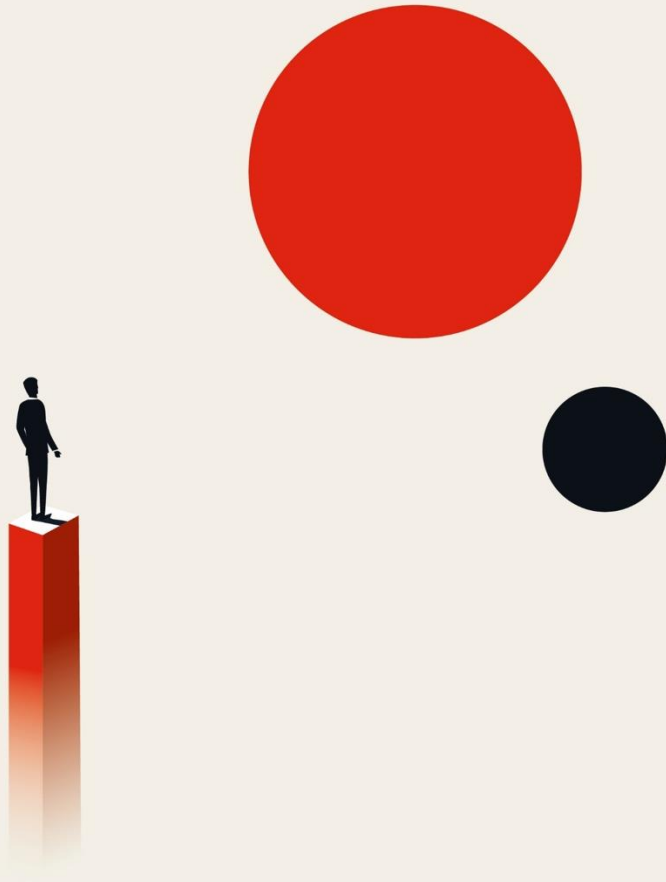
Figure 2. The proposed mechanisms involved how exercise can promote the development of the stress-resilient phenotype brain resilience.



Regular physical exercise plays an important role in stress management and increased resistance to stress-related disorders

Establish a regular movement practice

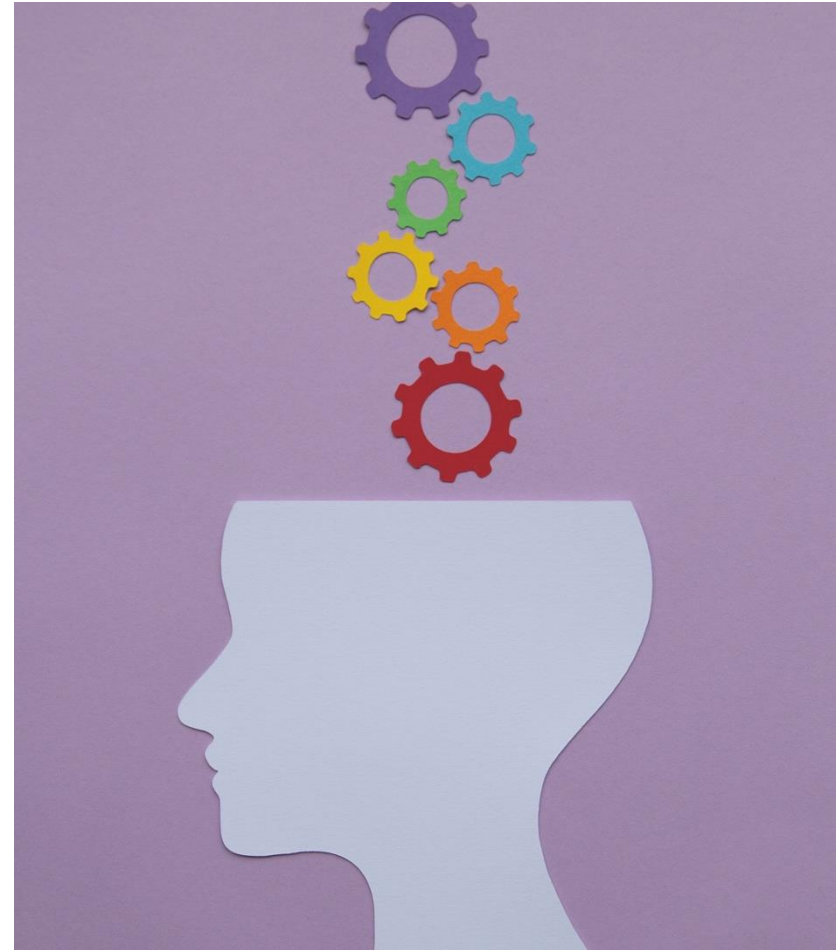




*Injury?
Physical
limitation?*

Mental Domain

YOUR THOUGHTS
MATTER MOST



What you say to yourself matters

SPORTS RESEARCH

- Elite athletes benefit from positive self-talk during stressful conditions
- Negative self-talk generally impairs performance

NON-SPORT RESEARCH

- Positive self-talk increases wellness and self-esteem while decreasing depressive symptoms and self-defeating behavior
- Negative self-talk has been found to increase distress and negative rumination

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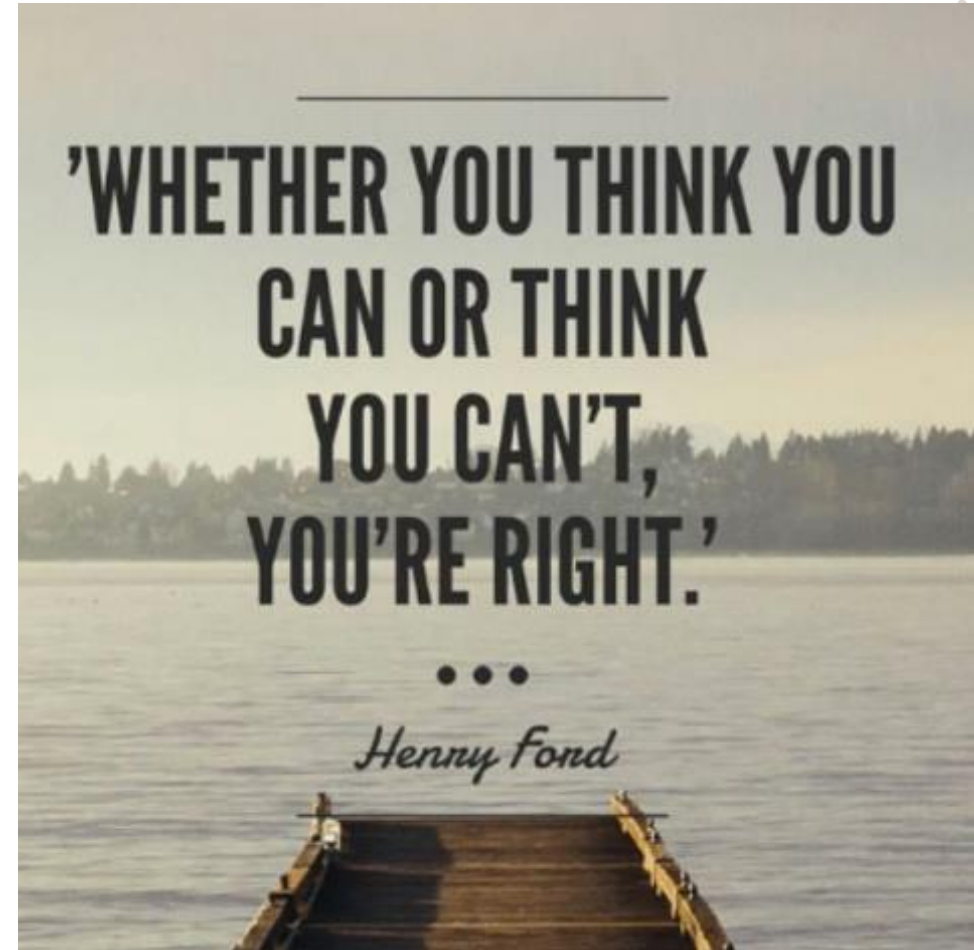
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Self-Talk and Resilience

**POSITIVE SELF-TALK IS
ONE PREDICTIVE
FACTOR OF
RESILIENCE**



Self-Talk Best Practices

A decorative horizontal line composed of small, light-colored dots, slightly wavy in its path, spanning the width of the page below the title.

Talk

Talk to yourself as you would someone you love

Speak

Speak kindly to yourself and with acceptance

Use

Use words of gratitude

Mindsets that promote resilience

- Belief that something can be changed or developed- a “growth mindset” (vs a “fixed mindset”)
- Be curious
- Reserve judgment
- Be present
- Accept that which is
- Separate yourself from the outcome
- Don't take anything personally



Social Domain

Social Support and Resilience

- Positive social support of high quality enhances resilience to stress
- Most research has found that quality of relationships is a better predictor of good health than quantity of relationships



Many facets of social support

These facets can be facilitated and maintained by different systems, including family, community, etc.

While social support is a key correlate of psychological resilience, it is not universally helpful, as its effectiveness may vary by the type of support provided and the extent to which it matches individual's needs, which may change over time.

Many facets of social support



Structural social support (i.e., the size and extent of the individual's social network, frequency of social interactions)



Functional social support (i.e., the perception that social interactions have been beneficial in terms of meeting emotional or instrumental needs)



Emotional social support (i.e., behavior that fosters feelings of comfort leading the person to believe that he/she is loved, respected, and/or cared for by others)



Instrumental/material social support (i.e., goods and services that help solve practical problems)



Informational/cognitive social support (i.e., provision of advice or guidance intended to help individuals cope with current difficulties).

Practical Approach- What do you need?

- Take inventory of your current social support
- Identify where you need more or less of one type of support
- What you need right now may be different than yesterday or tomorrow



*What do you
need now?
Later?*

Structural- more or less interaction?

Functional- same or different people/groups?

Emotional- verbalize what you need, surround yourself with people who care

Instrumental/material- offload tasks that don't serve you, carpool, ask for help

Informational/cognitive- seek out experts or trusted individuals, build relationships

A close-up, low-angle shot of a human hand reaching upwards, palm facing up. The hand is positioned in the lower foreground, with fingers slightly spread. The background is a soft-focus landscape featuring a bright sun or moon low on the horizon, creating a warm, golden glow. A faint rainbow is visible in the sky, arching over the horizon. The overall mood is one of hope, aspiration, and connection to nature.

Emotional/Spiritual Domain

A complex Rube Goldberg-style contraption made of black spheres and rings on a reflective surface. The structure consists of several horizontal bars supported by rings and spheres, creating a precarious balance. The entire setup is reflected on the glossy floor below. The text "Reflective Ability" is overlaid in a white, cursive font.

Reflective Ability

- Reflecting on personal strengths and limitations can foster competencies associated with resilience
- Improvements in self-awareness and enhanced coping and problem-solving skills increase resilience

Reflective Ability

```
graph LR; A[Consider personal motivations] --- B[Identify your purpose];
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Consider
personal
motivations

Identify your
purpose

Emotional Intelligence

- The ability to:
 - **Motivate oneself and persist in the face of frustrations**
 - **Control impulse and delay gratification**
 - **Regulate one's moods and keep distress from interfering with the ability to think**
 - **Empathize and hope**
- A key component of emotional resilience



Emotional Intelligence and Resilience

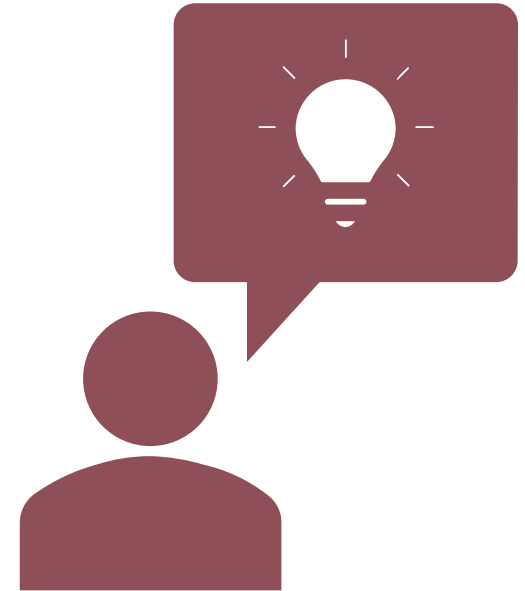
Emotionally intelligent people tend to be more:

- Psychologically flexible
- Optimistic
- Socially confident
- Cooperative
- Adept at problem-solving
- Skilled in decision-making



Mindfulness and Emotional Resilience

- Mindfulness can be defined as:
Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally
- Mindfulness skills enhance many of the competencies that underpin resilience, such as:
 - reflective ability
 - emotional intelligence
 - accurate empathy



Mindfulness and Emotional Resilience

- Studies of “helping” professionals show evidence that mindfulness can relieve:
 - compassion fatigue
 - burnout
 - vicarious trauma



Identify a daily mindfulness practice

- Meditation
- Prayer
- Breathing
- Body Scan
- Focus on the senses
- Walking with a focus on surroundings "nature bath"
- Anything else that grounds you to now

A close-up, low-angle shot of a person in a black wetsuit surfing on a blue wave. The person's arm and part of their torso are visible, reaching out. The water is splashing around the surfboard, which has a black and white striped fin. The background is a bright, hazy sky.

Summarizing your resilience toolkit

4 Domains of Resilience



Physical

Healthy lifestyle



Mental

Thoughts



Social

Connections
Support



Emotional and/or Spiritual

Feelings
Purpose

Optimize your resilience toolkit



Physical

Movement is medicine. Find a daily practice, and consider a variety of movement from strenuous to gentle. Do what you can when you can.



Mental

Speak kindly to yourself. Be curious and nonjudgmental. Have a growth mindset and be present.

Optimize your resilience toolkit



Social

Evaluate the level and quality of the support you have, and adjust as needed. Offload tasks and consider other ways to get support. Grow and maintain a network for idea exchange and feedback.



Emotional and Spiritual

Reflect on your strengths and opportunities. Identify and connect with yourself and your purpose. Integrate a daily mindfulness practice.



You are resilient

Create a mantra that resonates with you.

Focus on what you can control.

Every day is different, and life has its chapters.

What is your walk out song?

You are worthy!



Thank you