Stressful Situations

Homeostasis (protective factors)

Disruption (overwhelmed)

Resilience (recovery)

“BOUNCE UP”
FOCUSED, FLEXIBLE, FLOWING

Diminished (stuck in a rut)

“PUT UP”
FLOUNDERING

Succumb “GIVE UP”
FAILURE

(Sustainability)

Thriving (growth)

“STEP UP”
FLOURISHING
Coping Strategies We Use

PROBLEM-FOCUSED COPING  (engage)
- Action
- Planning
- Positive Reframing
- Acceptance
- Using Social Support

EMOTION-FOCUSED COPING  (disengage)
- Denial
- Behavioral Disengagement
- Self Distraction
- Self Blame
- Venting
How do the coping strategies we use link to the four responses?

Stressful Situations
- Homeostasis (protective factors)
- Disruption (overwhelmed)

Homeostasis (protective factors)
- Resilience (recovery)
- Diminished (stuck in a rut)
- Succumb “GIVE UP” FAILURE

Resilience (recovery)
- “BOUNCE UP” FOCUSED, FLEXIBLE, FLOWING

Diminished (stuck in a rut)
- “PUT UP” FLOUNDERING

Thriving (growth)
- “STEP UP” FLOURISHING

How do the coping strategies we use link to the four responses?
Disruption
“Chaos”

Homeostasis

Stressors
“Difficult Situations”

Resilience
(Strong Foundation)
FOCUSED, FLEXIBLE, FLOWING

Take Responsibility
Empowering Interpretations
Meaningful Connections

Thriving (growth)
FLOURISHING

We’re vulnerable (fragile)
We have tremendous potential to grow
The Responsibility Model

RESPONSIBILITY
Owning your power to choose and create

Shame
Make Excuses
Lay Blame
Denial
Circle of Concern

Circle of Influence

Be kind
Be patient
Be smart
Be a model, not a critic
Be a light, not a judge
Be part of the solution, not the problem

Complain
Criticize
Condemn
Compare
Compete
Control Continuum

No Control

Adapt

Influence

Act

Total Control
Five-Step Process to Help You Move “Above the Line”

1. Watch a replay of the stressful situation, as if you are watching a movie.
2. Identify your position on “the responsibility model.”
3. Ask your heart how you feel about the movie you watched.
4. Create a new movie - an image of what you want to happen.
5. Take responsibility for producing the new movie.
How Will You Take Responsibility?
(within your circle of influence and puts you in control)

RESPONSIBILITY
owning the power of choice and creation

Shame
Make Excuses
Lay Blame
Denial
The Resilient Individual...

**Takes Responsibility**
Owning the power of choice and creation.

**Focuses on Empowering Interpretations**
Placing attention on understanding situations, events, relationships, etc. in ways that bring power to as opposed to ways that diminish power.

**Has Meaningful Connections**
Seeking and maintaining relationships which create or add a great deal of significance to a person’s life.
Stressor

Primary and secondary appraisal processes

(Is it important?)
(Is it worth doing something?)

(Do I have the resources necessary to handle the situation effectively?)

Let it go

Feel Threatened

Increased risk of illness

Feel Challenged

Increased health

How Our Thinking Relates To Our Health
Adversity or activating event
Belief - what you think
Consequences - how you feel & behave
Dispute or distract/distance
Energy
Disempowering Interpretations

Eight Ways Our Thinking Hurts Us

- All-or-Nothing Thinking
- Overgeneralization
- Negative Mental Filter
- Jumping to Conclusions
- Magnify or Minimize Situations
- Emotional Reasoning
- Labeling
The Resilient Individual...

**Takes Responsibility**
Owning the power of choice and creation.

**Focuses on Empowering Interpretations**
Placing attention on understanding situations, events relationships, etc. in ways that bring power to as opposed to ways that diminish power.

**Has Meaningful Connections**
Seeking and maintaining relationships which create or add a great deal of significance to a person’s life.
The Rescuing Hug
Meaningful Connections Activity

- People you see daily
- People you see weekly
- People you see monthly

YOU
Strong Foundation Of Resilience:
Things That Once Bothered You Will Not Bother You As Much
Strong Foundation Of Resilience:
Some Things May Still Bother You As Much But You Will Recover More Quickly
The Importance of Self-Leadership

Self-Leadership

An active, compassionate inner leader containing the perspective, confidence and vision necessary to lead an individual’s internal and external life harmoniously and sensitively (Schwartz, 1995).

As soon as you trust yourself, you will know how to live.
Johann Wolfgang von Goethe
The Importance of Positivity

<table>
<thead>
<tr>
<th></th>
<th>Resilience</th>
<th>Burnout</th>
<th>Depression</th>
</tr>
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<tbody>
<tr>
<td>Depressed (n = 17)</td>
<td>63</td>
<td>22</td>
<td>10</td>
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<tr>
<td>Languishing (n = 223)</td>
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<td>Resilient (n = 24)</td>
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<tr>
<td>Flourishing (n = 3)</td>
<td>97</td>
<td>28</td>
<td>2</td>
</tr>
</tbody>
</table>

Positive emotions fuel resilience and undo or down-regulate the negative effects of stress.

- **THRIVING** (growth) > 4
- **RESILIENCE** (recovery) > 3 (tipping point)
- **Diminished** (stuck in a rut) < 3
- **Succumb** (depressive symptoms) < 1
Study 1: The Building and Buffering Effects of Positive Emotions

Positive Emotions -> Adaptive Coping (β = .43***)

Positive Emotions -> Maladaptive Coping (β = -.14*)

Adaptive Coping -> Resilience (β = .28**)

Maladaptive Coping -> Resilience (β = -.25***)

Resilience

Perceived Stress

Depressive Symptoms

Trait Anxiety

Moderation Effect
Depressive Symptoms
Model R-squared = .56***

Moderation Effect
Trait Anxiety
Model R-squared = .70***

Note: *p<.05, **p<.01, ***p<.001

Postdoctoral Experience & Well-Being Survey

The University of Texas at Austin
Resilience
The Science of Mastering Life’s Greatest Challenges

1. Optimism: belief in a brighter future
2. Facing Fear: an adaptive response
3. Moral Compass, Ethics, & Altruism: doing what is right
4. Religion & Spirituality: drawing on faith
5. Social Support: seeking & accepting support
6. Role Models: providing the road map
7. Training: physical fitness & strengthening
8. Brain Fitness: challenge your mind and heart
9. Cognitive & Emotional Flexibility
10. Meaning, Purpose, and Growth