

# Unmasking Your Resiliency



Caring for yourself during a pandemic and beyond

# Important Info for this webinar

- Villanova University M. Louise Fitzpatrick College of Nursing is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.
- This webinar awards 1 contact hour for nurses
- To receive your CE certificate:
  - Look for an email containing a link to an evaluation. The email will be sent to the email address that you used to register for the webinar.
  - Complete the evaluation soon after receiving it.
  - It will expire after 3 weeks.
  - You will be emailed a certificate within 5 business days.

"How's life?"

Me:



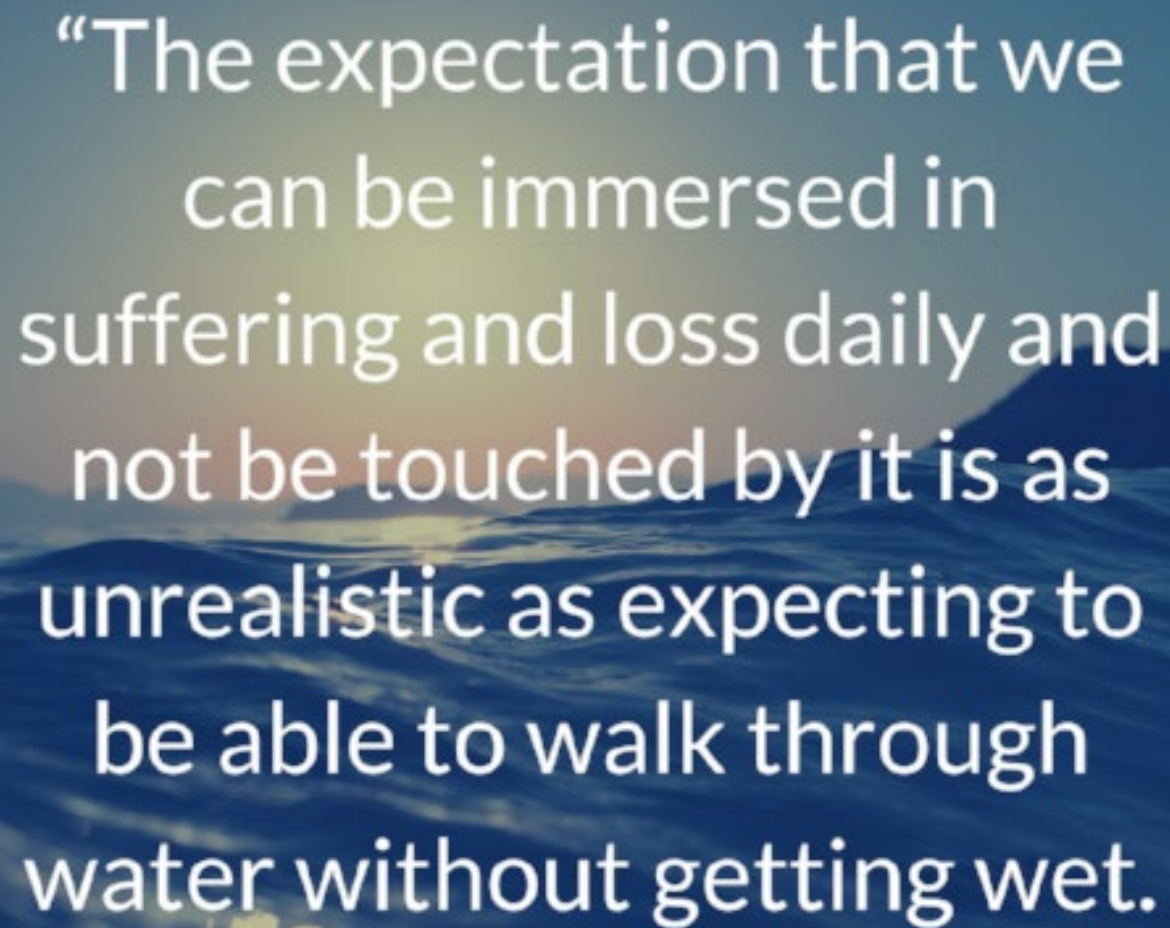
Engaging Creative Draining Exhausting  
Demanding Meaningful Traumatic  
A Privilege  
Heart Warming

Empowering  
Fulfilling  
Imaginative



Hard  
Disheartening  
Inspiring  
Amazing

Draining  
Beautiful  
Vital  
Indescribable Memorable Life changing  
Fun  
Overwhelming  
Stressful  
Challenging Miraculous Purposeful Enjoyable



“The expectation that we  
can be immersed in  
suffering and loss daily and  
not be touched by it is as  
unrealistic as expecting to  
be able to walk through  
water without getting wet.

- Rachel Remen



**Intellectual Wellness**

The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.



**Financial Wellness**

The ability to identify your relationship with money and skills in managing resources. An intricate balance of the mental, spiritual, and physical aspects of money.



**Emotional Wellness**

The ability to understand ourselves and cope with the challenges life can bring.



**Spiritual Wellness**

The ability to establish peace and harmony in our lives.



**Occupational Wellness**

The ability to get personal fulfillment from our jobs or chosen career fields while still maintaining balance in our lives.



**Physical Wellness**

The ability to maintain a healthy quality of life without undue fatigue or physical stress.



**Environmental Wellness**

The ability to recognize our own responsibility for the quality of the environment that surrounds us.

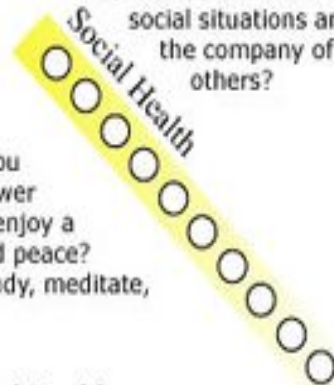


**Social Wellness**

The ability to relate to and connect with other people in our world.

### Social Health

How well do you interact with others? Are you able to maintain long-term friendships? Are you comfortable in new social situations and the company of others?



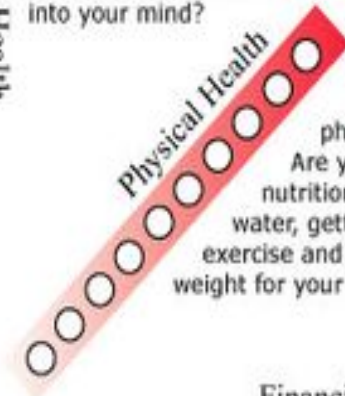
### Mental Health

Are you open to new ideas? Do you seek out new experiences and learn new skills? What is the quality of the information and entertainment you allow into your mind?



### Physical Health

What is your physical condition? Are you receiving good nutrition, drinking plenty of water, getting regular exercise and enjoying the proper weight for your height?

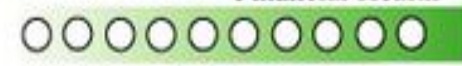


### Spiritual Health

How connected do you feel to the higher power in your life? Do you enjoy a sense of purpose and peace? Do you regularly study, meditate, pray or worship?



### Financial Health



### Career Health

Do you like what you do for a living? Does your career reflect and advance your deepest values? Is your work meaningful and suited to your skills and interests?



### Family Health

Are you in a loving relationship with shared values? Do you give your family time and attention? Do you have a close connection with children, parents and relatives?



### Financial Health

Are you living within your means? Is your debt within manageable limits? Do you make charitable contributions and save for the future? Are you properly insured?









"THE BEST WAY TO FIND  
YOURSELF IS TO LOSE  
YOURSELF IN THE SERVICE OF  
OTHERS."

—MAHATMA GANDHI

# We know what to do-why don't we do it?

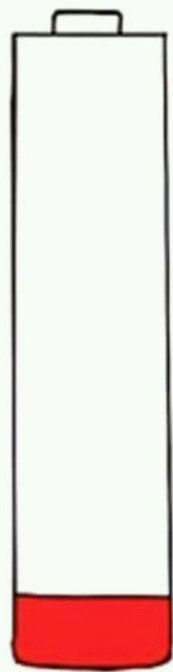
**BURNOUT IS NOT ABOUT  
GIVING TOO MUCH OF  
YOURSELF,  
IT'S ABOUT TRYING TO  
GIVE WHAT YOU  
DO NOT POSSESS.**

A vibrant, colorful patterned background with a central orange circle containing text. The pattern consists of vertical, wavy lines in shades of red, orange, yellow, and pink, with intricate black line art details. The central orange circle contains the text:

You  
are not  
required  
to set  
yourself  
on fire to  
keep others  
warm.

xo notsalmon.com

YOU WOULDN'T LET  
THIS HAPPEN TO  
YOUR PHONE.



DON'T LET THIS  
HAPPEN TO  
YOU EITHER.



SELF-CARE IS A PRIORITY.  
NOT A LUXURY.

When you've got too much work,  
no social life, no money and  
someone asks how you're doing

I'm fine



**ME:**  
**"I NEED SOME HELP**  
**AROUND HERE"**  
**ALSO ME:**  
**"NO NOT**  
**LIKE THAT,**  
**HERE I'LL DO IT".**

# resilience

(noun) re-sil-i-ence

"...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems or workplace and financial stressors."

"It means 'bouncing back' from difficult experiences."





# THE RESILIENCE MATRIX



## COPING

Being able to tap into inner resources, ie skills and strengths to cope and recover from problems, setbacks and challenges, and to bounce back.

## GRIT

Resilient people never give up .  
They find in themselves the strength to tackle problems head on, overcome adversity, and move on with their lives.

## EMOTIONAL INTELLIGENCE

Being able to analyze and manage feelings and emotions is a key success factor to deal with difficult situations more positively.

## SENSE MAKING

Being able to make sense of past experiences and learn from them.  
Being able to make life meaningful by having a sense of purpose, and goals for the future.





**Survive**

How we respond



**Thrive**

How we grow



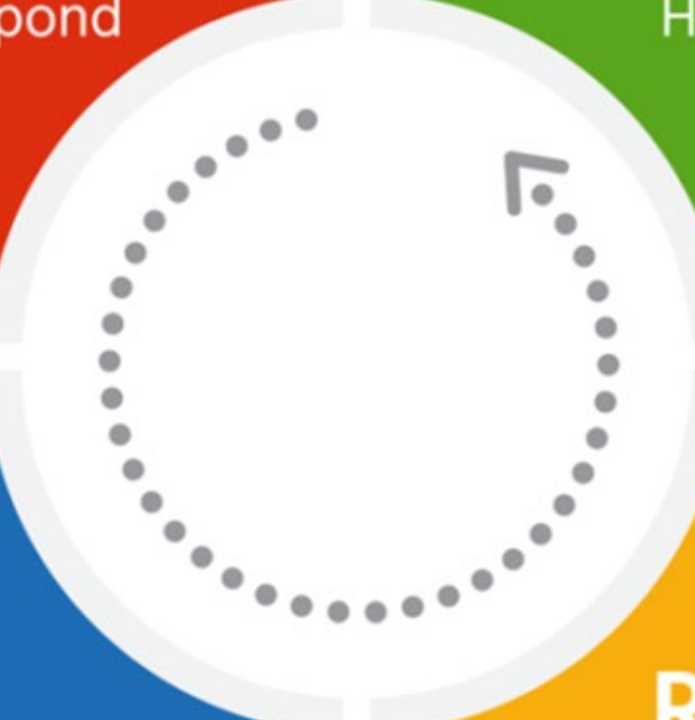
**Adapt**

How we adjust



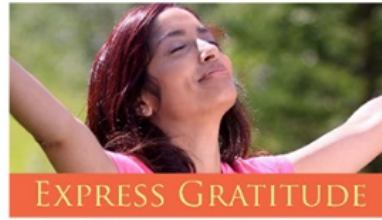
**Recover**

How we bounce back





Be (your best self)



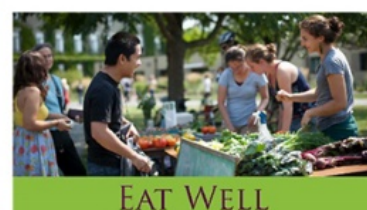
Make meaning



Reflect



Engage



Practice

# Resilience Pyramid

# Tips to improve resilience

- Find meaning
- Get connected
- Start laughing
- Learn from experience
- Remain hopeful
- Take care of yourself
- Anticipate change
- Work toward a goal
- Maintain perspective
- Practice stress management



Resiliency

# 5 MINUTE SELF-CARE

@ STACIESWIFT

WRITE DOWN  
3 NICE THINGS  
ABOUT YOURSELF

STEP OUTSIDE  
FOR SOME FRESH  
AIR

FIND A  
VIDEO OF  
CUTE  
ANIMALS  
ONLINE

DRINK  
SOME  
WATER

LISTEN  
TO A SONG  
THAT MAKES  
YOU  
SMILE

BOOK THE  
APPOINTMENT  
YOU'VE BEEN  
PUTTING OFF

DO A SHORT  
MINDFULNESS  
BREATHING  
EXERCISE

Replace Netflix marathons with **sleep**.

Replace toxic friends with **mentors**.

Replace complaining with **gratitude**.

Replace video games with **books**.

Replace gossip with **communication**.

Replace blame with **responsibility**.

Replace TV shows with **exercise**.

Replace alcohol with **water**.

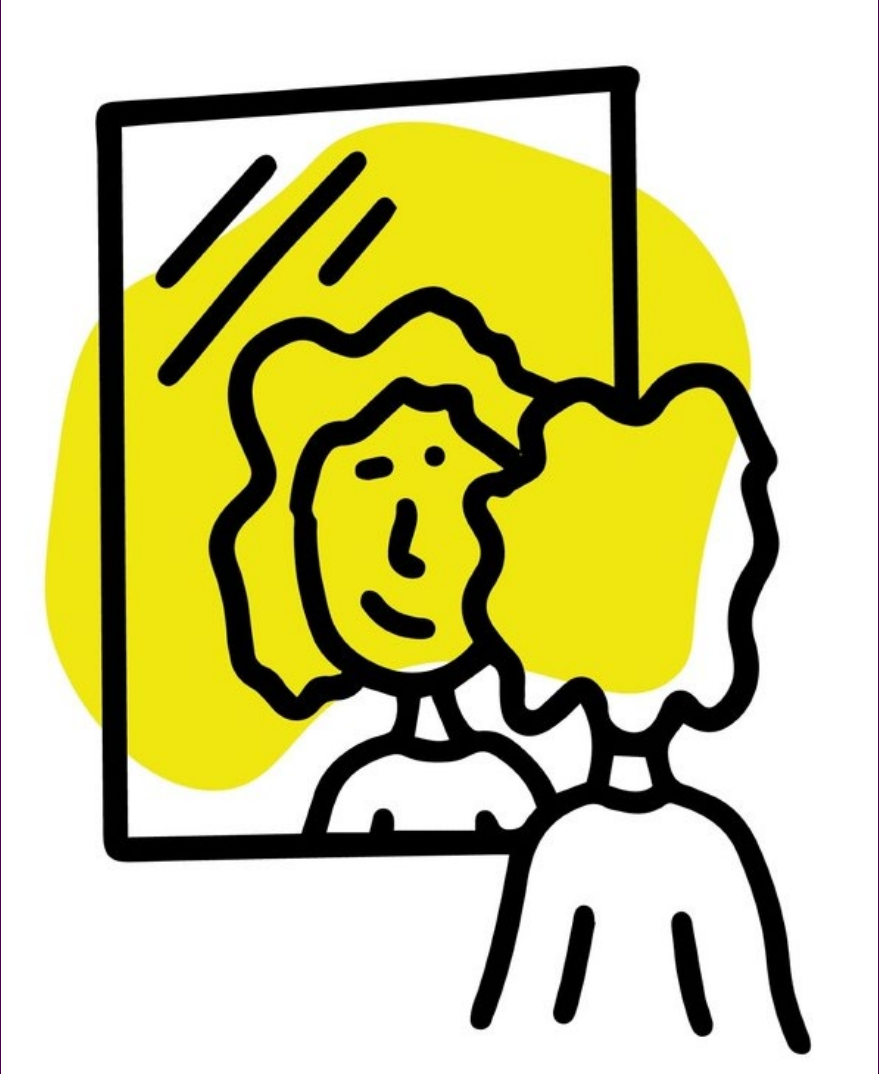
Replace overthinking with **action**.

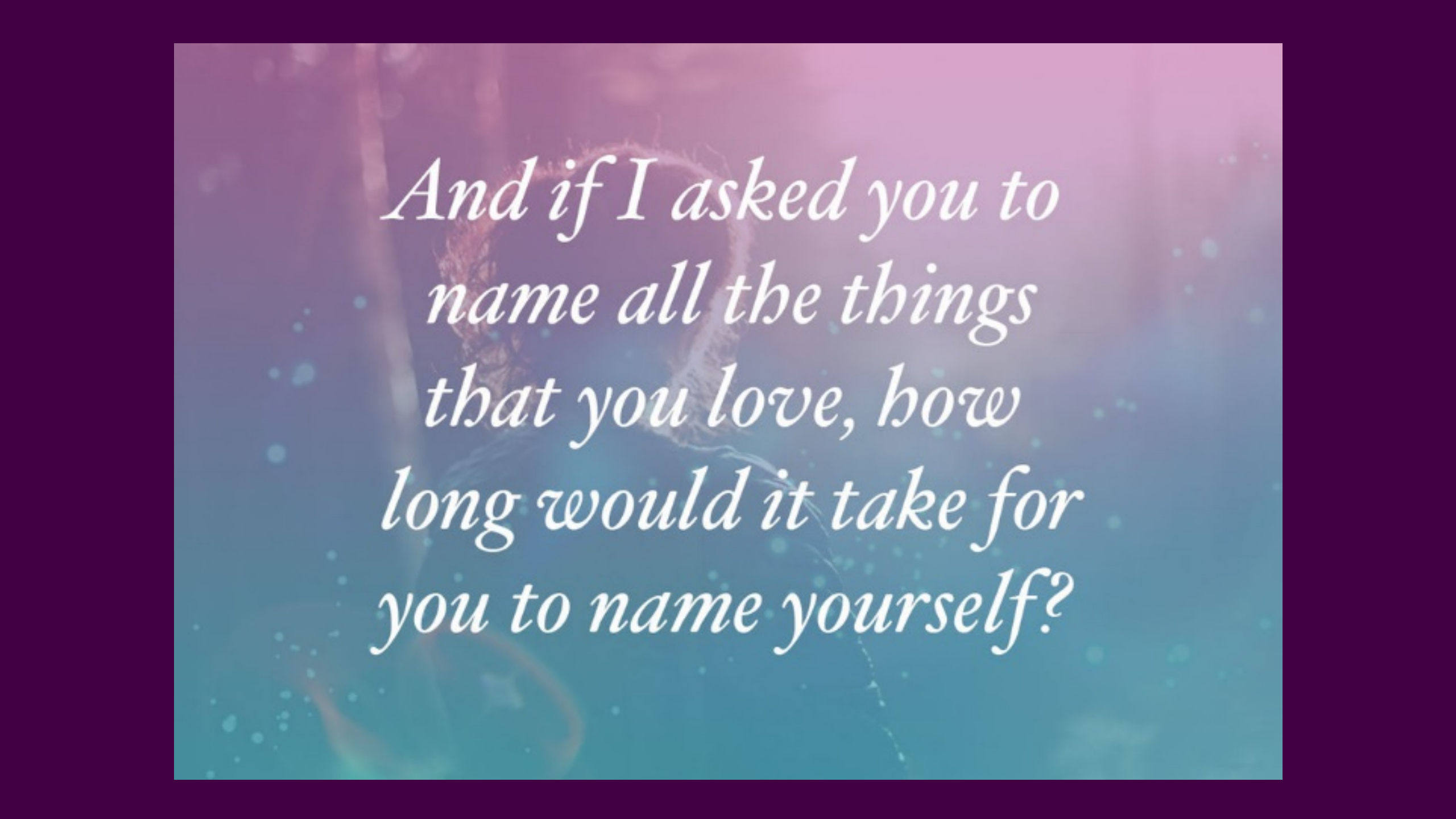






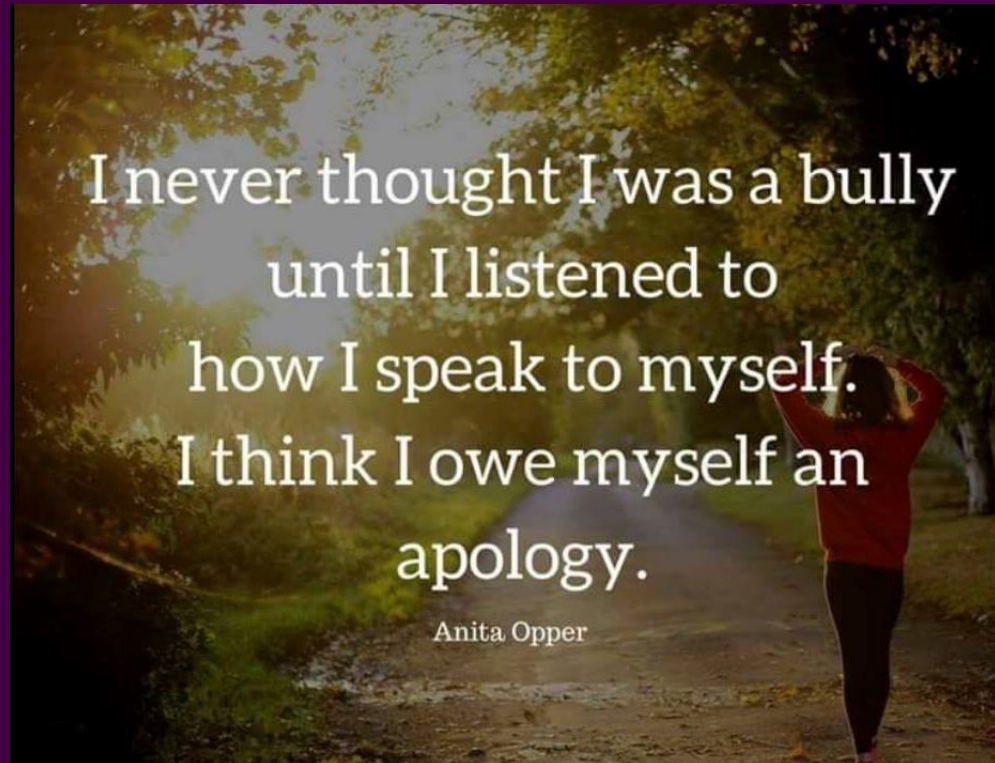






*And if I asked you to  
name all the things  
that you love, how  
long would it take for  
you to name yourself?*

# Self-Compassion



You owe yourself  
the love that you  
so freely give to  
other people.

# Boundaries



WHAT YOU  
ALLOW  
IS WHAT WILL  
CONTINUE

[www.facebook.com/followyourdreamstosucceed](http://www.facebook.com/followyourdreamstosucceed)

The only people  
who get upset  
about you setting  
boundaries are the  
ones who were  
benefiting from you  
having none.

To protect your energy...

It's okay to cancel a commitment.

It's okay to not answer that call.

It's okay to change your mind.

It's okay to want to be alone.

It's okay to take a day off.

It's okay to do nothing.

It's okay to speak up.

It's okay to let go.

# Let's build a little resilience...

**10 WAYS TO BUILD PERSONAL RESILIENCE**



 <p><b>Making connections</b></p>	 <p><b>Self Discovery</b></p>	 <p><b>Accepting &amp; managing change</b></p>	 <p><b>Keeping things in perspective</b></p>	 <p><b>Taking decisive actions</b></p>
 <p><b>Moving toward goals</b></p>	 <p><b>Nurturing self-esteem</b></p>	 <p><b>Maintaining hope and positivity</b></p>	 <p><b>Taking care of oneself</b></p>	 <p><b>Seeing crises as surmountable problems</b></p>

Source : APA

**INSTEAD OF**

**"I DON'T HAVE TIME"**

**TRY SAYING**

**"IT'S NOT A PRIORITY"**

**AND SEE HOW THAT FEELS..**





Mind Full, or Mindful?

### Paying Attention

- listening, watching or considering what naturally exists

### On Purpose

- intentionally increasing awareness of experience

# Mindfulness

...as if your life depended on it.

### in the Present Moment

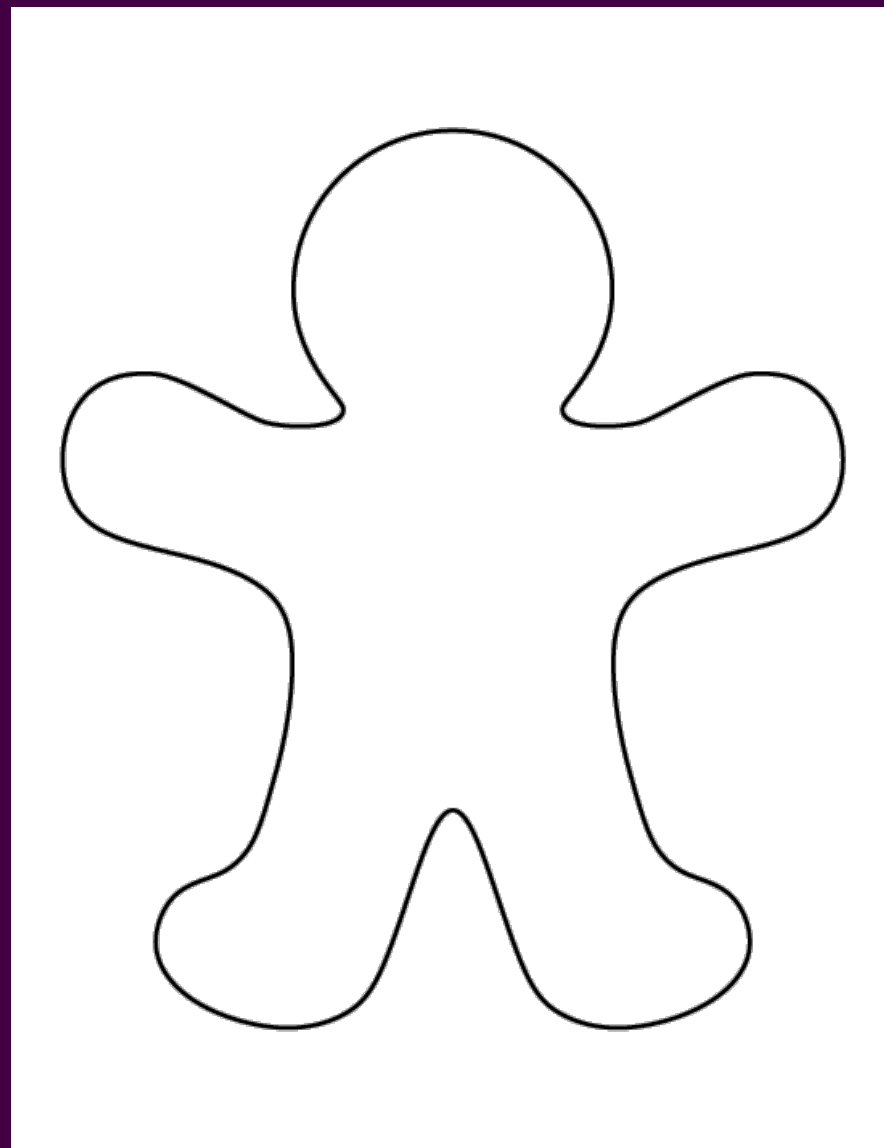
- focusing on the here and now

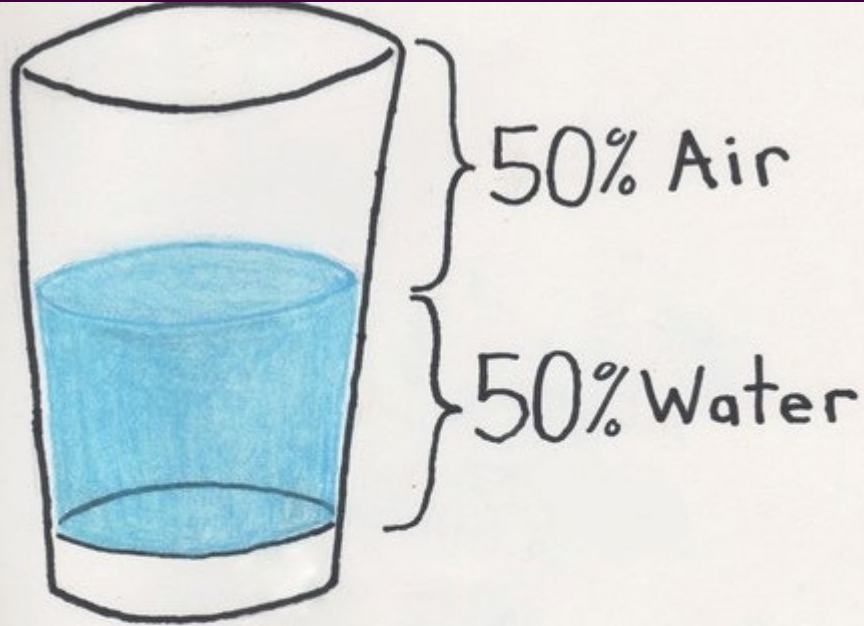
### Non-Judgmentally

- being curious and objective about experience



# Where is Your Energy?

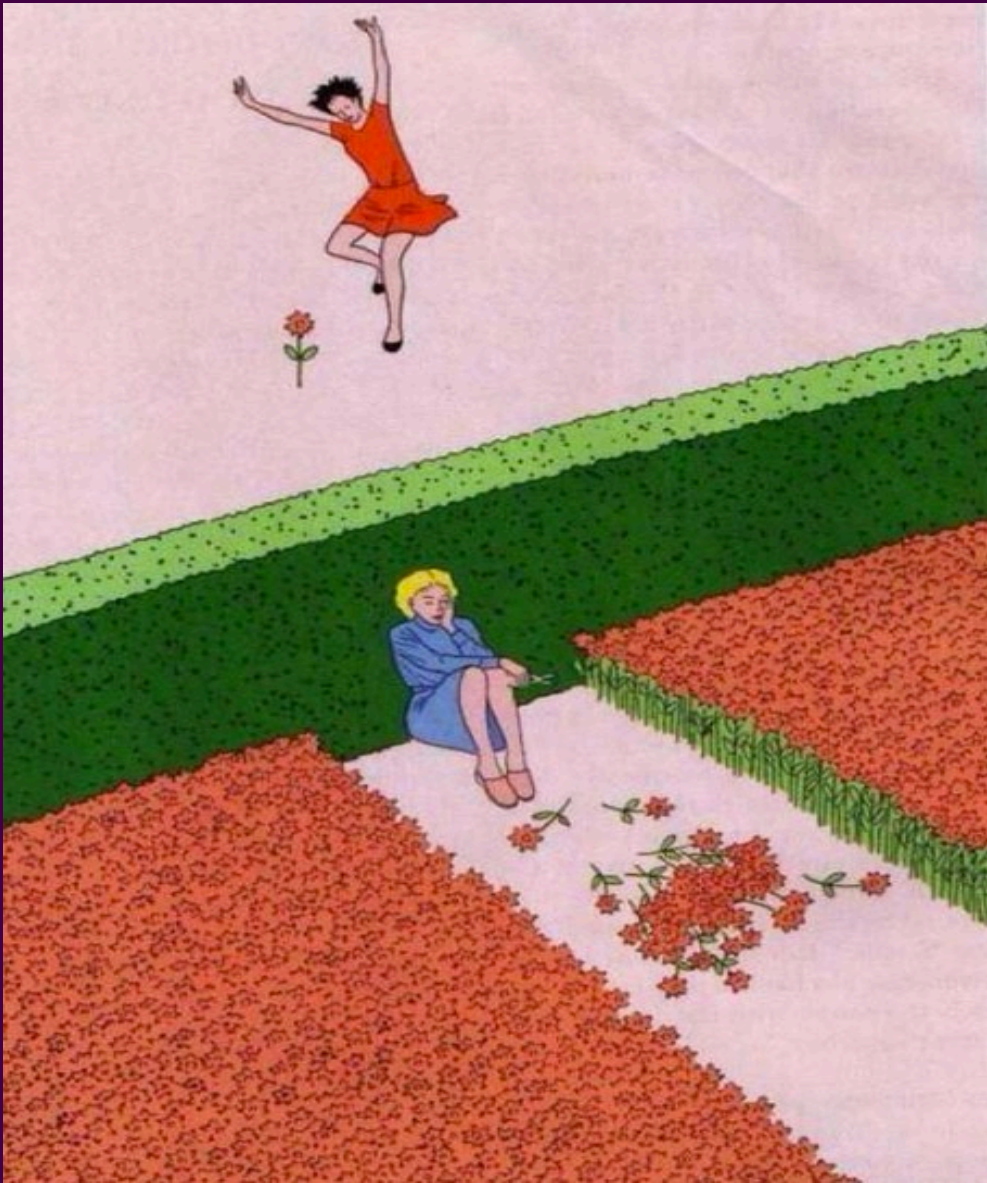




Technically,  
The Glass is Completely Full.

**IT DOESN'T MATTER  
IF THE GLASS IS  
HALF EMPTY OR HALF FULL,  
THERE IS CLEARLY ROOM FOR  
MORE WINE.**





Happiness is a state of mind.



# The ABCs of Stress Management

## **Stress Reduction Kit**



### Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.









# What do you love to do?

- When was the last time you did it?



"FINDING YOURSELF"  
IS NOT REALLY HOW IT WORKS.  
YOU AREN'T A TEN-DOLLAR BILL  
IN LAST WINTER'S COAT POCKET.  
YOU ARE ALSO NOT LOST.  
YOUR TRUE SELF IS RIGHT THERE,  
BURIED UNDER CULTURAL  
CONDITIONING, OTHER PEOPLE'S  
OPINIONS, AND INACCURATE  
CONCLUSIONS YOU DREW AS A  
KID THAT BECAME YOUR BELIEFS  
ABOUT WHO YOU ARE.  
"FINDING YOURSELF" IS ACTUALLY  
RETURNING TO YOURSELF.  
AN UNLEARNING, AN EXCAVATION,  
A REMEMBERING WHO YOU WERE  
BEFORE THE WORLD GOT ITS HANDS  
ON YOU.

EMILY MCDOWELL

**DO MORE  
THINGS THAT  
MAKE YOU  
FORGET TO  
CHECK YOUR  
PHONE**

# Create a snapshot from your memory



#GEM106



**IT'S BEEN ONE OF THOSE WEEKS...  
PASS THE WINE!**

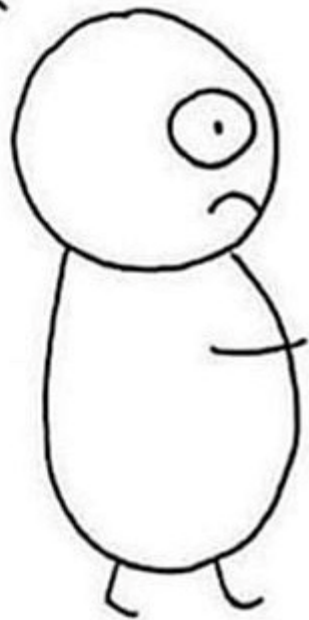


# Connections

- Talk out your stress process; share your thoughts and reactions with someone else (coworker, therapist, clergy, friend, family, supervisor)
- Build a positive support system that supports you, not fuels your stress
- Stay connected to the world inside and outside of your work



Where did you  
find that? I've been  
searching for it everywhere.

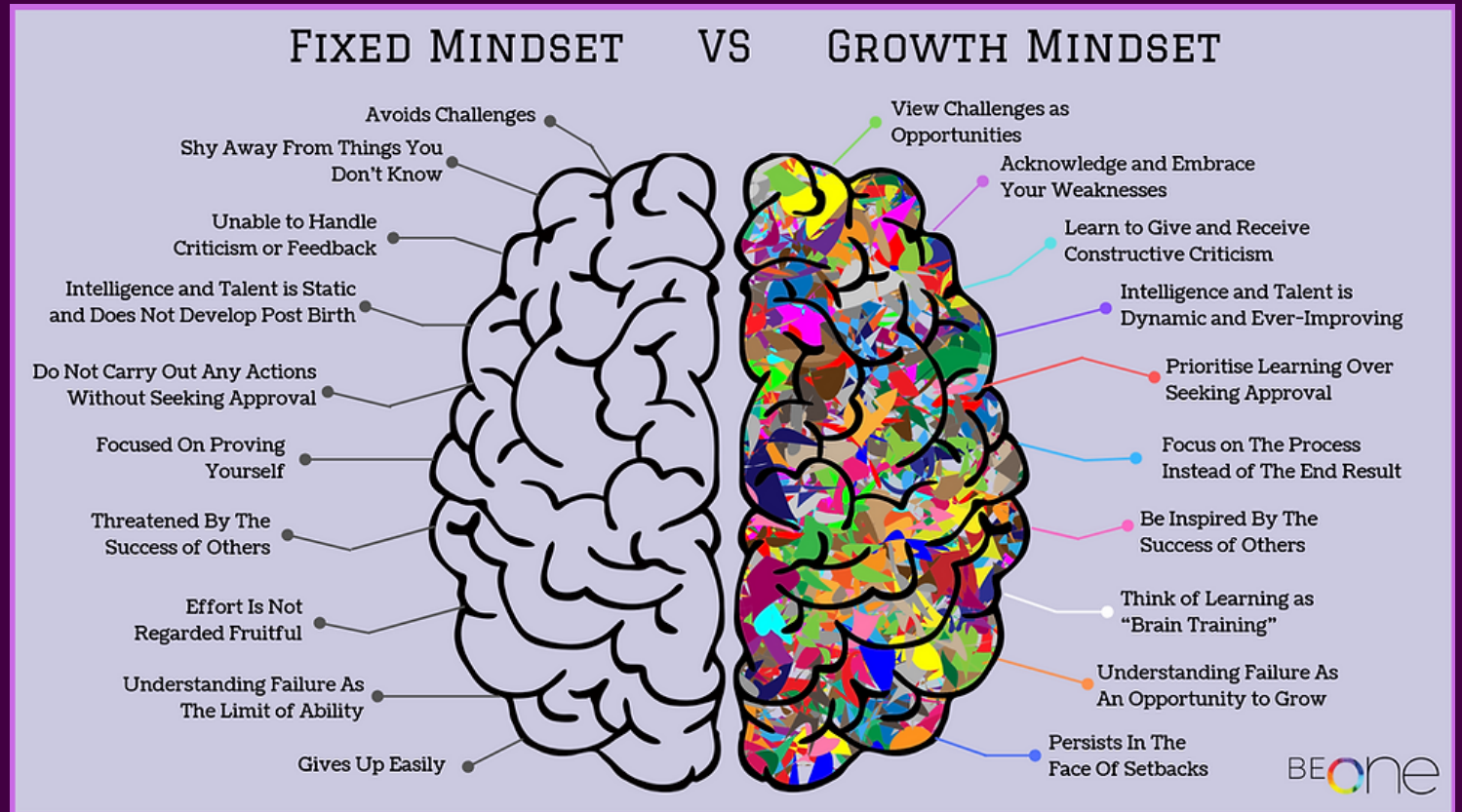


I created it  
myself.






INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



IT'S OKAY  
NOT TO  
BE OKAY  
ALL THE  
TIME.

[tinybuddha.com](http://tinybuddha.com)





HOW ARE YOU?

I'M GOOD!\*

\* HAD A PANIC ATTACK  
AN HOUR AGO...









# A little laughter...

When you leave your family to go buy groceries and toilet paper.



**Alexa, homeschool  
the children.**

HOW TO PROPERLY  
GREET SOMEONE DURING  
THE CORONAVIRUS OUTBREAK

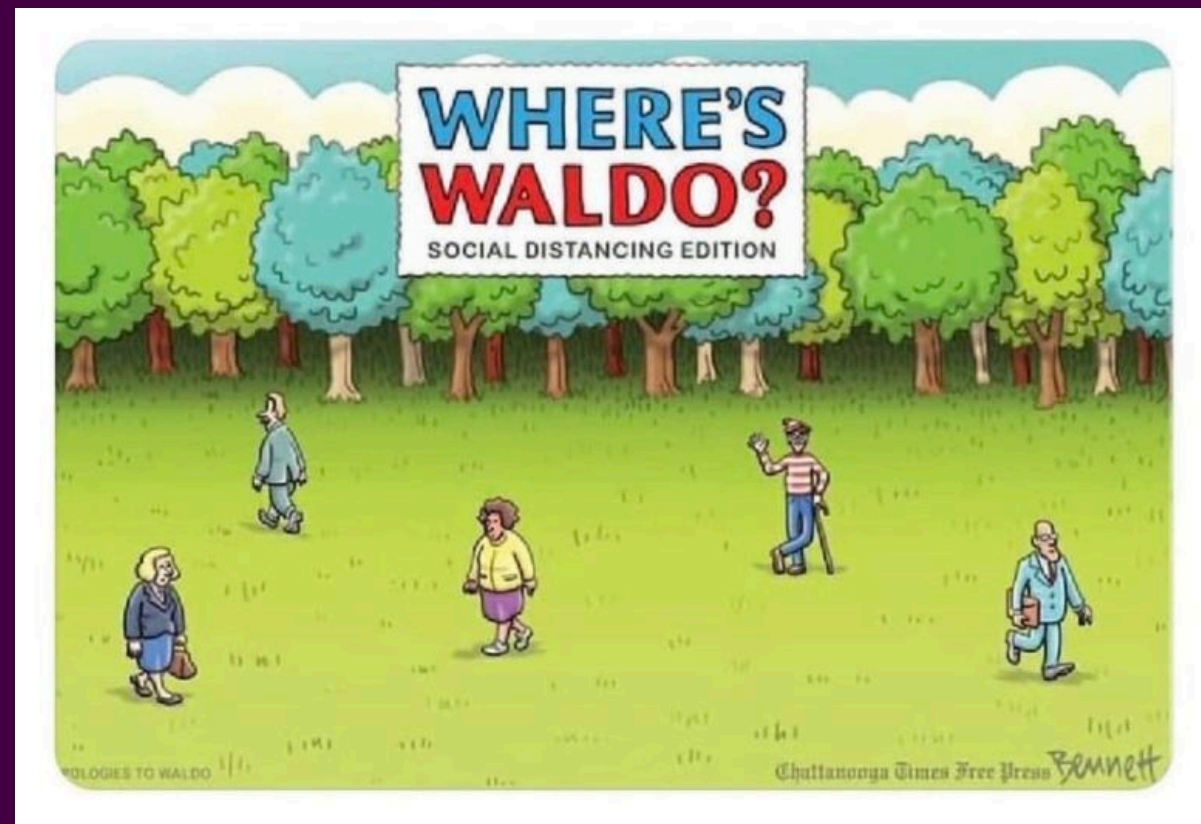


Get set for the return of parents as  
hairdressers...




**Is it OK to pull  
the bag of wine  
out of the box  
& stab a straw  
in it like it's a  
giant adult  
Capri Sun?  
Asking for a  
friend.**

We all owe 2019 an apology for what we said about it.



Use aromatherapy 😊





Every positive change in  
your life begins with a  
clear, unequivocal  
decision that you are  
going to either do  
something or stop doing  
something.

# Can you do it?



- Commit to move your body everyday, connect with your mind
- Wake up 10 minutes earlier and implement a morning ritual
- Set a weekly intention
- Allow time in your day to have nothing scheduled
- Prepare healthy meals
- Say 'No' to things when you need to create more time for yourself
- Laugh
- Stay social- meet and connect with friends each week

# A quick one for you...



<https://www.youtube.com/watch?v=4Bs0qUB3BHQ>



Thank you for having me. Stay well!



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