

A small green plant with a white flower bud is growing out of a crack in asphalt. The plant has a single stem with two leaves and a flower bud. The background is a blurred asphalt surface.

# Improving Resiliency

Wisconsin Women's Health Foundation  
Perinatal Programs Regional Practice Session

Think about a  
challenging  
situation you are  
dealing with in life.



# Session Objectives

1. Attendees will be able to define and describe what resiliency is.
2. Attendees will learn several strategies to develop resiliency.
3. Attendees will explore strategies for communicating resiliency to clients.

# Think, Talk, Share

- What is resilience?
- What makes someone resilient?
- Why is this important to the work you do?



# Resiliency Research

- Despite there being a consensus upon resilience as an important trait, there is no single, agreed upon definition.

-Aburn, Gott, Hoare. 2016

- Psychological factors can buffer the impact of failure on distress
  - Self-Esteem, Attributional Style, Low perfectionism

-Johnson et al. 2017

# Resiliency and Tobacco/Alcohol Use

- Ex-Smokers demonstrated more “resilient characteristics” than current smokers.

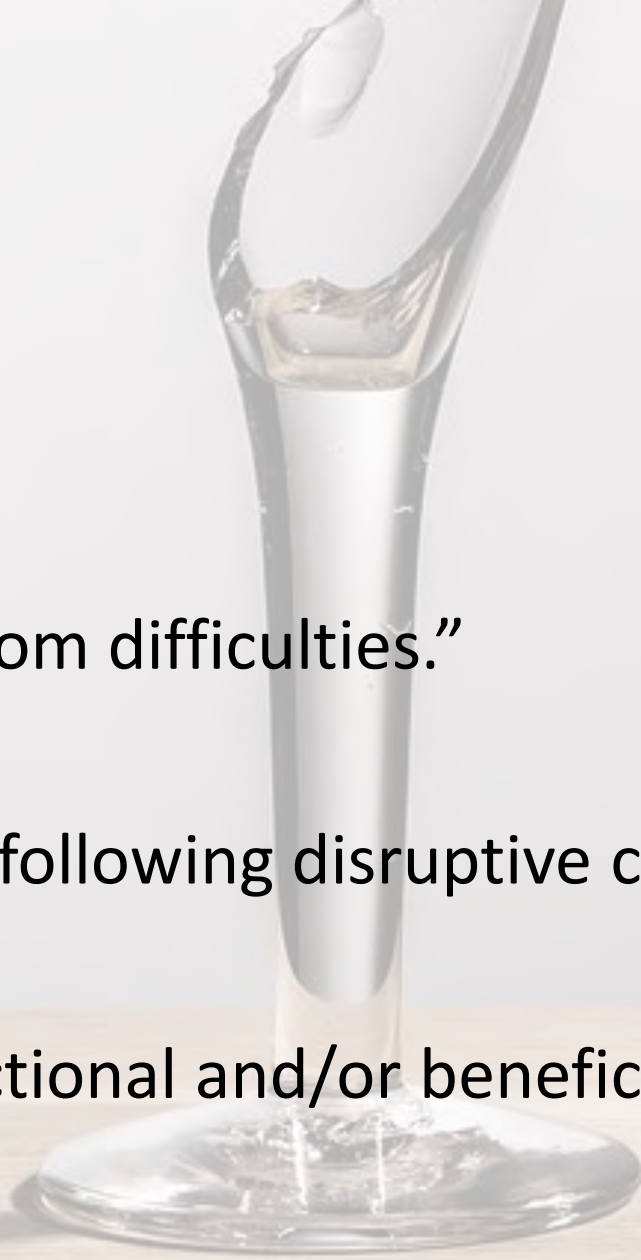
-Tsourtos et al. 2010

- High correlation between dysregulated state (caused by high stress) and alcohol abuse / addiction.

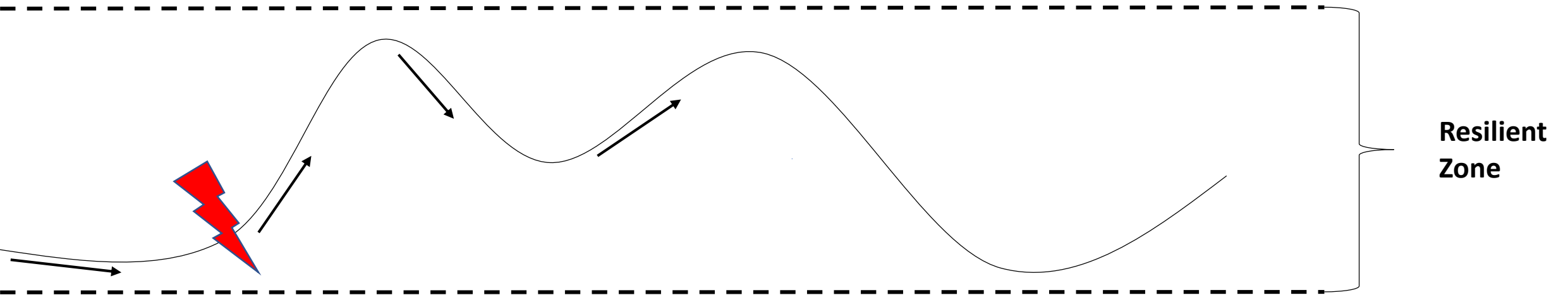
-Tanja et al. 2017

# Resilience is...

- “The capacity to recovery quickly from difficulties.”
- “A human ability to resume quickly following disruptive change.”
- “Recovering from disruption in functional and/or beneficial ways.”

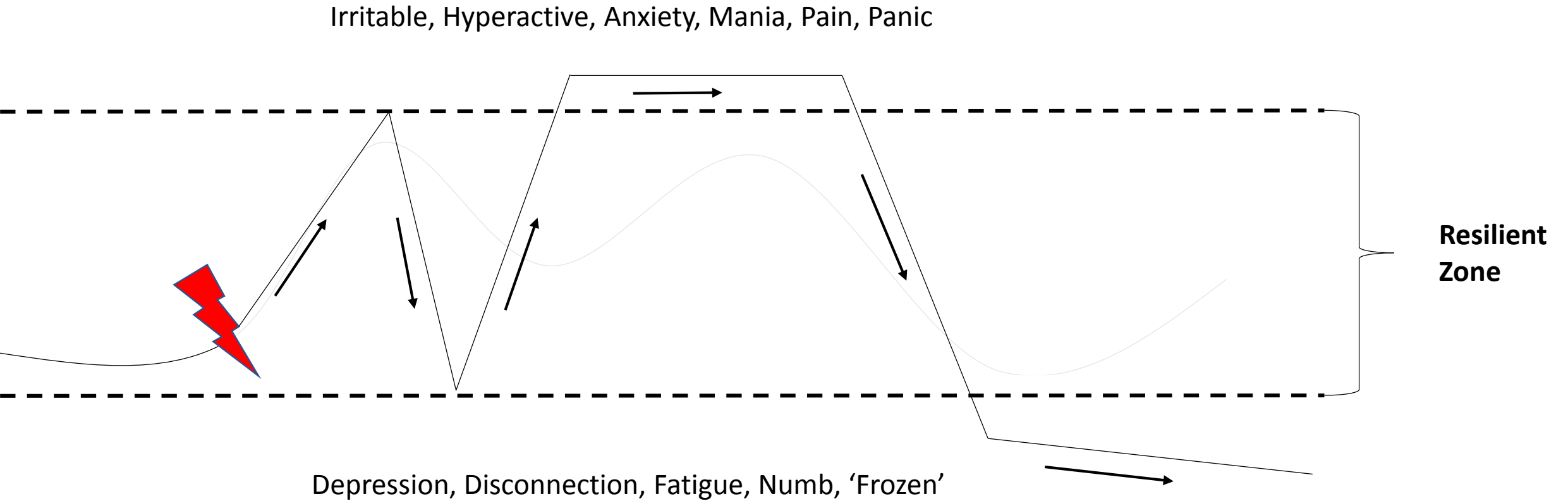


# Resilience is...





# Resilience is...



# Resilient Traits

- Challenge Mindset
- Socially Connected
- Proactive
- Goal Oriented



# Increasing Resiliency: Challenge Mindset

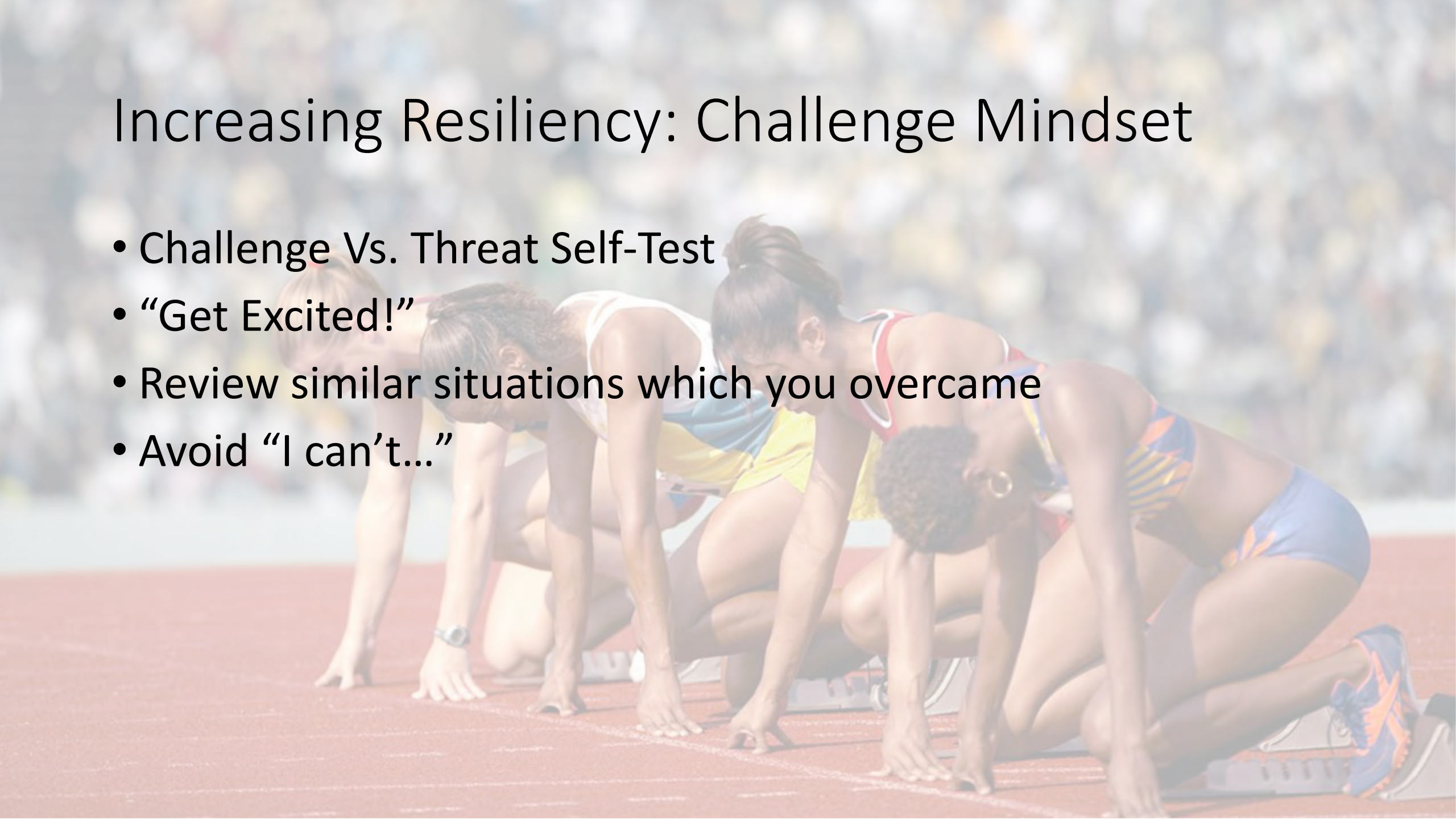


- Changes the relationship with the situation
- Adjusts your role in the narrative
  - Survivor vs. Hero
  - Don't have to like it, just believe you can handle it.
- High School students with a challenge mindset were more likely to achieve higher grades, exhibit better social skills and report lower levels of stress.

Yeager, Dweck, 2012.

# Increasing Resiliency: Challenge Mindset

- Challenge Vs. Threat Self-Test
- “Get Excited!”
- Review similar situations which you overcame
- Avoid “I can’t...”



# Challenge Vs. Threat Self-Test

A background image showing four female sprinters in various colored uniforms (white, blue, yellow, red, blue) in their starting blocks on a red track, ready for a race. The image is slightly faded to allow text to be read over it.

Give yourself 1 point for each of the following statements you agreed with:

- 1, 4, 5, 8, 11, 13, 14, 15, 16, 20

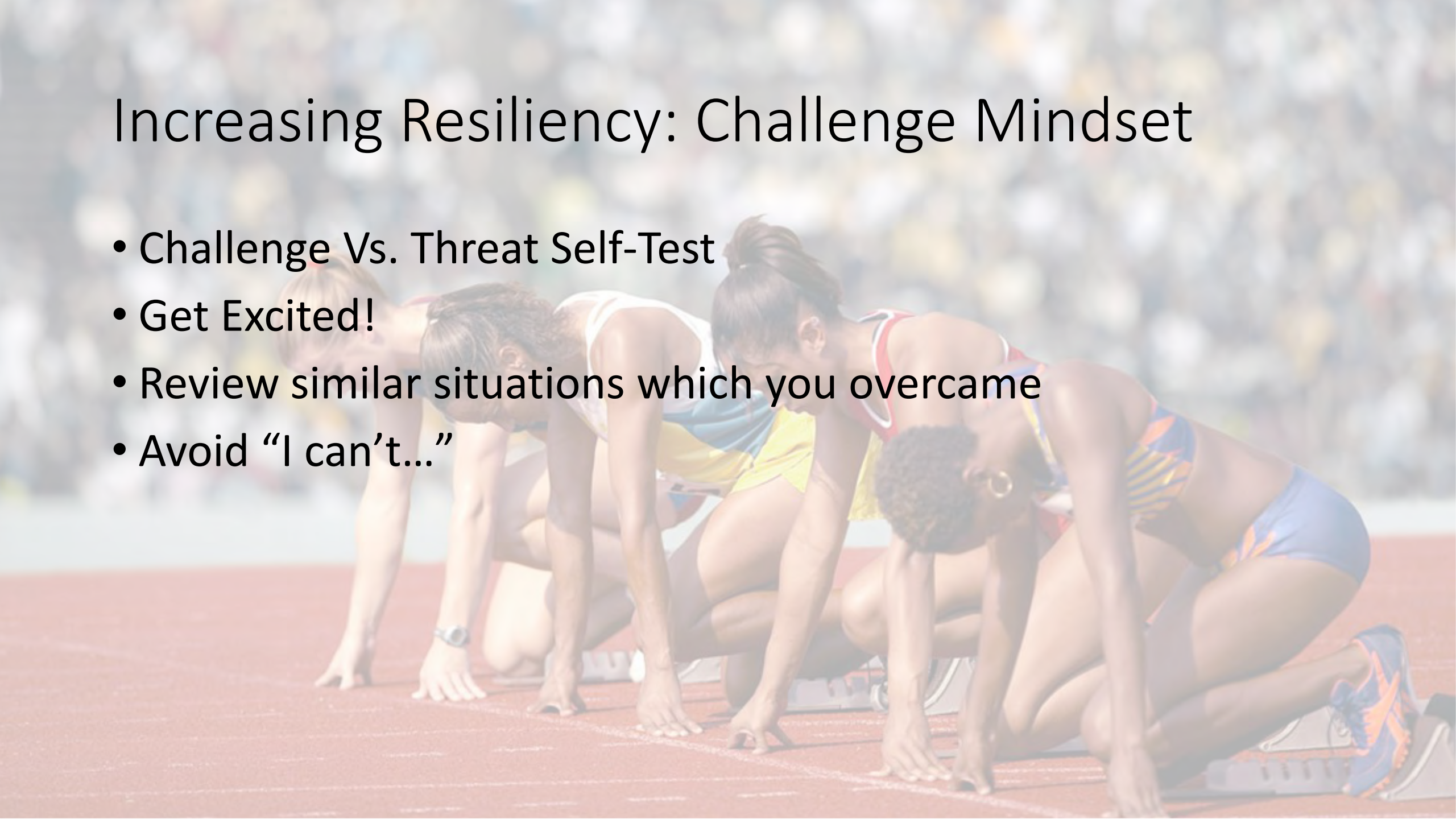
Subtract 1 point for each of the following statements you agreed with:

- 2, 3, 6, 7, 9, 10, 12, 17, 18, 19.

- The higher your score, the more of a challenge mindset you have.

# Increasing Resiliency: Challenge Mindset

- Challenge Vs. Threat Self-Test
- Get Excited!
- Review similar situations which you overcame
- Avoid “I can’t...”



# Increasing Resiliency: Connected

Three golden retrievers are sitting on a grassy field. They are all looking towards the camera and have their mouths open in a happy, smiling expression. The dog on the left is slightly larger and has its mouth wide open. The dog in the middle is smaller and has its tongue out. The dog on the right is also large and has its tongue out. The background is a soft-focus green field.

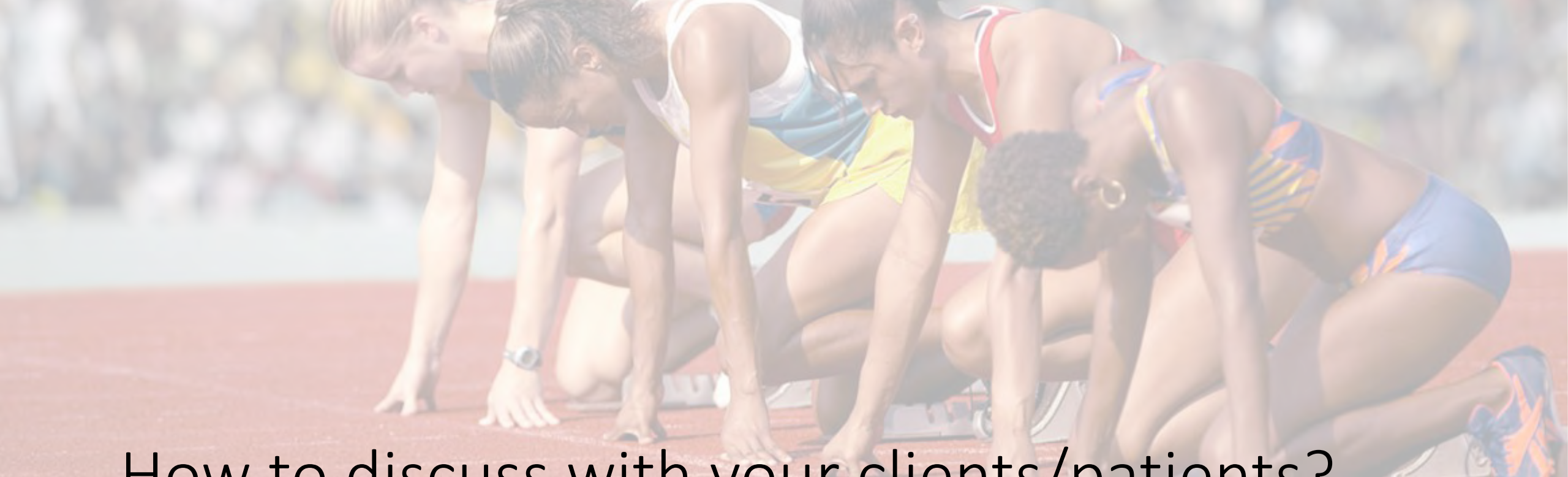
- Humans are social
- More connected = more resources
- Individuals with meaningful relationships report lower levels of stress

# Increasing Resiliency: Connected

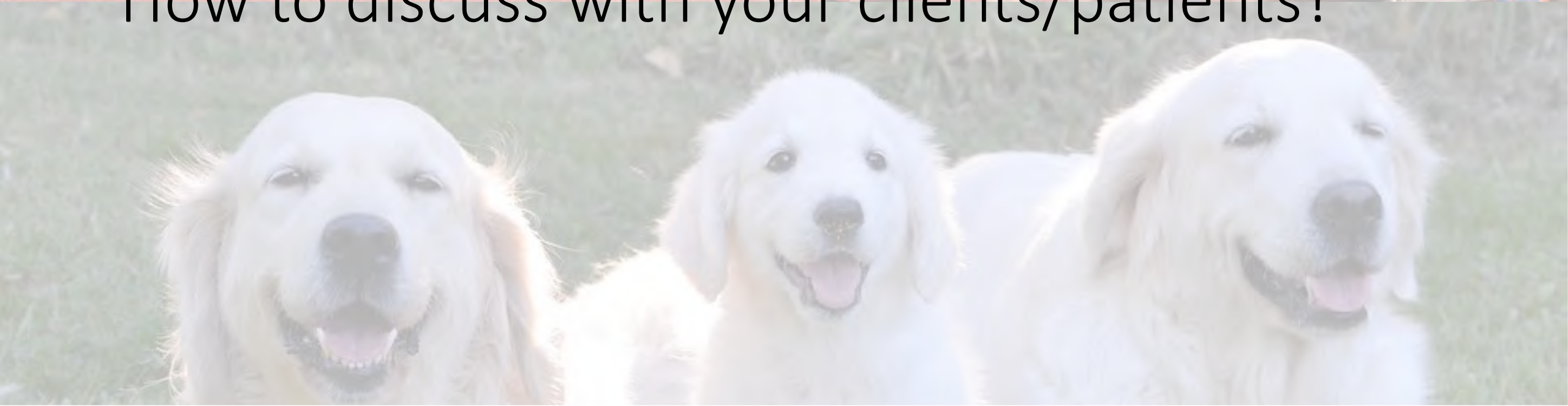
A photograph of three golden retrievers sitting on a grassy field. The dog on the left is looking directly at the camera with its mouth open. The dog in the middle is looking slightly to the right with its mouth open. The dog on the right is looking to the right with its mouth open. The background is a soft-focus green field.

- Maintain beneficial relationships
  - Take Initiative
- “Who are my Teammates?”
- Social Media “Like-a-Thon”



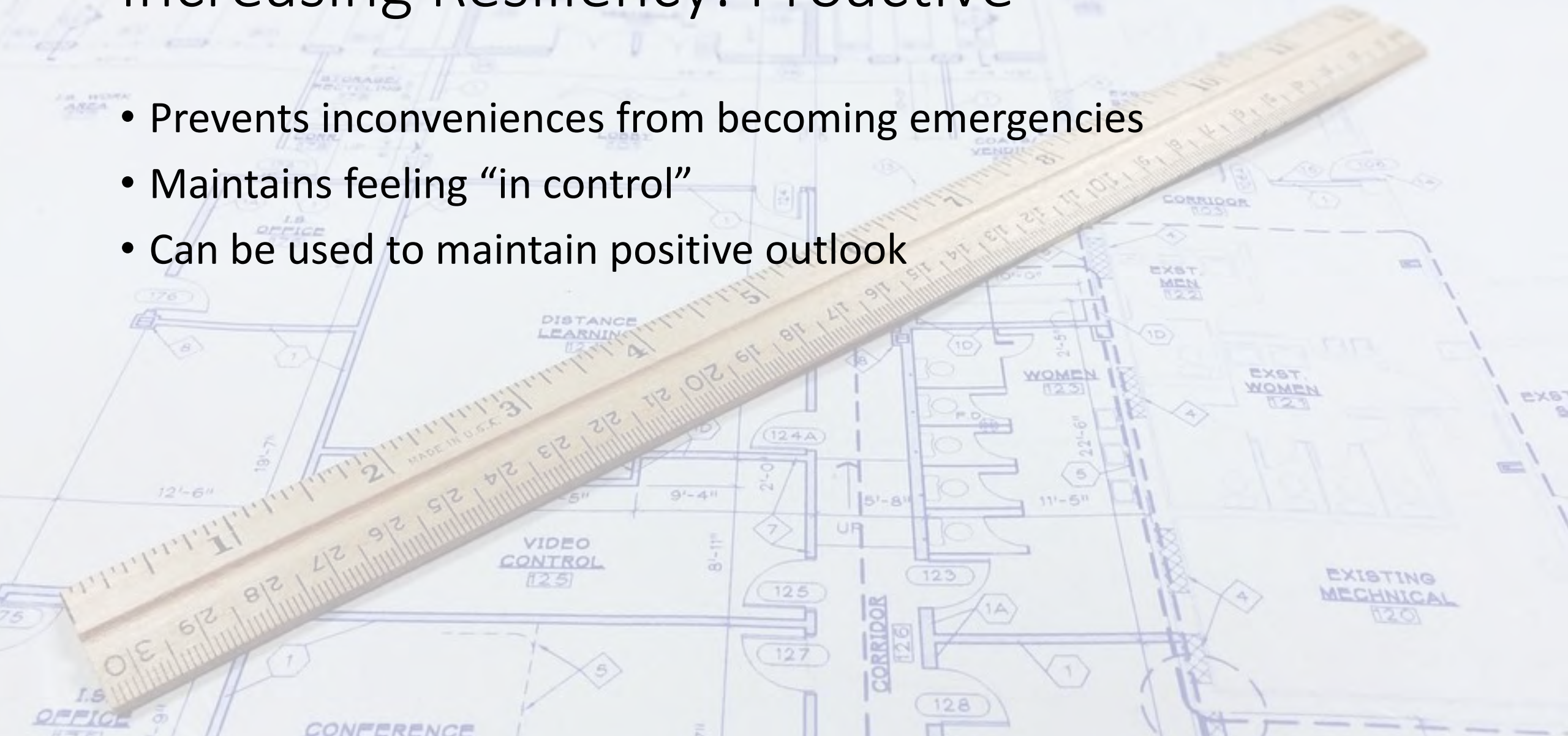


How to discuss with your clients/patients?



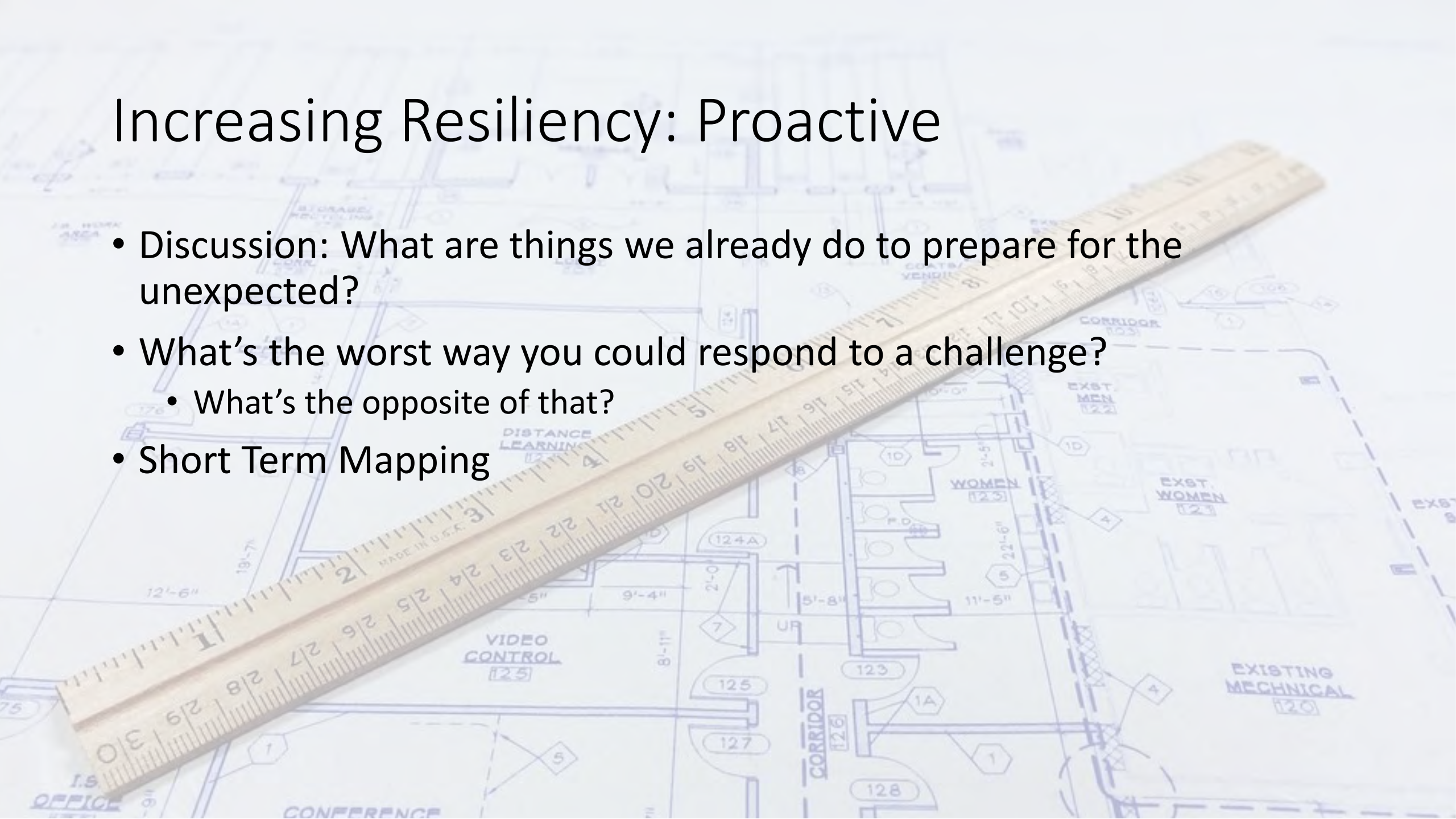
# Increasing Resiliency: Proactive

- Prevents inconveniences from becoming emergencies
- Maintains feeling “in control”
- Can be used to maintain positive outlook



# Increasing Resiliency: Proactive

- Discussion: What are things we already do to prepare for the unexpected?
- What's the worst way you could respond to a challenge?
  - What's the opposite of that?
- Short Term Mapping



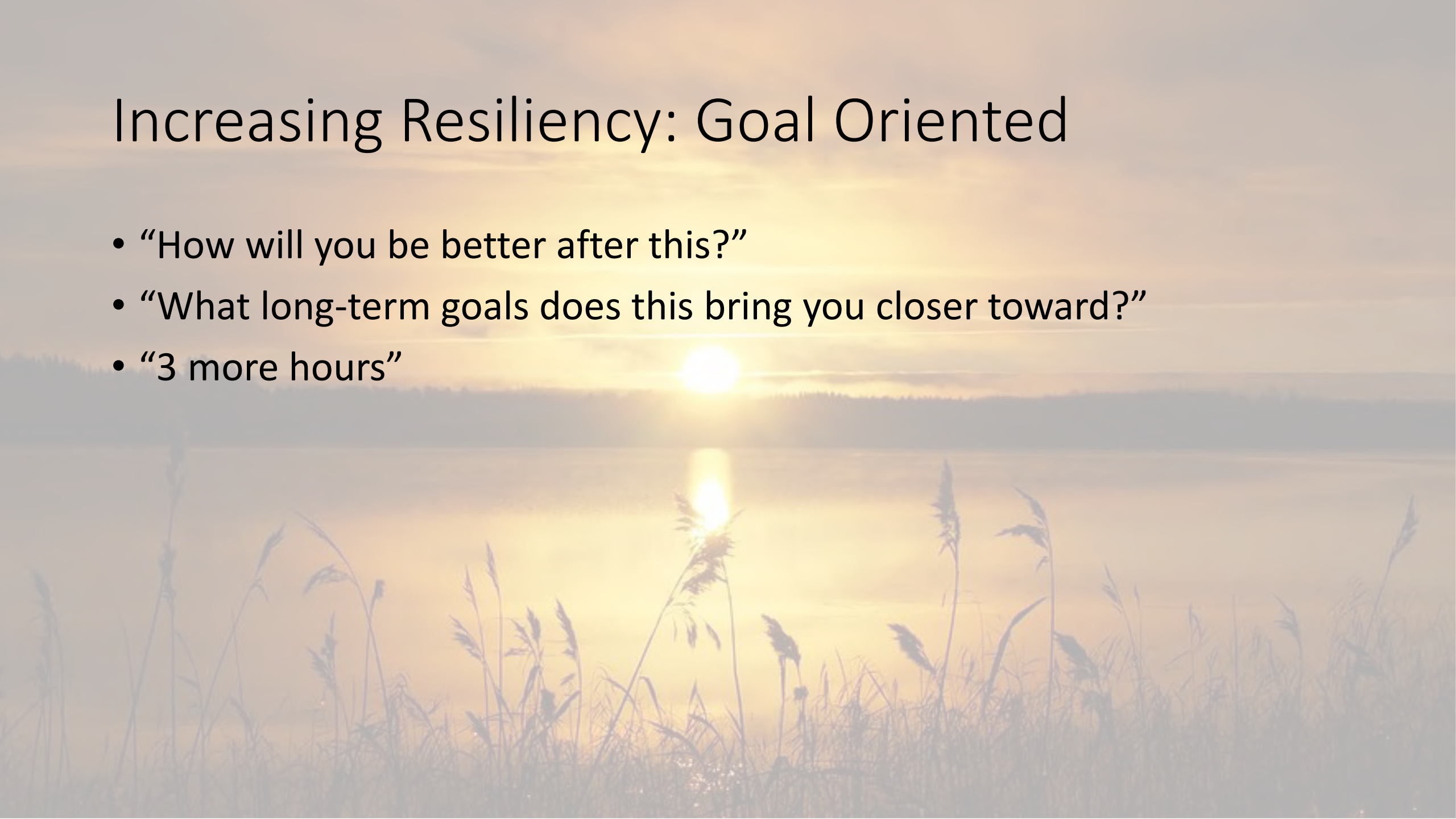
# Increasing Resiliency: Goal Oriented

- Focus on the future (Long term view)
- Focus on benefits instead of drawbacks
- Active goals (as opposed to ability-goals) are associated with higher achievement in the face of a challenge

-Grant, Dweck, 2003

# Increasing Resiliency: Goal Oriented

- “How will you be better after this?”
- “What long-term goals does this bring you closer toward?”
- “3 more hours”



# 3 More Hours

- Marriage, romantic partnership
- Parenting
- Family
- Friends/Social Life
- Work & Career
- Education / Learning
- Recreation / Fun
- Spirituality / Religion
- Community Life
- Physical Self-Care
- The Environment
- Other



How to discuss with your clients/patients?

# Resources

- Aburn, Gott, Hoare. (2016). What is resilience? An integrative review of the empirical literature. *Journal of Advanced Nursing*. 72 (5). 980-1000
- Grant, H., & Dweck, C. S. (2003). Clarifying Achievement Goals and Their Impact. *Journal of Personality and Social Psychology*, 85(3), 541-553.
- McGonigal, J. (2015) *Super Better: A revolutionary approach to getting stronger, happier, braver, and more resilient*. Penguin Press, New York NY.
- Johnson, Panagioti, Bass, Ramsey, Harrison. (2017). Resilience to emotional distress in response to failure error or mistakes: A systematic review. 52. pp19-42