Bouncing Forward: The Art of Resilience

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FSAP ... finding solutions to life's challenges.
Objectives

• Identify Characteristics of Resiliency

• Explore Strategies for Building Resilience

• Create “Bounce Forward” Action Plan
"I'd be less stressed in 2015 if only _____________________."
What is Resilience?

Resilience is about facing stress head on and looking at stressful situations as opportunities for growth.

- Quantum LifeSkills

The ability to bounce or spring back into shape after being stretched, bent or compressed.

- Webster’s Dictionary

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

- American Psychological Association
Flourishing

Flourishers share characteristics:

• “Just do it”
• Self Control
• Capable
• Apologize
• Resilient
• Deliberate
• Malleable mindsets
• Curiosity
• Open to experience
• Personal growth initiative
• Motivated by mastery
• Loved

Source: Corey Keyes, a sociologist at Emory University and a pioneer of positive psychology.
Factors that Contribute to Resilience

• (Primary) Having caring and supportive relationships within and outside the family that:
  a. Create love and trust
  b. Provide role models
  c. Offer encouragement and reassurance

• The capacity to make realistic plans and take steps to carry them out

Source: The Road to Resilience, American Psychological Association
Factors that Contribute to Resilience (cont.)

- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses

Source: The Road to Resilience, American Psychological Association
What Makes Resilience?

http://www.youtube.com/watch?v=C1UCI2ZHEqw
7 Keys to Build Resilience

• Be flexible, accept change and keep things in perspective
• See setbacks as temporary and learn from them
• Nurture an attitude of gratitude and optimism
• Develop effective problem solving skills
• Foster your vision, purpose and values
• Build your coping resources/capacity and seek support
• *Take action on things you have control over*

Source: Adapted from *Resilience*, James Porter, StressStop.com; *The Road to Resilience*, American Psychological Association; and Stephen Covey’s *7 Habits*
Circle of Influence

Reactive

Proactive

Source: Adapted from Stephen Covey
Exercise 2

Return to: "I'd be less stressed in 2015 if only _____________________."

__________________________________.

Is this within your circle of concern or circle of influence?
Compass and Clock

What’s important to me?

How I spend my time

Source: Stephen Covey
Schedule your priorities, **do not** prioritize your schedule

“Put your Big Rocks in first!”

Source: Stephen Covey
Resources to Help You Thrive/Flourish
"I am thriving in 2015 because I ______________________!!!
Exercise 4

Bounce Forward Action Plan

I commit to ____________________.

My start date is ____________.

I will share my plan with ____________, and will give permission for him/her to check in with me on my progress.
References

• Covey, Stephen. *The 7 Habits of Highly Effective People*; www.stephencovey.com/7habits

• Keyes, Corey. Flourishing (article based on talk he gave in Orlando, FL); http://www.todaysengineer.org/2012/mar/flourishing.asp
