

# THE SCIENCE OF ‘BOUNCIBILITY’

*How to build resilience within ourselves*

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Resources section

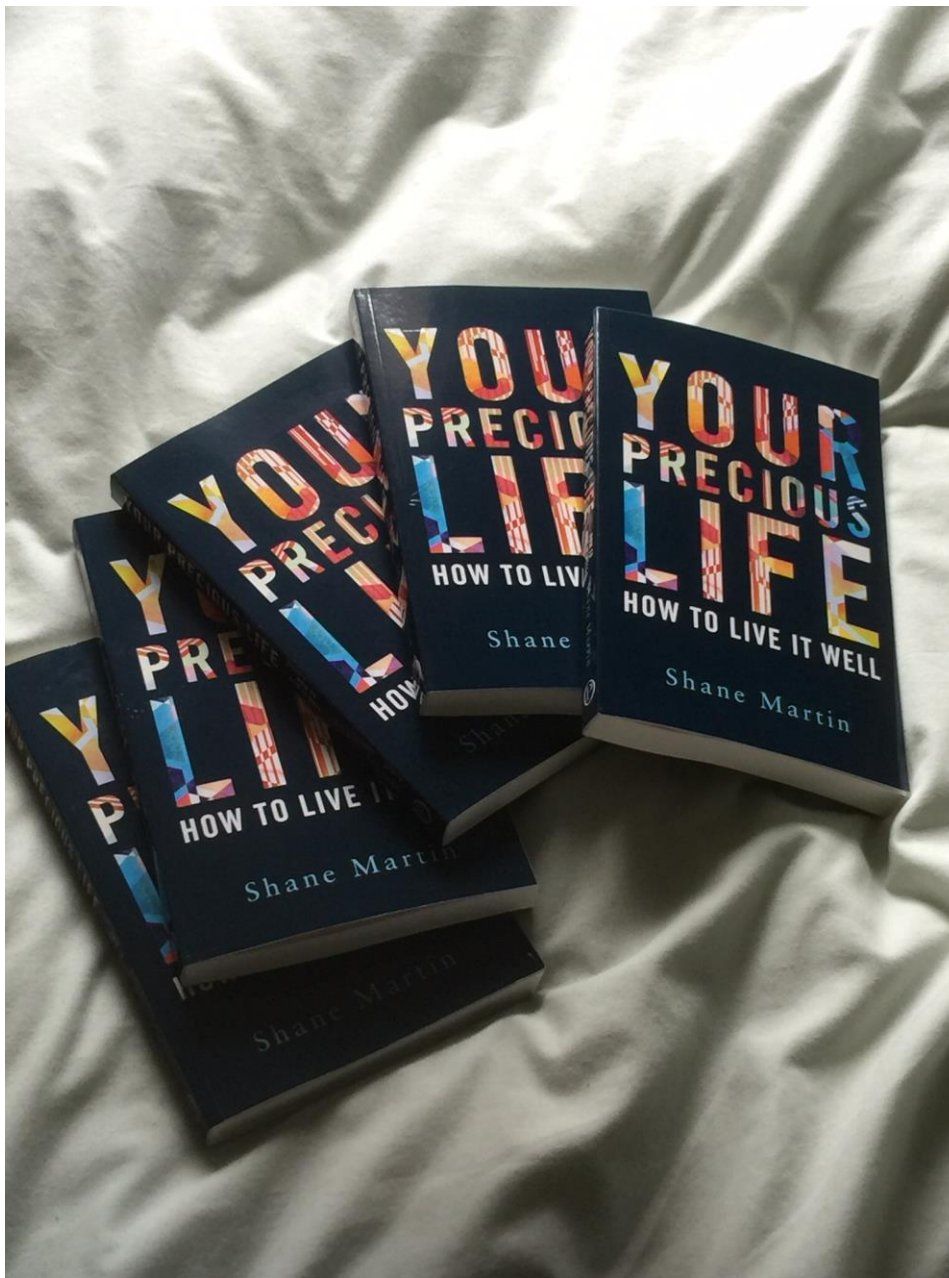


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# Three realities

- We are all vulnerable
- We will face challenges and crises
- We underestimate our potential to ‘bounce back’

# What is resilience?

“Resilience is the process of, capacity for, or outcome of successful adaption despite challenging or threatening circumstances”

(Master, Best & Garmezy, 1990)

# What is resilience?

*“More than education, more than experience, more than training, a person’s level of resilience will determine who succeeds and who fails. That’s true in the cancer ward, it’s true in the Olympics, and its true in the boardroom.”*

Dean Becker, Harvard Business Review

# GREAT NEWS

- It can be learned
- New research
- New interventions (particularly for children)
- Same interventions improve resilience in adults

# GREAT NEWS

- Doesn't mean that you have to become as hard as nails
- We underestimate our potential to cope better through crisis and grow stronger
- It's the best option! - to cope and grow stronger



# Resilience

- A unique journey
- Unique for each person
- Certain factors are consistently shown to be important

# 8 Tips for greater resilience

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# 1. EMOTIONAL AWARENESS

The ability to identify your feelings and express your emotions, and when necessary, the ability to control your feelings (Reivich & Shatte, 2002)

- *Gender differences?*
- *Not being governed by your emotions*
- *Comfortable with your feelings and expressing them*
- *Allowing for your emotional state*
- *Not becoming 'stuck' in your emotions*
- *There is a separation between who you are at your core and what you are going through*
- *Not being consumed by crisis*

## 2. AVOID PANIC

Highly resilient people are able to tolerate ambiguity so they don't rush to make decisions. They sit back and look at things in a thoughtful way before acting

- *The need for rational thinking – thinking straight*
- *Being objective, neutral and fair-minded*
- *Being openminded*
- *Opening yourself up to advice*

- Is there another way of making sense of this?
- Am I right to be as annoyed as I am?
- Would this annoy you as much as it's annoying me?
- Does it really matter?
- Have I got good advice or am I making conclusions on my own?
- Am I my own best or worst coach?



Consulting / Practical advice and solutions

Watch out for KNOW-ALL-ISM

The power of questions

Doing your own thinking

Not to be governed by panic

### **3. EMPATHY**

The ability to read and understand the emotions of others

- Understand how your situation affects others
- Seeing others, supporting others
- A compassionate heart is a compassionate heart at all times
- Enhancing our sense of family/ team
- Building relationships

# Cultivating a compassionate response

- You share imperfection with your fellow beings
- We're all stressed
- We all make mistakes
- Worse things have happened others
- You need to 'mind' yourself not 'hammer' yourself



## 4. MINDING YOURSELF

- Running health protective strategies while in crisis
- Doing what is good for us whether we feel like it or not
- Boxing cleverly

## 5. OPTIMISM

- Not yet!
- The concept of stumbling
- Unlearning helplessness
- Optimism which facilitates problem-solving
- ‘wed to reality’
  - *Engaging with the optimist*
  - *Contemplating the optimistic view*

## 6. SITUATION ANALYSIS

This means the ability to think comprehensively about the problems /challenges you confront.

Looking at problems from many perspectives, considering many factors and consulting with others

- Seeking the best possible advice
- Adhering to that advice

## **7. SOCIAL CONNECTIVITY**

- People need people
- The powerful resource of family
- The crucial role of the 'significant other'
- Keeping good company / leaning on resilient people
- Counselling

- Psychologists have shown that social ties and increased contact with family and friends are associated with a lower risk of illness
- What's more, a 2010 meta-analysis of 148 studies showed that social connection doesn't just help us survive health problems but the lack of it causes them (Williams, 2011)

## 8. PRAYER/FAITH

- Spirituality/religiousness
- Sense of purpose
- It's not all about me!
- Life as a journey
- Silence
- The benefits of prayer
- Investing in our spirituality:
- MINDFULNESS