

*If you are going through hell, keep going.*

Attributed to Sir Winston Churchill

# **HOW DO YOU INCREASE RESILIENCY?**

## **MODULE 2**

# Are Future Problems Inevitable?

- After a critical incident, people experience some initial distress
- Most will cope effectively
- Many will be able to maintain good mental health/will be resilient

The key is using positive COPING SKILLS

# Problem Solving

- Everyone faces problems in their lives
- People who have trouble solving problems may feel discouraged or overwhelmed
- Using a specific problem solving method can help

# 4-Step Problem Solving Model

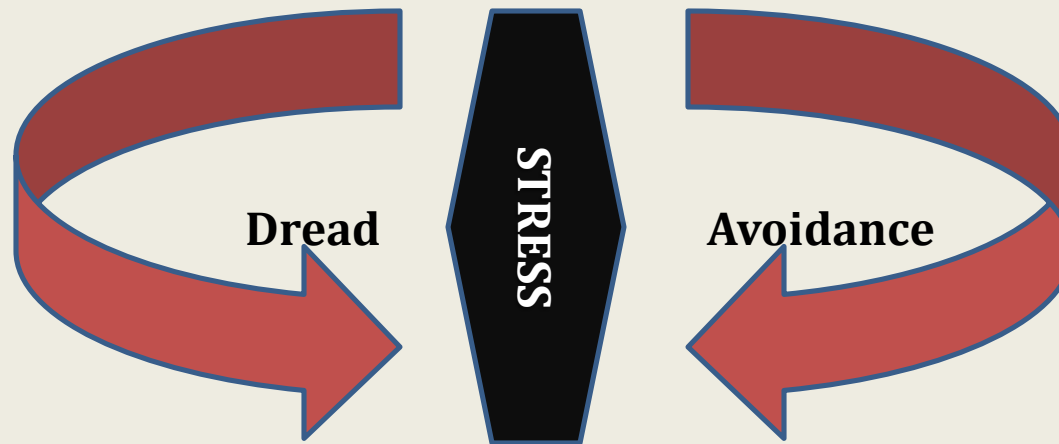
- 1) Define the Problem (who owns it?)
- 2) Set the Goal (what do you want to have happen?)
- 3) Brainstorm (think of possible solutions)
- 4) Evaluate and Choose an option for action!

Adapted from Skills for Psychological Recovery: Field Operations Guide

Berkowitz, S., Bryant, R., Brymer, M., Hamblen, J., Jacobs, A., Layne, C., Macy, R., Osofsky, H., Pynoos, R., Ruzek, J., Steinberg, A., Vernberg, E., & Watson, P. (2010)

# Emotional Reactions aren't the problem... how you cope can be

- Avoidance is a coping mechanism, but if you use it too much, it makes things worse
  - Avoidance (situations, emotions, conversations, people) and dreading future encounters can increase stress



# Increasing Resilience

## 1. Be Positive (Hopeful)

- A belief that things can get better, or some good can come from something bad

## 2. Be Flexible

- “Change gears” and formulate a new plan

Johnson, D. (2008)

# Increasing Resilience

## 3. Have a Moral Compass

- Have an ability to hold on to personal values
- Strong spiritual beliefs are highly correlated with resilience

Johnson, D. (2008)

# Increasing Resilience

## 4. Have Resilient Role Models

- Model your behavior after someone you know who handles stress well
- Jot down names of people you can relate to who seem to be “resilient”
  - What behaviors led you to believe they are resilient?



# Increasing Resilience

5. Eat right, get enough sleep and get some exercise
6. Remind yourself that your training for work prepared you well
7. Focus on your strengths
  - We all do better when we do what we do best

Johnson, D. (2008)

# Increasing Resilience

## 8. Face your fears

- Avoidance increases anxiety
- Facing fears decreases anxiety

## 9. Have a Supportive Group of Friends/Family

- The more connections we have in life, the healthier we are

Johnson, D. (2008)