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Resilience

- The ability to achieve a successful outcome in the face of adversity
- The ability to recover from or adjust easily to misfortune or change
- The ability of a system or organization to respond to or recover readily from a crisis, disruptive process, etc.

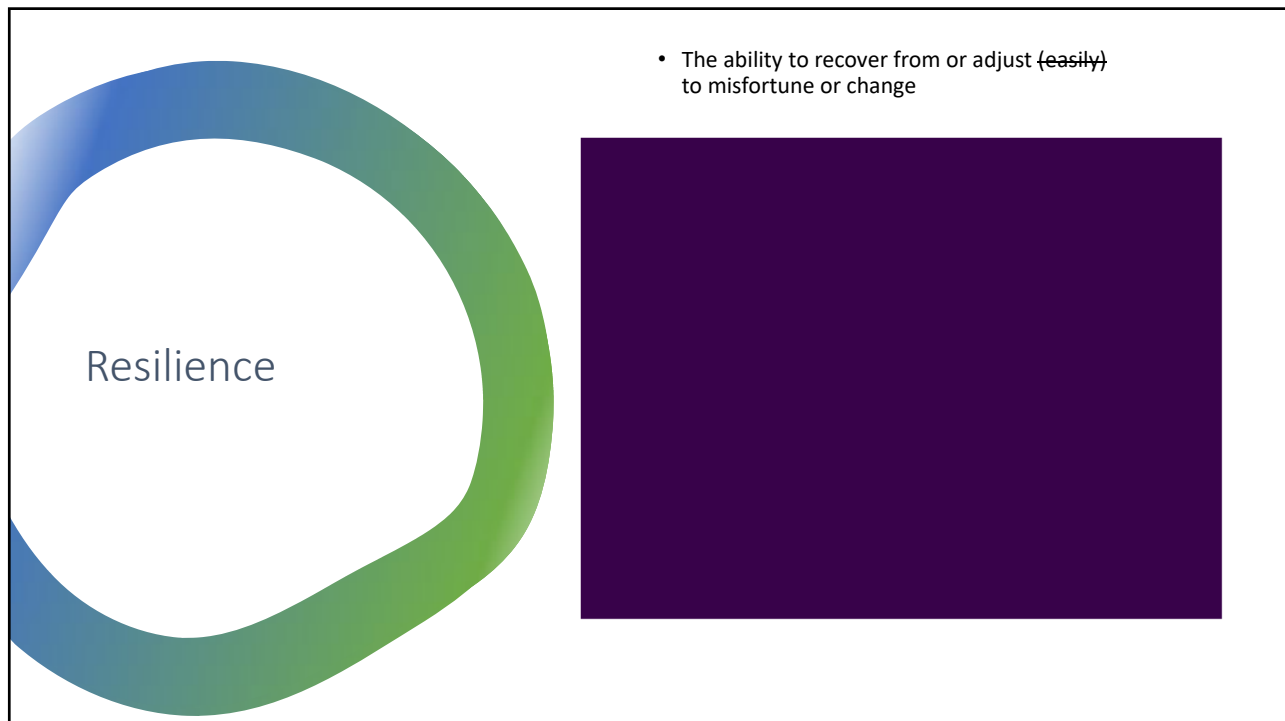
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Resilience




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Resilience

- The ability to recover from or adjust (~~easily~~) to misfortune or change



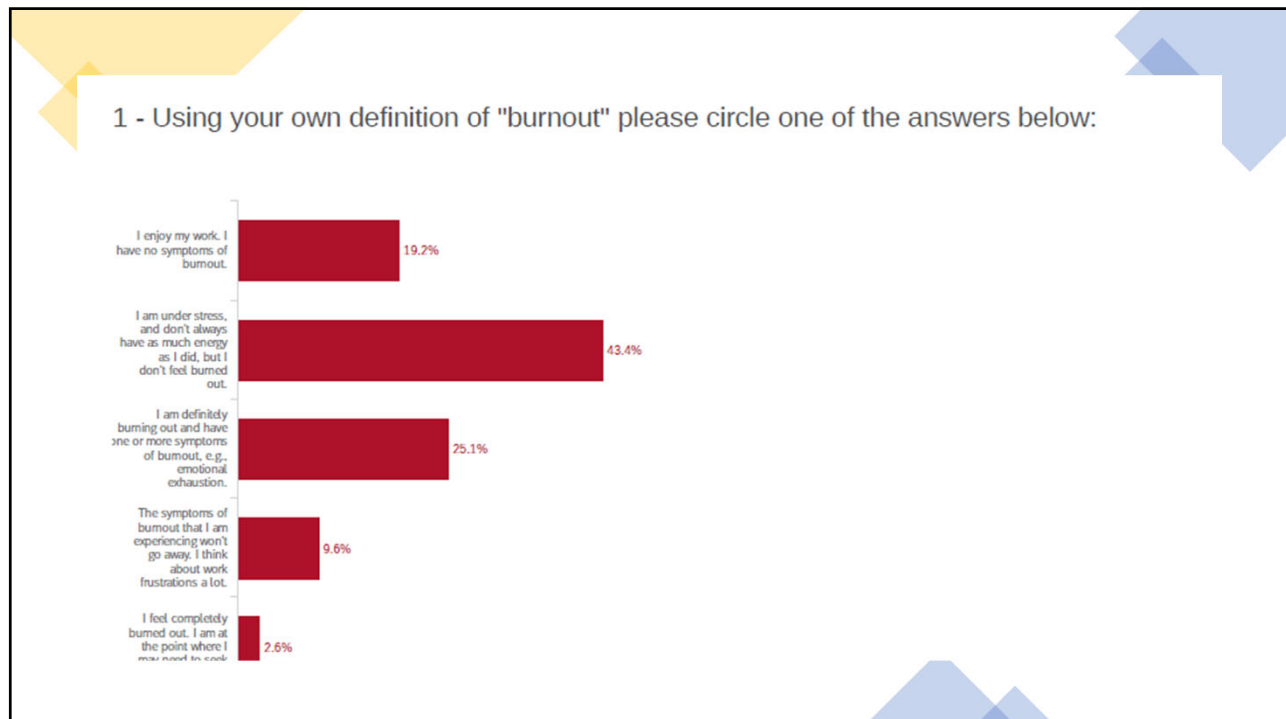
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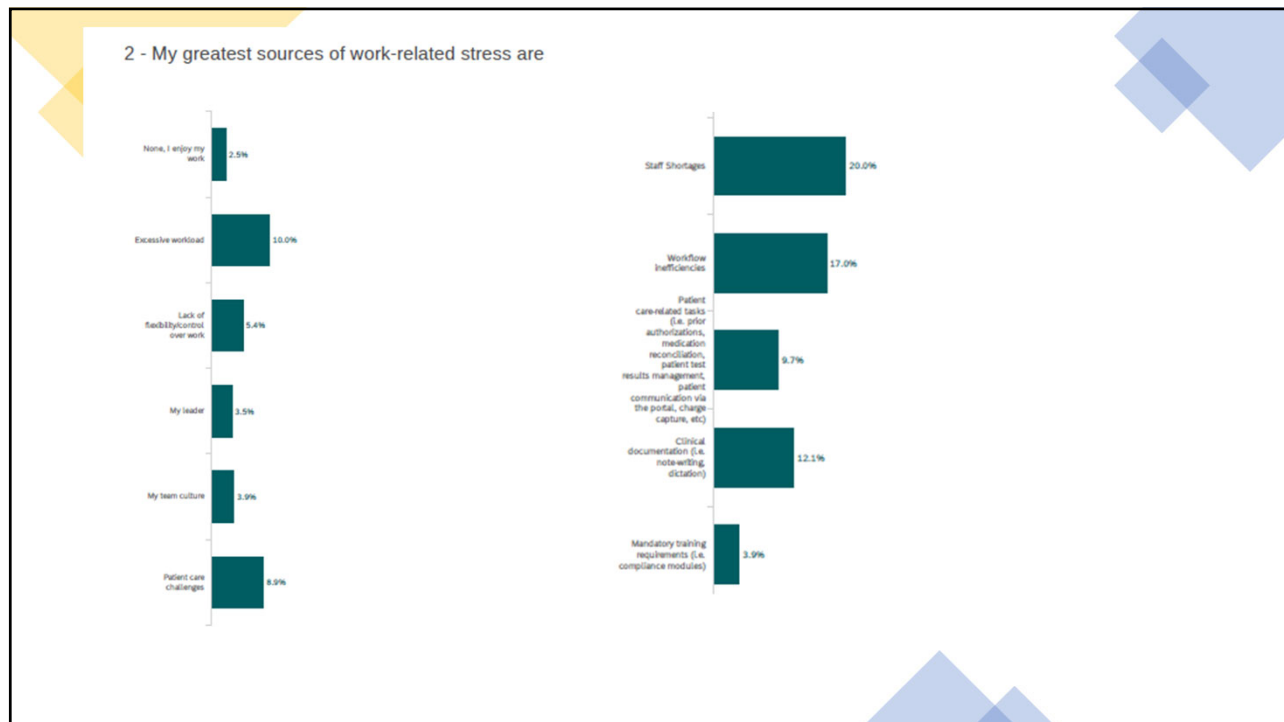
Resilience

- The ability of a system or organization to respond to or recover readily from a crisis, disruptive process, etc.

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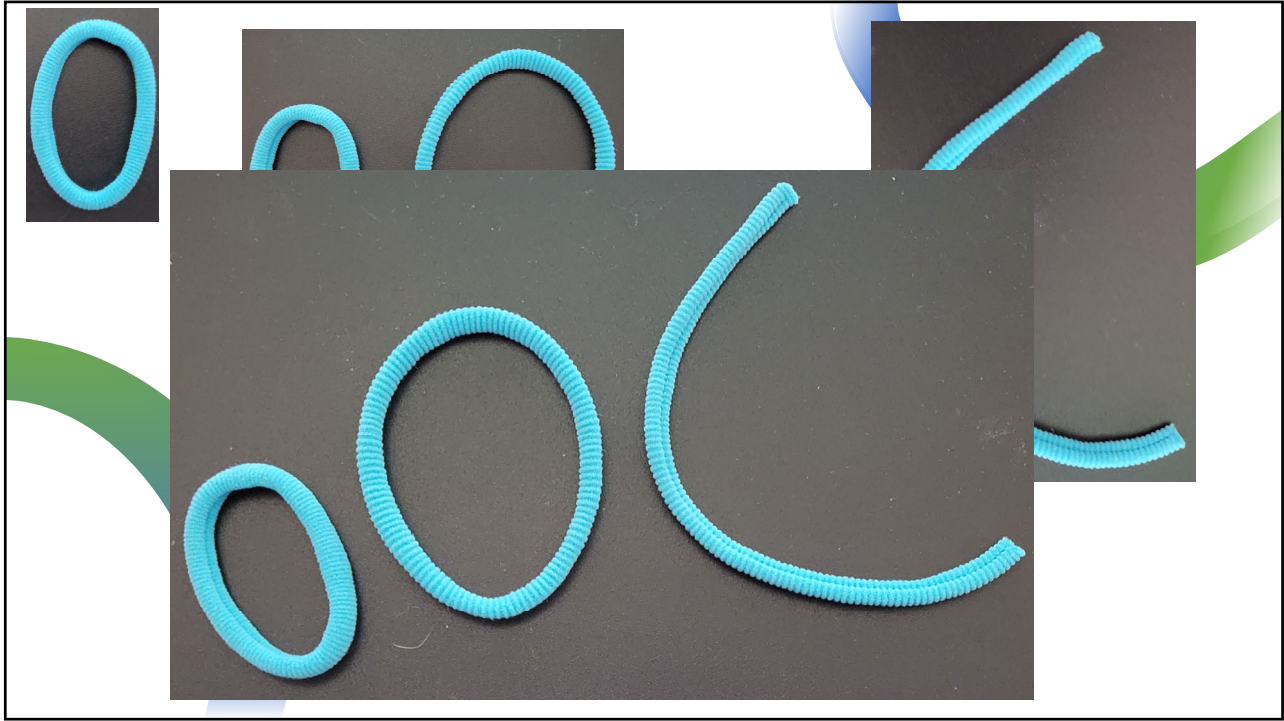
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## Stress – how do we define it?



**parker**  
@pmilbs\_

One of my favorite games to play is "is my headache from dehydration, caffeine withdrawal, lack of proper nutrition, my ponytail, stress, lack of sleep, not wearing my glasses or brain tumor?"





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## HOW FEAR AFFECTS THE WHOLE BODY

**Central Nervous System**

- Perception - Narrowed
- Memory - Coarse, Imprecise
- Learning - Blocked
- Conditioning - Defense
- Tendency - Regress or Perseverate
- Expectancies - Negative
- Tone - Flee or Destroy

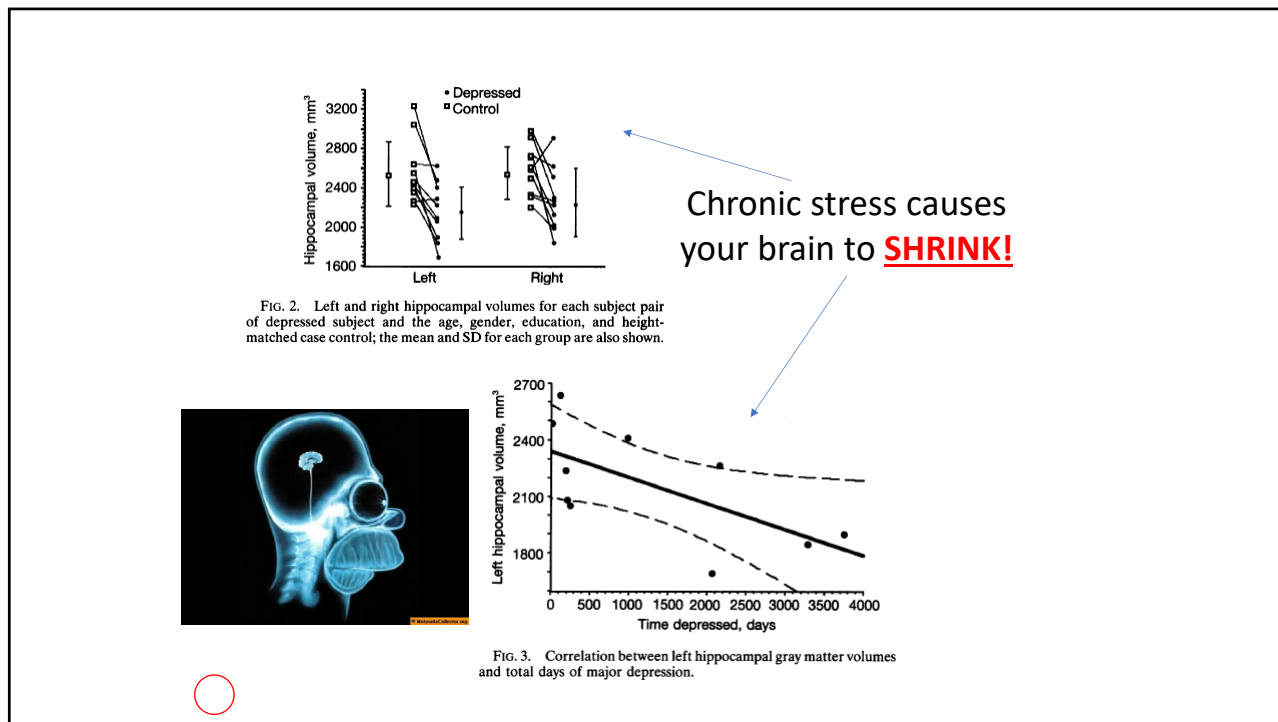
**Autonomic Nervous System**

- Heart rate ↑
- Blood pressure ↑
- Oxygen need ↑
- Breathing rate ↑
- Palms, face sweat
- Blood sugar ↑
- Adrenalin flows
- Digestive tract →shunts blood to muscles
- Blood vessels constrict in hands and face

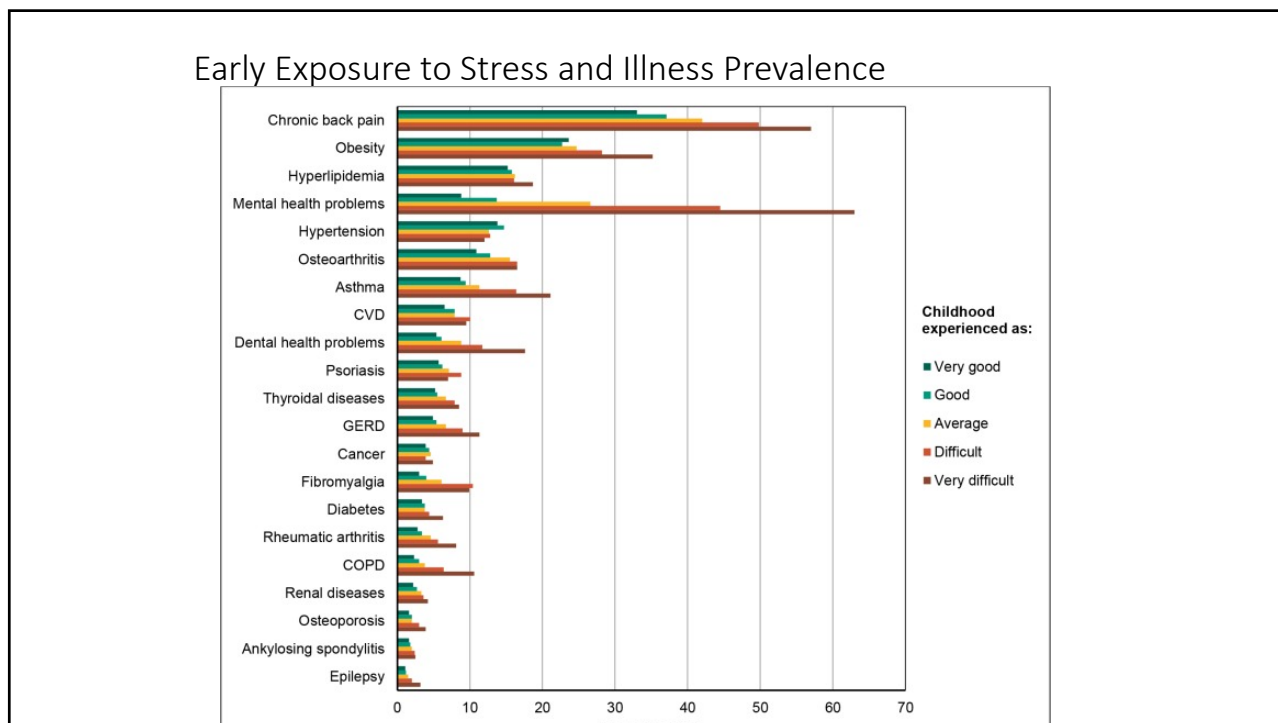


*Image from Sapolsky, 2005*

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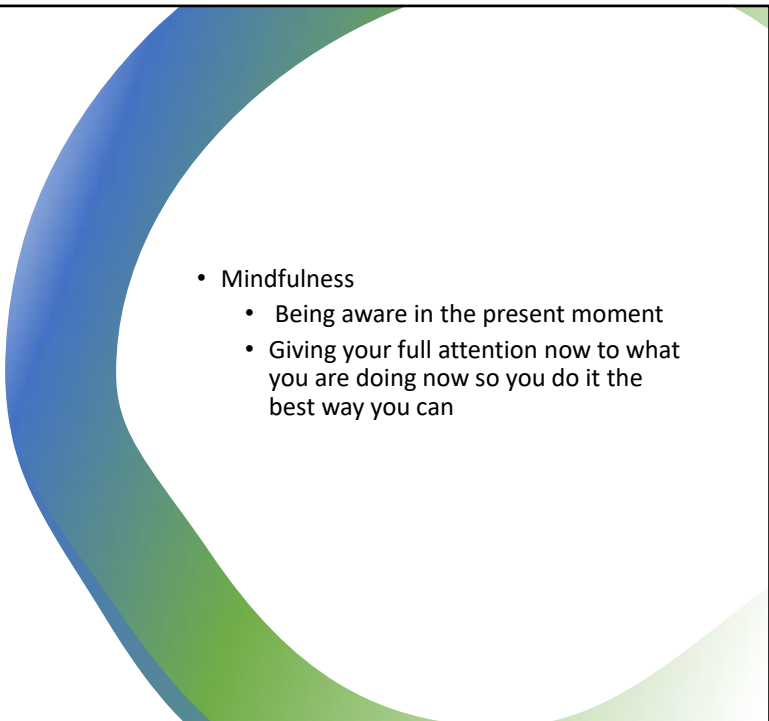


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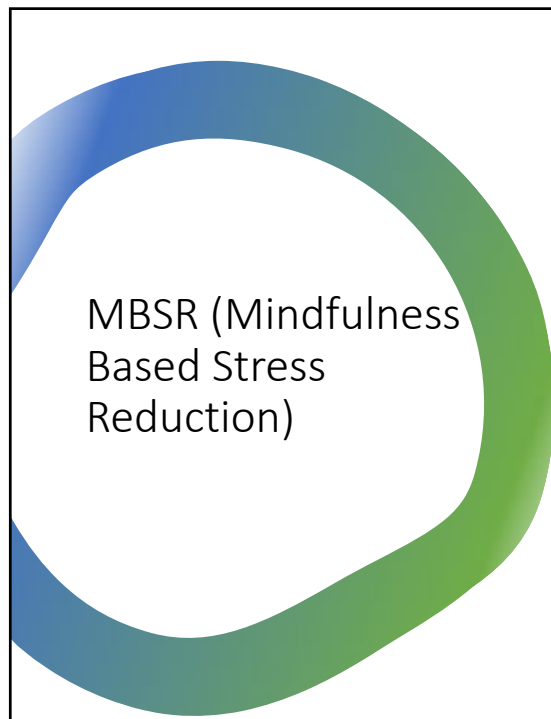




Mindfulness Based Interventions (MBI)

- Mindfulness
  - Being aware in the present moment
  - Giving your full attention now to what you are doing now so you do it the best way you can

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MBSR (Mindfulness Based Stress Reduction)

- Jon Kabat-Zinn
- 8 week structured course

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## Benson-Henry Institute

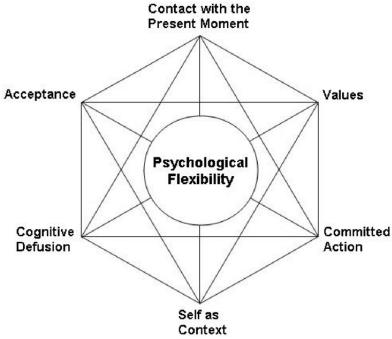
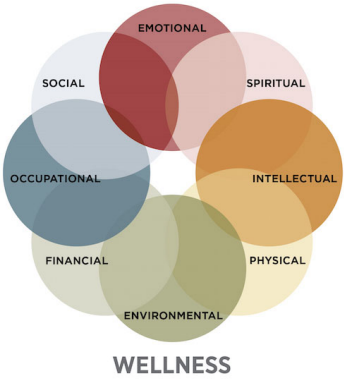
- Herbert Benson
  - Mind Body Medicine
    - Effects of stress on blood pressure
    - Transcendental Meditation practitioners
- SMART - Stress Management and Resiliency Training



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## WHOLE

- Wellness – How One Lives Effectively
- 8 week structured program
  - SAMHSA 8 Dimensions of Wellness
  - ACT – Acceptance and Commitment Therapy

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WHOLE

- Benefits
  - We don't have to pay someone else for it
  - We can develop or adapt our own exercises and demonstrations
  - We use Ted Talks, YouTube videos
  - We can change and adjust sections as needed
    - Tailor the sessions for specific group


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## Topics

- Introduction to stress Response and Relaxation Response
- Sleep; diet; introduction to ACT
- Optimism and pessimism; social connectedness
- Empathy; Finding meaning and purpose (values)
- Creating a supportive environment; introduction to cognitive defusion
- Physical activity; automatic thoughts and thought distortions; Imposter phenomenon
- A balanced life; Creativity; Humor
- Making a plan; SMART go


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## WHOLE

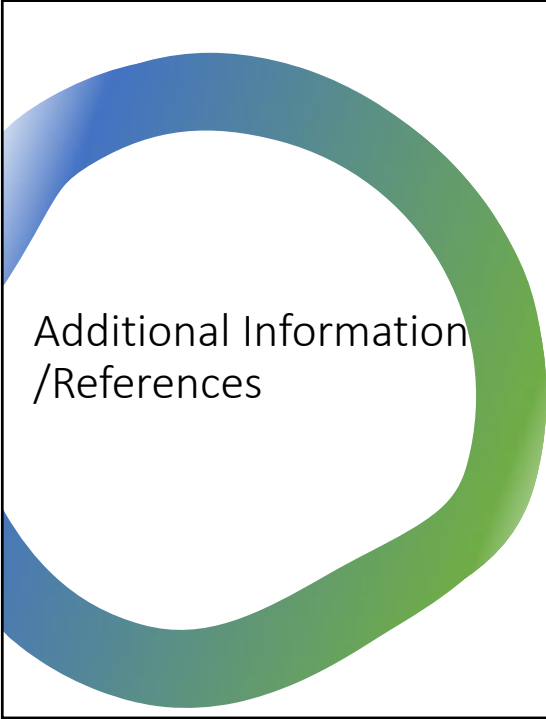
- Scott Scholars
- 1<sup>st</sup> year Psychiatry residents
- Nebraska Promise Nursing students
- Oncology Survivor Group
- HRSA grant (CON)
  - **Project Goal.** Deliver resiliency-based interventions and resources to reduce and address burnout, suicide, and mental health conditions in nursing students (undergraduate and graduate), as well as practicing registered nurses (RNs) and advance practice registered nurses (APRNs) working in rural and medically underserved areas.

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## Questions/Comments

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## Additional Information /References

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- Yeongsuk Song, Ruth Lindquist, Nurse Education Today Volume 35, Issue 1, January 2015, Pages 86-90
- 4. Mindfulness for children in public schools: Current research and developmental issues to consider
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