

Emotional Resilience

Self-Maintenance

The present state of affairs

Stress Depression

- Percentage of Americans that experience at least one symptom of stress increased to 80% in 2017
- Physical and emotional symptoms
 - Headache 34%
 - Overwhelmed 33%
 - Nervous or anxious 33%
 - Depressed or sad 32%

Werneburg, B. L., Jenkins, S. M., Friend, J. L., Berkland, B. E., Clark, M. M., Rosedahl, J. K., & ... Sood, A. (2018). Improving Resiliency in Healthcare Employees. *American Journal Of Health Behavior*, 42(1), 39-50. doi:10.5993/AJHB.42.1.4

Work Stress

- Gallup (2012) survey on self-reported stress at work suggests:
 - 56% thriving
 - 41% struggling
 - 3% suffering
- Almost 50% of people are going through a major life stressor

(Lloyd et al 2016)

Student population

- Anxiety over grades, fear of failure
- Blaming of faculty
- Lack of accountability
- Lower academic standards
- Increased handholding
- <https://www.psychologytoday.com/us/blog/freedom-learn/201509/declining-student-resilience-serious-problem-colleges>

Student stress

- 33.9% moderate to high level of stress in 227 nursing students
- Between 2009-2015 students visiting counseling centers up 30%
- In 2017, 40% of college students were so depressed that it was difficult to function.
- In 2017, 61% of students felt overwhelming anxiety

<https://www.sciencedirect.com/science/article/pii/S2452301117300305>

<http://time.com/5190291/anxiety-depression-college-university-students/>

Consequences

- Emotional numbness
- Burnout
- Quitting
- Bottling
- Ruminate
- Perseverate
- Medicate
- Seek help

Sometimes
life gives you
lemons...



People might
tell you....



People might
tell you....

WHEN LIFE
GIVES YOU LEMONS
Make
Margaritas!

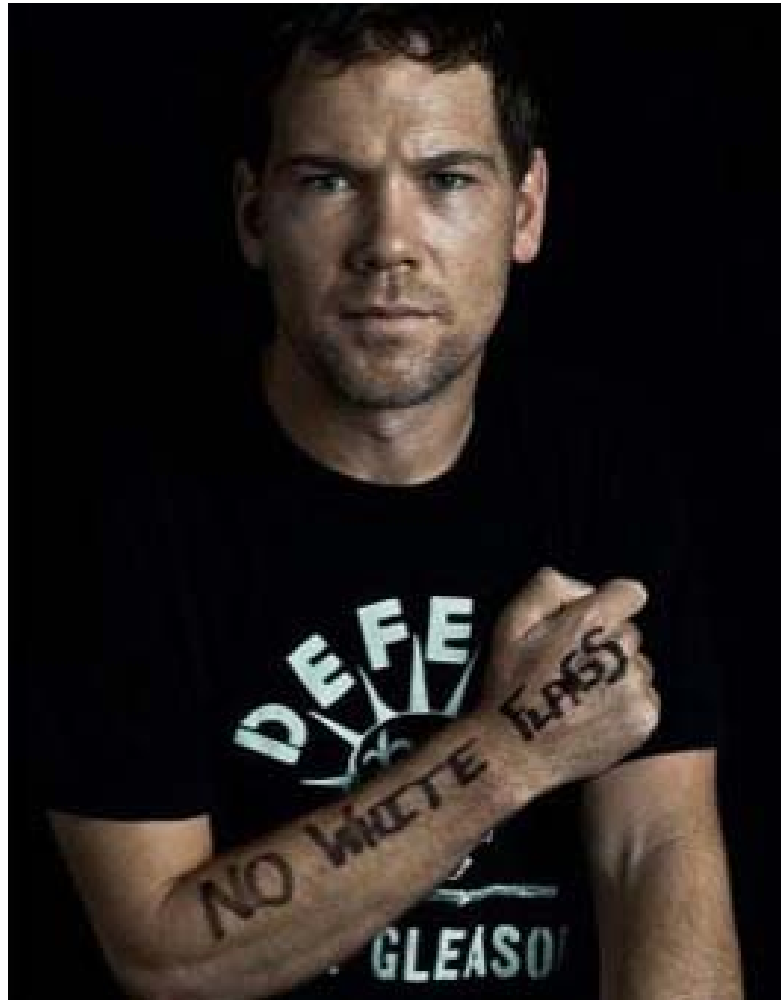
This seminar
tells you....

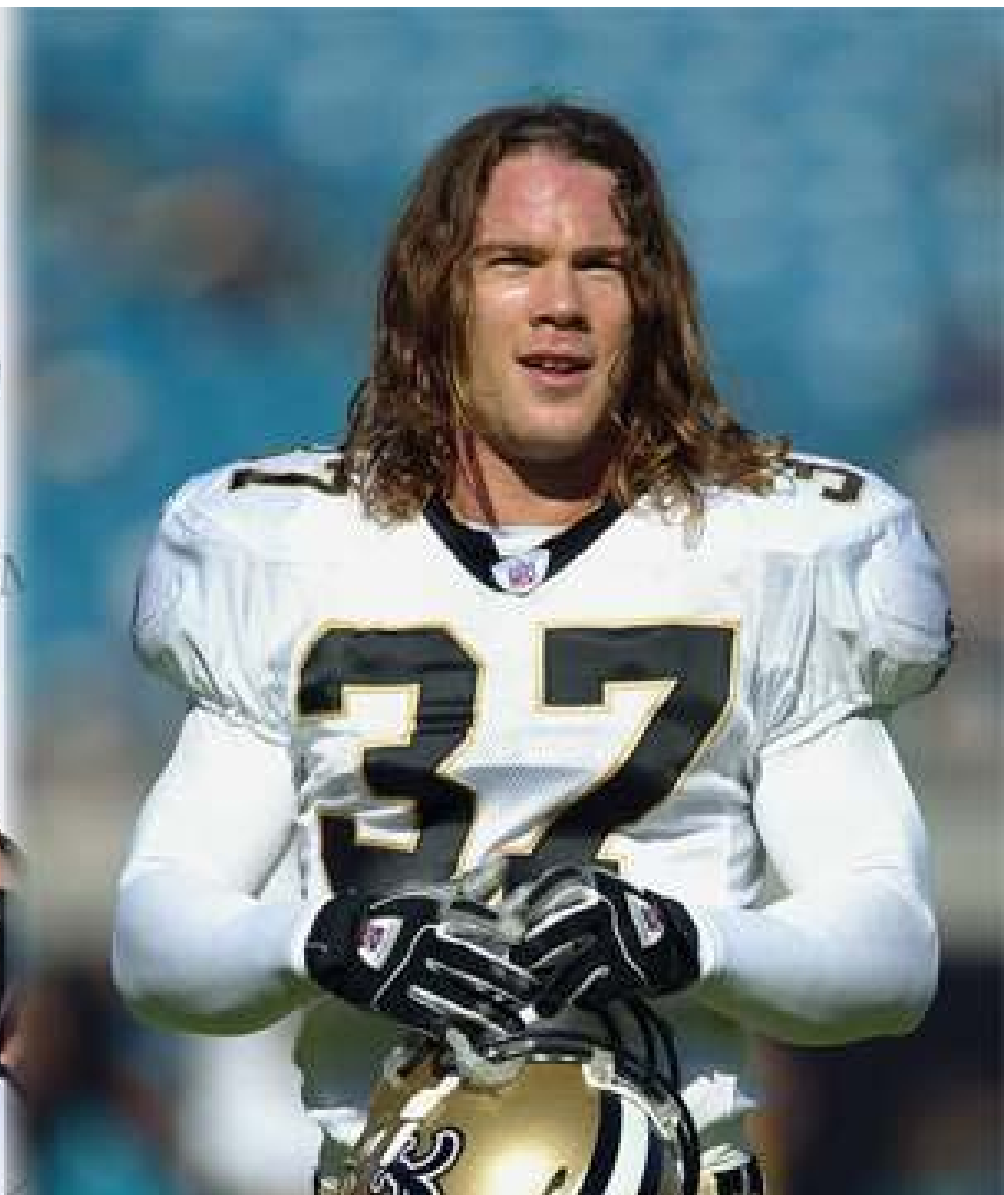
- Being positive is an option, but not the only option
- Negativity can be valuable
- Negativity can be life changing if managed well
- ***You don't have to make lemonade***





“You cannot find
peace by
avoiding life”





Gleason



Life threw him a BIG lemon

- How did he get through it?
- How do we manage negative events?
- How do we manage negative emotions?
- How can we help others?



Resilience, Perseverance, and Grit

Resilience: bouncing back, adapting

Perseverance: steadfastness to mastery
of skills

Grit: passion for long term goals,
persisting despite setbacks with a
growth mindset

Selwyn M., V., & Adrienne L., V. (2018). GRIT and Resilience: Keys to the Development of the Halsted Resident in the John Cameron Era. *Annals Of Surgery*, (2S Suppl 2), S22. doi:10.1097/SLA.0000000000002530
Book: Grit by Angela Duckworth

How can I find out about myself?

- RSCA: Resiliency Scale for Children and Adolescents
- RSYA: Resiliency Scale for Young Adults, 50 items
- Emotional Agility: <http://www.susandavid.com/ea-quiz/>
- Resilience: <https://www.mindtools.com/pages/article/resilience-quiz.htm>
- Grit: <https://angeladuckworth.com/grit-scale/>

Emotional Resilience

Ability to overcome

Thrive despite obstacles

Increases with age

Older-more open to negative
stimuli

Requires
Whole
Systems
Thinking

Shift from reactive to
preventive

Removing social stigma

Vision, mission, policies and
culture

Behaviors

ER is NOT

Ignoring or dismissing
negative responses

Put emotional responses
in context: build your
emotional dictionary

Why are
classes in
emotional
resilience
needed?

When you feel negative, how do you handle it?

How quickly do you bounce back from negative events?

Do you process the negative emotions or do you try to drown them with positivity?

Why are classes in emotional resilience needed?

When people are stressed social niceties are ignored

Varying levels of emotional intelligence

Work and life stressors

Emotional rigidity



Allow yourself to feel the
emotion

Cost of emotional suppression

Increased risk of depression

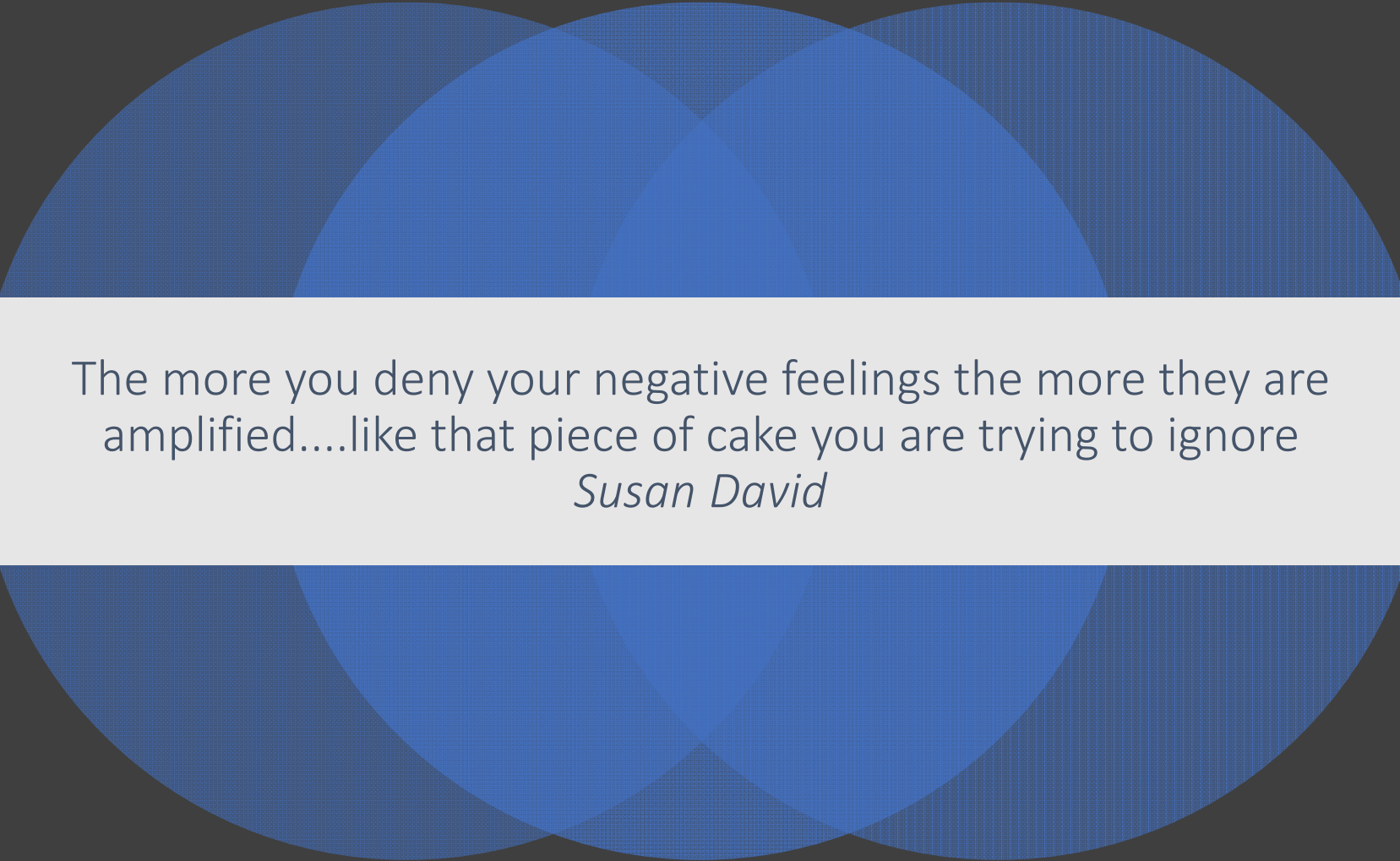
Relationship quality suffers

Emotional well being and self esteem
suffers

Compromises responsiveness to others

Energy draining

Le, B. M., & Impett, E. A. (2016). The Costs of Suppressing Negative Emotions and Amplifying Positive Emotions During Parental Caregiving. *Personality & Social Psychology Bulletin*, 42(3), 323-336.
doi:10.1177/0146167216629122

The background of the slide features three overlapping circles in a horizontal row. The circles are a medium blue color and are set against a dark gray background. The circles overlap in the center, creating a darker blue triangular region. A light gray horizontal band runs across the middle of the slide, containing the text.

The more you deny your negative feelings the more they are
amplified....like that piece of cake you are trying to ignore

Susan David

Joseph LeDoux
says....

“The emotions are responses to the situations people find themselves in. It's not their fault. These are natural ways of coping with the experience. Fear and anxiety, for example, alter us to threats to our well being and signal that we need to protect ourselves. When we use this information to actively cope with the situation we end up with better outcomes than when we passively respond and wallow in the emotion”



Emotions are not *you*.

Emotions are *data*.

Susan David

Don't battle
the branches

Get to the
deeper root

Hit pause or stop

Turn off all the distractions
(they might be a self
defense mechanism)

Don't battle
the branches

Get to the
deeper root

What does the emotion make you feel physically and mentally? Name the emotion.

Accept your emotion and listen to it speak to you

Ask yourself questions about the emotion. What do these emotions tell me about my values?

Accept the difficulty of the emotion and that you might not have the answer *right now*

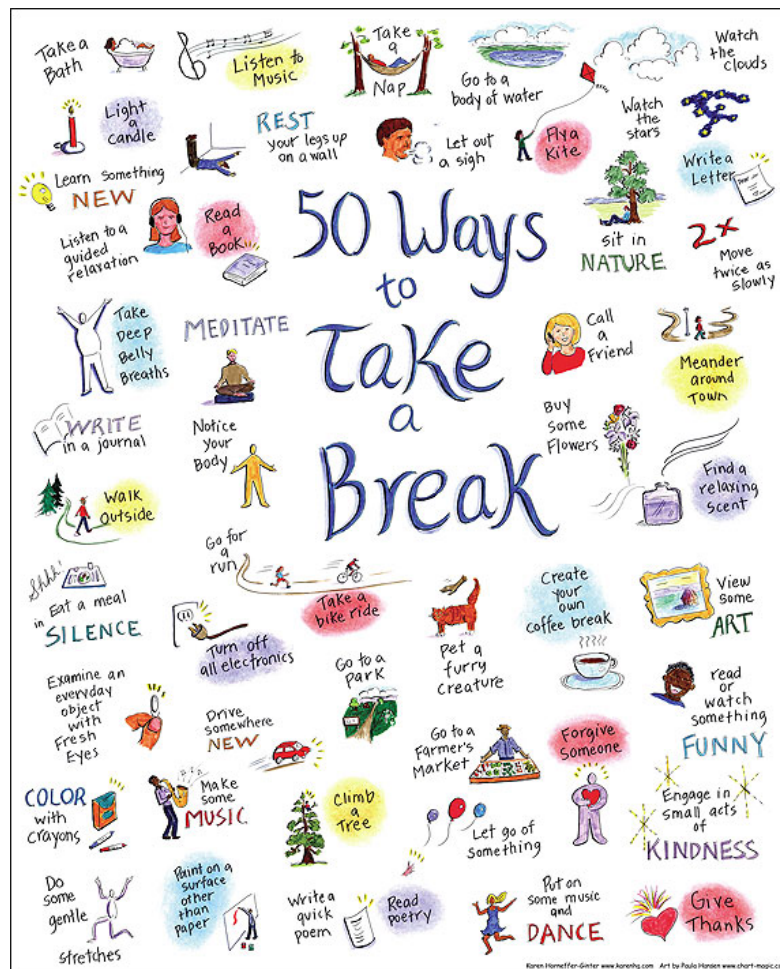
Self Care

How do you fill your cup?

Take a break: music, writing,
breathing, walking

Remove the stigma of getting
help

Gratitude



www.fullcupthirstyspirit.com/includes/50-ways-to-take-a-break-printable.jpg

Self Care

Self-compassion

Maintain your sense
of humor

Don't marry one style
of coping

Surround
yourself with
awesome
people



Conclusion

- Resilience is something that can be developed
- Be mindful of your emotions
- Self-care
- Respond to them in a productive manner

Resources

- Psychological first aid <https://makeitok.org/>
- Full Cup, Thirsty Spirit
<https://www.youtube.com/watch?v=cJrDzF3wNFc&feature=youtu.be>
- Emotional Agility, Susan David
- Grit, Angela Duckworth
- Susan David's TED Talk
https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage