

Wellness: Resilience

1. Module 3

1.1 Wellness Matters



Notes:

Wellness Matters

Personal and Professional Resilience

Northeast and Caribbean MHTTC Network at Rutgers University

2019

1.2 Introduction



Notes:

In the field of mental health, we often experience difficulties and challenges at work. How we respond in those times can either help us bounce back, or add to our stress. In this third and final module, you will learn more about

your strengths and how to build and apply them to difficult situations you may face in the future. Enhancing your resiliency will help carry you through challenging personal and/or professional times.

1.3 About



Notes:

Welcome to the third course in this series of three on wellness for mental health professionals! I am glad you could join me as we talk about the topic of resilience.

There are three modules in this series, each taking approximately one hour. Each module contains content focusing on different areas of wellness and self-care to consider, along with resources, multimedia, reflective opportunities and assessments. You can take the modules in any order, however, it makes the most sense to start with Module 1, Self-Care. This is module 3, the last in the series.

Progressing through the modules is straightforward. There are links at the top area for Resources, a transcript and to Exit the course. You can pause the audio at any time. Printed instructions can be found in the Resource section of the module.

1.4 Objectives



Notes:

By participating in this self-paced learning module, you will be able to:

- describe personal and professional resiliency
- assess self-care practices to promote resilience
- identify strategies to flourish in personal and professional space
- create a personal mission statement

1.5 Resilience



Notes:

Resilience means we can meet challenges that are coming towards us with a positive attitude and the self-assurance we can address issues. If we get a new responsibility at work, or decide to go back to school, having confidence we can tackle these challenges will increase our resilience. Strategies to build resilience include trying new ways to face difficult situations, using personal strengths and skills to prevent problems or at least minimize them as they arise and finally, reframing the difficult situation as an important learning experience.

1.6 Resilient Mental Health Provider

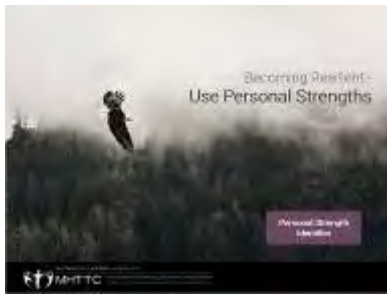


Notes:

Just like any other attitude, being resilient depends on developing certain skills and abilities. Resilience relies on our ability to accept a situation and focus on the positives, rather than wishful thinking or blaming ourselves or others. Being solutions focused can also improve our resilience, because we can highlight what we can change during a challenge, not on the things we cannot change.

Related to finding solutions is setting goals and tracking the achievement of those goals to mark progress and forward movement. Believing in ourselves and having self-confidence builds our resilience because we begin to see ourselves as capable of managing any situation that arises. Being resilient also means being able to regulate our emotions. If we are feeling angry or sad about something, it is important to manage those emotions so that emotion does not control our lives and interfere with our daily life. We can also rely on our social supports and relationships with others to help support our resilience.

1.7 Strengths



Notes:

One way to be more resilient is to use your personal strengths. You can remind yourself of what you are good at or utilize the strengths you have to help you overcome challenges. For example, if humor is one of your strengths, you might spend some time at a comedy club or making your friends or family laugh to enjoy yourself to get some perspective on your day. Not sure exactly what your strengths are? Click on the Personal Strength Identifier to find out.

<https://www.viacharacter.org/>

1.8 Measure Resilience



Notes:

How resilient are you? Find out more about yourself by clicking on the computer screen below.

http://www.resilience-project.eu/uploads/media/self_evaluation_en.pdf

1.9 Practical Action



Notes:

Click on the circles to explore practical actions to build your resilience. Explore more resilience building activities on the following slide.

1. Create a resilience plan to identify your strengths and how to enhance your resilience at work or in your personal life. Be creative! You might consider simple steps such as spending a few minutes breathing at work, eating a healthy lunch, taking a tai chi class or even signing up for swimming classes.
2. Journaling about a specific issue to get your thoughts and feelings out on paper.
3. Finding the “silver lining” can help to reframe a difficult situation.
4. Finally, gaining a different perspective about a difficult situation can be helpful.

1.10 Resources for Actions



Notes:

Explore these resilience building activities by clicking on the thumbnails on the left.

Perspective (Slide Layer)



https://ggia.berkeley.edu/practice/gaining_perspective_on_negative_events

Silver Lining (Slide Layer)



https://ggia.berkeley.edu/practice/finding_silver_linings

Expressive Writing (Slide Layer)



https://ggia.berkeley.edu/practice/expressive_writing

1.11 Flourishing



Notes:

Flourishing is a term from positive psychology that is related to growth, and there are typically three elements to flourishing- enhanced functioning at the psychological level, positive feelings and social functioning.

Dutton et al say flourishing in the work context means being engaged and motivated while focusing on growing and learning. Flourishing at work means developing a sense of positive work identity, being confident in your abilities and having good self-esteem. Using your creative side is also helpful for flourishing. Check in with yourself and the beliefs you have about your abilities to improve.

Flourishing involves developing a strong focus on the positive events at work and home, and cultivating positive emotions like gratitude, joy and satisfaction.

Are you curious about how you are doing with flourishing? Take an

assessment on flourishing and explore resources on the following slide.

1.12 Resources on Flourishing



Notes:

Click on the resources on the left to deeper explore the topic of flourishing and self-esteem.

Self-Esteem (Slide Layer)



<https://ideas.ted.com/5-ways-to-build-lasting-self-esteem/>

Youtube Video (Slide Layer)



<https://www.youtube.com/watch?v=l5wyBxqDTDs>

Assessment (Slide Layer)



<https://www.midss.org/sites/default/files/fs.pdf>

1.13 PERMA



Notes:

Martin Seligman is one of the founders of positive psychology and has

studied what makes people have more fulfilling lives. He developed a great way to think about flourishing. The PERMA model is a general overview of what helps people grow and flourish in all areas of life, both professional and personal.

Striving to focus on positive emotions and good events will contribute to flourishing.

However, as Seligman notes, for some of us, natural cheerfulness is not a part of our personality, and that is perfectly fine. However, it does mean we may need to be more conscious of our attitudes. Sometimes, we might have to stretch ourselves a little to focus on the positive and reframe difficulties in our lives.

Explore the aspects of PERMA by clicking on the tabs. Explore additional information under Resources.

Positive Emotions

Positive emotions or trying to be optimistic is sometimes a choice we have to work on. Some of us are not born as naturally positive people, but that does not mean we cannot gently reframe our thinking throughout the day to remind ourselves of the positives at work or home. There are actually strategies we can use to build our positive emotions. For example, you might identify an area of life you would like to feel more positively about, and then specifically try to focus on the positives in that area. You could make a list of a few things that are positive about working with a difficult client such as “I have an opportunity to practice my clinical skills today” or “This client has a lot of energy and is motivated to get a job”. Another strategy is to use that self-care break we talked about in earlier modules to notice your thoughts and practice making them more positive.

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

Engagement

The next step for flourishing is to be engaged in activities that use our natural strengths to address challenges and completely engross us in the moment. Sometimes this feeling is described as “flow”, a term developed by Mihaly Csikszentmihalyi. Flow happens when we are completely lost in work

or in a task we are enjoying and which uses our natural abilities, stretches us a little bit, and where we completely lose track of time. There are several strategies to improve engagement and flow at work. The first is to really notice the actions you take. As you identify an action ask yourself how you might do this better or more efficiently, and what you could do to make the action more meaningful for you. When you are truly engaged, the task should be challenging enough but not completely frustrating. Lastly, try to see the task as pleasant and something you enjoy and take pride in. Engagement and flow take practice, but the reward is enjoying the work you are doing.

<https://www.youtube.com/watch?v=8h6IMYRoCZw&feature=youtu.be>

Relationships

Social relationships can also support flourishing both at work and in our personal lives. These are close relationships to other people that make us feel connected and cared about when we spend time together. There are many benefits to relationships including networking, stress management, being introduced to new ideas and practices and of course, having fun. Connecting with others at work can also be very helpful to our flourishing. You might consider thinking about opportunities to collaborate with your co-workers to build your team and your connections with others, and maybe even solve a tough work problem. To fully flourish, spend time with the most important people who you trust and share your thoughts and feelings with. To strengthen connections, send a thank you in person, by email or by letter.

https://greatergood.berkeley.edu/article/item/how_your_relationships_can_bring_out_the_best_in_you

Meaning

Recognizing the meaning or sense of higher purpose in the work we do is an important element in flourishing as well. As mental health professionals, we often come to this work with a sense of higher purpose, and staying focused on the reason we are in this field can support our self-care. It can be helpful

to remind yourself every day that you are making a difference, and the work you do is very important to making the world better. Another suggestion is to join a group or volunteer with an institution that works to make the world a better place such as a political group, religious institution, advocacy or community group.

<https://www.youtube.com/watch?v=4nF2C9Ljapc&feature=youtu.be>

Achievement

Finally, regularly achieving goals and moving forward with our ambitions can give us a sense of accomplishment, which is also necessary for a sense of flourishing. Everyone has things that they would like to accomplish. Some people set goals using the SMART strategy (specific, measurable, attainable, realistic and timely goals), and break down each goal into timelines and tasks. Other people use computer software or apps to help achieve goals. It really does not matter how you reach your goals, but it does matter that you identify what they are and are making progress towards them. It is also important for flourishing to celebrate your achievements and recognize the good work you have done.

https://www.youtube.com/watch?v=iK6K_N2qe9Y&feature=youtu.be

1.14 Mission



Notes:

One successful strategy to help mental health professionals thrive in their professional and personal lives is to create a personal mission or vision statement. Working with people who are in pain or have experienced physical or emotional

violence is very hard and can wear on our sense of self and wellness. Focusing on meaning and reminding ourselves daily of why we do what we do can build our resilience and help us thrive. Consider putting together your own personal mission/vision statement. Resources to help you are on the following slide and in the Resource section of this module.

1.15 Resources Mission Statement



Notes:

Explore these resources for writing your own mission or vision statement. Others can be found in the Resource section of this module.

Personal Vision Notebook (Slide Layer)



<https://www.jmu.edu/osarp/programs/Mentor/Mentors/MissionStatementResources/mission-creation-Senge-Covey.pdf>

Writing a Personal Mission Statement (Slide Layer)



<https://www.youtube.com/watch?v=LT9IsCISXCI>

Personal Vision (Slide Layer)



<https://www.youtube.com/watch?v=0iga0QRny4s&feature=youtu.be>

1.16 In Closing - SJ



Notes:

Take the time to watch this powerful, inspiring narrative by Samantha Johnson, a contestant on America Has Talent as she verbalizes her commitment to thrive and

flourish by developing her talents and strengths. Are you ready to do the same?
<https://www.youtube.com/watch?v=t-azpog0DsU>

1.17 Reflection



This is an activity where the user drags items from the left to the right.

The question is:

Which of the following strategies can you commit to survive and thrive? Identify the top 7 strategies you can improve upon by dragging the items from the left to the right.

| Drag Item |
|--|
| Take Lunch Breaks |
| See a counselor or therapist |
| Spend time with friends |
| Take vacation without your work |
| Get regular supervision from mentors and peers |
| Laugh More |

| |
|--------------------------------|
| Write a Mission Statement |
| Connect to your spiritual self |
| Separate home and work |
| Blow off steam |

Notes:

In closing, we talked about self-care, building resilience, thriving and flourishing. Now it is your time to make a commitment to yourself. Think about your actions to flourish and thrive. Upon reflection, which of the following strategies on the left do you do presently, or can commit to improve upon? Click and drag 7 strategies from left to right. Now is your time to thrive and flourish!

1.18 Exit



Notes:

Thank you for taking part in this third module of the Self-Care for Mental Health Professionals online course. By taking some time to build your resiliency to bounce back from difficult situations, you are giving yourself strength, confidence and recognition of your accomplishments. Also, a personal mission statement may

be helpful to remind you of your unique talents and strengths.

Good luck on your journey and I wish you strength and thriving in your work!