

# Building Resilience



**Canadian Mental  
Health Association**  
Waterloo Wellington

**Association canadienne  
pour la santé mentale**  
Waterloo Wellington

# Land Acknowledgement



# About the Presenter

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# Content

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## Aware

What is resilience?

2

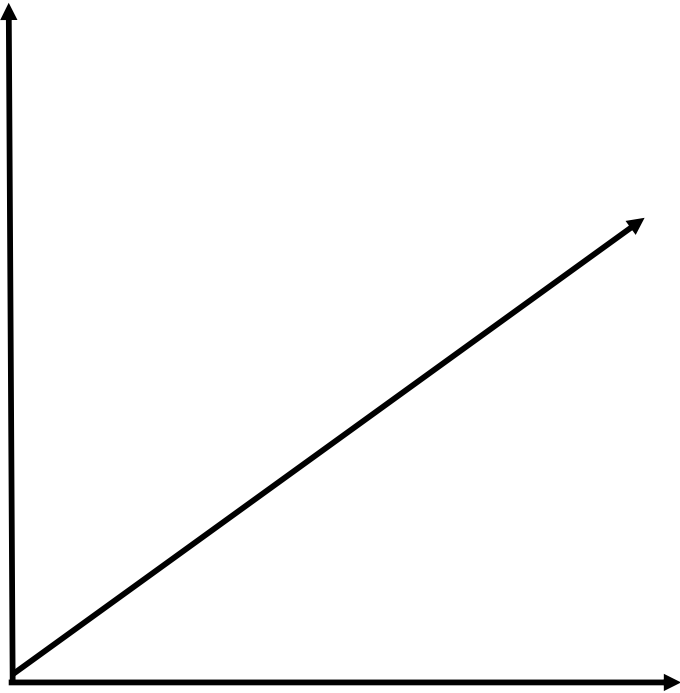
## Explore

The impact of resilience on our health and why it is necessary for a happier life.

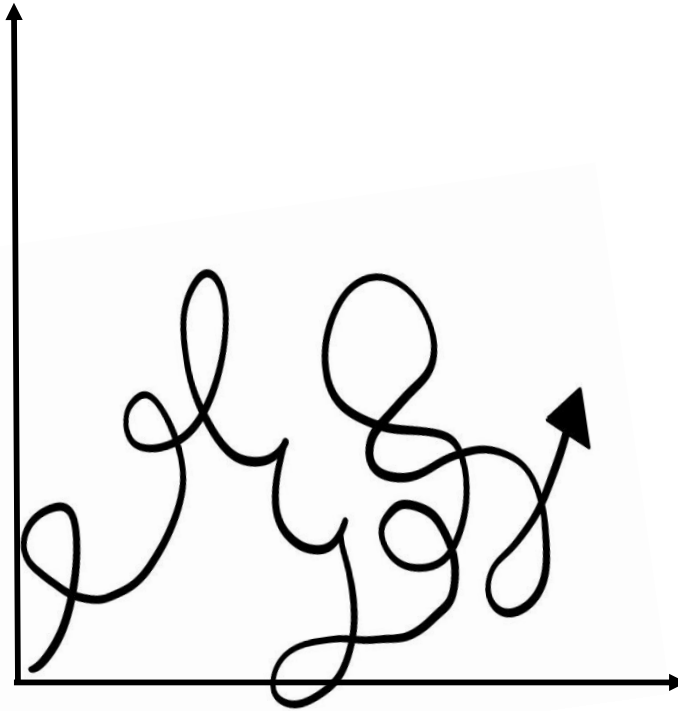
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## Act

Learn simple, effective strategies for resilience you can implement for wellbeing.



What I planned



What happened

# My Life

# Poll



# What is Mental Health?

How a person thinks, feels, and acts when faced with life situations.

Affects how people evaluate challenges and problems, explore choices, make decisions, and handle stress.

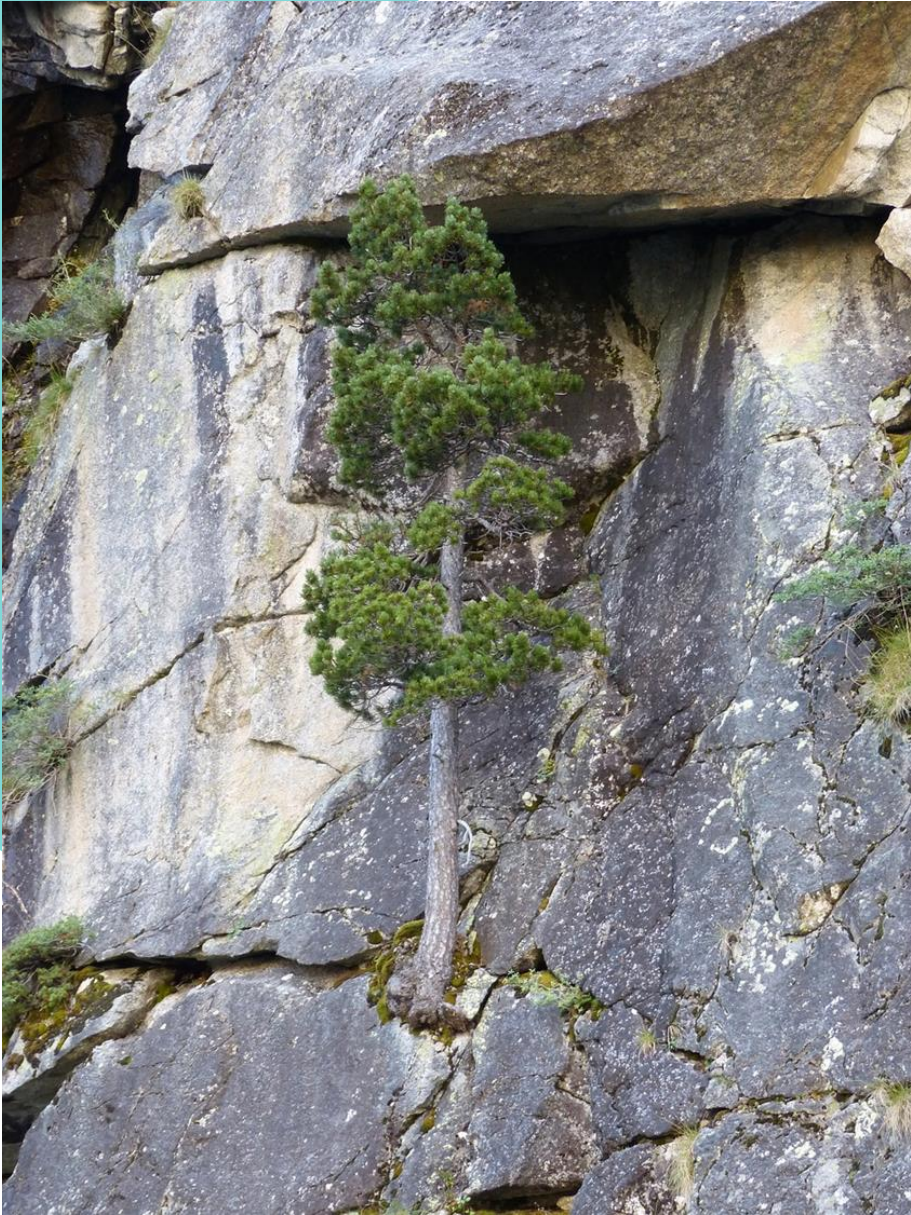
Includes how people view themselves, the world around them, and how they relate to other people.



# Poll







# What is Resilience?

Resilience is the ability based on skills, knowledge, experience, actions, and behaviour, to cope and realign from an adverse experience.

# Resilience defined...

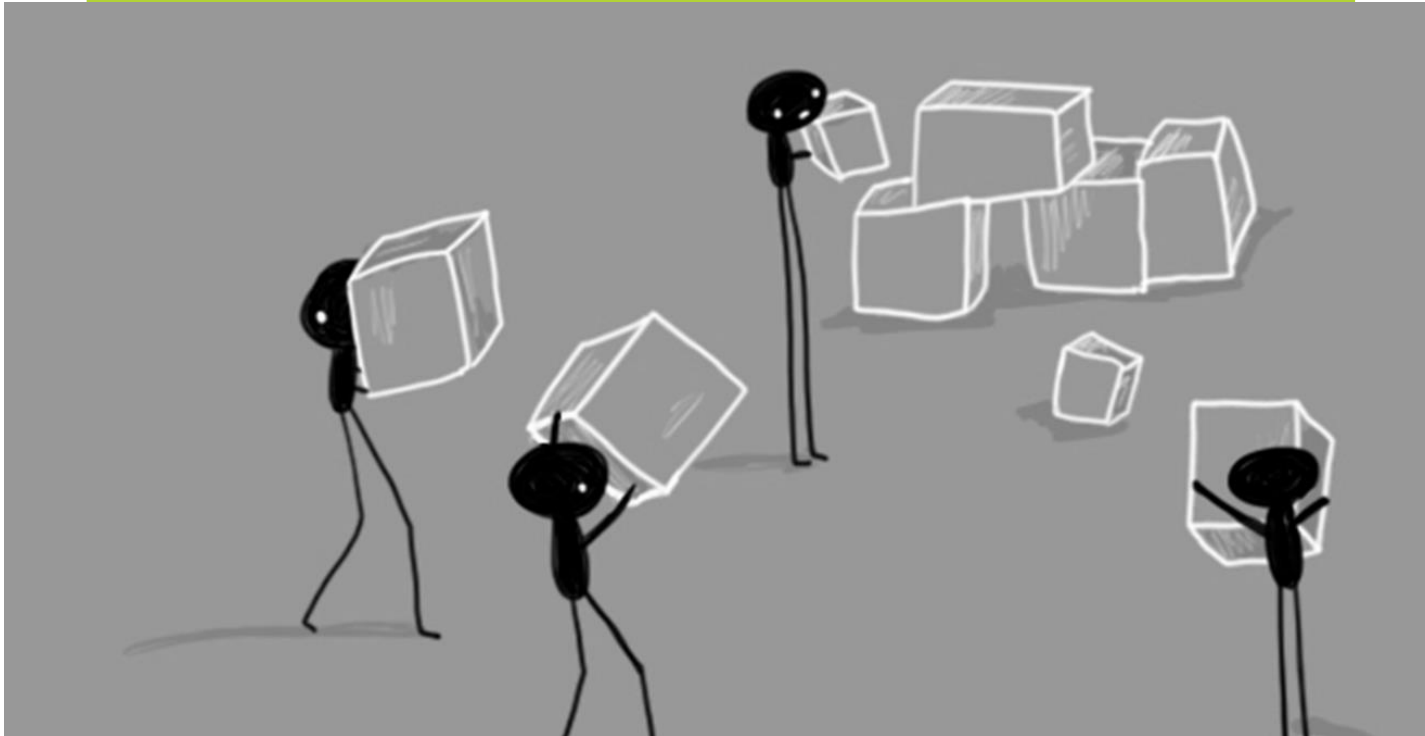
In physics, resilience is the ability of an elastic material (rubber band) to absorb energy (stretched) and release that energy as it springs back to its original shape. The recovery that occurs in this phenomenon can be viewed as analogous to a person's ability to bounce back after a jarring setback

Merriam-Webster





**How stretchy is your rubber band?**



# Building Resilience

# Resilience is not...



Grit



Tenacity



Resolve



# Benefits of 'stretching':

Increased energy & vitality

Knowing yourself

Proactivity

Knowing your boundaries

Bounce back more quickly

Accepting change as natural

Happiness

Contentedness

Empathy

Independence

Having a sense of humour

Love & compassion for others

Insight

Knowing how to ask for help

Sense of meaning & direction

Persistence

Gratitude

Handling disappointment constructively

Ability to move forward

Optimism

Problem Solving

Self-care

Thriving when challenged

Recognizing that with stress comes growth

Social support



# Why is Resilience Important?

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Less personal suffering  
Less intensity during suffering  
Decreased stress  
Improved emotional control  
Improved decision-making  
Increased well-being and mental health  
Better able to support others  
Brings peace & happiness into our life



# How will I know I need to build resilience?

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Lack of day-to-day enjoyment  
Feeling overwhelmed  
Dwelling on problems  
Use of problematic coping strategies  
Feeling victimized  
Loss of control over life  
Feeling unhappy



How do I do it?

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**“Bounce Back!” is an acronym for some of the foundational principles of resilience, specifically:**

- B** – Bad times don’t last, and things get better.
- O** – Other people can only help if you share with them.
- U** – Unhelpful thinking only makes you feel worse.
- N** – Nobody is perfect – not you, not your friends, not your family, not anybody!
- C** – Concentrate on the good things in life, no matter how small.
- E** – Everybody suffers, everybody feels pain and experiences setbacks; they are a normal part of life.
- B** – Blame fairly – negative events are often a combination of things you did, things others did, and plain bad luck.
- A** – Accept what you can’t change and try to change what you can.
- C** – Catastrophizing makes things worse – don’t fall prey to believing in the worst interpretation.
- K** – Keep things in perspective. Even the worst moment is but one moment in life.



# Devereux Adult Resiliency

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**Relationships** - The mutual, long-lasting, back-and-forth bond we have with another person in our lives.

**Internal Beliefs** - The feelings and thoughts we have about ourselves and our lives, and how effective we think we are at taking action in life.

**Initiative** - The ability to make positive choices and decisions, and act upon them

**Self-Control** - The ability to experience a range of feelings and express them using the words and actions society considers appropriate.

## What I can control:

- Being accountable
- My decisions
- How I respond to others
- How I spend my free time
- My work ethic
- Apologizing
- Doing my chores
- The friends I choose
- Being kind
- Asking for help

## What I can't control:

- The past
- What other people say & do
- Time
- Death
- Height
- Skin colour
- Sexual orientation
- If people like/love me
- The decisions of other people
- If someone else gets help



# What is getting in your way?



Negative thoughts affect our mood and emotional state.

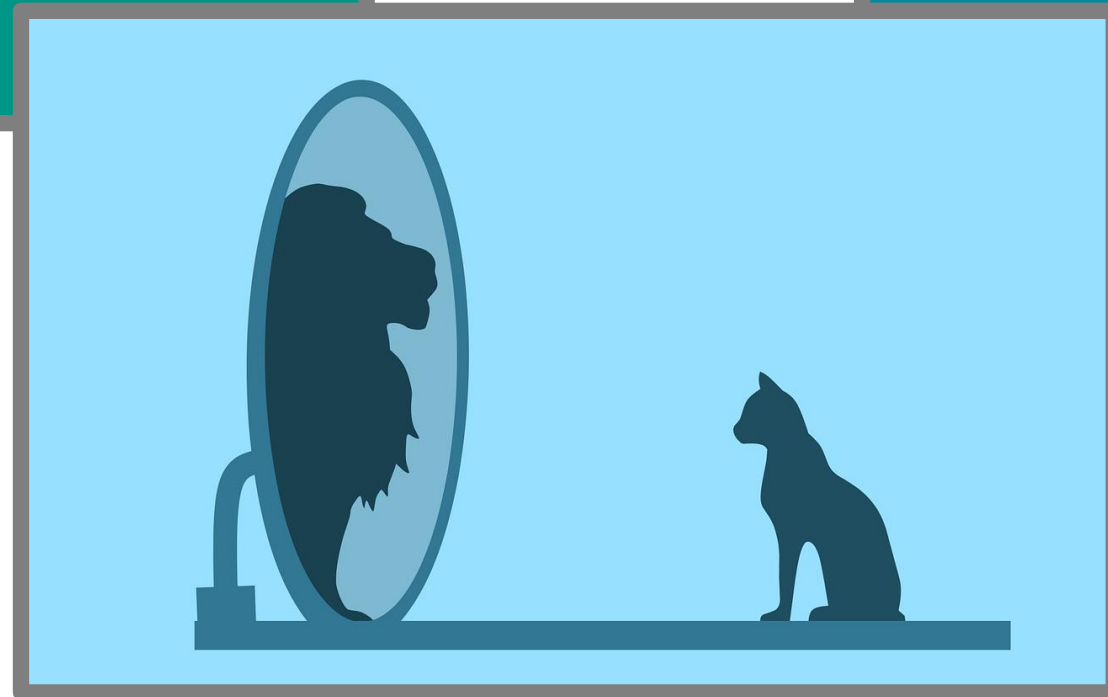
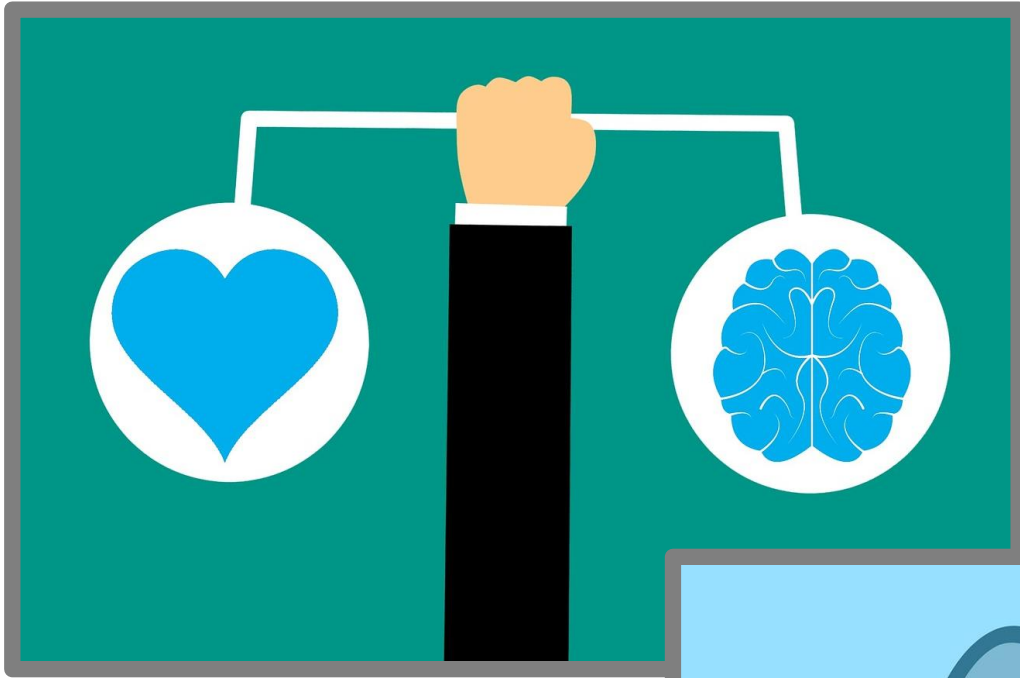
Some beliefs that are problematic or unpleasant can be a comfort.

Consequence of resigning can lead to lower mental health and sometimes mental illness.

Feelings do not define us.







# Let's make a plan!



# Resilience Building Plan

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1. Recognize Your Signs of Stress
2. Build Physical Hardiness
3. Strengthen Relaxation Response
4. Use Your Strengths
5. Increase Positive Emotions Daily
6. Engage in Meaningful Activities
7. Counter Unhelpful Thinking
8. Create a Caring Community

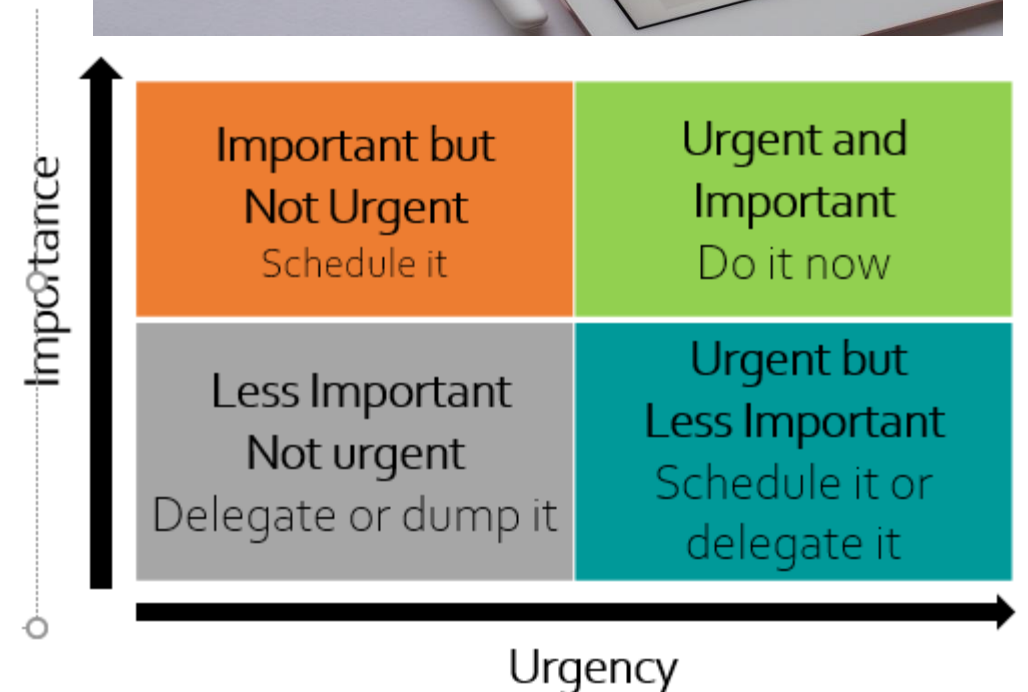




# Set Goals

# Set a Schedule

- Get into a routine-get organized
- Break your day into chunks
- Prioritize your to-do list
  - Time management
  - Learn to delegate.
  - Learn how to say “no” to stress-inducing requests that are not essential
- Keep your schedule in a planner or in lists
- Plan for breaks and self-care







You can do anything,  
but not everything.

David Allen

quotzfancy



A Venn diagram consisting of two overlapping circles. The left circle is light green and contains the text 'Self Care'. The right circle is light blue and contains the text 'Coping'. The overlapping area in the center is a darker shade of green.

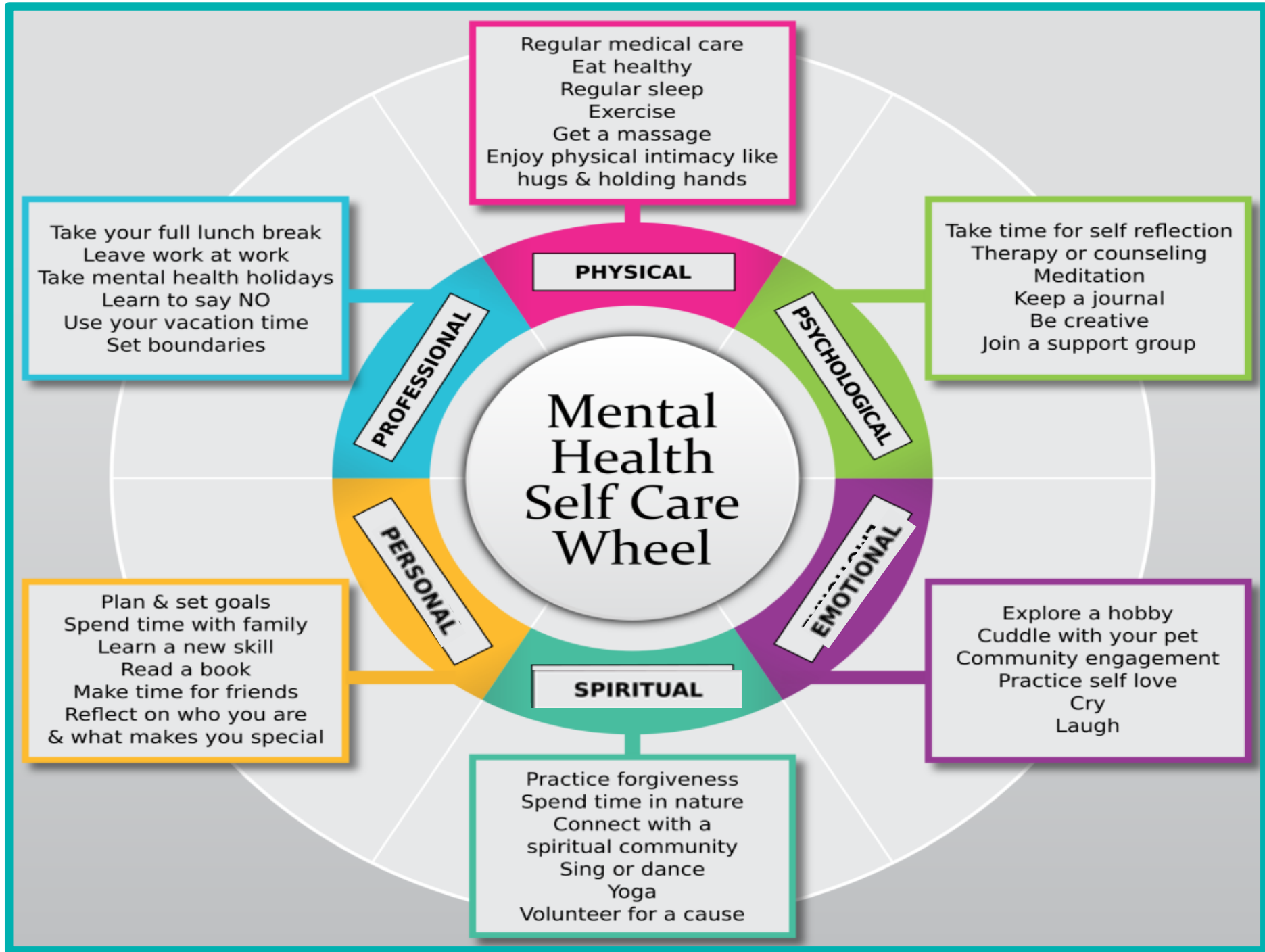
Self  
Care

Coping



# Poll





# 10 Ways to Build Resilience

**Make connections.** Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

**Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

**Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

**Move toward your goals.** Develop some realistic goals. Do something regularly -- even if it seems like a small accomplishment -- that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

**Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

**Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.

**Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

**Keep things in perspective.** Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

**Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

**Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

**Additional ways of strengthening resilience may be helpful.** For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope.

The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.



...some final thoughts



**“I’ve not failed, I’ve just found 10,000 ways  
that won’t work.”**

**Thomas Edison**







**1 844 437 3247**  
(HERE247)

**Call anytime to access**  
**Addictions, Mental Health**  
**& Crisis Services**

Waterloo-Wellington



# COVID-19: HERE4HELP

- **Here4Help.ca**

- Resources, information, and guidance to support mental health as we navigate this new and temporary normal
- Sections specific to children, youth, parents, and guardians, adults, seniors and caregivers, employees and employers, and healthcare workers.

 **BounceBack<sup>®</sup>**  
reclaim your health

A free program to help  
you tackle depression  
and anxiety.

**bouncebackontario.ca**  
**1.866.345.0224**







- **Free**, guided, self-help program, grounded in cognitive behavioural therapy (CBT) to help **adults and youth 15+** learn skills to better manage low mood, mild to moderate depression and anxiety, stress or worry
- Offers two forms of support:
  1. **Telephone coaching using skill-building workbooks** (referral needed by a primary care provider or self-referral with primary care information)
  2. **Online videos** provide practical tips at: [bouncebackvideo.ca](https://bouncebackvideo.ca) (access code: [bbtodayon](https://bbtodayon)) (no referral needed)
- Participants are contacted within **5 business days** of referral being submitted
- Telephone coaching available in **multiple languages**
- **No travelling required.** Participants receive support in the comfort of their home at a time that's convenient for them

For more information, visit: [bouncebackontario.ca](https://bouncebackontario.ca).

If you're a healthcare professional seeking resources, email:

[bounceback@ontario.cmha.ca](mailto:bounceback@ontario.cmha.ca)



# Helpful Apps

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- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe. Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier

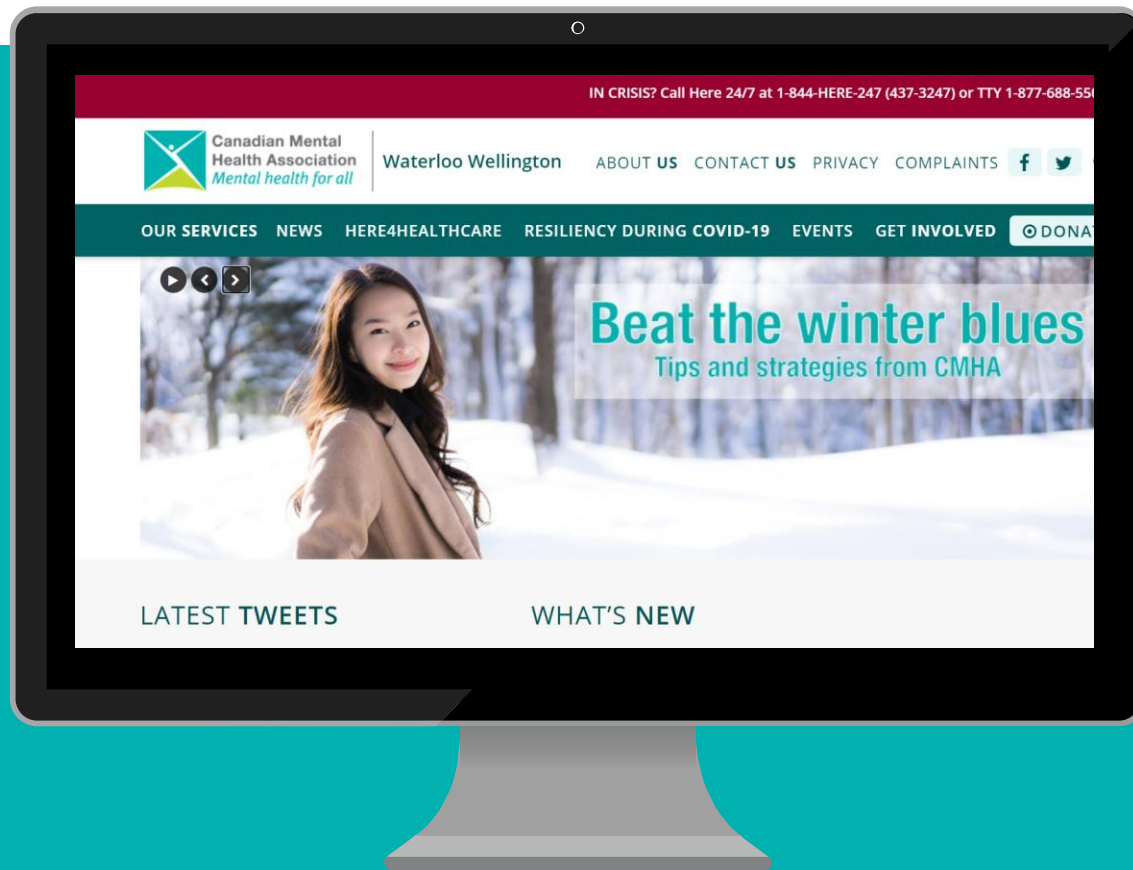
# Other Websites

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- [camh.net](http://camh.net)
- [wrspec.ca](http://wrspec.ca)
- [mentalhealthhelpline.ca](http://mentalhealthhelpline.ca)
- [mentalhealthcommission.ca](http://mentalhealthcommission.ca)
- [211Ontario.ca](http://211Ontario.ca)
- [ccohs.ca](http://ccohs.ca)
- [www.isfglobal.org](http://www.isfglobal.org)
- Wellness Together Canada | Home ([portal.gs](http://portal.gs))





Visit us online  
[cmhaww.ca](https://cmhaww.ca)

# Promoting Wellness at Work

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To book a training or webinar on topics related to mental health for your organization or place of work, including Mental Health in the Workplace, or for consultation on implementing Psychological Health and Safety in the Workplace Standards contact:

[education@cmhaww.ca](mailto:education@cmhaww.ca)

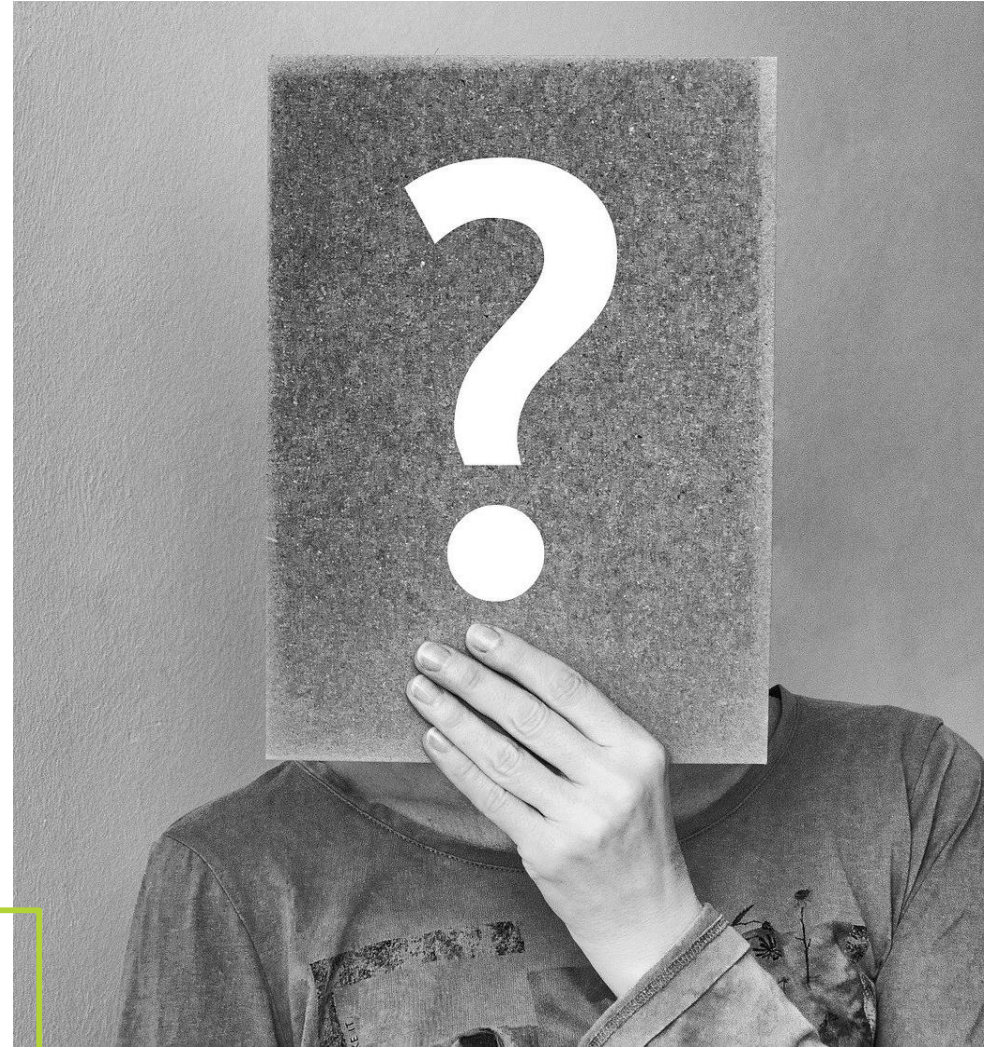
If you have questions for me around the information presented today please contact me directly at:

[jschumacher@cmhaww.ca](mailto:jschumacher@cmhaww.ca)



# Questions?

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# References

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- American Psychological Association
- Canadian Red Cross Psychological First Aid Guide
- The Building Resiliency Workbook- Luetenberg & Liptak
- Devereux Advanced Behavioural Health – Devereux Adult Resiliency Survey
- [www.KarenFitzpatrick.ca](http://www.KarenFitzpatrick.ca)
- [www.MayoClinic.com](http://www.MayoClinic.com)
- [www.PositivePsychology.com](http://www.PositivePsychology.com)
- [www.reading.ac.uk.Resilience](http://www.reading.ac.uk.Resilience) Handout
- [www.tendacademy.com](http://www.tendacademy.com)

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