



simplywell®

# Building Resiliency

---

Resiliency: What it is  
and why it's important



# AGENDA

- What Resiliency IS
- What Resiliency is NOT
- Benefits of having Resiliency
- Effects of not having Resiliency
- Positive Factors
- Strategies
- Tools and Resources
- Discussion



# Resiliency is...

The ability to rebound from a set back or challenge.

Adapting in the face of adversity, trauma, tragedy or stress.

The ability to face a challenge and see past it.

Having a strong support system.

A behavior, a thought, or an action that can be developed overtime.



## Resiliency is NOT...

Going at it alone.

The absence of difficulty, stress, pain and sadness.

A trait you either have or don't have.



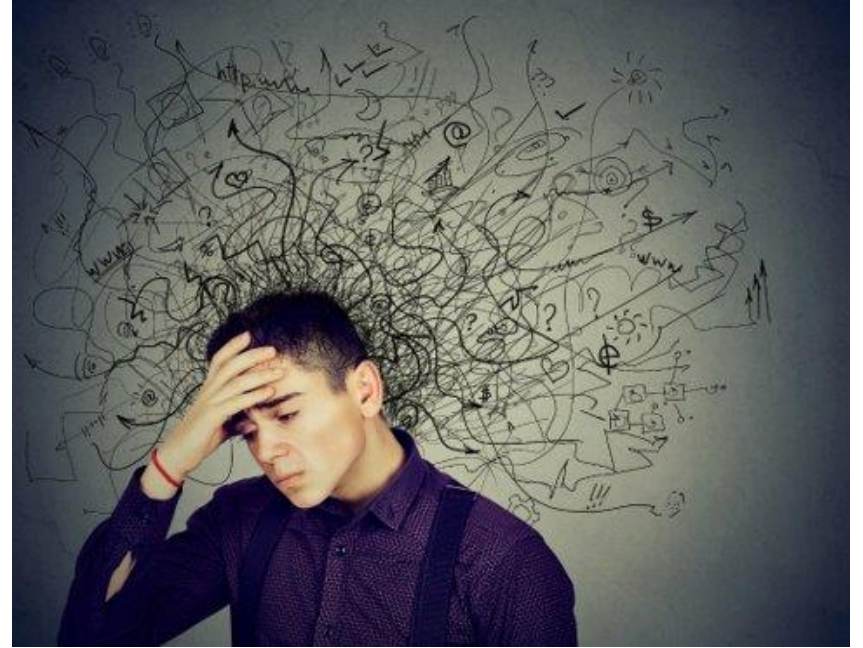
## Having Resilience Can...

- Give you the ability to handle stress.
- Help you find enjoyment in your life.
- Allow you to see past a challenge or set back.
- Guard you from mental health conditions.
- Improve your ability to cope.
- Boost your mental health.



## Lacking Resilience Can Cause You To...

- Feel victimized
- Become overwhelmed
- Turn to unhealthy coping mechanisms (Substance abuse)
- Dwell on problems



## Factors Associated with Resilience

- *Having supportive relationships inside and outside of the family.*
- Ability to make plans and carry them out.
- Positivity and confidence in yourself and your strengths.
- Communication and problem solving skills.
- Ability to manage feelings and impulses.



All of these factors can be cultivated.





## Physically Strong vs Mentally Strong



*“People who stay physically strong  
tend to be more emotionally resilient.”  
Ani Kalayjian*



# Helpguide's 6 Keys to Mental Health



# Cultivating Resilience

# Strategies

Building Resilience is personal.

Not everyone reacts to stress in the same way.

Not everyone can build resilience in the same way.

Find a strategy that works for you!



# LEARNING FROM THE PAST

- What kinds of events have been most stressful for me?
- How have those events typically affected me?
- Have I found it helpful to think of important people in my life when I am distressed?
- To whom have I reached out for support in working through a traumatic or stressful experience?
- What have I learned about myself and my interactions with others during difficult times?
- Has it been helpful for me to assist someone else going through a similar experience?
- Have I been able to overcome obstacles, and if so, how?
- What has helped make me feel more hopeful about the future?



# Become More Resilient

- **Be Flexible, Be Flexible, Be Flexible** – Understand that in life, there are challenges. Adjust your goals, and adapt to the situation.
- **The Glass is Half Full** – When you are faced with a challenge, see it as a positive experience that you can learn from. What can you do differently next time?
- **Time to Take Action** – Instead of getting bogged down with the negativity of a situation, consider creating an action plan to solve the problem.
- **Lean on Others** – Don't disconnect from family and friends when times get tough! Build your relationships and support through friends and family.
- **Have an Outlet** – Release tension and emotion by writing in a journal, drawing, meditating or connecting with a counselor.



# Become More Resilient

---

- **Find your Purpose** – Participate in activities that bring meaning to your life such as spending time with family, or volunteering.
- **Have a Healthy Lifestyle** – Exercising regularly, eating a balanced diet, and getting enough rest can all help you manage stressful times better.
- **Build Yourself Up** – Recognize the strengths you have and take pride in yourself and your abilities.
- **Laugh out Loud** – Laughter relieves stress, and keeps things in perspective. Continue to have a sense of humor!
- **Stay Positive** – Remember that most problems are temporary. Look to the future with a positive, hopeful outlook.



## Seek Guidance

***Building resilience takes  
time and practice.***

***Seek a mental health  
provider for more  
support.***





## Talkspace

"Because Allan Myers understands that some of the biggest hurdles to getting support for mental health matters are accessibility and affordability, Allan Myers is offering a new counseling benefit through Talkspace."

Allan Myers is providing one year of convenient and confidential online messaging therapy at no cost to you. Your partners and dependents (13+) are also eligible for this benefit.

To get started, visit

**[talkspace.com/allanmyers](https://talkspace.com/allanmyers) and enter keyword  
allanmyers."**



## Heart Math Coaching Sessions with Denise

The Heart Lock-In Technique helps you accumulate energy and renew and recharge your emotional system with these steps:

Step 1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Step 2. Activate and sustain a regenerative feeling such as appreciation, care or compassion.

Step 3. Radiate that renewing feeling to yourself and others.

This benefits them and especially helps recharge and balance your own system. When you catch your mind wandering, simply refocus your attention on the heart area and reconnect with feelings of care or appreciation. After you're finished, sincerely sustain your feelings of care and appreciation as long as you can.

Once you have become familiar with these steps, use the quick steps:

- Heart-Focused Breathing
- Activate a regenerative feeling
- Radiate



# Tools and Supportive Resources

Talk Space available to all Allan Myers employees and family for one year free of charge.

On site coaching support

Denise Devoe

Telephonic Coaching support

Denise Devoe 215-880-1750

Simply Well Telephonic Coaching Team

[UCLA Mindful Awareness Research Center: Guided Meditations and Podcasts](#)

[The Free Mindfulness Project: Guided Meditations and Breathing Techniques](#)



# Q & A



**thank you.**

