

# Resilience

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*presented by*

**Denver Thorpe**

**Clinical Manager**

working better together



# RESILIENCE

Resilience is a concept concerned with maintaining healthy, adaptive functioning in spite of experienced risk and stress. It refers to the capacity of individuals, groups or organisations to withstand considerable hardship and to bounce back in the face of adversity. Resilient people are robust, having the “capacity to be bent without breaking and the capacity, once bent, to spring back”

*(Vaillant, 1993, p. 248)*

**‘Resilience is common and derives from the basic human ability to adapt to new situations’**

*(Masten 2001)*

# Characteristics of resilient people

- **Seek help**
- **Build large support networks**
- **Positively reframe experiences**
- **Believe they can affect change**
- **Believe they can recover from stress & trauma**
- **Committed to meaningful goals**
- **Do not commonly use denial, disengagement to solve problems**

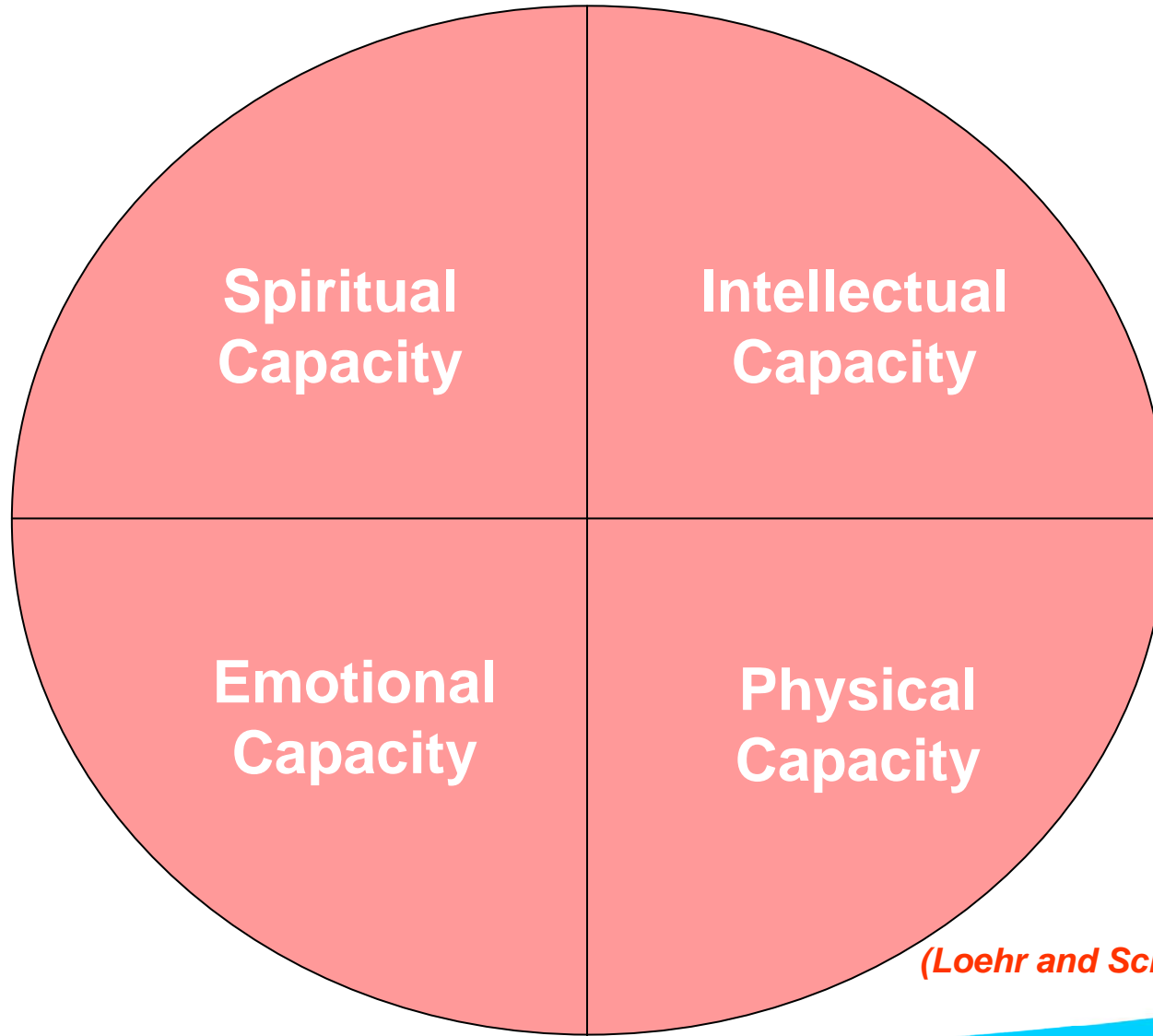
*(Kobasa, Maddi and Khan 1982)*

# Seven Characteristics of resilient people

- Emotional Regulation
- Impulse Control
- Optimism
- Causal Analysis
- Empathy
- Self-efficacy
- Reaching out

*(Reivich and Shatte 2002)*

# AREAS OF RESILIENCE



*(Loehr and Schwartz 2005)*

# RESILIENCE IS:-

**Internal connectedness**

**External connectedness**

# 10 WAYS TO BUILD RESILIENCE

1. **Make Connections**
2. **Avoid seeing crises as insurmountable problems.**
3. **Accept that change is a part of living**
4. **Move toward your goals**
5. **Take decisive actions**
6. **Look for opportunities for self-discovery**
7. **Nurture a positive view of yourself**
8. **Keep things in perspective**
9. **Maintain a hopeful outlook**
10. **Take care of yourself**

# Positive psychological training programmes

1. Instil hope
2. Build interpersonal strengths
3. Narration
4. Disputing (catastrophic and exaggerated thinking)

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