

# Resilience: A Very Short Course on Managing Hardship

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# The Meaning of Stress



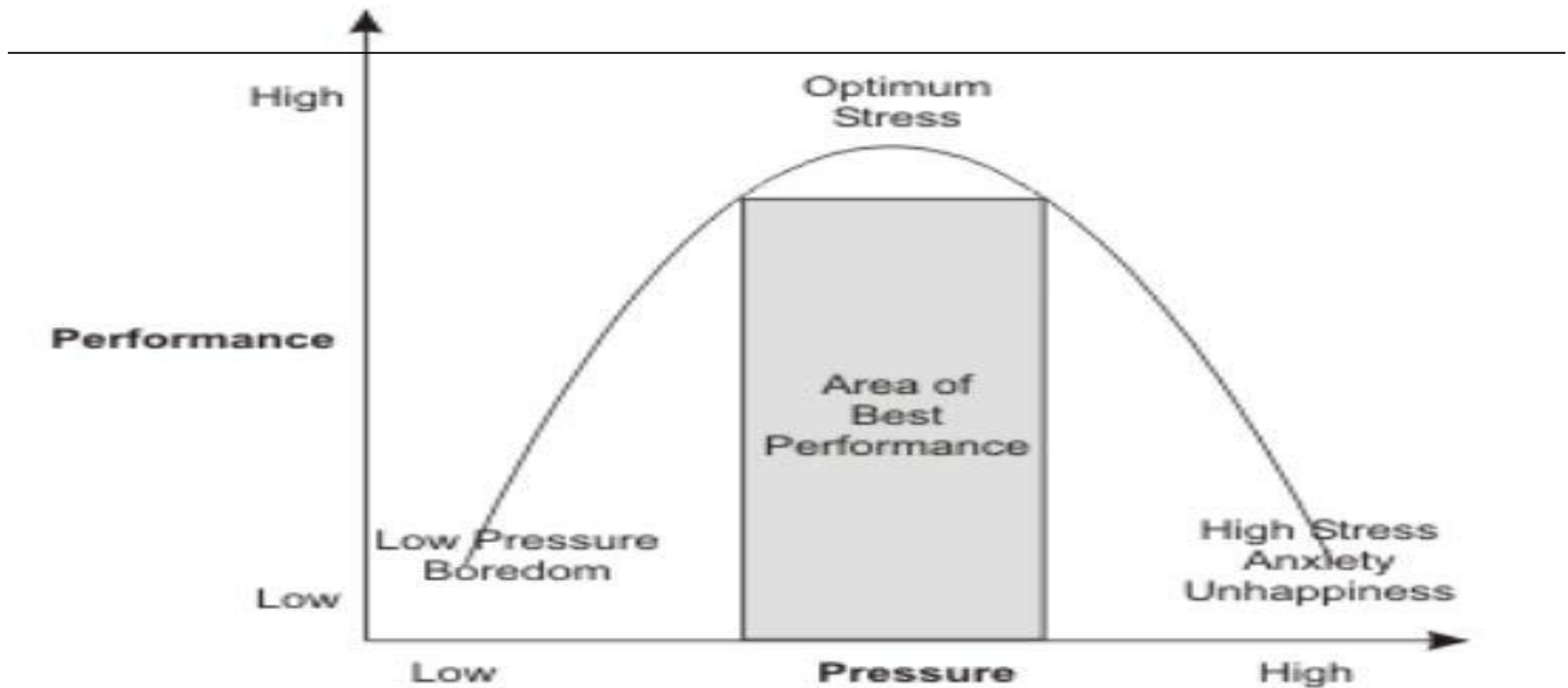
What is **stress**?

# Stress is:



- How you **perceive** and **respond** to any **demand** placed on you
- **Inescapable** and part of day-to-day living
- Stimulating and **increases** your level of **alertness**
- A **motivator** and **energizer**

# Inverted-U Graph of Stress



The Inverted-U relationship between pressure and performance

# The Meaning of Distress



What is **distress**?

# Distress is:



- An **extreme version** of stress
- Anxiety or worry that **detrimentally**  
impacts your ability to carry out normal  
daily activities

# Thoughts and Feelings of Distress



- Difficult concentrating (**forgetting**)
- Excessive self-criticism
- Worried, scared, **anxious**, irritable, depressed, reduced self-esteem
- Poor **performance**



How do you deal with  
**distress?**



## Park the Problem!

- Deciding to attend to the problem later
- Not avoiding, denying or forgetting about it
- What do I need to do to **NOW** get what I  
want?

## Thought-Stopping

- Interrupt your worry
- Visualize what works for you
  - Stop sign, scale, red light, etc.
- Stop → Relax → Positive Self-Talk



## Reframe the Problem

- Turn crisis into a **challenge or opportunity**
- Accept things that cannot be changed to reduce anxiety and distress

## Gelotology

- Study of laughter and its effects on human
- Laughing is **electrochemical**
  - **Lowers catecholamines** (fight-flight response) released by adrenal gland



## Prevention Strategies

- Physical activity, relaxation
- Social support
- Positive self-talk
- Do not let your stress tub overflow!

# How to Make Stress Your Friend



[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en)



# What is **resilience**?

# What is Resilience Continued...



“Resilience is the ability to know where, how, and when to use your energies to improve things for yourself and how to recruit help in that endeavour”.

-Brigid Daniel

Daniel, B. The Value of Resilience as a Concept for Practice in Residential Settings.  
*Scottish Journal of Residential Child Care*, February/March 2003





# Why is **resilience** **important?**

# The Importance of Resilience Continued...



Because it is rare for individuals  
never to be confronted with  
adversity or challenging  
circumstances during the  
course of their lifetime



How can we **develop**  
**resilience?**

## Developing Resilience Continued...



- Try to achieve your **goals** in small steps
- **Positive** self-regard
- **Internal** locus of evaluation/control
- **Stress management** strategies



## Chilean Mining Incident

“The story that has since emerged from the **trapped miners** is one of some despair, but also of enormour **resilience** and **solidarity**”

<http://www2.macleans.ca/2010/10/05/voices-from-the-underground/>



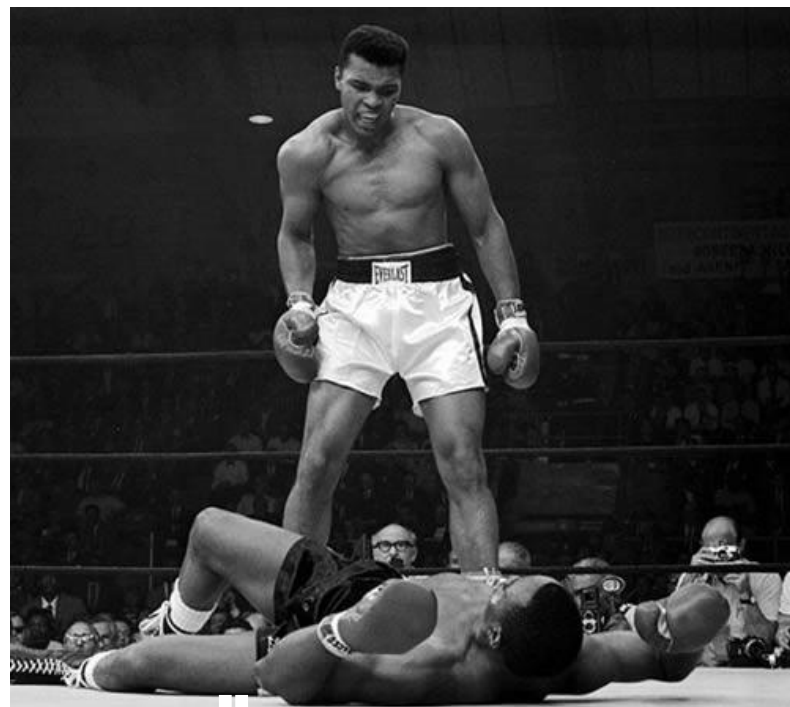
What are **your**  
**stories** of resilience?

## Quote to End



**“Inside of a ring or out,  
ain’t nothing wrong with  
going down.**

**It’s staying down that’s wrong.”**



- Muhammed Ali

# Resilience



Please write down  
**3 things** you learned  
from this module!



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