“Bouncing Back”: A Practical Approach to Building Resiliency

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Mission and Vision

The mission of The Community Coalition Alliance (CCA) is to serve as a collective voice of community coalitions working towards the health and wellness of all Floridians. By bringing together coalitions across various communities – rural and urban, similar and different, this collective allows for opportunities to leverage efforts, ideas, and opportunities. These efforts will allow members to join in CCA’s vision of communities that work together to provide Floridians a healthy, safe environment in which they can thrive.
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<table>
<thead>
<tr>
<th>Define</th>
<th>resilience and understand common myths about resiliency</th>
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<tr>
<td>Understand</td>
<td>the six Pillars of Resiliency</td>
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<tr>
<td>Learn</td>
<td>how to build and apply the basic elements of resiliency to our personal and professional lives</td>
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What is Resiliency?
Common Myths

1. Resilient people don’t show emotion and always stay composed.
2. Resilient people have it all figured out and they don’t need help.
3. Resilience is only about the individual.
4. Resilience is something you either have or you don’t.
Common Myths

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- Resilience is only about the individual.
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Resilience is messy! But resilient people know how to regulate their emotions.
# Common Myths

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- Resilience is messy! But resilient people know how to regulate their emotions.
- Asking for help is a resilient strategy.
- Resilience has to do with both the individual AND their relationships.
- Anyone can develop resilience.
The Six Pillars

- Optimism
- Self-Awareness
- Self-Regulation
- Connection
- Mental Agility
- Leverage Strengths
The Six Pillars

- Optimism
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- Connection
- Mental Agility
- Leverage Strengths
Optimism
Optimism Overview

People who are optimistic are able to:

• Find hope and remain realistic

• Identify what is controllable and focus on solutions when change is possible

• Learn from failure

• Fight their natural negativity bias

• Take better care of themselves
Specific skills that build optimism are:

• Putting things in perspective
• Using a resilient inner voice
• Gratitude journaling
Practicing Gratitude
The intentional act of acknowledging good

**Instructions**

• Write down three things every day

• Reflect in one sentence why this is a good thing

• Do this for 30 days or more
Practicing Gratitude
The intentional act of acknowledging good

Benefits of intentional, daily practice
• Healthier
• Happier
• More productive
• Sleep better
• Enjoy healthier relationships
Build resilience

• Retrain your brain

• Create balance

• Negative experiences can exist and be honored
Self Awareness and Self Regulation

People who have these competencies are able to:

• Identify their thoughts, emotions, and behaviors

• Regulate impulses and emotions to get better results

• Identify counterproductive patterns of thinking and stop them

• Express emotions appropriately

• Remain open and curious
Self Awareness and Self Regulation

Specific skills that build these competencies are:

• Goal setting
• Identifying thinking traps and hidden stories
• Mental games
• Energy management
• Stress management
• Emotional identification
Emotional Anatomy

The study of why we feel how we feel

Your uncensored and emotional **THOUGHTS** about that thing.

The **THING** that happens to you

**Emotions:** How you **FEEL**

**Reactions:** What you **DO**
Emotional Anatomy
Our thoughts drive our feelings

Your uncensored and emotional **THOUGHTS** about that thing.

The **THING** that happens to you

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Emotional Anatomy

We are not often aware of the thought

What a jerk!

Someone wrote something bad about you on social media

Feel rage

Fight with them
Emotional Anatomy

Multiple thoughts can exist

Someone wrote something bad about you on social media

- What a jerk!
- How could they?!
- People might believe it!

- Rage / Fight
- Sadness / Unfriend
- Embarrassed / Skip
Applying the Skill
The intentional act of assessing our emotions and reactions

Instructions
• Reflect after an emotional reaction and identify the thought or thoughts
• Ask yourself if your reaction served you
• Intentionally entertain additional thoughts
Applying the Skill

The intentional act of assessing our emotions and reactions

Look for thinking traps

• Beware of mind reading and jumping to conclusions

• Look for patterns that consistently show self-blame

• Look for patterns that consistently show blaming others

• Beware of “always” and “everything” thought patterns
Applying the Skill
The intentional act of assessing our emotions and reactions

Look for emotions that don’t match

- Check that your thoughts and emotions make sense together
- When they don’t, dig deeper
- Refrain from acting until you understand the hidden story
Stress
Dealing with Overwhelm

Breaking it down into actionable pieces

Step One – Brain Dump

• Write down everything that stresses you out

• Be as specific as possible (name names!)
Dealing with Overwhelm

Breaking it down into actionable pieces

Step Two – Big or Little Deal

• Will this matter in 5 years?

• Does it change my life?

• Does it change the life of someone I care about?

• Does it change a relationship I care about?
Dealing with Overwhelm
Breaking it down into actionable pieces

Step Three - Control

• Determine the level of control you have over each item
<table>
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Big Deal - Controllable

Big Deal Uncontrollable

Little Deal - Controllable

Little Deal - Uncontrollable

Suck it up.
Big Deal - Controllable

Fix it ... or not.

Big Deal Uncontrollable

Suck it up.

Little Deal - Controllable

Little Deal - Uncontrollable
Big Deal - Controllable

Little Deal - Controllable

Big Deal Uncontrollable

Little Deal - Uncontrollable

MINDSET

Fix it ... or not.

Suck it up.
Big Deal - Controllable
Take Action!

Big Deal Uncontrollable
MINDSET

Little Deal - Controllable
Fix it ... or not.

Little Deal - Uncontrollable
Suck it up.
Connection

People who have good connection are able to:

• Build and maintain strong, healthy relationships

• Use positive and effective communication strategies

• Develop empathy

• Ask for help

• Support others
Connection

Specific skills that build this competency are:

• Assertive communication

• Effective praise

• Constructive responding
Mental Agility

People who are mentally agile are able to:

• Think flexibly, accurately, and thoroughly (FAT)

• Take in other perspectives

• Identify and understand problems

• Maintain an openness to trying new strategies
Mental Agility

Specific skills that build mental agility are:

• Problem solving

• Fighting the confirmation bias
Strengths of Character

People who know their character strengths and how to use them are able to:

• Use them to overcome challenges

• Use them to reach goals

• Have confidence in personal talents and abilities

• Maintain self esteem and self value
Strengths of Character

Specific skills that build these abilities are:

• Taking the Values in Action (VIA) survey to learn your signature character strengths (SCS)

• Apply your SCS to work, school, and relationships

• Seek out opportunities to use your SCS or develop in areas of lesser strength

• Identify the SCS of leaders you admire
Values in Action

• Register for a free account

• 240 multiple-choice questions

• Go with your gut reaction

• Get results

• Ask critical questions

Taking the Survey
https://www.viacharacter.org/survey/account/Register
Taking the Survey

https://www.viacharacter.org/survey/account/Register

Critical Questions

• How do I use my Signature Character Strengths (SCS)?

• How can I lean into them more?

• What values of mine aren’t on my SCS list?

• What creates movement?

• Are my bottom five lesser strengths or weaknesses?
References


Questions?

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