

Resilience: *Adapting constructively to stress and adversity **

From "Burnout: Despair or Resiliency?"

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Factors contributing to Resilience

- Realistic Optimism
- Facing Fear
- Physical Fitness
- Brain Fitness
- Cognitive and Emotional Flexibility
- **Social Support**
- **Resilient Role Model**
- **Moral Compass**
- **Spirituality/Faith**
- **Purpose and Meaning in Life**

Realistic Optimists

- Believe in a brighter future
- Focus on problems they can solve.

Reivich and Shatte, *The Resilience Factors*, 2003

Facing fears constructively

- Focus on goal, not the fear
- Face fears with friends/colleagues/support

Southwick and Charney, *Resilience*, 2012

Brain and physical fitness

- Mental exercises (math, verbal, spatial skills)
- Mindfulness meditation skills
- Healthy eating, sleep, physical activity
- Sharing these experiences
- Making these a regular part of your life

Social Support

- Interdependence can be a foundation for resilience.

Cognitive and Emotional Flexibility

- Allows one to accept what they cannot change, learn from failure, use emotions (like grief and anger) to fuel compassion, courage, finding meaning in adversity

Moral Compass and Altruism

- Possess a keen sense of ethics and altruism as components of their “moral compass”.

Resilient role models/mentors

- Inspire one to do their best
- Provide consistent support
- Foster healthy self esteem and taking responsibility for one's decisions/actions
- Have ethical integrity
- **Focus on you, not them**

Drawing on Spirituality/Faith

- In-depth interviews with highly resilient people under extremely stressful situations report that their faith was one of the most important factors in pulling them through the difficult times and allowing them to regroup and move forward.

Purpose and Meaning in Life

- Having a clear purpose or mission that is meaningful can strengthen resilience.
- One's mission or "work" can come in the form of a job (focus on the basics), career (focus on advancement) or calling (focus on enjoyment of fulfilling, socially useful work).
- Viewing one's "work" as a calling enhances one's resilience.

Thank you!

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