

Building Resilience in the New Normal



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What is Resilience?

- To adapt to challenging circumstances
- To cope with, and take advantage of assets
- To persevere in the face of challenges, setbacks, and conflicts
- To Bounce back

Southwick, S. M., Bonanno, G. A., Masten, A. S., Panter-Brick, C., & Yehuda, R. (2014). Resilience definitions, theory, and challenges: interdisciplinary perspectives. *European Journal of Psychotraumatology*, 5(1), 25338.



What Depletes Your Resilience?			
1	Negativity & Pessimism	6	Boredom
2	Media	7	Loneliness
3	Uncertainty	8	Individualism
4	Negative Interactions	9	Hopelessness
5	Company	10	COVID Fatigue

1. Negativity & Pessimism



- Negative News, Negative interactions, Negative impressions
- Disproportionately More Time on Negatives
- Under stress, attention and effort is directed towards dealing with stressors
- Prolonged exposure: pessimism

DOWNWARD SPIRAL LNF



Positive Emotion

Action

Joy	Play
Gratitude	Savour
Serenity	Savor, integrate
Interest	Explore
Hope	Yarn for Positive Change
Pride	Big Dream
Amusement	Shared Laughter, insight
Inspiration	Aspire to excellence
Awe	Accommodate the new
Love	All of the Above

Fredrickson, B. L. & Joiner, T. (2018). Reflections on Positive Emotions and Upward Spirals. *Perspectives on Psychological Science*, 13, 194-199.



UPWARD SPIRAL HPE

1. Joy / Knowledge
Empowerment
Freedom / Love
Appreciation

-
- A spiral diagram representing the Upward Spiral HPE. The spiral starts at the bottom with '7. Contentment' and ascends through various positive emotions, ending at the top with '1. Joy / Knowledge Empowerment Freedom / Love Appreciation'. The spiral is colored with a gradient from dark blue at the bottom to light green and yellow at the top.
- 2. Passion
 - 3. Enthusiasm
 - 4. Positive Expectation Belief
 - 5. Optimism
 - 6. Hopefulness
 - 7. Contentment

Creativity Perspective
Judgment Curiosity
Honesty Bravery Fairness
HUMOR Zest
PERSEVERANCE Teamwork
Love Kindness Leadership
Social Intelligence Love of Learning
Forgiveness HOPE PRUDENCE
Appreciation of Beauty & Excellence Humility
Spirituality SELF-REGULATION Gratitude
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#THEY
ARE
US



THIS IS YOUR HOME
AND YOU SHOULD HAVE
BEEN SAFE HERE

Image Credit: Ruby Jones & Twitter

Select five strengths which best represent you

<https://www.facebook.com/NZIWR/videos/235350247696599/>

Gratitude: NZWR & Ruby Jones



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**WELLBEING &
RESILIENCE™**



Positive Emotions

Flexible, inclusive thinking: More
adaptable solutions, better coping

Media

Reactions:

- Avoiding them (deliberately blocking any news)
- Obsessively exploring them (being glued to all forms of media screens).

Limit & your exposure to remain informed but not inundated.

Yao, H. (2020). The more exposure to media information about COVID-19, the more distressed you will feel. *Brain, Behavior, and Immunity*, 87, 167–169. <https://doi.org/https://doi.org/10.1016/j.bbi.2020.05.031>





Self-regulation

Ling et al., 2018

- *Take Days off*
- *Unfollow some accounts*
- *Black out time*
- *Start a new hobby*
- *Connect*

Acting Despite Uncertainty

Rather than simply trying to tolerate uncertainty which, at times, could be unbearable or could paralyze you, try taking adaptive actions. Consider following:



a. Decide what amount or degree of certainty is sufficient for you to act

b. Don't underestimate risks, nor overestimate abilities

3. Decide what key pieces of information are critical for you to act or enact. If, narrow window of uncertainty, consult

Negative Interactions

A longing to get back;

- harboring a strong dislike and ill-will
- Mental & physical drain
- Reduced cognitive resources

Sensitive—vulnerable



Messias, E., Saini, A., Sinato, P., & Welch, S. (2010). Bearing grudges and physical health: Relationship to smoking, cardiovascular health and ulcers. *Social Psychiatry and Psychiatric Epidemiology*, 45(2), 183-187.



Forgiveness

- *I don't blame you for being upset. . .*
- *I acknowledge and accept my part, . . .*
- *I would like to take specific steps so that this doesn't happen again, can you please . . .*
- *I now realize how must you have felt . . .*
- *Thank you for advising/suggesting and bringing to my attention . . .*

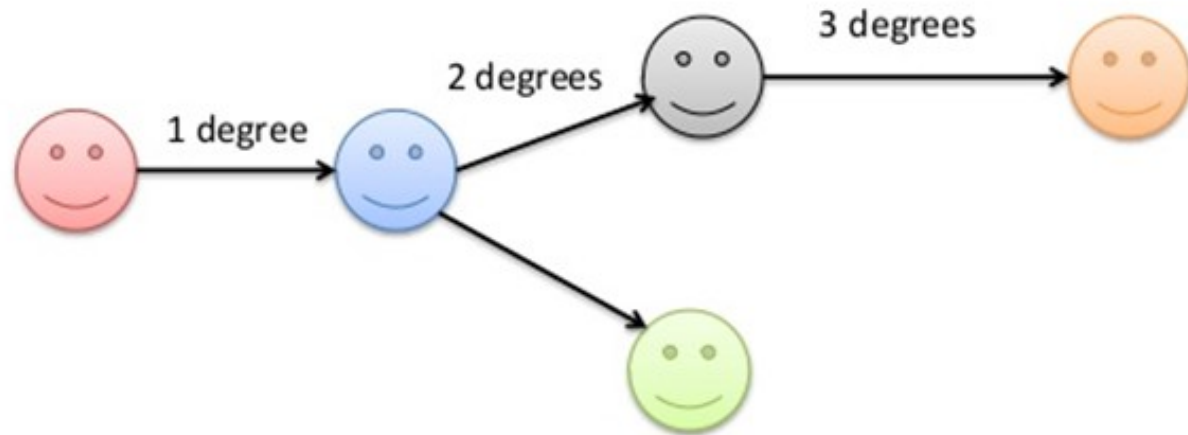


- Davis, D. E., Choe, E., Meyers, J., Wade, N., Varjas, K., Gifford, A., . . . Worthington, E. L., Jr. (2016). Thankful for the little things: A meta-analysis of gratitude interventions. *Journal of Counseling Psychology*, 63(1), 20-31.

Misery Love Company

3 Degrees of Influence

- We are connected to everybody else (on average) by **6 degrees of separation**.
- ***But our influence extends to about 3 degrees.***

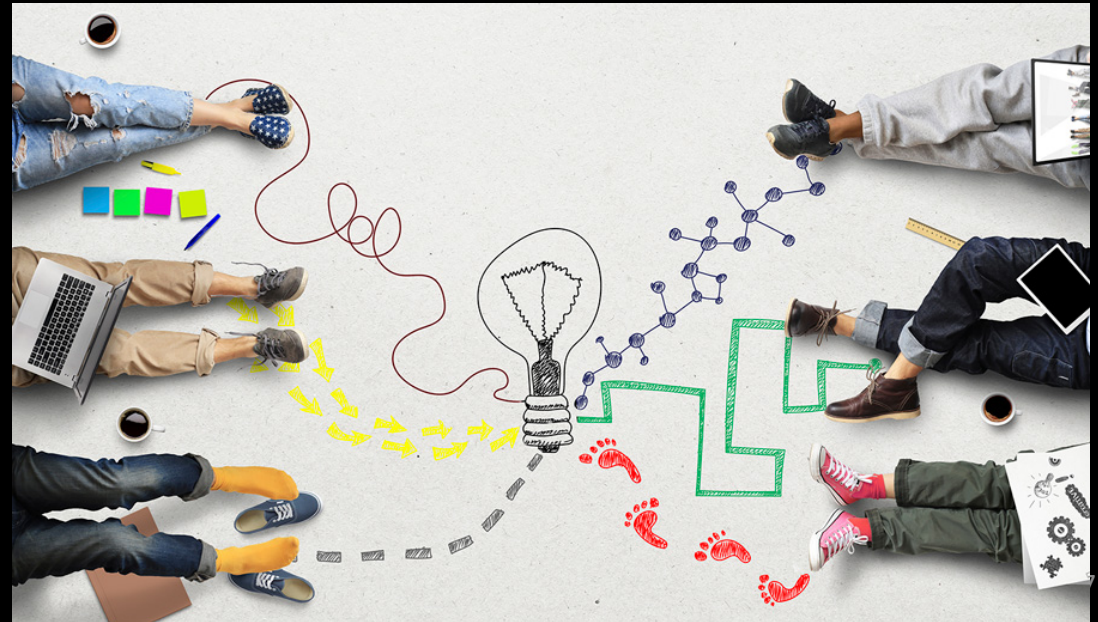


ISOLATION



Connect

- Uninterrupted Conversations
 - *“Am I listening, the way I would like to be listened to?”*
- Let yourself be vulnerable
- Let your loved one influence you

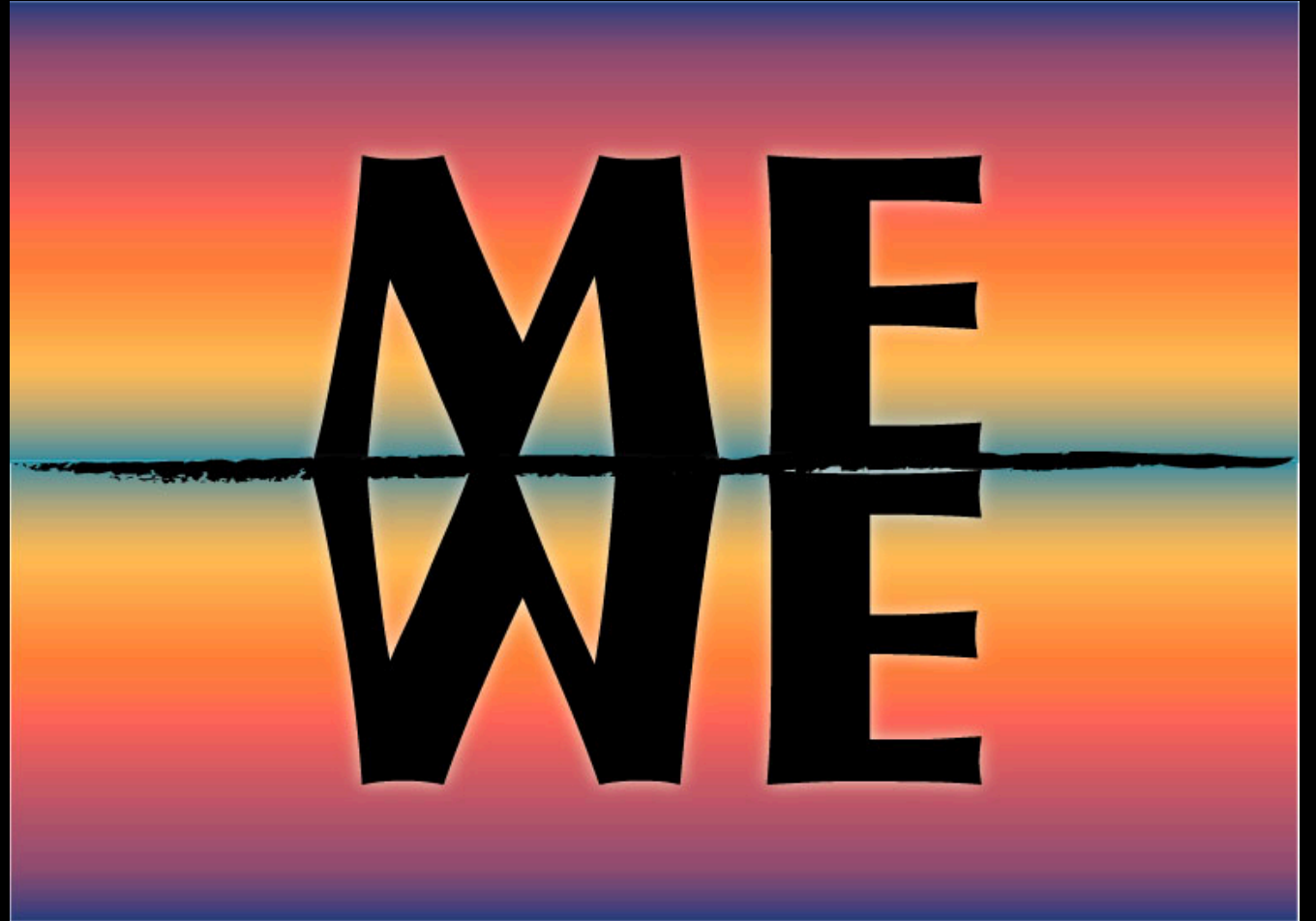


Conoley, C. W., Plumb, E. W., Hawley, K. J., Spaventa-Vancil, K., & Hernández, R.,J. (2015). Integrating positive psychology into family therapy: Positive family therapy. *The Counseling Psychologist*, 43(5), 703-733.

Perhaps Less Individualism

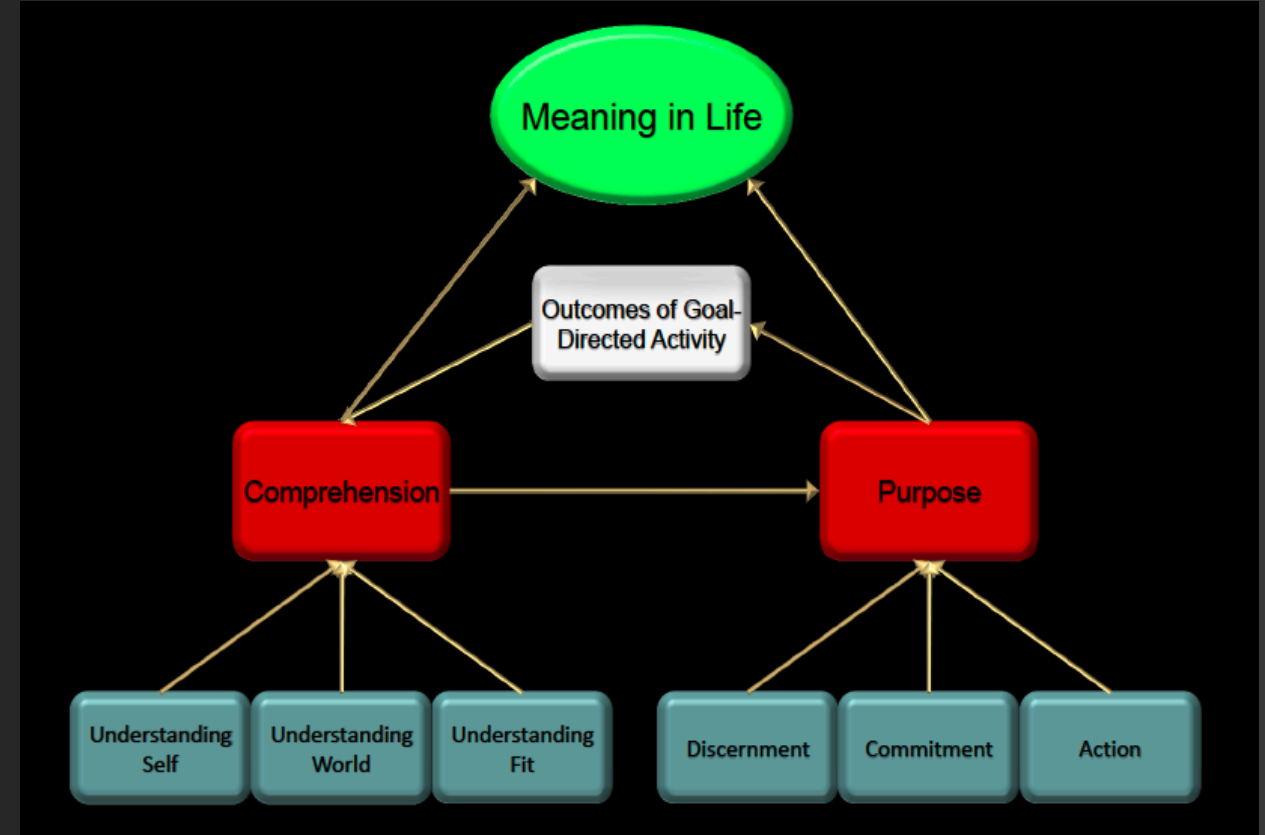
Individuals from collectivist societies tend to take better care of themselves and to place lower values on leading a hedonic life relative to those from individualist societies

(Cheng et al., 2016)



Meaning in Life

- **Life:** Worth living when meaningful
- **Actors:** Ability to Shape our future
- **Journey:** from one place to another
- One time to another
- **Most important:** Your *perspective* on journey & *whom you are travelling with*



Dursun, P., Steger, M. F., Bentele, C., & Schulenberg, S. E. (2016). Meaning and posttraumatic growth among survivors of the september 2013 colorado floods. *Journal of Clinical Psychology*, 72(12), 1247-1263

Steger, M. F. (2012). Making meaning in life. *Psychological Inquiry*, 23(4), 381-385.



Resources

Ways to Use Your Strengths

<https://www.utsc.utoronto.ca/projects/flourish/building-your-strengths/>

101 Strengths-Based Actions to enhance well-being during times of COVID-19

Strengths Based Resilience

www.strengthsbasedresilience.com

Positive Psychotherapy

<https://www.facebook.com/PositivePsychotherapy/>



Resistance Through Resilience | Black Icon of Strengths

https://youtu.be/3_i2OV74UK0