

Building resilience & coping with the unexpected

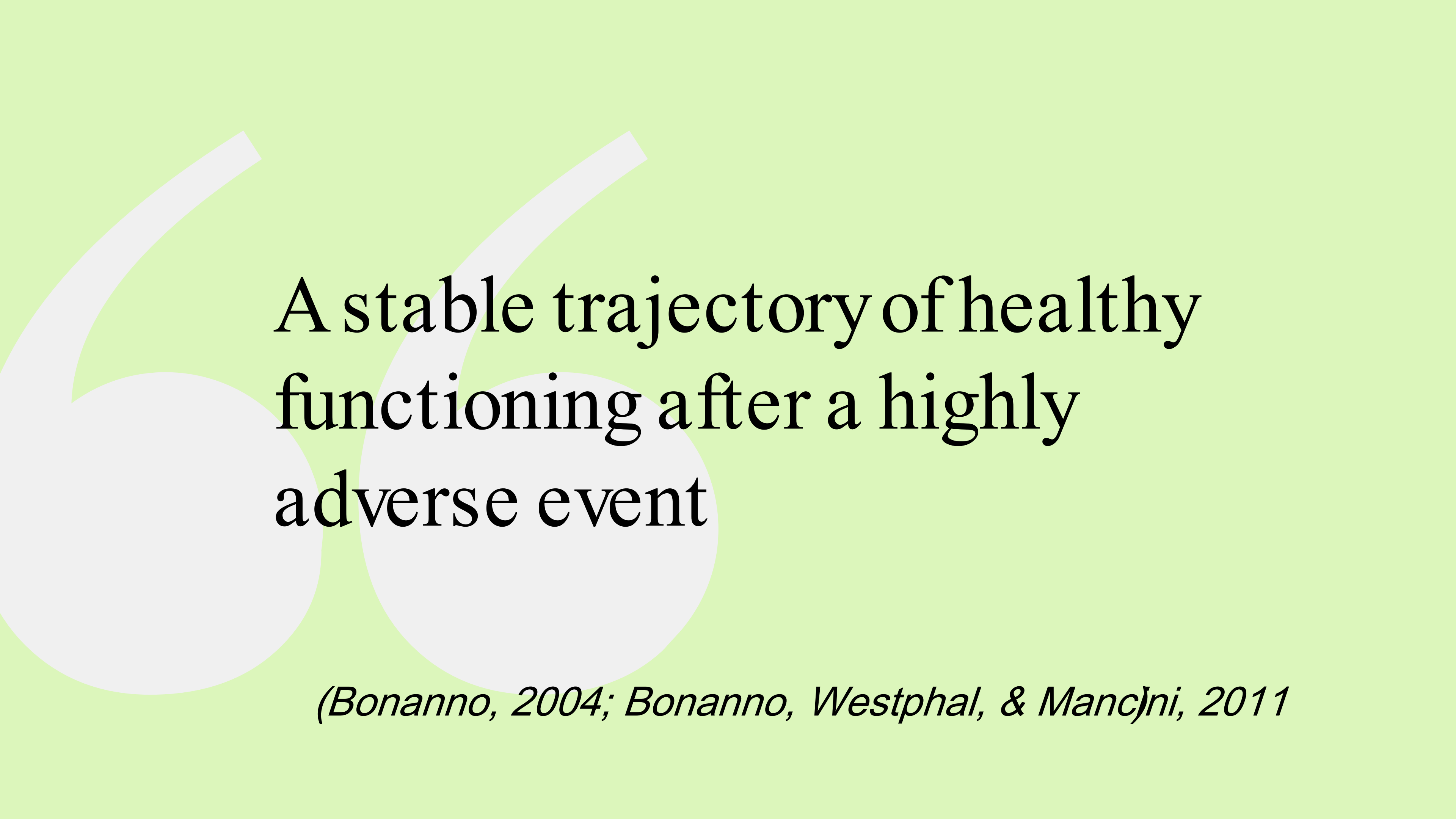
SENORPE HIABLIE

MTAWA ANNUAL MEETING, JULY 09, 2022 | BREAKOUT 1



“The developable capacity to rebound or bounce back from adversity, conflict, and failure or even positive events, progress, and increased responsibility.-

(Luthans, 2002: 702)



A stable trajectory of healthy
functioning after a highly
adverse event

(Bonanno, 2004; Bonanno, Westphal, & Mancini, 2011)

Resilience is not an innate trait

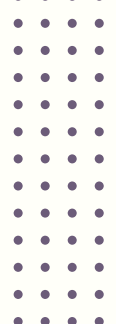
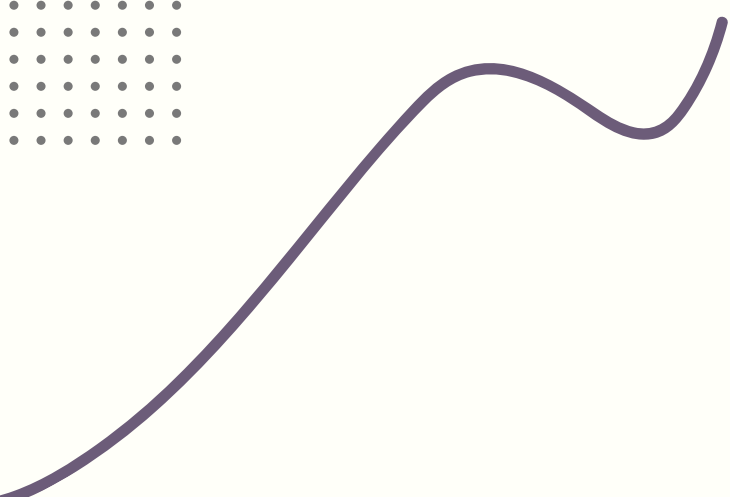


It is a skill that can be learned and built up

+ • **IMPORTANCE OF RESILIENCE** ○

When people are resilient, they are:

- More aware of situations, their own thinking, emotional reactions, their behavior and of those around them
- Better able to cope with adversity
- More likely to bounce back after challenging life situations
- Able to use adversity or trauma as an opportunity to learn and grow
- More optimistic and have better wellbeing
- Better overall health



Building connections

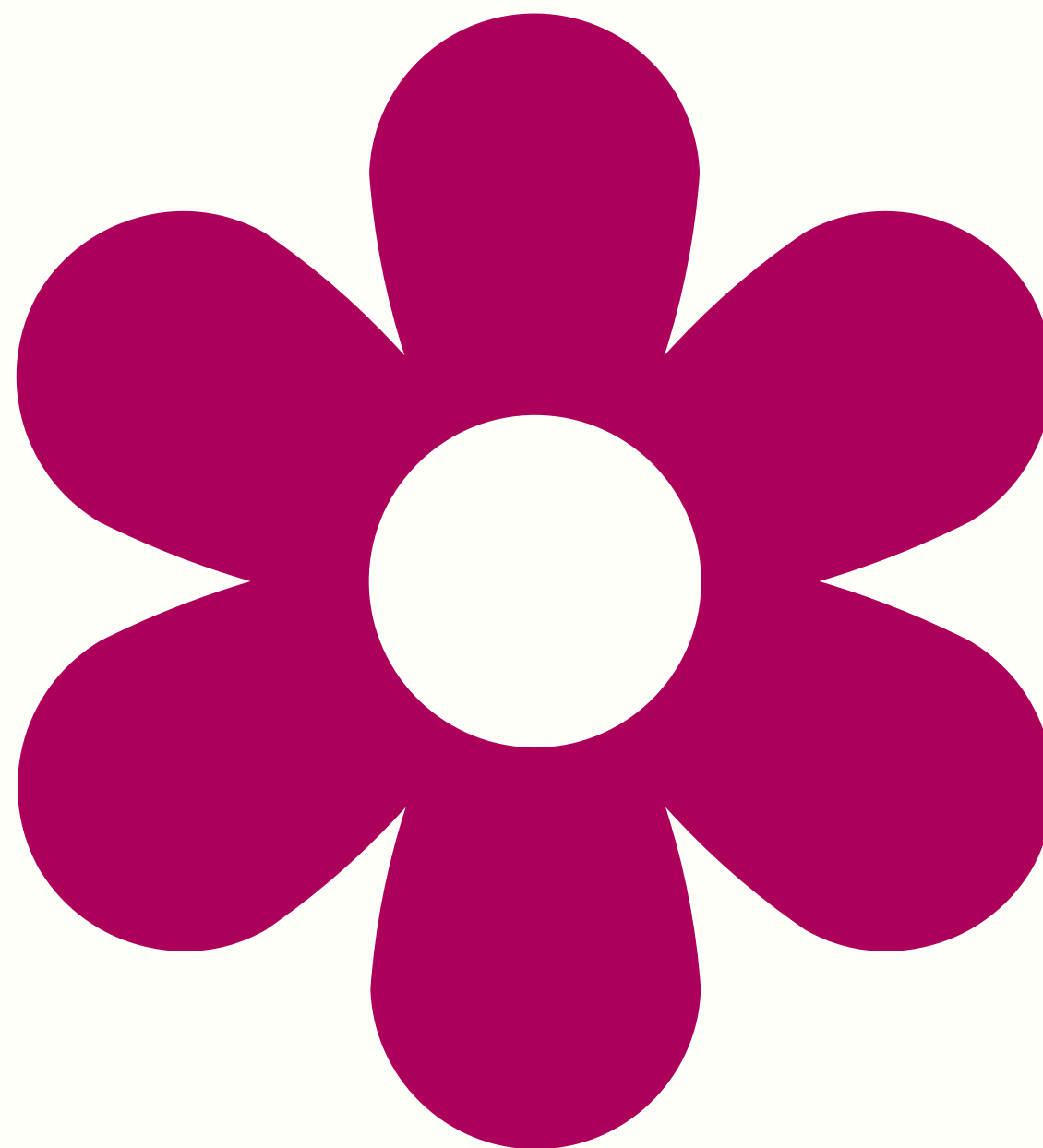
- Prioritize relationships
- Join a group
- Talk about loss and hardship

Avoiding seeing crisis as insurmountable problems

Fight permanence (belief that our grief or pain will last forever)

Moving toward your goals

Develop some realistic goals and do something regularly



Looking for opportunities for self-discovery

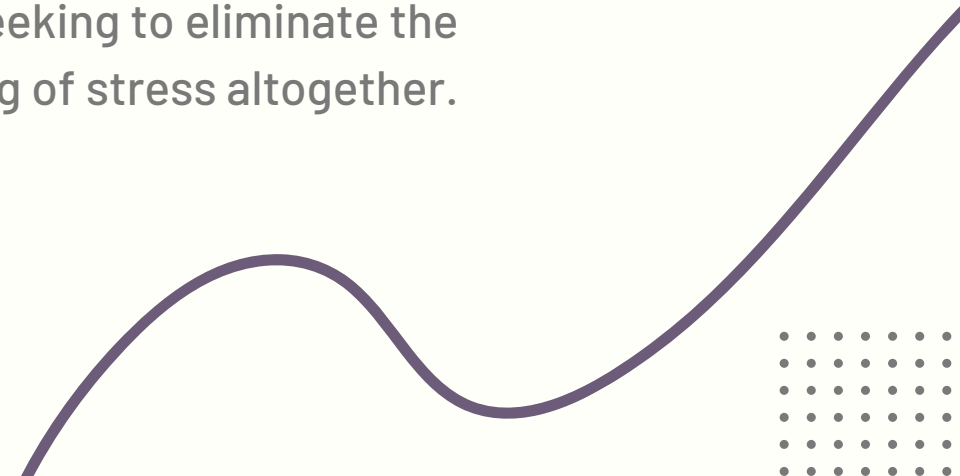
People have grown in some respect as a result of a struggle. Help others .

Nurturing a positive and healthy view of yourself

Build self-confidence and self-compassion. Focus instead on giving your body resources to manage stress, rather than seeking to eliminate the feeling of stress altogether.

Knowing when to seek help

Get help when you need is crucial



Resources on resilience

<https://optionb.org/build-resilience>

<https://positivepsychology.com/wp-content/uploads/10-ways-to-develop-resilience.jpg>

<https://www.apa.org/topics/resilience/building-your-resilience>

<https://positivepsychology.com/wp-content/uploads/10-ways-to-develop-resilience.jpg>

Still I Rise

Out of the huts of history's shame

I rise

Up from a past that's rooted in pain

I rise

*I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.*

Leaving behind nights of terror and fear

I rise

Into a daybreak that's wondrously clear

I rise

- Maya Angelou (1928-2014)

