

The Art ^{& Science} of Resiliency

What is Resilience?

The process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.¹

"You must let go of the illusion of control..."



Master Oogway²
may be on to something . . .

Often, the things that stress us the most are the things over which we have little control. Spending time worrying about what has happened or what will happen gets us nowhere.

The present is the time zone in which resiliency occurs.

Resilient People and Organizations Take These Steps:

- Have a strong sense of purpose and meaning for why they do what they do
- Work to reframe stress as
 - A challenge instead of a threat
 - A motivator
 - Manageable instead of overwhelming
- Focus on possibilities instead of problems
- Develop a sense of (personal) control
- Maintain a positive outlook
- Use sound problem-solving skills
- Have a good sense of humor

1 American Psychological Association: <http://www.apa.org/helpcenter/road-resilience.aspx>

2 Black, Stevenson, Osborne, Zimmer, and Powell. *Kung Fu Panda*. United States: DreamWorks Pictures, 2008.

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Self-Care as a Primary Resiliency Factor

Connecting to our needs in the moment allows us to be our best selves. Ideally, we each have a broad repertoire of self-care practices from which we can pull on a **regular and consistent** basis.

Doing so requires self-awareness, which allows us to identify and respond to our core needs in a way that leaves us feeling nourished and well.



“The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society.” They have identified 6 habits of happiness that may help make times of transition easier. ³

Mindfulness

Studies show that mindfulness boosts the immune system, reduces anxiety and increases sense of wellbeing.

Gratitude

Research demonstrates that regular expressions of gratitude boosts the immune system, promotes optimism, reduces anxiety, increases life satisfaction and sense of wellbeing.

Letting Go

Forgiveness seems to be an important component of happiness. Forgiving those who have wronged us, including ourselves, increases self-esteem and positive emotions and can also make us feel closer to others.

Social Connections

Research shows that social connections are one of the biggest protection factors in our lives. They increase happiness and help us cope with life's challenges.

Regular Physical Activity

Exercise releases endorphins, increases self-esteem, and reduces stress and anxiety.

Be Kind

Altruistic behaviors can make us feel as good as good food and sex. Successful organizations have cultures of kindness.

³ The Greater Good Science Center . <http://greatergood.berkeley.edu/about>
6 habits of happiness worth cultivating: <http://greatergood.berkeley.edu/pdfs/happycircle-ggsc.pdf>