



Resilience

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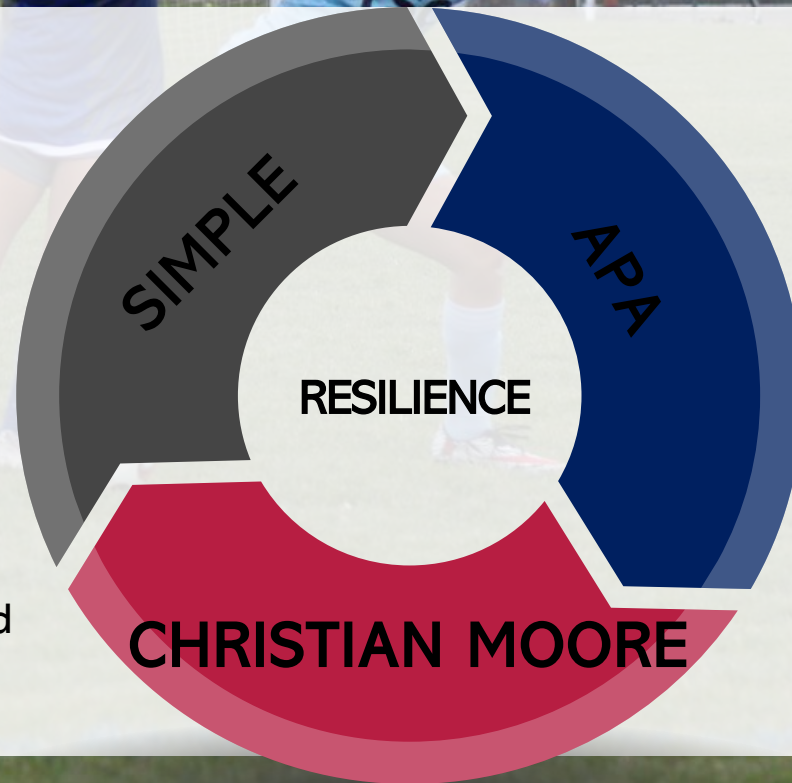
Overview

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What is Resilience?

The ability to bounce back when you have every reason to shut down

Resilience is the most important quality of them all. It transcends race, gender, culture and every aspect of the environment



Resilience is the process of adapting well in the face of adversity, tragedy, threats or significant sources of stress - such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from painful experiences – American Psychological Association

Why is resilience important?

- Circumstances can change at any point in time; Athletes on top of their game get injured, Singers on tour get sick, CEO's of fortune 500 companies face major losses when the stock prices drop, the world gets hit with a pandemic that requires the majority of the world to be separated from their daily lives, their schools, friends, clubs, colleges, companies, teaches, coaches.
- Resilient people will have the ability to get through the tough times, and turn the negative situation they are faced with into a positive situation that benefits them and the people around them.

Characteristics of a resilient person

01

Is likely to recognize and manage their own feelings and understand the feelings of others (empathy)

02

Have a sense of independence and self-worth. Have a sense of independence and self-worth

03

Form and maintain positive, mutually respectful relationships with others

04

Have a sense of purpose and goals for the future with a plan on how to achieve it and the tools to deal with setbacks



Resource Resilience

the ability to be resilient because you have the resources available to help you overcome problems

Relational Resilience

where you draw your resilience from the fact that other people are relying on you, be that family or your project team

Street Resilience

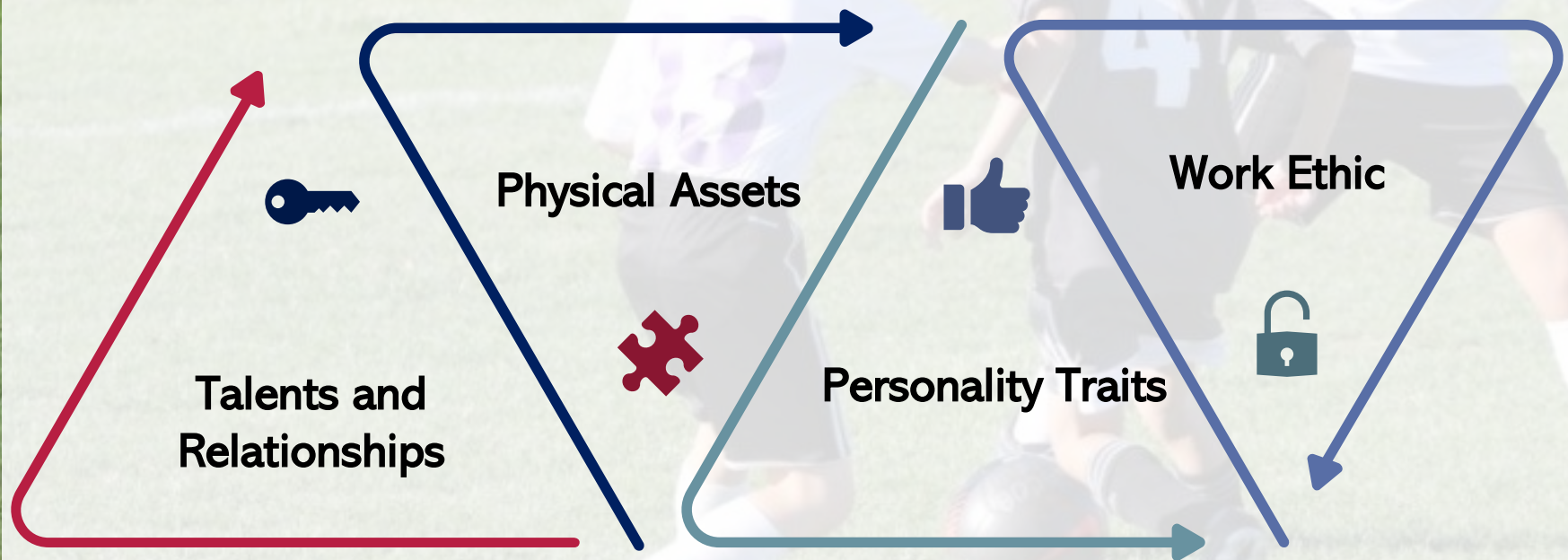
the skills you get from hustling and grafting. You take the pain of social inequality, disrespect, and mistakes and use it as fuel to propel you forward.

Rock Bottom Resilience

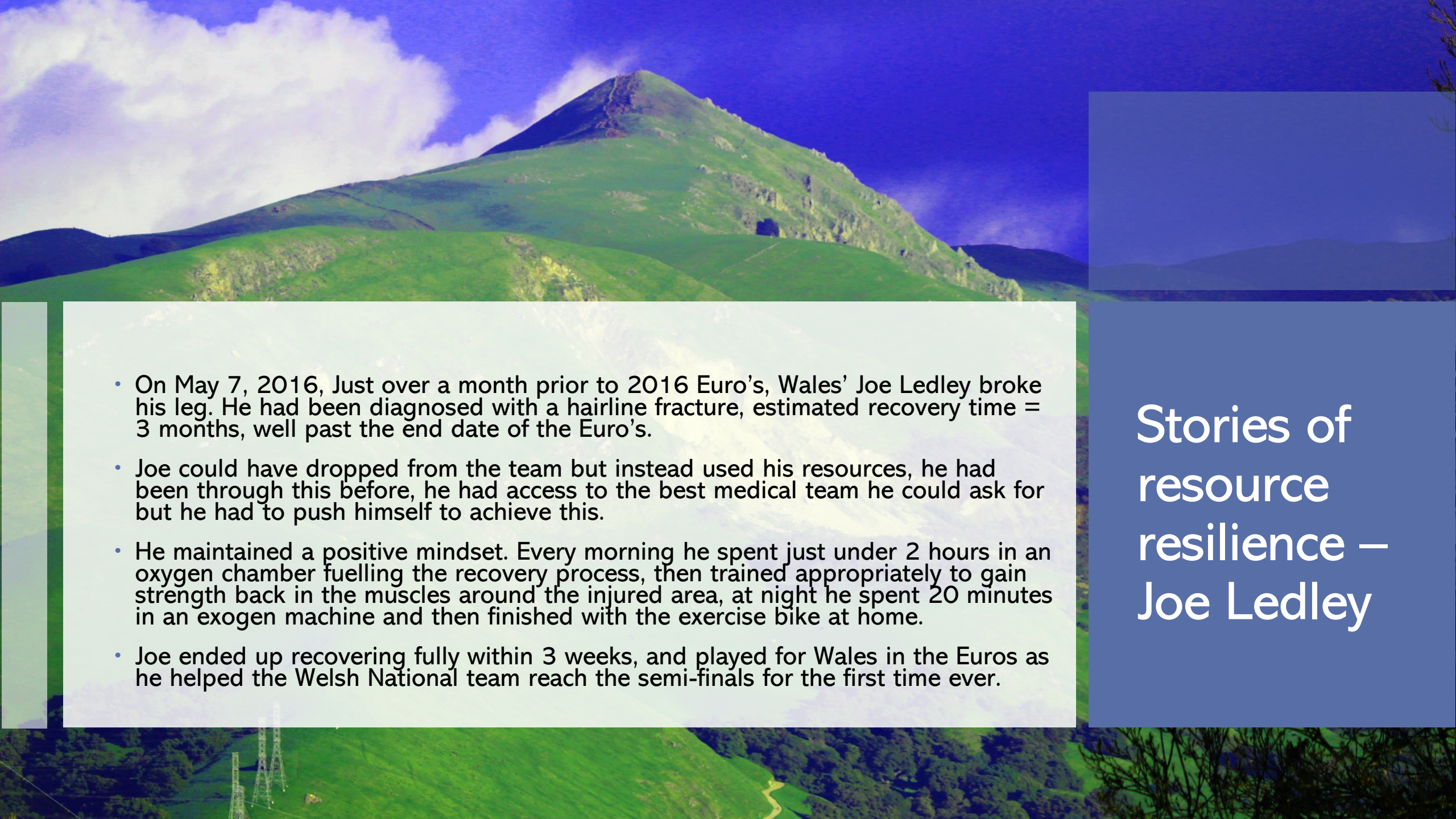
where you hit rock bottom and have nowhere to go but up.

Where does Resilience come from?

- Resource intelligence allows for people to increase their resilience by tapping into their individual resources (below) available to them.
- Realize that the individual has untapped talents and abilities that can be improved



**Resource
Resilience**

- 
- On May 7, 2016, Just over a month prior to 2016 Euro's, Wales' Joe Ledley broke his leg. He had been diagnosed with a hairline fracture, estimated recovery time = 3 months, well past the end date of the Euro's.
 - Joe could have dropped from the team but instead used his resources, he had been through this before, he had access to the best medical team he could ask for but he had to push himself to achieve this.
 - He maintained a positive mindset. Every morning he spent just under 2 hours in an oxygen chamber fuelling the recovery process, then trained appropriately to gain strength back in the muscles around the injured area, at night he spent 20 minutes in an exogen machine and then finished with the exercise bike at home.
 - Joe ended up recovering fully within 3 weeks, and played for Wales in the Euros as he helped the Welsh National team reach the semi-finals for the first time ever.

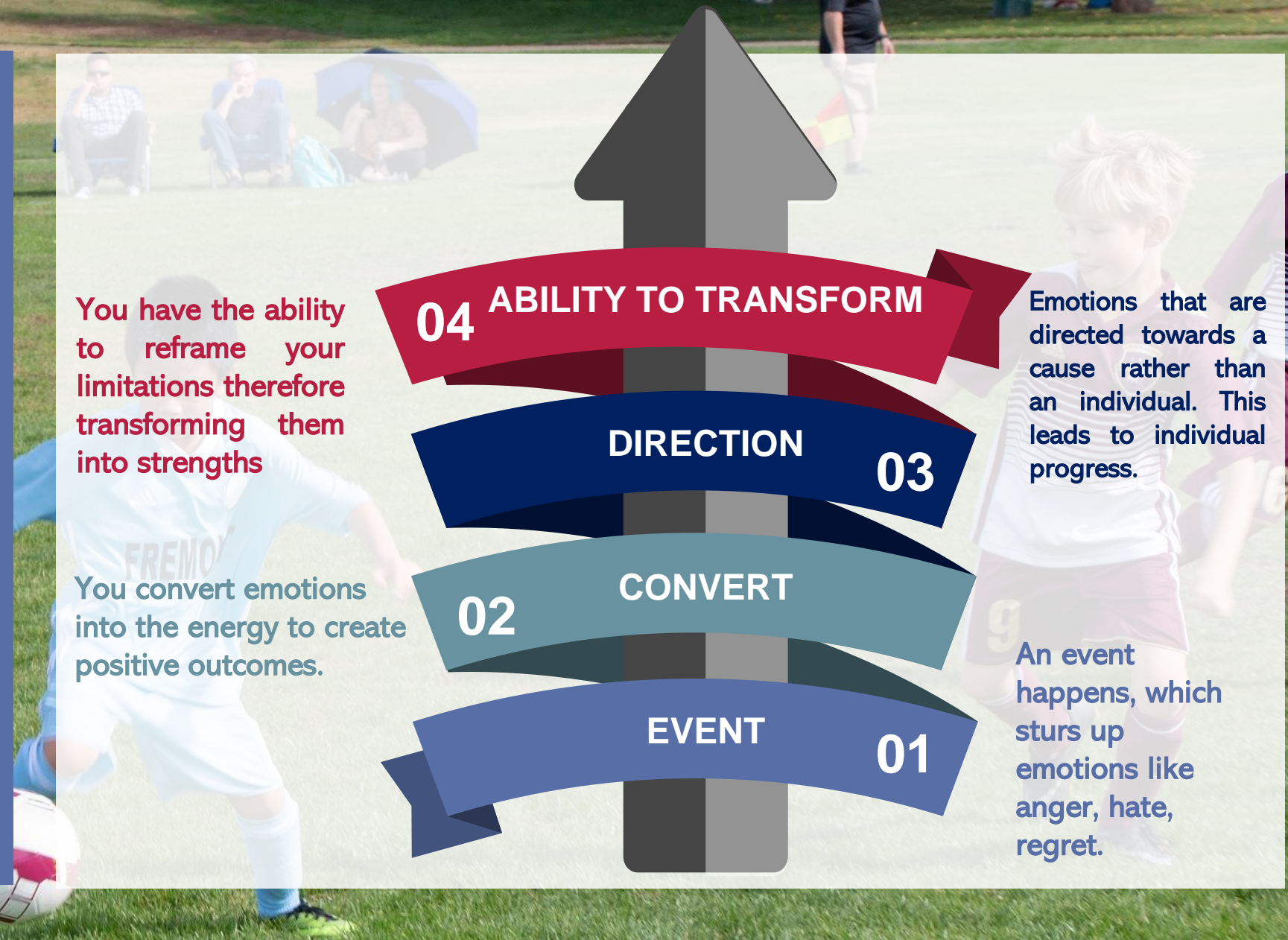
Stories of resource resilience – Joe Ledley

Street Resilience



- Street Resilience is channeling your emotions - guiding them, directing them, and using them for a productive purpose, instead of letting your emotions use you.

Timeline of street resilience



Relational Resilience

where you draw your resilience from the fact that other people are relying on you, be that family or your project team.

Your greatest motivation to not give up is the knowledge that others depend on you.



You draw strength from the emotional support of others. You turn outward by serving in the moment

The realization that your greatest strength comes from human connection

Relational Resilience – not just for parents

research demonstrates the importance of giving children meaningful roles for which they alone are responsible. This helps them feel like someone is depending on them, and it can improve behavior and increase resilience. Jobs that can help your child feel counted on include:

FEEDING OR WALKING A PET

TAKING CARE OF A YOUNGER SIBLING

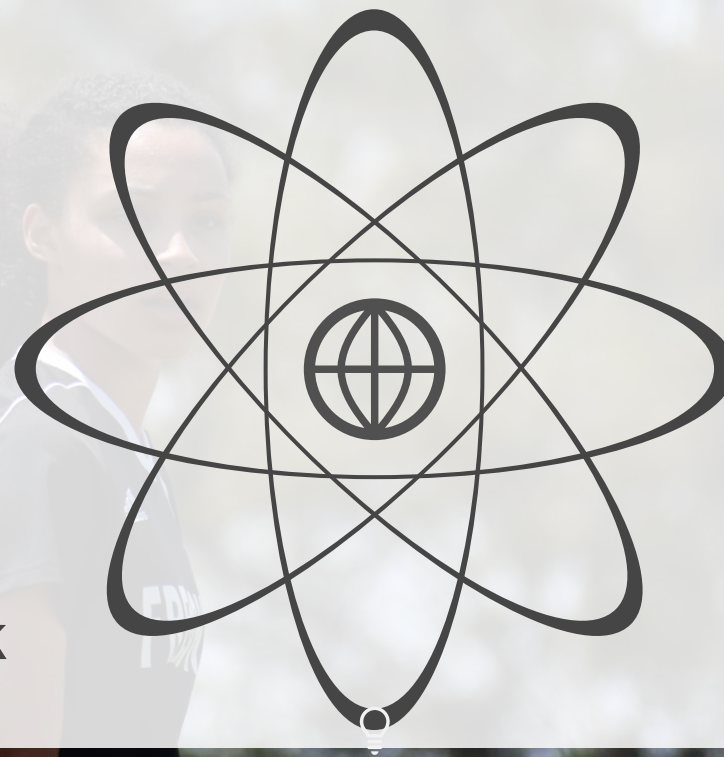
DOING LAUNDRY

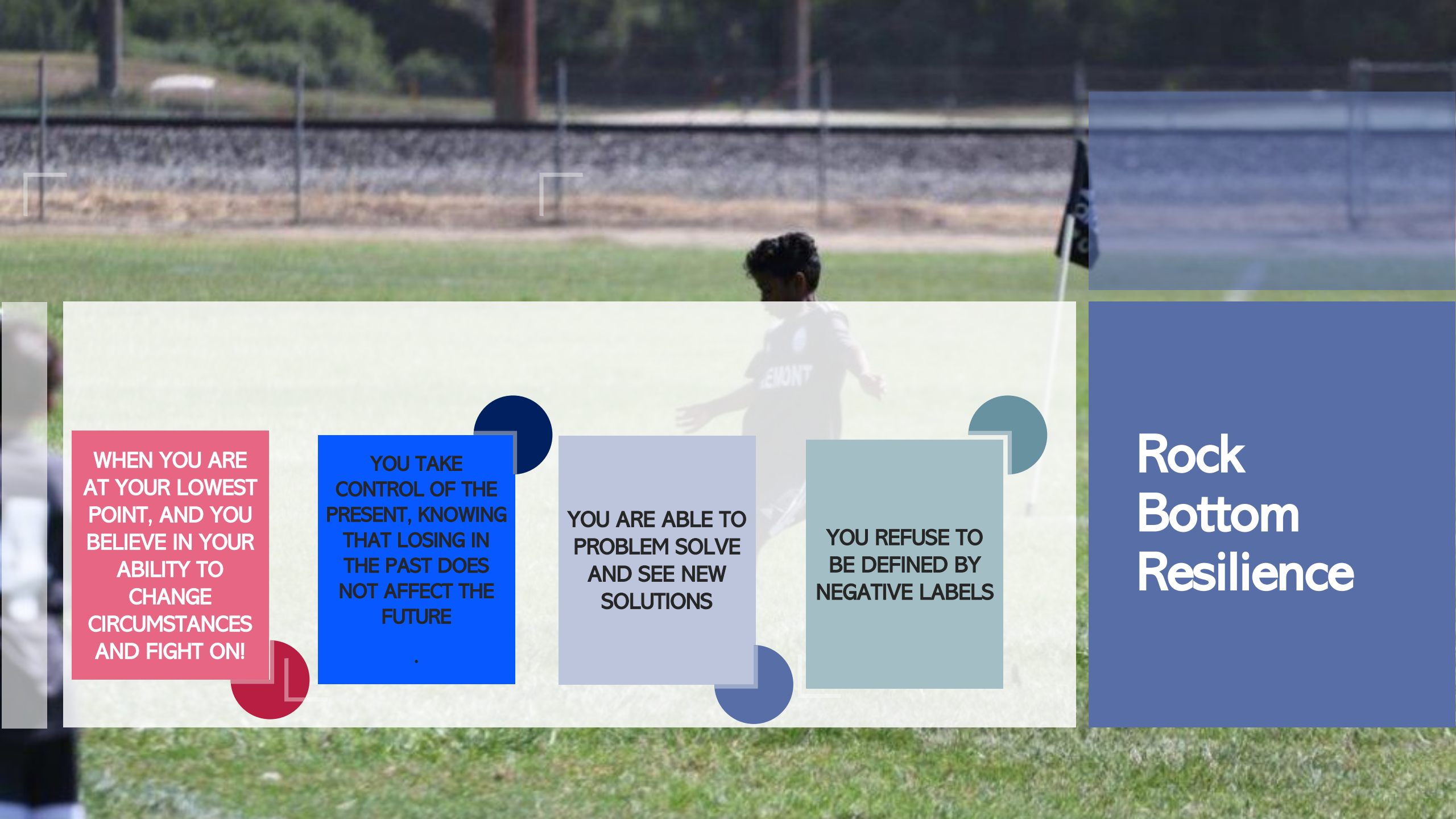
WASHING THE DISHES

PREPARING A MEAL ONCE A WEEK

HELPING A PARENT GET INFORMATION FROM THE INTERNET

DOING YARD WORK





**WHEN YOU ARE
AT YOUR LOWEST
POINT, AND YOU
BELIEVE IN YOUR
ABILITY TO
CHANGE
CIRCUMSTANCES
AND FIGHT ON!**

**YOU TAKE
CONTROL OF THE
PRESENT, KNOWING
THAT LOSING IN
THE PAST DOES
NOT AFFECT THE
FUTURE**

**YOU ARE ABLE TO
PROBLEM SOLVE
AND SEE NEW
SOLUTIONS**

**YOU REFUSE TO
BE DEFINED BY
NEGATIVE LABELS**

**Rock
Bottom
Resilience**



How can I be more resilient?

Step 1: Flip the Switch

Combat Denial

Acknowledge that there is a problem

01

Ask the Flip the switch question

How can I use this pain, struggle or situation to better my circumstances and be more resilient.

02

Do the opposite

Do the thing that is opposite of what less resilient people would do

03

Pay Attention

To how you feel about the situation and your response. This can now turn into resource resilience that you can reflect on in the future

04

When you flip the switch, you stop for a moment, realize you can turn pain into power, and move forward, committed to being resilient

NEGATIVE FUEL

Anger/Pain

Frustration/Depression

Loneliness/Sadness

Guilt/Regret



POSITIVE FUEL

Happiness/Peace

Trust/Acceptance

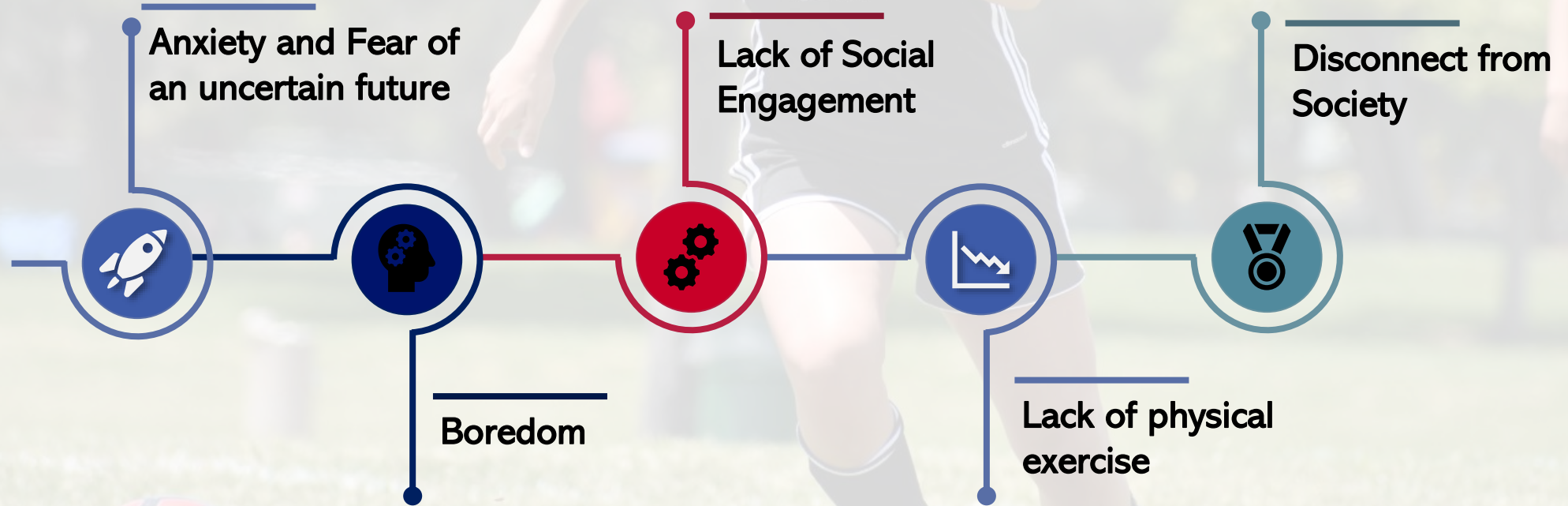
Love

Optimism/Motivation



How can I be more resilient?
Step 2:
Transform Emotional Fuel

What kind of impact can the shelter at home have on kids?



**MAINTAIN A
REGULAR SLEEP
SCHEDULE**

**KEEP UP
PERSONAL
HYGIENE**

**HAVE A
HEALTHY DIET**



**GIVE KIDS
RESPONSIBILITY**

**STAY
CONNECTED
WITH FAMILY
AND FRIENDS**

**STAY ACTIVE, DO
EXERCISES THAT
ARE PART OF
YOUR DAILY
ROUTINE**

**How can we
help the kids
get through
this?**

Resiliency Resources

- Christian Moore, Author of “The Resilience Breakthrough”, has created his own resiliency program with proven success with over 2 million youth that have participated and shown positive results.
- www.whytry.org

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