A Pie In The Face Of Adversity

*A recipe for success*

Linda Hedenblad MSE, CRC
VR Development Group 2016
Enhancing Everyday Resilience

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“Resilience refers to our capacity to deal with discomfort and [difficulty], but it’s not just a reactive skill set. The same characteristics that make us resilient are traits that enrich our lives.”

Darcy Smith, PhD
A Recipe for Resilience

CRUST: Sift one part self-care into large bowl. Knead until you attain a staunch acceptance of reality.

FILLING: Blend ingredients until a deep belief that life is meaningful has been reached. Pour over crust. Layer with an awareness of personal strength. Drizzle a measured practice of gratitude. Bake at 350° until an uncanny ability to improvise has been achieved. Sprinkle abundantly with laughter.

SERVE: With a generous slice of life. Savor.
Step One:

Sift one part self-care into large bowl.
Setbacks, and challenges can throw anyone off-balance, which can lead to cascading difficulties.

“Attention to the present moment and to the self as observer of internal experience contributes to psychological flexibility and resilience.”

Robertson
PREPARING OUR FIRST LAYER OF RESILIENCE

- Get connected
- Tend to your needs and feelings
- Participate in activities and hobbies you enjoy
- Get plenty of sleep
- Exercise
- Eat a healthy diet

*Practicing self care gives us a strong foundation for building resilience*
How is your life measured?

What gives you energy?

What depletes you?

What activities are neutral for you?
How is your life measured?

What gives you energy?

What depletes you?

What activities are neutral for you?
Step Two:

Knead until you attain a staunch acceptance of reality.
“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

— Steve Maraboli
FACING CHALLENGES SQUARELY

- Do you truly understand—and accept—the reality of a situation?
- Research suggests most people slip into denial as a coping mechanism.
- Facing reality, really facing it, is grueling work. Indeed, it can be unpleasant and often emotionally wrenching.
- And worth it.
SOMETIMES EVEN THE BEST COOKS FAIL
It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all—in which case, you fail by default.

J.K. ROWLING

Resilience is the ability to recover from fumbles or outright mistakes and bounce back.

But flexibility alone is not enough. You have to learn from your errors.
Step Three:

Blend ingredients until a deep belief that life is meaningful has been reached.
WHAT GIVES YOUR LIFE MEANING?

Life has meaning under all circumstances, even the most difficult ones.

Our main motivation for living is our will to find meaning in life.

We have freedom to find meaning in what we do, and what we experience, or at least in the stand we take when faced with a situation of that is unchangeable.

Viktor Frankl
"We had to learn ourselves, and furthermore we had to teach the despairing men, that it did not matter what we expected from life, but rather what life expected from us,"

Viktor E. Frankl
Ask yourself these questions:

1. What do I do that others value?
2. In what ways am I needed every day, and by whom?
3. What in my life has the most meaning?

_Gail M. Wagnild, PhD, RN, LAC_

“Life is without meaning. You bring the meaning to it.”
— Joseph Campbell

_Rather than spending a lot of time and energy turning over every stone to find your purpose, pay attention to what you are called to do every day, and your purpose will soon show itself._

_Viktor E. Frankl_
“Alone we can do so little; together we can do so much.”

Helen Keller
Gratitude improves sleep.

Sleep reduces pain.

Reduced pain improves your mood.

Improved mood reduces anxiety, which improves focus and planning.

Focus and planning help with decision making.

Decision making further reduces anxiety and improves enjoyment.

Enjoyment gives you more to be grateful for.

Alex Korb, UCLA

Step Four:

Layer with an awareness of personal strength.
USING YOUR STRENGTHS

How might you apply your strengths to future challenges?

*Go ahead, get creative!*
If you find yourself overwhelmed, clear your mind and think of one next step.

Repeat.
Step Five:

Drizzle a measured practice of gratitude.
“What am I grateful for?”

No answers? Doesn’t matter. Just searching helps.
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Step Six:

Bake at 350° until an uncanny ability to improvise has been achieved.
Happiness Formula

\[ H = S + C + V \]

- Happiness = Genetically Set Range + Circumstances (YES) + Factors under Voluntary Control (AND)
Choosing Yes And

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor E. Frankl

meetville.com
Step Seven:

Sprinkle abundantly with laughter.
Laughter's Short-Term Effects

- Stimulates many of the body's organs
- Activates and relieves your stress response
- Soothes tension

Laughter is an instant vacation. — Milton Berle

Mayo Clinic
LONG-TERM EFFECTS OF LAUGHTER

Improves your immune system
Relieves pain
Increases personal satisfaction
Improves your mood

*Mayo Clinic*
Put humor on your horizon

Laugh and the world laughs with you

Know what isn't funny

*Those with greater tendencies to cope with humor report greater daily positive mood*
INCREASING LAUGHTER AT WORK

1. Breaks up boredom and fatigue
2. Fulfills human social needs
3. Increases creativity and willingness to help
4. Improves communication
5. Breaks up conflict and tension
MORE FUN AT WORK

- 3 PM dance time
- Fun lunch – watch a funny video
- Post a dart board
- Slinky and other toys
- Paper airplane contest
- Lunch of odd food
- Games in the break room
- Candy for a story
- Two truths and a lie
- Start a cartoon board
- Refrigerator poetry magnets
- Word of the day
- Leaving work behind board
- Puzzle in break room
- Celebrate!
A RECIPE FOR YOUR RESILIENCE

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Prepare your resilience in advance.

Serve: With a generous slice of life.

Share with others.

Enjoy