

Positively Resilient

Strengthening
Essentials Skills to
Rebound, Recover
and Thrive



a custom program from
BUCKDAVIS

BuckDavis

RESILIENCE

Ability to bounce back after setbacks, cope with adversity and push through challenges

Resilience



- 1 Increase Mindfulness
- 2 Have Self-Compassion
- 3 Build Social Connections
- 4 Prioritize Positivity

Positivity Ratio



3:1

The information provided here is for informational and educational purposes and current as of the date of publication. The information is not a substitute for legal advice and does not necessarily reflect the opinion or policy position of the Municipal Association of South Carolina. Consult your attorney for advice concerning specific situations.

Negativity Bias

**Bad is
stronger
than good**

Source: Barbara Fredrickson, PH.D. Positivity. Fredrickson, PH.D. Positivity.

WHY DOES RESILIENCE MATTER?

- Higher levels of life satisfaction
- Less depression
- Recover quicker from negative events
- Handle chronic pain better
- Better self-esteem
- Higher sense of **hope** and positive beliefs about the world

Source: Mak, Ng & Wong, 2011: Benefits of Resilience. Tugade & Fredrickson, 2004: How Resilient Individuals cope.

Resilience

1

Increase Mindfulness

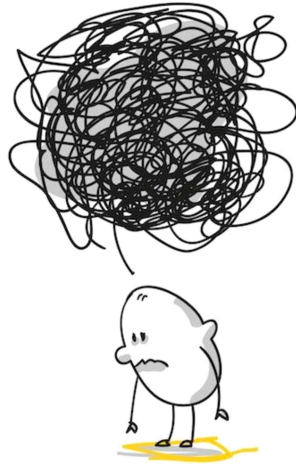
Rumination



- React even more negatively and pessimistically
- Develop less effective problem-solving strategies
- Increases the retrieval of negative memories
- Reduces self-confidence

Source: Lyubomirsky & Nolen-Hoeksema, 1995, Lyubomirsky, Caldwell & Nolen-Hoeksema, 1998, Ward, Lyubomirsky, Sousa & Nolen-Hoeksema, 2003

**You will never
ruminate yourself
to recovery.**



Mindfulness

the ability to be fully present
with whatever is happening
in the moment without
resisting or judging it.

Move your
body!

How to Stop The Spin

Set a timer

Have a catch
phrase

Phone a
friend

Exercise

Listen to
music

Meditate

Remind Yourself....

I'm not the only person

Shared
humanity

Acceptance



1 Increase Mindfulness

Recognize

.....

Remind

.....

Accept



HOW
TO...



Resilience

2 Have Self-Compassion

Self-Compassion is a way of
relating to yourself with kindness.
In good times and bad.

— Kristen Neff

Self-COMPASSION
builds **RESILIENCE**
because you can
SEE negative events
more **CLEARLY**

Resilient people offer
that same type of
support to themselves.

2 Have Self-Compassion

Build the skill of talking with
yourself in a positive way

.....

Ask yourself: "How would I speak
to a friend going through this?"

.....

Catch and crush
the negative comments

HOW
TO...



Resilience

3 Build Social Connections

The Harvard Grant Study

Happiness

Resilience

Career Achievement

Occupational Success

Income

Social Bonds

Source: George E. Vaillant, *Triumphs of the Experience*, 2012

High Quality Connections (HQC's)

Physically and psychologically healthier

More committed, involved and display more organizational citizenship behaviors

Tend to have greater cognitive functioning

Exhibit more learning behaviors

More creative

More engagement

Broaden people's capacities for thinking

More resilient

Share knowledge more, demonstrate mutual respect, greater efficiency and higher-quality performance

Source: Jane E. Dutton, *How to Be a Positive Leader*

Strategies for Building HQCs

1. Respectfully Engage Others
 - Convey presence
 - Listen
 - Communicate in a supportive way
2. Task Enable Others
3. Trust Others
4. Play

Source: Jane E. Dutton, *How to Be a Positive Leader*

3 Build Social Connections

Put down technology

.....

Make time to be social

.....

Use the Pathways to HQC's

HOW TO...



Resilience

4 Prioritize Positivity

When **YOU**
are **intentional**
about looking
for something
you **WILL** find it.

Prioritizing Positivity

- Greater self-compassion
 - Mindfulness
 - Resilience
 - Positive relationships others
 - Generates positive emotions
 - Greater resources

Source: Catalano, Algoe, & Fredrickson, 2014

Prioritizing the Positive Managing the Negative...

People

Hear

Read

TV

Websites



Resilience Recap

4 Prioritize Positivity

Look for the good

.....

Evoke

.....

Create

.....

Manage the negative

HOW
TO...



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