

Resiliency and Self-Care!!

*BayCare Health System
Behavioral Health*

Resiliency Question??

- What age did you learn resiliency?
- Where were you when you learned resiliency?
- Who taught you how to be resilient?
- How did you learn to be resilient?

What is Resiliency

- Bouncing back from a difficult situation or a event that created distress and unhealthy life changes!
- Good resilience is like a rubber band...



We all have Resiliency

- We all have the ability to bounce back from difficulties
- We all can rebound, spring back, and recover quickly
- Resilience is common, ordinary, and normal

Secrets of a Resilient Person

- Having friends, & family for support
- Taking responsibility
- Using positive & empowering attitudes
- Bouncing back, moving ahead and forward
- Recognizing stressful situations and not living in it

Road to Resiliency

- Understand your pathway to resilient behavior
- Recognize multiple positive ways to cope with setbacks, disappointments & difficulties
- Self-Confidence is a tool to help with resilient behavior
- Rebound every day...mentally and physically

Resiliency and Burnout

A lack of resilient behavior can create stress which can contribute to burnout

One of the main factors that lead to burnout is exposure to stress for a long time

If stress continues for a long time, individuals are negatively affected and experience burnout

Factors That Lead to a lack of Resiliency

Some factors that can lead to a lack of resiliency:

- **Physical Stressors:** Conditions that create fatigue, inability to detach from my work area creating long working hours, and insufficient tools and equipment during stay at home/work from home...work area is not the same.
- **Psychological Stressors:** Increased expectations of work and family, problems related to this pandemic, and stay at home/work from home creating administrative stressors (e.g., lack of concentration, too many distractions, can't stay on task, and miss co-worker interactions).

Positive Perspective

- View situation in ways that promote potential, hope and growth
- Do not focus upon negativity, confusion, & uncertainty
- See and reframe positive experience
- View any setbacks and disappointments as temporary & short term
- See change as positive and a part of the process

Resiliency Strategies

Take good care of yourself!

- Manage your levels of stress
- Eat well and get enough rest & exercise
- Take breaks & use relaxing memory muscles techniques
- Rebound every day and maximize your potential!!!

Moving Forward

- Focus on the present and future rather than dwell on the past
- Don't become preoccupied and stuck in the past and unable to move forward
- Learn from what you have gone through
- Look ahead & plan for the next steps in life...live in PEACE!!!
- Work on resilient behavior that focus on self-care and positive affirmations

Resources

- centersupport@usf.edu
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Coping With Stress During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>
- Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19) <https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>
- Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
- NASP COVID-19 Resource Center, <https://www.nasponline.org/COVID-19>
- How to prevent COVID (video) <https://www.childrensmn.org/coronavirus-covid-19/>
- Video and other materials on COVID <http://neatoday.org/2020/01/06/schools-and-coronavirus/>
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- Lesson Plan Related to COVID19 <https://sharemylesson.com/collections/coronavirus>
- <https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

Questions????

