

A Roadmap to Resilience: It's All About the Journey



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POSITIVE PSYCHOLOGY

NATIONAL BESTSELLER

LEARNED OPTIMISM

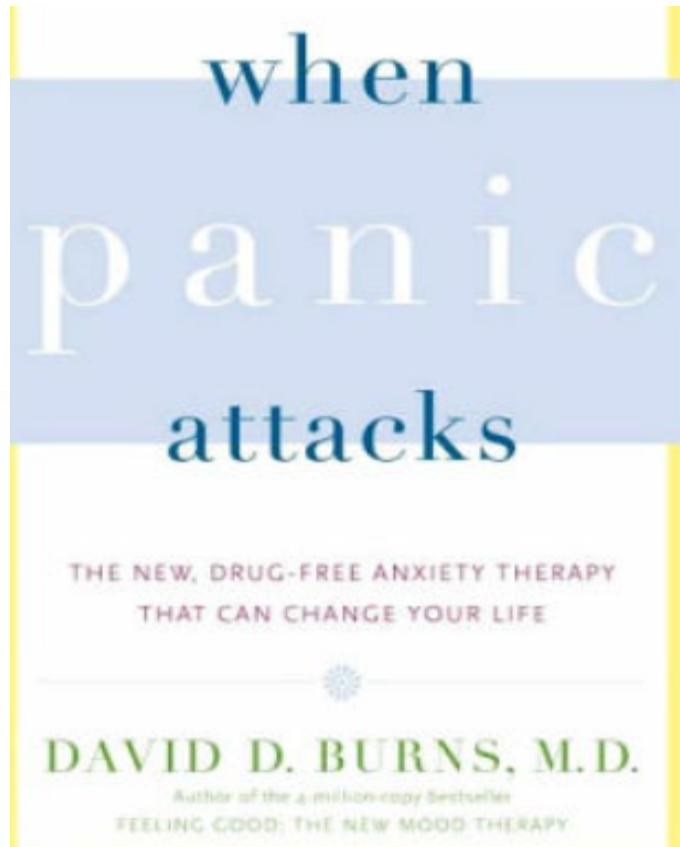
How to Change
Your Mind and
Your Life

WITH A NEW PREFACE

MARTIN E. P. SELIGMAN, Ph.D.

Author of *Authentic Happiness*

"Vaulted me out of my funk. . . . So, fellow moderate pessimists, go buy this book." —Marian Sandmaier, *The New York Times Book Review*



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mindset

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and creating a rich and meaningful life]

RUSS HARRIS FOREWORD BY
Steven Hayes, Ph.D.

Overview



- Understanding Resilience
- The Power of Thoughts
- Active Coping
- Fostering Resiliency Skills
- Facilitated Small Group Discussions
- Wrap Up & Summary

What is Resilience?

A set of skills, attitudes, behaviors, and coping mechanisms that allow individuals to “bounce back” and adapt when faced with stress, challenges, or adversity.



Defining Resilience



Resilience IS...

- ...developed over time.
- ...something that you cultivate.
- ...attitudes and skills that can be learned and practiced.
- ...a universal human ability to thrive in spite of setbacks

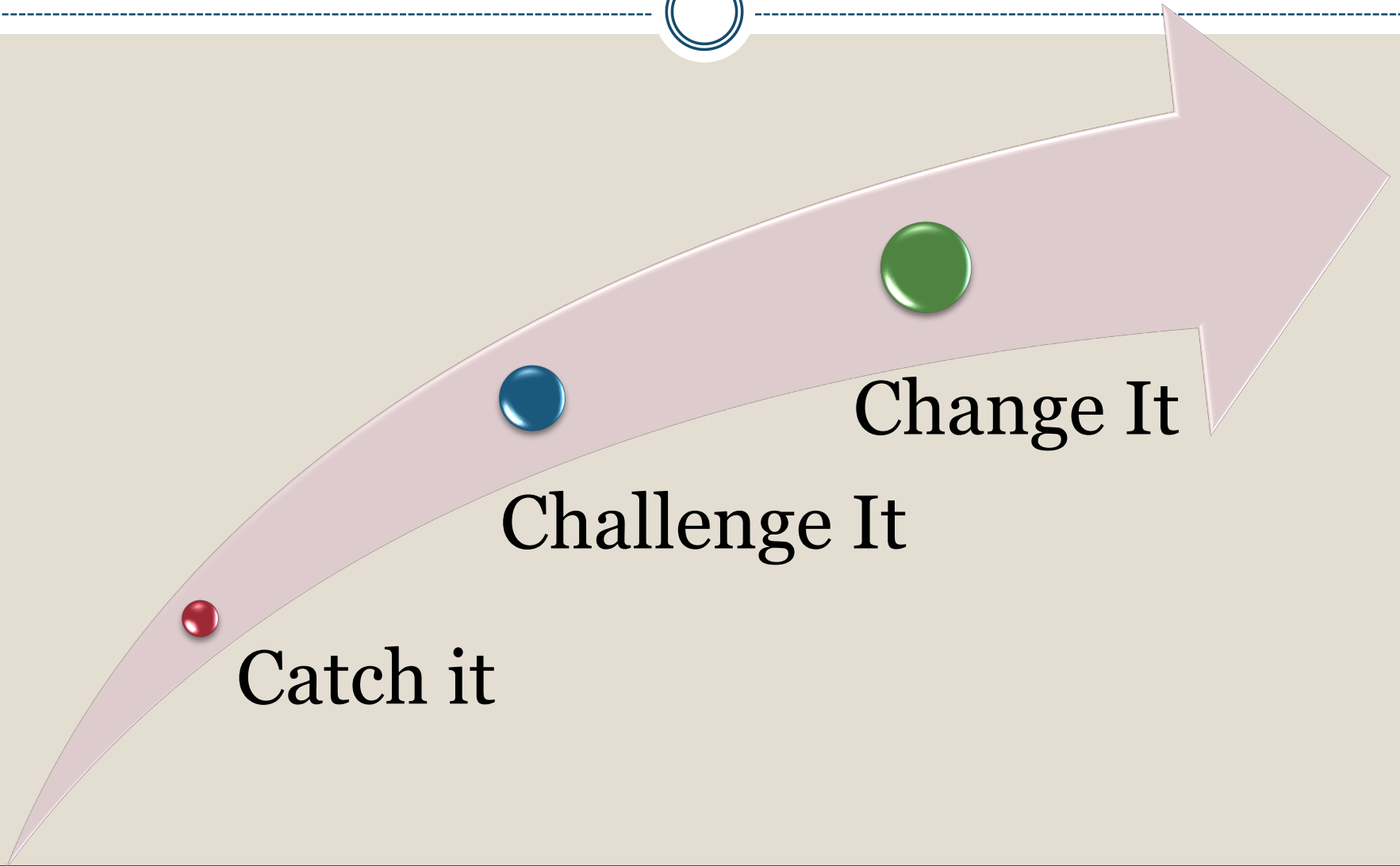
Resilience is NOT...

- ...something you're born with.
- ...something you can buy.
- ...immunity or absence of pain, loss, or negative emotion.
- ...a “quick fix.”
- ...unique to any specific groups of people.

The Power of Your Thoughts



Model for Reframing How you Think



Catch it

Challenge It

Change It

Use Positive Self-Talk



Resilience STRENGTHENING

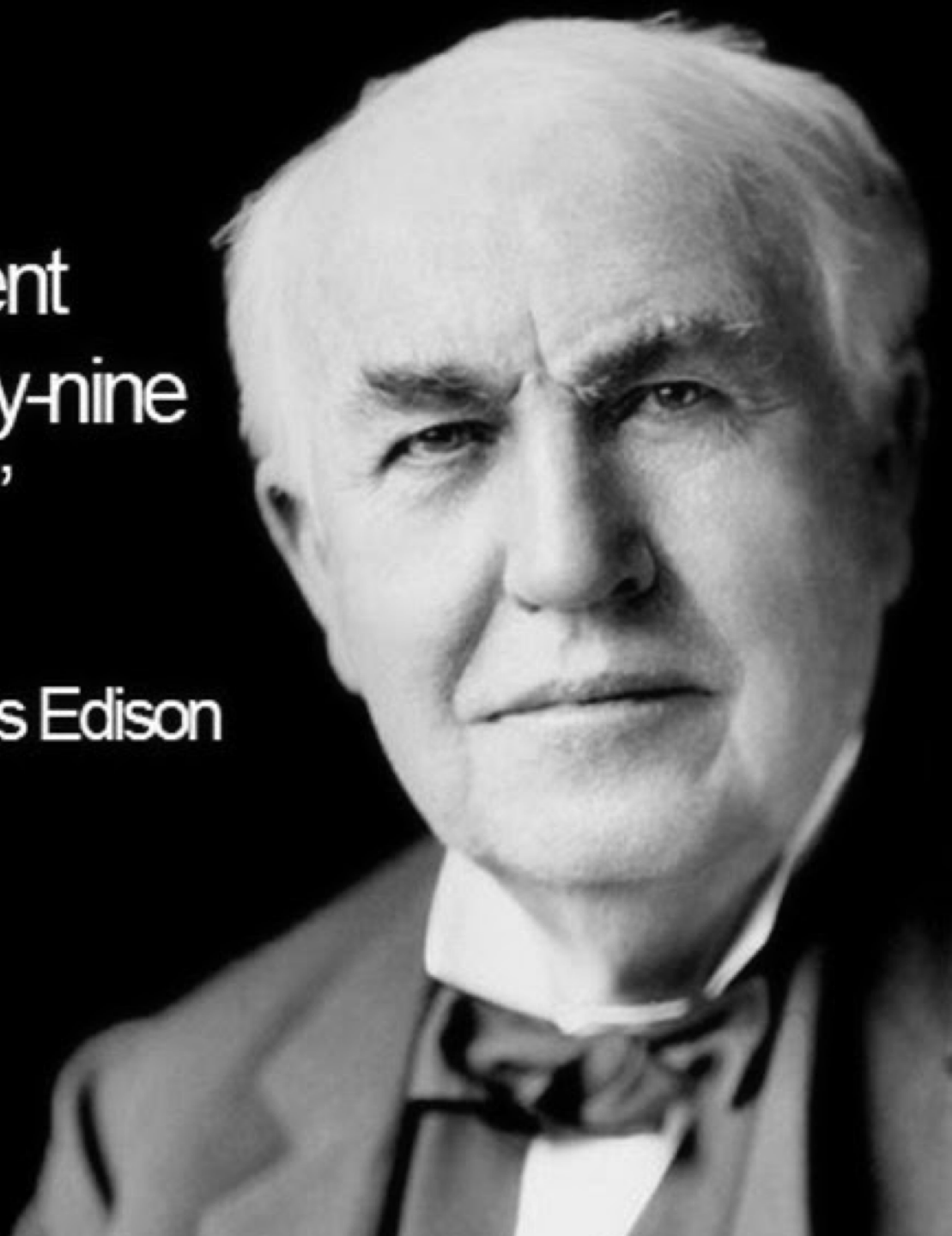
- “This is hard, but I can get through it.”
- “I’ve overcome difficulties in the past. I can find a way through this too.”
- “I will feel great about myself once this is all over.”
- “What doesn’t kill you makes you stronger.”
- “This is a learning process.”

Resilience WEAKENING

- “Why did I put myself through this?”
- “What’s the point anyway?”
- “If I can’t do things perfectly, I might as well give up.”
- “Maybe I don’t belong here.”
- “I’m not good enough.”
- “No one understands what I’m going through.”

“Genius is one percent
inspiration and ninety-nine
percent perspiration.”

- Thomas Edison



Resilient Attitudes to Adopt



- **COMMITMENT** -- Establish an unwavering dedication to the path you've chosen. Engage in your field and seek opportunities to get more involved.
- **CONTROL** -- Focus on the parts of your situation that you **can** influence, change, or control rather than that which is outside your control. Believe in your ability to impact your circumstances.
- **CHALLENGE** -- View difficult situations as an opportunity to learn and grow. Adopt the attitude of a lifelong learner. If you haven't figured something out, tell yourself, "Not yet" and remember there is still time.

“Attaining lasting happiness requires that we enjoy the journey on our way toward a destination we deem valuable. Happiness, therefore, is not about making it to the peak of the mountain, nor is it about climbing aimlessly around the mountain: happiness is the experience of climbing toward the peak”

– Tal Ben-Shahar



Skills to Build Resilience



- Maintain a **realistic** and logical outlook
- Use **direct communication** and adapt your style to fit the situation
- **Problem-solve** when faced with challenges
- Seek **internal validation** (from yourself)
- Attend to **physical and emotional health**
- Know when and how to **say “No”**
- **Celebrate your accomplishments**, big and small
- **Accept compliments and credit** for your work
- **Believe in yourself** and your abilities
- Practice healthy **inter-dependence** with others
- Know when to **ask for help**



**A person who
never made a
mistake never
tried anything
new.**

- Albert Einstein

Facilitated Small Group Discussions



20 MINUTES

FACILITATORS HAVE BEEN DESIGNATED.

Summary of Coping Skills



- Catch It, Challenge It, Change It
- When in doubt, “Fake it ‘til you make it”
- Attend to your physical health through proper sleep, nutrition, and exercise
- Use Breathing & Relaxation techniques
- Build Mastery Experiences
- Find cultural, spiritual, community resources

The *Career*WISE Resource



- Free online resource customized for women in STEM
- Includes modules on diversity and how to navigate challenges effectively
- Provides basic and advanced skills in communication, problem-solving, and opportunities to test out your skills
 - Uses live actor-based simulated learning environment with both written and video content.
- Contains hundreds of HerStory clips from videotaped interviews with successful women in STEM fields.

Additional Resources



- The National Girls Collaborative Project
<http://www.ngcproject.org/>


The National Math and Science Initiative
<https://www.nms.org/Home.aspx>

The National Center for Education Statistics
<https://nces.ed.gov/>

The National Science Foundation
<http://www.nsf.gov/>

The AAUW Report on Women
<http://www.aauw.org/>

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Got a question, story, or feedback to share? Use the contact button to leave us a message!

Remember to continue the conversations!



- Over dinner with peers and presenters
- Network and make connections
- Attend a Resilience 101 Breakout Session –
 - Learn more hands-on, concrete strategies about how to apply these skills to your lives
 - Connect with peers for support
 - Open-ended space to ask questions and focus on specific areas of growth such as communication skills, boundary setting, managing mood, improving motivation

THANK YOU!



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