

The Road to Resilience

Bouncing Back From Difficult Experiences

Introduction

- The backlash of 9/11 affected the lives of New Yorkers, but mostly Arab Americans
- Incidents of racial discrimination, workplace bias, religious or ethnic profiling, INS special registration, detention, deportation, and war in Iraq
- There are people who have many normal reactions to these incidents.

There are also people who react to such circumstances with a flood of strong emotions and a sense of uncertainty

You can help yourself!

Agenda

- How do people deal with difficult events that change their lives? Death of a loved one, loss of a job, serious illness, war
- What is resilience?
- Some Factors in Resilience
- Strategies for Building Resilience

Overview

- People generally adapt well over time to life-changing situations and stressful conditions
- What enables them to do so?
- Learn your own road to resilience
- Develop your personal strategy for enhancing resilience

Vocabulary

- Resilience is the process of adapting well in the face of adversity, trauma, tragedy, or even significant sources of stress such as family and relationship problems, or workplace and financial stressors
- Resilience is an ongoing process that requires time and effort and engages people in taking a number of steps

Some Factors in Resilience

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses

Strategies for Building Resilience

- Developing resilience is a personal journey
- Some variations may reflect cultural differences. A person's culture might have an impact on how he or she communicates feelings and deals with adversity
- Use some of the following ways to build your personal strategy towards resilience

10 Ways to Build Resilience

- Make connections
- Avoid seeing crises as insurmountable problems
- Accept that change is a part of living
- Move toward your goals
- Take decisive actions
- Look for opportunities for self-discovery

10 Ways to Build Resilience

- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself

Learning From Your Past

- What kind of events have been most stressful for me?
- How have those events typically affected me?
- Have I found it helpful to think of important people in my life when I am distressed?
- To whom have I reached out for support?
- What have I learnt about myself and my interactions with others during difficult times?
- Has it been helpful for me to assist someone else going through a similar experience?
- What has helped make me feel more hopeful about the future?

Last thoughts

Resilience involves:

- Maintaining flexibility and balance in your life as you deal with stressful circumstances and traumatic events
- Stepping forward and taking actions to deal with your problems and meet the demands of daily living
- Stepping back to rest and reenergize yourself

Last thoughts

Resilience involves:

- Spending time with loved ones to gain support and encouragement and also nurturing yourself
- Relying on others, and also relying on yourself

Places to Look for Help in Building your Resilience

- Self-help and support groups
- Books and other publications
- Online resources
- A licensed mental health professional