

Resilience Building Plan

“The ability to bounce back from adverse events and return to normal functioning” (APA, 2004)

Qualities of a Resilient Individual (Davidson, 2008): optimistic, spiritual/values oriented, sense of humor, self-efficacious, resourceful, adaptable and hardy

1. Cultivate sources of satisfaction

- a. 3 things that lift your mood
 - i. _____
 - ii. _____
 - iii. _____
- b. Notice regularly what happened that was meaningful, surprising, inspiring (Remen questions)
- c. Activities/conditions that cause “flow” experiences --when you lose track of time because you are so focused on an activity that is challenging/creative/interesting (Csikzentmihalyi)

2. Create community

- a. Connect daily
- b. Express appreciation (Gottman’s 5:1 ratio, Suchman’s relationship centered health care teams)
- c. Practice good communication/conflict resolution skills (*Difficult Conversations*)

3. Make a visual road map of goals and weekly actions

- a. Strive for excellence rather than perfectionism by setting realistic expectations for self and others (*Present Perfect*)
- b. Remember what a hero/coach/mentor said to you that encouraged you-especially when you are doubting yourself (post it somewhere)
 - i. Favorite quote _____
- c. Get good mentorship

4. Strengthen emotional/physical hardiness

- a. Make small changes to improve health (better sleep, nutrition, hydration, exercise) and be accountable to someone
 - i. One change I would like to make: _____ Who I’ll tell about it: _____
- b. Be more present with help of mindfulness meditation, relaxation strategies (see apps like www.calm.com, www.headspace.com, www.superbetter.com)
- c. Increase your capacity to self-soothe by doing something comforting related to 1 of the 5 senses
 1. Tactile (hold something soft/comforting/grounding) _____
 2. Smell (lavender, fresh air) _____
 3. Visual (puppy photos, look out window at trees) _____
 4. Auditory (music, sounds of nature) _____
 5. Taste (tea, chocolate) _____

- d. Be cognitively flexible rather than resorting to usual thoughts (aka “the inner critic”). Write down your thoughts then challenge them with powerful CBT strategies (*Resilience Factor, The Mindful Path to Self-Compassion*)
1. For worries: what is worst that could happen AND could I survive it? best that could happen? most likely? tell a friend in similar situation? Try out alternative prediction.
 2. For self-criticism: What is the factual evidence for/against this negative thought? Is there a more realistic way of thinking? Try it out even if you don’t initially believe it.
 3. For strong emotions like anger—do opposite action—try out different behavioral response such as slowing down, speaking softly when angry
 - a. What do you typically do when angry/stressed?
 - b. What would an opposite action look like?
 - i. Posture _____ facial expression _____
 - ii. Behavior _____
5. **Identify sources of strength:** remember when have you been able to overcome another major challenge in your life—what did you do to cope well? How did others help? How can you apply this same set of skills to a current challenge?
- a. My greatest source of strength _____
 - b. What image comes to mind when I have been my most resilient? _____
 - c. When do I need to apply this strength _____

Resources

Resident and Faculty Wellness Program (www.ohsu.edu/rfw): offers free, confidential brief counseling/coaching (Not in EPIC), with psychologists and psychiatrists in private location on the hill to all residents, fellows and full-time (0.5 FTE or greater) SOM faculty. See website for more info and to set up an appointment with any one of our providers.

Germer, C. (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts*. New York: Guilford Press.

Kabat-Zinn, J. (2005). *Wherever You Go, There You Are*. New York: Hyperion Books.

Reivich, K. & Shatte, A. (2003). *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life’s Hurdles*. New York: Broadway Books.

Stone, D. Batton, B., Heen, S., & Fisher, R. (2010). *Difficult Conversations*. New York: Penguin Books.

Somov, P.G. (2010). *Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control*. Oakland, CA: New Harbinger Press.

<http://www.nytimes.com/2014/06/01/opinion/sunday/why-you-hate-work.html>