Cultivating Resilience

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Stand up if you...
Defining Resilience

Resilience is the process of adapting well in the face of significant sources of stress.
Defining Resilience

Resilience is **not a trait**.
10 Common Factors of Resilient People

Research by Dr. Cynthia Lietz

10 Common Factors of Resilient People

- **Social Support**
  - Care provided by people in your life.

Artwork by Estevan Bellino
"This guy's walking down the street when he falls in a hole. The walls are so steep he can't get out."
"A DOCTOR PASSES BY AND THE GUY ShOUTS UP, 'HEy YOU. CAN YOU HELP ME OUT?' THE DOCTOR WRITES A PRESCRIPTION, THROWS IT DOWN IN THE HOLE AND MOVES ON.

"THEN A PRIEST COMES ALONG AND THE GUY ShOUTS UP, 'FATHER, I'M DOWN IN THIS HOLE CAN YOU HELP ME OUT?' THE PRIEST WRITES OUT A PRAYER, THROWS IT DOWN IN THE HOLE AND MOVES ON."
"Then a friend walks by, 'Hey, Joe, it's me. Can you help me out?' and the friend jumps in the hole.

Our guy says, 'Are you stupid? Now we're both down here.' The friend says, 'Yeah, but I've been down here before and I know the way out.'"
10 Common Factors of Resilient People

Insight
- Ability to step back from the situation and gain understanding.

Artwork by Bailey Curry
10 Common Factors of Resilient People

- Creativity/Flexibility
  - A willingness to try something new and do something differently.
10 Common Factors of Resilient People

- Initiative
  - Seeing a problem or need and taking action.
10 Common Factors of Resilient People

- Commitment
  - Having purpose that drives our choices.
10 Common Factors of Resilient People

- Humor
  - Ability to be light-hearted even in the face of challenges.
10 Common Factors of Resilient People

- **Boundary Setting**
  - Being able to separate ourselves from unhealthy situations or people.
10 Common Factors of Resilient People

- Morality/Spirituality
  - Established values system that guides us.
10 Common Factors of Resilient People

- **Appraisal**
  - Attaching a positive meaning even to difficult circumstances.
Cultivating Resilience: Ongoing Practice

- Practice presence, not perfection.

Artwork by @worry_lines
Cultivating Resilience: Self-Awareness

Artwork by Estevan Bellino
Cultivate Resilience: Acknowledge Strengths

1. Social Support
2. Morality/Spirituality
3. Creativity/Flexibility
4. Boundary Setting
5. Initiative
6. Humor
7. Communication
8. Insight/Empathy
9. Commitment
10. Appraisal
Cultivate Resilience: “Yes, And” Approach

- Pick a simple issue in your life that you are willing to share with your neighbor.
  - Acknowledge reality, then add “and”
    - Yes my car has a flat tire, and I can go get it fixed
    - Yes I am happy with who I am, and I am always improving
Cultivate Resilience: Attitude of Gratitude
Cultivate Resilience: Commit to Yourself

**Specific**
- What exactly do you want to achieve?
- Good goals area clear and defined

**Measurable**
- How will you know when you’ve achieved it?
- You will need to be able to track daily progress

**Achievable**
- How can the goal be accomplished?
- List the specific tasks you will need to complete

**Relevant**
- Why is this goal important to you?
- Does this goal help add to your plans for the future?

**Time-bound**
- When do you want to achieve this goal?
- Set your target date so you can guide your work toward a successful completion
Cultivate Resilience: Commit to Yourself

1. Social Support
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7. Communication
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9. Commitment
10. Appraisal

- Ongoing Practice: **Self-Awareness**
- Acknowledge Your **Strengths**
- “Yes, And” Approach
- Attitude of **Gratitude**
- Specific, Measurable, Achievable, Relevant, Time-Bound **Goals**
THANK YOU

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Our Mission is to provide education, resources and support for women to positively transform their lives and strengthen our community.

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