

Building Resilience

Examples of Practices that Contribute to Resilience

Resilience is how well a person can adapt to the events in their life. A person with good **resilience** has the ability to bounce back more quickly and with less stress than someone whose resilience is less developed. *How does one build resilience?*

George Mason University Resilience Model

George Mason University, Center for the Advancement of Well-Being Resilience Model domains:

<https://wellbeing.gmu.edu/resources/george-mason-university-s-resilience-model>

Meaning in Life
Positive Emotions
Social Support

Coping
Physical Well-being

Building your own Resilience

- *What practices do you currently do that contribute to resilience? In what area(s) do they fall?*
- *What practices can you incorporate into your daily life?*

Below is a list of practice examples given by attendees during the UW GME Office March 2019 Program Administrator Development Workshop on building resilience.

Meaning in Life

The extent to which we feel our life is purposeful, and how we make sense of our life and our place within the world

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| <ul style="list-style-type: none">• Schedule fun activities / “do nothing” time• Meditation• Watch a movie• Pray• Art (both production and consumption)• Look at my daughter• Pray• Retreat | <ul style="list-style-type: none">• Pause – collect thoughts• Music• Work on art projects• Watch nice film• Knit• Do something nice and unexpected for someone else (take focus off myself) → buy coffee for person behind you, etc. |
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Positive Emotions

Our brief responses when we interpret our current circumstances as good, pleasurable, or of good fortune. These include joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love

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| <ul style="list-style-type: none">• Eat/drink• Read/watch TV | <ul style="list-style-type: none">• Have a glass of wine and binge watch stand-up comedy on Netflix• Laughter |
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- Try to solve issue that is causing me stress
- Turing my phone off
- Travel
- Draw/doodle and journaling
- Nature/my cats
- Gratitude
- Curl up with my cat(s)
- Step away from my desk
- EAT unhealthy!

Coping

Our response to something distressing, including our ability to manage our emotions, thoughts, and behaviors

- Organize
- Take the kids out to the park
- Make a list of tasks to be completed
- My to-do sticky board Kanban
- Go on Airbnb.com and start planning a 7 day trip for fun
- Cook and eat
- Wine
- Calendar
- Alone time
- Glass of wine
- Singing in the car
- Eat
- Listen to Music
- Read
- Watch TV
- Watch a silly movie
- READ!!! (NOT the news)
- Listen to smooth jazz
- Re-organize
- Coffee!
- Meditation (Headspace App)
- Close door
- Make a to do list
- Rest. Pause
- Sit and do nothing
- Take a break
- Exit the situation and “take a break”
- Cry
- Cook a new-to-me recipe
- Cook
- Wine
- W(h)ine
- Pet my dog
- Catch up on my royals coverage
- Listen to music
- Meditate
- Have a drink 😊

Social Support

The degree to which we feel we can rely on or turn to other people for support, advice, or encouragement

- Talk to my favorite co-worker
- Sit w/friends
- Vent sessions
- Talk
- Online Gaming
- Internet (shopping, games, etc.)
- Socialize with friends
- Talk to my husband, friends
- Play music
- Band practice
- Hug my kid
- Jigsaw puzzles w/friends
- Call a friend or family member
- Talk to others
- Meet friends (food and drinks)
- Chat w/friends to get input RE: situation

- Family/friends
- Look for events
- Vent
- Spend time w/people in my life
- Snuggle with my dogs
- Jigsaw puzzle in resident room
- Send Danny memes
- Play w/my son

- Read
- Vent (talk) to a friend
- Pet an animal
- Talk to friends or partner
- Talk to friends
- Text/call a friend
- Read a book

Physical Well-being

Objective health – regular physical exercise, health diet, adequate sleep. Subjective health – how healthy we believe we are

- Yoga
- Run
- Go for a 3 mile run
- Yoga
- Exercise
- Going on a walk
- Shop
- Exercise (not enough!)
- Clean
- Walk in part of the neighborhood I don't spend time
- Bike
- Yoga
- Breathe
- Rock climbing
- Exercise
- Exercise
- Swim
- Go for a walk in the woods
- Eat chocolate!
- Drink tea

- Listen to music
- Take a walk
- Fresh air – walking
- Yoga
- Deep breathing
- Walk away for a few minutes
- Deep breath
- Canoeing
- Exercise
- Exercise
- Bad habits
- Hiking
- Cleaning
- Take a walk
- Go to sleep early
- Exercise
- Sleep
- Breathe
- Go for a walk/exercise
- Take a walk/exercise