



Part 2: Building Your Bounce: Promoting Resilience in Adults

Nefertiti Bruce Poyner & Mary Mackrain

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Strategies to promote INTERNAL BELIEFS

More Benefits, Less Barriers

Take a few minutes to write down all the things you do in your role of supporting children, families and colleagues...

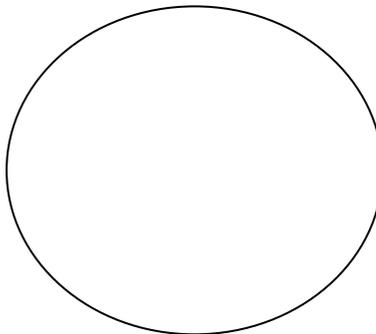
Now look at your list and think about what the positive payoffs are for you. What do you get out of your role?

Strategies to promote RELATIONSHIPS

Circle of Trust

Think about the people in your life you can tell anything to – the ones you call after a hard day and who listen without offering too much unsolicited advice. They are always there for you. Jot down the names of these people in the Circle of Trust below.

Circle of Trust



As you work to increase your resilience, remember to celebrate and nurture your relationships.

Strategies to promote INITIATIVE

Bring in the Sunshine

With this strategy, the goal is to exchange a joke or funny story or situation each day that will make everyone smile.

Get a few co-workers, friends or family members to join you in this strategy. Once a week, identify the person who will post a joke, funny image or story in a common area of your program. Remember “laughter is an instant vacation”.

Strategies to promote SELF-REGULATION

Practice What You Preach

All too often when a stressful situation arises, we try to change the person or the situation. This approach can leave us feeling frustrated and even angry. But what if we were to make the change first? As you work to increase your resilience, try creating a bulletin board to post for you as well as others that shares a positive affirmation you may use the next time you are in a stressful situation.



Additional strategies to Build Your Bounce:

http://ecmhc.org/documents/Common_Unhelpful_Thoughts.pdf

<http://ecmhc.org/temperament/index.html>

http://ecmhc.org/documents/CECMHC_GraffitiPosters.pdf

http://ecmhc.org/relaxation_exercises.html

What would happen in my personal and professional life if I took time to nurture my resilience?

My next action step towards becoming more resilient is...