



# Building Resilience:

Understanding Challenges, Learning Strategies,  
and Accepting Change

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Date: November 7, 2019



# NSLAP Information

## The Nova Scotia Lawyers Assistance Program

Contact us: 1-866-299-1299

TTY: 1-888-384-1152

Online: [www.homewoodhealth.com](http://www.homewoodhealth.com)

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# Overview

- Why build resilience?
- The 3 R's of resilience
- Common barriers to becoming resilient
- Techniques to build resilience





# Objectives

- Become familiar with the concept of resilience
- Recognize your barriers to becoming resilient
- Determine techniques to increase your resilience



# Two questions

1. How do you define **resilience**?

2. How would your life change if you became more **resilient**?



# Resilience

- The capacity to respond to and prosper from stressful circumstances
- Ability to bounce back
- Being healthy and well despite all of life's demands





# Why are some more resilient than others?

- Psychological predisposition
- Biological predisposition
- Life history and experience
- Presence of support network
- Exercise
- Mindfulness





# The importance of building resilience

## We live in a culture of high speed and high stress:

- 24/7/365
- Wired up but melting down
- We can overcome obstacles or borders in our life
- Video clip: Amy Purdy, World Cup gold medalist

[https://www.ted.com/talks/amy\\_purdy\\_living\\_beyond\\_limits](https://www.ted.com/talks/amy_purdy_living_beyond_limits)





# Factors that promote individual resilience

- Positive relationships with friends, family, work colleagues and community members
- Good communication skills
- Emotional intelligence
- Positive outlook on life
- Good physical and mental health
- Planning and goal setting
- Being reasonable
- A sense of humour
- A sense of accomplishment
- Ability to relax and take time out



# Building blocks of resiliency

## The 3 R's:

1. Recovery
2. Renewal
3. Regular positive habits





# Recovery

## Stress Response

- Sympathetic Nervous System
- “ON”
- Clock time
- Automatic response
- Neurotransmitters =  
adrenalin, cortisol

## Relaxation Response

- Parasympathetic Nervous System
- “OFF”
- Natural time
- Can be consciously induced
- Neurotransmitters =  
endorphins, dopamine



# Recovery

- Physical/Behavioural
- Psychological/Emotional
- Social
- Intellectual





# Tips for recovery

## Physical Wellbeing

- Eat nutritiously dense foods
- Regular activity
- Prioritize sleep

## Psychological

- Let go of things you can't control
- Practice the attitude of gratitude
- Forgive yourself and others
- Take breaks during the day

## Social

- Build a strong network of friends, family

## Intellectual

- Increase skills, knowledge or ability





# Renewal

- Live your values
- Prioritize your passions
- Cultivate a positive relationship with yourself and others
- Make patience and compassion standard operating procedures
- Increase your knowledge, ability and skills



# Renewal

1. What do I have fun doing or get enthusiastic about?
2. What have I always wanted to learn?
3. What would I like to do that I keep putting off?
4. Who do I enjoy sharing experiences with?
5. Who can I have honest, open discussions with?
6. What positive aspects of my life am I ignoring?
7. Which of my core values do I need to give more attention to?



# Regular positive habits

- Habit trumps willpower
- Practice, practice, practice
- Every little step counts
- Link a new action to an already established action
- It is easier to “do” something than to “not do” something







# Building resiliency

## What can I do to increase my resiliency?

- Wellbeing/Physical
- Psychological
- Social
- Intellectual





# Where is your control?

- If your outlook on life tends to be passive you may experience a sense of helplessness which will undermine your ability to deal with difficulties
- If you believe you have the power to make changes and that you are the source of change rather than the victim of it you will be more resilient





“Fall down seven times,  
stand up eight.”

~Japanese Proverb



# Summary

- Find the “off” switch and use it
- Practice the 3 **R**s:
  - R**ecovery
  - R**enewal
  - R**egular Positive Habits
- Just do it!
- Recognize the power of possibility



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