

GROWING YOUR RESILIENCE

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WHAT IS RESILIENCE?

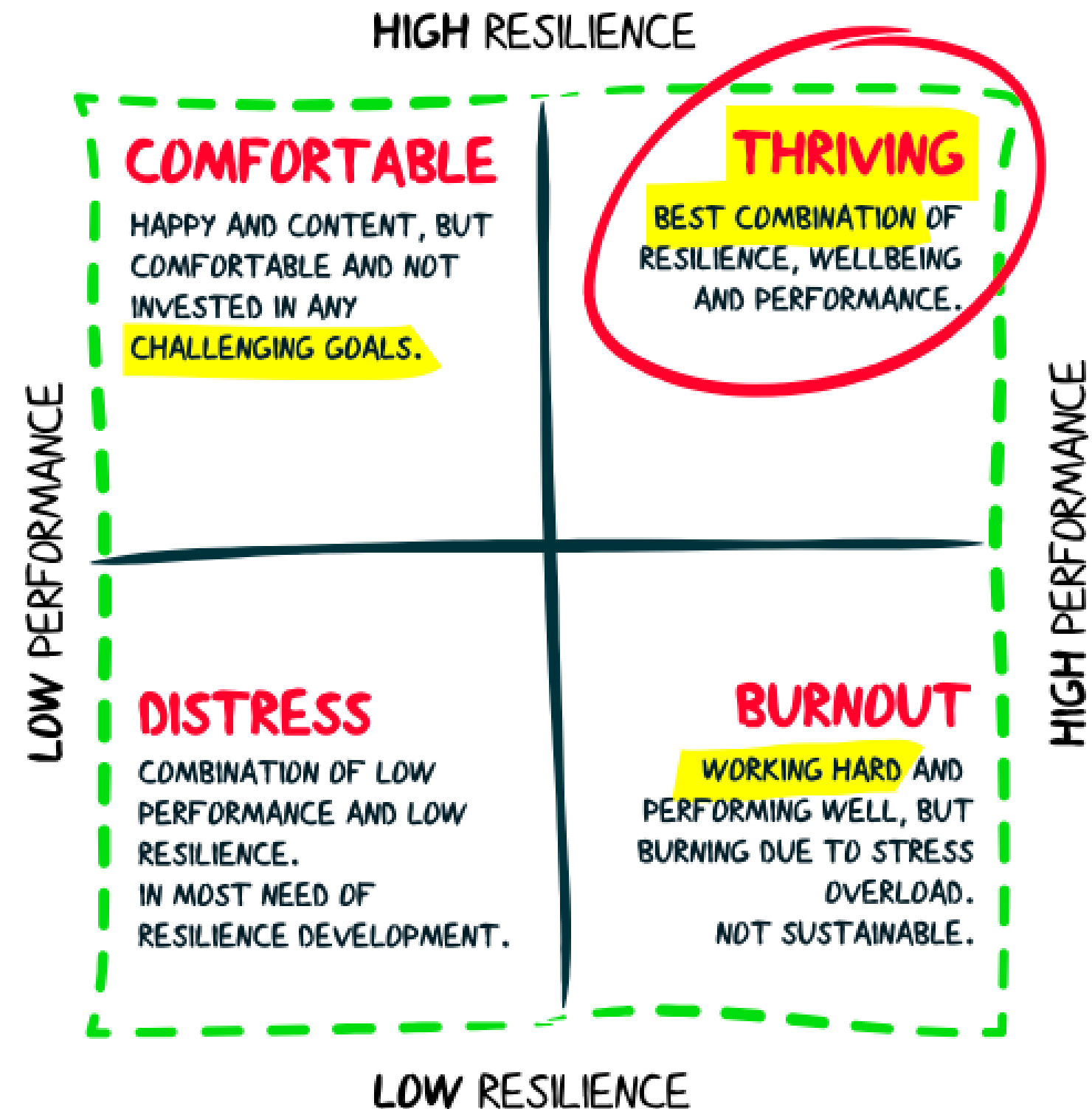
A young green plant with several leaves is growing out of a crack in a grey concrete surface. The background is a blurred, light-colored wall. The image is partially obscured by a white curved shape on the right side.

RESILIENCE

IS THE ABILITY TO **POSITIVELY** RESPOND TO ADVERSITY

Resilience / Performance Matrix

- Avoid burnout, being comfortable, or distress
- High resilience allows you to sustain high performance





“Everyone else is the problem.”

**“This can’t be how
life is supposed to
be.”**

“Everyone else is the problem.”

“Maybe I could runaway to Fiji.”

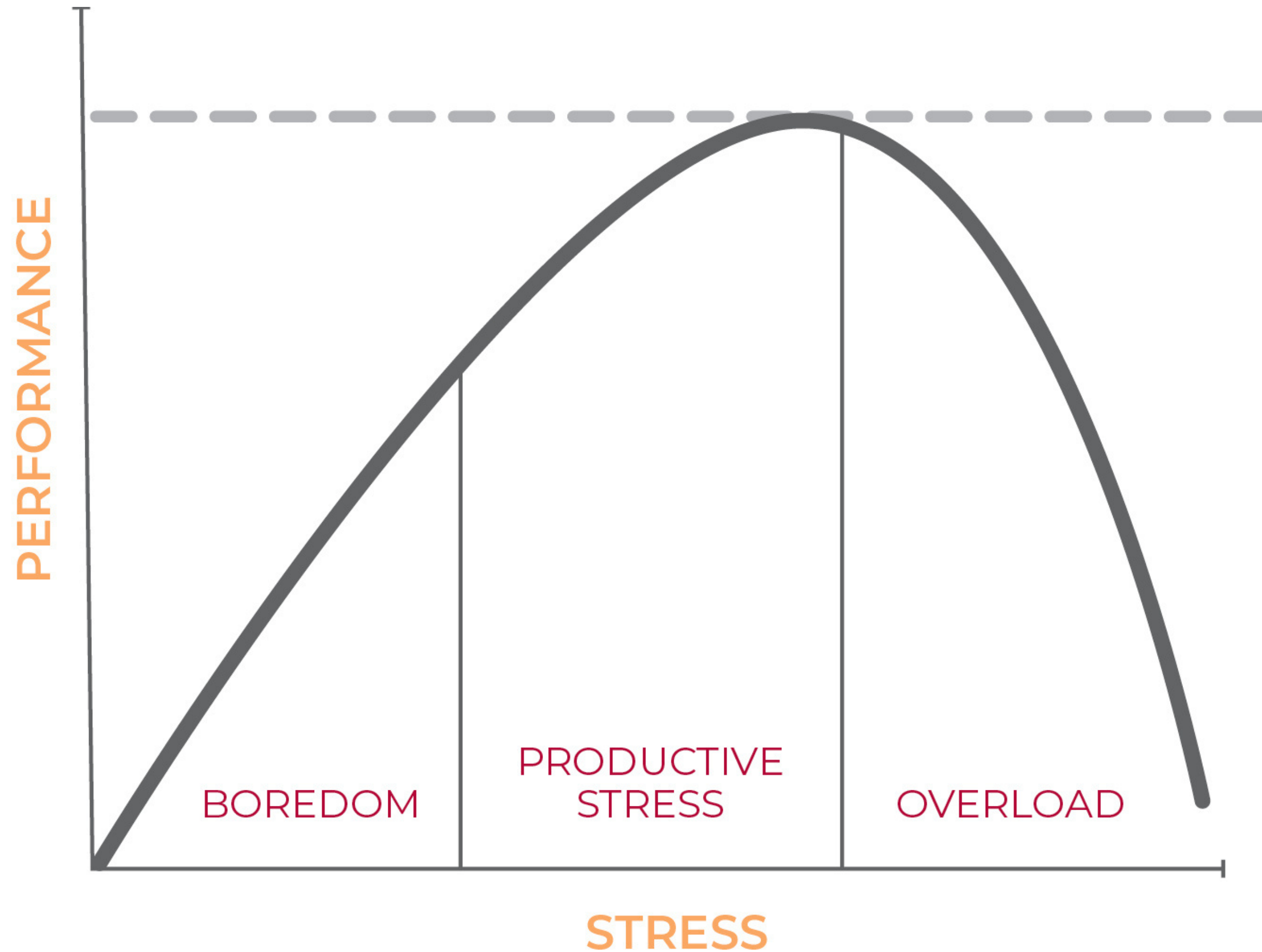
“I’m alone”

“I should be able to handle this”

**“If I just got into a car
accident.....”**

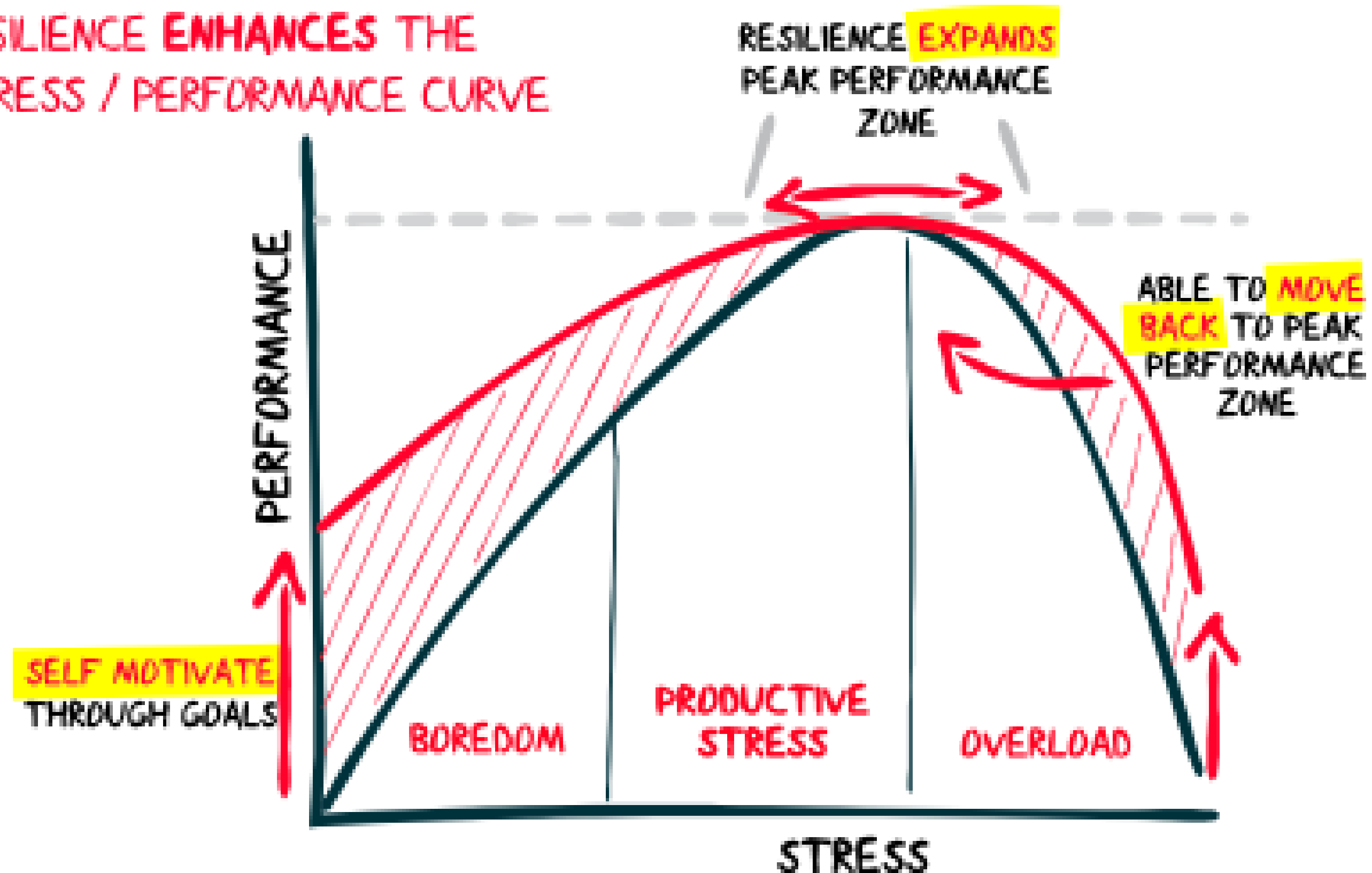
**“Nobody is coming to
save me, but me.”**

Stress and performance



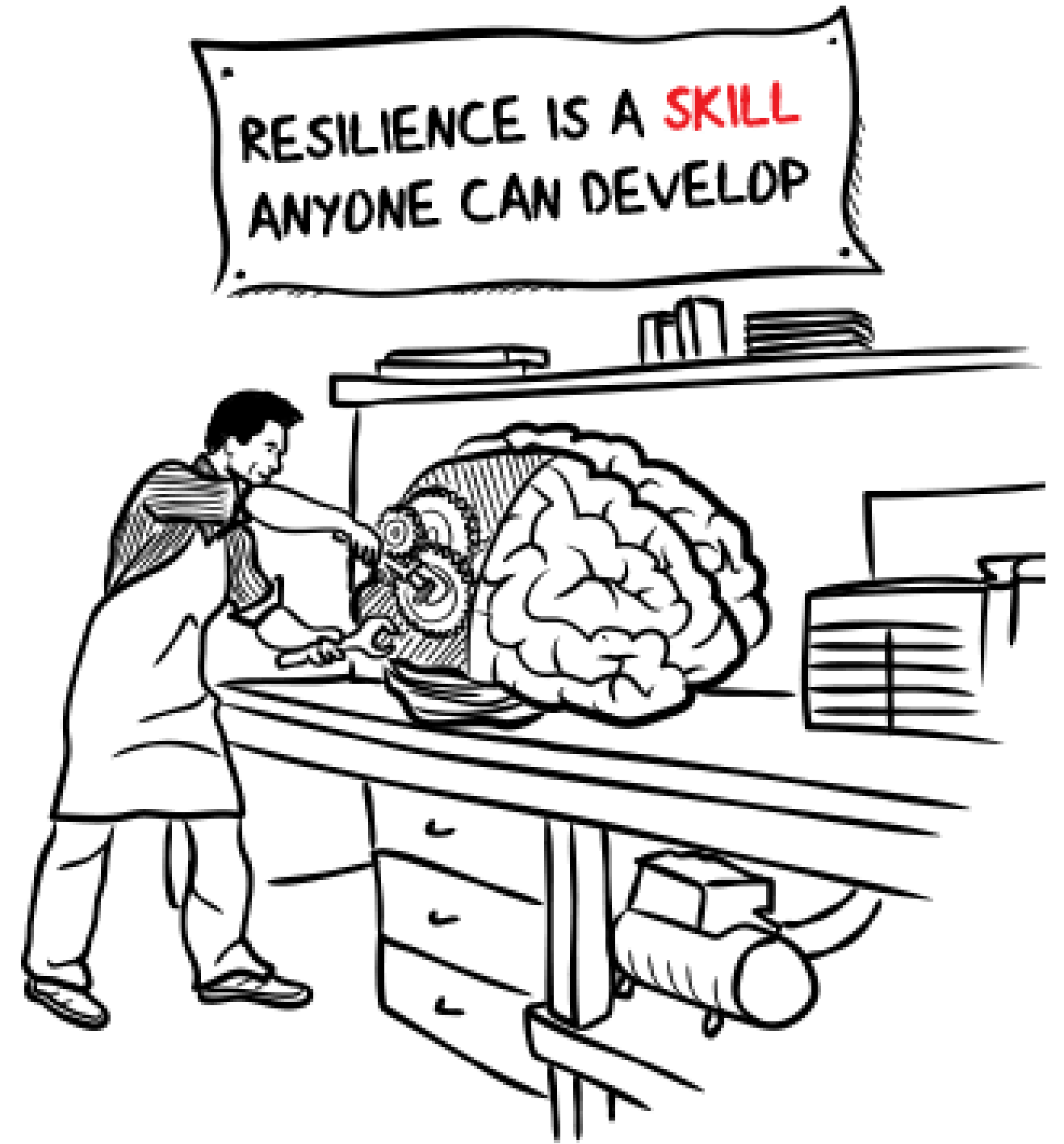
How resilience helps performance

RESILIENCE ENHANCES THE
STRESS / PERFORMANCE CURVE



There's Hope!

- Resilience is a skills anyone can learn and develop
- No matter your age and stage of life, you can always improve your resilience



Important for:

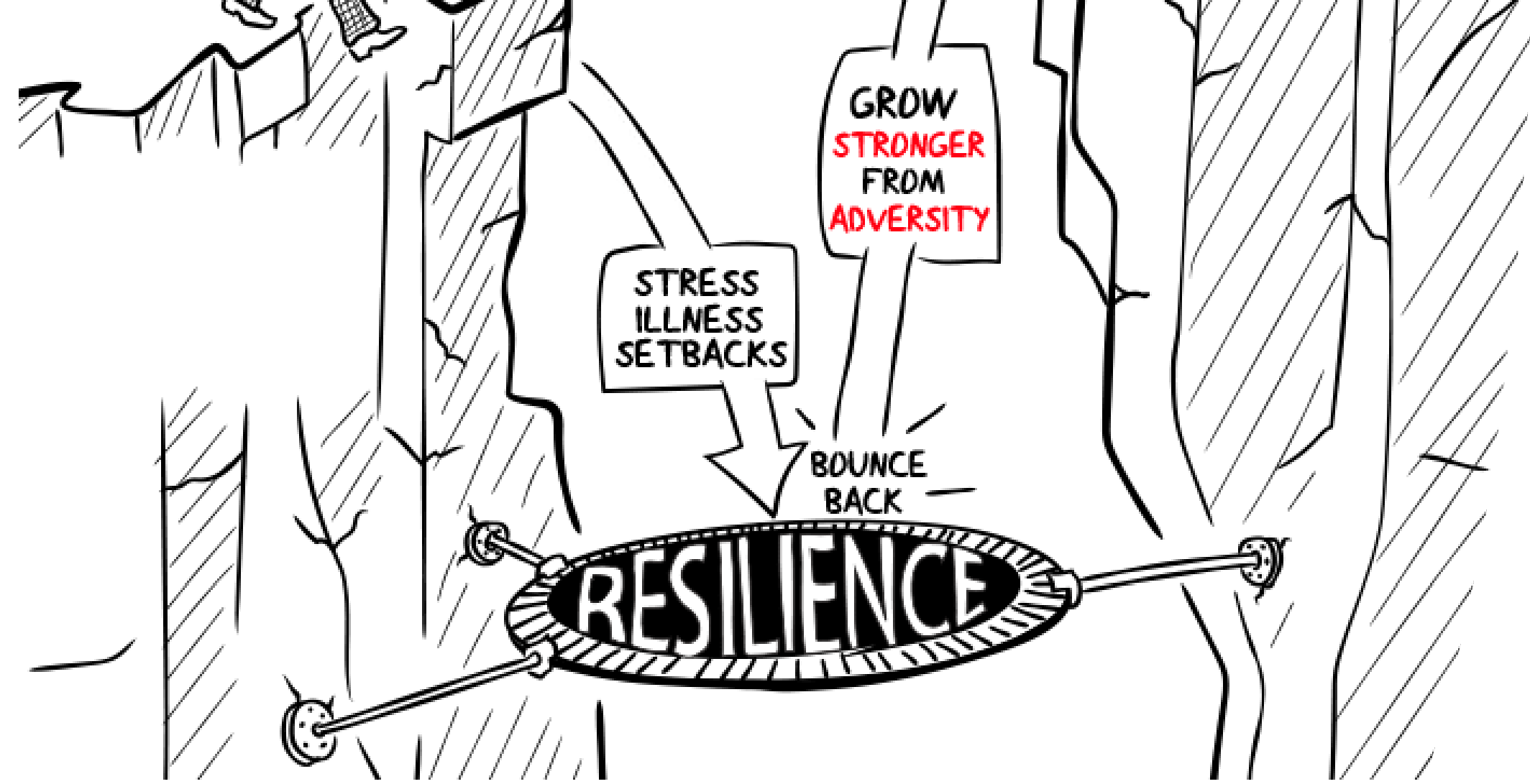
- Small stuff
 - Managing work stress
 - Traffic, delays, frustrations, etc.
 - Everyday challenges
- Big stuff
 - Major illness
 - Tragedies, loss, heartbreak
 - Pandemics





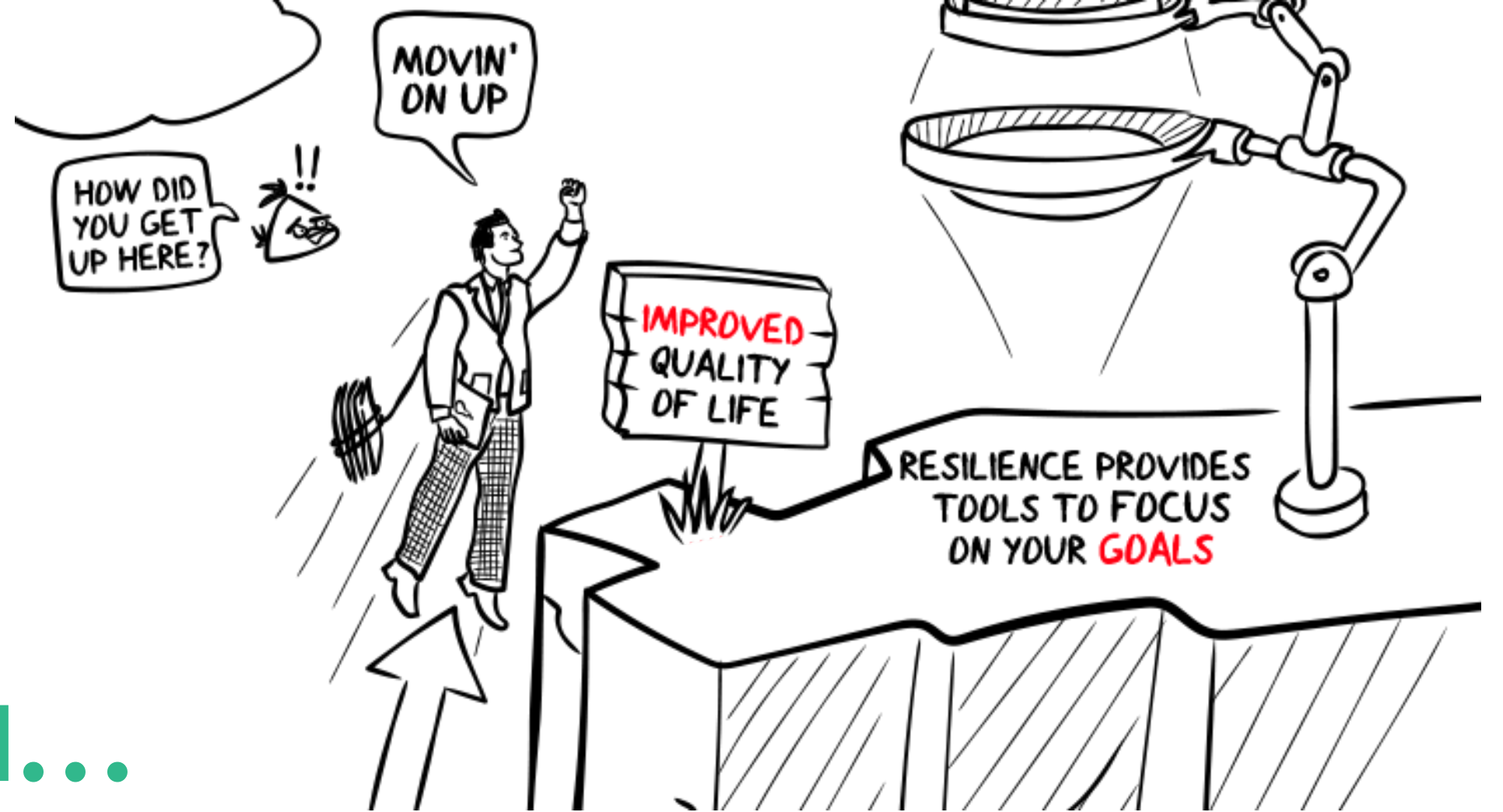
Low Resilience

- Even small setbacks feel like disasters
- Takes a while to get back on your feet



High Resilience

- Bounce back from setbacks
- Use adversity as an opportunity to grow

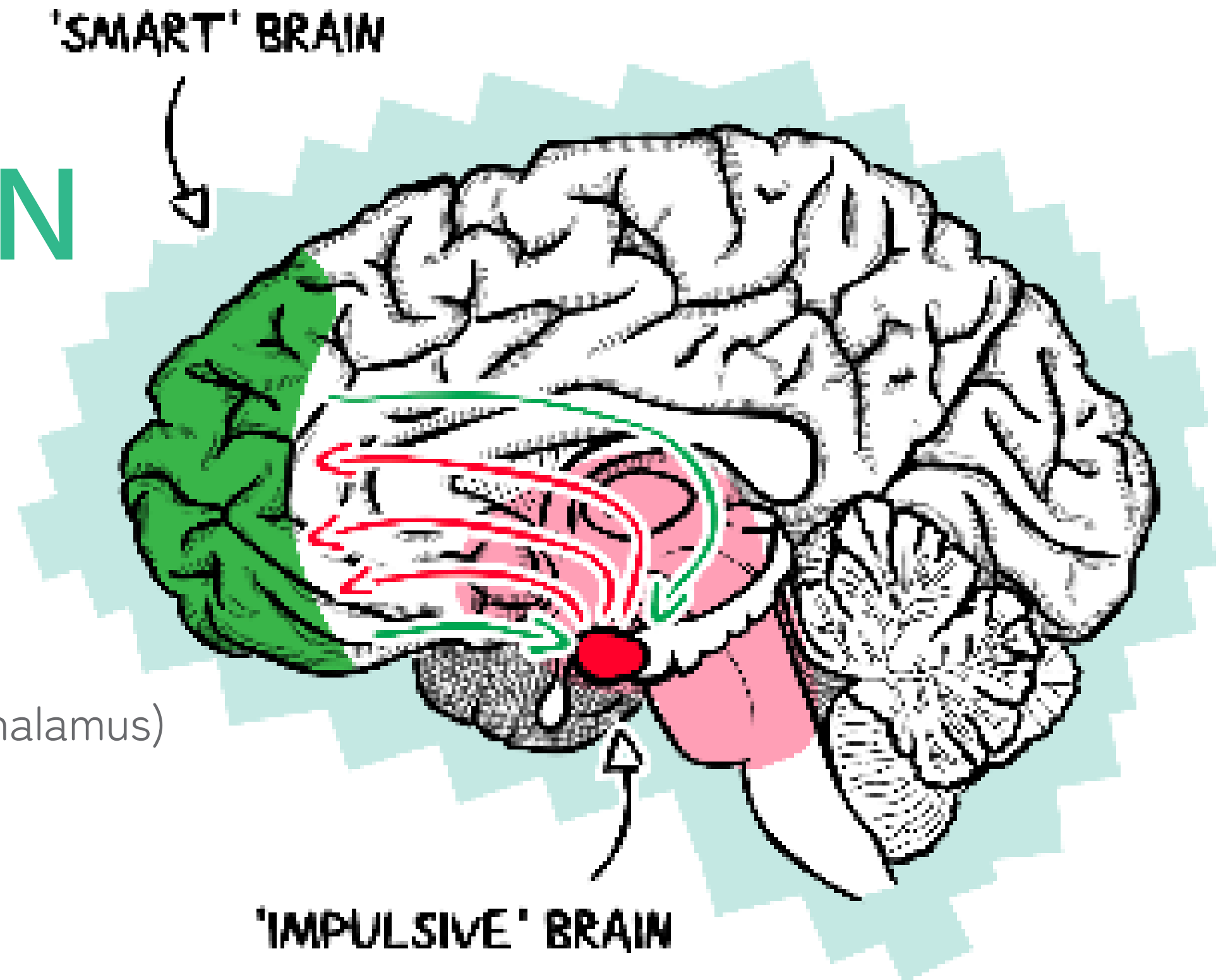


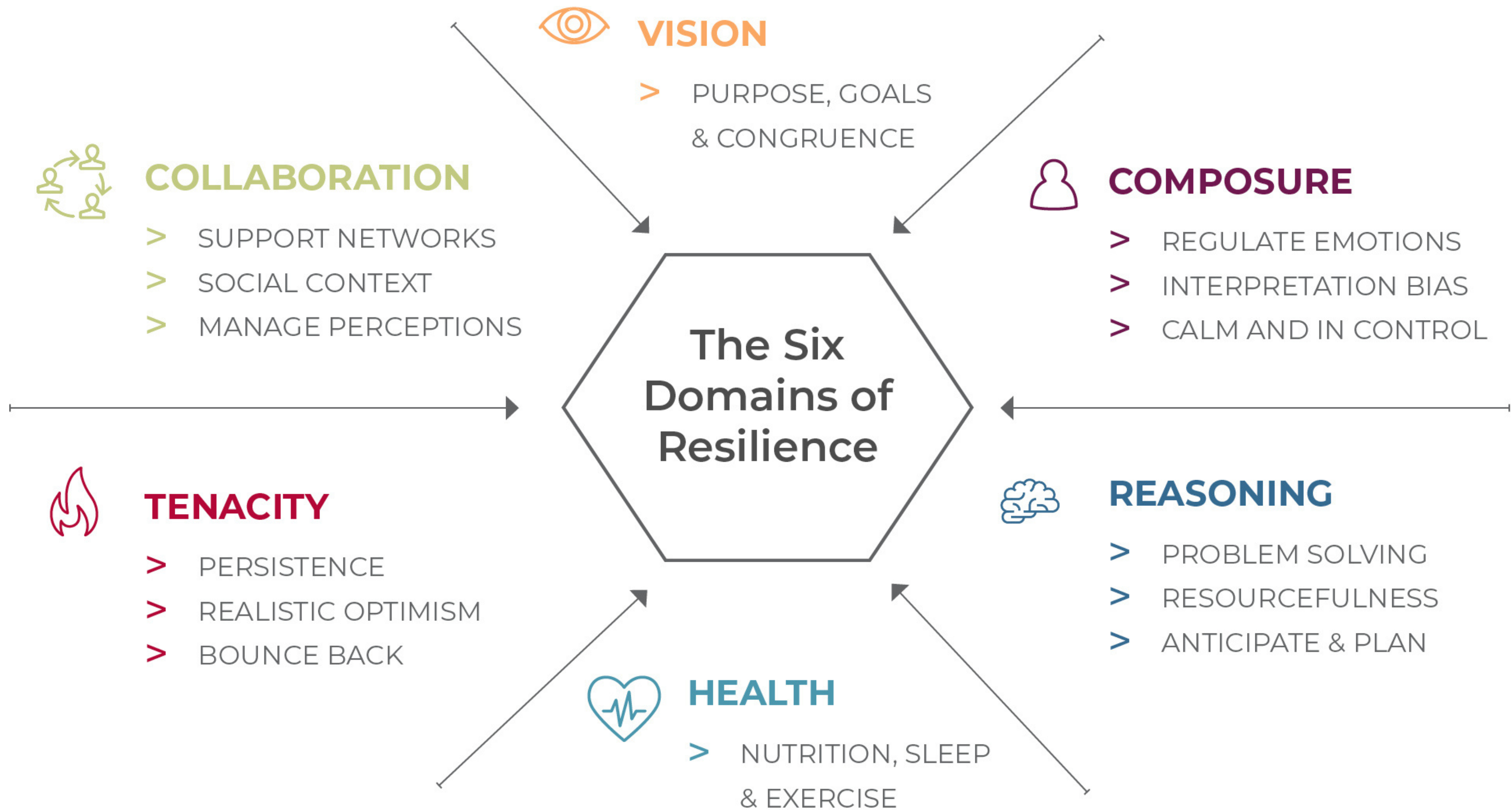
Resilience lets you...

- Stay focused on your goals and what is most important
- Allows you to always move forward

NEURO: LOCATION

- Prefrontal cortex
(abstract, creative & strategic thinking)
- Limbic brain
(emotional response, fear - amygdala, hypothalamus)
- Build connection –
enhance regulation





Vision



About purpose and meaning

- > Working toward clear goals
- > Ability to prioritize effectively between competing goals
- > Being committed & decisive
- > Vision motivates to action

The most important of the domains



Basic needs of the brain

- > Attachment
- > Control & Orientation
- > Motivation (pleasure & pain)



Congruence

- > Have goals, work toward them, see results & don't have internal conflict

Goal Setting

Identify 1 goal (personal or professional that's motivating you now

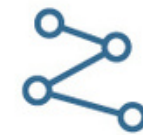


Composure



About regulating emotions

- > Effectively managing stress
- > Recognizing the signs of stress
- > Increasing emotional granularity
- > Having strategies to regain composure when stressed or anxious



Interpretation bias

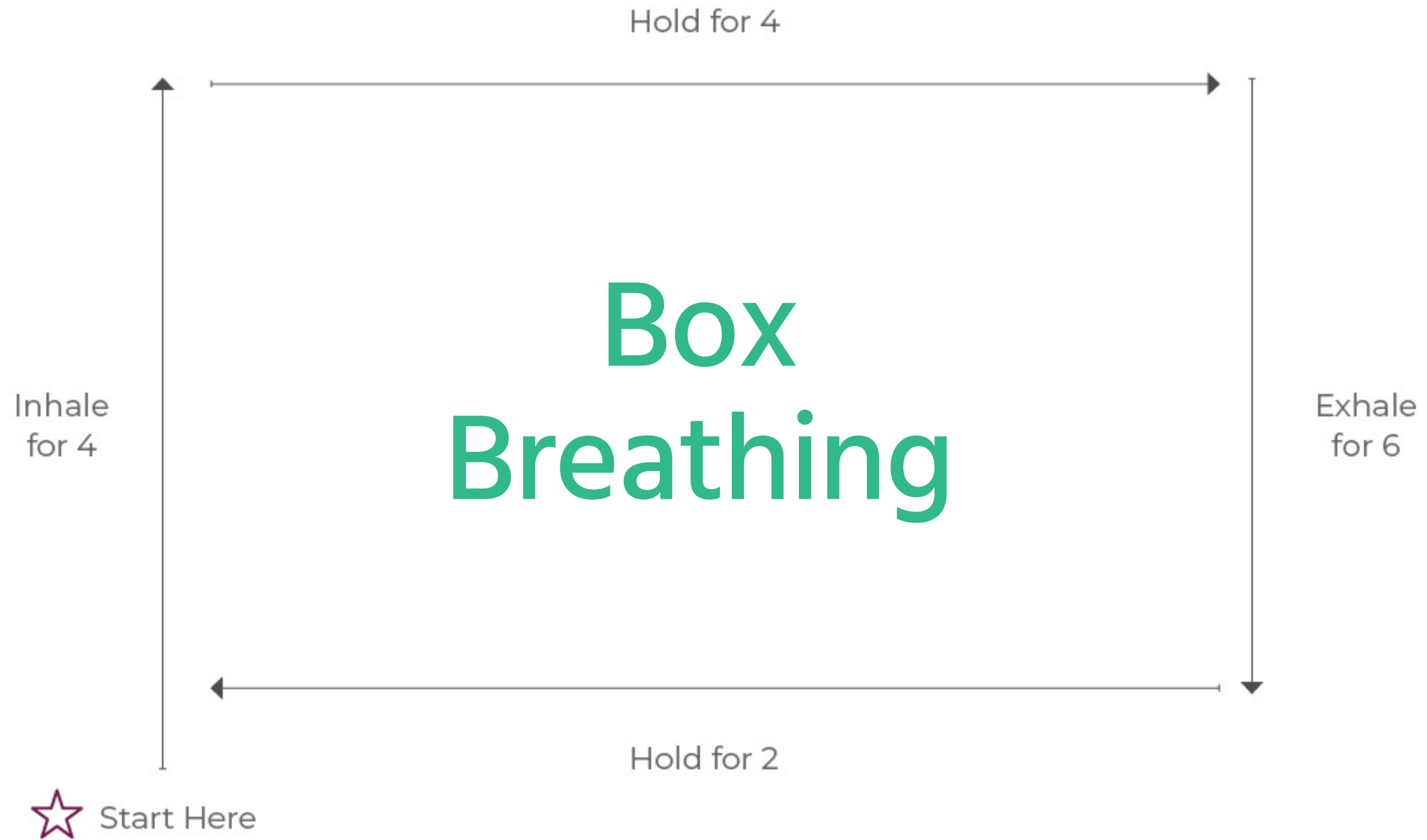
- > Attachment
- > Control & Orientation
- > Motivation (pleasure & pain)

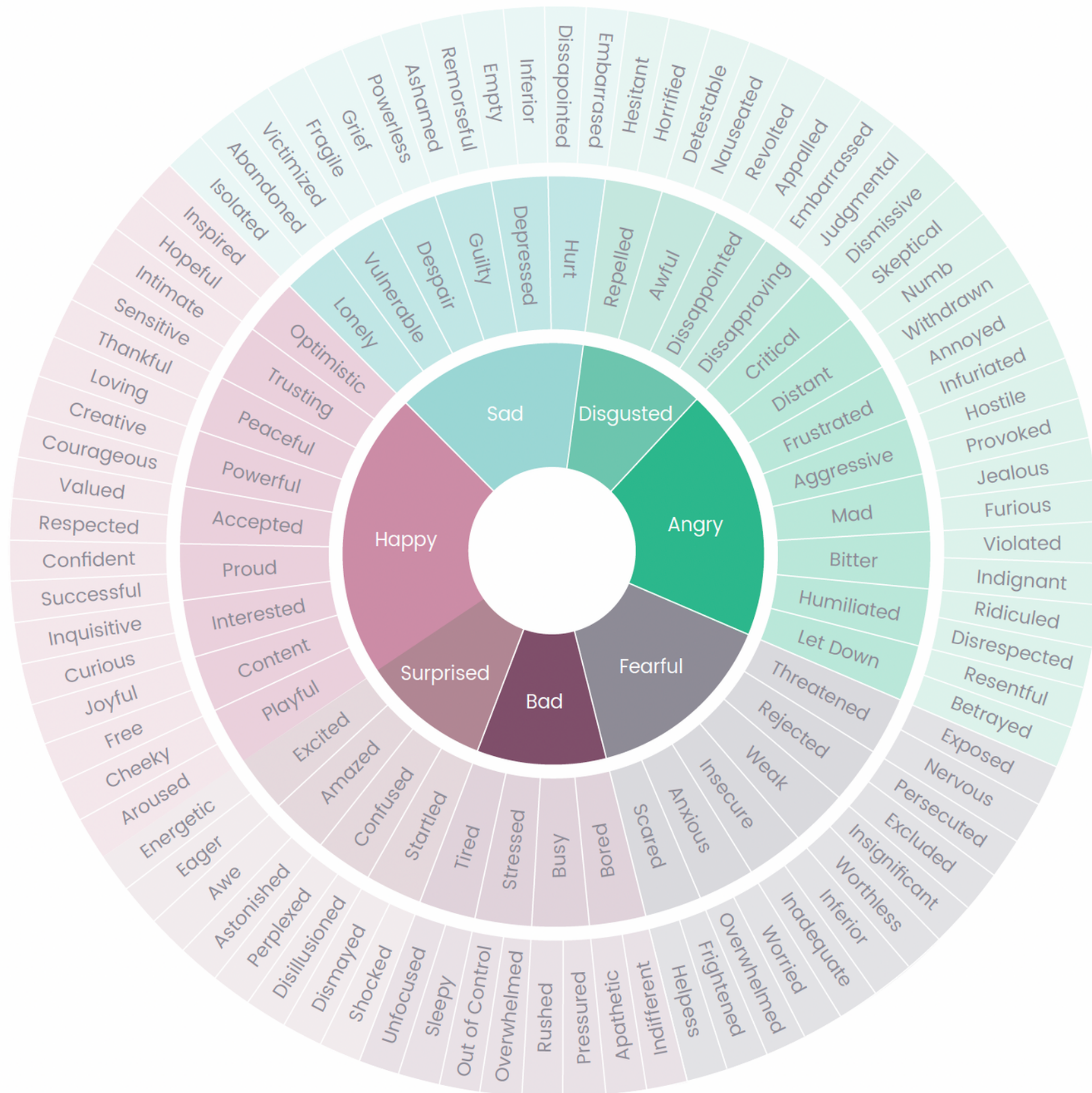


Reappraisal

- > Learning how to reinterpret physical signals
(anxiety » excitement)
- > Use proactively and retroactively

Box Breathing



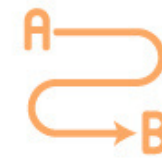


Reasoning



About problem solving & critical thinking

- > Ability to think clearly when facing stress
- > Being resourceful
- > Seeing opportunity in change
- > Ability to challenge own beliefs



Anticipate and prevent

- > Visualize scenarios & plan for adverse outcomes
- > Take action to mitigate future problems



Reasoning bias

- > Recognize thinking style
- > Manage blind spots

Tenacity



About perseverance

- > Bouncing back from setbacks
- > Learn from own successes and experience
- > Perseverance is more important than intelligence in achieving success



Realistic optimism

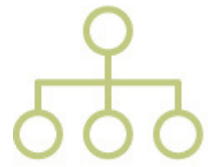
- > Avoid being overly optimistic (impacts motivation)
- > Avoid pessimism (also impacts motivation)
- > Realistic sense of hope



Managing mistakes

- > Accurately analyzing mistakes
- > Avoid self-judgment and focus on learning

Collaboration



About support networks

- > Secure attachment
- > Willingness to ask for help
- > Willingness to be support for others



Managing perceptions

- > Perceived support is more important than actual support



Investing in relationships

- > Building support networks
- > Mutually valuable relationships
- > Mentor relationships



Social context

- > Recognizing behavior for context
- > Using humor appropriately

Health



About physical wellness

- > Foundational domain
- > Supports a healthy brain & ability to build resilience



Exercise

- > Promotes long-term brain health (neurodegeneration)
- > Plus short-term benefits
- > Promotes BDNF



Nutrition

- > Fat + sugar is potent producer of serotonin
- > Affects the brain (BDNF...)



Sleep

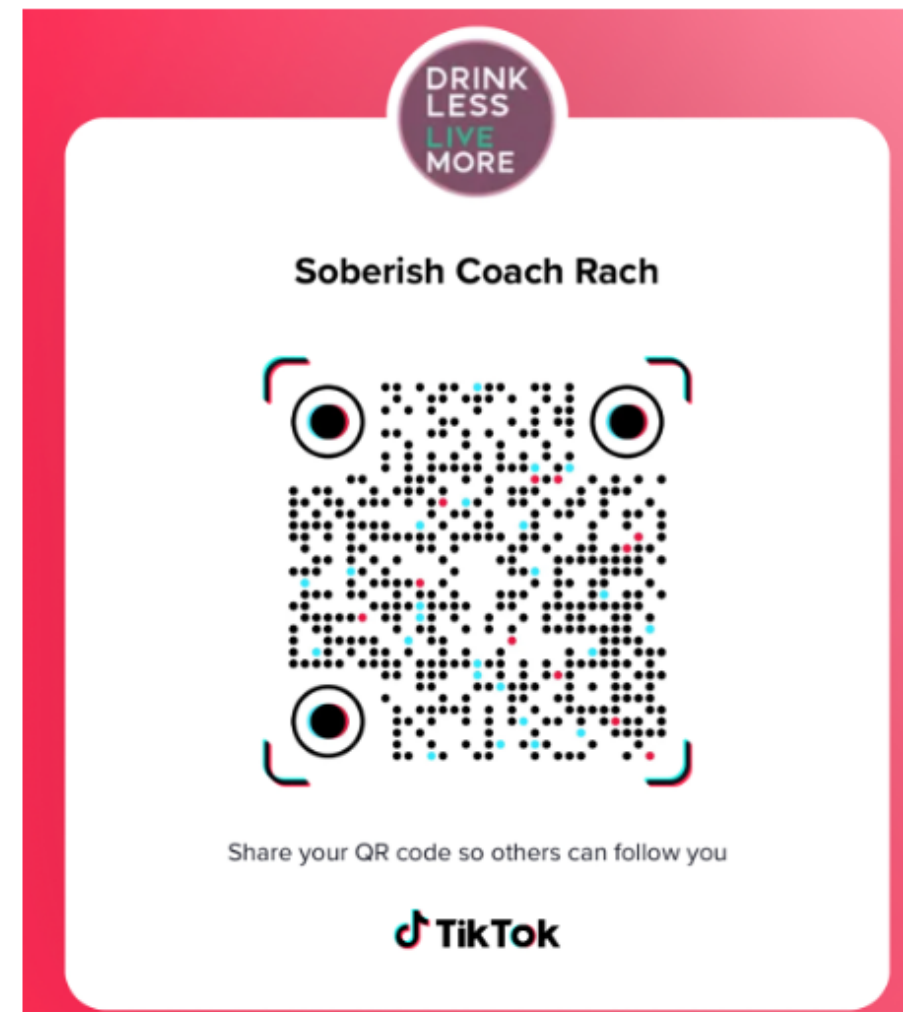
- > Lack of sleep releases cortisol, leads to being impulsive
- > Quality is more important than quantity

“[After so many rejections], I realized that I needed to keep my faith bigger than my fear because I just felt in my gut that what I was doing mattered and that it was needed.”

-Jaime Kern Lima



FOLLOW ME (NOT IN A STALKER WAY)



🔍 Rachel Pritz



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