

RESILIENCE: BOUNCE BACK AND SHINE!

But you're not gonna knock us down, We'll get back up again

You may have hurt us, But I promise we'll be stronger and

We're not gonna let you win, We're putting up a fight

You may have brought the dark, But together we will shine the light

And whoah, we will be something special, Whoah, we're gonna shine...

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WHAT TO KNOW!

- ❖ Resiliency is:
 - ❖ the ability to overcome adversity by developing emotional strength
 - ❖ the capacity to maintain one's self esteem while in threatening or hurtful situations
 - ❖ the ability to bounce back from a setback, loss, illness, death of a loved one, trauma
- ❖ People who lack resilience dwell on their problems, become overwhelmed, feel victimized and often turn to alcohol, drugs, gambling, overeating, etc. as ways of coping
- ❖ Resilient people overcome pain and grief and see bad events as only temporary
- ❖ Resilient people do not accept being victims or look for sympathy from others; they accept their emotional scars and struggle to keep functioning
- ❖ People who are resilient do not let adverse events define their identity
- ❖ Factors that contribute to resilience are optimism, positive mental attitude, self-control, and being able to learn from failures and setbacks
- ❖ Resilience does require effort and can be developed by learning
- ❖ Reframing a situation or how one can think differently so that they feel capable and empowered is at the core of resilience
- ❖ Having good relationships promotes resilience as they provide support, caring, and acceptance
- ❖ Dr. Edith Grotberg believes that people can develop resilience by thinking along three lines:
 1. **I Have:** strong relationships, structure, rules at home, role models
 2. **I Am:** a person who has hope and faith, cares about others, is proud of myself
 3. **I Can:** communicate, solve problems, develop good relationships

WHAT TO DO!

- ❖ Do something every day that adds meaning and purpose to your life
- ❖ Develop strong relationships for support in good times and bad
- ❖ Care for yourself by exercising, eating properly, getting enough sleep, meditating
- ❖ Develop optimistic and hopeful attitudes that you will get through the rough times
- ❖ Learn what you can from the negative experiences to empower you
- ❖ Take action: Make and execute on a plan to resolve your situation
- ❖ Seek professional help if you are unable to overcome trauma, aversive experiences, loss, threatening situations, or depression

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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