Radical Importance of Practicing Resilience

Mary Jo Desprez, MA
Bad news/Good news
Research is clear that resilience is a skill more than it is a character trait... but there is a big but
What stresses us out?

- worry
- change
- trauma
- tragedy
- Threats
- financial problems
- family & relationship problems
- serious health problems
- workplace problems
When was the last time you called upon your own resilience?
• lack of control
• lack of meaning
• our finiteness
What is resilience- Latin- resalire to bounce back or jump again

Resilience is a quality that enables us to move forward after we’ve processed and accepted loss and change.

It is an adaptive mode of thinking.

It works in tandem with techniques for improving one’s initial response to something bad or unwanted. Negative thoughts can be combated in the short-term using relaxation techniques – such as deep breathing or even exercise – before being dealt with more fully through self-exploration and discussion.

Long-term resilience involves reworking your internal narrative. So when something bad happens, rather than catastrophizing, it is possible to reframe or reinterpret the experience as a turning point.
The value of adversity
resilience can be learned by...

focusing our attention outward

refining our interpretations
focusing our attention outward
savor the world with joyful attention

delay judgment & pay attention to novelty
cultivate a kind attention
compassion, acceptance, love, & forgiveness
Mirror Neurons
The Chinese characters that make up the verb ‘to listen’ tell us something significant about this skill.

Ear  愛  聽  心
Eyes  UNDIVIDED
Attention  HEART
refining our interpretations
Principles used for refining interpretation

Gratitude
Compassion
Acceptance
Meaning & Purpose
Forgiveness
Celebration & Joy
Reflection/Meditation/Prayer
I am grateful for
COMPASSION
The Role of Emotional Intelligence and Cultural Intelligence

- Self Awareness
- Self Management
- Empathy
- Relationship Management
- Intercultural Development Skills
“We cannot change anything unless we accept it.”

Carl Jung

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Meaning and Purpose
Forgiveness
Celebration and Joy
Reflection/Meditation/Prayer
What does practice look like?

<table>
<thead>
<tr>
<th>Day</th>
<th>Principle</th>
<th>Joyful attention to nature</th>
<th>Kind attention to others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Gratitude</td>
<td>20 minutes</td>
<td>8-10</td>
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<tr>
<td>Tuesday</td>
<td>Compassion</td>
<td>20 minutes</td>
<td>8-10</td>
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<tr>
<td>Wednesday</td>
<td>Acceptance</td>
<td>20 minutes</td>
<td>8-10</td>
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<tr>
<td>Thursday</td>
<td>Meaning and Purpose</td>
<td>20 minutes</td>
<td>8-10</td>
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<tr>
<td>Friday</td>
<td>Forgiveness</td>
<td>20 minutes</td>
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<tr>
<td>Saturday</td>
<td>Celebration</td>
<td>20 minutes</td>
<td>8-10</td>
</tr>
<tr>
<td>Sunday</td>
<td>Reflection/Meditation and Prayer</td>
<td>20 minutes</td>
<td>8-10</td>
</tr>
</tbody>
</table>
Is practicing resilience shifting the blame from broken systems to the individual?
Adversity comes from many systems and circumstances—systems are never completely fixed.

“They” mentality takes away the locus of control— we need to be the path for a credible solution.

Empowering not blaming - Ghandi, Helen Keller, Nelson Mandela, - the goal is to preserve strength so you can become a change agent- it is about preserving the individual.

Without it --we maintain the status quo or worse.
Take-aways

It is not a quick fix

It is not expensive but it is more about doing rather than knowing

It is based in brain science

Our resilience acts as a mirror neuron for others

It allows us to experience adversity more like rolling waves rather than potholes
Questions?

Discussion

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