



Resilience

Dr. Suresh Kumar Murugesan PhD

Yellow
Pond





About the Presenter

- Dr.Suresh Kumar Murugesan is a passionate Professor, researcher and Mental Health Practitioner from Madurai, Tamil Nadu, India
- At present he is heading the PG Department of Psychology, The American College, Madurai
- He is very keen in research studies and open to learn.
- His ultimate aim is to make impression in the field of Knowledge
- His area of specializations are Psychometry, Psychotherapy, Positive Psychology, Education Psychology, Cognitive Psychology, Cyber Psychology etc
- He has published 30 journal articles, 50 Conference and seminar proceedings
- Organised more than 500 webinars and acted as a resource person for 175 + webinar session
- Received 4 Awards and delivered 25+ Radio Talks
- Qualified UGC NET in Psychology and Education, Central Teacher Eligibility Test
- Published three books

Disclaimer

- This presentation is prepared for learning purpose only and all the images and pictures used in this presentation are taken from google image search.
- Due recognition was given to all the material collected from the various sources.
- Any name or reference is missed kindly bring it to the notice of the presenter for inclusion.
- Email - sureshkumar800@yahoo.com

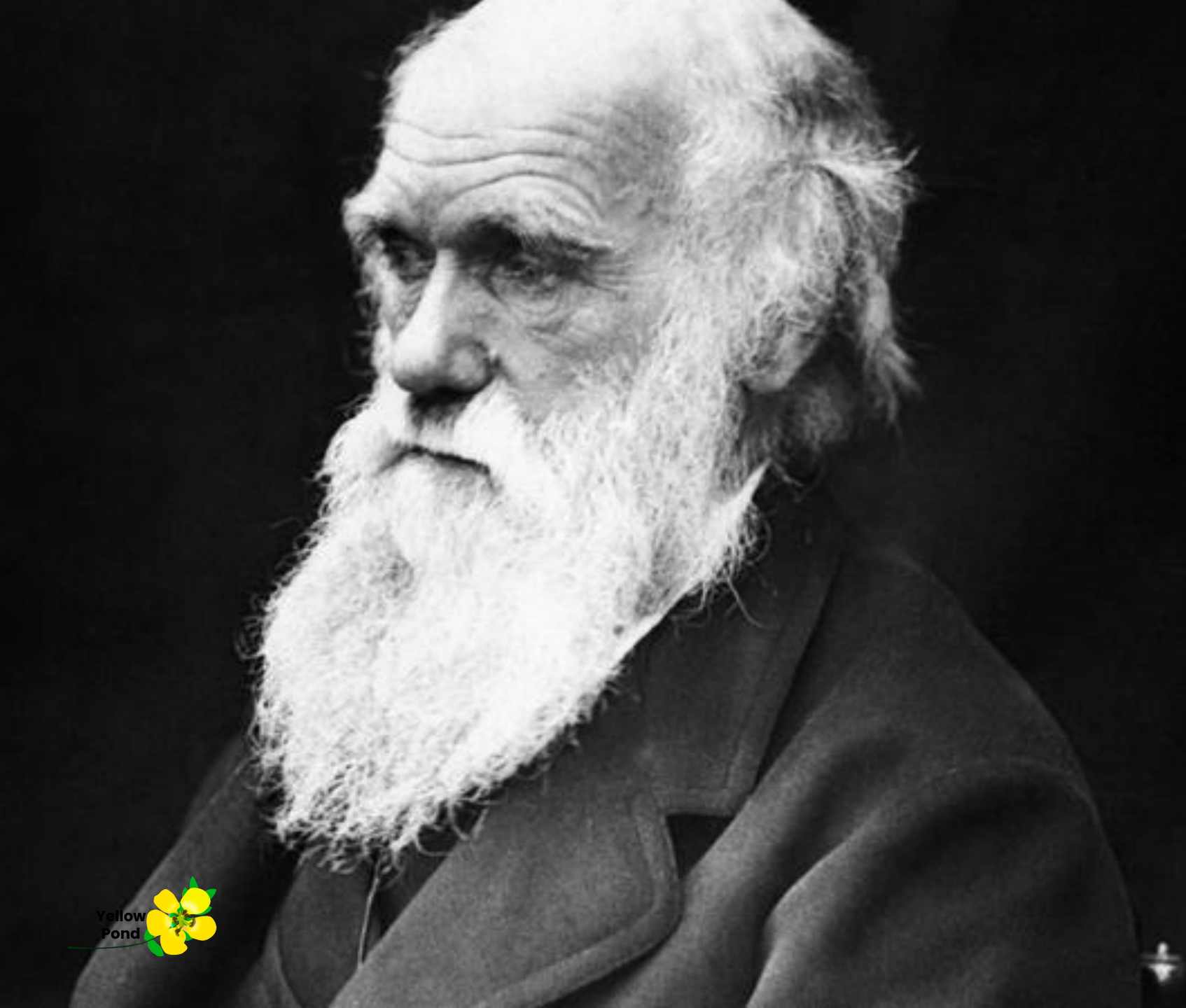
Thank you



DISCLAIMER

Understanding Resilience





“It’s not the strongest of the species that survive, nor the most intelligent, but the most responsive to change.- Charles Darwin



The greatest glory of
living, lies not in never
falling, but in **rising**
every time you fall -
Nelson Mandela



Root

The word “resilience” is derived from the Latin verb “**salire**” which means to jump.

The prefix “re-“ means “back” or “again.” Thus, “**resilience**” is literally about **jumping back**.





Resilience is the capacity for healthy development and successful learning in spite of challenges.” - B Benard





BOUNCE BACK

Resilience

Resilience is the capacity to spring back, rebound, successfully adapt in the face of adversity and develop social, academic, and vocational competence despite being exposed to extreme stress or simply to the stress that is inherent in today's world. - Henderson and Milstein, 1996

**Resilience is a
pattern of
positive
adaptation in
the context of
past or present
adversity -
Wright &
Master, 2005**



Resilience is a process of **successful adaptation in the face of challenging or threatening circumstances** -
Veselksa, Geckova, Orosova,
Gajdosova, van Dijk, & Reijneveld,
2008



IF THERE ARE NO UPS AND DOWNS IN YOUR LIFE
IT MEANS YOU ARE DEAD





Resilience is the ability to spring back into shape



“A diamond is just a
piece of charcoal
that handles stress
exceptionally well.”

— Anonymous



Resilience is an
ability to recover
from or adjust
easily to
misfortune or
change

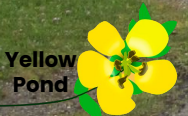


Resilience is
what gives
people the
psychological
strength to cope
with stress and
hardship





Resilient
individuals are
better able to
handle such
adversity and
rebuild their lives
after a catastrophe





Resilience is the mental reservoir of strength that people are able to call on in times of need to carry them through without falling apart

Traits of Resilience





Characteristics of Resilient

1. Optimistic in Nature
 2. Self Confident
 3. Planning and executing it
 4. Control and regulate emotions
 5. Have purpose in life
 6. Grateful
 7. High self esteem
 8. Has meaning in life
 9. Know one makes a difference
 10. Have problem solving skills
1. Sense of humour
 2. Flexiale
 3. Think possibilities and opportunities
 4. Spiritual and religious
 5. Generous
 6. Strong
 7. Willing to change
 8. Enjoys learning
 9. Adaptable and adjustable
 10. Connected to others

Bouncing Back

Adapting under
Pressure

Thriving despite or
because of pressure

Being strengthened or
improved by adversity

Positive emotions (buffer
against depression)

TRAITS OF RESILIENCE

Source: Chichetti, 2010

Emotional flexibility

Positive response to
change

Ability to foster good
relationships

Control over own
workflow

Ability to establish a
sense of community



15 Elements of Resilience



15 ELEMENTS OF RESILIENCE

✓ I HAVE

✓ I AM

✓ I CAN

✓ (from “Reaching Today’s Youth”, vol.2, Issue 3, p. 37, Spring 1998)



I HAVE

1. People around me I trust + who love me, no matter what. [TRUSTING/LOVING]
2. People who set limits for me so I know when to stop before there is danger or trouble. [LIMIT SETTING]
3. People who show me how to do things right by the way they do things. [POSITIVE ROLE MODELING]
4. People who want me to learn to do things on my own.[PERSONAL INITIATIVE]
5. People who help me when I am sick, in danger, or need to learn. [CARING, INVOLVED FRIENDS]





I AM

- 6. A person people can like and love.
[LIKEABLE/LOVABLE]
- 7. Glad to do nice things for others + show my
concern. [EMPATHETIC]
- 8. Respectful of myself + others. [RESPECTFUL]
- 9. Willing to be responsible for what I do.
[RESPONSIBLE]
- 10. Sure things will be alright. [CONFIDENT]



I CAN

11. Talk to others about things that frighten me or bother me. [CONSULT OTHERS]
12. Find ways to solve problems that I face. [SOLVE PROBLEMS]
13. Control myself when I feel like doing something not right or dangerous. [CONTROL MYSELF POSITIVELY]
14. Figure out when it is a good time to talk to someone or take action. [MAKE GOOD DECISIONS]
15. Find someone to help me when I need it. [SEEK HELP]



5 C's of Resilience





I. Connection

- Good relationships with friends and family members
- Involve in community and social activities
- Internalise a sense of belonging and connectedness
- Connect with self and others
- Give priority and value to the connection rather than gadgets



II. Communication

- have an ability to share, explain, explore and understand
- ability to reframe what has happened
- develop on insight and understanding
- make right judgement



III. Confidence

- Positive yet realistic view of themselves
- Accurate sense of their abilities
- Learn from the mistakes
- Able to visualize their goals
- Recognise their potentials
- Believe themselves to be



IV. Competence and Commitment

- Able to look the big picture
- Able to solve the problems
- Follow through but not giving up
- Working towards the goals in every day



V. Control

- Manage their strong feelings
- Enhance their relationship and productivity
- Develop coping skills and strategies
- Keep the things in perspective
- Understand the roles and responsibilities
- have control on thought, emotion and behaviour

8 Resilience Strategies for Children





Strategy - 1

1. Encourage the Development of a positive attitude, self belief and Communication

- Provide positive feedback, encouragement and reassurance
- Help children learn to understand and express their feelings
- Communicate openly with children



Strategy - 2

2. Increase support network for Children

- Someone to talk to
- One to one support at home, school and community level
- Peer support/ buddying/ befriending
- Foster a culture of listening



Strategy - 3

3. Encourage the building of trusting and cooperative relationship

- Foster mutual respect between everyone in the family, community and at school
- Recognize outside pressures/ influences on children
- Activity days / residential trips



Strategy - 4

4. Increase children engagement with learning

- Flexible use of teaching methods and styles
- Opportunities for performance
- Provide additional support for learning
- Assessments to plan learning experiences



Strategy - 5

5. Foster a positive and inclusive ethos

- Build a sense of belongingness
- Involve children in decision making
- Celebrate diversity within the community and school



Strategy - 6

6. Activity

- Development of safe social areas in community and school play areas
- Participation in health promoting community activities
- Helping the elderly in the community
- Activities of mental, emotional and behaviour should be given



Strategy - 7

7. Encourage a sense of fun

- Make time to have fun in a day
- Opportunity for games, laughter, jokes and relaxation
- Enrol children in dance classes
- Participation in festivals and meets in community and schools



8. Develop life skills

- Practical work should be given
- Children are motivated to involve and take responsibility
- Motivate them to gain work experience / Voluntary work
- Opportunity to think and act in positive ways
- Build literacy and numeracy skills

Strategies to Promote Resilience



PROTECTIVE FACTORS THAT PROMOTE RESILIENCY

INDIVIDUAL

Temperament

Individual temperament or sense of humor



Understanding

Ability to make sense of their experiences

Relationships

Ability to form relationships with peers



Mastery

Opportunities to experience mastery



Expression

Opportunities to express feelings through words, music, etc.



Conflict Resolution

Development of conflict resolution & relaxation techniques



Culture

Strong cultural identity

FAMILY

Role Models

Adults who role model healthy relationships



Supportive Relationships

Positive child-caregiver relationships



Health

Healthy caregivers



Networks

Relationships with extended family members and others



Stability

Stable living environment

COMMUNITY



Access to Services

Basic needs, advocacy, health



School

Positive school climate and supports



Mentors

Role models & mentors, i.e. coach, faith leader

Neighborhood Cohesion

Safe & connected communities



Factors of Resilience





Individual Factors of Resilience

Protective Factors

- A feeling of control over one's life
- A sense of cohesion with others
- Close relationship with competent adults
- Connection to prosocial organizations
- Tolerance for delayed gratification
- A sense of humour

Risk Factors

- Little sense of control over one's life
- Poor self control
- Negative emotionality
- A need for immediate gratification



Family Factors of Resilience

Protective Factors

- Participation in school, work and community with a sense of belonging and contribution
- A social network peers
- An opportunity to learn to handle challenges

Risk Factors

- Limited resources
- Low socioeconomic status
- Communities that lack the ability or resources to reach out to those in need of assistance

Community Factors of Resilience

Protective Factors

- Good parenting skills
- Trusting relationship
- Well defined family roles and responsibility
- Opportunities to learn to deal with criticism, rejection and silence

Risk Factors

- Parental and sibling drug use
- Poor child rearing and socialization practices
- Ineffective parental supervision
- Family Conflict and marital discord
- Domestic Violence, abuse and neglect

8 steps to become more Resilient



8 STEPS TO BECOME MORE RESILIENT



1

Accept Change



2

Learn Continuously



3

Take Charge



4

Define Purpose



5

Create Balance



6

Cultivate Relationships



7

Reflect



8

Reframe Skills

Personal Resilience Strategies for Teachers



The life of a teacher can be stressful. Here are 10 tips for building resiliency:



Make
connections



Avoid seeing
crises as
insurmountable
problems



Accept that
change is a
part of living



Move
toward your
goals



Take
decisive
actions



Look for
opportunity for
self-discovery



Nurture a
positive view
of yourself



Keep
things in
perspective



Maintain
a hopeful
outlook



Take
care of
yourself

More Resilience Strategies



More Resilience Strategies

1. Develop supportive and caring relationships at home, among friends and colleagues.
2. Accept help and support and help others when they need it.
3. Receiving & appreciating kindness from others may be just as important as offering it up.
4. This is because gratitude is an important part of resiliency.
5. Remember that some crises are beyond your control.
6. You cannot change events however you can change the way you interpret and react to them.
7. It's important that you try to accept this and look ahead.
8. Accept that change is part of life and that you will have to adapt to changing circumstances.
9. Set some realistic goals and take regular small steps towards achieving them.
10. Do scary or adventure things
11. Practice positive emotion Exercise
1. Ask yourself, "What's the one thing I can accomplish today?" rather than focusing on the overarching goal.
2. Be decisive – do as much as you can rather than avoiding problems and hoping they will go away.
3. Try to understand your own experiences of dealing with loss, hardship or emotional problems.
4. Appreciate what you have learned from these difficult issues.
5. Develop a positive view about yourself and be confident in your strengths and abilities.
6. Try to take a longer-term perspective and don't blow the significance of the event out of proportion.
7. Stay hopeful and optimistic.
8. Visualise what you want, rather than worrying about what you fear.
9. Look after yourself – your health, fitness and need for relaxation and peace.
10. Looking after yourself will give you the strength and balance to deal with difficult situations.
11. Hand on Heart serenity exercise
12. Gratitude practices

Resilience in Children, Teen and Adult



Resilience in Children can be developed best through Behavioural Techniques





Resilience in Adolescence can be developed best through emotional Techniques





Resilience in Adult can be developed best through Cognitive Techniques



Thank you