

RESILIENCE

Strength Under Stress

PRESENTER

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**Mental Health
Association in
New Jersey, Inc.**

CRISIS COUNSELING PROGRAM (CCP)

**New Jersey Department of Human Services'
Division of Mental Health and Addiction Services,
Disaster and Terrorism Branch, (FEMA) grant**





INDIVIDUAL SUPPORT

**During the COVID-19 Pandemic
your mental health is vital.**

**Call for free emotional support
from trained staff.**

866-202-Help (4357)

7 Days per Week 8am to 8pm

Multilingual Services Available



**Durante la pandemia de COVID-19,
su salud mental es vital.**

**Solicite apoyo emocional gratuito
de personal capacitado.**

866-202-Help (4357)

7 Días por Semana de 8am a 8pm

Servicios multilingües disponibles





TEXT SUPPORT

NJHOPE to 51684

To register:

<https://mhanj.gomohealth.care/covid-19/>



LEARNING OBJECTIVES

You will be able to

- Identify how stress manifest itself in your life
- Explain what resilience is and factors that make one resilient
- Identify barriers that prevent someone from being resilient
- Identify ways that you can build your resilience muscle



STRESS

- **physical, mental, or emotional factor that causes bodily or mental tension.**
- Stresses can be
 - **external** (from the environment, psychological, or social situations) or
 - **internal** (illness, or from a medical procedure).



SOURCE: <https://www.medicinenet.com/script/main/art.asp?articlekey=20104>

✘ All STRESS is bad

- Our body is designed to experience stress and react to it
- Stress can be POSITIVE - *keeping us alert, motivated, and ready to avoid danger*
- Stress becomes NEGATIVE when a person faces continuous challenges without relief or relaxation between stressors





Stress without relief can lead to a condition called distress

- Distress can disturb the body's equilibrium
- Leads to physical symptoms such as *headaches, an upset stomach, elevated blood pressure, chest pain, and problems sleeping*
- Emotional problems such as **depression, anxiety**





Use of substances to relieve stress tends to keep the body in a stressed state and cause more problems

- Stress is harmful when people engage in the compulsive use of substances or behaviors to try to relieve their stress
- Examples: *food, alcohol, tobacco, drugs, gambling, sex, shopping, and the Internet*

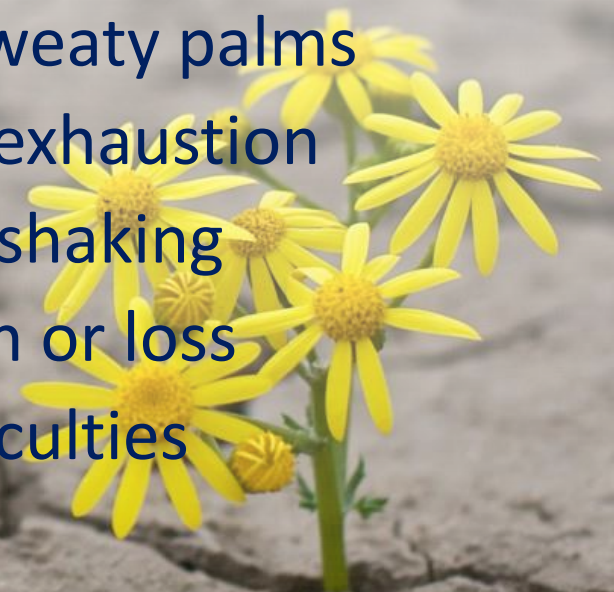


What Are
Some
WARNING
Signs that
You're Getting
STRESS?



WARNING SIGNS

- Dizziness
- Increase in or loss of appetite
- General aches and pains
- Grinding teeth, clenched jaw
- Headaches
- Indigestion or acid reflux symptoms
- Upset stomach, diarrhea
- Muscle tension in neck, face or shoulders
- Sleeping – much or little
- Racing heart
- Cold and sweaty palms
- Tiredness, exhaustion
- Trembling/shaking
- Weight gain or loss
- Sexual difficulties

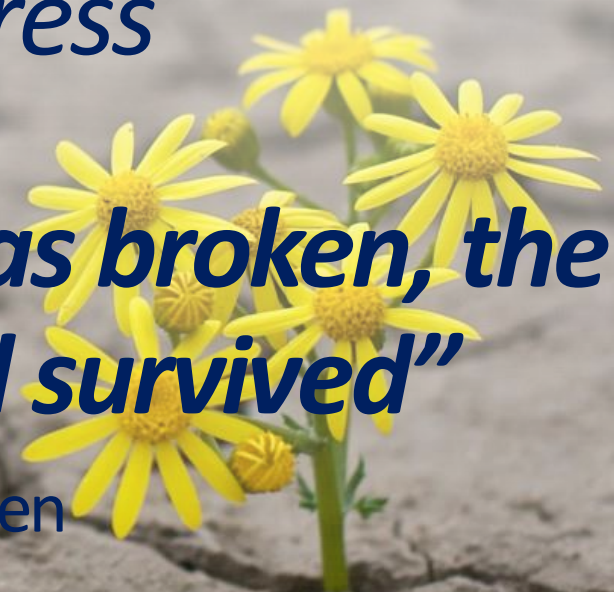


What is RESILIENCE?

Quality that allows someone to bounce back from tough times - *trauma, tragedy, threats or significant sources of stress*

“The oak fought the wind and was broken, the willow bent when it must and survived”

— Robert Jordan, *The Fires of Heaven*



WHY IS RESILIENCY IMPORTANT?

- It enables us to **develop protection** against experiences which could be overwhelming
- It helps us to **maintain balance** in our lives during difficult or stressful periods of time
- It **protect us from the development of some mental health difficulties** such as depression, anxiety, substance use
- **Reduced use of risk-taking behaviors** such as excessive drinking, smoking or use of drugs

SOURCE: <https://www.counselling-directory.org.uk/counsellor-articles/the-importance-of-building-resilience>

BARRIERS TO RESILIENCY

Factors that hinder or constrain the implementation of resiliency measures

1. Low self esteem and confidence
2. Fear
3. Culture
4. Support system
5. Emotional wellness
6. Perfectionism



RESILIENCY FACTORS

Research shows that the following factors help blunt the impact of stress on the mind and body in the wake of disturbing experiences

- **hopefulness**
- **positive attitude**
- **the ability to regulate emotions**
- **the ability to see failure as a form of helpful feedback**



SOURCE: <https://wwwpsychologytoday.com/us/basics/resilience>

RESILIENCY FACTORS cont.

- Having **caring and supportive relationships** within and outside the family
- The **capacity to make realistic plans and take steps to carry them out**
- A **positive view of yourself and confidence in your strengths and abilities**
- Skills in **communication and problem solving**
- The **capacity to manage strong feelings and impulses**

SOURCE: <https://www.wapa.org/helpcenter/road-resilience.aspx>

WAYS TO BUILD RESILIENCE

- **Make connections**
 - **Good** relationships with close family members, friends or others are important
 - **Accepting help and support** from those who care about you and will listen to you strengthens resilience
 - **Being active** in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope
 - **Assisting others in their time of need** also can benefit the helper

WAYS TO BUILD RESILIENCE

- **Set realistic goals and work towards achieving them**
 - Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals
- **Avoid seeing crises as insurmountable problems**
 - You may not be able to change what happens, but you can change how you interpret and respond to them
 - Practice mindfulness and be grateful
 - Take care of yourself – do something nice for yourself

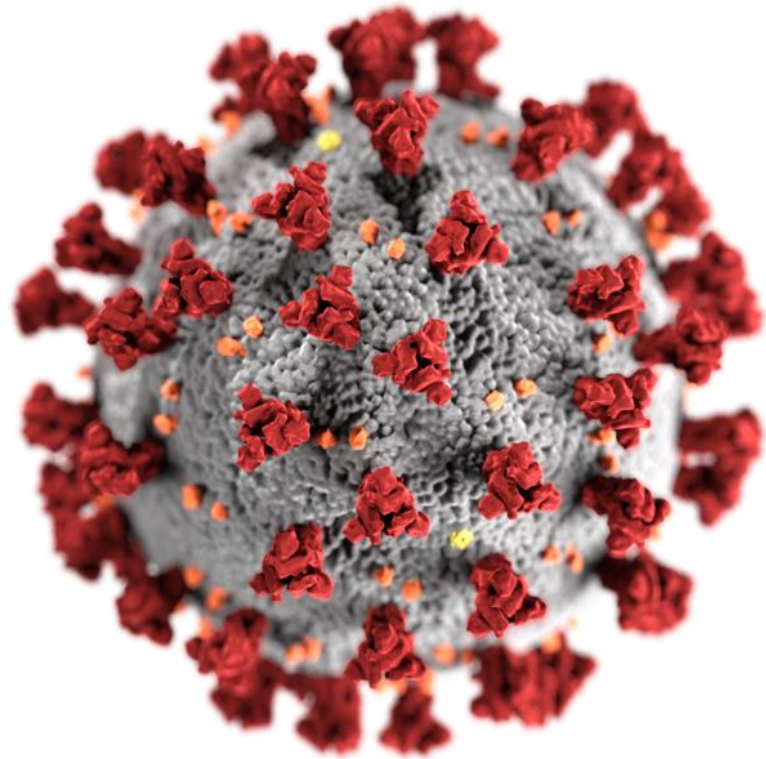
WAYS TO BUILD RESILIENCE

- **Look for opportunities for self-discovery**
 - How have you grown as a result of your struggle with loss?
- **Nurture a positive view of yourself**
 - Develop confidence in your ability to solve problems
 - Trusting your instincts helps build resilience
- **Take care of yourself**
 - Pay attention to your needs and feelings
 - Engage in activities that you enjoy and find relaxing and exercise, eat healthy food, journal, etc

SOURCE: <https://www.wapa.org/helpcenter/road-resilience.aspx>

SUMMARY

- **STRESS** is normal and can help us to grow and thrive. However, it can be harmful and even fatal if it goes on for a prolong period of time.
- **RESILIENCE** is the ability to overcome setbacks
- People who are resilient have a greater sense of control over their lives
- Ways to build resiliency include being flexible, open to learning and able to release tension



“I can be
changed by
what happens
to me But I
refuse to be
reduced by it”

Maya Angelou



FOR MORE INFORMATION CONTACT

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