

Resiliency: Calming in Critical Moments

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RESILIENCY
solution

What is Resilience?

- The ability to bounce back from negative emotional experiences and by flexible adaptation to the changing demands of stressful experiences.
- Tugade, M. M., & Fredrickson, B. L. (2004). Resilient Individuals Use Positive Emotions to Bounce Back From Negative Emotional Experiences. *Journal of Personality and Social Psychology*, 86(2), 320-333.

Benefits of Being Resilient

- Increased ability to be uncomfortable
- Connection to others
- Reduce the time we're "Out"
- Helps hold to meaning in work
- Transitions with you between work-life
- Protects against burnout

6 Pillars of Resiliency



Penn Resilience Program. (2018). Resilience Competencies. Retrieved from <https://ppc.sas.upenn.edu/resilience-programs/resilience-skill-set>

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Self-Regulation

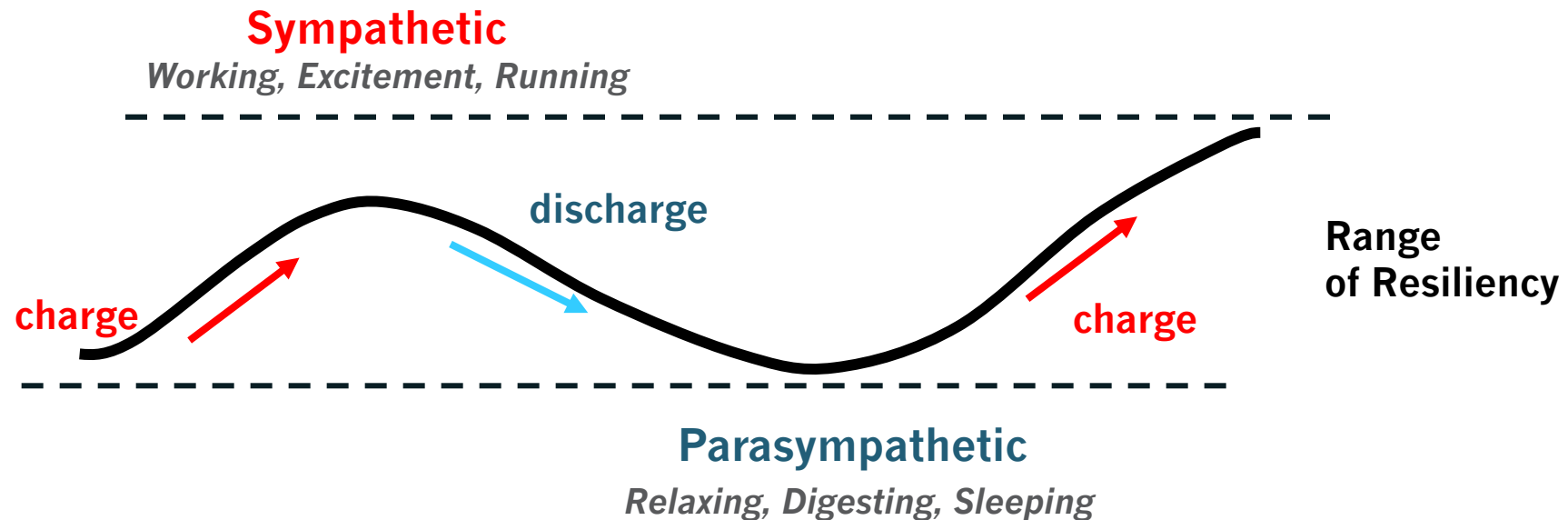
- *The ability to change one's thoughts, emotions, behaviors, and physiology in the service of a desired outcome.*
- *The ability to change our thinking and feelings in times of stress.*
- *Able to contain the stress response to the actual moment.*

Penn Resilience Program. (2018). Resilience Competencies. Retrieved from <https://ppc.sas.upenn.edu/resilience-programs/resilience-skill-set>

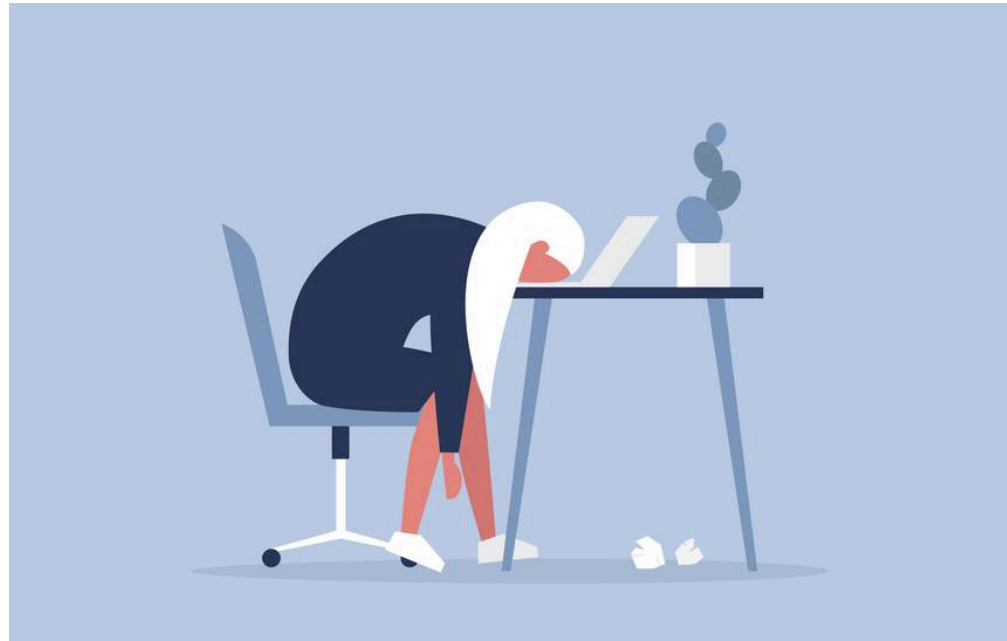
Sapolsky, Robert M. (2004). *Why zebras don't get ulcers*. New York :Owl Book/Henry Holt and Co.,

The Regulatory Process of the Autonomic Nervous System (Sympathetic and Parasympathetic)

Activation – Deactivation Cycles

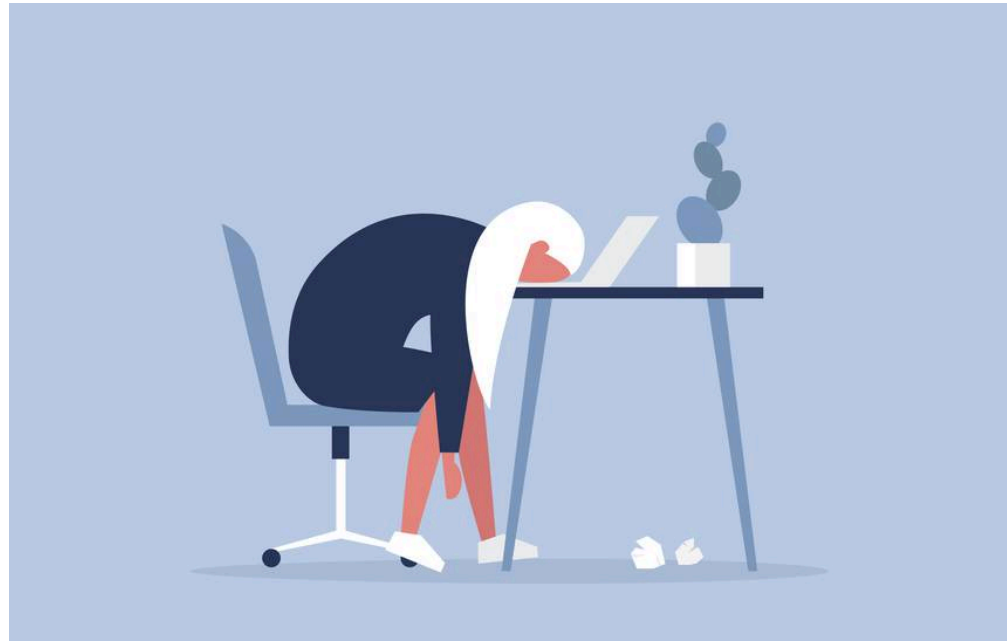


Dysregulation Leads to Burnout



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What has worked well for you and your team recently?



Self Regulation

How to prime ourselves

- Start the day quietly
- Connect with others
 - Whatever that looks like now
- Back to basics:
 - Sleep, Nutrition, Exercise

Self Regulation:

How to practice this

- Take better breaks
 - Orient to something pleasant
 - Nasal breathing
 - Focus on the 5 senses
 - Time with others
 - Focus on body
- Limit multitasking and inputs
- Set boundaries

Self Regulation: Goals for teams under stress

- Morning check-ins
 - Start w/ 1 min. silence
- Limit non-essential projects
- Make self-care part of your mission
 - Rest is one of those...
 - Hold each other accountable for this
 - Practice together

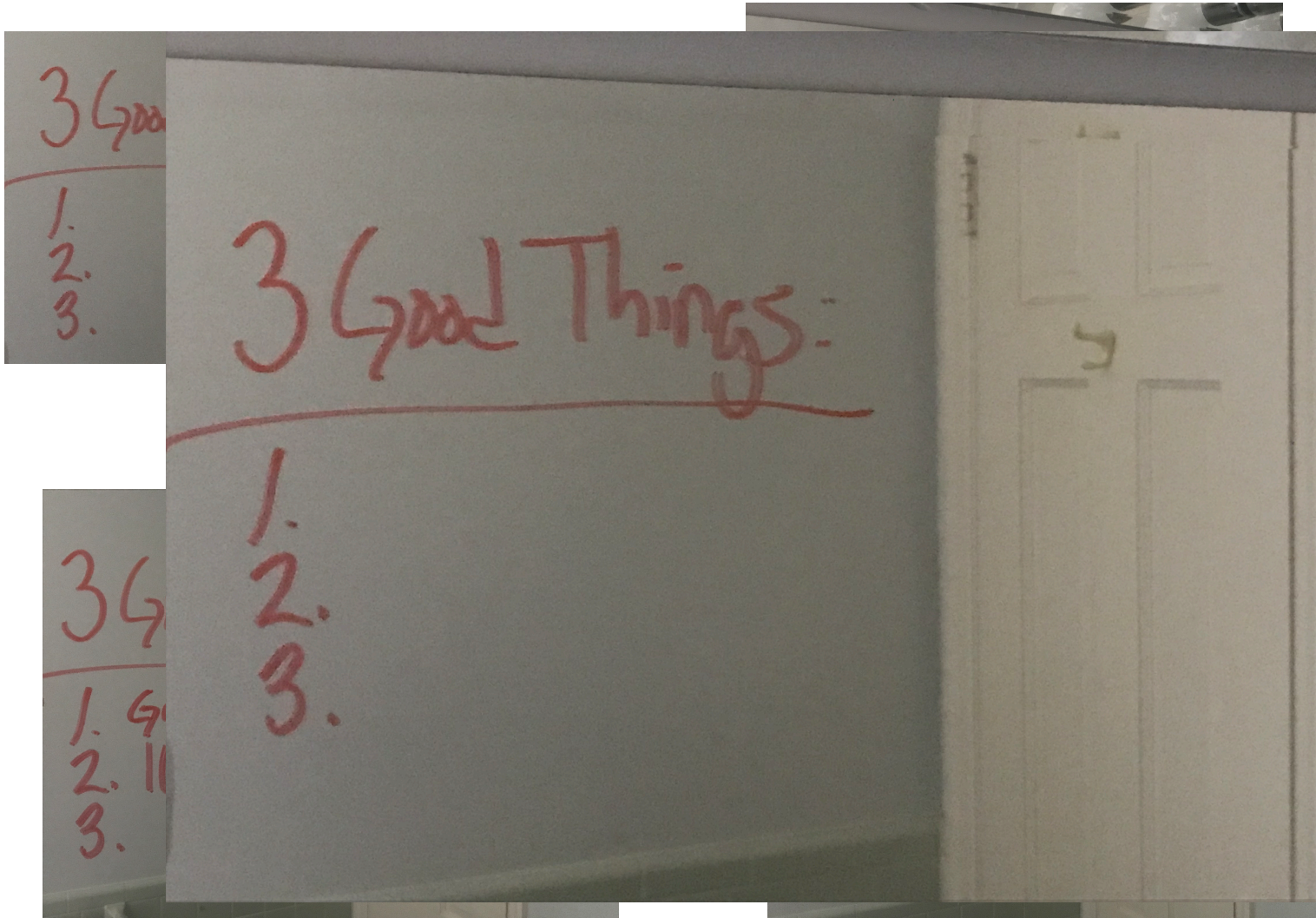
Self Regulation:

Best practices for now

- Back to basics
 - Sleep, nutrition, exercise
- Take better (and more) breaks
- Make self-care part of your mission

****See handout for reference****

3 Good Things exercise



*Thank you,
from the team at...*



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