CAREGIVER SUMMIT

Strategic Steps for Moving Forward

Susan Imke, FNP, GNP-C
Strategic Steps for Moving Forward

• Checking in with yourself
• Resilience
• Moving forward from strengths
I’ve got my thinking cat on

Point-in-Time Assessment
Resilience

- **Resilience:**
  The ability to return to an original shape after being pulled, stretched or pressed

- **Personal resilience:**
  The capacity to adapt to stress, trauma or loss healthfully
Synonyms for Resilient

- Flexible
- Elastic
- Able to ride the ups and downs of life with increasing capacity to make wiser, healthier choices for ourselves
Resilience Is NOT “Bouncing Back”

("Ahh, here we go, Martha... To adjust the tension control on your Miracle Lift chair, simply turn the release knob counter-clockwise.")
Myths and Misconceptions

- Resilience is a trait. People either have it or they don’t.
- Resilient people are independent, tough-minded, and self-reliant.
- Resilient families don’t have problems.
- Resilient people are immune to stress and negative emotions.
- Adversity makes people stronger.
Characteristics of Resilient Folks

- Optimistic – believe that difficulty is not personal, permanent, nor pervasive
- Feel in control of one’s own life
- Can handle uncomfortable feelings and uncertainty
- Willing to ask for help
- Able to persevere
- Have close, dependable relationships
- Savor the moment: humor, beauty, creativity, joy
- Find meaning in what happens
- Lead from signature strengths
I can't say I'm entirely pleased with my hip replacement.
Using Signature Strengths to Become More Resilient

• Strengths are where our greatest potential for growth lies. Understanding what they are and which you hold are the first steps towards realizing the greatness within you.

• Strengths can be defined as “a pre-existing capacity for a particular way of behaving, thinking or feeling that is authentic and energizing, and enables optimal function, development, and sense of wellbeing.”
## Signature Character Strengths

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<tr>
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<th>Gratitude</th>
<th>Patience</th>
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<tr>
<td>Appreciation</td>
<td>Honesty</td>
<td>Perseverance</td>
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<td>Generosity</td>
<td>Maturity</td>
<td>Wisdom</td>
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<td>Optimism</td>
<td>Youthfulness</td>
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Sample Strengths Profile

- Calm
- Fairness
- Integrity
Couple
Communication Challenges
mew.

moo.

whatever.
Tempering Strengths

- Organization
- Perseverance

OCD

Relentless
Riding the Waves of Life

- Event occurs
- Sensations build
- Turn away (jump off the wave, act out, opt out)

OR

- Allow the experience (hang in, feel it, ride it out)
- Receive new awareness, insights into yourself and the experience
- New awareness brings the ability to respond rather than react
Positive Emotions as the Fuel for Resilience*

- Positive emotions help people find meaning in ordinary and difficult events, creating an “upward spiral” of greater well-being.
- Change can provide an opportunity for a fresh start instead of having to start over.
- Life presents multiple opportunities for renewal – watch for them.
- There are no limitations on the number of times you are allowed to reinvent yourself.
Strategic Steps to Increase Resilience

• Nurture a positive view of yourself and confidence in your strength and abilities (affirmations).
• Feed and water your relationships with close family and friends.
• Practice problem solving and communications skills.
• Learn healthy coping strategies vs. dealing with stress by turning to self-destructive patterns.
• Reach out to help someone else.
• Maintain a daily highlight or gratitude journal.
Jump-Start Your Resilience Goal

1. Identify 3 signature strengths you can use as building blocks to becoming more resilient.
2. Choose JOLT (just one little thing) to reframe a situation in a positive light and make a sustainable change in your life.
3. Decide who you will partner with to improve your physical or emotional health in the next 21 days.
References and Resources

• www.authentichappiness.org
• www.pbs.org/thisemotionallife/topic/resilience
• www.happinesshypothesis.com
• The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom
  Jonathan Haidt, Professor of Ethical Leadership
  NWU Stern School of Business
• Just One Little Thing: Finding a Happy Life in an Imperfect World
  Kelley S. Buckley
• Developing Resilience: a Cognitive-Behavioral Approach
  Michael Neenan