

RESILIENCE



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UNHELPFUL THINKING STYLES

Unhelpful Thinking Styles

All or nothing thinking

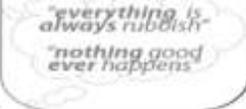


Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Over-generalizing



"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence

Noticing our failures but not seeing our successes

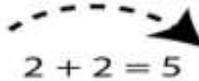
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophizing) & minimization



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true

I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser

I'm completely useless

They're such an idiot

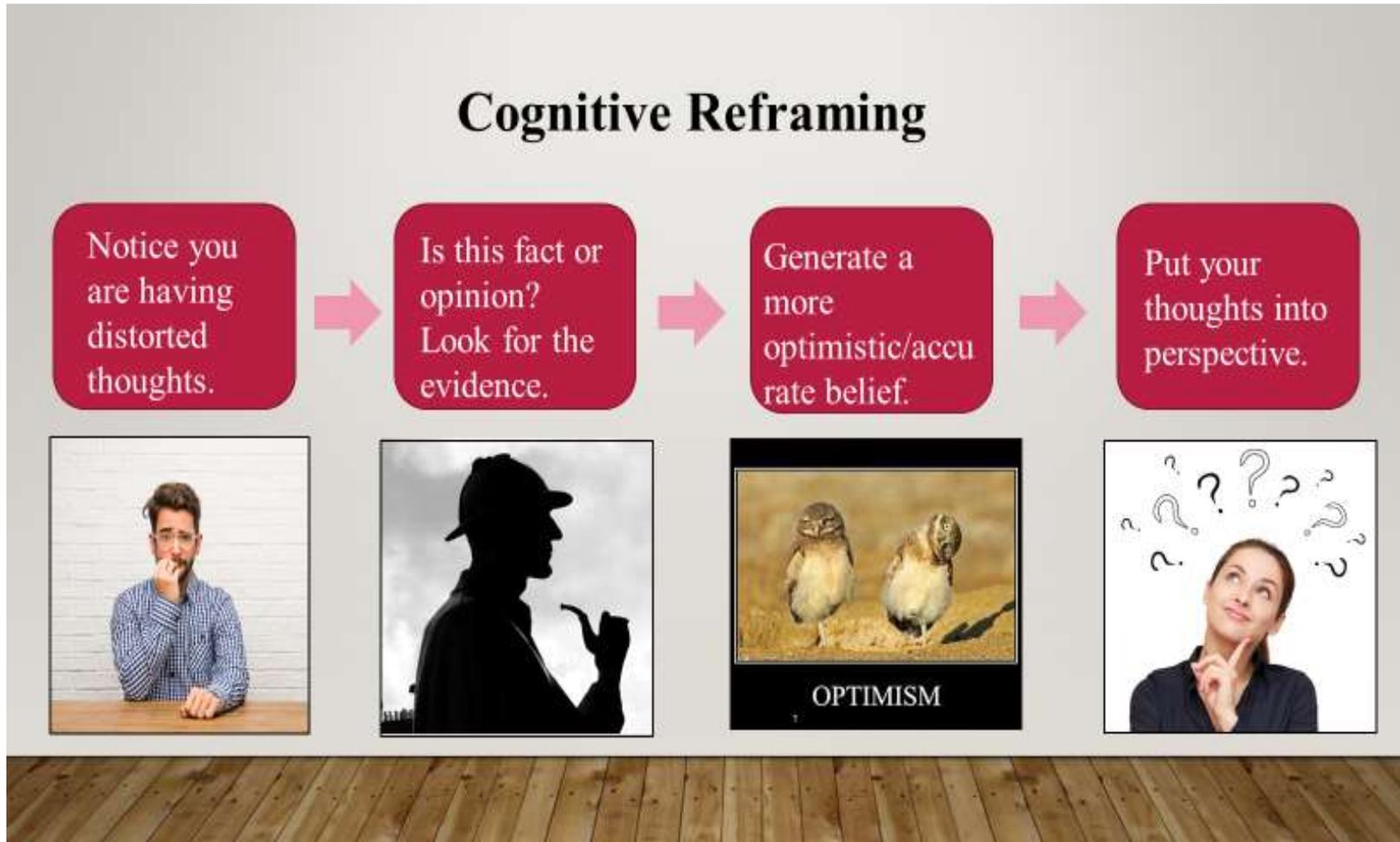
Personalization

"this is my fault"

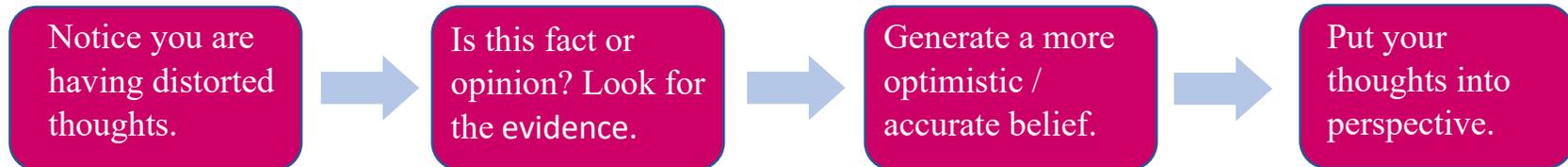
Blaming yourself or taking responsibility for something that wasn't completely your fault

Conversely, blaming other people for something that was your fault

COGNITIVE REFRAMING



COGNITIVE REFRAMING Worksheet



- I can't believe I _____.
- That's not completely true because _____.
- A more accurate way of seeing this is _____.
- The most likely outcome is _____ and I can _____ to handle it.

VALUES – Which are most important to you?

Acceptance	Courage	Faith/Religion	Helping Others	Loyalty	Reliability
Accountability	Creativity	Family	Honesty	Mindfulness	Resourcefulness
Adventure	Curiosity	Freedom	Honour	Openness	Self-Compassion
Art or Music	Discipline	Friendship	Humour	Patience	Self-Reliance
Athletics	Discovery	Fun	Innovation	Peace/Non-violence	Simplicity/Thrill
Celebration	Efficiency	Generosity	Integrity	Personal Growth	Strength
Commitment	Enthusiasm	Gratitude	Interdependence	Pets/Animals	Tradition
Community	Equality	Happiness	Joy	Politics	Trust
Compassion	Ethical Action	Hard Work	Leadership	Positive Influence	Willingness
Competence	Excellence	Harmony	Lifelong Learning	Practicality	Wisdom
Cooperation	Fairness	Health	Love	Problem-Solving	

Pick your top three and circle or write them down. If something comes to mind that is not on the list, write it down. _____.

 **GOLD STAR**



Write three things you have done well each day.

1. _____

2. _____

3. _____



TURN ADVERSITY INTO A RESOURCE

Remember a stressful experience from your past in which you persevered or learned something important.

Take a few moments to think about what the experience taught you about your strengths and how to cope with stress.



- What did you do to get through it? Personal resources, strengths

- Did you seek out information, advice, or other support?

- What did the experience teach you about how to deal with adversity?

- How did this experience make you stronger?

- Do you feel that you have grown in wisdom or perspective?

STRESS

The Stress Response Helps You Rise to the Challenge, Connect with Others, and Learn and Grow

How the Stress Response Helps You:

Rise to the Challenge

- Focuses your attention
- Heightens your senses
- Increases motivation
- Mobilizes energy, stress response is a resource

Connect with Others

- Activates prosocial instincts
- Encourages social connection
- Enhances social cognition
- Dampens fear and increases courage

Learn and Grow

- Restores nervous system balance
- Processes and integrates the experience
- Helps the brain learn and grow

How You Know It's Happening:

- You notice your heart pounding, your body sweating, or your breath quickening. You are mentally focused on the source of stress. You feel excited, energized, anxious, restless, or ready for action.
- You want to be near friends or family. You notice yourself paying more attention to others or are more sensitive to others' emotions. You feel a desire to protect, support, or defend the people, organizations, or values you care about.
- Even though your body is calming down, you still feel mentally charged. You replay or analyze the experience in your mind or want to talk to others about it. A mix of emotions are usually present, along with a desire to make sense of what happened.

Rethink Stress: Rethink Your Stress Response

Bring to mind a recent experience that you would describe as stressful. Maybe it's an argument you had, problem you faced at work, or a health scare. Then read the summary chart "The Stress Response Helps You Rise to the Challenge, Connect with Others, and Learn and Grow." Take a moment to consider which aspects of the stress response were present during or after your stressful experience. Did your body try to give you more energy? How do you know this--what sensations did you feel in your body? Did you seek out social contact or support? What did the impulse to connect feel like? Were you motivated to act or to protect or defend someone or something you care about? How did that motivation express itself? Did you replay the incident in your mind after it was over or talk to someone about it? What emotions were present afterward--or perhaps now as you think about the experience? Take a few moments to describe, in writing, what you felt.

Before, you might have viewed the sweaty palms, need for moral support, or rumination afterward as excessive stress "symptoms." Maybe you saw them as signs that you weren't handling stress well. Can you choose to rethink these same symptoms as signs that your body and brain are helping you cope? If there is one part of your stress response that you particularly dislike or mistrust, consider what role it might play in helping you protect yourself, rise to a challenge, connect with others, or learn and grow. Take a few more moments to write about your experience from this point of view.

RESOURCES

- a) Achor, S., <https://www.youtube.com/watch?v=fLJsdqxnZb0>
- b) McGonigal, K. (2015). *The Upside of Stress – Why Stress is Good for You, and How to Get Good at It*. Penguin Random House, New York, New York.
- c) Seligman, E.P. M. (2011). *Flourish – A Visionary New Understanding of Happiness and Well-being*. Atria, New York, New York.

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