

Resilience Workshop
AHPCC Conference 2018
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Values and Strengths Exercise

In pairs identify = 1 listener, 1 speaker

Questions (max 10 mins to complete per person):

1. What's your name?
2. What do you do?
3. Name 5 values/strengths that matter to you.
4. Describe 1 thing (not personal trauma related) that causes most stress for you in your role at work.

Repeat!

Group feedback

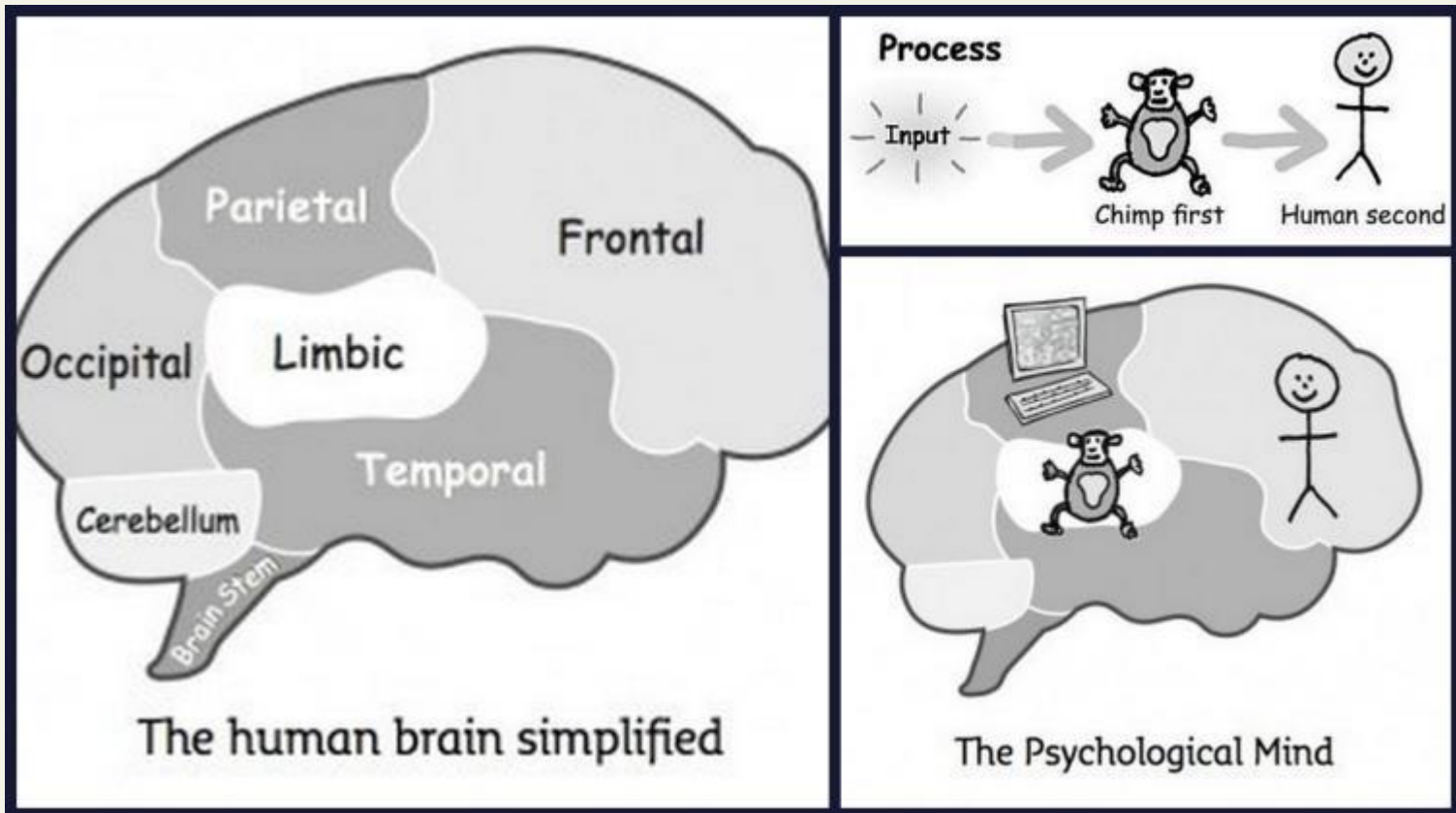
What is Resilience?

- Resilience is not a trait. There are no ‘invulnerable’ people.
- Resilience is the way we cope with stress and adversity in life. By learning new ways to think, behave and interact with others, we develop ways to cope even when life is tough.
- Resilience is the phenomenon of coping and doing well in the face of adversity.
- Better than expected outcomes.
- An individual’s ability to cope with stress and adversity, and even thrive as a result.
- Resilience is about survival, but it should also be about growth and thriving.

*“ Antifragility is beyond
resilience or robustness. The
resilient resists shocks and stays
the same; the antifragile gets
better!”*

Taleb 2012

The Brain



High
Energy

Emotions in Action

Surviving Zone

- Defiant
- Annoyed
- Incensed
- Angry
- Frustrated
- Impatient
- Irritable
- Worried
- Anxious
- Fearful
- Envious
- Defensive

Thriving Zone

- Challenged
- Confident
- Receptive
- Excited
- Proud
- Stimulated
- Optimistic
- Engaged
- Eager
- Enthusiastic
- Happy
- Astonished

Burnout Zone

- Exhausted
- Sad
- Depressed
- Empty
- Hopeless
- Tired

Recharge Zone

- Passive
- Serene
- At Ease
- Carefree
- Calm
- Peaceful
- Mellow
- Reflective

Low
Energy

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Recharge!

- How can you introduce more re-charge into your life?

Reacting or Responding

- Reflex reactions v more mindful response
- You can choose your response
- Take a step back, breathe

**Any Questions, Comments or
Reflections?**