

Overview & Resilience Toolkit

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Overview

- Resilience in Life
- Why Resilience Matters
- People can learn to be resilient
- Fixed vs. Growth Mindset
- Broaden & Build Theory
- Student Activity
- Resilience Domains and Tenets

Resilience

Video Clip: King of the Hill: Boomhauer's Meaning of Life

<http://www.youtube.com/watch?v=88V9IcwtIeM>

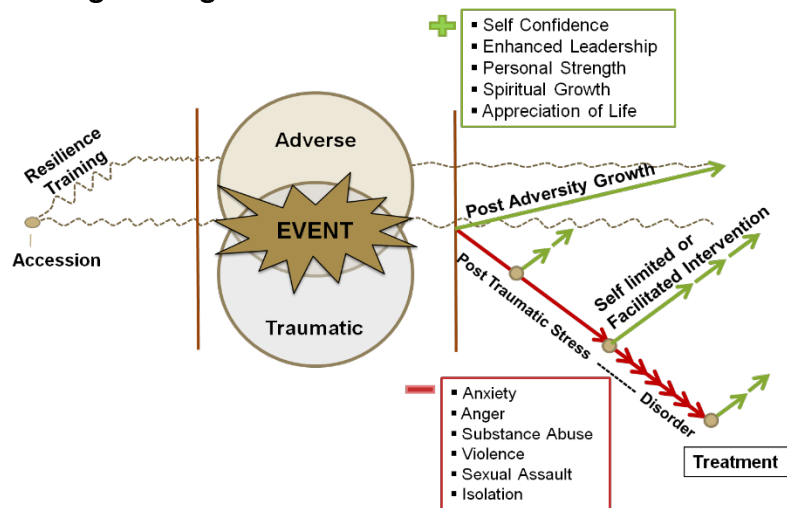
Resilience in Life

Defined: The ability to withstand, recover and/or grow in the face of stressors and changing demands

Why Resilience Matters

- Performance
 - Better able to generate ideas in response to problem
 - Better decision-making
- Health
 - Lower blood pressure
 - Better sleep
 - Better immune functioning
- Teamwork & Leadership
 - More valued by team members
 - Better able to achieve consensus during negotiations

Meaning-Making



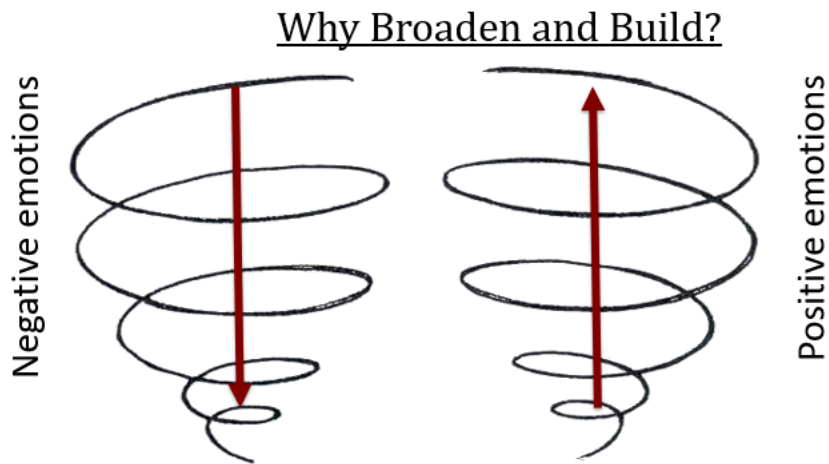
People Can Learn Resilience

- Resilience is more than just stories....
- Resilience is reinforced...
- Research has shown....

Broaden and Build Theory

- Negative emotions → immediate survival-oriented strategies (fight-or flight)
- Positive emotions → broaden awareness and encourage new experiences
 - New experiences build skills and resources
 - Counteract negative emotions
 - Increase likelihood of finding good in future events.
 - Encourages faster cardiovascular recovery

Why Broaden and Build?



Broaden and Build Theory, Frederickson & Joiner, 2002

Why Are We Here

Videos

Braveheart: (:50-2:10)

http://www.youtube.com/watch?v=gr_OpFxCx-A&feature=related

Rocky Balboa: (1:00-2:24)

http://www.youtube.com/watch?v=D_Vg4uyYwEk&feature=related

Rudy: (full clip)

<http://www.youtube.com/watch?v=27D4k3dCXPg>

Counting Blessings

Goal

To cultivate gratitude, build optimism and positive thinking, help you cope with daily hassles and stress, and improve quality of life

Gratitude

- “A sense of wonder, thankfulness, and appreciation for life”
- Our focus is often on the things that went wrong—Counting Blessings is an opportunity to think about what went right

Why Gratitude Matters

- Promotes optimism and positive thinking

- Increases self-worth and self-esteem
- Helps cope with daily hassles, stress and trauma
- Improves health and sleep
- Contributes to progress on goals
- Helps build social relationships
- Gratitude has also been linked to decreased likelihood of depression, anxiety, and loneliness

How to Use Counting Blessings

- Identify 3 things in the past 24hrs that went well
 - Events that happened
 - Something you are good at
 - Goals you have achieved
 - Individuals who care for you
- Why did it go well? How did you or others in your life contribute to the good thing that happened?
- Keep a written journal during training.
- Research has found that some people benefit more from Counting Blessings if they reduce the frequency of the activity
 - For some people, Counting Blessings everyday day can feel like a chore, rather than something to increase optimism
 - Find the right fit for you...but make sure you do it on a regular basis, not just when you feel stress

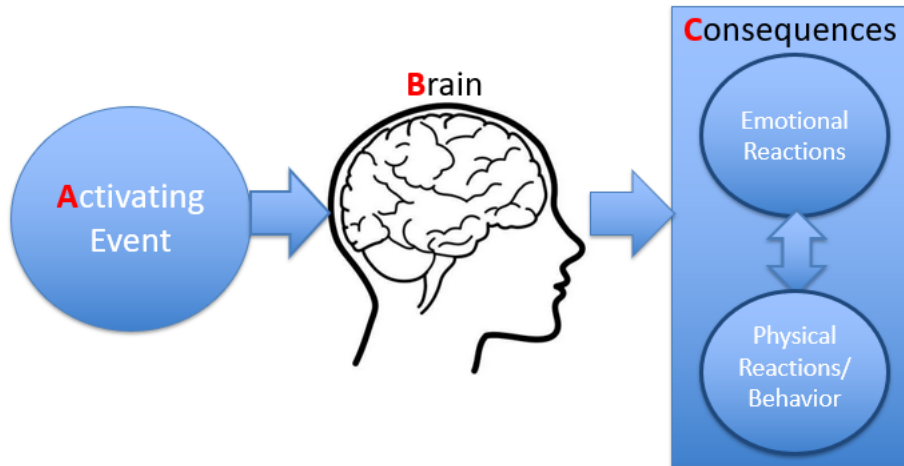
Other Ways to Cultivate Gratitude

- You can also vary the ways you Cultivate Gratitude
 - Write a gratitude letter or keep a gratitude journal
 - Share your gratitude
 - With the person who contributed to the event
 - With others (eg, with family members around the dinner table)
 - Make it part of a bedtime ritual

Science of Happiness

A→B→C

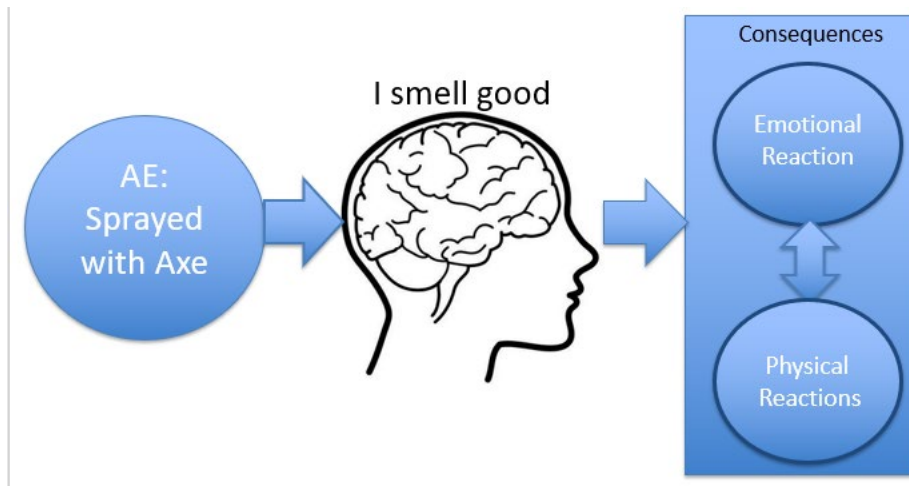
A→B→C Model



Adapted from Ellis, 1962; 1991

The Axe Effect

- Roberts, et al, 2009



+ Video clip: Staying Alive

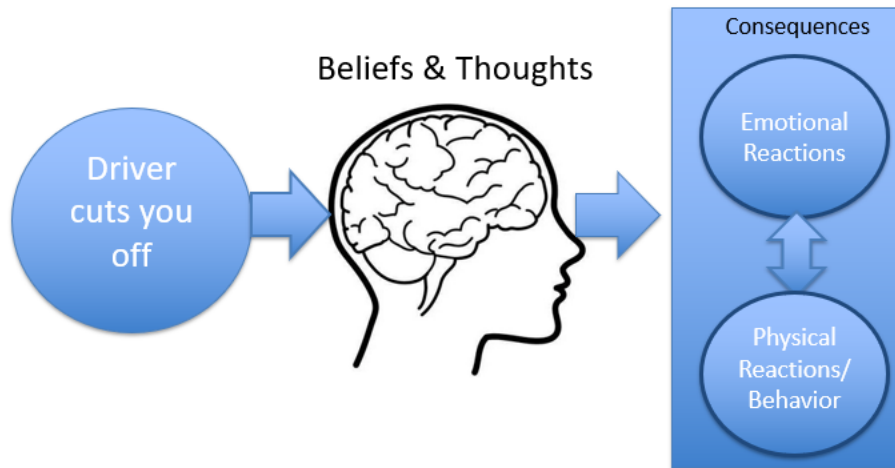
http://www.youtube.com/watch?v=7cov0bmfO_w

Emotional and Physical Reactions

- Physical Reactions
- Emotional Reactions
- Note that consequences come in different intensities

- Happy vs Elated: both are a form of happiness

Using ABC



Using ABC

Video + <http://www.youtube.com/watch?v=V9xFgyv8BJI&feature=relmfu>