Overview & Resilience Toolkit
Presented at the 2019 IL LEAP Conference in St. Charles, Illinois
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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 $\rightarrow$ immediate survival-oriented strategies (fight-or-flight)
- Positive emotions $\rightarrow$ 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?

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
The Axe Effect
- Roberts, et al, 2009

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

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