

# RESILIENCE & PERINATAL MENTAL HEALTH

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- 4 WAYS WE RESPOND TO ADVERSITY
- 5 ESSENTIAL ELEMENTS OF RESILIENCE
- 4 PILLARS OF RESILIENCE

In this 15-minute workshop, Anne will explore with attendees the concept of **Resilience** within the Perinatal Period.

## **1** What is it? Resilience

It is a construct /term to describe our potential for growth and positive change in the face of daily stressors. The way we choose to respond to adapt positively to adversity. Pregnancy and parenting is stressful and provides opportunity to reframe that stress in the construct of your Resilience.

## **2** Four ways we respond to adversity

- Give up
- Lose ground
- Get by
- Learn and grow

Consider these in the context of our reproductive health. Think in terms of a spectrum and in how you 'usually respond'; remember resilience is fluid and over your lifetime to date.

## **3** Five essential elements of resilience

- Purpose : as opposed to living aimlessly
- Perseverance : as opposed to giving up
- Equanimity : as opposed to living unbalanced/rigid
- Self Reliance: as opposed to dependence
- Authenticity : as opposed to denying who you really are

## **4** 4 pillars of resilience

- Taking care of your health
- Giving and seeking support from others
- Balancing rest, responsibility, and recreation "fun"
- Engaging fully in life

The goal of reaching your potential requires understanding your gifts, personality, passion and opportunities. It's not just knowing what your meant to do, it's doing it.

**Referenced Book: True Resilience by Gail Wagnild, PhD**

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