

RESILIENCY & MENTAL HEALTH WELLNESS QUICK TIPS #1

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Resiliency & Mental Health Wellness Quick Tips #1

Each week, we will present an article here that will discuss a key component of resiliency, positive psychology, and mental health wellness!

The articles will briefly present a new topic, provide a skill and/or exercise to try, and will often include other available resources.

We hope that you find this material helpful and work to apply these concepts in your life.



RESILIENCY – A BRIEF EXPLANATION

As you may be aware, briefly stated, resiliency programs are focused on teaching people skills to cope with daily stressors with a focus on concepts of Positive Psychology. A major goal is to help people better manage daily stressors through teaching them skills that have been supported by research to increase life satisfaction and happiness.

With COVID-19 occurring, in an effort to begin introducing everyone to these concepts in a time when we probably need them most, on a weekly basis, this article will provide some basic information on how to incorporate some of these strategies now as just one way of assisting with the current stressors we are all experiencing.

This week, you will find first a very brief introduction on resiliency concepts. Then, an exercise to try. These are not just off-the-wall ideas. They have been supported to work by numerous research studies. Last, resources available to you.

WHAT IS RESILIENCY?

- ✓ The ability to bounce back from adversity.
- ✓ To move forward toward our goals despite challenges, obstacles, and stressors.
- ✓ To continue to find meaning and purpose in life despite negative or even traumatic experiences.

HOW DO WE DO THIS?

1. By actively shifting our perspective to be more positive.
2. By focusing on what is good about our lives.
3. By focusing on what is going well and what we have to be grateful for.

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EXERCISE TO TRY:

- **BLESSINGS** – Every day, start the day by writing out three things that you have to be grateful for.
- Think small, but of course, they can be big also.
- How often do we do this in life? Most of us (it's human nature) focus a lot on the negatives in life. What is going wrong or bad. How often do we reflect on the things that are going well in our lives? How often do we stop to appreciate even the small things? Like a beautiful sunrise or sunset? A smile from a child or something funny a child said? Heck, even a good cup of coffee.
- Give it a try and try it with your family. Do this once, you might feel good for a little bit. Do it several days a week if not every day... the science of Positive Psychology says this alone can improve your mood, decrease stress, and have you feel – well – happier.
- In the class we teach, we learn this on day one and every day we put post-it notes on the wall with our blessings. By the end of the training, the wall is filled with them. Try this. It's amazing to see how many things we have to be grateful for when we truly focus on them.

RESOURCES:

- ❖ Feeling Stressed? Below are some resources available that offer stress reduction tools (all free!). Please share with family and friends!
- ❖ www.Calm.com recognizes that many people are feeling anxious as a result of COVID-19.
- ❖ They have created a free Resource Page containing medications, stories, music, talks, and other resources in support of mental/emotional wellness.
- ❖ You can find it here: https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times_nonsubs_031720

“Reflect upon your present blessings - of which every man has many - not on your past misfortunes, of which all men have some.”

– Charles Dickens, A Christmas Carol and Other Christmas Writings