The Art of Resilience

Thriving Through Life's Challenges

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Disclosures

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Has no financial relationships to disclose.

Views expressed are my own and do not represent Kaiser Permanente or any affiliated organization.

We don’t always control circumstances.

But,

we have profound influence over how we respond, recover, adapt, and move forward.

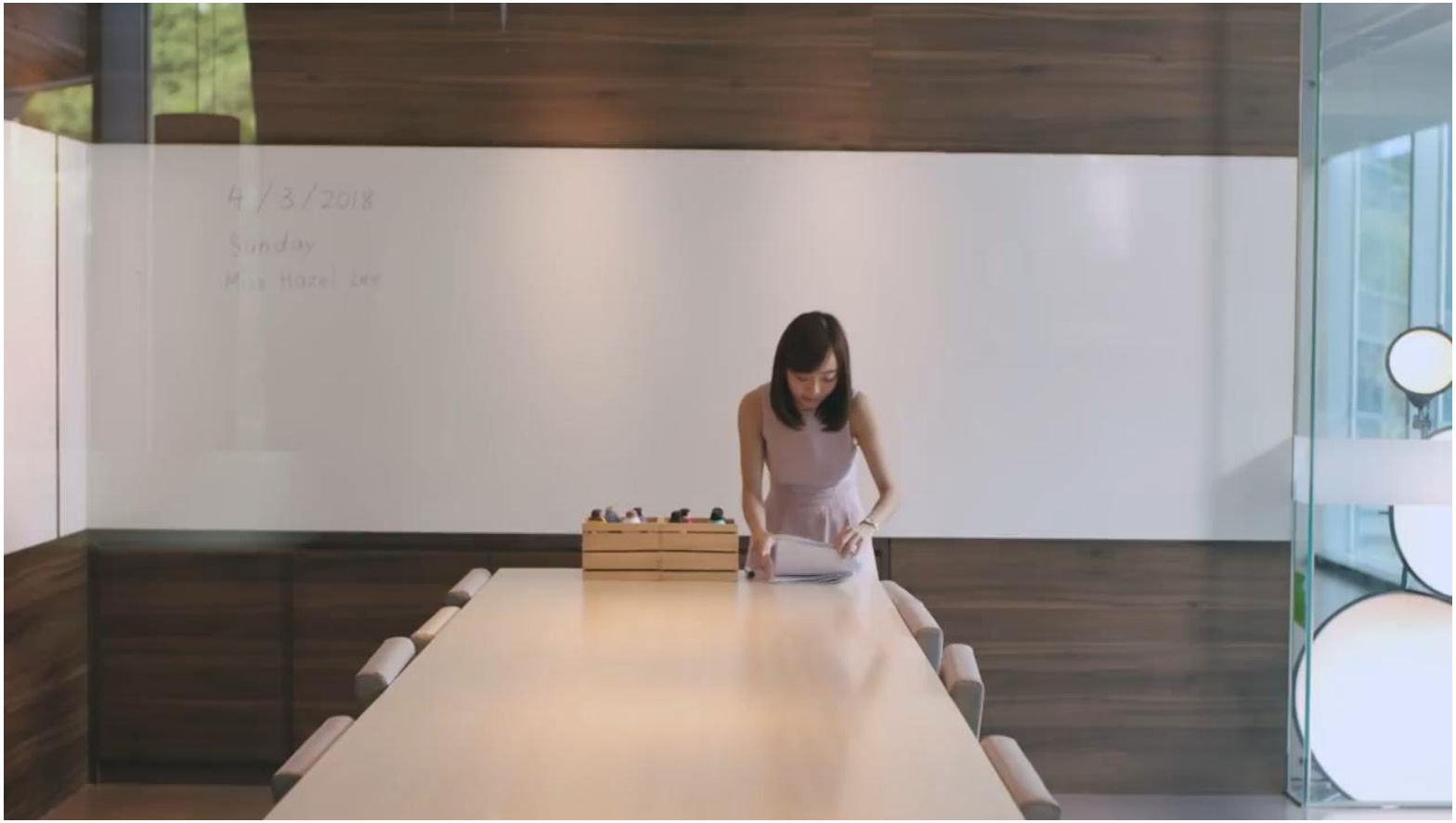
What Resilience Is — and Isn't

NOT RESILIENCE

- × Pushing through without limits
- × Never struggling or feeling pain
- × Being unaffected by adversity

WHAT IT TRULY IS

- ✓ Adapting while staying grounded in values
- ✓ Recovering with intention, not just endurance
- ✓ A learnable practice, not a fixed trait


4/3/2018
Sunday
Miss Hazel Lee

Resilience rarely looks heroic.
It usually looks quiet, persistent, and human.

THE RUBBER BAND

Soft, yet strong.

Can be used again and again.

May not return to exactly the same shape — but it returns.

Post-traumatic growth *— not just post-traumatic survival.*



What Does Resilience Actually Look Like?



Adaptability

Adjusting when plans change — without losing direction



Emotional Flexibility

Feeling difficulty without being consumed by it



Meaning & Purpose

Reconnecting to why this work matters, even on hard days



Recovery After Setbacks

Not the absence of falling, but the practice of getting up



Strong Support Systems

Allowing yourself to lean on others — not a weakness

Think of someone you admire for their resilience.

How do they actually behave when things get hard?

What specifically do they do that you could practice yourself?



Resilience is learnable because it is observable.
We absorb it from our role models.

Five Attributes of Resilience

Focused	Clear purpose and priorities. Energy directed where it matters.
Flexible	Adapts thinking and behavior when circumstances change.
Proactive	Acts with intention. Anticipates rather than just reacts.
Grounded	Stable core of values, even during turbulence.
Connected	Draws strength from relationships. Doesn’t go it alone.

Each is learnable. Each is a practice.

FOCUSED

Purpose, Energy & Priorities

- **Develop a clear personal mission** — what do you stand for?
- **Notice where attention goes under stress** — and redirect
- **Align your daily activities** with your values



FOCUSED — Applied

Where We Place Our Energy Matters

A framework from earlier this week — applied here.

Within Your Control

Your responses · Your values in action · How you prepare

Within Your Influence

Team culture · Relationships · How you communicate

Outside Your Control

System decisions · Others' behavior · Outcomes you've done your part for

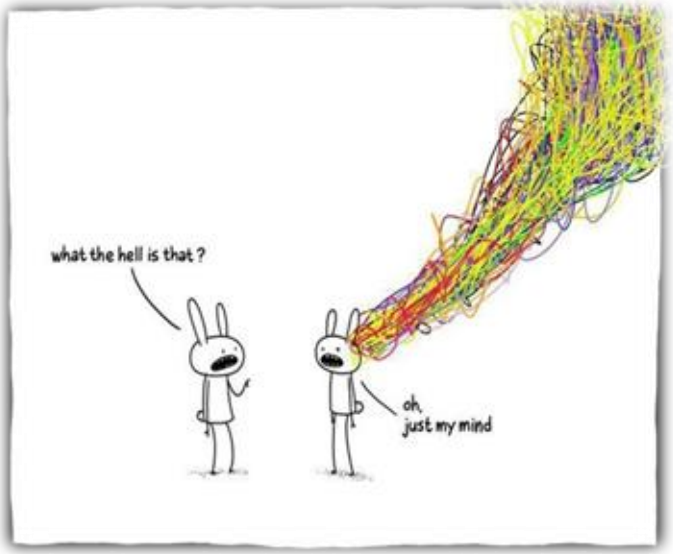


FLEXIBLE

Growing Through Discomfort

Rigid thinking increases suffering. Flexibility gives us options.

- **Develop tolerance for uncertainty** — it's unavoidable
- **Be creative**: try novel approaches to familiar problems
- **Maintain humor** — it is a resilience skill, not a distraction
- **Practice perspective-taking**: what would a friend see?



FLEXIBLE — Applied

Lenses for Reframing

A tool from earlier this week — applied here.

Reverse Lens

What would the other person say?

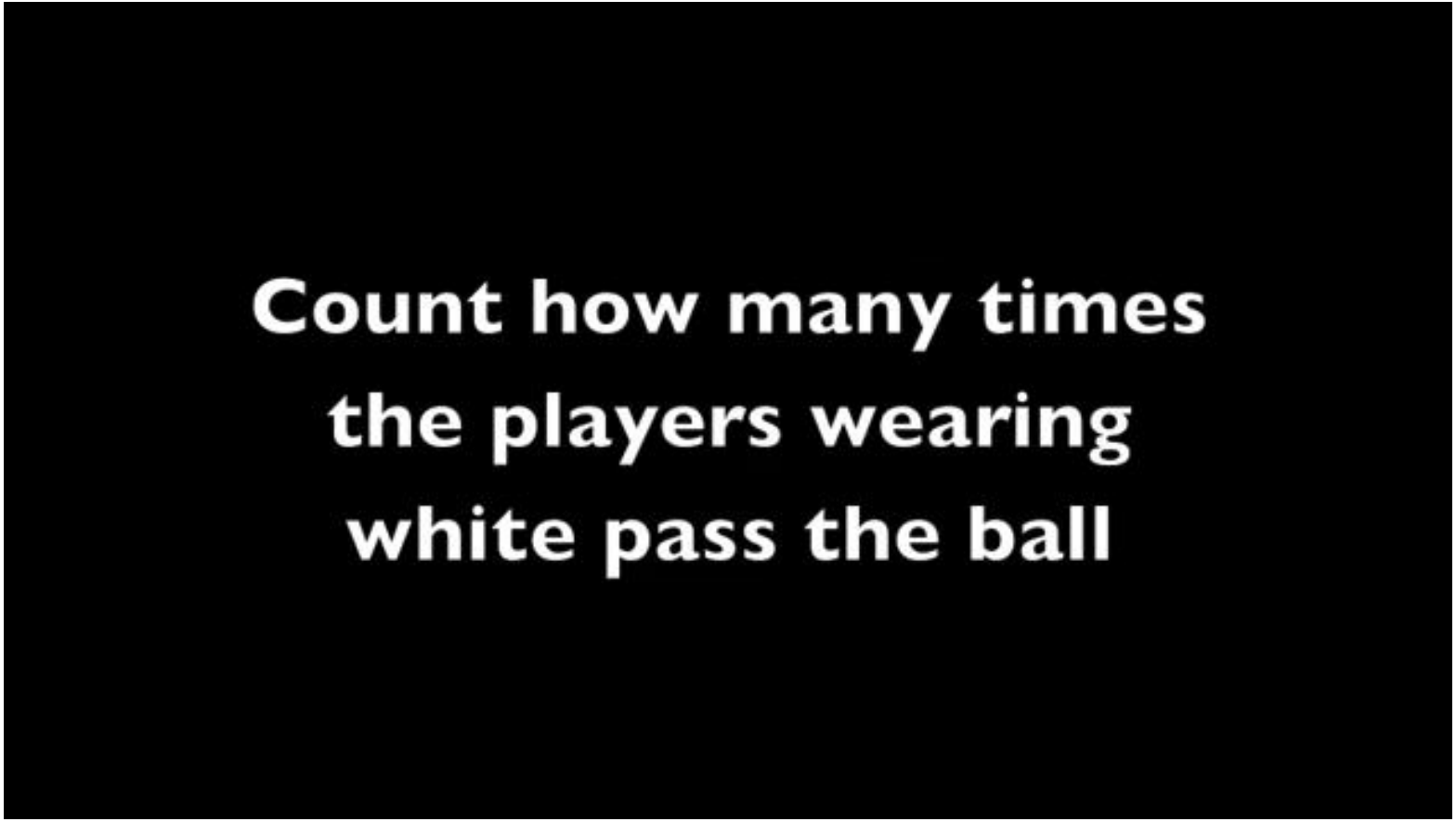
Long Lens

How will I view this in six months?

Wide Lens

What can I learn or grow from in this?




Count how many times
the players wearing
white pass the ball

Under stress, we miss support, progress, and our own capacity.

Resilience requires widening the lens.

FLEXIBLE

Growth Mindset as Resilience Practice

In medicine, failure is often treated as verdict.

A growth mindset treats it as data

- **Optimism is a skill** — practiced, not merely felt
- **Remain open** — growth IS the resilience response



Train Your Brain Toward Resilience

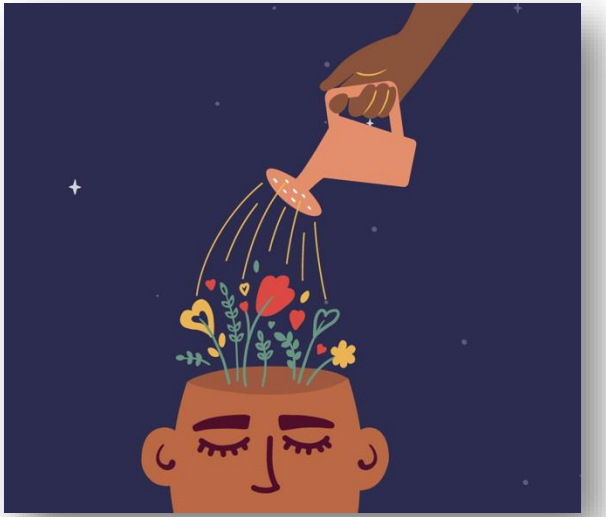
1. **Three Gratitudes**
   Write 3 specific things daily. Shifts the brain's default threat-scanning.

2. **Use a Strength**
   Identify a natural ability and use it in a new way this week.

3. **Positive Journaling**
   10 minutes on a meaningful experience — specificity matters.

4. **Build One Habit**
   One positive activity, incorporated consistently. The brain adapts.

5. **Micro-Mindfulness**
   Brief daily pause: breath, presence, intention. Not a retreat — a moment.



PROACTIVE

Purposeful Action

- **Act on data** — not rumor or catastrophizing
- **Take purposeful action** — deliberate, values-aligned response
- **Anticipate early** — address problems while they’re still small
- **Seek growth opportunities** — even in adversity, ask what can be built

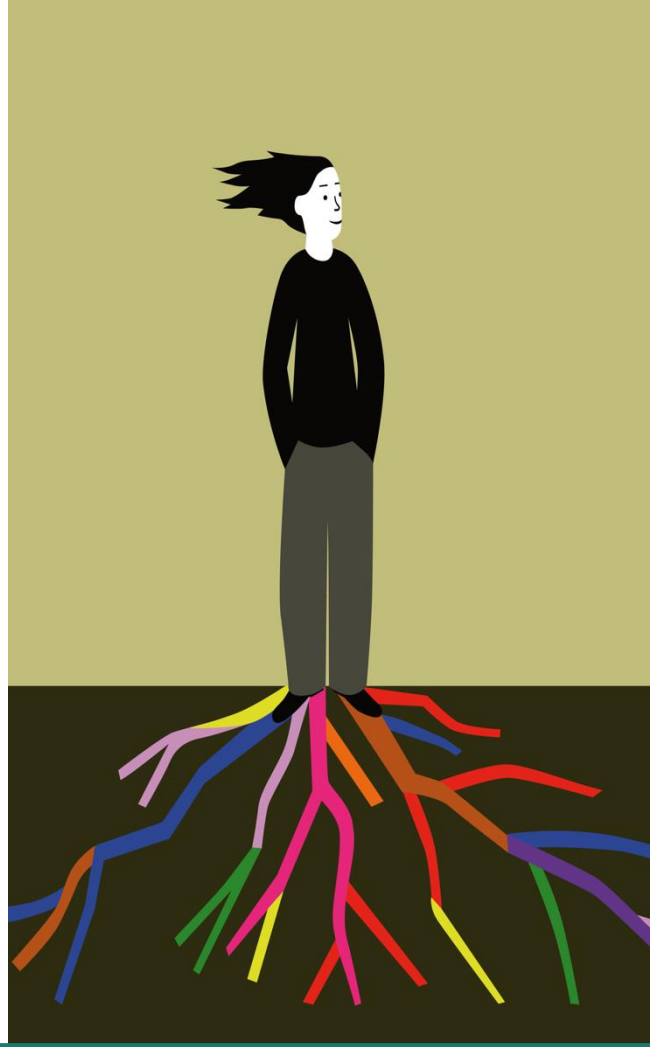
GROUNDED

Balance, Recovery & Restoration

- **Resilience requires recovery** — not just endurance
- **Balance shifts across stages of life** — that's normal, not failure
- **Grounding practices restore perspective:** breath, nature, stillness
- **Boundaries are not selfish** — they are how we sustain what we give

What restores you?

That is your clinical responsibility to protect.



CONNECTED

Relationships as Resilience Infrastructure

No one is resilient alone. Connection is the infrastructure, not the reward.

- **Strong relationships** are the single most consistent predictor of resilience
- **Physician isolation** is a known burnout risk — and a systemic failure, not personal weakness
- **Receiving support** — is how resilience is transmitted between people

Invest in your relationships now — before you're in crisis, not after

Which of the attributes is your greatest opportunity ?

- **Focused** — *What is my purpose here, and am I living it?*
- **Flexible** — *Where am I being rigid when I could adapt?*
- **Proactive** — *What am I waiting to address that I could act on now?*
- **Grounded** — *What am I sacrificing for endurance that I need back?*
- **Connected** — *Who do I need to lean on — and am I letting myself?*

Which attribute will you practice first?

