

Resilience

“More than education, more than experience, more than training, a person’s level of resilience will determine who succeeds and fails. That’s true in the cancer ward, it’s true in the Olympics, and it’s true in the boardroom.”

Resilient Attitudes

The brain is built with a greater sensitivity to bad news which can be helpful as a protective mechanism to keep you alerted to threats. Unfortunately, you can sometimes see threats that are not there.

Active Optimism

- Belief that problems are short-lived
- Belief that problems are not malignant (spreading)
- Belief to differentiate what you can vs. what you cannot control
- Belief that things will turn out well (not just hoping, but making it so – tenacity)

Re-shaping Your Thoughts

- We hinder ourselves by believing that adversity CAUSES the consequences of said adversity
- However, there is a opportunity for us to CHOOSE what we believe about the adversity and therefore CHOOSE how we will react (Viktor Frankl)
- “Whether you think you can or think you can’t, you’re right” – Henry Ford

Believe in Yourself

- Self-efficacy
 - The belief that you will be successful in the things to which you apply yourself
- Enhanced by...
 - Previous success
 - Observing others who are successful
 - Encouragement (mentors; supporters; self-talk)
 - Self-control (controlling impulses and emotions)

The Need for Rest

According to NIOSH, risk of errors and accidents increase by 13% for a 10-hour shift and 28% for a 12-hour shift. We also know that sleep deprivation is as impairing as being intoxicated.

Adults need 7 hours of sleep each night

Steps to Better Sleep

- Consistent schedule
- Bedtime ritual
 - Caffeine has a half-life of 5 hours
 - Interference of electronic devices
- Manage stress

Naps Might Help

- Lost sleep cannot be made up
- Nap facts
 - The brain is wired to nap in the afternoon
 - 20-30 minutes can provide 2-3 hours of further productivity
 - The key is to NOT enter REM sleep (dream state)
 - Napping has a negative connotation

Beyond Sleep – Finding Peace

- Yoga
- Muscle relaxation
- Slowing down to be in the moment

The Need for Relationships

Resilience comes from being connected

The single best predictor of resilience in the wake of adversity is the support of others while loneliness predicts depression, physical illness, and premature death

Why Don't We Form Lasting Relationships?

- Lack of shared interests
- Fear of rejection
- Self-defeating behavior
- Failure (or unwillingness) to listen to and understand another's point of view

Things That Attract Others

- Be optimistic
- Embrace criticism, avoid defensiveness
- Be reliable
- Do not criticize others in public