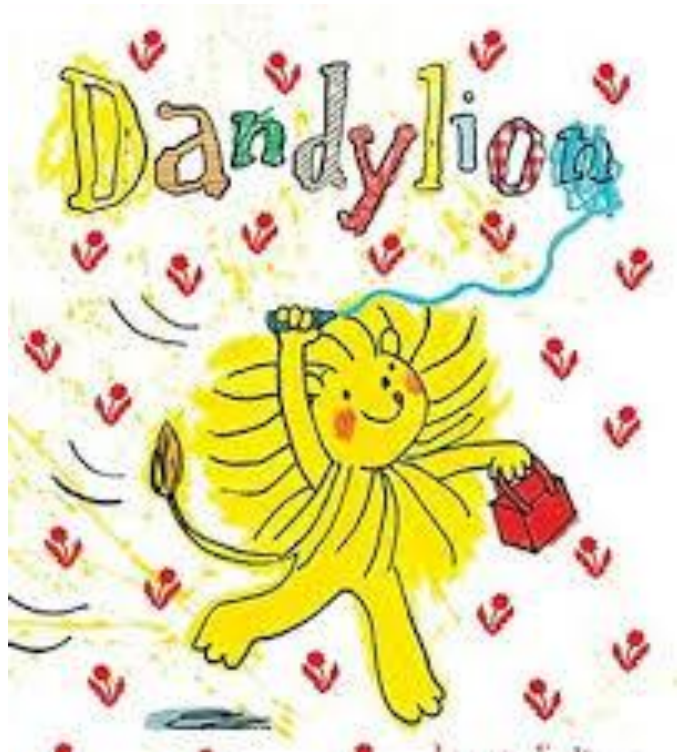# 2022 VERMONT NADE CONFERENCE
Resilience Workshop

- Welcome
- Full Disclosure
- Introduction
- Goals
- Participation requirements
- Let's get started!

COMPREHENSIVE
SOLDIER & FAMILY FITNESS
BUILDING RESILIENCE·ENHANCING PERFORMANCE

Angela Wells- Wife & Mom, Volunteer, Person with lots of past jobs & Current DDS Examiner

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- What is RESILIENCE?
- Positives vs Negatives
- How & Where do we get it?
- How & When do we use it?

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Six Resilience Competencies

Self- awareness: Identify me! What do I own? Patterns? Be open & curious

Self- regulation: Impulses – Emotions – Behaviors - Stop counter productive thinking

Optimism: Hunt the Good Stuff! Fight Negativity Bias - Remain Realistic - Hope & Confidence

Mental Agility: Flexibility & Accuracy - Other perspectives - Identify & understand problems – "Bottom Line Up Front." - Be willing to try new strategies!

Strength of Character: What do you have in your toolbox? Mine & Others - Faith & Attitude

Connection: Relationships – Communication - Empathy - Ask for help - Support others

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- Resilience: The ability to grow and thrive in the face of challenges and bounce back from adversity.

- Built through a set of Resilience Competencies that include use and identification of:

  Building Mental Toughness
  ATC Model
  Avoiding Thinking Traps
  Detecting Icebergs
  Energy Management
  Problem Solving
  Putting It In Perspective
  Real-time Resilience
  Hunt the Good Stuff

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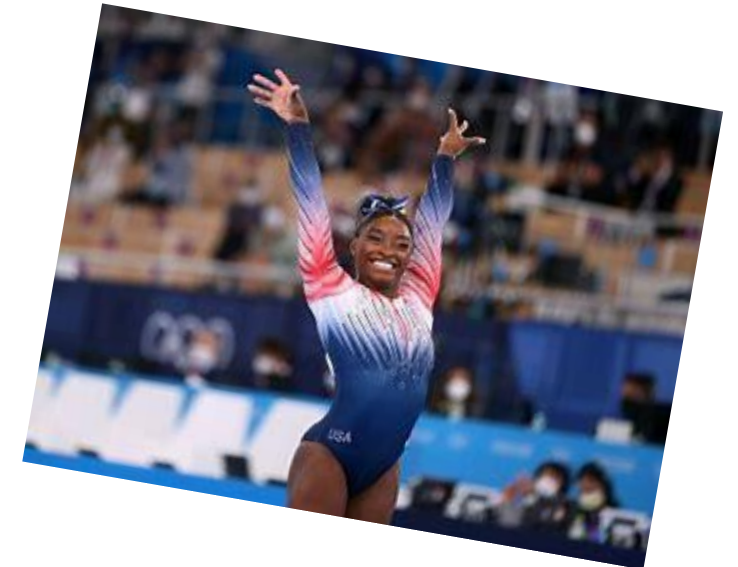
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Hunt The Good Stuff vs Negativity Bias

Record three good things each day. Next to each positive event that you list, write a reflection (at least one sentence) about one or more of the following:

--Why did this good thing happen?

--What this good thing means to you?

--What can you do tomorrow to enable more of this good thing?

--What ways you or others contribute to this good thing?

Negativity Bias (aka negativity effect)- refers to the notion that, even when of equal intensity, things of a more negative nature have a greater effect on one's psychological state and processes than do neutral or positive things.

ATC: Activating Event – Thought - Consequence

Identify your *Thoughts* about an *Activating Event* and the *Consequences* of those Thoughts. Separate. Understand. Identify. Set your goals! Implement! Don't be afraid to reevaluate.

The Resilience Cycle

Goal Setting
Step 1: Define your goal
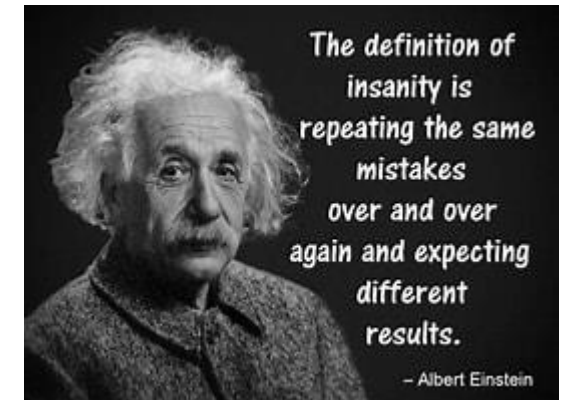Step 2: Know where you are right now?
Step 3: Decide what you need to develop
Step 4: Make a plan for steady improvement
Step 5: Pursue regular action
Step 6: Commit yourself completely
Step 7: Consistently monitor your progress

The definition of insanity is repeating the same mistakes over and over again and expecting different results.
– Albert Einstein

THINKING TRAPS

Identify & correct counterproductive patterns in thinking through the use of Mental Cues and Critical Questions. Are common *Thinking Traps* preventing you from seeing a situation accurately?

- Personalizing- Me, Me, Me.... ⟶ Look Outward
- Externalizing- Them, Them, Them.... ⟶ Look Inward
- Mind Reading ⟶ Ask clarifying questions
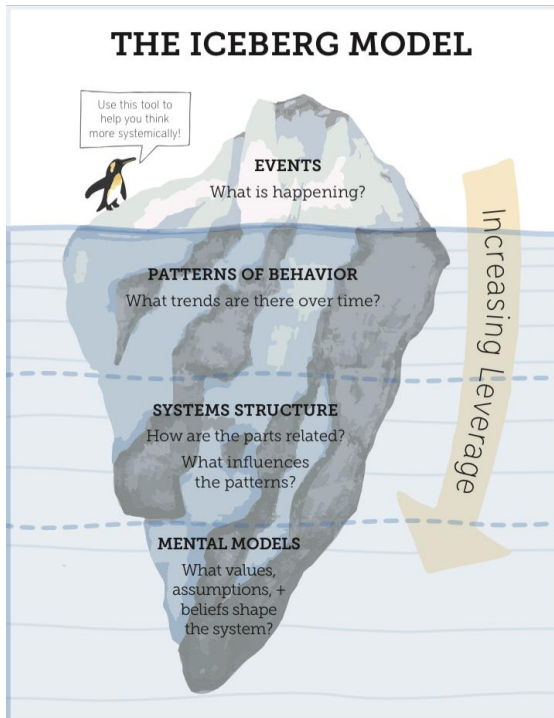- Emotional Reasoning ⟶ Separate feelings from facts

What are some other Thinking Traps?

ICEBERGS

THE ICEBERG MODEL

Use this tool to help you think more systemically!

EVENTS
What is happening?

PATTERNS OF BEHAVIOR
What trends are there over time?

SYSTEMS STRUCTURE
How are the parts related?
What influences the patterns?

MENTAL MODELS
What values, assumptions, + beliefs shape the system?

Increasing Leverage

Detection
--Builds awareness
--Identify what we want to reinforce vs change
--Knowing when an Iceberg has been activated gives us control

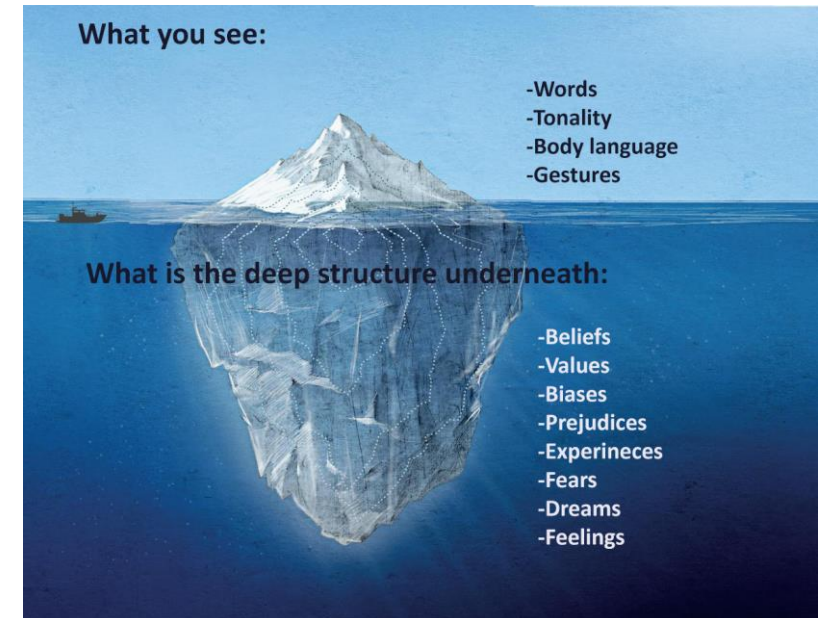WITH GREAT POWER COMES GREAT RESPONSIBILITY

Unhelpful Iceberg Beliefs

She should not...
My child shouldn't...
My child should...
I should...
I should not...
Girls should...
Boys don't...
Kids should...
He should...
conscious thoughts
Showing feelings is a sign of weakness.
unconscious beliefs and values
Girls are feminine, boys are masculine.
I'm only valuable... if others approve of me.
Good girls don't get mad.
Kids should be seen and not heard.
Boys don't cry.
Kids should be obedient.
©One Time Through

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ICEBERGS

ENERGY MANAGEMENT

--Take control of your physical state

--Bring your focus to the present moment

--Perform more optimally

ATC Control: work towards becoming proficient at exerting control over Thoughts, Emotions and Physical Reactions.

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Put It In Perspective & Problems Solving

Stop Thinking Traps, reduce anxiety, improve problem solving by identifying the Worst, Best & Most Likely outcomes.

Step 1: Describe the Activating Event
Step 2: Capture Worst Case thoughts
Step 3: Generate Best Case thoughts
Step 4: Identify Most Likely outcomes
Step 5: Develop your plan.

….ask "And then what happens?" Or "What else?"

Accurately identify the problem and identify solution strategies.

Step 1: What's the problem you're trying to solve?
Step 2: What caused the problem?
Step 3: What did you miss?
Step 4: What's the evidence?
Step 5: What really caused the problem?
Step 6: What can you really/realistically do about it?

Real-time Resilience

PRACTICE

INTERNAL SKILL

Learning Curve

--Challenge & Shut-down counter productive thinking as it occurs

--Get back to the task at hand

--Use it to prepare for an anticipated Activating Event.

--Fight back against counter productive thoughts by using Sentence Starters:

Do-Over

That's not completely true because... (Evidence)

A more optimistic way of seeing this is... (Optimism)

Accuracy over Speed

The most likely implication is... and I can... (Perspective)

--Avoid common Pitfalls: Dismissing the grain of truth, minimizing the situation, rationalizing or excusing one's contribution to a problem, and weak responses

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Thank you!

Credits! University of Pennsylvania & Army National Guard
Comprehensive Soldier & Family Fitness Program
Army Family Team Building Program

FT Custer MRT Trainers & Facility

Thank you to the State of Vermont & Vermont DDS for allowing me to be here!

HUNT THE GOOD STUFF!

#HuntTheGoodStuff or #HTGS

Good Thing 1:	Reflection:
Good Thing 2:	Reflection:
Good Thing 3:	Reflection: