BOUNCING BACK
March 25, 2018

Dr. Diana Brecher, C. Psych.
Ryerson University
What does thriving mean to you?
“Doing and feeling your best. Being satisfied with good enough.”
Thriving is putting in the extra effort to achieve excellence. You are essentially taking a situation or opportunity and making the best of it. The hard work and dedication results in positivity and confidence. By thriving you are a focused individual who has the mindset to do well. You are going above and beyond expectations to ensure that you can realize your infinite potential.
OUTLINE

Flourishing - wellbeing

Resilience (mindfulness, gratitude, optimism, self-compassion & grit)

Character Strengths

Growth Mindset
Flourishing - P.E.R.M.A.

Dr. Martin Seligman
Positivity
Positive emotions - happiness
Growth mindset and resilience
Optimistic thinking style
Managing emotions
Engagement
Flow and peak performance
Making good decisions
Using one’s strengths
Mindfulness training
Savouring
Relationships
Making connections
Kindness
Altruism
 Volunteerism
Assertive communication
Forgiveness
Meaning
Purpose and passion
Thinking of work as a calling
Fulfillment
Achievement

Grit and perseverance
Self-determination
Goal setting
Intrinsic motivation
Development of good habits
Hope
Vitality
Restorative sleep
Physical activity
Balancing work and play
Healthy eating
Stress management
Struggling to Survive

- Find it difficult to be in the present moment
- Unaware of the good things that are happening
- Pessimistic explanatory style
- Self-critical & judgmental
- Give up when overwhelmed
RESILIENCE

• Mindfulness
• Gratitude
• Optimism
• Self-Compassion
• Grit

• Find it difficult to be in present moment
• Unaware of the good things that are happening
• Pessimistic explanatory style
• Self-critical & judgmental
• Give up when overwhelmed
The Five Factor Model of Resilience

Mindfulness
Gratitude
Optimism
Self-Compassion
Grit

Dr. Diana Brecher
Mindfulness

Mindfulness is about being simply present at this very moment.

It allows us to take stock and gather resources.
Mind Full, or Mindful?
3 Minute Calming Breath
https://soundcloud.com/user-743147355-683744593
Gratitude

Gratitude is about noticing good things that are happening all around you, savoring the kindness and generosity of others, and opportunities that you could explore.
Brother David Steindl-Rast writes:

“
It is not joy that makes us grateful;
it is gratitude that makes us joyful.
"
The 3 Good Things…

• Keep a gratitude journal – think about 3 good things that happened today

• Your role in making them happen (active participant or passive recipient)

• What it means to you and/or your future -- that these events or interactions happened
Enables Savouring
Express gratitude for the first time to someone to whom you feel grateful. Be specific as to why you are grateful, based on your shared experiences. Type it up, print it and read it to them. Give them the letter when you are done.
Benefits of gratitude

- Energetic
- Hopeful
- Helpful
- Empathic
- Forgiving

...Happier overall
The Five Factor Model of Resilience

Mindfulness
Gratitude
Optimism
Self-Compassion
Grit
What is optimism?
Optimism is about our explanation to ourselves about why things good and bad things happen to us
- Personal
- Pervasive
- Permanent

- Good Luck
- Situation Specific
  Temporary

- Bad Luck
- Situation Specific
  Temporary

- Personal
- Pervasive
- Permanent

Optimist in Good Times

Pessimist in Good Times

Optimist in Bad Times

Pessimist in Bad Times
• Personal
• Pervasive
• Permanent

Optimist in Good times

Pessimist in Good Times

• Good Luck
• Situation Specific
• Temporary

• Bad Luck
• Situation Specific
• Temporary
# OFFERED A PROMOTION

<table>
<thead>
<tr>
<th>OPTIMISTIC THINKING STYLE</th>
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</tr>
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<tbody>
<tr>
<td>• I did a really great job and I am being rewarded</td>
<td>• The top candidate must have declined because they couldn't agree on salary</td>
</tr>
<tr>
<td>• I have proven that I can be really effective, a leader, a team player, innovative, hard-working...</td>
<td>• This new job won't affect any other area of my life (family, health, fitness)</td>
</tr>
<tr>
<td>• I'm on a roll and I will succeed in the future because of the skills</td>
<td>• I'll never manage to keep this job or if I do, there will be a glass ceiling</td>
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</table>
Learned Model

- Good Luck
- Situational
- Personal
- Pervasive
- Permanent

Optimist in Good Times

Pessimist in Bad Times

- Personal
- Pervasive
- Permanent

• Bad Luck
• Situation Specific
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<tr>
<td>• There were circumstances outside my control. The competition had five years more experience and recently won an award</td>
<td>• I'm stuck at this level and will never move up in this organization</td>
</tr>
<tr>
<td>• It was an unusually tough competition but I learned a lot, and I will put it to good use next time</td>
<td>• I will never succeed in my goals I don't have what it takes to excel in any area</td>
</tr>
<tr>
<td>• I know my stuff. It was a great dry run</td>
<td>• I'm a failure</td>
</tr>
<tr>
<td>Thinking Style</td>
<td>Offered a promotion</td>
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- Personal
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Optimist in Good times

Pessimist in Good Times

- Good Luck
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SUCCESSFULLY COMPLETED AN EXPOSURE

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<tr>
<td>• Although I experienced a great deal of anxiety, I was able to get through the exposure exercise</td>
<td>• It was a fluke that the worst case scenario didn’t happen, this time</td>
</tr>
<tr>
<td>• I have proven that I can tolerate the anxiety and am getting better at pushing past it</td>
<td>• This specific exposure won't have a beneficial effect next time or with any other triggers - I’ll have to start from scratch every time</td>
</tr>
<tr>
<td>• I'm have the skills and I’m on a roll and I will eventually make progress with my goals in the future because of these skills</td>
<td>• I'll never manage to keep this momentum</td>
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Learned Model

- Good Luck
- Situation
- Specific
- Temporary
- Personal
- Pervasive
- Permanent

Optimist in Good Times

Pessimist in Bad Times

- Personal
- Pervasive
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Optimist in Bad Times

Pessimist in Good Times

- Bad Luck
- Situation
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<tr>
<td>• There were circumstances outside my control that made this exposure more challenging</td>
<td>• I'm stuck with these fears and will never be able to be free of them</td>
</tr>
<tr>
<td>• My safety behaviours got in the way. I will make a plan for next time</td>
<td>• I will never beat the OCD. I don't have what it takes to overcome these fears</td>
</tr>
<tr>
<td>• Next time I will lower the intensity of the trigger and aim for full ritual prevention; it is good to learn where I am in my treatment right now.</td>
<td>• I'm a failure</td>
</tr>
<tr>
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<td>Optimistic Thinking style</td>
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</table>
| Successfully completed an exposure | • Although I experienced a great deal of anxiety, I was able to get through the exposure exercise  
• I have proven that I can tolerate the anxiety and am getting better at pushing past it  
• I’m have the skills and I’m on a roll and I will eventually make progress with my goals in the future because of these skills | • There were circumstances outside my control that made this exposure more challenging  
• My safety behaviours got in the way. I will make a plan for next time.  
• Next time I will lower the intensity of the trigger and aim for full ritual prevention; it is good to learn where I am in my treatment right now |
| Struggling to go through the process of an exposure | • It was a fluke that the worst case scenario didn’t happen, this time  
• This specific exposure won't have a beneficial effect next time or with any other triggers - I’ll have to start from scratch every time  
• I'll never manage to keep this momentum | • I'm stuck with these fears and will never be able to be free of them  
• I will never beat the OCD. I don't have what it takes to overcome these fears  
• I'm a failure |
Optimist in Good Times

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Pessimist in Bad Times

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## Flipping into Optimism

### IN GOOD TIMES

1) What role did I play making this happen?

2) How can I make this permanent?

3) What can I do to have this spill over into other aspects of my life?

### IN BAD TIMES

1) In what way is this also the responsibility of others or circumstances beyond my control?

2) How can I keep this temporary?

3) What must I do to contain the damage of the long-term effects of this event?
The Five Factor Model of Resilience

Mindfulness
Gratitude
Optimism
Self-Compassion
Grit
Self-Compassion is about being our own best friend; kind, supportive, patient, and loving in the moments that we need it most.
Thriving

- Self Care
- Self Awareness
- Self compassion
“Forgiveness is a process, not a moment. It has to be cultivated. You cannot be pressured to forgive. When there is a serious loss, a period of grieving must precede forgiveness.” (Edward Hallowell)

“Forgiveness is letting go, not excusing the other person or reconciling with them or condoning their behavior, just letting go of your own suffering.” (Dean Ornish)

“The past is over: Forgiveness means giving up all hope of a better past.” (Jack Kornfield)
Self-acceptance narrative

• This is what happened

• This is what I did to survive it (understandable, even brilliant)

• This has been the cost (compassion makes it safe to look at that)

• This is what I learned (a new narrative of self that allows us to live with, even be proud of ourselves)

• This is how I respond to life now (by being resilient going forward)

Linda Graham
Essential ingredients to generosity and compassion

Boundaries
Integrity
Generosity

Without boundaries you have enmeshment
Without respect and integrity you can’t be generous

Dr. Brene Brown
Lovingkindness Meditation

https://soundcloud.com/user-743147355-683744593
The Five Factor Model of Resilience

Mindfulness
Gratitude
Optimism
Self-Compassion
Grit
GRIT

Passion and perseverance for very long term goals
PERSONAL MODEL OF RESILIENCE

Dr. Christine Padesky, Clinical Psychologist
STEP ONE

Pick an everyday, enjoyable activity that...

● You find enjoyable and fulfilling
● You have lots of experience with it
● You have solved problems and overcome obstacles
● You have insight into how to work with the obstacles that arise
● You keep going even when you are tired or frustrated
STEP TWO

Identify the obstacles you face and what you do to persist in the face of these obstacles.

Answer the question: “What keeps me going is…”

(Consider your behaviours, attitudes, assumptions, beliefs, metaphors, and feelings.)
**ACTIVITY THAT YOU LOVE TO DO**

<table>
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<th>Identify Obstacles</th>
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**Behaviours**

|          |          |

**Thoughts**

|          |          |

**Assumptions**

|          |          |

**Metaphors/Feelings/ Attitudes**

|          |          |
STEP THREE

Extract the resilient strategies and attitudes from the context (your favorite activity) and create a list of these ‘stand alone’ resilient strategies and attitudes you can use in another context.
STRATEGIES

<table>
<thead>
<tr>
<th>Write a summary that reflects your resilient strategies and responses</th>
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<td>6.</td>
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<td>7.</td>
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STEP FOUR

Apply the strategies to the current challenge…

• Behaviours
• Attitudes
• Assumptions
• Beliefs
• Metaphors
• Feelings
# PERSONAL MODEL of RESILIENCE

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**Behaviours**

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**Thoughts**

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**Assumptions**

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</table>

**Metaphors/Feelings/ Attitudes**

|   |   |   |
Resilient Statements

• These are just problems to solve

• Even though I feel stressed out over time I can find a way to cope

• If I break it down into smaller bits I can handle it better

• I focus on what is important my goal/ my values

• Water dripping on stone over time can actually break through

• I take comfort from knowing that other people struggle with this too

• A smooth lake never made a skilled sailor

• It helps to see how far I have come/or what I have been able to do so far
What character strengths do they demonstrate?

AWE, GRATITUDE, HOPE, HUMOR, SENSE OF MEANING, BRAVERY, PERSEVERANCE, HONESTY, ZEST, TEAMWORK, FAIRNESS, LEADERSHIP, LOVE, SOCIAL INTELLIGENCE, KINDNESS, FORGIVENESS, HUMILITY, PRUDENCE, SELF-CONTROL, CREATIVITY, CURIOSITY, JUDGMENT, LOVE OF LEARNING, PERSPECTIVE.
https://www.youtube.com/watch?v=8NPzLBSBzPI
that he was now the head of his own
Let Your Strengths Inspire You

Choose an activity that will bring you closer to your strength and reflect how you felt before, during and after doing this activity.
People who have the opportunity to focus on their strengths every day are 6x as likely to be engaged in their jobs and more than 3x as likely to report having an excellent quality of life in general.

Mindset

a set of beliefs or a way of thinking that determines one’s behavior, outlook and mental attitude

Dr. Carol Dweck
**Fixed Mindset**
Believes talent is inborn

- Desires to be seen as perfect and talented, so...
  - She avoids challenge
  - Gives up easily
  - Sees effort as temporary
  - Gets frustrated or ignores feedback or criticism
  - Feels threatened by others’ success

Leads to a very emotional cheerleader that is constantly trying to regulate herself and the way others view her. This creates a rigid and difficult athlete that is limiting her potential.

**Growth Mindset**
Believes ability can be developed

- Ultimate desire is to learn and improve, so...
  - She embraces challenge
  - Pushes through setbacks
  - Believe her effort is most important
  - Uses feedback and criticism as a way to improve
  - Is inspired by and learns from others’ success

Leads to a hard working cheerleader that is constantly looking to better herself. This creates a calmer, more open-minded athlete that is coachable and can reach her fullest potential.
How to cultivate Growth Mindset

**Person Praise:**

- You are AMAZING
- You are a WINNER
- You are so SMART

**Process Praise:**

- “That is great...how did you do that?”
- “You are really well prepared for this task and your improvement shows it.”
- “I like the way you tried all kinds of strategies on this issue until you finally got it.”
## Fixed Mindset vs. Growth Mindset

### Statements/Strategies

<table>
<thead>
<tr>
<th><strong>INSTEAD OF.....</strong></th>
<th><strong>TRY THINKING.....</strong></th>
</tr>
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<tbody>
<tr>
<td>I’m not good at this</td>
<td>What am I missing?</td>
</tr>
<tr>
<td>I give up</td>
<td>I’ll use a different strategy</td>
</tr>
<tr>
<td>It’s good enough</td>
<td>Is this really my best work?</td>
</tr>
<tr>
<td>I can’t make this any better</td>
<td>I can always improve</td>
</tr>
<tr>
<td>This is too hard</td>
<td>This may take some time</td>
</tr>
<tr>
<td>I made a mistake</td>
<td>Mistakes help me to learn</td>
</tr>
<tr>
<td>I just can’t do this</td>
<td>I am going to train my brain</td>
</tr>
<tr>
<td>I’ll never be that smart</td>
<td>I will learn how to do this</td>
</tr>
<tr>
<td>Plan A didn’t work</td>
<td>There’s always Plan B</td>
</tr>
<tr>
<td>My friend can do it</td>
<td>I will learn from them</td>
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</table>
www.ryerson.ca/thriveru
Cultivate Your Happiness:
The Four Seasons
ThriveRU Weekly Workbook
Workbook Themes

1. Making new friends & strengthening your connections to old friends
2. Gratitude
3. Cultivating Optimism
4. Living in the Present Moment
5. Coping Strategies
6. Growth Mindset
7. Practicing Acts of Kindness and Generosity
8. Increasing Flow
9. Learning to Forgive
10. Committing to Your Goals
11. Physical Activity & Exercise
12. Meditation
13. Savouring
Resilience Resources

Shawn Achor
The Happiness Advantage

Mihaly Csikszentmihalyi
Flow

Angela Duckworth
Grit

Linda Graham
Bouncing Back

Kristen Neff
Self-Compassion

Neil Pasricha
The Happiness Equation

Christine Padesky
http://www.padesky.com/clinical-corner/publications/

Martin Seligman
Authentic Happiness, Flourish
Learned Optimism