# **BOUNCING BACK** March 25, 2018



Student Affairs

Dr. Diana Brecher, C. Psych. **Ryerson University** 

# What does thriving mean to you?

" Doing and feeling your best. Being satisfied with good enough.

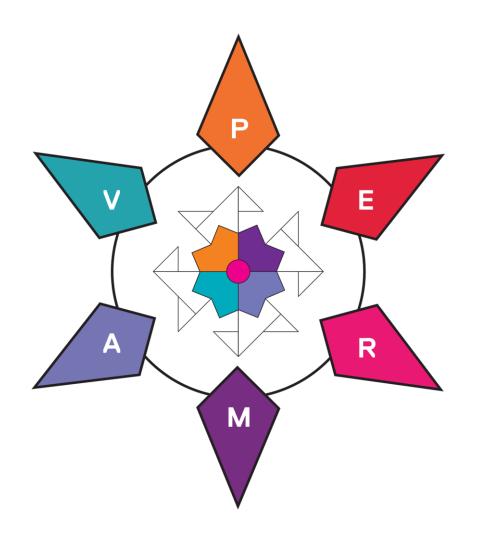
Thriving is putting in the extra effort to achieve excellence. You are essentially taking a situation or opportunity and making the best of it. The hard work and dedication results in positivity and confidence. By thriving you are a focused individual who has the mindset to do well. You are going above 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.

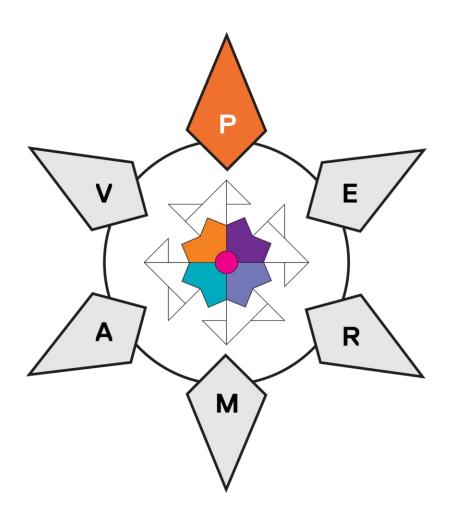
Dr. Martin Seligman



# **PERMA - V Positivity** Engagement **Relationships** Meaning **Achievement** \*Vitality

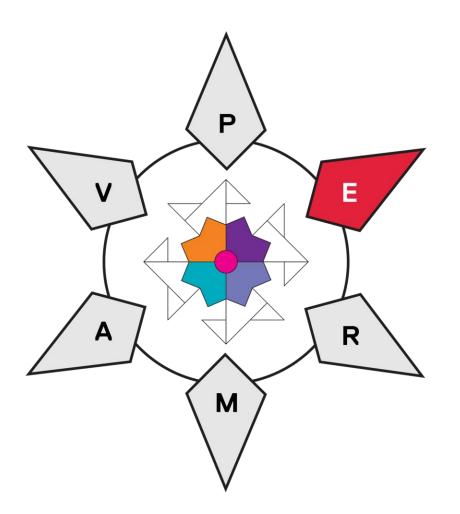
Dr. Martin Seligman

\*Emilya Zhivotovskaya (Vitality)



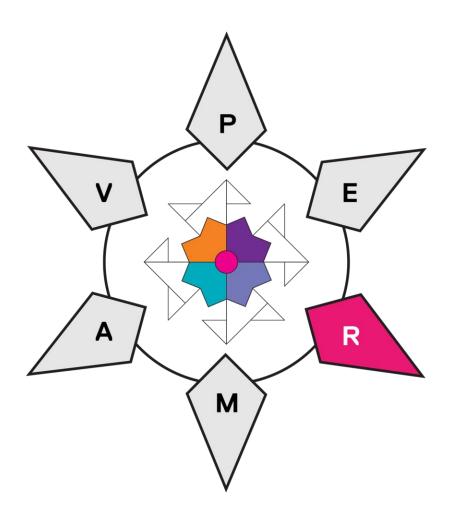
## Positivity

Positive emotions - happiness Growth mindset and resilience Optimistic thinking style Managing emotions



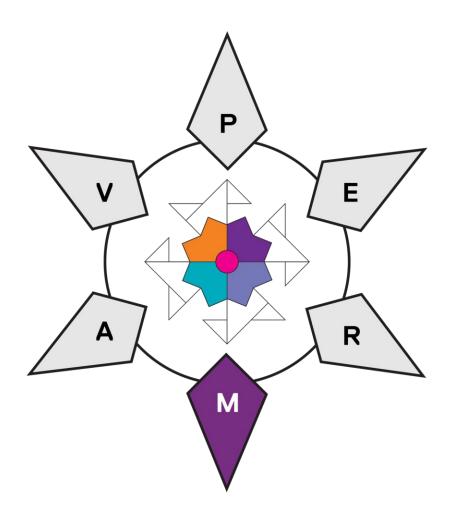
#### Engagement

Flow and peak performance Making good decisions Using one's strengths Mindfulness training Savouring



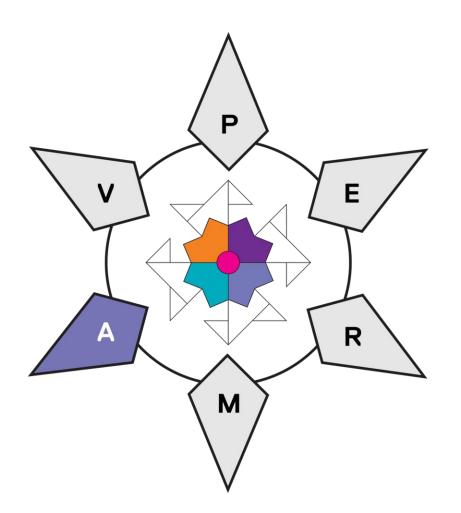
#### **Relationships**

Making connections Kindness Altruism Volunteerism Assertive communication Forgiveness



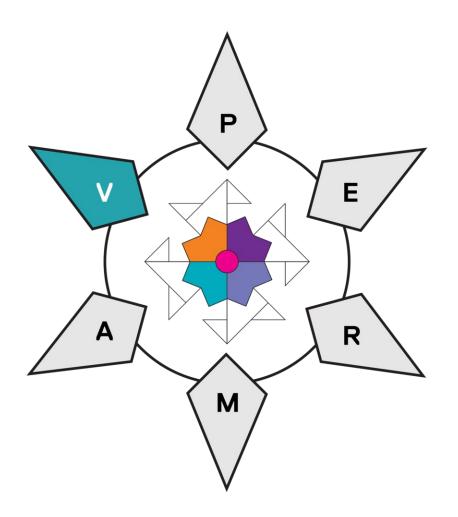
#### Meaning

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

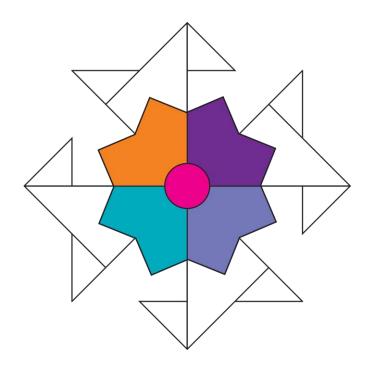
#### **Struggling to Survive**

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



- Mindfulness
- Gratitude
- Optimism
- Self Compassion
- Grit

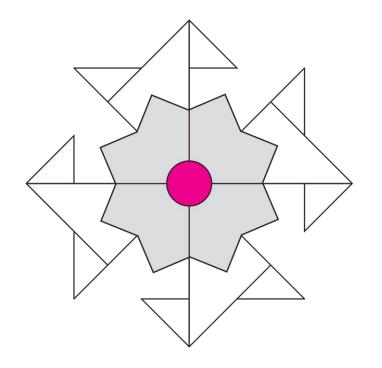
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#### The Five Factor Model of Resilience

Mindfulness Gratitude Optimism Self-Compassion Grit

Dr. Diana Brecher



#### Mindfulness

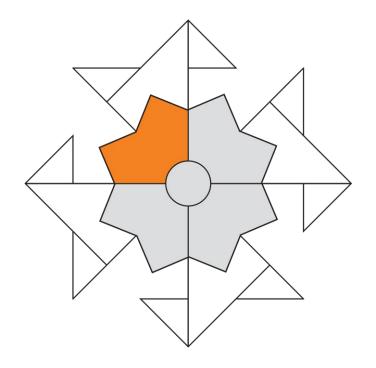
Mindfulness is about being simply present at this very moment.

It allows us to take stock and gather resources.



# 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. https://www.youtube.com/watch?v=IGQmdoK\_ZfY



**Brother David Steindl-Rast writes:** 

"

It is not joy that makes us grateful; it is gratitude that makes us joyful.

#### https://www.ted.com/talks/louie\_schwartzberg\_nature\_beauty\_gratitude



### 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**



#### Gratitude letter/Visit

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

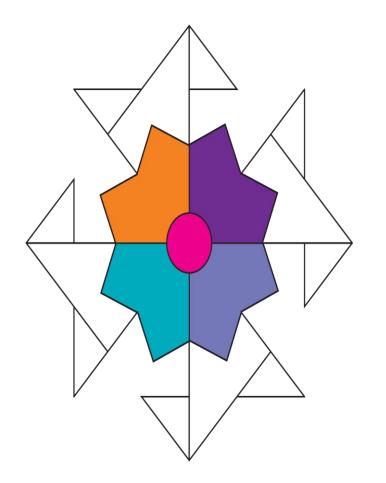
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• Helpful

- Empathic
- Forgiving

....Happier overall



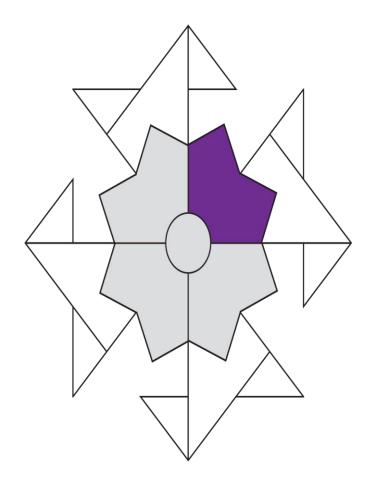
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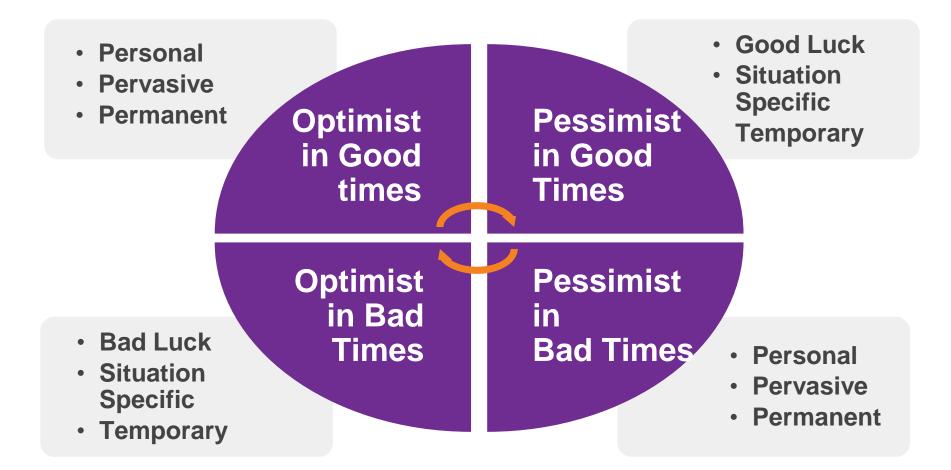
# What is optimism?







**Optimism is about** our explanation to ourselves about why things good and bad things happen to us





# **OFFERED A PROMOTION**

#### **OPTIMISTIC THINKING STYLE**

#### **PESSIMISTIC THINKING STYLE**

- I did a really great job and I am being rewarded
- I have proven that I can be really effective, a leader, a team player, innovative, hard-working...
- I'm on a roll and I will succeed in the future because of the skills

- The top candidate must have declined because they couldn't agree on salary
- This new job won't affect any other area of my life (family, health, fitness)
- I'll never manage to keep this job or if
   I do, there will be a glass ceiling



### **PASSED OVER FOR PROMOTION**

#### **OPTIMISTIC THINKING STYLE**

#### **PESSIMISTIC THINKING STYLE**

- There were circumstances outside my control. The competition had five years more experience and recently won an award
- It was an unusually tough competition but I learned a lot, and I will put it to good use next time
- I know my stuff. It was a great dry run

- I'm stuck at this level and will never move up in this organization
- I will never succeed in my goals I don't have what it takes to excel in any area
- I'm a failure

	Offered a promotion	Passed over for a promotion
Optimistic Thinking style	<ul> <li>I did a really great job and I am being rewarded</li> <li>I have proven that I can be really effective, a leader, a team player, Innovative, hard-working</li> <li>I'm on a roll and I will succeed in the future because of the skills</li> </ul>	<ul> <li>There were circumstances outside my control, the competition had five years more experience and recently won an award</li> <li>It was an unusually tough competition but I learned a lot, and I will put it to good use next time</li> <li>I know my stuff. It was a great dry run</li> </ul>
Pessimistic Thinking Style	<ul> <li>The top candidate must have declined because they couldn't agree on salary</li> <li>This new job won't affect any other area of my life (family, health, fitness)</li> <li>I'll never managed to keep this job or if I do there, will be a glass ceiling</li> </ul>	<ul> <li>I'm stuck at this level and will never move up in this organization</li> <li>I will never succeed in my goals I don't have what it takes to excel in any area</li> <li>I'm a failure</li> </ul>



### SUCCESSFULLY COMPLETED AN EXPOSURE

#### **OPTIMISTIC THINKING STYLE**

- 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

#### **PESSIMISTIC THINKING STYLE**

- 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



### STRUGGLING TO GO THROUGH THE PROCESS OF AN EXPOSURE

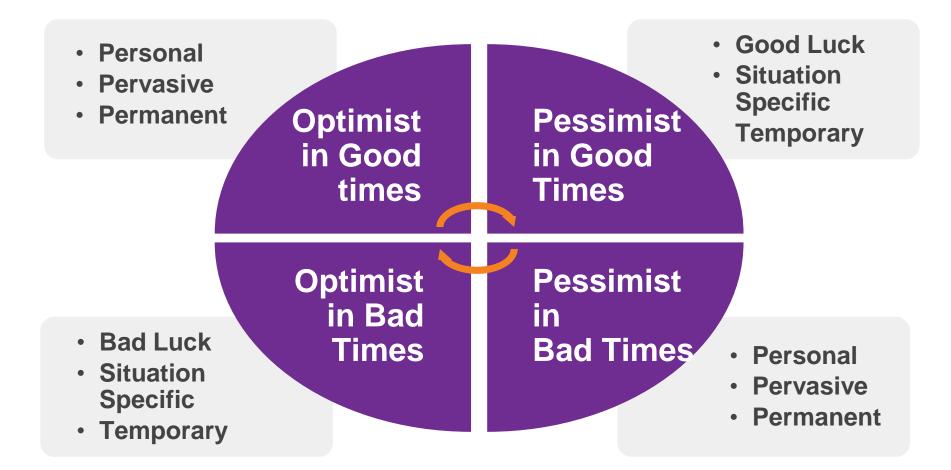
#### **OPTIMISTIC THINKING STYLE**

- 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.

#### **PESSIMISTIC THINKING STYLE**

- 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

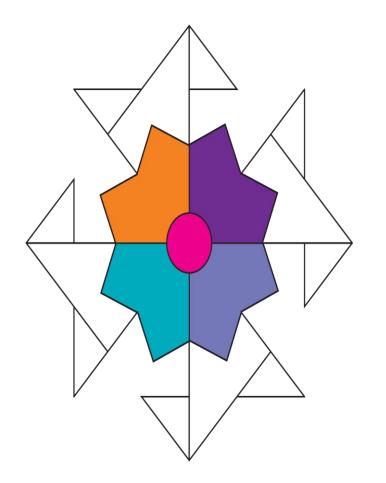
	Successfully completed an exposure	Struggling to go through the process of an exposure
Optimistic Thinking style	<ul> <li>Although I experienced a great deal of anxiety, I was able to get through the exposure exercise</li> <li>I have proven that I can tolerate the anxiety and am getting better at pushing past it</li> <li>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</li> </ul>	<ul> <li>There were circumstances outside my control that made this exposure more challenging</li> <li>My safety behaviours got in the way. I will make a plan for next time.</li> <li>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</li> </ul>
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## **Flipping into Optimism** IN GOOD TIMES IN BAD TIMES

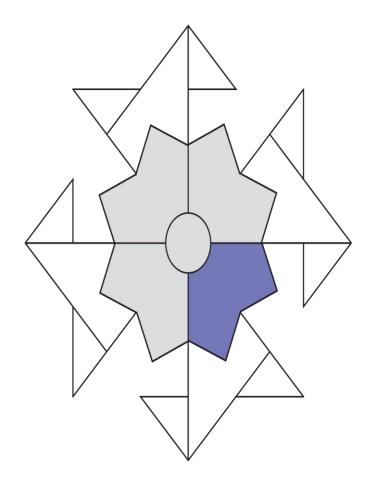
- 1) What role did I play making this happen?
- 2) How can I make this permanent?
- 3) What can I do to have this spill over into other aspects of my life?

- In 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



"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

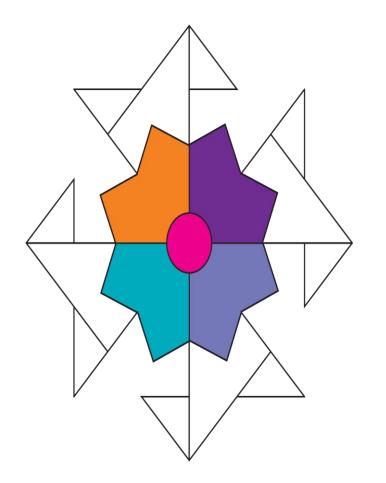
#### Dr. Brene Brown

#### https://www.youtube.com/watch?v=IvtZBUSpIr4



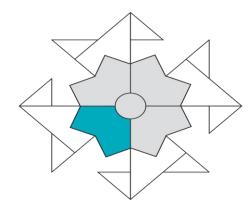
### **Lovingkindness Meditation**

#### 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

Identify Obstacles		
When this happens I feel:		
What keeps me going:		
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**

Write a summary that reflects your resilient strategies and responses	
	1.
	2.
	3.
	4.
	5.
	6.
	7.

### **STEP FOUR**

Apply the strategies to the current challenge...

- Behaviours
- Attitudes
- Assumptions
- Beliefs
- Metaphors
- Feelings

### PERSONAL MODEL of RESILIENCE

Identify Obstacles		
When this happens I feel:		
What keeps me going:		
Behaviours		
Thoughts		
Assumptions		
Metaphors/Feelings/ Attitudes		

### **Resilient Statements**

- These are just problems to solve
- If I break it down into smaller bits I can handle it better
- Water dripping on stone over time can actually break through
- A smooth lake never made a skilled sailor

- Even though I feel stressed out over time I can find a way to cope
- I focus on what is important my goal/ my values
- I take comfort from knowing that other people struggle with this too
- It helps to see how far I have come/or what I have been able to do so far

#### https://www.viacharacter.org/www/Character-Strengths-Old/The-Science-of-Character-Video



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



#### https://www.youtube.com/watch?v=btuxO-C2IzE



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.

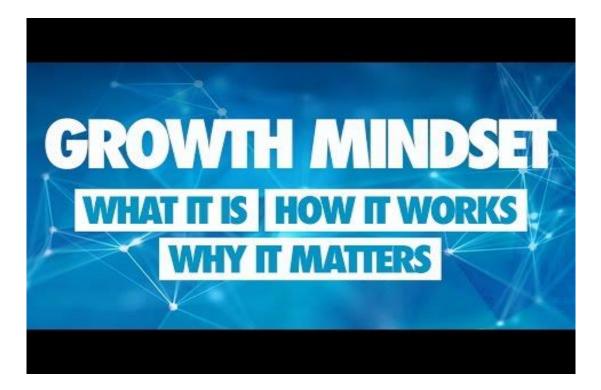
Rath, T. (2007). Strengths finder 2.0. New York: Gallup Press.

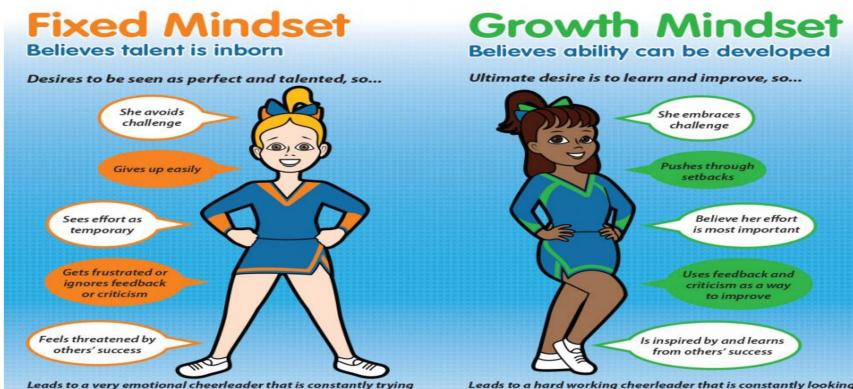
# Mindset

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

Dr. Carol Dweck

#### https://www.youtube.com/watch?v=75GFzikmRY0





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. 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

#### **INSTEAD OF....**

I'm not good at this

I give up

It's good enough

I can't make this any better

This is too hard

I made a mistake

I just can't do this

I'll never be that smart

Plan A didn't work

My friend can do it

#### TRY THINKING....

What am I missing?

I'll use a different strategy

Is this really my best work?

I can always improve

This may take some time

Mistakes help me to learn

I am going to train my brain

I will learn how to do this

There's always Plan B

I will learn from them

### www.ryerson.ca/thriveru







## Cultivate Your Happiness: The Four Seasons ThriveRU Weekly Workbook

#### Workbook Themes



- Making new friends & strengthening your connections to old friends
- 2. Gratitude
- 3. Cultivating Optimism
- Living in the Present Moment
- 5. Coping Strategies
- 6. Growth Mindset

- Practicing Acts of Kindness and Generosity
- 8. Increasing Flow
- 9. Learning to Forgive
- 10. Committing to Your Goals
- 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/clinicalcorner/publications/

Martin Seligman Authentic Happiness, Flourish Learned Optimism