

Lightbulb Moments

Developing Resilience with Emotional Intelligence (No. 1 in a series of 24)

What is Resilience?

Resilience is a metaphor applied to human psychological behaviour.

From Material Science, resilience is

- . . . the capability of a strained body to recover its size and shape.
- . . . the ability to recover from, or adjust easily to, misfortune or change.
- . . . the capacity to bounce back after being subjected to adversity or stress.

Resilience enables you to steer through everyday challenges and overcome misfortune so that you can reach out to gain new experiences and be challenged towards a new potential.



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Constructing Resilience



You can learn from experience to develop your resilience.

If you have good levels of resilience, you possess three defining characteristics:

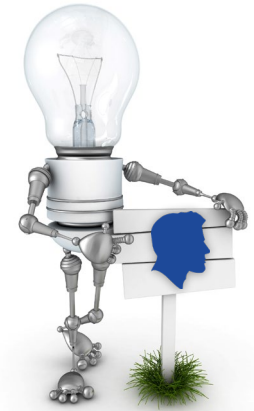
1. An ability to accept harsh reality – to take an objective view of the situation without subjective views, denial or emotion.
2. An ability to find meaning in adversity – to build bridges from an ordeal in the present to a fuller, better future.
3. An ability to continually improvise – to put resources to unfamiliar uses and imagining possibilities that others don't see.



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Resilience is a Mindset

- 💡 Resilience is less about who you are and more about how you think
- 💡 Your mind-set directly influences who you are, shapes how you view the world and how you view yourself in the world
- 💡 Resilience is affected by, and affects, your perception of situations



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The Benefits of Resilience



Resilience

- 💡 helps you to retain a focus on what matters and supports effective behaviour
- 💡 increases your happiness in work and home life
- 💡 leads to better psychological well-being and health
- 💡 reduces mortality and increases life expectancy



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Too Much Resilience

True resilience may be a balance between a rapid neurological response and a response to the depth in which information is processed.

By responding and recovering to events too quickly people can demonstrate too much resilience - especially in relation to the emotions of others. By not comprehending the anxieties of others and by not understanding their inability to respond in the same way shows a lack of empathy.



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Ways to Develop your Resilience



- 1) Create a personal vision
- 2) Feel in control
- 3) Be flexible
- 4) Get organised
- 5) Be able to solve problems
- 6) Get connected
- 7) Be socially competent
- 8) Be proactive



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Create a Personal Vision

Facilitating emotions - Esteem, Engagement, Passion

- 💡 Know what you believe in
- 💡 Have a clear vision of what you want to accomplish / achieve
- 💡 Approach adversity and stress with a sense of hope
- 💡 Let your belief and purpose carry you forward in life

Draining emotions - Frustration, Inadequacy, Anxiety



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Tips to Help you Create a Personal Vision

- 💡 Set yourself clear goals and objectives focussing on what you want to achieve
- 💡 Establish a plan that will accomplish your goals
- 💡 Ensure that the plan is made up of small, achievable steps
- 💡 Remain committed, even if events take you away from your plan for a short while
- 💡 Remind yourself of what you want to achieve and why
- 💡 Challenge your own self-limiting beliefs



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Feel in Control

Facilitating emotions - Esteem, Contentment, Optimism

- 💡 View the world as complex and challenging . . . but filled with opportunity
- 💡 Hold a positive perception about yourself
- 💡 Defend yourself well
- 💡 Be confident in your ability to meet any challenge with hope and realistic optimism

Draining emotions - Hopelessness, Discomfort, Disappointment



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Tips to Help You to Feel in Control

- 💡 Be realistic about what you can and can't do
- 💡 Learn how to say "No" so that you don't commit to too much
- 💡 Challenge your own self-limiting beliefs
- 💡 Set small, short term goals that you know you can achieve
- 💡 Tell yourself you can do it and prove yourself to be right
- 💡 Communicate your intentions clearly to others, delegate and encourage their support



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Be Flexible and Adaptable

Facilitating emotions - Esteem, Contentment, Optimism

- 💡 Be sensitive to changes in your environment
- 💡 Adapt quickly to what is happening
- 💡 Learn from life constantly
- 💡 Remain true to your purpose / vision whilst making room for other's ideas and opportunities . . .

Draining emotions - Fear, Disappointment, Anxiety



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Tips to Help You to Be Flexible and Adaptable

- 💡 Anticipate change so that you can be prepared for it with a series of contingencies
- 💡 Accept that situations are going to change
- 💡 Positively move forward rather than dwelling on how unreasonable or unfair the changes may seem
- 💡 Remain focussed on your personal goals adapting how you work to accommodate the change



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Get Organised

Facilitating emotions - Esteem, Pride, Enthusiasm

- 💡 Create structures and methods to bring order and stability on your terms
- 💡 Set realistic goals for yourself
- 💡 Expect things to work out
- 💡 Manage the moment with calmness and clarity of purpose

Draining emotions - Hopelessness, Fear, Discomfort



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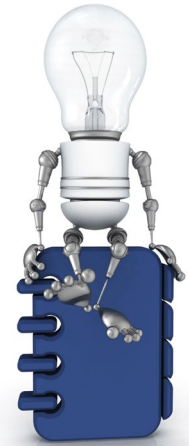
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Tips to Help You to Be More Organised

- 💡 Create a plan or draw up a list of tasks
- 💡 Create systems and processes that make you efficient
- 💡 Be realistic about how you can manage your time
- 💡 Avoid putting off anything that eventually needs to be done
- 💡 Tackle big projects by breaking them down into smaller chunks and start to work on them one chunk at a time
- 💡 Be aware of, and avoid, anything that you find distracting



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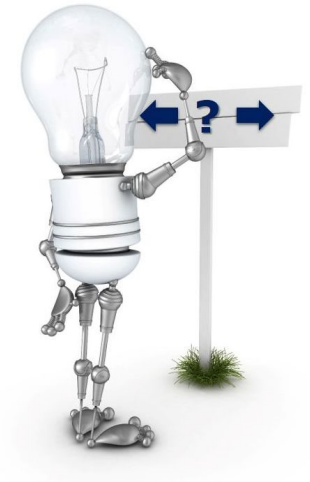
(No. 15 in a series of 24)

Be Able To Solve Problems

Facilitating emotions - Engagement, Contentment, Happiness

- 💡 Think critically, creatively and reflectively
- 💡 View seemingly impossible problems as challenges and opportunities for learning and growth
- 💡 View failures as opportunities for inspiration
- 💡 Collaborate with others
- 💡 Anticipate setbacks and mishaps
- 💡 Solve problems for the long-term

Draining emotions - Anger, Hurt, Guilt



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Tips to Help You to Be Able to Solve Problems

- 💡 Gather as much information about the issue as possible
- 💡 Define the problem precisely and accurately, evaluating it objectively
- 💡 Look at the problem from different perspectives
- 💡 Generate a number of options drawing from your experience and the experience of others
- 💡 Critically review the options and decide what will work
- 💡 Be decisive and start to put agreed plans into action



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Get Connected

Facilitating emotions - Engagement, Love, Contentment

- 🤝 Reach out to others
- 🤝 Contribute to other's welfare by giving of yourself
- 🤝 Build bridges - discover common ground
- 🤝 Be playful and creative when exploring opportunities together
- 🤝 Touch other's hearts . . .

Draining emotions - Loneliness, Anger, Sadness



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Tips to Help You to Get Connected

- 💡 Look for new opportunities to build your network
- 💡 Proactively seek out the chance to engage with different people
- 💡 Communicate with empathy
- 💡 Listen
- 💡 Look at ways you can get involved and help others with their problems
- 💡 Be willing to seek support for yourself



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Be Socially Competent

Facilitating emotions - Love, Happiness, Passion

- 💡 Have good friendships and social interactions
- 💡 Seek out others' perspectives
- 💡 Demonstrate empathy and an understanding for others
- 💡 Share your feelings honestly
- 💡 Laugh at yourself

Draining emotions - Guilt, Loneliness, Hurt



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Tips to Help You to be More Socially Competent

- 💡 Evaluate your existing network to ensure you can draw upon a variety of backgrounds, skills and experience
- 💡 Keep an open mind to broaden your horizons
- 💡 Be selective about the support you need
- 💡 Ask people for help on both a practical and an emotional level
- 💡 Enjoy humour as a part of your social interactions



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Be Proactive

Facilitating emotions - Enthusiasm, Esteem, Pride

- 💡 Engage change directly
- 💡 Focus on - and expand - your sphere of influence
- 💡 Focus on what actions you can take versus waiting for others to act
- 💡 Experience and celebrate small victories
- 💡 Lead others through change by setting the example . . .

Draining emotions - Frustration, Hopelessness, Inadequacy



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Tips to Help You to Be Proactive

- 💡 Use your foresight to plan ahead and prioritise
- 💡 Critically evaluate how tasks can be completed more efficiently
- 💡 Act decisively
- 💡 Keep on top of less-urgent tasks
- 💡 Identify and develop the skills you will need in the future
- 💡 Don't waste time on truly unnecessary tasks
- 💡 Take the lead and become a role model for others



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Moving On

Aim to

- 💡 Accept the reality of the situation
- 💡 Deal with the emotions
- 💡 Consider from a different perspective (it doesn't have to be true, just believe it!)
- 💡 Learn from the situation
- 💡 Identify the benefits open to you
- 💡 Identify the new skills you need and can develop
- 💡 Consciously choose to let go – change what you can, let go of what you cannot



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The Paradox of Resilience



At our worst times we can become our best.

Resilience is forged through adversity, not despite it.



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Providing Tools 4 Change

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