

# What is Resiliency

- The ability to adapt to changing situations
- “No one likes change”
  - A false statement
  - We like change we initiate and control

# What do we do when change happens

## Several options

- Go with the flow
- Ignore or deny
- Resist
- Collapse

# Traffic pole

Strong. Tough. Rigid.

Withstand the winds...  
until it doesn't.



Image source: WJLA TV

# **Palm Tree**

**Flexible. Light.**

**Bends in the winds...  
and doesn't collapse.**



Image source: SIPA USA/Rex

# Resiliency is NOT

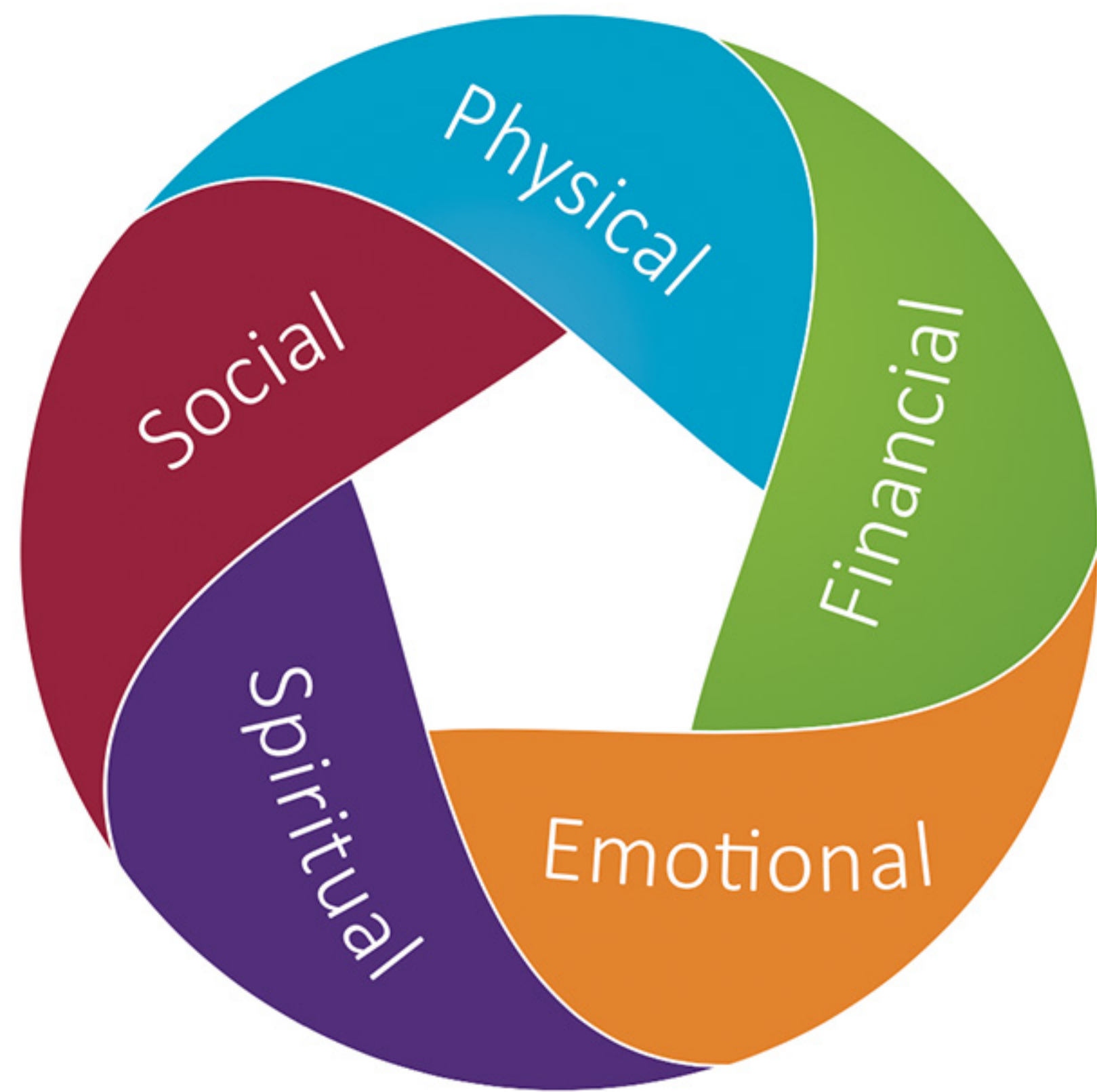
- Toughness
- Being in control
- A castle with a moat
- Doing it yourself
- Sticking to a plan at all costs

# Resiliency is

- Self-knowledge
- Clear and realistic priorities
- Responsive to feelings and impulses
- Helped by good communication skills
- Helped by good problem solving skills

# Summary

- Flexible vs. Tough
- Priorities vs. Plans
- Adaptive vs. Defensive
- Connected vs. Individualistic
- Problem Solving vs. Dominating
- Future Oriented vs. Past Oriented



**Five Dimensions of Well-Being**



**Positive**



**Focused**



**Flexible**



**Organized**



**Proactive**



- **Positive** people view challenges as opportunities. They reframe situations positively and often use the expression “it could have been a lot worse.”
- **Focused** people determine where they are headed in the future and stick to their goals so that life events and other barriers do not deter them.
- **Flexible** people are open to new and different options when faced with uncertainty.
- **Organized** people set priorities and develop structured approaches to manage change.
- **Proactive** people work with change rather than defend against it.

*Resiliency, according to Merriam-Webster, is the ability to recover from or adjust easily to misfortune or change.*

Resiliency is important, because unfortunately, life isn't always easy. Sometimes everything is coming up daisies and other times life feels like it's full of weeds. How we handle situations when they are not going as planned is important.

This toolkit will examine how our five dimensions of well-being can help build resiliency. Inside are tips and strategies based on each of the dimensions. If one suggestion doesn't resonate with you, chances are a different one will.

Explore—be resilient!

## Physical



**Physical activity** has long been used as a tool to help with stress. The rhythmic, repetitive motion of most physical activity increases blood flow throughout the body and helps boost thinking and creativity, burn calories and improve focus. Physical activity releases “feel good” hormones called endorphins, which help with depression and anxiety while building self-esteem and improving sleep. The healthier you are, the more resilient you are, which helps you cope. Be active, it might be the best thing you can do.

## Emotional



***Emotional resilience*** means adapting in the face of adversity, trauma, tragedy, threats or sources of stress.

Being resilient does not mean that a person doesn't experience difficulty or distress. Emotional pain and sadness are likely to touch all of us, but resiliency means you can bounce back.

## Spiritual



***Spiritual well-being*** may be the most personal dimension. Exploring this means looking at your life to find meaning and purpose. Spiritual resiliency touches on things like values and beliefs and purpose. Practices like meditation, prayer, affirmations, or specific spiritual rituals have histories of success. Expanding your capacity for compassion, love, forgiveness, altruism, joy and fulfillment will increase your resiliency.

## Social



***Social resilience*** recognizes that, as social beings, we work, think, and excel as groups/teams. The adage “We can achieve more together than we can by ourselves” is true. Social resiliency is about how individuals combined with other individuals can change the capacity of a group to address challenges.

When individuals feel rejected, isolated, distrusted, devalued, or simply disliked, they are less likely to adapt to change and challenges. Learning how to work together, relate to one another, and better understand each other builds social resiliency.

## Financial



### ***Financial resilience—***

Research by the Consumer Financial Protection Bureau suggests financial resilience can be defined as a state where you:

- Have control over day-to-day, month-to-month finances
- Have the capacity to absorb a financial shock
- Are on track to meet your financial goals
- Have the financial freedom to make the choices that allow you to enjoy life and to give generously

We all value different things, therefore traditional measures such as income or net worth, while important, do not necessarily or fully capture the essence of financial resilience. At the root of our church history, John Wesley recommended practices of financial stewardship.