Building Resilience For Success

Psychological Body Armor
Why does this matter?
One Cannot Perform If Not Well
Resilience = Psychological Body Armor

- Ability to bounce back, to pick yourself up and try again, and again, and again, until you either succeed or decide on a more productive direction
Psychological Body Armor

Key Factors

- Active Optimism
- Decisive Action
- Moral Compass
- Relentless Tenacity
- Interpersonal Support
These factors....

- Help people withstand adversity (a form of immunity)
- Help people make good decisions under pressure
- Motivate people to achieve peak performance
- Allow people to bounce back quickly and effectively even when temporarily knocked down
- Influence life satisfaction and happiness
Psychological Body Armor

**Active Optimism**
- Personal attainment
- Observation
- Encouragement & Support
- Self-Control

**Decisive Action**
- Halo Effect and Self-fulfilling Prophecy Combination
- Decision Making Framework

**Moral Compass**
- Honesty
- Integrity
- Fidelity
- Ethical Behavior

**Interpersonal Support**
- Most powerful predictor of resilience
A Word on Responding to Crisis...
Disaster Response Phases

Myers and Zunin, 1990; DHHS, 2000 & 2004; Herrmann, 2004
Considerations in phases

- Pre-impact and Impact – not about mental health; survival response

- Heroic – immediately after impact; people still running on adrenaline. When you ask them how they are doing, they will say they are fine or just won’t tell you. (FALSE NEGATIVE)

- Honeymoon – “Thank God its over. We made it.” Denial very active. (FALSE NEGATIVE)

- Disillusionment - When bottom falls out. “Glad we survived BUT (fill in the black with negative).”
Psychological Impact of Stressful Events

A CONTINUUM

1/3 BOUNCE BACK
1/3 MODERATE DISTRESS
1/3 IMPAIRED
# Common Stress Reactions

## Physical*
- Chills; Thirst; Fatigue; Nausea; Fainting; Twitches; Vomiting; Dizziness; Chest Pain; Headaches: Elevated BP

*Seek medical evaluation

## Cognitive
- Confusion; Nightmares; Uncertainty; Hyper-vigilance; Suspiciousness; Intrusive images; Blaming someone; Poor problem solving; Poor abstract thinking; Poor attention/decisions; Poor concentration/memory

## Emotional
- Fear; Guilt; Grief; Panic; Denial; Anxiety; Agitation; Irritability; Depression; Intense anger; Apprehension; Emotional shock; Emotional outbursts; Feeling overwhelmed; Loss of emotional control

## Behavioral
- Withdrawal; Antisocial acts; Inability to rest; Intensified pacing; Erratic movements; Change in speech patterns; Loss or increase of appetite; Hyper-alert to environment; Increased alcohol/drug consumption; Change in usual communications
Hold the Door

www.holdthedoors.com

Keys to Intentional Strength and Growth

Learn
- Practice relaxation and mindfulness. One option is the HeadSpace app
- Ask yourself, what have I always wanted to learn, but haven’t yet?
- Identify your growth strengths and weaknesses with our free online self-awareness tool
- Become an expert in one area by using our Growth Guide

Laugh
- Create a laugh list of videos, jokes, comedies and watch them and share them
- Think about the people who make you laugh the most and set up time with them
- If you are funny spread the laughter by making videos and posting them
- Have a competition of whoever laughs first loses and have video calls with people

Love
- Find a new passion or purpose and share it with someone
- Share your greatest strength with someone who lives outside your home
- Dream about the future and what you love to do

Growth Resources: Optimism, True meaning, Humor, Emotional intelligence, Resilience, Spirituality, Self-Confidence, and OTHERS(S)

Growth Through Adversity

For more information visit: HoldTheDoor.com/resources
Commitment to Self-Care

**Physical**
- Monitor body for tension and utilize relaxation techniques;
- Effective sleep induction and maintenance;
- Proper nutrition/hydration

**Psychological**
- Relaxation time and methods;
- Contact w nature or calming stimuli;
- Creative expression

**Social/Interpersonal**
- Social support- connect with at least five people (at least 2 at work); Seek help

**Spiritual**
- Connection with faith-based community/leadership;
- Meditation or other spiritual practice that is calming

**Professional**
- Balance/boundaries between work/home;
- Peer support and consultation;
- Notice/celebrate achievements
RESOURCES
“Resilience in Stressful Events” Psychological First Aid Model

Confidential, non-judgmental, peer-to-peer group and individual support for UA students
Wildcats R.I.S.E.
Schedule support at wellbeing.arizona.edu/wildcats-rise

- Weekly Virtual Live Peer Support for Graduate Students
- No cost
Additional Campus Resources

- Campus health services
  - www.arizona.edu/campushealth

- CAPS
  - https://health.arizona.edu/counseling-psych-services

- Wildcats R.I.S.E.
  - wellbeing.arizona.edu/wildcats-rise

- Campus Recreation
  - rec.arizona.edu

- Life Work Connections
  - lifework.arizona.edu
Additioanl Resources

- CDC Coping with Pandemic Stress

- Hold the Door for Others
  www.holdthedoors.com

- International Critical Incident Stress Foundation
  www.icisf.org

- National Suicide Prevention Lifeline
  800-273-TALK (8255)

- National Domestic Abuse Hotline
  1-800-799-7233 or text LOVEIS to 22522

- National Child Abuse Hotline
  1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
Questions??
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