



# 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

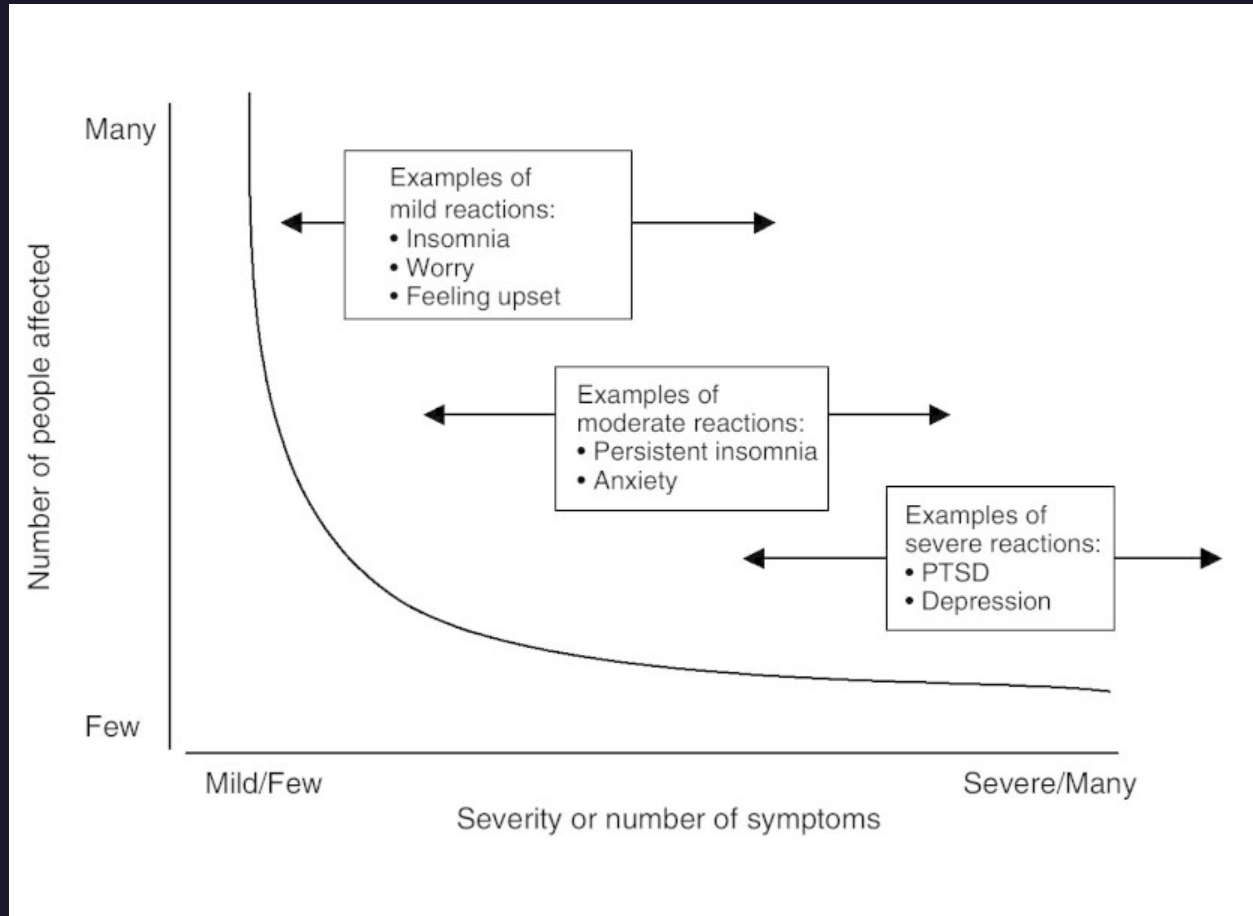


# Considerations in phases

- 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.holdthedoor.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 weakness with our free online self-awareness tool
- Become an expert in one are 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: **O**ptimism, **T**rue meaning, **H**umor, **E**motional intelligence, **R**esilience, **S**pirituality, **S**elf-Confidence, and **O**THERS(S)

*Growth Through Adversity*

*For more information visit: [HoldTheDoor.com/resources](https://www.holdthedoor.com/resources)*

MADE WITH

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# Commitment to Self-Care



## Physical

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



## Spiritual

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



## Psychological

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



## Professional

Balance/boundaries between work/home; Peer support and consultation; Notice/celebrate achievements



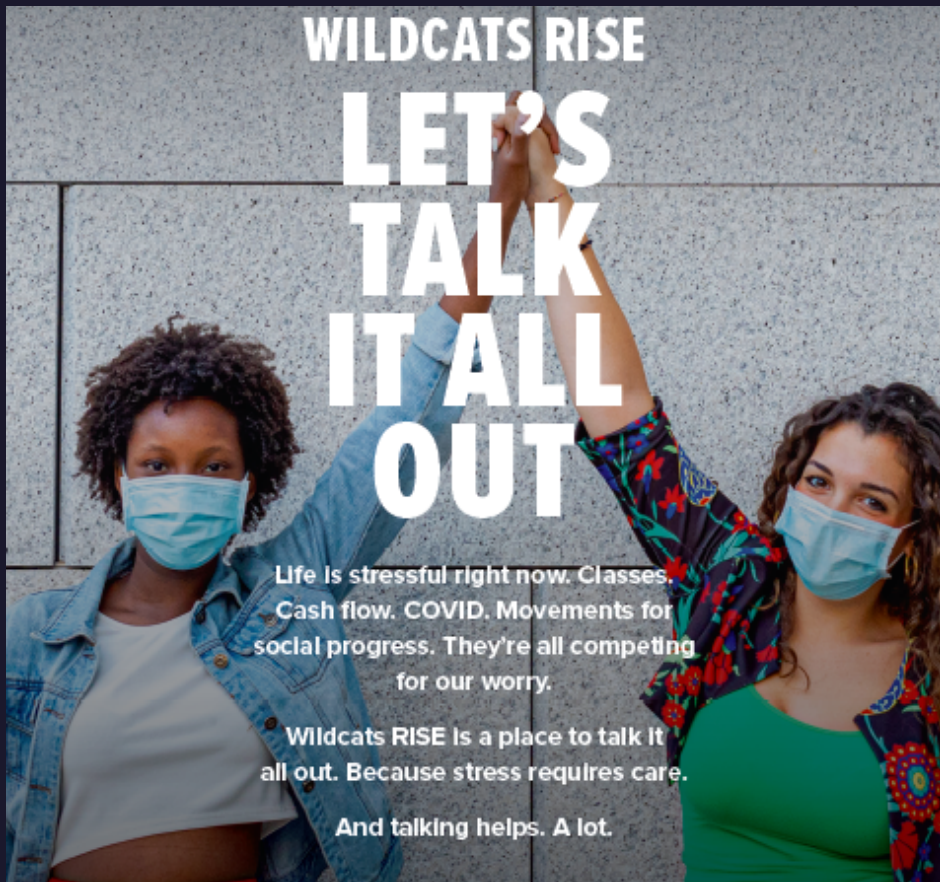
## Social/Interpersonal

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

# RESOURCES

# WILDCATS R.I.S.E.

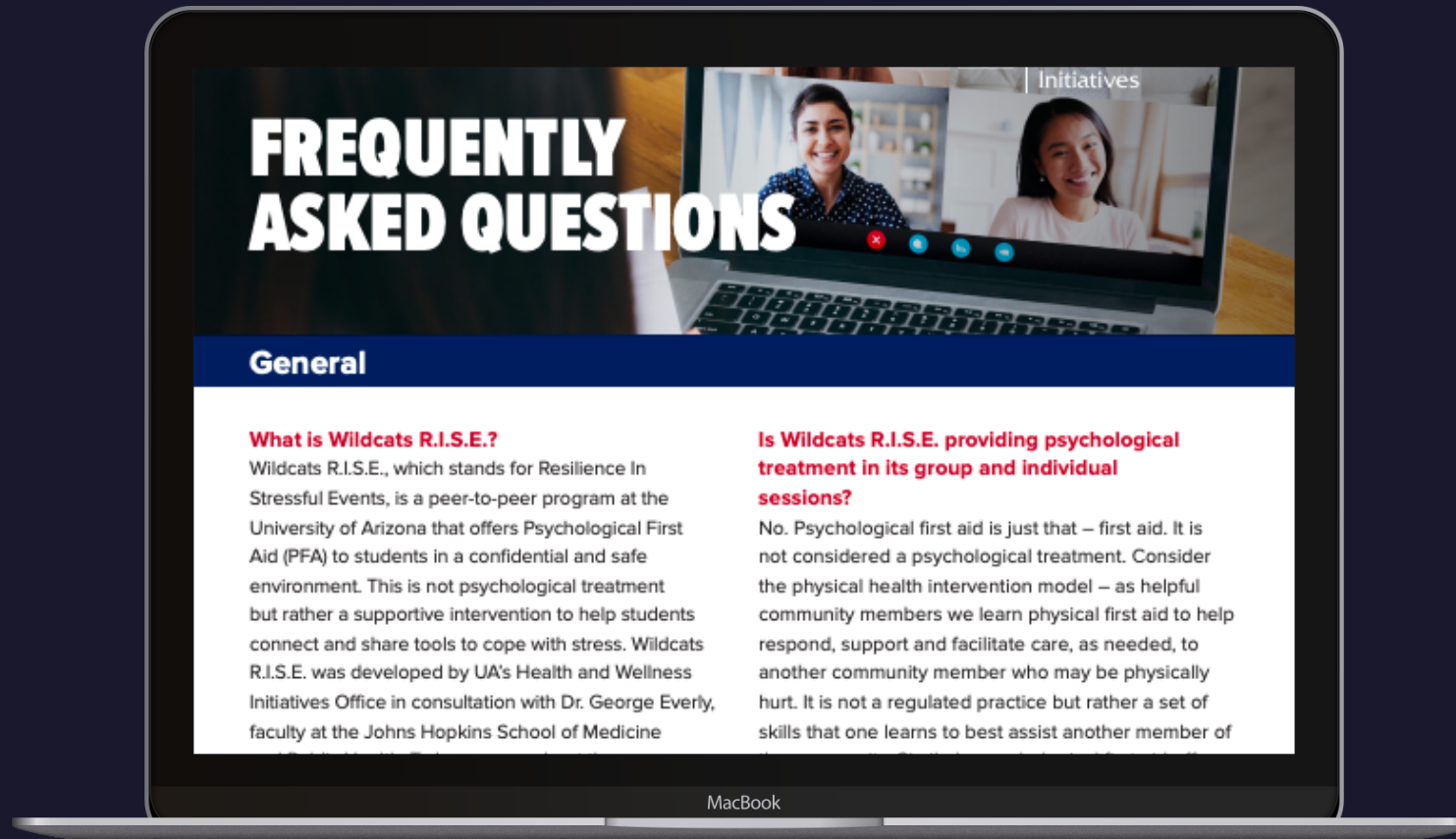
## Service Overview



- “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](https://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](http://www.arizona.edu/campushealth)



**Campus Recreation**

[rec.arizona.edu](http://rec.arizona.edu)



**CAPS**

<https://health.arizona.edu/counseling-psych-services>



**Life Work Connections**

[lifework.arizona.edu](http://lifework.arizona.edu)



**Wildcats R.I.S.E.**

[wellbeing.arizona.edu/wildcats-rise](http://wellbeing.arizona.edu/wildcats-rise)

# Additional Resources

- **CDC Coping with Pandemic Stress**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

- **Hold the Door for Others**

[www.holdthedor.com](http://www.holdthedor.com)

- **International Critical Incident Stress Foundation**

[www.icisf.org](http://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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