

Building Resilience

Pediatric Moving Beyond Cancer to Wellness
Seattle Children's
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The Green Labyrinth

Good Morning!



Why Focus On Resilience?

- Our bodies and minds react to stress
- Stress isn't going to disappear
- Resilience helps us cope with stress
- We can LEARN ways to be resilient
- Resilience can improve with practice

Stress: What's the big deal?

- What is “stress”?
 - A mental tension and worry
 - Strong feelings of worry or anxiety
 - A physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation

Merriam-Webster

When we are stressed...

- Pupils dilate
- Respiration increases
- Heart rate increases
- Blood pressure increases
- Blood flows away from organs
- Sweat glands stimulated
- Sugar and fatty acids released into blood
- Adrenal gland releases adrenaline and noradrenaline

Stress just keeps going and going.



How'd we do that?

Using our autonomic nervous system!

Sympathetic

- Prepares the body for physical activity
- 'Fight, flight or freeze'
- On alert, prepares us to act
- Speeds up the heartbeat, increases blood pressure
- Suppresses immune system

Parasympathetic

- Relaxes the body,
- Inhibits or slows functions
- 'Rest and digest' response
- Prepares us to heal
- Slows down heartbeat, lowers blood pressure
- Activates immune system

Stress Reduction

Or, ways to access the parasympathetic nervous system

Art

Music

Prayer

Yoga

Breathing

Singing

Sleep

Talking it out

Giving back

Exercise

Writing

Gratitude

Meditation

Focus on strengths

Laughter

Comforting touch

Accepting help

And many more...

Resilience

- Resilience is the process of **adapting well** in the face of adversity, trauma, tragedy, threats or significant sources of stress.



- Resilience is "**bouncing back**" from difficult experiences.

2015 American Psychological Association

Resilience

- Resilience is not a trait that people either have or do not have.
- It involves behaviors, thoughts and actions that can be learned and developed in anyone.

2015 American Psychological Association

What Does Resiliency Look Like?

- Being able to experience both positive and negative emotions in distressing situations
- Being willing to learn from hardship
- Giving and receiving kindness
- Practicing self care
- Finding humor

Scholl

The 7 C's of Resilience

- Competence – focus on strengths
- Confidence – belief in ability (not false praise)
- Connection – sense of security, close ties
- Character – morals and values
- Contribution – opportunities to give back
- Coping – lack of shame, trying strategies
- Control – knowing consequences of choices

American Academy of Pediatrics

Competence

- What am I good at?
- What skills have I read or heard about that might help?
- Have I done something like this before?
- How can I be better at this next time?

Confidence

- I know I can do this.
- I have gotten through hard things before.
- I believe in my healthcare team.
- I trust myself, my child, my family, my team.

Connection

- I know who I can call.
- I have people to talk to.
- I have an animal in my life.
- I have a support network.
- I have safe and supportive on-line resources.

Character

- I know what feels right for me.
- I can advocate for myself.
- I know when to trust someone else.
- I know how to be supportive of others.
- I'm aware of when I'm not my best self.

Contribution

- I help others when I can.
- I know ways that I can be helpful or kind.
- I'm able to 'give back'.
- How can I make a difference?

Coping

- I admit when I need help.
- I admit when I don't know something.
- I ask for help.
- I try hard to do what I can.
- I am willing to try new things.

Control

- I know that I am making choices all the time
- I take responsibility for my choices.
- I accept the consequences of my actions.

- What is in my control, what is not?

And an 8th “C”: Compassion

- “It turns out that self-compassionate people are much less likely to be anxious, depressed, and stressed on a day-to-day basis than those who are self-critical.”

Kristen Neff

Self-Compassion Builds Resilience

- Practice:
 - Self-kindness (not self-indulgence)
 - Recognizing our common humanity
(resist isolation)
 - Mindfulness (acknowledging the current moment)

Self-Compassion Practice



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Thank you.

