



LUNCH & LEARN

Cultivating Resilience



PRESENTED BY:

GATEWAY TO HOPE UNIVERSITY

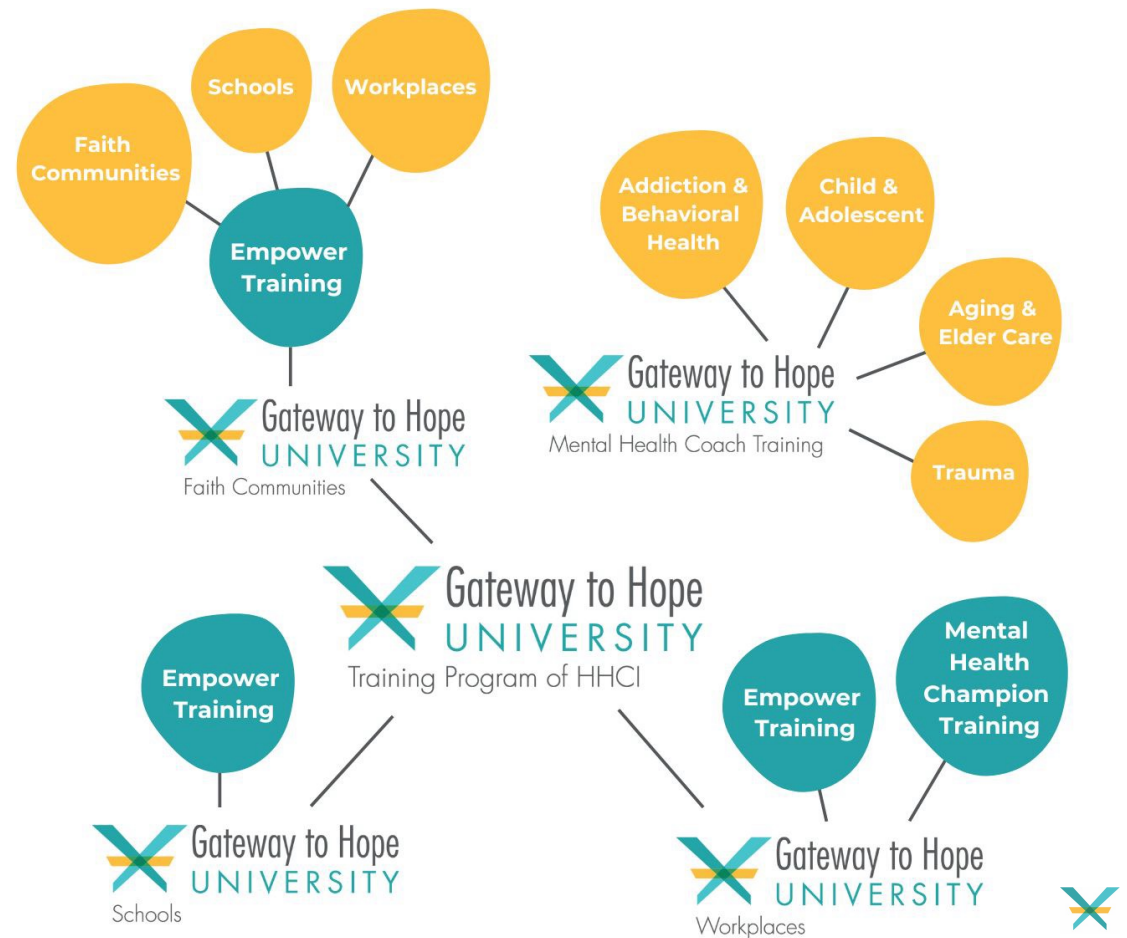
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HCCI CARES COMMUNITY AGING SPECIALIST



Gateway to Hope UNIVERSITY

Training Program of HHCI

- **Gateway to Hope University (GTHU)** is the training organization of the Hope and Healing Center & Institute. We offer evidence-based mental health training through the GTH University Portal, behavioral health resources, and ongoing support to individuals, faith communities, schools, and workplaces.



Cultivating Resilience

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HHCI

CARES

CAREGIVING • AGING • RESILIENCE
— ETHICS • SPIRITUALITY —

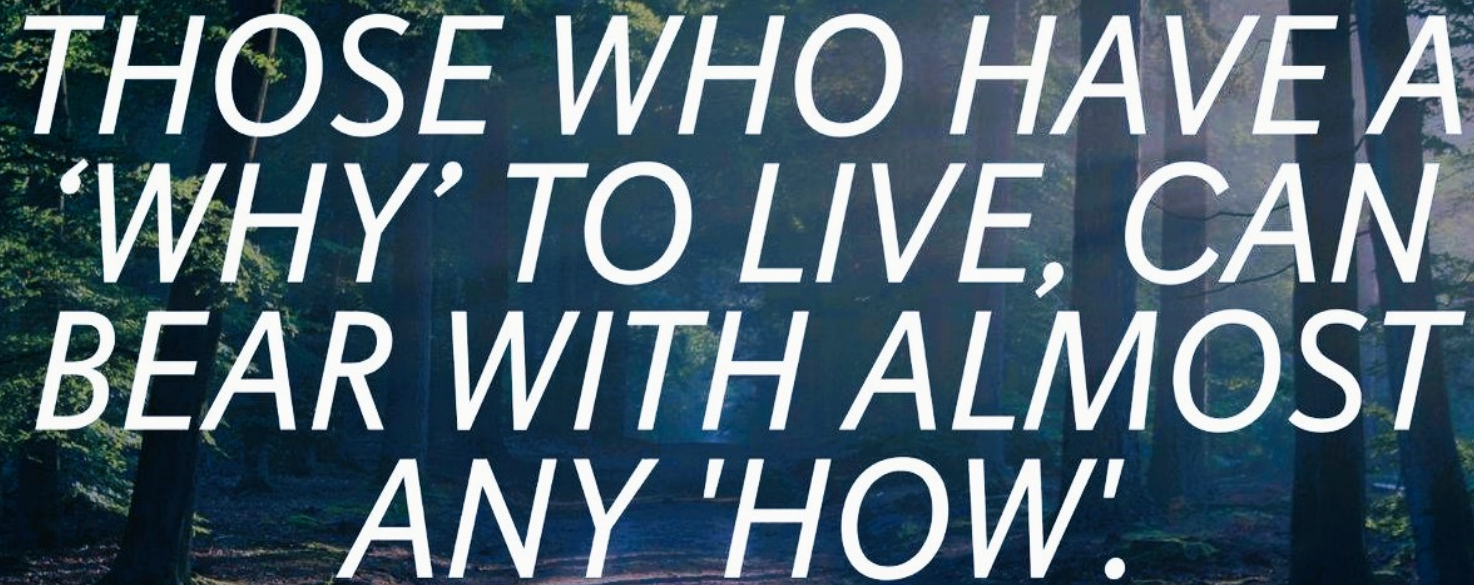
Some wisdom from Viktor Frankl (Man's Search for Meaning)

**“When we are no longer
able to change a
situation – we are
challenged to change
ourselves.”**

Frankl's logotherapy

- Freedom of will: free to choose our responses to any life circumstance
- Will to Meaning: free to achieve goals and purposes; to surpass pleasure and support pain for meaningful causes
- Meaning in life: free to/responsible for cultivating our best selves; to discover the meaning of the moment we're in
- Through self-awareness (observation; experience) and self-regulation (adaptation; attitude), **we're free to hope**

More wisdom from Viktor Frankl (Man's Search for Meaning)



*THOSE WHO HAVE A
'WHY' TO LIVE, CAN
BEAR WITH ALMOST
ANY 'HOW'.*

From Frankl to “the basics”

- Sleep, eat, hydrate well
- Build movement into your day
- Connect with your spiritual side
- Appreciate how resilience helps you handle stress more positively (“the ability to bounce back after life tears you down”)
- Practice resilience skills (e.g. viewing setbacks as impermanent; reframing setbacks as opportunities for growth; focusing on events you can control) to minimize effects of stress and emergencies (<https://positivepsychology.com/resilience-skills>)

Compassion matters

- Be compassionate to others
- Be compassionate to yourself
- Stop “shoulding” on yourself
- Reminder: compassion stimulates the vagus nerve (actually a bundle of nerves, originating at the top of the spinal cord), lowering blood pressure/heart rate, helping us feel more at ease/communicative, helping us experience “warm fuzzies” (<https://www.scientificamerican.com/article/forget-survival-of-the-fittest>)

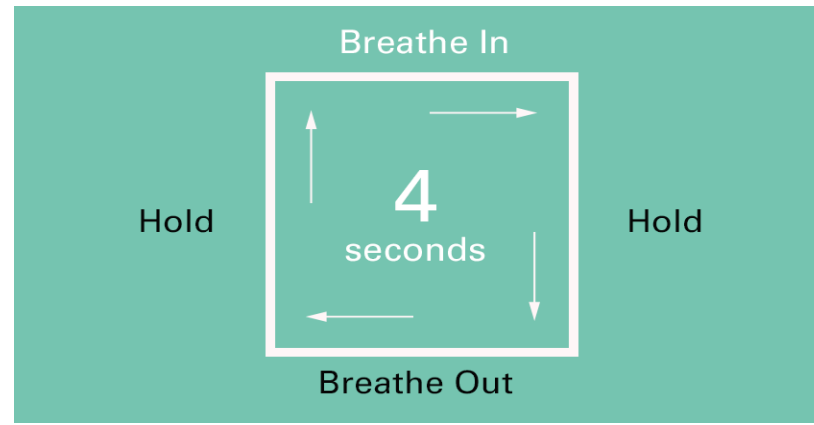
Gratitude matters

- Being thankful benefits your health
- Returning kindnesses benefits your health
- Send a handwritten thank you note
- Surprise someone by “paying it forward”
- Gratitude is contagious - “Mayonnaise Jar” Story (<https://gratefulness.org/resource/contagious>)

Laughing matters

- Laughter triggers biological mechanisms that improve your physical health
- Laughter triggers biological mechanisms that improve your mental health
- Try laughter yoga – get past the awkwardness, and your body will release endorphins, whether laughter is staged or genuine (<https://www.youtube.com/watch?v=5hf2umYCKr8>; <https://www.nbcnews.com/better/lifestyle/i-tried-laughing-yoga-what-i-learned-about-myself-surprised-ncna1019436>)

Breathing matters



- Take time to breathe, especially during an emergency situation or an unusually busy day
- Full, deep breaths help your brain fully process information
- Examples: Belly; 4-7-8; Roll; Morning (<https://www.uofmhealth.org/health-library/uz2255>; <https://texts.mandala.library.virginia.edu/text/smell-rose-blow-out-candle-mindful-breathing-practice-k-5>)

Progressive muscle relaxation matters

- Systemically relax your muscles through a two-step process
 - Tense specific muscle groups in your body (e.g. head; shoulders; knees; toes 😊)
 - Release said tension; note how your muscle groups feel when they're fully relaxed
- Helps activate your parasympathetic nervous system; teaches you what full relaxation feels like; teaches you to recognize – and address – tension starting to build in your body (<https://www.anxietycanada.com/articles/how-to-do-progressive-muscle-relaxation>)

5-4-3-2-1 matters

- Fully engaging your five senses helps ground you in the present/reduce hypervigilance (anxiety) about the future
- Focus on/consciously acknowledge:
 - 5 things you can see
 - 4 things you can feel
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste

(<https://www.verywellmind.com/5-4-3-2-1-grounding-technique-8639390>)

Unplugging matters

- We constantly react to technology around us as it beeps and vibrates and demands our attention
- Make a conscious decision to designate specific times to check and respond to email and text messages, especially during busy times (<https://www.lifehack.org/articles/productivity/how-many-times-a-day-should-you-check-your-email.html>)

Restoring your body and brain matters

- When you rest, even briefly, biological mechanisms begin to repair wear and tear on your brain and body
- When you rest, even briefly, you may discover that the world doesn't rest completely on your shoulders
- Consciously schedule time to do something you like every day, preferably something that makes you feel relaxed (<https://hbr.org/2021/04/make-time-for-me-time>)

Positive thinking matters


- Acknowledge negative feelings (but don't live there)
- Engage with the present, instead of the past or the future
- Spending as little as 30 seconds a day focusing on something positive or happy can change your mood
- When you're in a good mood, you're more likely to be mindful of good things happening around you
(<https://www.helpguide.org/articles/mental-health/cultivating-happiness.htm>)

Awe/inspiration/goosebumps matters

- Feeling awed/inspired – by a beautiful landscape; by an incredible person; by powerful words – makes you feel more connected to those around you
- Feeling awed/inspired can increase satisfaction with your life and your desire to help others
- Don't underestimate the power of goosebumps (https://greatergood.berkeley.edu/article/item/why_do_we_feel_awe)

Connecting with people matters

- Encounter people you like
- Encounter people who inspire you
- Volunteer your time/talents
- Practice hospitality
- Set aside differences whenever possible
(<https://ssflp.com/lets-put-our-differences-aside-the-importance-of-empathy-and-combatting-bias>)



Think of all the beauty still left
around you and be happy.

Anne Frank

Gateway to Hope University Resources

- **Mental Health Gateway App**

- Offers evidence-based training, tested tools, and ongoing support for anyone looking to compassionately support those in distress and help build a community-based response to the mental health crisis.



- **Follow Us on Social Media & Stay Connected**



[@GatewaytoHopeUniversity](https://www.instagram.com/GatewaytoHopeUniversity)



Questions?



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