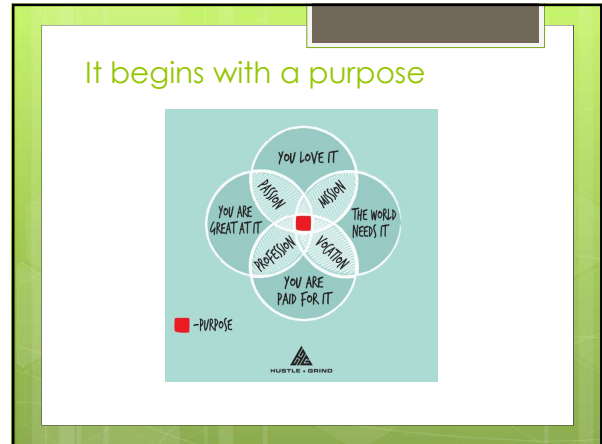
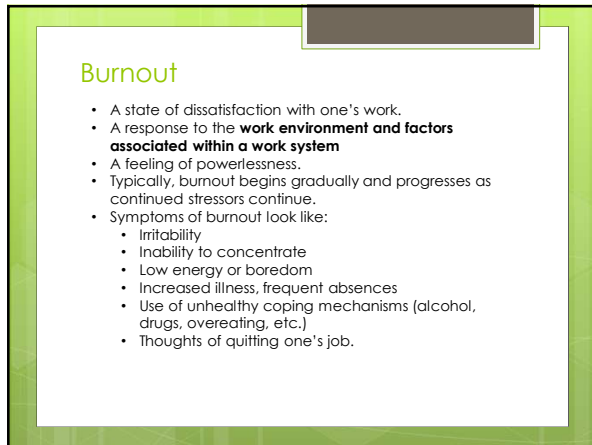


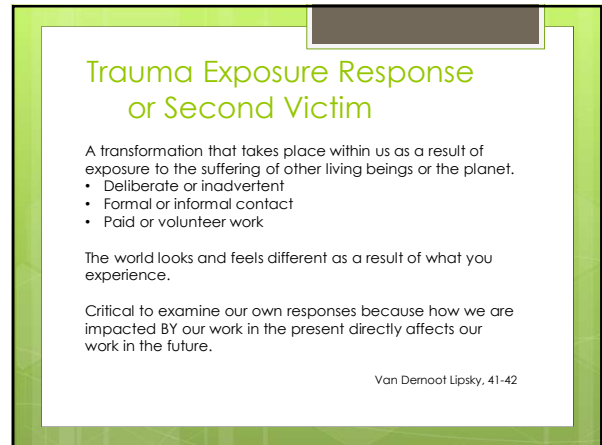
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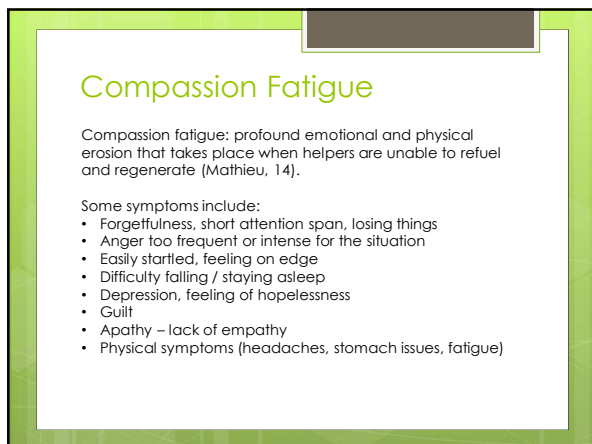
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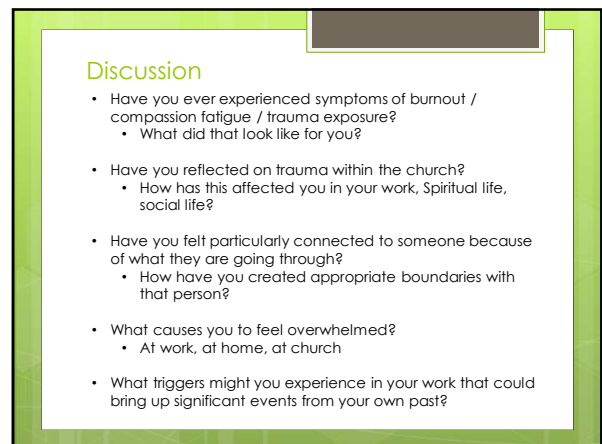
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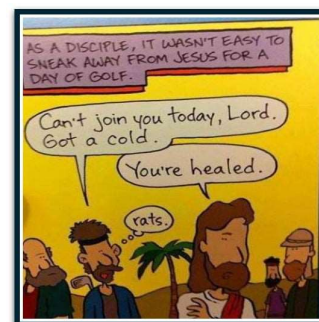
What is Resilience?

Internet Definition: Resilience is the capacity to recover quickly from difficulties; the ability of a substance or object to spring back into shape; elasticity.

My Definition: The ability to restore equilibrium (balance) after distressing / stressful events

- Physical
- Mental
- Emotional
- Spiritual
- Social
- Not "one size fits all"

7



From facebook site: Spiritual Humor

8

Strategies for Resilience

- What tools in your life have you found that helps you to release stress?
- What can you do at the end of a stressful day to leave work at work? What about home at home?
 - Personal / Professional rituals
 - Mantras / Meditation / Prayer
- In what ways can you lift each other up in your work?
- What does your "self talk" look like when you feel you have made a mistake or "failed."

9

Professional Strategies for Resilience

- Accept your reactions as normal.
- Support system – a safe place to vent
- Professional feedback and discussion
- Professional recognition
- Regular debriefing
- Group counseling
- Acknowledge grief when experiencing a loss
- Maintain professional boundaries and set limits.
- Professional rituals – leave work at work

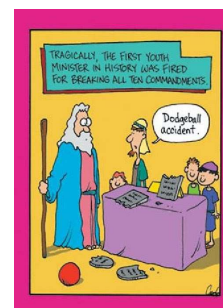
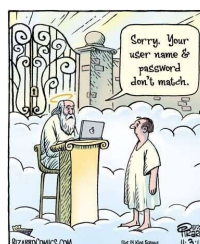
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Personal Strategies for Resilience

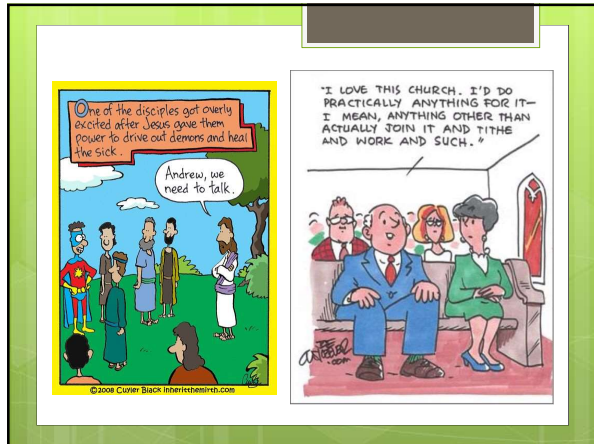
- Solitude
- Find time for breaks / vacation
- Examine, "What can I change and what can't I change?"
- Eat healthy and exercise. Get enough sleep.
- Nurture supportive relationships:
 - family, friends, professional colleagues.
- Nurture your spirituality
- Engage in meditative activities – reboot!
- Rediscover your roots.
 - Recommit yourself to ministry yearly (Chrism Mass)
 - Remember the value, importance and meaning of your work.
- Continuous reframing
 - seeing positive amongst the negative
- Sense of humor © Ability to laugh at oneself

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When all else fails, laugh a little



12



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Sources

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