

Building Resilience and managing Stress

Presented by Accessible Learning Services

August 2021

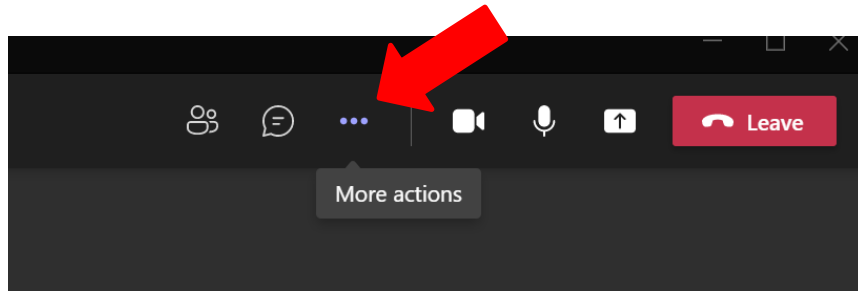


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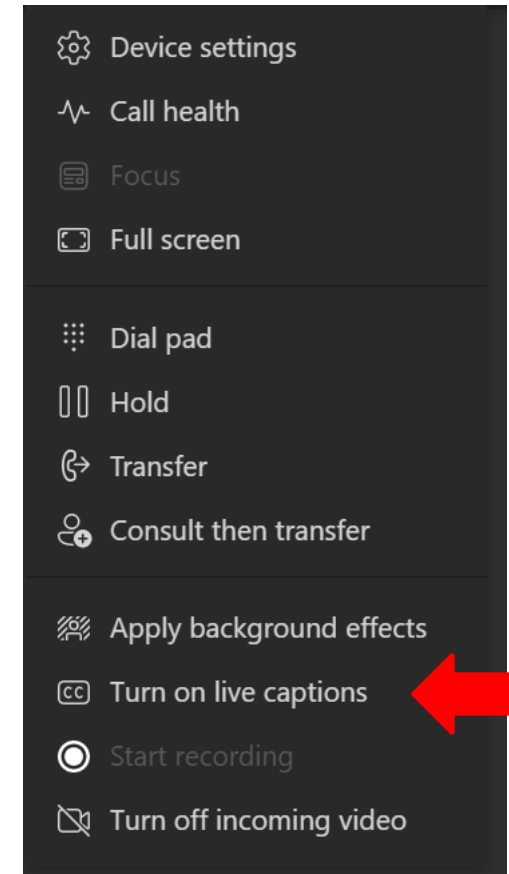
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How To Turn on Live Captions on Microsoft Teams

Step 1 On the top bar you will see an icon of 3 dots. Click the 3 dots to open actions.



Step 2 Click on “Turn on live captions” in the drop-down menu.



Captions will appear at the bottom of the meeting.

Facilitators

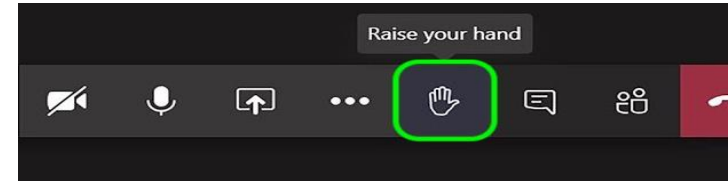
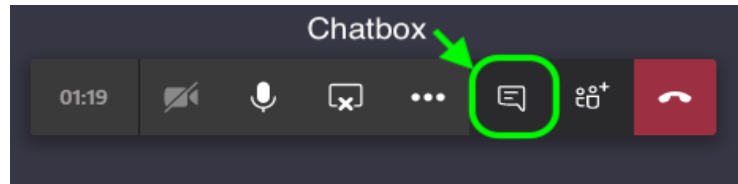
- Sue McCarthy – Accessibility Consultant
- Niall O'Connor – Accessibility Consultant

Land Acknowledgement

Humber College is located within the traditional and treaty lands of the Mississaugas of the Credit. Known as Adoobiigok [A-doe-bee-goke], the “Place of the Alders” in Michi Saagiig [Mi-Chee Saw-Geeg] language, the region is uniquely situated along Humber River Watershed, which historically provided an integral connection for Anishinaabe [Ah-nish-nah-bay], Haudenosaunee [Hoeden-no-shownee], and Wendat [Wine-Dot] peoples between the Ontario Lakeshore and the Lake Simcoe/Georgian Bay regions. Now home to people of numerous nations, Adoobiigok continues to provide a vital source of interconnection for all.

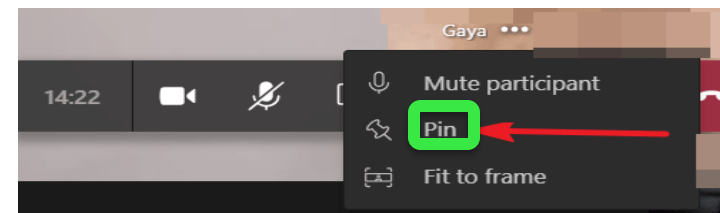
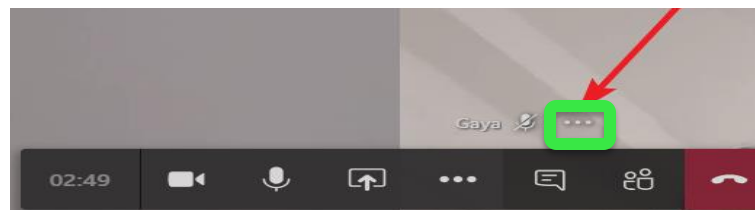
Join the Conversation

If you have a question/comment, feel free to use chat box. If you prefer to speak, please raise your hand and we will let you know when you can unmute yourself.



How to Pin a Video

Hover the mouse over the person whose video you would like to pin. Next to their name you will see 3 dots. Click the dots then a menu will open with three actions: Mute or Pin participant and Fit to Frame. Select Pin.



Housekeeping

- To ask a question, please click the raise hand icon or type your question into the chat box.
- Please keep your mic muted until we call on you.
- You are welcome to ask more than one question.
- There are guides posted in the chat on how to turn on live captions and how to pin a video.
- Feel free to reach out to us during the presentation if you are having difficulty participating.



MONDAY ALREADY?



STRESS ???

WHAT STRESS ??

What is Stress

- Everyone gets stressed on times.
- Stress is normal – and to a degree is good for us
- Too much stress over a longer period of time – not so good for us
- Stress is how the brain and body responds to the challenges that it faces – it affects both the mind and the body as the body reacts in certain ways preparing to fight or flee

What is Resilience

- American Psychological Association defines resilience as:
- “the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress”
- Michael Rutter (1985) “our ability to bounce back from life’s challenges and unforeseen difficulties, providing mental protection from emotional and mental disorders”
- Psychological resilience is the ability to persevere in the pursuit of one’s goals despite obstacles and setbacks and learning from failure – Karen Reivich, Ph.D

There are many benefits

- Learn to work better with stress?
- Improve learning and academic achievement?
- see failures as opportunities?
- improve success at work and improve quality of relationships?
- Improve physical and mental health and well-being



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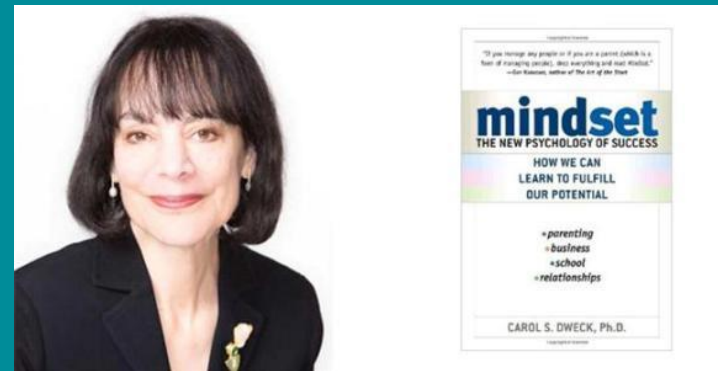
This is what we know about resilient people

- The difference that research found between those who scored high on resilience compared to those who scored low was in essence the ability to manage
- 1) Thoughts – develop a growth mindset and cognitive flexibility
- 2) Emotions – Increase positivity and positive emotions
- 3) Behaviours – engage in activities that promote well-being

Thoughts matter

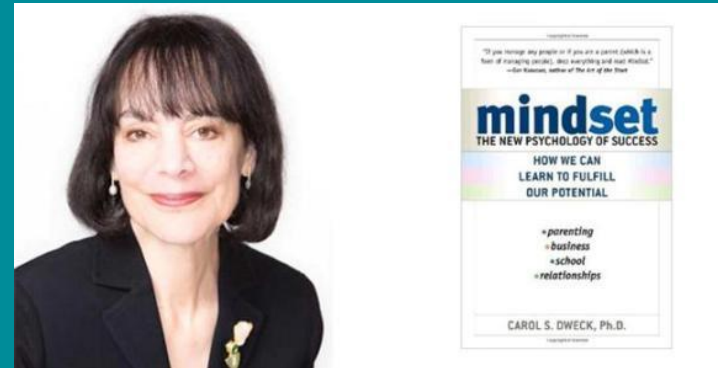
Develop a growth mindset

- A mindset is “a set of beliefs or a way of thinking that determines one’s behavior, outlook and mental attitude”
- (Dweck, C.,2006, Mindset: The New Psychology of Success)



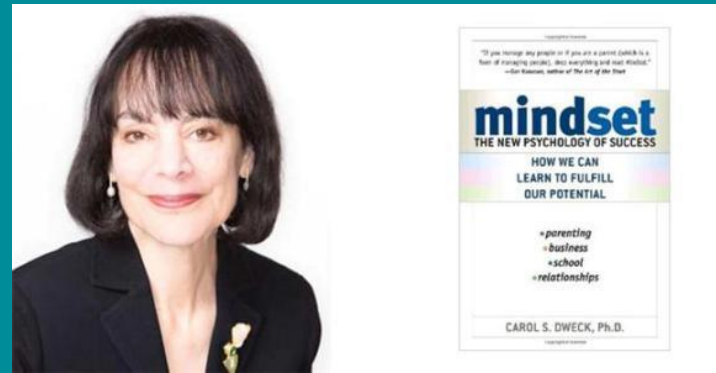
Develop a growth mindset

- *“In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success - without effort.”*
- (Dweck, C.,2006, Mindset: The New Psychology of Success)



Develop a growth mindset

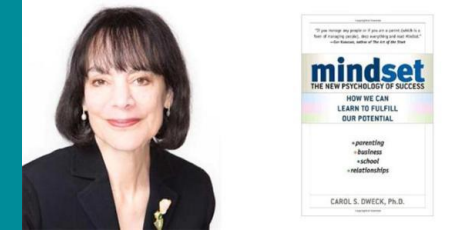
- *“In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had these qualities*
- (Dweck, C.,2006, Mindset: The New Psychology of Success)



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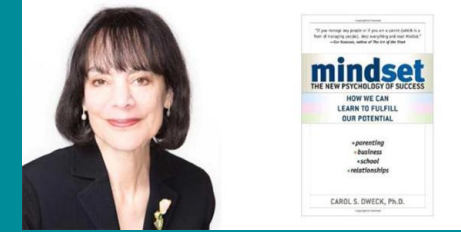
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Growth mindset exercise



PRACTICING THE PATHWAYS	FIXED	GROWTH
Your best friend doesn't call you on your birthday	She doesn't care about me, she's forgotten about me	I know how important I am to my friend
You have a test coming up and you are feeling stressed	I don't think I can do this	I will keep trying. Hard work and perseverance will pay off
Your computer crashes while working on a document	I'm so stupid with computers I'm going to fail	Maybe there's a way to retrieve it

Growth mindset exercise



PRACTICING THE PATHWAYS	FIXED	GROWTH
	I am no good at this	I can learn from this new challenge
	I won't say anything as I don't want to be judged	It is worth giving it a try, I can grow from my discomfort
You spend 2 weeks working on a paper that you get a poor grade on		

Growth mindset exercise

- (Dweck, C.,2006, Mindset: The New Psychology of Success)



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Example of some growth mindset questions

- *What else could this situation mean ? How does this make me stronger?*
- *What will you do to solve this problem? What learning strategies did you use today?*
- *How can I do this differently? Have you prepared yourself to learn today?*
- *What opportunities does this situation present for you?*
- *What happened today that made you keep going*
- *How can I grow from this?*
- *What lesson can I learn and apply to the future?*
- *What did you do today that made you try hard?*
- *What mistake did you make today that taught you something?*



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Example of some growth mindset questions

- *What are the facts and what can I learn?*
- *What are my choices?*
- *What action steps make sense/can I take?*
- *What's possible? What do I need? What works?*
- *What is the other person thinking/feeling/needing?*
- *What good grew from this?*
- *What else do you want to learn*
- *What strengths did I develop as a result?*
- *What do I want? Rather than what I don't want*

Growth mindset quotes; Inspirations for a growth mindset

- “You’re in charge of your mind. You can help it grow by using it in the right way.”~ Carol Dweck
- What you think; you become
- What you feel; you attract
- What you image; you create
- Buddha

Emotions matter

- Negativity – anger, annoyance, fear, anxiety, sadness, guilt, apathy, despair – self preservation. – unchecked can cause health issues
- Positivity –positive emotions - joy, awe, hope, optimism, gratitude, serenity, interest, pride, amusement, inspiration and love – has a broadening and building effect and an undoing effect of negative emotions. Impacts our brains in really helpful ways–

Exercise on emotions

- Think of ways that you can cultivate positive emotions
- What can you do to experience more positive emotions

Exercise:- the power of gratitude

- Expressing Gratitude exercise
- Gratitude letter
- Daily texting
- 3 Good things / Count your blessings or being thankful/grateful for
- Savouring

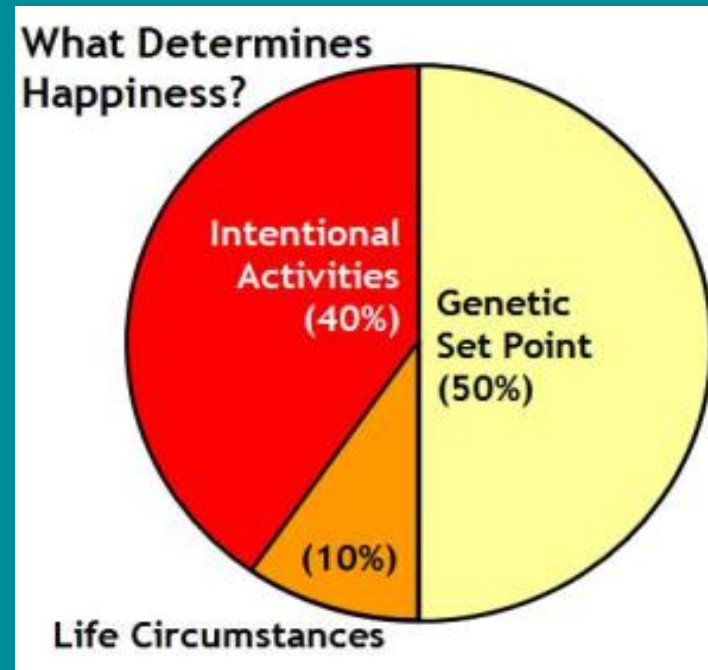
Seligman, M, 2011 “Flourish”

Lyubomirsky, S, 2007 “The How of Happiness”

Things we do matter – our habits

Through intentional activity – 40%

Lyubormisky, S., 2007 “The How of Happiness”



Things we do matter

- Engage in activities that promote well-being
- Practice Self – Care, and Self- Compassion
- Importance of sleep, exercise, eating well.
- Develop your social circle – importance of connection and
- reaching out for help



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Things we do matter

- De-stressing from the inside out – yoga, meditation, mindfulness, prayer, deep breathing, take a soak in the bath– all can help quiet and calm both the mind and body
- Get active, be physical, move and move a lot.
- If there are barriers to physical activity speak to a health care professional to devise some physical activities that fit for you.
- At best, be outside and where possible in nature

Things we do matter

- Get a good nights sleep, eat healthy and stay hydrated
- Hobbies, passions, things you love to do – things that you find fun and make you laugh, listen to music, dance, read a good book
- Simplify your life – do you have too many things going on all at once.
- Stay connected – make time for friends and family, reach out to people



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Things we do matter

- Stay focused on finding solutions and ask for help when you need it
- Learn helpful thinking patterns – develop a growth mindset, get curious, be open – because the way we think about a situation totally affects the way we will respond to that situation and how we feel about it. It also totally affects the things we do next and what actions we take



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Things we do matter

- Keep perspective – unhelpful thoughts make things seem bigger than they really are
- Embrace a positive mindset
- Random acts of kindness
- Practice gratitude – the most wonderful antidote to negativity.



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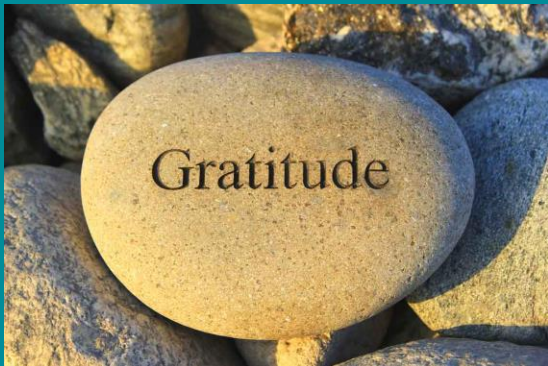
Resources on Campus



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<https://www.youtube.com/watch?v=cxflwM6YfYk>



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Questions and Answers? (Q&A)

THANK YOU.

Email: accessible-learning@humber.ca