Cultivating Resiliency/Finding Balance: Graduate Development Conference 2019

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SHIT HAPPENS!
BUT LIFE GOES ON!

SHIT HAPPENS. EVERY DAY. TO EVERYONE. THE DIFFERENCE IS HOW WE RESPOND.
— COMPETEEVERYDAY.COM —
Cultivating Resilience

Success in university depends heavily on your personal health and wellbeing. **Recognize** that stress is an expected part of the university experience, and it often can be compounded by unexpected setbacks or life changes outside the classroom. You are strongly encouraged to **reframe** challenges as an unavoidable pathway to success. **Reflect** on your role in taking care of yourself throughout the term, before the demands of exams and projects reach their peak. Please feel free to **reach out** to professors about any difficulty you may be having that may impact your performance in your courses or campus life as soon as it occurs in before it becomes too overwhelming. In addition to your academic advisor, you are strongly encouraged to contact many other support services on campus that stand ready to assist you.
Understanding and Managing Stress

- Most stress that we experienced daily actually good for us and avoiding it be harmful.
- The key is not just reducing the amount of stress you experience, but learning how best to deal with the stress that comes along with being alive
Understanding and Managing Stress

- Figure out what the problem really is.
- Consider the solutions.
- Except what you can't change.
- Be realistic.
- Acknowledging your feelings.
- Do all the things that everyone else's told you to do; build healthy relationships, limit or avoid drugs and alcohol, eat a healthy diet, be active, get a good nights sleep, manage your time wisely.
Pushing Paper Away Exercise
Creative Hopelessness

https://www.youtube.com/watch?v=kv6HkipQcfA
The Struggle Switch

https://www.youtube.com/watch?v=rCp1116GCXI
Choice Point

AWAY

Situation(s)
Thoughts & Feelings

TOWARDS

- Connecting with values facilitates unhooking, and vice-versa. Values then guide subsequent action.

- Later steps in unhooking often include active use of defusion, acceptance, and self-compassion skills.

- Early steps in unhooking often include grounding and centering, noticing, naming, and acknowledging the thoughts and feelings present.

UNHOOKED

HOOKED

Do What Matters
Values & Committed Action

Open Up
Defusion & Acceptance

Be Present
Present Moment & Self-as-Context

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Values

- Doing what matters to you.
- Behaving like the sort of person you want to be.
- Living life your way
- Treating yourself or others the way you really want to, deep in your heart
Starting Points

- Who do you care about? Who do you like to hang out with?
- What matters to you?
- What gets you fired up?
- What inspires you? What infuriates you?
- What makes you sad? Happy? Angry? Scared?
- What do you enjoy?
- When do you feel grateful or appreciative? For what?
Starting Points Continued

- What gives you a sense of pride, achievement, doing it well, doing it the way you want to?
- Do you ever like the way you do things/treat the people you care about? When, where, doing what?
- Do you ever like the way you are? When, where, doing what?
Defusion

1. What is your mind telling you?
2. Do you notice what your mind is doing (or just did)?
3. What did you do after you got hooked?
4. If we followed you around with the camera crew, and films you "big brother" style, 24 hours a day, what would I see or hear on that videos that would show me that you'd been hooked by that story/those thoughts/those feelings?
Dropping the Anchor

https://www.youtube.com/watch?v=xDm2c5FDLNl
Silently and kindly acknowledge to yourself that you’re hurting, you’re in pain.

Push your feet hard into the floor.  
Straighten your back; if sitting, sit forward in your chair.  
Press your fingertips together, or stretch your arms, or shrug your shoulders.

Acknowledge the painful thoughts and feelings that are present, and also notice...there’s a body around that pain – a body that you can move and control. So notice your whole body now – hands, feet, back. ... have a stretch. ... Press your feet down. 

Now also look around the room and notice 5 things you can see.  
And also notice 3 or 4 things you can hear  
And also notice what you are doing  
So notice there are painful thoughts/feelings/memories here, and  
Also notice your body in the chair ... move it, stretch it,  
And there’s a room around you.  
And come back to what you are doing, and engage fully in the task or activity at hand

Remember, you can practice these kinds of exercises, any time, any place, any activity. And it’s a good idea to practice them. Often when you’re less fused, so you can remember to use them when you are really fused!
The Struggle Switch

https://www.youtube.com/watch?v=_lYEtxs6Tdl
Summary

When experiencing anxiety remember:

- Creative Hopelessness
- The Struggle Switch
- The Choice Point
- Values
- Defusion
- Dropping the Anchor