

RESILIENCE MICRO-COURSE

Micro Course Slides

Dr. Julie Helmrich's
The Ascenders Program
Change that sticks

www.juliehelmrich.com

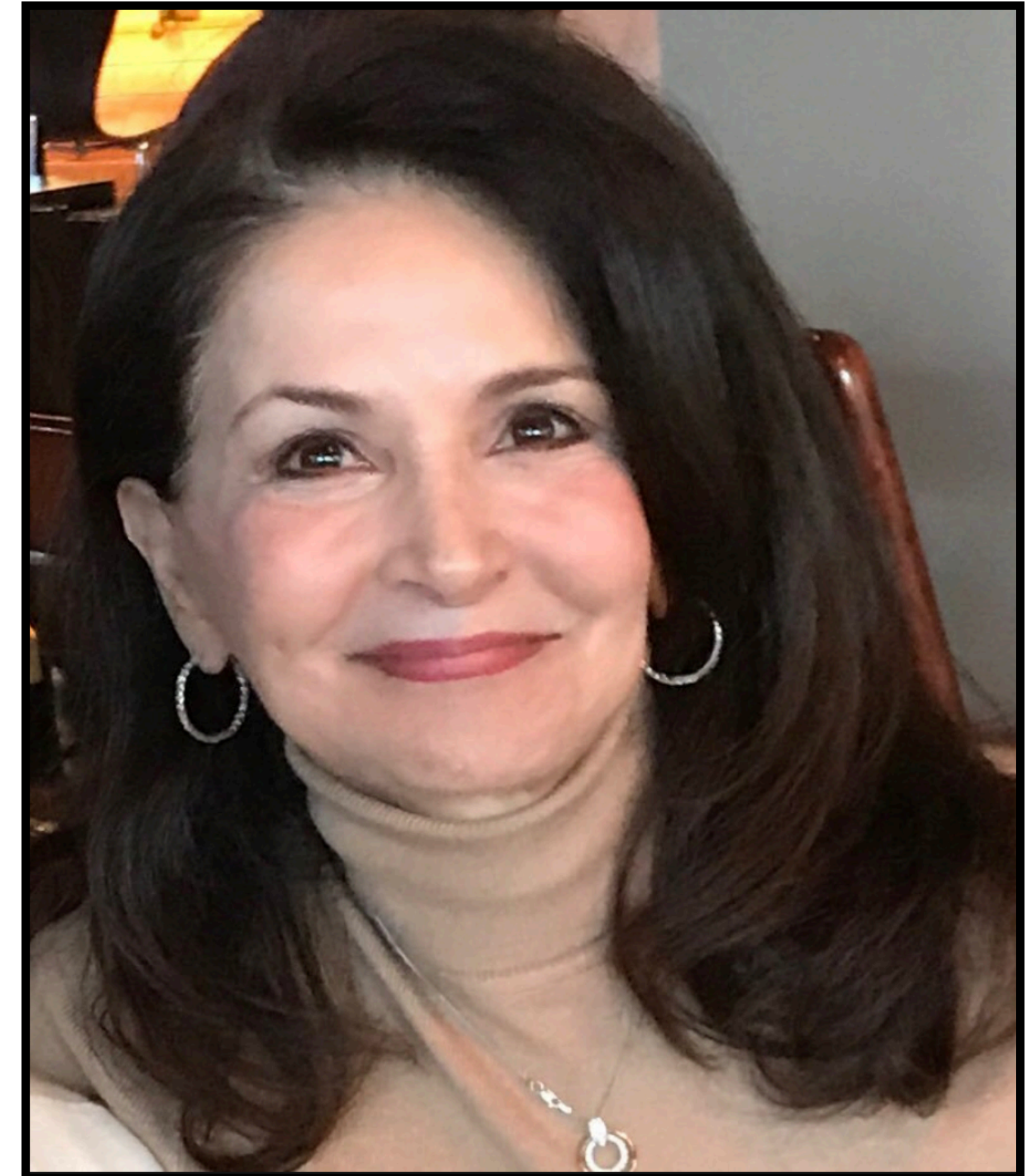
Q: Who crumbles, who survives, who thrives & why?

A: Three attitudes that underpin three strategies

- 1974 Illinois Bell Telephone study
- Multiple replications since then
- Drs. Deborah Khoshaba & Salvatore Maddi
- BIG IDEAS:
 - Resilience is result of personal hardiness
 - Personal hardiness is the result of 3 internal attitudes and 3 external strategies

What should you do?

1. Self assess ~ where am I strong? Where am I weak?
2. Work on “staying on the right” where strong. Work on “moving to the right” where weak
3. Goal: Strong in ALL 6; neglect none of 6.



Attitude #1

CHALLENGE

- Entitled to easy comfort and security
- Stress means something is wrong
- Avoidance of hard things
- Victimized, imposed upon by “enemies”
- Avoid failure
- Resentful
- Punish victimizers
- Overly support “allies”

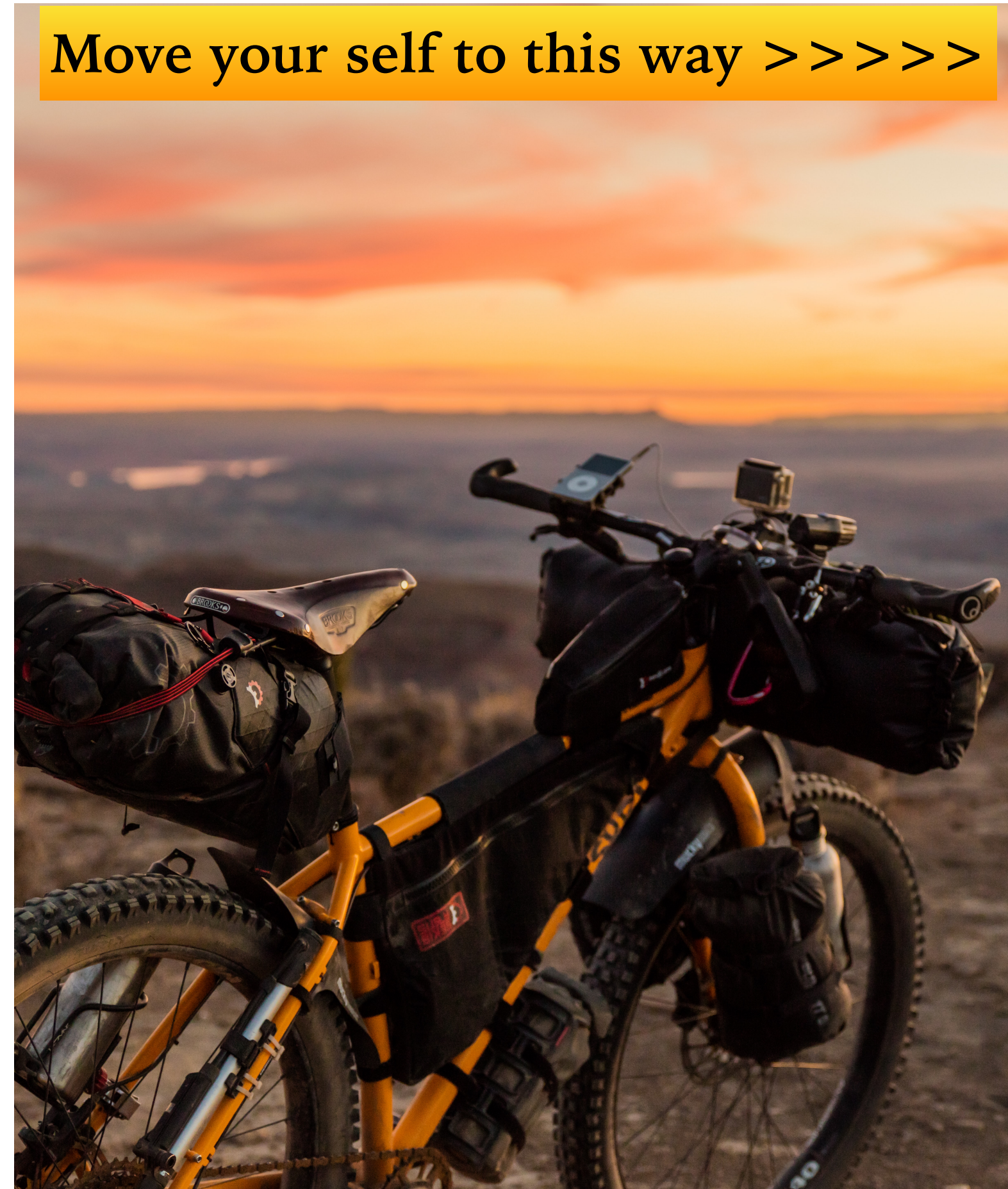


Photo by [Patrick Hendry](#)

- Life by its very nature is stressful and is supposed to be that way
- Life is a continually changing phenomenon that provokes learning and change
- It is in the challenge that wisdom and capabilities are grown
- Challenges are opportunities
- Fulfillment comes from turning stresses into learning

Attitude #2

COMMITMENT

Move your self to this way >>>>>

- What difference does it make?
- All going to die anyway
- Detachment ~ not my _____ anyway
 - Insert: world, country, issue, community, etc.
- Alienation ~ I don't fit anywhere so why bother



- No matter how bad things get it's important to stay involved with what is going on around you.
- Play hard to the last buzzer
- “Leave it all on the field.”
- Eye on the prize: hint the prize is the capacity to stay involved regardless

Attitude #3

CONTROL

- Powerlessness
- Passivity
- Focus on others' attitudes, behaviors, flaws
- Applies rules to others, not self
- Must feel this way; no choice
- Must do this; no choice



- What CAN I control in this “uncontrollable” situation
- What can I CHOOSE to think?
- Focus on active management of self, especially one’s thoughts
- Feelings flow from thoughts; behavior flows from feelings.
- THEREFORE DECIDING to CHOOSE what to FOCUS on

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Strategy #1

PROBLEM SOLVING COPING

- Blame
- Excessive escapism
 - Drinking & other drugs
 - Gambling
 - Shopping, gossiping
 - Workaholism
 - Binge-watching
 - Hobby-work
 - Porn



- Clear identification of of stressful circumstances
- Analysis of what can be done to turn stressful situation into learning opportunity and other advantages
- Creating a plan; steps
- Executing the steps
- Pivoting, as needed, based on results

Strategy #2

SOCIALLY SUPPORTIVE INTERACTIONS

- Rejection
- Disapproval
- What's in it for me?
- Social comparison: am I up or down compared to ____ (insert names of nemesis)
- Judgement
- Keeping score
- Looking for perfect person
- Trying to appear perfect to others



- Acceptance
- Active engagement
- Active involvement
- Healthy reciprocity
- Working to love others IN SPITE of flaws
- Deciding what, when, who to give to based on values

Photo by [Annie Spratt](#)

Strategy #3

BENEFICIAL SELF-CARE

- Excessive escapism
 - Gambling, drinking & other drugs
 - Shopping, gossiping
 - Working
 - Binge-watching
 - Hobby-work
- Passive leisure
- Sweet, fatty, processed foods
- Couch potato
- No daily routines



- Active relaxation
- Eating balanced, moderate way
- Moderate level of physical activity
- Meditation & prayer
- Learning
- Active engagement in hobbies
- Sleep
- Self-care routines

Photo by [Nate Johnston](#)

More Resilience Resources

- Khoshaba, D.M., & Maddi, S.R. (2004) *HardiTraining: managing stressful change*. Irvine: Hardiness Institute
- Maddi, S.R. (2013) *Hardiness: Turning stressful circumstances into resilient growth*
- Hardiness Institute
- Southwick, S.M., & Charney, D.S. (2013) *Resilience: The science of mastering life's greatest challenges*
- Twenge, J.M. (2007) *Generation me: Why today's young Americans are more confident, assertive, and entitled - and more miserable than ever before*. New York, NY: Free Press
- TED talk: Angela Lee Duckworth ~ *Grit: The power of passion and perseverance*.
- TED talk: Raphael Rose ~ *How failure cultivates resilience*

Enroll here in Dr. Helmrich's
Micro-course on Resilience

<https://courses.juliehelmrich.com/offers/LNjKSe8N/checkout>

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|------------------------|------------------------|
| 1. <i>Courage</i> | 6. <i>Mindfulness</i> |
| 2. <i>Willpower</i> | 7. <i>Resilience</i> |
| 3. <i>Productivity</i> | 8. <i>Success</i> |
| 4. <i>Happiness</i> | 9. <i>Change</i> |
| 5. <i>Motivation</i> | 10. <i>Forgiveness</i> |

Dr. Julie Helmrich's Ascenders Program

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