

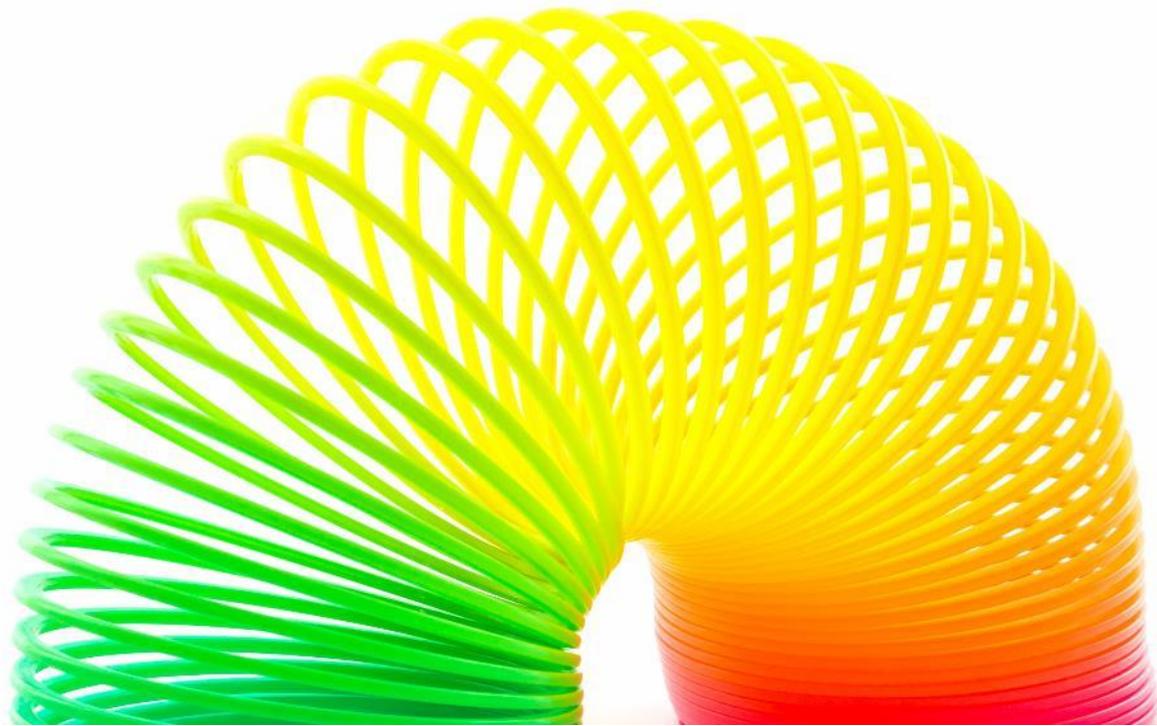
# 10 Strategies for Building Resilience

*Presented by,  
Donna Cardillo, RN, MA, CSP*

# What is Resilience?



# Why Is It Important?



“Life is difficult. Resilient people celebrate what goes right rather than what goes wrong.”

M. Scott Peck in *The Road Less Travelled*

# Poll #1

Which of the following best describes how resilient you are?

- Very
- Somewhat
- Not very
- Not at all
- Not sure



# #1 Cultivate Community

- Immerse yourself in your professional community
- Socialize with co-workers
- Spend time with family/friends
- Expand online community
- Be selective



# #2 Build Change Stamina

- Embrace change
- Manage stress
- Create anchors
- Make small changes
- Accept a “new normal”



# Poll #2

Which of the following best describes how adaptable you are to change:

- Very adaptable
- Somewhat adaptable
- Not very adaptable
- Not adaptable at all



# #3 Set Goals

- Have long & short-term goals
- Write them down
- Look at them daily
- Challenge yourself
- Reevaluate often



# Poll #3

Which of the following best describes where you are with your goals:

- I have written goals
- I have goals in my head but not written
- I have ideas but need to further define my goals
- I have no goals



# #4 Create Spiritual Practice

- Find quiet space
- Practice mindfulness
- Read spiritual books
- Spend time in nature
- Go on occasional retreats



# #5 Nurture & Nourish Yourself

- Healthcare
- Energy work
- Body work
- Relaxation
- Physical activity



# Poll #4

I rate my commitment to self-care as follows:

- I am actively engaged in self-care
- I am somewhat engaged in self-care
- I am hardly engaged in self-care
- I do nothing to care for myself



# #6 Disengage

- Take a few deep breaths
- Step outside
- Use diversionary activities
- Take time off
- Have fun

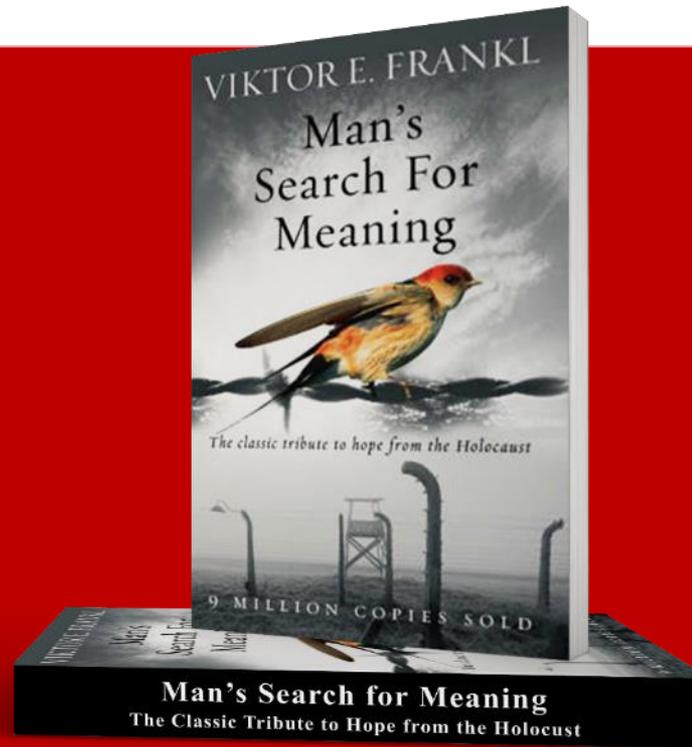


# #7 Seek Help & Resources

- Coaches
- Counselors
- Self-help & support groups
- Mastermind

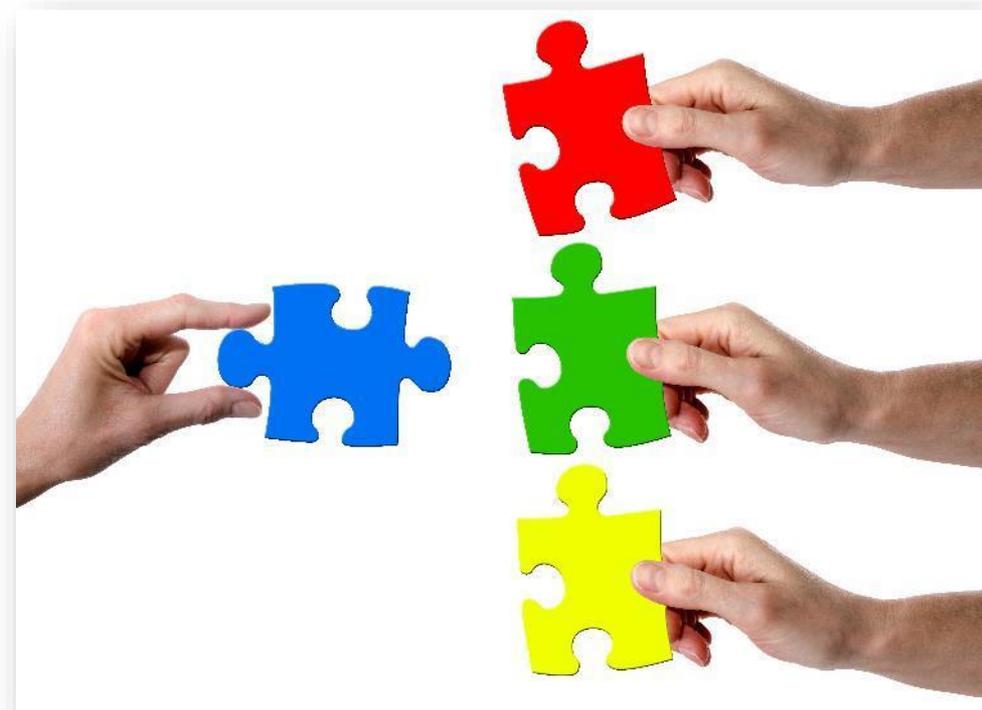


# #8 Find Positive Meaning



# #9 Help Others

- Mentoring
- Coaching
- Precepting
- Sharing experiences



# #10 Work on Life Skills

- Communication
- Conflict management
- Problem-solving
- Social skills



# 10 Strategies for Building Resilience

#1 Cultivate Community

#2 Build Change Stamina

#3 Set Goals

#4 Create Spiritual Practice

#5 Nurture & Nourish Yourself

#6 Disengage

#7 Seek Help & resources

#8 Find Positive Meaning

#9 Help Others

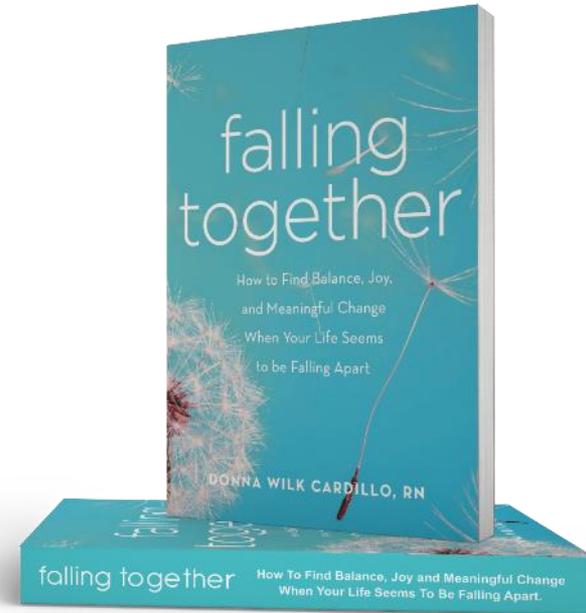
#10 Work on Life Skills

“There comes a time in your life,  
when you walk away from all the drama and people who create it.  
You surround yourself with people who make you laugh.  
Forget the bad and focus on the good.  
Love the people who treat you right, pray for the ones who do not.  
Life is too short to be anything but happy.  
Falling down is a part of life, getting back up is living.”

Jose´ N. Harris

# Recommended Reading

- *Falling Together: How to Find Balance, Joy, and Meaningful Change When your Life Seems to be Falling Apart* by Donna Cardillo
- *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal* by Jim Loehr and Tony Schwartz
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* by Jon Kabot-Zin



# Related Articles by Donna

- *Seven Strategies for Managing Conflict*
- *Set Goals and Change Your Life*
- *First Things First*
- *In Search of the Right Mentor*
- *Why You Should Add a Dose of Gratitude to Your Day*

Find these and additional articles at [DonnaCardillo.com](http://DonnaCardillo.com)



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