

RESILIENCE

How can we promote it in ourselves & others?
Lessons from academia & life.



Lucy Hone, PhD



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Research associate, AUT University
Executive Committee, NZ Association of Positive Psychology

- *The Educators' Guide to Whole-school Wellbeing* (Quinlan & Hone, 2020)
- Published in *NZ Journal of HR Management, International Journal of Wellbeing, JOEM, Psychology Aotearoa, Social Indicators Research, Set, Ed Gazette*
- *Resilient Grieving* (Hone, 2016)
- Blogger, *Psychology Today*
- Columnist, *Sunday Star Times & Next magazine*
- TED Talk: *The Three Secrets of Resilient People*
University of Pennsylvania MAPP (Seligman, Duckworth, Peterson)
AUT PhD (Understanding, Measuring & Promoting Wellbeing)



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NZIWR™ helps organisations understand & build wellbeing and resilience





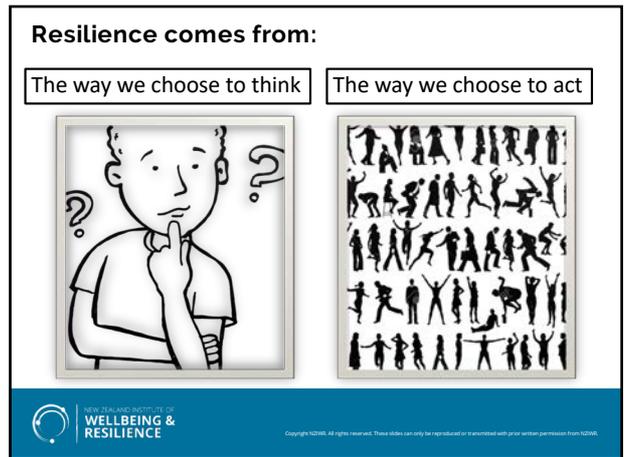
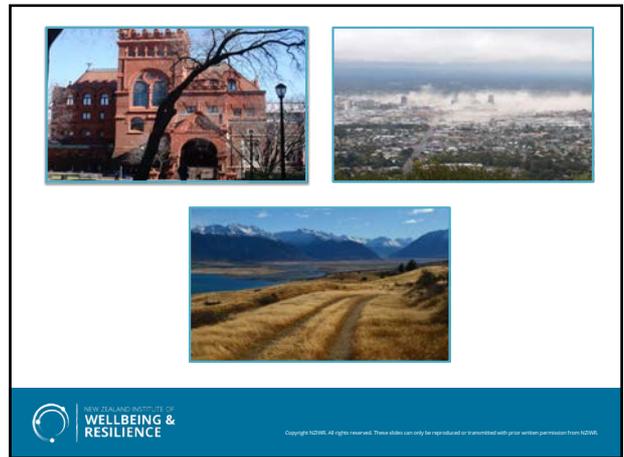
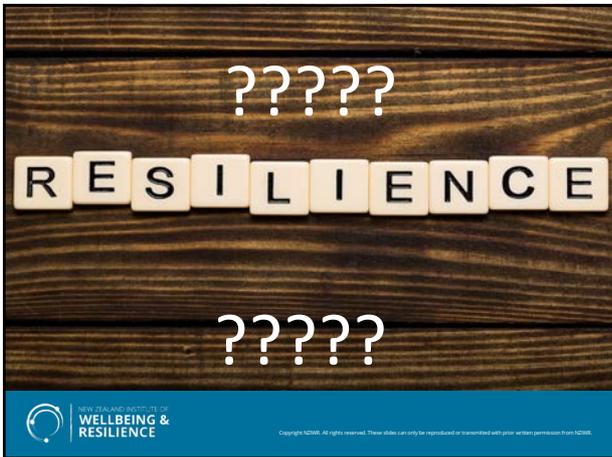
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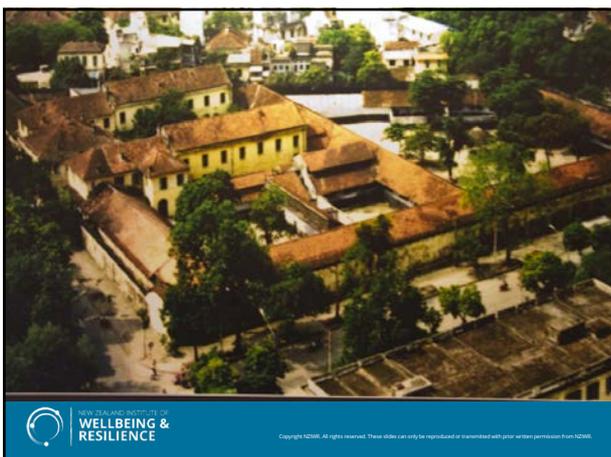


What does research tell us about resilience?

- Resilience = coping with difficulty/adversity & learning from it (Reivich, 2002)
- Requires “ordinary magic” (Masten, 2001)
- Influenced by how we choose to think & act
 - Requires knowing yourself & acting deliberately
- Can be taught/learned



The image shows a woman with long brown hair covering her face with her hands, appearing distressed or crying. This image is part of a slide titled "What does research tell us about resilience?". The slide lists several points about resilience, including coping with adversity, learning from it, and the influence of how we choose to think and act. The New Zealand Institute of Wellbeing & Resilience logo is visible in the bottom left corner.



Critical characteristics of resilience (Charney, 2005)

- Optimistic thinking
- Helping others helped cope with extreme stress
- Having a moral compass (beliefs that cannot be shattered)
- Faith/spirituality
- Humour
- Having a role model
- Strong supportive relationships
- Facing fear (leaving one's comfort zone)
- Having a mission or a strong sense of meaning in life



The image shows a slide titled "Critical characteristics of resilience (Charney, 2005)". The slide lists nine characteristics of resilience, including optimistic thinking, helping others, having a moral compass, faith/spirituality, humour, having a role model, strong supportive relationships, facing fear, and having a mission or a strong sense of meaning in life. The New Zealand Institute of Wellbeing & Resilience logo is visible in the bottom left corner.

Studies 2011-2015 (partial list)	Stressor	resilience
Bryant et al. (2015)	Traumatic injury	73%
*Maccallum, Galatzer-Levy & Bonanno (2015)	Bereavement	68%
*Burton, Galatzer-Levy, and Bonanno (2015)	Cancer	74%
*Galatzer-Levy, Mancini, & Bonanno (2010)	Job loss	82%
*Stolov, Galatzer-Levy & Bonanno (2015)	Job loss	60%
Low et al. (2014)	Community trauma	73%
Pietrzak et al. (2014)	First Responders	58%
Self-Brown, Lai, Harbin, & Kelley (2014)	Hurricane disaster	79%
*Galatzer-Levy and Bonanno (2014)	Heart attack	68%
*Zhu, Galatzer-Levy, and Bonanno (2014)	Chronic pain	72%
*Orcutt, Bonanno, Hannan, & Miron (2014)	Mass shooting	61%
Mancini et al., (2015)	Mass shooting	56-58%
Elliott, Berry, Richards, and Shewchuk (2014)	Spinal cord injury, family	48%
Bombardier et al. (2015)	Spinal cord injury	64%
Sigurdardottir, Andelic, Roe, & Schanke (2014)	Traumatic brain injury	74%
Hong et al. (2014)	Witness accident	73%
Andersen, Karstoft, Bertelsen, & Madsen (2014)	Combat deployment	76%
*Galatzer-Levy et al. (2014)	Police, various trauma	77%
Pietrzak, Van Ness, Fried, Galea, & Norris (2013)	Hurricane disaster	66%
*Galatzer-Levy and Bonanno (2012)	Bereavement	66%
*Bonanno et al. (2012)	Combat deployment	83%
*Bonanno, Kennedy, Galatzer-Levy, Lude, & Elfstrom (2012)	Spinal cord injury	66%
*Galatzer-Levy et al. (2011)	Police, various trauma	88%
*Galatzer-Levy, Mazursky, Mancini, & Bonanno (2011)	First child	84%
*Mancini, Bonanno, and Clark (2011)	Divorce/Widow/	72%/59%

Resilience helps us to...



Overcome the obstacles of childhood
Poverty, abuse, neglect



Steer through everyday stresses
Injury, bullying, road rage, IT issues



Adapt to major life changes/loss
Death, divorce, illness

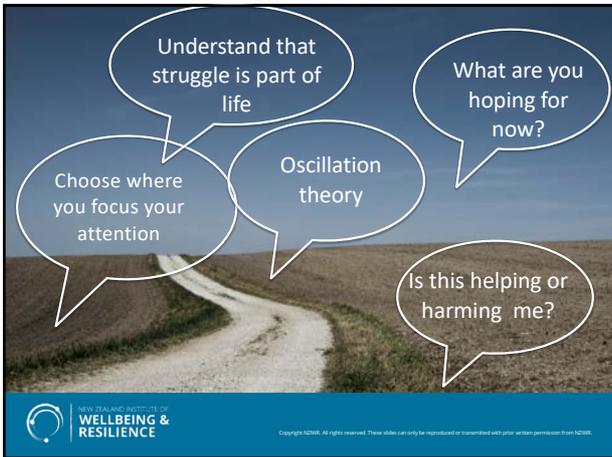


Reach out
Taking on new challenges

The natural capacity to develop resilience is in all of us...

It is not a fixed trait.
It needs to be developed across the lifespan.
It requires daily effort.



Gratitude is strongly related to resilience...



Some people are born grateful.
Others should practice.



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Gratitude helps us overcome the Negativity Bias

- 3GT: Three Good Things (Seligman et al., 2005)
- HTGS: Hunt The Good Stuff #htgs
- Accept the Good



What Went Well Today?

1. _____
Why?
2. _____
Why?
3. _____
Why?



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trake106 • Follow
Munn Lake

trake106 Just a princess and her Grandma 🦕 #htgs #myishjae #mygrandmiasadinosaur #trakeladventures #trake106gang mamamia_29 Just precious 🍷 and funny all in one 🦕 dinoshea You need to get this framed - so precious, funny, and FABULOUS!!! hsavestone 🦕🦕🦕 crazyeditlady Did you stay warm? Lol

67 likes
NOVEMBER 1

Add a comment...



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achris90210 • Follow
Lake Park, Minnesota

achris90210 My nephew and I in the deer blind. So thankful to spend time with family during the hunting season. Hunt the good stuff! #htgs

18 likes
NOVEMBER 10

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What are you grateful for today?

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Q: Is this helping or harming me?

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Is doing this helping or harming me?

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Practice self-compassion (based on Kristin Neff's work)

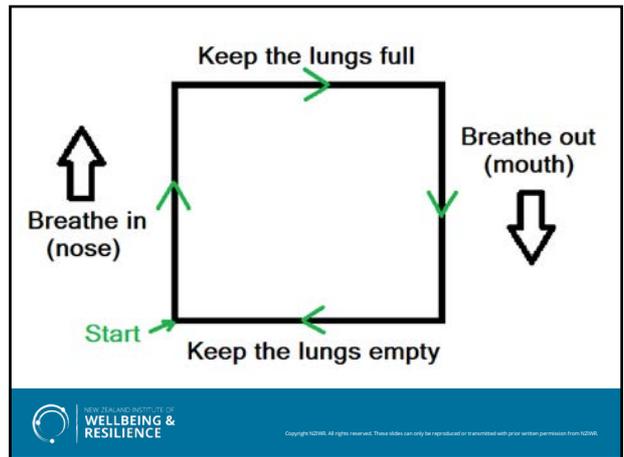
- This is a moment of suffering
- Suffering is part of life (I am not alone)
- I need to be kind to myself right now

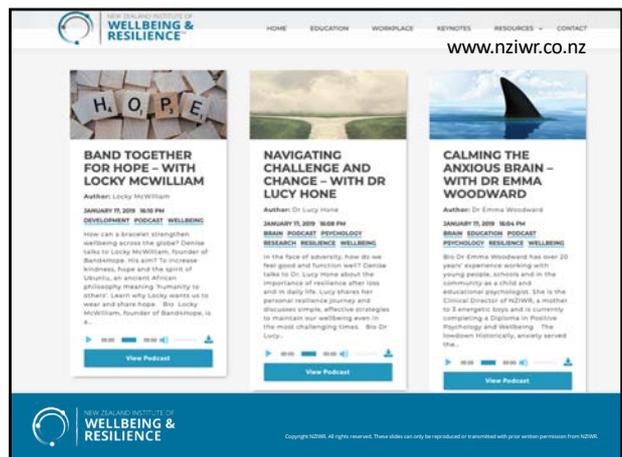
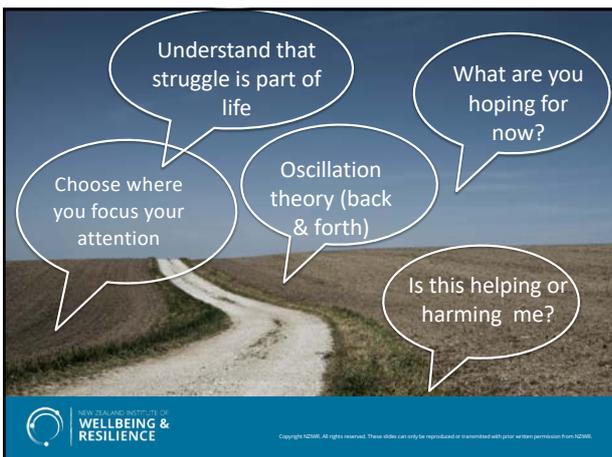
76%

www.selfcompassion.org

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Resilient Grieving
How to find your way through devastating loss
A practical guide to recovery
DR. LUCY HONE

Thank you!

IG: Bringing_wellbeing_to_life
FB: NZIWR
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