

RESILIENCE

1. Why Resilience is Important?

- 1.1. Improves your quality of life
- 1.2. Helps you find fulfillment
- 1.3. Helps you grow
- 1.4. Helps you face adverse situations
 - 1.4.1. Changing careers
 - 1.4.2. Work
 - 1.4.3. Divorce
 - 1.4.4. Death
 - 1.4.5. Financial troubles
 - 1.4.6. Moving
 - 1.4.7. Raising children
- 1.5. When you aren't resilient
 - 1.5.1. Feel overcome
 - 1.5.2. Feel like you can't master adverse situations
 - 1.5.3. Leads to burn out

2. Resilience Helps

- 2.1. Major life problems
 - 2.1.1. Death
 - 2.1.2. Divorce
 - 2.1.3. Getting fired
- 2.2. Temporary problems
 - 2.2.1. Tough deadlines

2.2.2. Upcoming test

2.2.3. Minor fight with your spouse

2.3. Daily problems

2.3.1. Exercising

2.3.2. Daydreaming

2.3.3. Sleeping

3. Connections During Times of Loss

3.1. Times of loss

3.1.1. Death

3.1.2. Divorce

3.1.3. Moving

3.1.4. Losing a job

3.2. Benefits of connections

3.2.1. Improves ability to cope

3.2.2. Alleviates effects of distress

3.2.3. Promotes lifelong good mental health

3.2.4. Improves self-esteem

3.2.5. Lowers cardiovascular risks

3.2.6. Promotes healthy lifestyle habits

3.3. Quality connections

3.3.1. Quality over quantity

3.3.1.1. Quality

3.3.1.1.1. Cares for your wellbeing

3.3.1.1.2. Pushes you to grow

3.3.1.1.3. Supports you

3.3.1.2. Quantity

3.3.1.2.1. A lot of connections

3.3.1.2.2. Connections don't really care about you

3.3.1.2.3. Can't depend on any connections even though you have a lot

3.4. How to build healthy connections

3.4.1. Put yourself out there

3.4.2. Volunteer

3.4.3. Join a fitness group

3.4.4. Take a class

3.4.5. Look online

3.5. How to maintain healthy connections

3.5.1. Stay in touch

3.5.2. Don't get jealous

3.5.3. Listen

3.5.4. Give back

3.5.5. Don't overdo it

4. Thinking Healthy Thoughts During Uncontrollable Times

4.1. Uncontrollable times

4.1.1. Death

4.1.2. Getting fired

4.1.3. Natural disasters

4.1.4. Unforeseen life changes

4.1.5. Car accident

4.1.6. Health scares

4.2. How to think healthy thoughts

4.2.1. Recognize thinking traps

4.2.1.1. Overgeneralization

4.2.1.2. Black and white thinking

4.2.1.3. Labeling

4.2.1.4. Mind reading

4.2.1.5. Fortune telling

4.2.1.6. Mental filter

4.2.1.7. Emotional reasoning

4.2.1.8. "Should" statements

4.2.1.9. Discounting positives

4.2.2. Separate thoughts from actual events

4.2.3. Identify and challenge thinking traps

4.2.4. Accept limitations

5. Resilience Training

5.1. Improves all aspects of resilience

5.1.1. Connections

5.1.2. Wellness

5.1.3. Thinking

5.1.4. Purpose

5.2. Helps you improve resilience

5.3. Improves resilience when you don't feel stressed

5.4. Teaches you good coping mechanisms

5.5. Types of resilience training

5.5.1. Training your attention

5.5.1.1. Improves psychological, emotional, and physical resilience

5.5.1.2. How to train attention

5.5.1.2.1. Break tasks into manageable chunks

5.5.1.2.2. Be mindful

5.5.1.2.3. Practice attentive listening

5.5.1.2.4. Journal at night

6. Finding Purpose When you Feel Lost

6.1. Why purpose matters

6.1.1. Helps resilience have context

6.1.2. Provides motivation

6.1.3. Helps you see the big picture

6.1.4. Purpose creates meaning

6.2. How to find your purpose

6.2.1. Purpose involves three things

6.2.1.1. Something in the world you care about

6.2.1.2. What you love to do

6.2.1.3. Your natural talents

7. Fostering Wellness during Times of Poor Mental

and Physical Health

7.1. How to foster wellness for mental health

7.1.1. Start a gratitude journal

7.1.2. Meditate

7.1.3. Say positive affirmations

7.1.4. Talk to your connections

7.1.5. Talk to a health care professional

7.2. How to foster wellness for physical health

7.2.1. Exercise

7.2.2. Eat healthily

7.2.3. Get your friends involved

7.2.4. Sleep

8. Types of Resilience

8.1. Psychological resilience

8.1.1. Thoughts

8.1.2. Reasoning

8.1.3. Problem-solving

8.2. Emotional resilience

8.2.1. Feelings

8.2.2. Emotions

8.3. Physical resilience

8.3.1. Physical capabilities

8.3.2. Body's ability to bounce back

8.4. Community resilience

8.4.1. Community's ability to bounce back during adverse times

8.4.1.1. Natural disasters

8.4.1.2. Terrorist attacks

8.4.1.3. School shootings

9. Components of Resilience

9.1. Connection

9.1.1. Family

9.1.2. Friends

9.1.3. Coworkers

9.1.4. Community

9.2. Wellness

9.2.1. More than just your health

9.2.2. Physical wellness

9.2.3. Mental wellness

9.2.4. Emotional wellness

9.2.5. Personal growth

9.3. Healthy thinking

9.3.1. Thinking realistically, flexibly, and creatively

9.3.2. Accurate interpretation

9.3.3. Creative problem-solving

9.3.4. Recognizing thinking traps

9.4. Meaning

9.4.1. Connects events, ideas, and feelings into a greater purpose

9.4.2. Meaningfulness

9.4.3. Meaning gives context to resilience

10. Building Resilience

10.1. You can build resilience

10.1.1. Resilience training

10.1.2. Anyone can benefit from resilience training

10.2. Resilience building is a journey

10.2.1. Not a destination

11. Factors of Resilience

11.1. Social support

11.2. Realistic planning

11.3. Confidence

11.4. Healthy coping mechanisms

11.5. Strong communication

11.6. Regulating emotions

12. Defining Resilience

12.1. Ability to bounce back

12.2. Come back stronger than before

12.3. Allows you to grow and heal

12.4. Overcome any adverse situation