



HEALTHY@HARRIS
Caring for ourselves so we can care for others

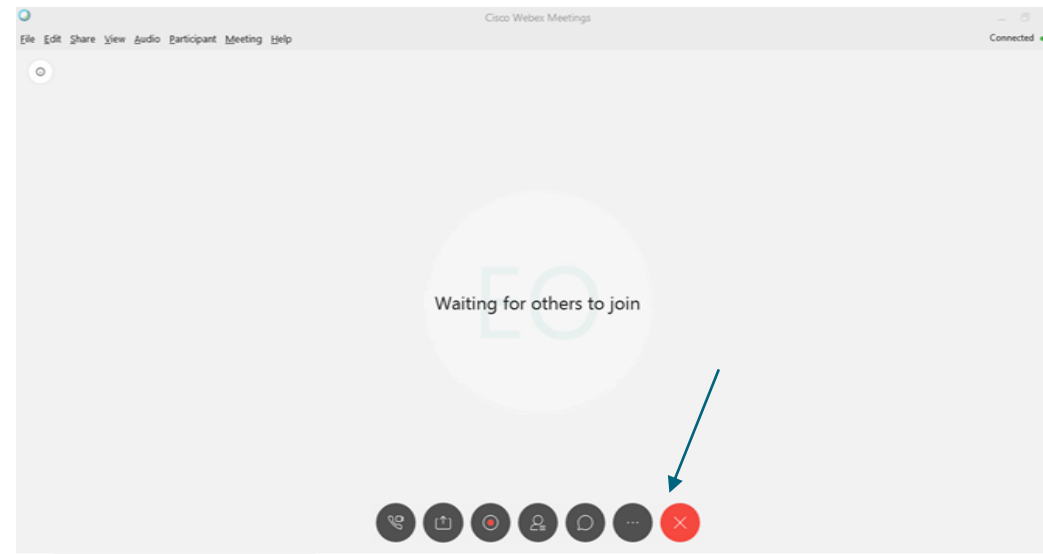
Resilience in Changing Times Wellness Workshop

Taught by the Harris Health System
Employee Wellness Team

HARRISHEALTH SYSTEM

Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for workshops/Healthy Knowledge Seminars you have already completed.



Learning Objectives

- Review factors that make COVID-19 especially challenging
- Discuss what it means to be resilient during stressful times
- Explore the ways in which you are already resilient
- Learn strategies to tap into your resilience

Living With Uncertainty

Unique factors that can threaten our sense of safety:

- We all feel at risk
- Rapid updates and changes
- New and disruptive to routines
- The outcome and duration is uncertain



The Impact of Uncertainty

Emotional impact:


- Shock
- Fear
- Anxiety
- Frustration
- Overwhelmed
- Exhaustion

Coping responses:

- Denial
- Paralysis
- Grieving
- Questioning
- Resolve
- Reaching out

Uncomfortable emotions can serve a useful purpose, pushing us into action and mobilizing resources.

Defining Resilient

- Doesn't give up
 - Takes action
 - Faces fears
 - Seeks solutions
- 

- Is able to adapt
- Stays hopeful
- Believes in self
- Manages stress
- Grows from adversity

Fall seven times, stand up eight.

-- Japanese proverb

Resilience Is A Response

MINOR STRESSORS

Adapt without thought,
making small changes

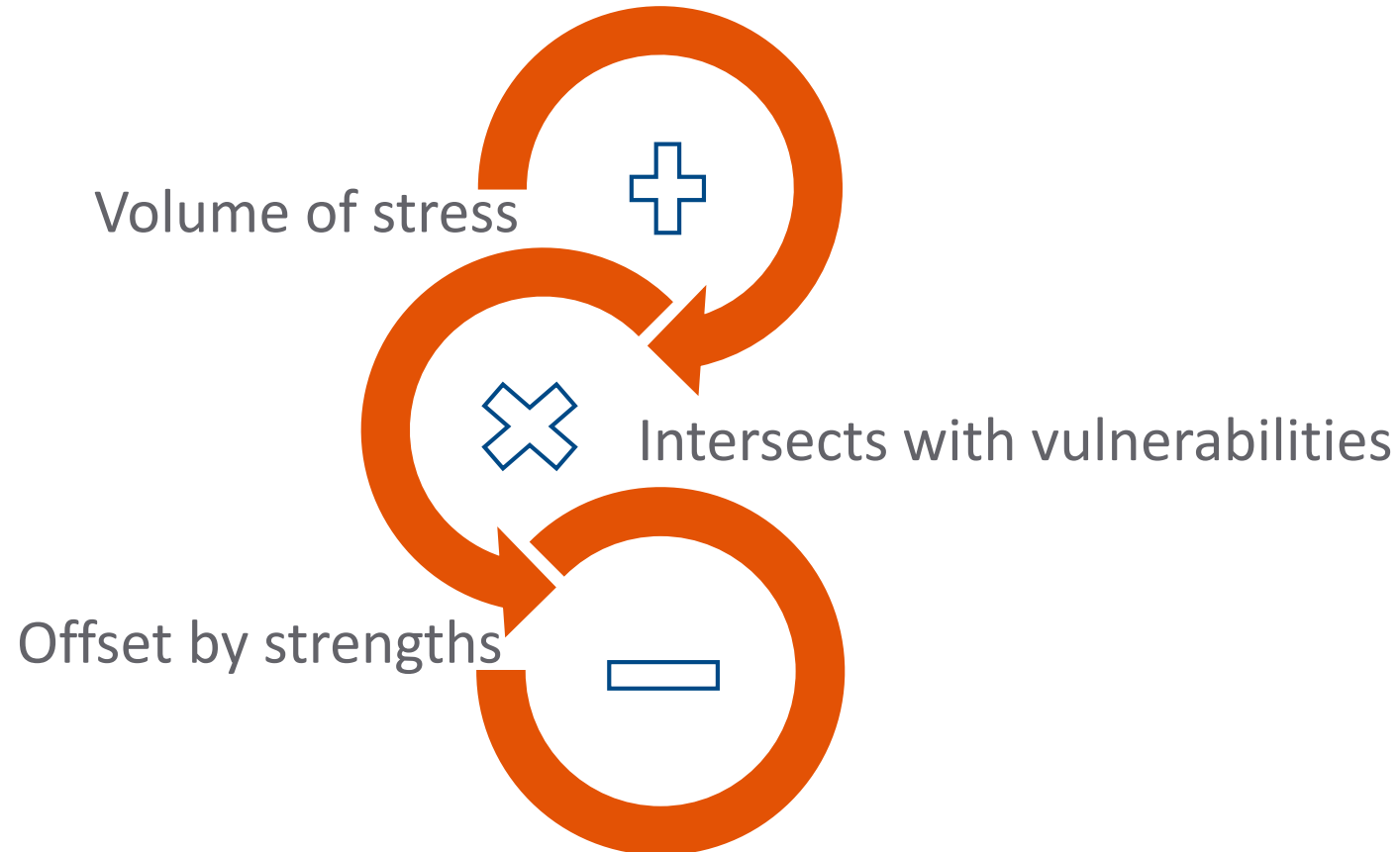
OTHER STRESSORS

Response based on
interpretation

LIFE- THREATENING STRESSORS

Automatically seek safety.
Fight, flight, or freeze are
normal responses

What Shapes Our Ability To Be Resilient?



This equation adds up differently for every individual and every experience.

How Does This Look In Challenging Times?

- Resilience can be seen in small, simple acts and attitudes
- With each new change, we face it head on
- Develop creative ways of meeting each challenge
- When we think we've reached the "breaking point", we regroup

It can be hard to see our natural resilience when we feel stuck or overwhelmed.
Remind yourself of how you've worked through challenges thus far.

Notable Resilient Figures



Malala Yousafzai



Adriana Macias



Pablo Pineda

Resiliency Builders

- Perspective
- Purpose
- People
- Plasticity



Perspective

- **Regain a sense of control**
- Stay informed on new developments
- Remind yourself this is temporary
- Take note of what remains constant in your life
- Remember your capabilities



While you may feel powerless, there are always some factors you can control. Recognizing them can help you acknowledge fears, adapt, and take action.

Purpose

- **Find Your Purpose**
- Embrace who you are
- Set goals; make them realistic
- Offer support/assistance to others
- Know that difficulty can sometimes bring growth and meaning to our lives



Remembering your purpose can help you find firm footing in the face of a situation that is constantly changing

People

- **Turn to others to get and give support**
- Others can be a safety net
- May bring moments of humor and joy
- Find ways to stay connected
- Plan something to look forward to



While recommendations to practice “social distancing”, social isolation, and “shelter-in-place” may present a challenge, it is important to use the resources at your disposal to connect with others

Plasticity

- **Remember that you will adapt**
- Take it day by day
- Create structure with routines
- Respond to challenges creatively
- Stay focused on the present



The ability to change and adapt is “wired” into our brains from day one.

A Firm Foundation



- **Be well to be resilient**
- Sleep resets mind and body
- Eating well is still important
- Exercise changes stress response
- Limit news exposure

Don't forget to keep your emotional and spiritual tanks full as well

“Note to self:
every time you were
convinced you couldn’t go on,
you did.”

– Unknown



Reminders

- Health Assessment**- The modified FY22 Premium Reward Program still requires completion of the MyCigna online Health Assessment. Please remember to log onto your account and complete the assessment before the 8/31/2020 deadline.

- Check out the August Healthy@Harris Happenings and the Employee Wellness website to see the upcoming schedule! All Employee Wellness activities will be online in August.

- Educational Resources** for classes can be found on our website.

- Premium Points** - You can only receive credit for one Wellness Class and one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for classes/workshops you have already completed.

Other Resources:

Employee Assistance Program – available for all HHS employees and eligible family members

Website: www.feieap.com

Phone: 800-638-3327

Username: hhs

Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

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[Visit our website!](http://employeehealth.harrishealth.org)



#1 in Texas



#6 in America

