



**BE MIND FULL**  
CHAMPIONS OF POSITIVE MENTAL HEALTH SINCE 1918

Mental Health For All

CMHA KELOWNA PRESENTS

# BUILDING RESILIENCE



# TABLE TALK

A TIME WHEN YOU'VE  
DEMONSTRATED  
RESILIENCE?



# DEFINITION

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“Resilience is the capacity to rise above difficult circumstances, the trait that allows us to exist in this less-than-perfect world while moving forward with optimism and confidence even in the midst of adversity”

- K. Ginsburg

# WERNER & SMITH

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# WHAT'S INSIDE?

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# INTERNAL LOCUS OF CONTROL

Figure 1: Locus of Control



# CORE PRINCIPLES

- It's a process
- Can be cultivated

It's about thriving...  
not just surviving







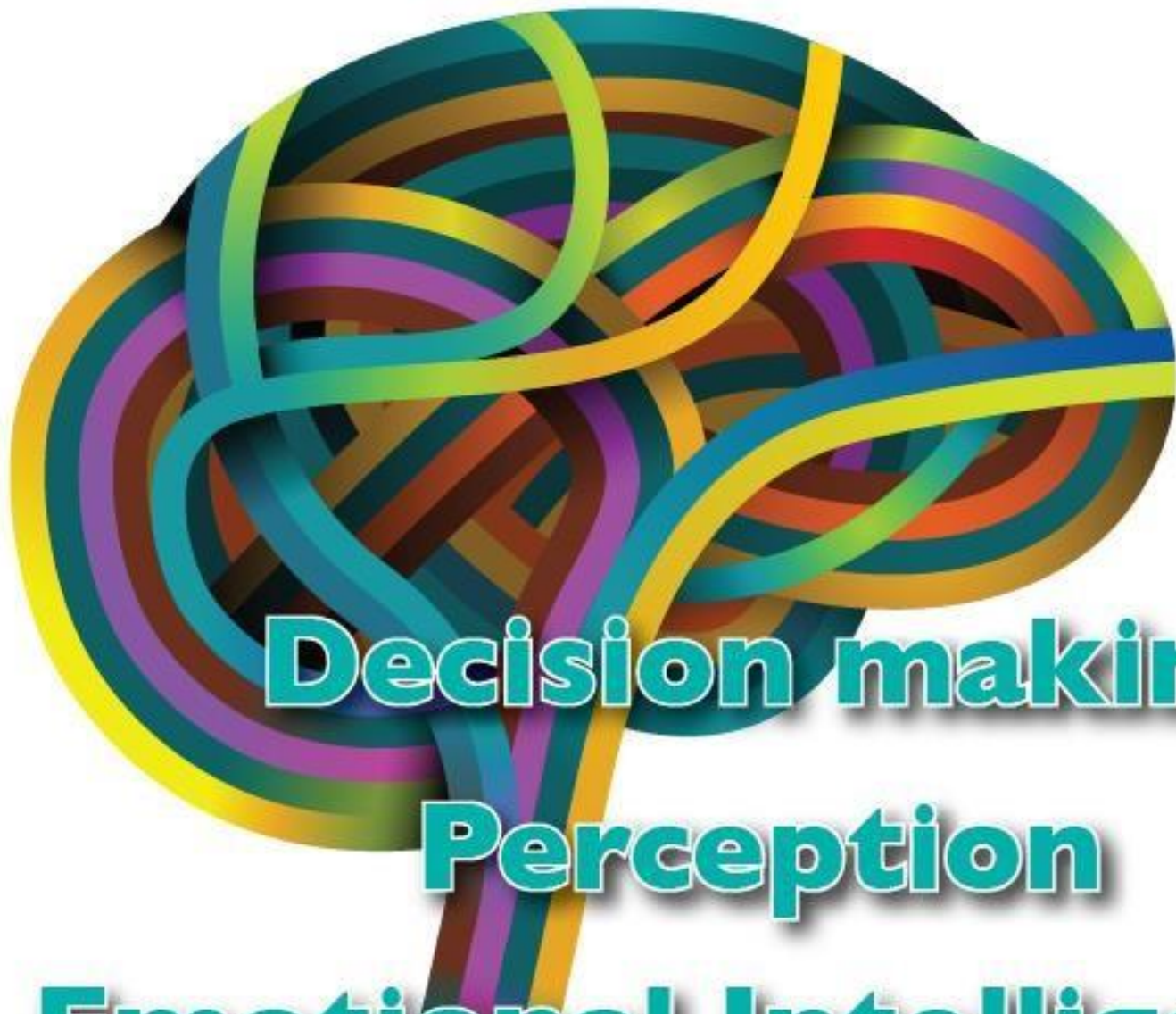
**Purpose**

**Motivation**

**Identity**

**Confidence**





**Decision making**

**Perception**

**Emotional Intelligence**

# PURPOSE

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⇒ Having values

➔ Awareness of unique gifts/ strengths

➔ Structure

➔ Responsibility

# MOTIVATION

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- Perfectionist vs. high achiever
- Failure
- The fear incentive

# PERFECTIONISM

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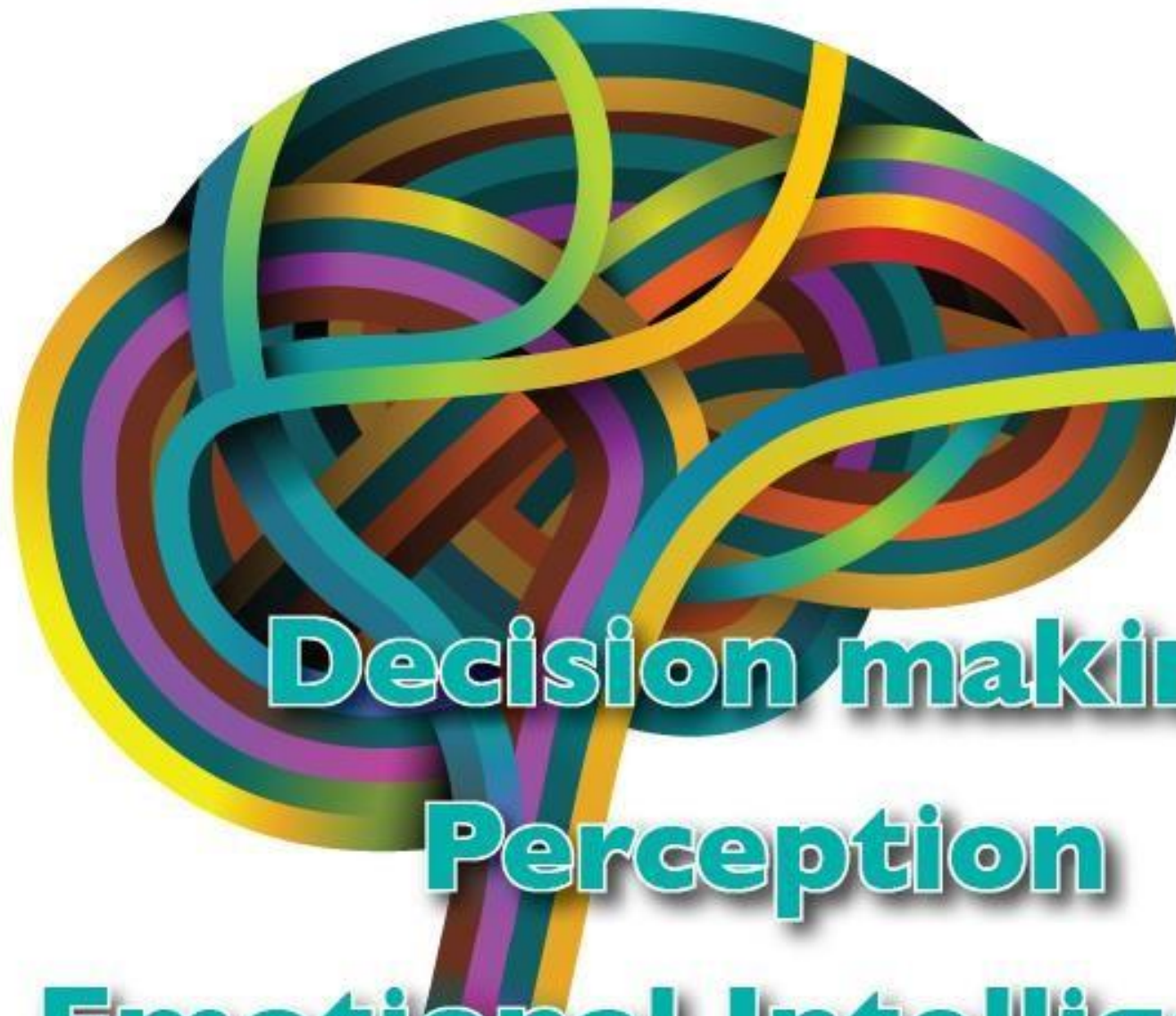
“The most worrisome thing about this generation of driven students may be the fear of imperfection that’s being instilled in their psyches.”

- K. Ginburg

# DEVELOPING CONFIDENCE

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- “Offer genuine praise
- Highlight big and small wins
- Set realistic expectations
- See the strong points in what can be considered “failure”



**Decision making**

**Perception**

**Emotional Intelligence**

# COGNITION

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- Critical thinker
- Ability to problem solve
- Reason through before reacting
- Decision making



# PROBLEM SOLVING

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- Identify the problem
- Brainstorm ideas
- Select a solution
- Put plan into action
- Reflect on experience
- Mission accomplished?

- *The Mayo Clinic*

# DECISION MAKING

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# WHAT is EQ?

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Emotional Intelligence is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. EI impacts many different aspects of your daily life, such as the way you behave and the way you interact with others

# WAYS EQ DEVELOPS RESILIENCE

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- Recognize emotions in yourself and others
- Ability to deal with tension
- Experience opposing emotions

# COGNITIVE BEHAVIORAL SKILLS

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# HEALTHY PERCEPTIONS

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- Your view of self/ default
- Life is bigger than you think
- Opportunities vs. adversity



# CONSIDER

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- Developmental stages
- Mental illness
- Individuality