

A complex network diagram with various sized nodes (black, blue, and grey) connected by thin grey lines, set against a dark grey background. The nodes are scattered across the frame, with some larger nodes and some smaller ones. The lines form a dense web of connections.

MENTAL HEALTH RESILIENCY

Bess Yang
&
John Wang

TREATY ACKNOWLEDGEMENT

We would like to acknowledge in the spirit of reconciliation that we are on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani) as well as the Stoney Nakoda (Bearspaw, Chiniki, Wesley) and Tsuut'ina nations. We would like to acknowledge that this is also the home of the Metis Nation of Alberta, Region 3.

WELCOME & INTRODUCTIONS



AGENDA

- What is resiliency?
- Types of resiliency
- Small group discussions
- What factors affect resiliency?
- Tips for building resiliency

WHAT IS RESILIENCY?

The American Psychological Association defines resilience as:

“the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.”



RESILIENCE IS.....

- ... developed over time.
- ... something that you cultivate.
- ... attitudes and skills that can be learned and practiced.
- ...a universal human ability to thrive in spite of setbacks

RESILIENCE IS NOT.....

- ... something you're born with.
- ... something you can buy.
- ... immunity or absence of pain, loss, or negative emotion.
- ... a "quick fix."
- ... unique to any specific groups of people.

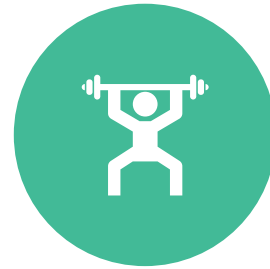
TYPES OF RESILIENCY



PSYCHOLOGICAL



EMOTIONAL



PHYSICAL



COMMUNITY

SMALL GROUP DISCUSSIONS

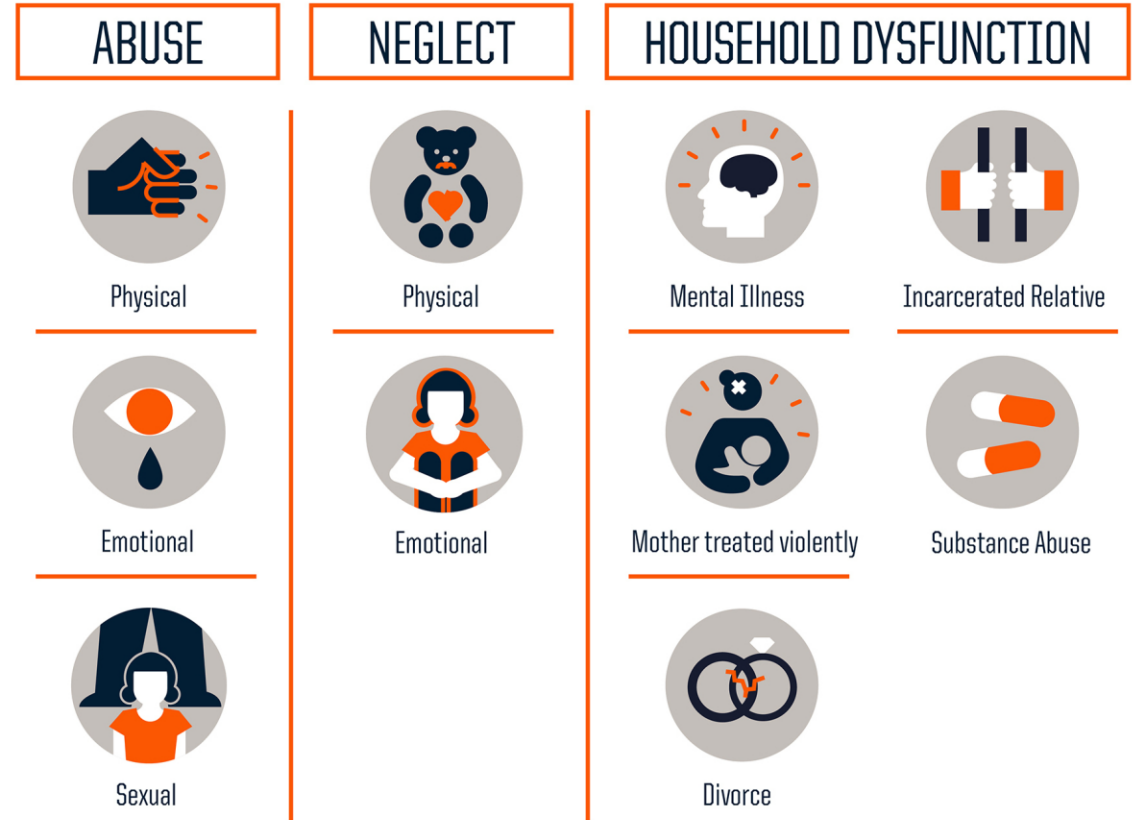
5 minutes

6-7 individuals/breakout room

Brainstorm question: Please name 3 strategies you can use to enhance your own resilience, and 3 strategies you can use to help others

WHAT FACTORS AFFECT RESILIENCY?

- Risk factors: decrease mental well-being
 - ACEs (Adverse Childhood Experiences)
 - Child abuse
 - Neglect
 - Caregiver mental illness
 - Household dysfunction (e.g. violence)
 - Toxic stress
 - Trauma
- Stigma



SMALL GROUP DISCUSSIONS

5 minutes

6-7 individuals/breakout room

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Protective Factors:

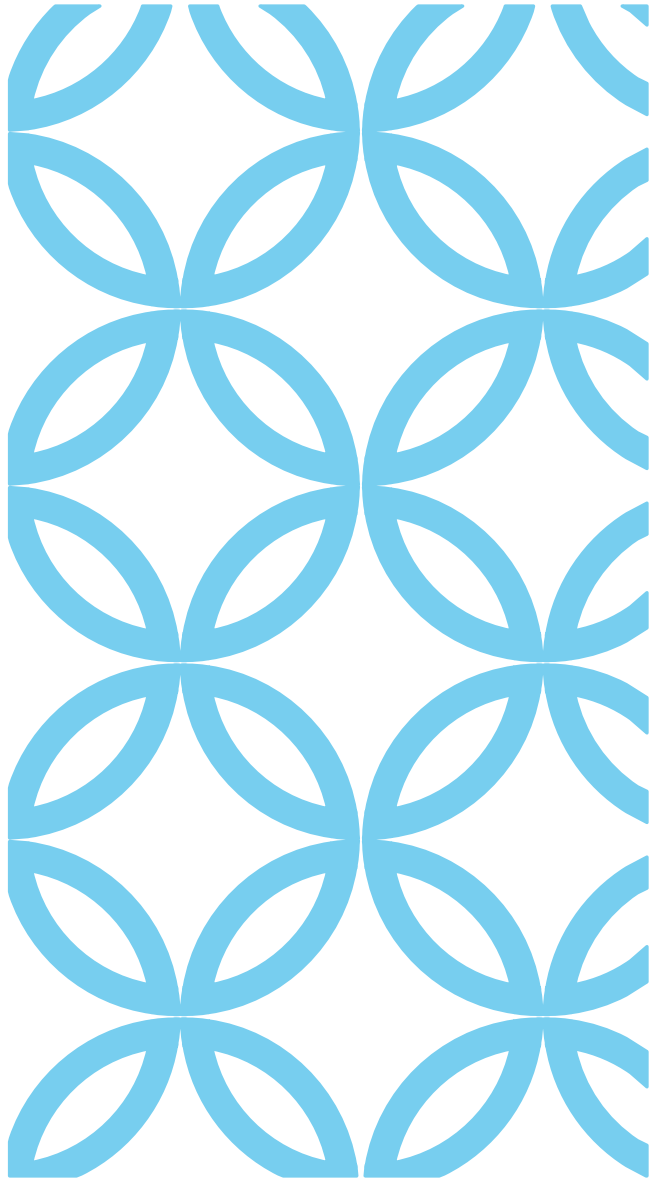
- Have a good support system
- Finding a sense of purpose
- Learning from experience
- Being optimistic
- Practicing self-care
- Being proactive
- Seeking professional help when needed



TIPS FOR BUILDING RESILIENCY

TIPS FOR BUILDING RESILIENCY CONT'D

- Maintain a realistic and logical outlook
- Use direct communication and adapt your style to fit the situation
- Problem-solve when faced with challenges
- Seek internal validation (from yourself)
- Attend to physical and emotional health
- Know when and how to say “No”
- Celebrate your accomplishments, big and small
- Accept compliments and credit for your work
- Believe in yourself and your abilities
- Practice healthy inter-dependence with others
- Know when to ask for help



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