



FOP Community Educational Series

Hardiness

Adapted from

TURNING POINT
THE UNIVERSITY OF KANSAS HEALTH SYSTEM

The 10 Facets of Highly Resilient People©

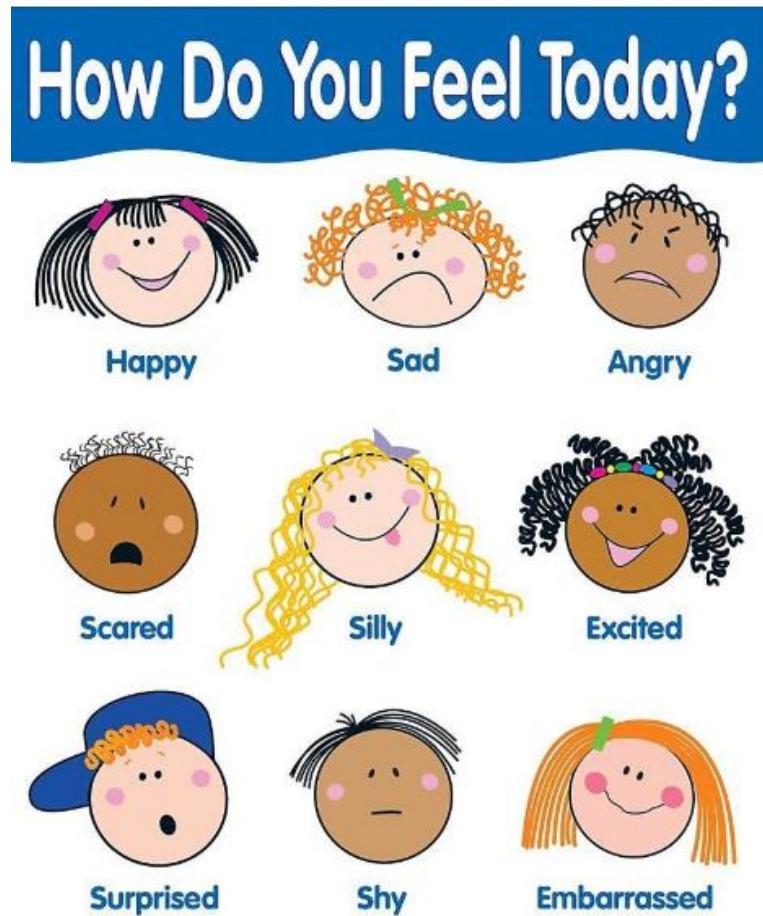


Global Genes®
Allies in Rare Disease

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Recap: Best Practices for Emotional Acknowledgement

1. Notice when you start to feel overwhelmed.
2. Take a few deep breaths.
3. Name the emotions that are under the surface of your anxiety.
4. Focus on the emotion itself and where it shows up in your body.
5. Take a deep breath and give yourself permission to feel it on the inside without judgement.
6. Tell yourself something supportive like “It’s ok to have this feeling.” “I am not my emotions and have the power to feel them and let them go.”
7. Take another deep breath and picture the emotion lifting and letting go of its hold on you.



Recap: Best Practices for Ability to Self-Calm

1. Be aware of your stress response and actively work to recover in the moment.
2. Recognize fight, flight or freeze and how it's impacting on your body.
3. Calm down from big and little stressors.
4. Stay connected to your breath and to yourself to regulate your nervous system.
5. Close the lid to help the instinctive and rational part of the brain connect and communicate.
6. Regulate your nervous system before you try to help regulate others.
7. Remember you cannot prevent stressful things from happening in your life, but you can bring yourself back from stress reactions and do your best to recover in the moment



Recap: Best Practices for Self-care

1. Choose behaviors that are safe, fun and rejuvenating to balance the effects of emotional and physical stressors.
2. Emotional self-care varies greatly from person to person
 - Watching TV, reading a book
 - Talking with friends
 - Drinking a cup of coffee in peace
3. There are 3 key areas of physical self-care: exercise, sleep and nutrition
4. Give yourself permission to do whatever it is you need to do. Create a nurturing relationship with yourself that allows for a sense of caring and warmth.
5. It is impossible to do self-care perfectly. Focus on activities that are accessible for your life.



What does hardiness mean?

People who are “hardy” respond to stressful events in a much healthier and more effective way than others. Hardy people actively seek growth, even in hardship. (Stress Resistant)

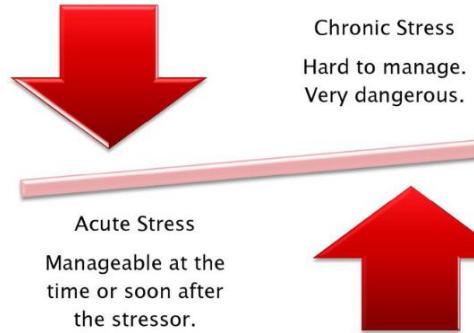
Are you hardy?

- 1.** Are you comfortable tackling new tasks or would you rather stick to what you know?
- 2.** Do you see big changes or challenges as opportunities to learn and grow?
- 3.** Are you able to see what is within your control and what is not?
- 4.** Do you take your problems head-on or do you try to hand them off to others?



What impacts your hardiness?

Acute vs. Chronic Stress

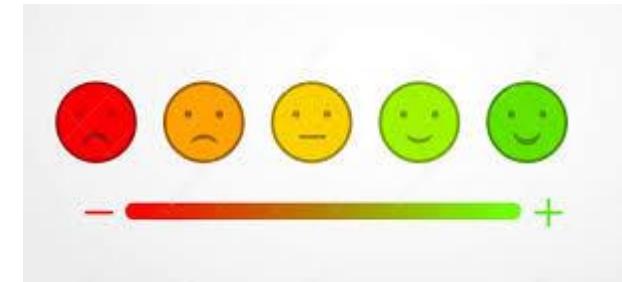


Social Interactions



Coping (Emotional Expressiveness & Self-calming)

Self-care



Refresher: On-the-Go Relaxation Methods

Take 3



I GOT THIS



MINDFULNESS 5-4-3-2-1

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

Deep Breaths

Positive Self-talk

Breathing into Muscle Tension

Gratitude Breathing

Just This

Grounding & Engage Senses

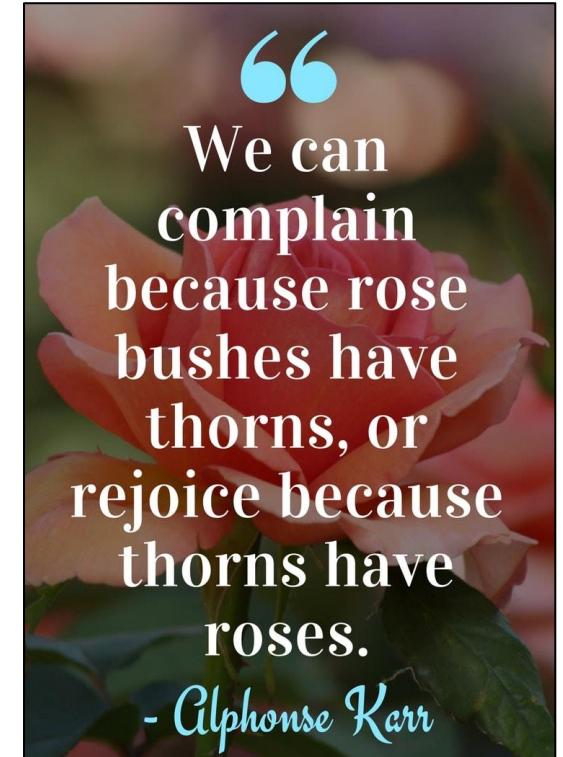
Why is hardiness important?

Our ability to cope with the stressors of life and work means less:

- Medical problems and symptoms
- Psychological problems and symptoms
- Denial and avoidance

and more:

Opportunities for growth and strengthening



3 Components of Hardiness

Commitment



Control



Challenge



Commitment

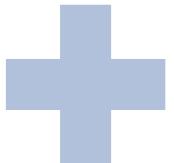
People who are high in commitment work hard and give their best effort. They have a curiosity about what is happening to them versus feelings of alienation from people or the environment.

- *Most days life is interesting and exciting.*
- *I wake up eager to take on life where I left off (positive or negative.)*



Commitment

Involvement in the areas of:
-work
-family
-community
- religious faith
- and friends give meaning to our lives.



Those commitments create:
-**importance** for that someone or something and
-gives our life **added purpose**.



Commitment motivates us to put in **more effort** creating **more goodness** and **meaning in life**.

Control

People feel that they can influence life events and their surroundings. They have a strong sense that they can make things happen and do not feel like victims of circumstance.

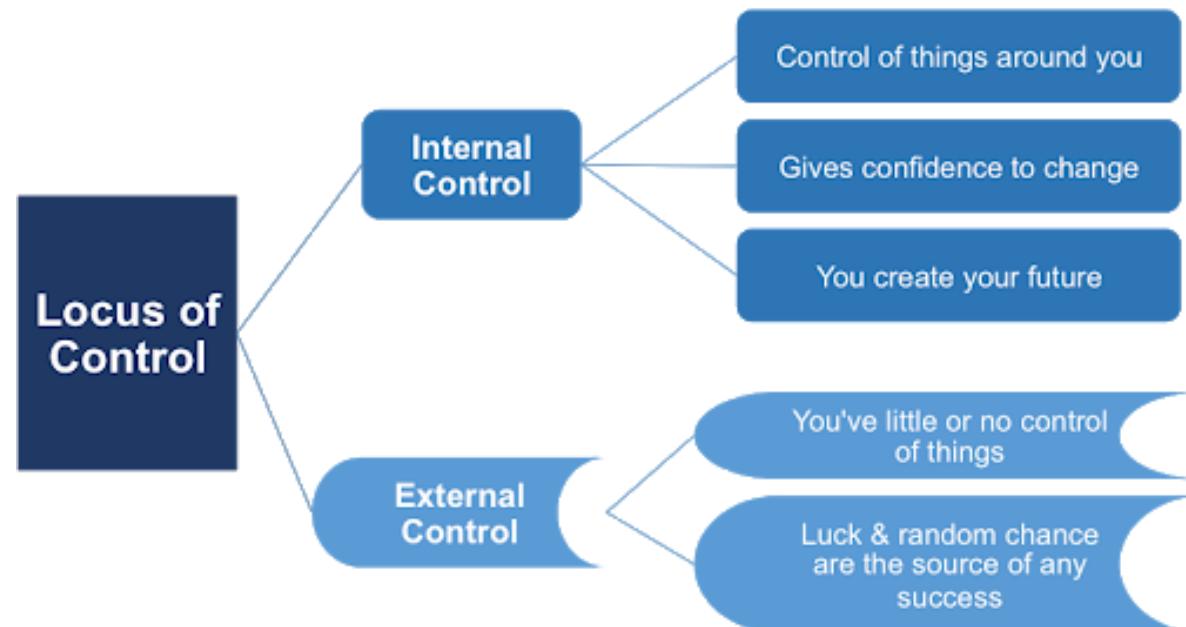
- *When I make plans (goals), I am certain I can make them work (positive or negative.)*
- *Despite what happens to me, I control my destiny.*



Locus of Control

Studies have shown that how much control we perceive we have over any stressor will influence how difficult the stressor will be for us to cope with.

Researchers have found there are basically two types of control, internal or external which can either exacerbate or reduce a stressful situation.



Challenge

People see difficult situations in life as a challenge rather than a disaster. They see these challenges as an opportunity to learn, grow and become a better person.

- *Changes in routine provoke me to learn and grow (positive and negative)*
- *I can handle unexpected problems in life*



Challenge

Challenge requires:

- not ruminating on challenges that we experience
 - Intensifies and prolongs experienced threats
- not seeing every change or difficulty as a total threat
 - triggers a stronger flight/fight response
- shift in perspective



How do we increase/maintain our hardiness?

Situational reconstruction:

- 1.) Think of a stressful situation you are currently going through that has not yet improved.
- 2.) Take one situation at a time and try to visualize or imagine how the situation could get better.
- 3.) Identify which piece(s) you can control that would increase the likelihood of it getting better (e.g. a baby step or a small action, talking to someone about your feelings, asking for help or advice, adjusting your perspective.)
- 4.) Try and let go of the pieces that are beyond your control and trust that your actions will make a difference in the outcome.

Next steps:

- For some situations it may be helpful to gain additional perspective by thinking through how a situation could become better and worse. Considering the likelihood that the better or worse situation happens.
 - What can you do to keep the stressor from getting worse?
 - What would increase the likelihood of it getting better?

What if I can't find the good?

Focusing

1. Try to identify your defenses that are acting to protect you from feeling the pain. What is your emotional state?

Compensatory self-improvement

2. If you can't resolve the main situation or challenge, work on just a small piece of the puzzle that feels less overwhelming.
3. Or come up with another small, related situation that feels more manageable. Start with that one and go from there.
4. If you can't resolve the current problems maybe you can resolve others that have more distance.

The End Goal!

Committing to interest that you value, finding challenges as opportunities and having confidence that there are aspects of life in your control all increase your overall hardiness.

Finding hardiness lies in our ability to recover from stressful events, let go of emotions, and then re-frame the situation.



How hardy are you?

1. Are you comfortable tackling new tasks or would you rather stick to what you know?
 2. Do you welcome change or struggle against it?
 3. Do you find ways to make everyday chores interesting?
 4. Do you feel that your roles in life—employee, parent, friend—are important?
 5. Do you enjoy your work, or are you able to find things you enjoy about your work?
 6. Are you easily discouraged, or do you see obstacles as stimulating challenges?
 7. Do you feel that you control your destiny?
 8. Do you recognize that you are completely responsible for your actions?
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