

Resilient Living

STRENGTHENING THE MIND AND SPIRIT



FOP Community Educational Series

Nonjudgment/self-supporting

Adapted from

TURNING POINT

 THE UNIVERSITY OF KANSAS HEALTH SYSTEM

The 10 Facets of Highly Resilient People©



Global Genes[®]

Allies in Rare Disease

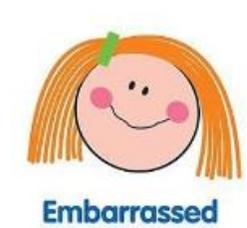
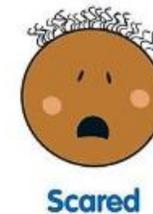
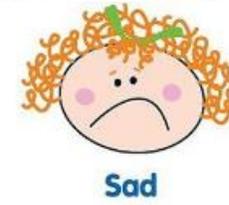
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Recap:

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.

How Do You Feel Today?



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.



Recap:

Best Practices for Hardiness

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.

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

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.



Recap: Best Practices for the Ability to Self-Replenish



1. Self-replenishment includes the things you do to **restore your energy and sense of well-being** when life feels draining.
2. Every person is different: strategies for self-replenishment should speak to your interests, values and needs.
Identify a variety of activities that you can do in different situations or environments
3. Positive interactions are an easy way to get more replenishment.
Using positive interactions to bounce back from challenging emotions is a great way to jump start self-calming
4. This choice to fill or deplete our buckets in an important one that profoundly influences our relationships, productivity, health and happiness.



Everyone has an invisible bucket. We are at our best when our buckets are overflowing — and at our worst when they are empty.



Everyone also has an invisible dipper. In each interaction, we can use our dipper either to fill or to dip from others' buckets.



Whenever we choose to fill others' buckets, we in turn fill our own.

What is the non-judgmental and self-supporting facet?

Recognizing when you are being overly harsh or critical with yourself and others

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Changing your thought patterns and self-talk to be more positive and growth focused

- **Two key components to practicing this skill:**
 - Letting go of perfectionism

- Being aware of your inner critic (judgmental thoughts)



NON-JUDGMENT MEANS YOU DON'T NEED TO
DO SOMETHING ABOUT EVERY LIFE EXPERIENCE



Letting Go of Perfectionism

- What is Perfectionism?

Perfectionism is when you set unachievably high or unrealistic standards for yourself (or others) and then get stuck in a sense of judgment or blame when those standards are not met.

"Perfectionism is a twenty-ton shield that we lug around thinking it will protect us when, in fact, it is the thing that's really preventing us from taking flight."

-Dr. Brené Brown

Leads to:	Warning Signs
Guilt	Fear of failure or making mistakes
Depression and immobilization	Fear of showing vulnerability/someone discovering your flaws
Obsessive and compulsive behavior	Fear of disapproval from others
Lack of belief in self	Felling like who you are or what you do is never enough
Other harmful behaviors	All or none thinking "always" "never"
More stress	Finding yourself stuck using "shoulda, woulda, coulda"
	Constantly comparing yourself to others and your previous self
	Judging self-worth by your achievements

Types of Perfectionism

Fear of failure driven perfectionism: You struggle with the idea that if you can't do it right, why do it at all? You actively try to avoid making mistakes, leading to missed opportunities, passing things off to others, or putting off tasks until the very end.

Control driven perfectionism: You struggle with the idea that if you want it done right, you must do it yourself. You have trouble trusting others with tasks. You believe your way is better. You have an extra hard time when things do not go according to your expectations or your plan.

Performance driven perfectionism: You hold yourself to unattainably high standards and are constantly judging your personal performance. You can never seem to do a good enough job, and you replay what you said or did over again in your head, noting all the mistakes and flaws.

Appearance driven perfectionism: You struggle with things needing to look “just so” and be well-organized or perfectly put together. This can affect yourself and others, and it might include things like your body, clothes, home, car, desk, or work environment.

Socially driven perfectionism: Your feelings of self-worth depend on how well everyone else is cared for and getting along. You feel personally responsible for keeping the peace and for making sure social gatherings or interpersonal interactions run smoothly. You judge yourself harshly when they do not.

Being Aware of Your Inner Critic

Inner Critic is the voice in your head that uses harsh and criticizing thoughts and language to make you feel bad about yourself. The inner critic tends to make you feel discouraged, hopeless, and “not enough.” It is motivated by judgment and is learned from the outside world and then internalized.

Where does the inner critic come from?

You learn inner critical self-talk from:

- people in your past
- your environment
- the expectations you perceive from society.



Having Control Over the Inner Critic

To have more control over your inner critic, you must be able to see it as separate from yourself.

When you notice a self-critical statement, imagine replacing “I” with “YOU” and then saying it to someone else. Would you say such a thing to your friend, coworker, child, or partner? You can also picture someone else telling you the same statement.

You can also name your inner critic to see it as separate from yourself. Give it a name that is silly or that you do not like but is not associated with anyone you know directly.

Once you are aware of your inner critic and see it as separate from yourself, you can challenge it and flip any negative statements to positive ones.

Self-compassion and The Inner Critic

"Things will not always go the way you want them to. You will encounter frustrations, losses will occur, you will make mistakes, bump up against your limitations, and fall short of your ideals. This is the human condition, a reality shared by all of us.

The more you open your heart to this reality, instead of fighting against it, the more you will be able to feel compassion for yourself and all your fellow humans."

-Dr. Kristen Neff

How to Neutralize the Inner Critic

- Identify the times you are using critical self-talk
- Look for extreme words such as: awful, worthless, stupid, always, never, weak
- Be alert in situations where you feel bad or uncomfortable
- Look for a theme
- Write down your critical self-talk
 - Examine how it makes you feel and why you hang on to it
 - Challenge these thoughts. Use the thought stopping technique.
 - Stop
 - Take a few deep breaths
 - Observe your body and smile everywhere inside
 - Proceed with kindness and compassion
 - Let the negative thoughts go and replace them with more productive ones
 - Practice and be patient as you retrain your brain

Strategy for Supportive Self-Talk

Flip it” Exercise

- 1.) Write down statements from the inner critic.
- 2.) Circle any extreme language (e.g., always, never, should/woulda/couldas)
- 3.) Read through examples of supportive self-talk (to the right) for ideas of what compassion and growth-focused language looks like.
4. Flip your statement into a more positive, self-supporting message.

Examples of Positive and Supportive Self-Talk:

- I have the power to be kind, even to myself.
- Everyone is fighting their own battles
- I have the power to uplift people, even myself.
- I have the power to support myself, even when I make a mistake.
- It is totally normal to make mistakes. It helps me be a better person.
- When things don't go right, it is an opportunity to learn and grow.
- I can always try again if something doesn't work out right.
- A good life is about being involved and trying my best, not about being perfect.
- Each day I do my best and that's all I can do.
- I am doing the best I can right now in this moment, and that is enough.
- I am doing the best I can with the knowledge, time, and resources I have right now.
- I make an impact on the world just by choosing to live bravely with my challenges.
- There are many paths to the same goal.
- No matter what happens, I can handle it.
- It is good to be aware of my true feelings.
- It is okay to feel what I feel inside. Emotions are an important part of being human.
- It is okay to not be okay. No one is okay all the time.
- I am strong.
- I am safe.
- I am supported.
- I am resourceful.
- I am resilient.
- I am creative.

Flip It Examples

Negative Self-Talk	More Supportive Self-Talk
I should have/could have done more to help.	I did what I could with the knowledge, skills, and resources I had at the time. And that's enough.
I can't believe I messed that up.	Yes, I made a mistake, but mistakes happen, even when we do our best. I have learned so much from this experience.

Helpful Go-to Phrases:

- I will do my best, and that is enough. I can always try again if things do not go as planned.
- It is normal to make mistakes. I own it and will grow from this situation.
- “Do the best you can until you know better. Then when you know better, do better.”

-Maya Angelou

The End Goal!

Pay attention to the thoughts you tell yourself in the course of a day.

It's okay to have standards for yourself and your work but remember to let go of inner critic talk and judgment.

Practice, Practice, Practice

Name your critic and call it out. Understand that these thought patterns were created in the past. You are in control and can make room for more positive and supportive self-talk.



Discussion

Are you aware of the little voice in your head that tells you judgmental things?

What situations bring out the perfectionist in you?

Are you aware of which of your thoughts are supportive, calming and empowering?



