

# Micro skills for resilience



Amanda Swoboda, Wellbeing Specialist

# In this session we will explore:

- Reflecting on resilience
- Resilience and stress
- Behavioural micro skills
- Cognitive micro skills
- Resources



# What does resilience mean to you



- A word
- A definition
- A person
- A symbol



# What is resilience?

“Resilience is the capacity to rise above difficult circumstances, allowing us to exist in this less-than-perfect world, while moving forward with optimism and confidence”



-Kenneth J Ginsburg

# RECOGNIZING AUTOMATIC RESPONSES TO STRESS



# Stress continuum



# Resilience foundations

- Rest
- Movement
- Nourishment
- Connecting socially
- Giving back



# BEHAVIORAL MICRO SKILLS





# Behavioural micro skills



- **Movement:** 5 x 30
- **Nutrition:** Eat the rainbow, shop the perimeter
- **Mindfulness:** 5 4 3 2 1
- **Savoring:** Linger in a moment, tell someone about it, souvenir, recall

# Behavioural micro skills

- Engage in a conscious act of kindness



*Where does this show up in your personal life?*

*How can this be enhanced in workplace?*



# COGNITIVE MICRO SKILLS



# Cognitive micro skills

- Growth mindset
- Hunt the good stuff



# Cognitive micro skills



- Mental rehearsal

*Use all the senses, see yourself doing well*

- Connect to personal values

➔ [www.myrkothum.com/personal-values](http://www.myrkothum.com/personal-values)

# Cognitive micro skills

## Problem solving

### Use SMART Goals

Specific

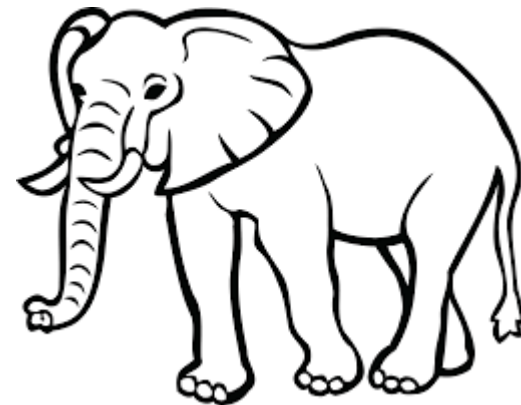
Measurable

Achievable

Realistic

Timely

## Chunking Technique



# Social connection

- Trusting relationships
- Who can you help? Who can help you?
- Gauge the emotionality of self and others
- Role models



# Resilient communities- UBC context



**Built and Natural Environments**



**Social Connection and Inclusion**



**Physical Activity**



**Mental Health and Resilience**



**Food and Nutrition**



**Collaborative Leadership**



# Resources

- **UBC 30-Day Mindfulness Program**

[www.hr.ubc.ca/wellbeing-benefits/living-well/mental-health/mindfulness-meditation/](http://www.hr.ubc.ca/wellbeing-benefits/living-well/mental-health/mindfulness-meditation/)



- **Employee and Family Assistance Program-**

Morneau Shepell

- **Extended Health Plan- Sun Life**

[www.hr.ubc.ca/wellbeing-benefits](http://www.hr.ubc.ca/wellbeing-benefits)

- **Wellbeing.ubc.ca**

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