 Disclaimer

- These webinars are not therapeutic or clinical encounters. They are informational sessions. Presenters cannot provide individualized input to participants.

- Please respect privacy and confidentiality of other participants.

- We do not tolerate any violence or discrimination. If the presenters deem anyone's participation to be inappropriate, they may remove participants from the webinar, at their discretion.

- We cannot address acute safety concerns within the context of these webinars. If you are feeling unsafe with yourself, please leave the webinar and contact crisis services, such as Tracom 514 483 3033 or ultimately 911.
Introductions

• Rania Ibrahim, occupational therapist working at the Jewish General Hospital in Mental Health

• Aileen Castro, occupational therapist and co-presenter also working at the Jewish General Hospital in Mental Health

• This is our 9th and last Life Skills Webinar.

• Format:
  • Up to 30min, which includes a question period at the end

• Questions/Answers:
  • Write them in the Chat
Building **Resilience** in Times of Uncertainty

- What is the definition?
  - How would you define it in your own words?
  - What does it mean to be resilient?
  - What does it look like? Feel like? Sound like?

- On a piece of paper, write down, or simply think about a situation in the past when you have shown resilience during a difficult situation, or when faced with a big challenge in your life. Think about how you got through it.
Building **Resilience** in Times of Uncertainty

- Challenges associated with COVID-19:
  - Social and physical distancing for example has forced us to do things in a very different way.
  - Confinement, lack of social contact, financial stress, change/loss of work, schools closed, change in day-to-day schedule.
  - A lot of people have been feeling the effects of these changes. Everyone reacts or is affected by this change differently.

- Although the initial crisis of the pandemic appears to have resolved, there is still a lot of uncertainty. We don’t know for how long the measures will last. Our lives will not go back yet to how they were before.

- For the future, challenges may include:
  - Getting sick with COVID-19, family member getting sick, uncertainty related to work or finances, dealing with de-confinement

- It is a good time to look at strategies that could help continue to build our resilience as we all try to manage our day-to-day activities.
Defining Resilience

• Basic definition:
  • Commonly known as the ability to “bounce back” from a difficult/challenging situation, a trauma

• Broader definition has emerged:
  • Capacity to prepare for, recover from, and adapt in the face of stress, adversity or challenge
  • Good resilience = ability to bounce back faster + with less stress (take things in stride, roll with punches, feel in control)
  • Helps us learn and grow from adversity

• An ongoing process (similar to Recovery)
• Like building a muscle, building resilience takes time and effort, but it is possible to increase your resilience!
• Empowering process: There are many things out of our control these days, but we can take control on building our resilience.
Resilience

Adversity/challenge/trauma → Inadequate resolution → Growth → Bouncing back → Psychological well-being

Anxiety, depression
What resilience isn’t?

• Doesn’t mean that a person won’t experience difficulty when faced with a challenge, that they will “resist”
  • It’s normal to feel stressed/anxious, sad, angry, etc
  • It’s normal to feel destabilized
Building Resilience— A Few Strategies

Based on the work of Rachel Thibeault, Occupational Therapist and Researcher, who helped victims of trauma to bounce back

- Sleep
- Physical Health/Exercise
- Having a positive outlook on life (Optimism)
  - Gratitude, appreciation, silver lining
  - Looking at personal strengths/qualities/accomplishments
  - Looking at unhelpful thinking patterns, CBT strategies
- Emotional Management
  - Increased awareness
  - Identifying stressors, implementing healthy coping strategies
  - Relaxation, grounding, mindfulness, self-compassion
- Engaging in activities or “occupations” that are meaningful, that provide psychological well-being
  - The 5 C’s
Building Resilience—A Few Strategies

• Engaging in activities or “occupations” that are meaningful, that provide psychological well-being (The 5 C’s)
  • Engaging in meaningful activities
  • What can be done at home or while respecting the public health recommendations
  • Discover daily life at home, new habits
Consider these 5 types of activities that could help build resilience when facing difficult times/challenges.

<table>
<thead>
<tr>
<th>The 5 C’s</th>
<th>Examples of Activities</th>
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<tbody>
<tr>
<td><strong>Centering</strong>&lt;br&gt;Activities that create order and/or movement, often repetitive, to decrease anxiety and restlessness.</td>
<td>Stretching, yoga, tai chi, cleaning, organizing, doing the dishes, coloring a mandala, knitting, walk around the neighborhood/in nature</td>
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<tr>
<td><strong>Contemplation</strong>&lt;br&gt;Activities that make us aware and more mindful of the present moment.</td>
<td>Meditation, mindfulness, breathing exercises, journaling</td>
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<td><strong>Creation</strong>&lt;br&gt;Activities that fulfill our need for beauty, by creating it, but also by appreciating it.</td>
<td>Art, music, writing, building, drawing a mandala, cooking/baking</td>
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<td><strong>Contribution</strong>&lt;br&gt;Activities that allow us to give back, to be productive and be valued citizens.</td>
<td>Volunteering, offering random acts of kindness, helping others</td>
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<td><strong>Connection</strong>&lt;br&gt;Activities that reinforce our sense of community.</td>
<td>Sharing a meal with friends/family, smile to others/or greet others you see, share a joke/funny story, call/chat/text/email someone, care for a plant/pet, virtual board game</td>
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The 5 C’s

What is one “C” that you already do, or that you have started doing since the beginning of the pandemic?

What is one “C” that you could work on?
The 5 C’s

• Activities that combine multiple C’s
  • Walking to a park, joining a friend for a picnic or a conversation
  • Preparing a meal for someone

• Try to engage daily in meaningful activities.
  • There is no recipe. Try to have a variety.
  • You are the expert on you, each person can find their own balance.

• How to increase my motivation to do these activities?
  • Put yourself in action, even for a short period of time (5 minutes)
  • This will activate chemicals in the brain which will help to keep you going
  • Knowing that they help build your resilience can be empowering
  • Setting SMART goals can help
Avoiding “junk activities”

- Like “junk food” is bad for our health, there are also “junk activities”. We all have a certain amount of these activities...the trick is to have a balance!
- Let’s name a few:
  - ...
Avoiding “junk activities”

• Like “junk food” is bad for our health, there are also “junk activities”. We all have a certain amount of these activities...the trick is to have a balance!

• Let’s name a few:
  • Watching too much news (limit the amount of time, set a specific time during the day)
  • Over eating, eating unhealthy foods
  • Lack of sleep, lack of a sleep routine, taking too many naps, and being up all night
  • Watching too much TV/Internet/devices, especially before going to bed
Take Home Message

• It’s normal to experience difficulty during these uncertain times. Everyone’s situation is different, everyone reacts differently and have different levels of resilience.

• Although many things are out of our control, we can take control in some of the choices of activities we make to build our resilience. We can empower ourselves to face challenges, we can learn to adapt, recover, and grow from adversity.

• There is not one right balance, number or variety to achieve. Try to engage in some meaningful activities daily. Try to look at the situations where you had difficulty engaging in activities and learn from them.
Remember the 5 C’s: activities that are meaningful

Centering
(walking, cleaning/organizing, coloring a mandala, knitting)

Connection
(friends, family, caring for your pet/plant)

Contemplation
(meditation, mindfulness)

Creation
(art, music, cooking, writing)

Contribution
(volunteering, random acts of kindness, helping others)

“Junk activities”
Take Home Message – Other Strategies

- **Sleep**
  (7-9 hrs)

- **Physical Exercise**
  (walking, stretching, yoga, Taichi, etc.)

- **Emotional Management**
  (id. Stressors/triggers, relaxation, building awareness, mindfulness, etc.)

- **Positive Outlook**
  (gratitude, unhelpful thinking patterns, looking at personal strengths, etc.)
Questions
Thank you for joining!

Previous webinars from all streams can be found on our website: www.jgh.ca/icfp

This was our last Life Skills Webinar – We hope you enjoyed them!