

Resiliency Lesson 4

With CYS



Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

Welcome back to Resiliency Training with CYS. In this weeks lesson we will be focusing on Putting It In Prospective (PIIP) and Mental Games. These two lesson will focus on Optimism and Self-Regulation.

Resilience Facts

Resilient people know when and how to express emotion

Asking for help is a resilient strategy

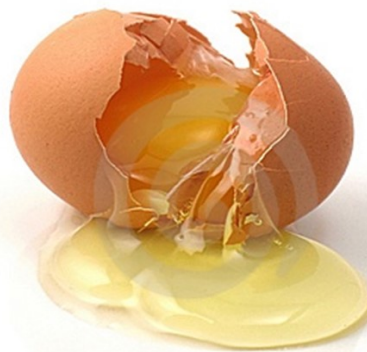
Resilience can be messy

Everyone can develop resilience

You



Not You



Putting It In Prospective



In this lesson we will be working on Optimism. **Optimism** is a mental attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable.

To understand the process of the lesson. You must understand the thinking process of it. There are 3 types of catastrophizing which refers to a thinking pattern.

Downward Spiral: An Activating Event (AE) occurs and your brain starts to tell a story that gets increasingly negative and unlikely, causing you to get more and more anxious as the story goes on. Your brain is like a “runaway train.”

Example: AE: Failed history mid-term

“Oh crap, I’m going to fail this class.”

“I’m never going to graduate.”

“How will I ever get a job?”

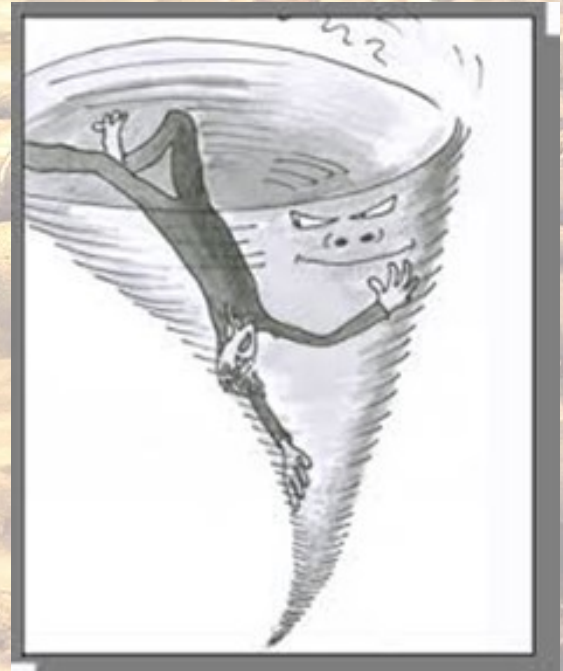
“My parents are going to kick me out.”

“I’m going to be a bum on the street.”

“I’ll turn to a life of crime.”

“No one will love me.”

“I’ll die alone.”



Scattershot: An Activating Event (AE) occurs and you start thinking about many disconnected, worst case thoughts.

Example: AE: Found out my family is PCSing

“OMG, not again, I’m going to be alone forever.”

“But what about my friends here in Hawaii.”

“Everyone is going to think I’m such a loser.”

“Why me? It’s like my parents hate me.”

“I’m going to have to get a new job.”

“I’ll never make new friends.”

“New schools are so hard in the middle of the year!”

“I’m probably going to fail out of high school, maybe I should drop out.”

“What am I going to do?”



Circling: An Activating Event (AE) occurs and your thoughts about one bad outcome keep repeating. The thoughts do not necessarily get more negative, but they continue to occur repetitively.

Example: AE: Lost my parents’ car keys or Dented the car

“Oh no! My parents are going to kill me”

“My parents are going to be so mad.”

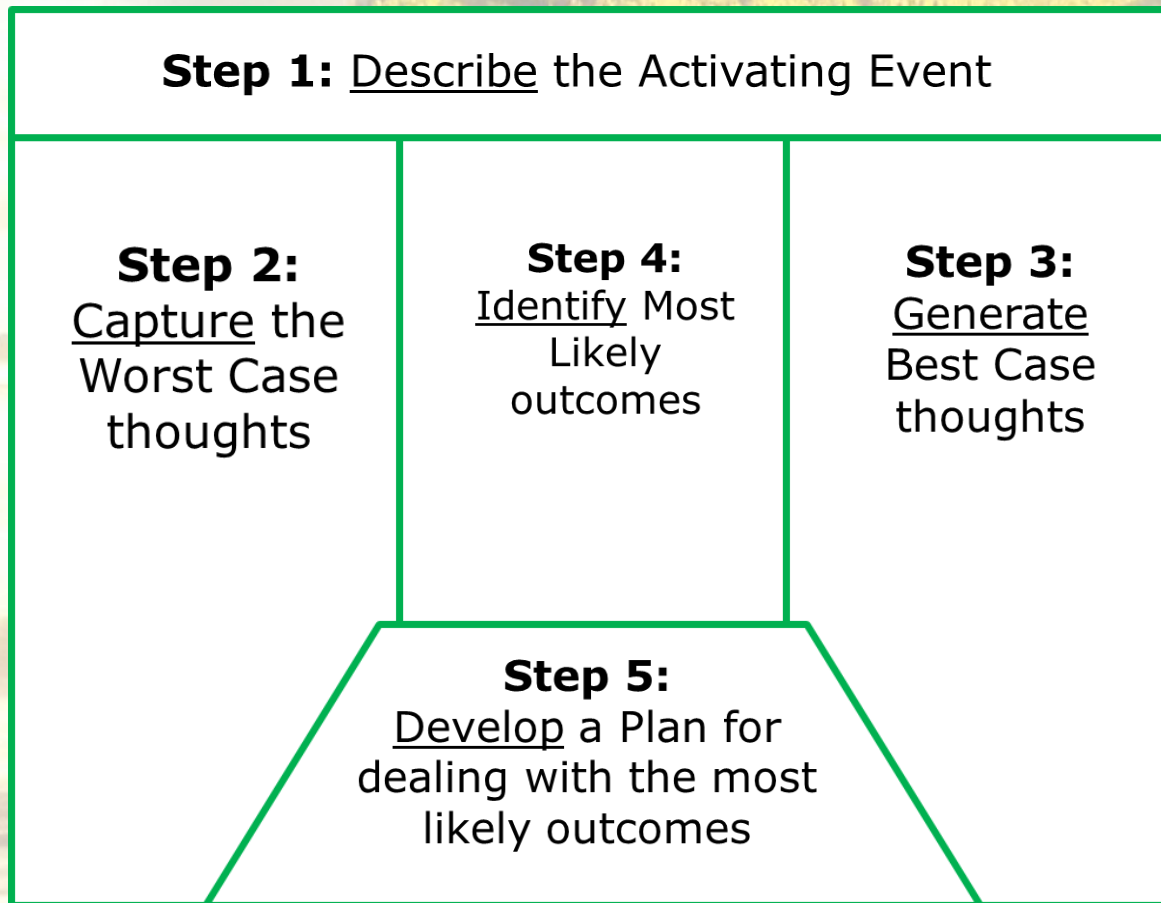
“They will never let me drive again.”

(Continue to circle around these 3 thoughts)



The purpose of this lesson is to help you LOWER ANXIETY and to identify the most likely outcome of your anxiety to the activating event by breaking down your thoughts.

The diagram below shows you how to breakdown the thought and identify your thinking process when faced with an activating event.



Lets break the event down.

Step One: Covid-19 is causing havoc on my life! I can't go to school or work and it is holding me back from living my life or achieving my goals!

Step Two: No work means no pay and I'm not getting anything from unemployment. I'm so behind in my classes that I wont ever be able to catch up! I'm going to end up uneducated and homeless and living on the streets!

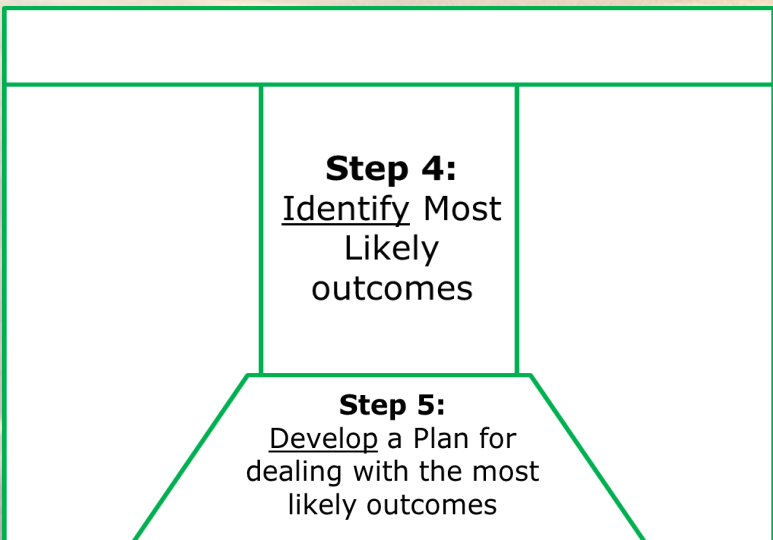
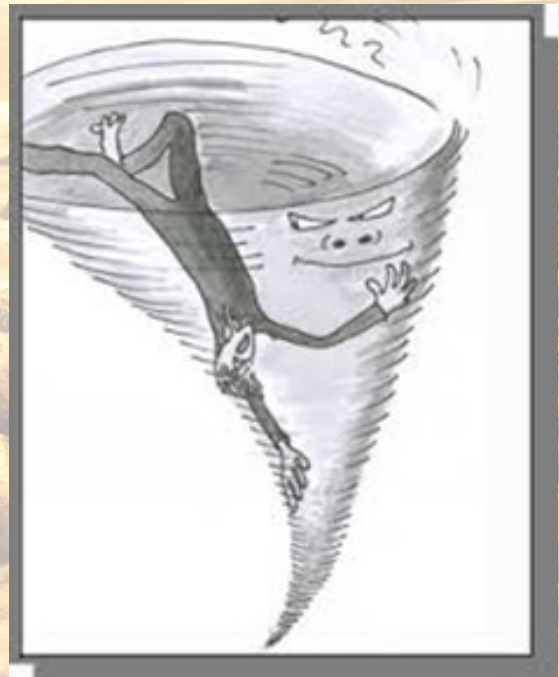
Step Three: The state will reopen in a month. I can go back to work and school. I've already plead my case with my landlord and I applied for housing aid during this time. School will restart classes online and with a little bit of help in time management. I will be able to stay on track.

Step Four: I texted my boss and he is looking to reopen within the next 2 weeks. I got an email from the school about online classes that are being offered along with a blended school schedule. I finally got my first unemployment payment.

Step Five: Use the first check to pay for the rent that the landlord and I agreed on. Tell him about the housing aid I applied for. Talk to my boss about wanting to attend school while still working. Show him the blended schedule to see what will work best for both him and I. Create a time management plan to help with studying more and staying on track. My friend Hoku is really good with that, Ill ask her if she can help me.

After completing all the steps we can see that this person thinking process was Downward Spiral. He/She believed that COVID -19 had disrupted their life so dramatically that they would not be able to recover. They only saw the downfall of their thoughts and not that best outcome of it.

It is important to be optimistic in our thoughts. By breaking the activating event down we can see how we can in fact fix the problem instead of dreading it.



Mental Games



Mental Games works on Self-Regulation. **Self-Regulation** can be defined in various ways. In the most basic sense, it involves controlling one's behavior, emotions, and thoughts in the pursuit of long-term goals. More specifically, emotional self-regulation refers to the ability to manage disruptive emotions and impulses. By self-regulating yourself to the counter-productive thoughts that you are having and focus on the task at hand. These game MUST

- Engage your FULL attention
- Be challenging and fun!
- Should be done with 2-5 minutes.

Here are some examples:

- **Math Games:** Counting backwards from 1000 by 5's/3's/ 7's
- **Alphabet Game:** Working your way through the alphabet, naming someone for each pair of letters. (e.g. AB Abigail Breselin BC Bradley Copper CD Carmon Diaz)
- **Category Games:** Naming Sport teams, teachers, family members, places you have traveled.
- **Lyrics:** Recite your favorite song
- **Positive Energy:** Create a detailed imagine where you feel calm, positive and confident

These relaxing yet challenging games can help you change focus and redirect your thoughts to the task at hand. Find what works best for your and GO FOR IT!





This concludes this weeks resiliency training lesson. In these lessons we shared with you 2 of the 6 core competencies of resiliency.

PUTTING IT IN PROPSECTIVE (PIIP)

Optimism is a mental attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable. Optimism allows us to be happier, healthier, have strong relationships, preform better and be more successful.

MENTAL GAMES

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In next month lessons we will be focusing on 5 move resiliency models. These single lessons have many parts to it, they are, Real Time Resiliency, Assertive Communication, Effective Praise, Active Constructive Response, and Goal Setting.

