

# Resiliency Lesson 5

## 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 Real Time Resilience. The core competency will be optimism

### Resilience Facts

Resilient people know when and how to express emotion

Asking for help is a resilient strategy

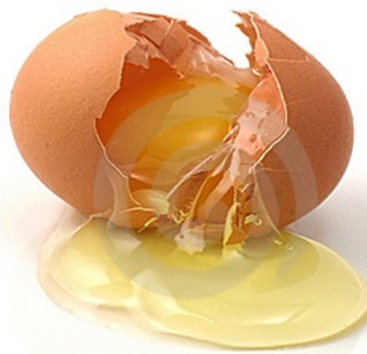
Resilience can be messy

Everyone can develop resilience

**You**



**Not You**



# Real Time Resilience



Have you ever had a moment where you feel that you didn't do your best? Taking a test, talking to a large group? Where you had moments of anxiety and even stress? Real Time Resilience works on optimism. Optimism is a mental attitude reflecting a belief or hope that the out-come 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. In this weeks sort lesson we will give you the tools needed to preform real time resilience.

This lesson is an internal skill and broken into two types of questions that help you get through the moment quickly with a more healthier outcome. It fights counterproductive thoughts and allows you to focus on the task you are about to do.

## **Part 1**

Starter Sentences are three sentence you ask yourself when you have to fight the counterproductive thoughts you are experiences. The three Sentence Starters help structure your thinking so that you craft effective Real-Time Resilience responses. These sentences help you with evidence to disprove the thought and create optimistic imagines that help put things into prospective.

## **Part 2**

Pitfalls are those negative thoughts that we say to ourselves to make us believe that we cannot complete the task, thus causing the anxiety and stress. Making the situation worse than it actually seems. These thoughts debunk the truth. It hinders the ability to minimize the situation with excusing one's contribution to the problem with weak responses.

Lets look at a common fear and break it down in Real Time Resilience.

## Sentence Starters

E: Evidence	That's not (completely) true because...
O: Optimism	A more optimistic way of seeing this is...
P: Put It In Perspective	The most likely thing to happen is... and I can...

## Pitfalls:

- Dismissing the Grain of Truth
- Minimizing the Situation
- Excusing One's Contribution to the Problem
- Weak Responses

## Task at hand: Presentation to my peers

List Five Thoughts:	Practice Real-Time Resilience:	E	O	P
1. I don't know all the material. <i>(PITFALL: Dismissing the grain of truth)</i>	I am prepared for the presentations I have the slides and my notes	✓		
2. What if they ask questions and I don't know the answers? <i>(PITFALL: Excusing contributions to the problem)</i>	I will say that I will get back to them about there question once I researched it			✓
3. What if I start mumbling and sound stupid? <i>(PITFALL: Minimizing the situation)</i>	Take deep breaths and refocus my energy			✓
4. Am I under dressed or over dressed for this? <i>(PITFALL: Weak response)</i>	I got a few complements on my attire all ready from my co-workers	✓		
5. What if they loose interest in my topic and get bored? <i>(PITFALL: Excusing contributions to the problem)</i>	Maybe if I engage them in the topic they will show more of an interest.		✓	

Public speaking is a very common fear and it is the reason why we decided to use it in the example. If you look at each individual question in the example it is the top 5 reasons as to why people get anxieties while speaking in public. Each doubt can be quickly resolved with Real Time Resilience. The Pit Falls can be identified and with a little bit of work each of them can be quickly debunked. While using this technique it's OK to run the scenario in your mind. In fact! That is what you want to do! Solving a real problem in real time. Combining techniques help too, like applying deliberate breathing or mental games to help with the anxiety. BUT the strategy is to DEBUNK the negative thoughts. Confidence in your ability to do something is a resilience trick you want to master. Remember optimism allows us to perform better and be more successful.



This concludes this week's lesson on Real Time Resilience. Remember to ask yourself the Starter Questions and to identify the Pit Falls so that you can identify the evidence, optimism and putting it in prospective results to lessen the anxiety.

Next week we will focus on Assertive Communication which we will introduce a new core competency strategy known as Connection.

