

## Maintaining Personal Resilience through Good and Bad Times

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### What I want to talk about

- Key Messages
- Why Resilience?
- Developing a resilient mindset
- What you are going to have to get used to
- Maintaining your own energy levels

### Key Messages

You have to learn to look after yourselves

“There but for the grace of God go I”

It’s not how others see you, it’s how you see yourself – think about how you “define” yourself

Believe in the human spirit

There is no such thing as “normal”

### Why Resilience?

### What do we mean by resilience?

*Resilience is – ‘bouncing back’:*

*The capacity to handle the challenges and opportunities of work and life.*

- v *Recognising the signs and symptoms for you that indicate your resilience is slipping*
- v *Knowing the best way to ride life’s ups and downs so you stay well, feeling energised and in control*

*Stress is a symptom!*

**WE HAVE TO CHANGE OUR LANGUAGE**

### What are we dealing with?

## Definitions-‘Mental Health’

“Mental Health” is a state of wellbeing. It refers to our emotional, psychological & spiritual health, & how we feel about ourselves & the world around us.

When these feelings are out of balance & remain so for an *extended period of time* they cause a person significant, impairment affecting their ability to function and then it becomes a clinical condition.

## Depression

*Depression is a mood disorder that is characterised by an **unusually persistent** sad mood that does not go away, a loss of enjoyment and interest in once pleasurable activities and a lack of energy and tiredness.*

## Symptoms of Reducing Resilience

Emotion	Thought	Behaviour	Physical Symptom
Sadness, anxiety, guilt, anger, mood swings, lack of emotions, helplessness, hopelessness	Frequent self-criticism, self-blame, pessimism, impaired memory & concentration, indecisiveness & confusion, tendency to believe others see you in a negative light, thoughts of death & suicide.	Crying spells, withdrawal from others, worrying, neglect of responsibilities, loss of interest in personal appearance, loss of motivation.	Chronic fatigue, lack of energy, sleeping too much or too little, overeating or loss of appetite, constipation, weight loss or gain, irregular menstrual cycle, loss of sexual desire, unexplained aches & pains.

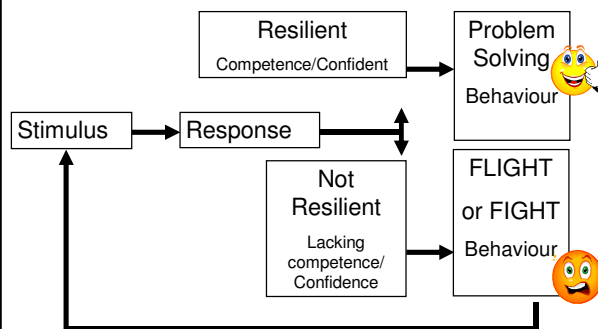
\* If symptoms last for at least 2 weeks & affects a person's ability to function, seek help

## A Flag for You

14 day “rule”

## How People React....

## The Flight –Fight Reaction



### A Resilient Mindset is

- Listening to the "little voice" – having a positive "voice"
- Being stress hardy rather than being "stressed out"
- Viewing life through the eyes of others
- Communicating effectively
- Having robust decision making mechanisms
- Accepting yourself and others
- Being connected and displaying compassion
- Dealing with mistakes
- Deal well with success and know what you are good at
- Following through and maintaining a resilient life

*The Power of Resilience  
Robert Brooks and Sam Goldstein*

### Exercise

- Think of a major change you would like to achieve in your life
- On thinking of that change .....
- What do you hear yourself say?
  - Is it positive – "I can do this?"
  - Is it negative? – "No I can't?"
  - If negative – Is it realistic?
  - Can it be reframed?

### What does your inner voice say?

- How do you think, feel and behave?
- Do you think/feel about yourself in positive or negative terms?
- Are you able and willing to change how you think and feel about yourself?

### Get used to doing the following

- Do something !! – Don't suffer from the "Iwishlhada" syndrome
- It's all about relationships – Learn to care for your mates and clients
- Don't assume
- Get comfortable with feelings
- Assume denial
- Start low key but look to keep in touch
- Ask the question – "How are you going?" and follow up with – "I am concerned for you"
- Be prepared to "raise the heat" in discussions

### Get used to doing the following...

- Empathise – don't sympathise - You don't know how they feel
- Encourage people to take a break – conversation, time away etc
- Talk yourself , your mates and your clients "up"
- Get good quality sleep
- Watch the kids
- Get involved with the community
- Have plenty of sex- 2-3 times a week

### More Resources.....

- Moodgym ([www.moodgym.edu.anu.au](http://www.moodgym.edu.anu.au))
- Berlin questionnaire
- Beyondblue
- Lifeline
- Centrelink Rural Call 132316
- CWA
- Australian Psychological Society 1800 333 497
- Relationships Australia

**Thank You**

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