

Learning product sample from
Leading Yourself through Difficult Times

REALIZING RESILIENCE

Three practices
to help you
through difficult
times



Our online learning experience requires a new way of being in a classroom. This guide will help.

Icons and Interactivity



HANDBOOK

Use your handbook for exercises
and note taking



POLL

Answer the questions that appear
on your screen



OPEN MIC

Unmute your microphone
to make a comment



RAISE HAND

Raise your hand to ask questions
or to comment



BREAKOUT

Participate in a smaller group
discussion or exercise



CHAT

Chat with other participants
when instructed

Participant Handbook

Table of Contents

| | |
|----|---|
| 4 | PRACTICE: Three Good Things |
| 4 | Resilience Scale |
| 6 | The Status of Your Sailboat |
| 9 | PRACTICE: Using Values to Activate Coping |
| 13 | PRACTICE: Walking Down the Street |
| 14 | PRACTICE: Benefit Finding |

Practice: Three Good Things

The **goal** of this exercise is to boost well-being by cultivating a focus on positive events.

List three good things that have happened in the last 24-hours and reflect on what caused them. The hope is you will remember events that otherwise would have been overlooked.

Short version

Each night before you go to sleep:

- 1-Think of three good things that happened today.
- 2-Write them down.
- 3-Reflect on why they happened.

Long version

We to into greater detail in the full training.



Resilience Scale

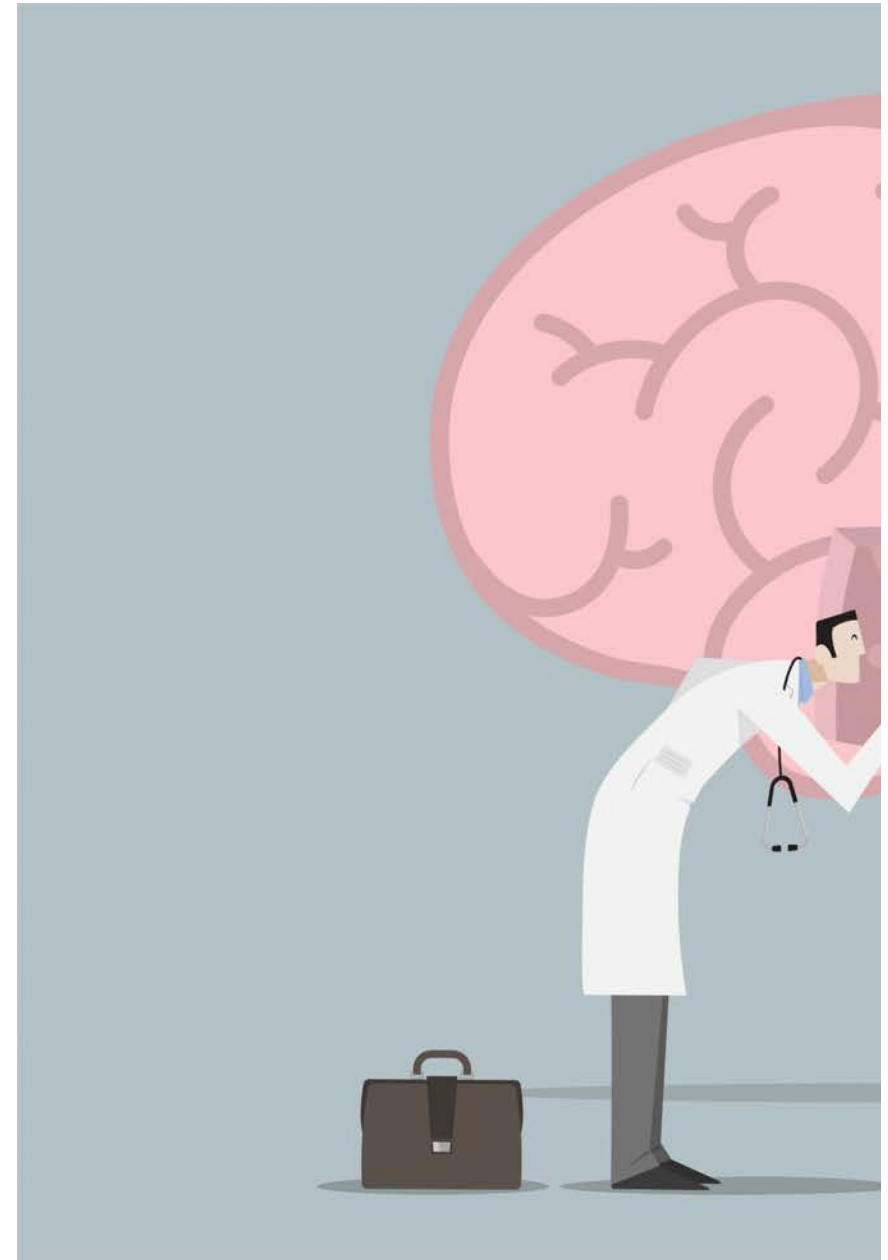
For each of the following four statements, please circle the number that best represents how much you agree with the statement:

| | <i>Strongly Disagree</i> | <i>Disagree</i> | <i>Neutral</i> | <i>Agree</i> | <i>Strongly Agree</i> |
|---|------------------------------|-----------------|----------------|--------------|---------------------------|
| 1. I tend to bounce back quickly after hard times. | 1 | 2 | 3 | 4 | 5 |
| 2. I have a hard time making it through stressful events. | 1 | 2 | 3 | 4 | 5 |
| 3. It does not take me long to recover from a stressful event. | 1 | 2 | 3 | 4 | 5 |
| 4. It is hard for me to snap back when something bad happens. | 1 | 2 | 3 | 4 | 5 |
| 5. I usually come through difficult times with little trouble. | 1 | 2 | 3 | 4 | 5 |
| 6. I tend to take a long time to get over set-backs in my life. | 1 | 2 | 3 | 4 | 5 |

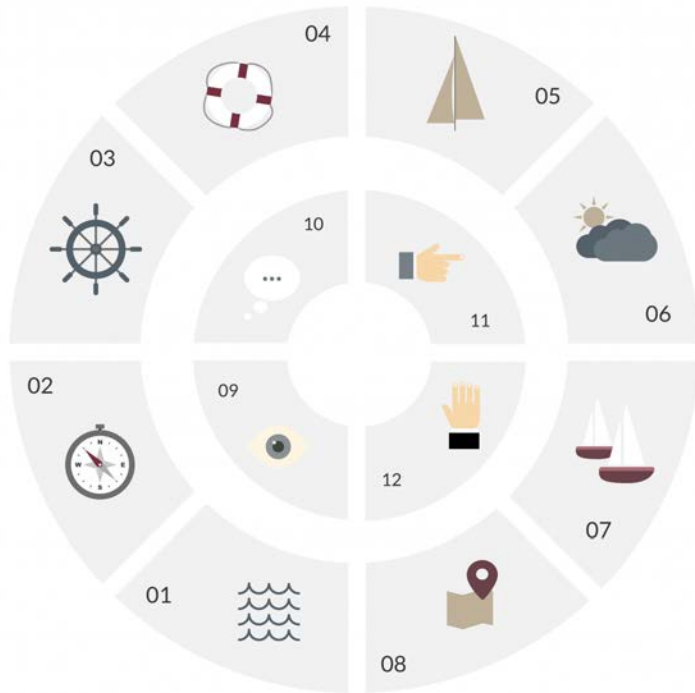
To compute the score, first reverse the scores of items 2, 4 and 6. Reversing a score is done by exchanging the original value of an item by its opposite value: a score of 1 turns into a score of 5, a score of 2 turns into a 4, etc. Then, simply add up all the individual item scores. A weighted score can be calculated by dividing the total score by the number of items, in this case 6. Higher scores reflect more resilience.

Total Score:

Average Score (Total Score /6):



The Sailboat Metaphor



Sailboat Elements

- 01. Water - *Life Domains*
- 02. Compass - *Feelings, Emotions*
- 03. Steering Wheel - *Values*
- 04. Leak - *Weaknesses*
- 05. Sails - *Strengths*
- 06. Weather - *Events*
- 07. Other Boats - *Social Relationships*
- 08. Destinations - *Goals*



Capatain Elements

- 09. Attention - *Focus*
- 10. Thoughts - *Beliefs, Explanations*
- 11. Motivation - *Reasons, Needs*
- 12. Action - *Concrete Behaviour*



How is Your Sailboat?

You will be paired up with another participant. Ask the other person to use the sailboat metaphor to describe they are currently doing. You may ask the following questions:

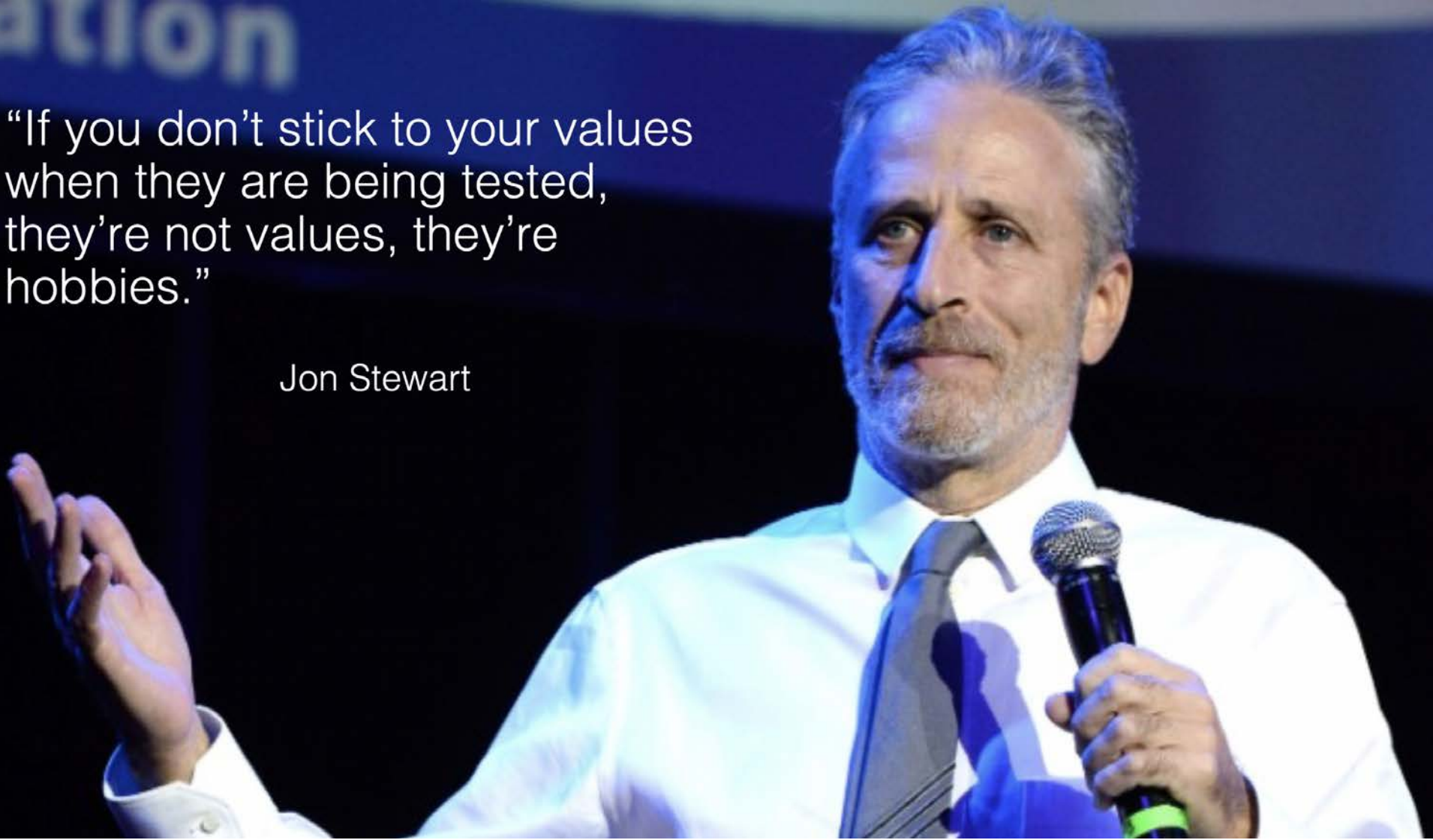
- What is the current status of your sailboat?
- How would you describe your current journey?

Invite the other person to speak as much as possible in terms of the different elements of the sailboat and their interaction.



“If you don’t stick to your values when they are being tested, they’re not values, they’re hobbies.”

Jon Stewart



Problem

During difficult times it can be difficult to stay connected to our values.

Solution

Leverage a simple daily practice to stay connected to what you care about most.

Using Values to Activate Coping

Problem

During difficult times it can be challenging to stay connected to our values.

Solution

Leverage a few simple practices to stay connected to what you care most about.

Goal

The goal of this exercise is to help you manage a challenging life event by connecting to what is important to you. That is, connecting to your values.

Step 1. Describe the challenging life event

Take a moment to consider a challenging event that is currently taking place. For example, you may have recently lost your job. Briefly describe the stressful event below.

Step #2 Identify reasons to get through the challenge

Consider why it is worth it to you to persevere and get through this challenging life situation. For example, getting through the challenge of losing a job and finding a new one may be worth it to you because you want to be there for your family, you want to be a role model for your son, and you want to contribute to the world. Come up with as many reasons as you can, and list them in the space below.

Step #3 Identify values

Your values are the things that you consider to be important in life, such as honesty, kindness, care, autonomy, helping others, and financial independence. With consideration to the reasons you listed in step 2, think of values that capture the essence of each of these reasons. For example, if you listed that you want to be there for your family, the value could be “caring”. Note, finding the perfect value for each reason is not so important; what matters is if the value makes sense to you personally. It should also be noted that there may be more than one value per reason. A list of common values is displayed on p. 68.

On the next page you will see a sample list of values, feel free to add any that might be missing.



Values list:

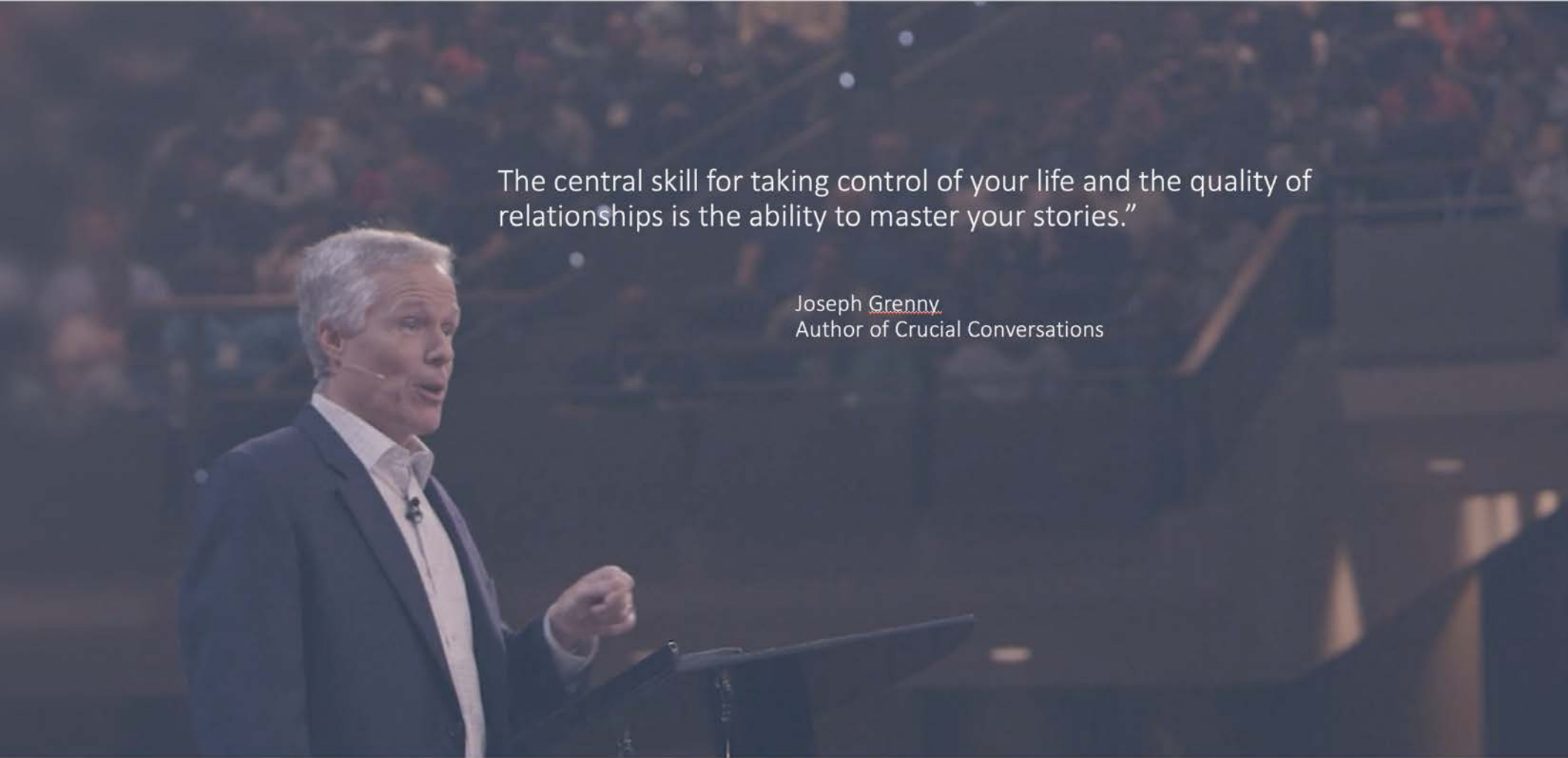
| | | | | | |
|-------------------------|--------------------|----------------------|-------------------------|---------------------|--------------|
| Acceptance | Fairness | Peace | Environmental Awareness | Learning | Speculation |
| Achievement | Fame | Personal Development | Economic Security | Loyalty | Spirituality |
| Advancement & Promotion | Family Happiness | Personal Expression | Education | Magnificence | Stability |
| Adventure | Fast Pace | Planning | Effectiveness | Making a Difference | Status |
| Affection | Freedom | Play | Efficiency | Mastery | Success |
| Altruism | Friendship | Pleasure | Elegance | Meaningful Work | Teaching |
| Arts | Fun | Power | Entertainment | Ministering | Tenderness |
| Awareness | Grace | Privacy | Enlightenment | Money | Thrill |
| Beauty | Growth | Purity | Equality | Morality | Unity |
| Challenge | Harmony | Quality | Ethics | Mystery | Variety |
| Change | Health | Radiance | Excellence | Nature | Wealth |
| Community | Helping Others | Recognition | Excitement | Openness | Winning |
| Compassion | Helping Society | Relationships | Experiment | Originality | Wisdom |
| Competence | Honesty | Religion | Expertise | Order | |
| Competition | Humor | Reputation | Exhilaration | Passion | |
| Completion | Imagination | Responsibility | | | |
| Connectedness | Improvement | Risk | | | |
| Cooperation | Independence | Safety & Security | | | |
| Collaboration | Influencing Others | Self-Respect | | | |
| Country | Inner Harmony | Sensibility | | | |
| Creativity | Inspiration | Sensuality | | | |
| Decisiveness | Integrity | Serenity | | | |
| Democracy | Intellect | Service | | | |
| Design | Involvement | Sexuality | | | |
| Discovery | Knowledge | Sophistication | | | |
| Diversity | Leadership | Spark | | | |

Step #4 Staying in touch with values

When stressful life events occur, it can be difficult to stay connected to our values. The stress that results from stressful events can absorb so much of our attention that we lose track of what is truly important to us. And yet, values can serve as a light in the darkness of stressful times, reminding us why is it worth fighting for something, to keep going and to take responsibility.

This step involves creating a visual reminder of the values you specified in step 3. Using a blank piece of paper (either an individual sheet of paper or a page in a journal), represent your values visually in a way that you chose. You might like to use illustrations, photographs, or words (or a combination of these). You may also consider creating a digital representation of your values, for example by using PowerPoint. Allow yourself to be as creative as you like here, ensuring that however you choose to represent your values resonates with you personally.

After you have completed your visual values reminder, you can put it somewhere where you can see it every day (e.g., on the refrigerator or office desk). In this way, it can help you to stay in touch with what makes your struggle worth going through.



The central skill for taking control of your life and the quality of relationships is the ability to master your stories.”

Joseph Grenny
Author of *Crucial Conversations*

Problem

When it matters most, all the elements of our sailboat rely on our emotions to guide us (compass). When we are not able to listen to our body or to the emotions that we have, we can become disconnected.

Solution

Learn how to minimize the impact of unhealthy emotions by understanding where they come from and practice challenging them.

Walking Down the Street

Resilient people are aware of the difference between their thoughts about a life event (appraisal) and the event itself. This awareness allows them to cope with the situation in a more effective and intentional way.

Goal

The goal of this exercise is to help you see how feelings are shaped and triggered by thoughts. Moreover, by becoming aware of this causal relationship and by observing thoughts, a negative cycle of thinking and feeling can be prevented from occurring. In short, the exercise can help clients to understand that:

Thoughts are not facts. Thoughts are mental events. Emotional reactions reflect interpretations (appraisals) about situations rather than the actual situations themselves.

Step 1: Imagining a scenario

"Imagine strolling along a street that you are well-acquainted with. As you look up, you notice that there is someone you know on the other side of the road. You smile and wave, however the person does not respond. The person continues to walk without giving you the slightest reaction..."

Step 2: Review the exercise

As you were imagining, did you notice any of your thoughts? As you were imagining, did you notice any of your emotions? It can be sometimes challenging to differentiate between our thoughts and emotions as they can play off each other quite rapidly. Below are some sample thoughts and emotions that may have occurred during this exercise:

| Thought | Emotion |
|---|-----------|
| "I wasn't even noticed. What did I do to upset him/her?" | Worried |
| "Why did that happen?" | Intrigued |
| "How rude. He/she clearly saw me. Fine. Be that way." | Anger |
| "He /he must not like me all that much." | Sadness |
| "He/she is probably in a rush. I hope he/she makes it on time." | Concerned |

Which of the thoughts and emotions pairs do you most relate to upon reflection of your experience?

Are there any thoughts and emotions you would add?

How helpful was this exercise to you?

What might you do next with your actions as a result of those thoughts/feelings?



*“There are always flowers for
those who want to see them.”*

Henri Matisse

Problem

When it matters most, all the elements of our sailboat rely on our emotions to guide us (compass). When we are not able to listen to our body or to the emotions that we have, we can become disconnected.

Solution

Learn how to minimize the impact of unhealthy emotions by understanding where they come from and practice challenging them.

Benefit Finding

In general, research has revealed positive long-term effects of benefit finding. For instance, some individuals report a new appreciation of their own strength and resilience, an enhanced sense of purpose, greater spirituality, closer ties with others, and changes in life priorities. Others feel that their relationships are stronger and that they have become more compassionate or altruistic (e.g., Affleck & Tennen, 1996; Davis et al., 1998; McMillen et al., 1997).

Think about a traumatic event (e.g. loss, severe physical injury, etc.) in as much detail as possible for a few minutes. Have the client try to freely express any and all emotions and thoughts they have about the experience.

Now focus on the positive aspects of the experience.

Below are some questions to help guide the client:

How has the experience changed you?

What has the experience taught you?

How has the experience made you better equipped to meet similar challenges in the future?

How do you feel that this experience has made you grow as a person?

| Thought | Emotion |
|---|-----------|
| "I wasn't even noticed. What did I do to upset him/her?" | Worried |
| "Why did that happen?" | Intrigued |
| "How rude. He/she clearly saw me. Fine. Be that way." | Anger |
| "He /he must not like me all that much." | Sadness |
| "He/she is probably in a rush. I hope he/she makes it on time." | Concerned |

Which of the thoughts and emotions pairs do you most relate to upon reflection of your experience?

Are there any thoughts and emotions you would add?

How helpful was this exercise to you?

What might you do next with your actions as a result of those thoughts/feelings?

Want to continue the learning journey to a more resilient life?

Register

Leading Yourself through
Difficult Times
JoeVansyckle.com/events

Call

To learn how you can
bring this experience to
your people