

Bounce Back

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Bounce Back**. This learning module contains 17 posters and takes approximately 20 minutes to complete.

Before you get started, print the **Passport to Resilience: Bounce Back** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit.



Passport to Resilience: Bounce Back

Name: _____



Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Resilience

List 2 or more reasons why it would benefit you to grow your resilience.

Exhibit 2: Hiccups, Hurricanes, and Trauma

List examples from your life struggles:

Struggles from **Stress**: _____

Struggles from **Distress**: _____

If you have experienced **Crisis**: _____

Exhibit 3: Be Strong in a Crisis

Review the list of ways to be strong in a crisis and write down 2 techniques that you are willing to try to handle a future crisis.

Exhibit 4: 10 Skills to Grow Resilience

Review the skills to grow resilience and identify 3 ways you can build your capacity to bounce back.

Exhibit 5: The Mindset of Resilience

Think of 2 or more ways to positively reframe a situation or list 2 or more things you learned from a situation that you previously viewed as negative.

Exhibit 6: The Imposter Syndrome

Many of us underestimate our efforts or have difficulty accepting compliments. Practice accepting a compliment with pride. A simple “Thank-you” or “I appreciate that you noticed” will do. List who you might practice this with and what you want to say.

Exhibit 7: Neutralizing Destructive Beliefs and Attitudes

Identify 2 or more destructive beliefs that are part of your current pattern of thinking that you can live without to build your resilience.

Exhibit 8: Self-Compassion

Note 3 or more reasons that you should treat yourself with self-compassion.

Exhibit 9: Self-Compassion Exercise

Identify 2 or more times recently that you have offered kindness to a friend or family member. Practice having those same conversations with yourself by noting a time when you have been harsh with yourself and what you would say to yourself with self-compassion.

Exhibit 10: Forgiveness

List 1 thing that forgiveness does NOT require you to do.

List 3 reasons that forgiving others helps you heal in your particular situation.

Exhibit 11: Steps to Forgiveness

Identify 1 relationship that you can work to forgive and write down your plans so that you can heal.

Exhibit 12: Focus on Healthy Relationships

Make a list identifying positive relationships to nurture and enjoy.

List the non-supportive “others” in your life and limit your exposure to these individuals.

Exhibit 13: Self-Care Supports Resilience

List the healthy lifestyle habits you are willing to work on in these areas to improve your self-care.

Nutrition: _____

Physical Activity: _____

Sleep: _____

List the stress management techniques that you know help, or you are willing to try, to manage stress.

Exhibit 14: Food in Its Natural State

Name the whole foods that you would like to eat more of and list ways to reduce consumption of processed food.

Exhibit 15: Structured Exercise

Plan how you can get more exercise in the 4 keys ares of structured activity so you can maintain your strength.

Exhibit 16: Healthy Sleep Habits

Note areas of opportunity for improving your sleep habits so that you can get the rest you need to strengthen your resilience.

Exhibit 17: Seeking Professional Help

Review your life and determine which, if any, signs point to a need for professional support.

RESILIENCE

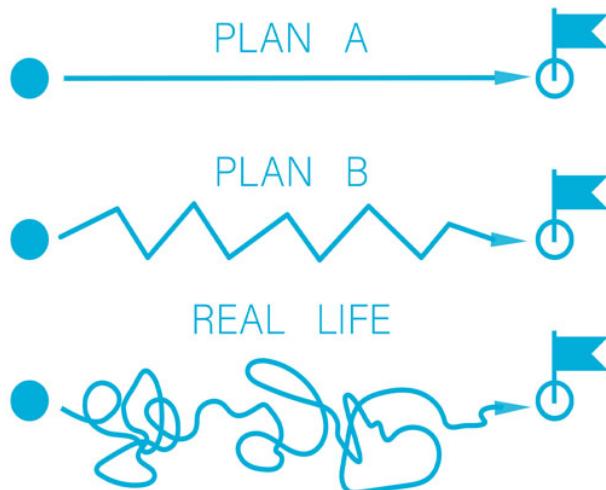


Resilience is the ability to “bounce back” and endure life’s challenges. It’s about how we respond to adversity, grief, loss, or disappointment. Each of us can grow our resilience skills to constructively cope with difficult phases of life.

Growing Your Resiliency Skills

- Helps you be more flexible and able to shift perspective
- Allows you to be curious about other options
- Helps you accept and learn the “good” from bad situations
- Builds capacity to recognize that difficult situations are only temporary
- Allows you to treat yourself with self-compassion

HICCUPS, HURRICANES, AND TRAUMA



Life's challenges come in a range of forms — from the minor annoyances to the seismic shifts that change the course of your life.

3 Types of Life Struggles

Hiccups or STRESS

- Annoying
 - Disruptive
 - Inconvenient
 - Frustrating
- Examples: traffic, losing keys, missing a bus

Hurricanes or DISTRESS

- Deeply troubling
 - Raises stress levels affecting physical and mental health
 - Cumulative and long-term stressors create feelings of dread
- Examples: injury, losing a job, failed relationship

Trauma or CRISIS

- Major distressing experiences
 - Damages mental and psychological functioning for a period of time
 - Struggle to find emotional balance
- Examples: violence, frightening medical diagnosis, losing a loved one

BE STRONG IN A CRISIS



A crisis situation often forces unplanned changes to how we live. It generates increased anxiety and disorientation — sometimes even fear. Dealing with a crisis requires clear thought and rational behavior.

Be Strong in a Crisis

- 1. Tamp down your fears with reliable information — but don't overload and become paralyzed**
- 2. Take purposeful action**
- 3. Minimize distraction**
- 4. Exercise keeps you moving during a crisis rather than frozen**
- 5. Practice relaxation techniques such as mindfulness, meditation, yoga, journaling**
- 6. Surround yourself with supportive people**
- 7. Seek professional help when necessary**



10 SKILLS TO GROW RESILIENCE

With practice we can build the capacity to bounce back from life's hard knocks.

1. Fully experience your positive and negative emotions.
2. Develop realistic optimism and aim for the light at the end of the tunnel.
3. Use accurate words while avoiding: always, never, everything, everybody, and nobody.
4. Live with gratitude. Find reasons for appreciation.
5. Treat yourself with kindness as you would treat a friend.
6. Look for and consider multiple options.
7. Reject rejection, especially from yourself.
8. Live with courage and resolve. Remember "this" will be over.
9. Seek out opportunities for growth and learning — realize that mistakes can't be avoided or controlled.
10. Turn to supportive relationships and seek professional help.

Savoring life's joys and learning from challenges helps us move forward no matter what life serves up.

THE MINDSET OF RESILIENCE



Change Your Mind. Change Your Brain.

Our brains can learn and grow throughout our lives. The growth mindset increases resiliency skills and involves taking the attitude that your life is not written in stone.

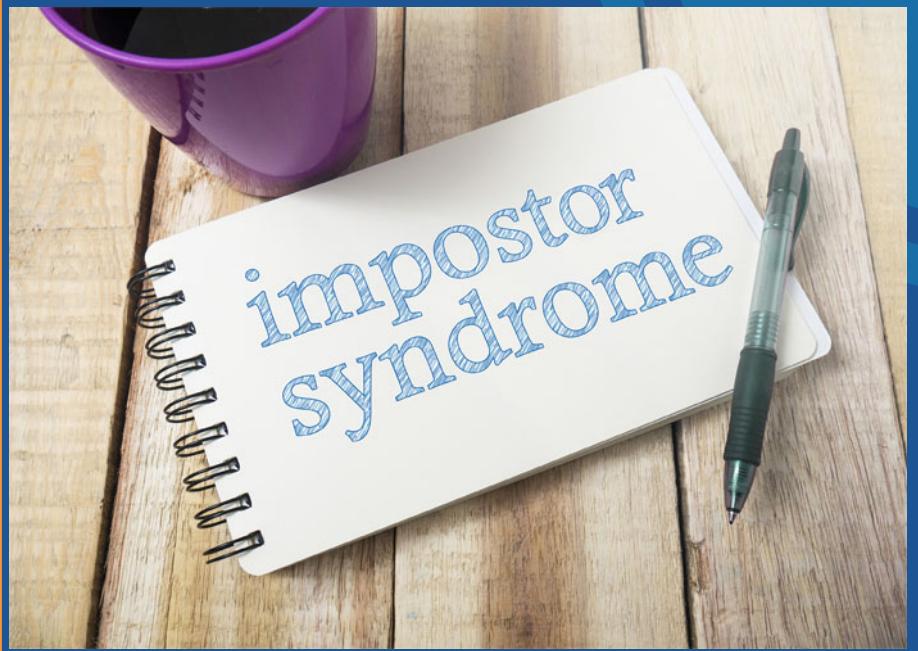
To develop resilience rewire your brain toward the positive by favoring positive thoughts, actions, reactions, and speech.

Grow a resilient Mindset

- Acknowledge the present situation
- Identify your feelings
- Realize that everyone faces difficult situations and experiences
- Concentrate on where to go from here
- Try to release thoughts of blame and victimization
- Forgive yourself instead of blaming yourself
- Ask for help
- Surround yourself with supportive friends and family
- Don't give up

These all work together to help you grow and cope.

THE IMPOSTER SYNDROME



The imposter syndrome is a pattern of unrealistic and harsh self assessment where people typically underestimate their merits. People experiencing imposter syndrome think they don't stack up to their peers, often feel like a fraud, or believe their success is just luck or an accident.

Many successful and high achieving people experience imposter syndrome. It also affects people who have experienced racism, sexism, and other forms of belittling.

Get Those Demons Out of Your Head

1. Create a personal purpose. Concentrate on this purpose to ground yourself.
2. Talk about your self doubts with trusted friends.
3. Approach failures with curiosity and a desire to learn and grow.
4. Practice accepting compliments.
5. Visualize success.

The imposter syndrome is a habit. Like all habits you can break it if you work on it.

NEUTRALIZING DESTRUCTIVE BELIEFS AND ATTITUDES



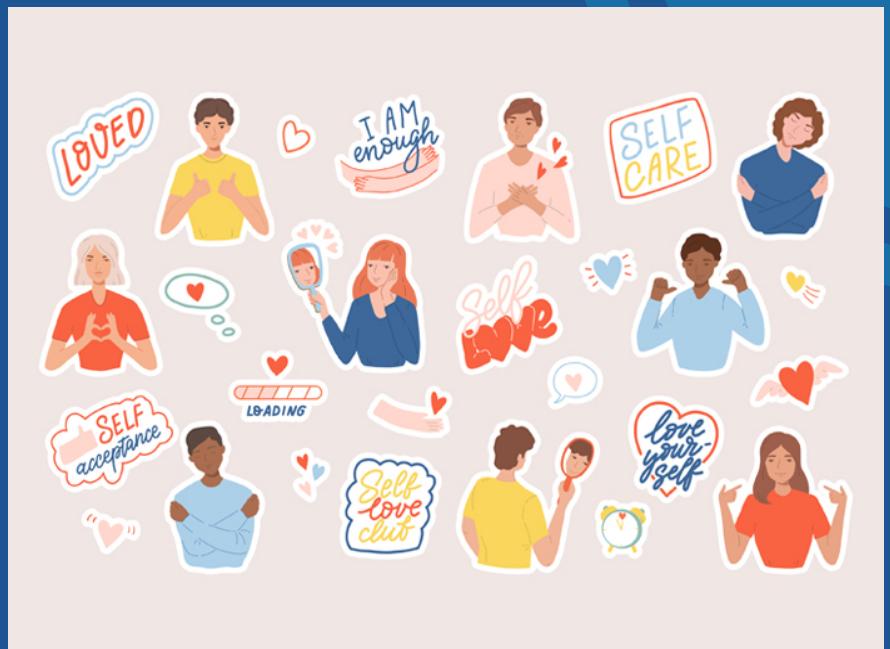
Learning to neutralize destructive beliefs and attitudes helps you build resilience and is a key to handling life's challenges.

Live Without:

1. **Regret.** Let it go to begin again.
2. **Jealousy.** Jealously and bad wishes make you feel bad, not them.
3. **Constant criticism.** Use "positive" criticism to instruct others — or yourself.
4. **Social comparison and perfectionism.** Learn to be excited about being you with your unique gifts, quirks, challenges, accomplishments, and shortfalls.
5. **Never enough-ness.** Find pleasure now. Enjoy life as it is.
6. **Fear of failure.** This keeps you from trying new things that could be new, educational, exciting, fulfilling, and fun.
7. **Failure to take good care of yourself.** The cornerstone of a happy life is good health.

Be aware of these attitudes and beliefs. Do your best to avoid them.
You will become happier and more content.

SELF-COMPASSION



Self-Kindness vs. Harsh Self-Criticism

Individuals that treat themselves with kindness:

- Have greater intrinsic motivation
- Have less anxiety and depression
- Criticize others less
- Bounce back quicker from a setback or disappointment
- Are more curious and explore available options
- Are better at establishing healthy goals
- Are better at recognizing negative patterns in themselves
- Have few self handicapping behaviors

People with Self-Compassion:

- Recognize that being imperfect or experiencing difficulties is just part of life
- Understand that they are not alone
- Recognize that it is natural to have negative feelings, but they do not suppress or exaggerate negative emotions



SELF-COMPASSION EXERCISE

Compassion Exercise:

Imagine that you have a friend that messed up and shared their feelings.

- I'm such a loser.
- I always mess up.
- I am so ashamed.

What would you say to that friend

You would probably offer reassurance in a realistic way — constructive but not critical or condemning.

- I know you're hurting now...
- I'm here for you and care for you.
- Maybe this isn't your proudest moment, but I'm not perfect either.

Don't just be good to others. Be good to yourself too.

FORGIVENESS



Forgive others to give yourself peace

Forgiveness is a conscious, deliberate decision to let go of resentment or vengeance towards someone who has harmed you.

Forgiveness Does Not Require You To:

- Excuse the behavior
- Pretend it didn't happen
- Forget

The Benefits of forgiveness:

Physical

- Lowers stress and stress-related hormones
- Strengthens the immune system
- Lowers blood pressure
- Reduces gastrointestinal problems

Psychological Benefits

- Reinforces your self-esteem
- Can reverse your self-judgement when hurt
- Allows you to move on with greater happiness
- Less consumed by negative thoughts
- Reduces depression, anxiety, unhealthy anger

STEPS TO FORGIVENESS



Healing is a process,
forgiveness is the beginning.

Steps to Forgiveness

1. Articulate what about the situation is not
2. Create a plan to do something to make you feel better.
3. Remember that forgiveness is for You. Remember to forgive yourself.
4. Realize that much of the hurt or anger comes from your hurt feelings.
5. Use a stress management technique that works for you.
6. Give up expecting things from others that they can't give you.
7. Instead of mentally replaying the hurt, seek new ways to get what you want.
8. Remember that a life well lived is your best revenge.
9. Change the story to your story with forgiveness.

If you feel unsafe due to violence, abuse, or trauma, avoid direct contact.

Holding on to anger is like drinking poison yourself and waiting for the other person to die.

FOCUS ON HEALTHY RELATIONSHIPS



Surround Yourself with Supportive people

- Positive relationships make people feel safe and help them grow through their difficult times.
- Supportive relationships have beneficial ripple effects that contribute to better health and a longer life.
- When our relationships are stable, we are likely to feel happier, understood, more content, and calmer.
- Remember to be kind and supportive to yourself.

Steer Clear or Eliminate Non-Supportive Relationships

- Non supportive relationships can be the cause of tremendous stress.
- Passive aggressive behavior can make you feel bad about yourself.
- A friend that doesn't share your values, interests, or lifestyle offers unnecessary criticism that makes you feel unappreciated, unsupported, and just plain bad.

Not all relationships are worth having.



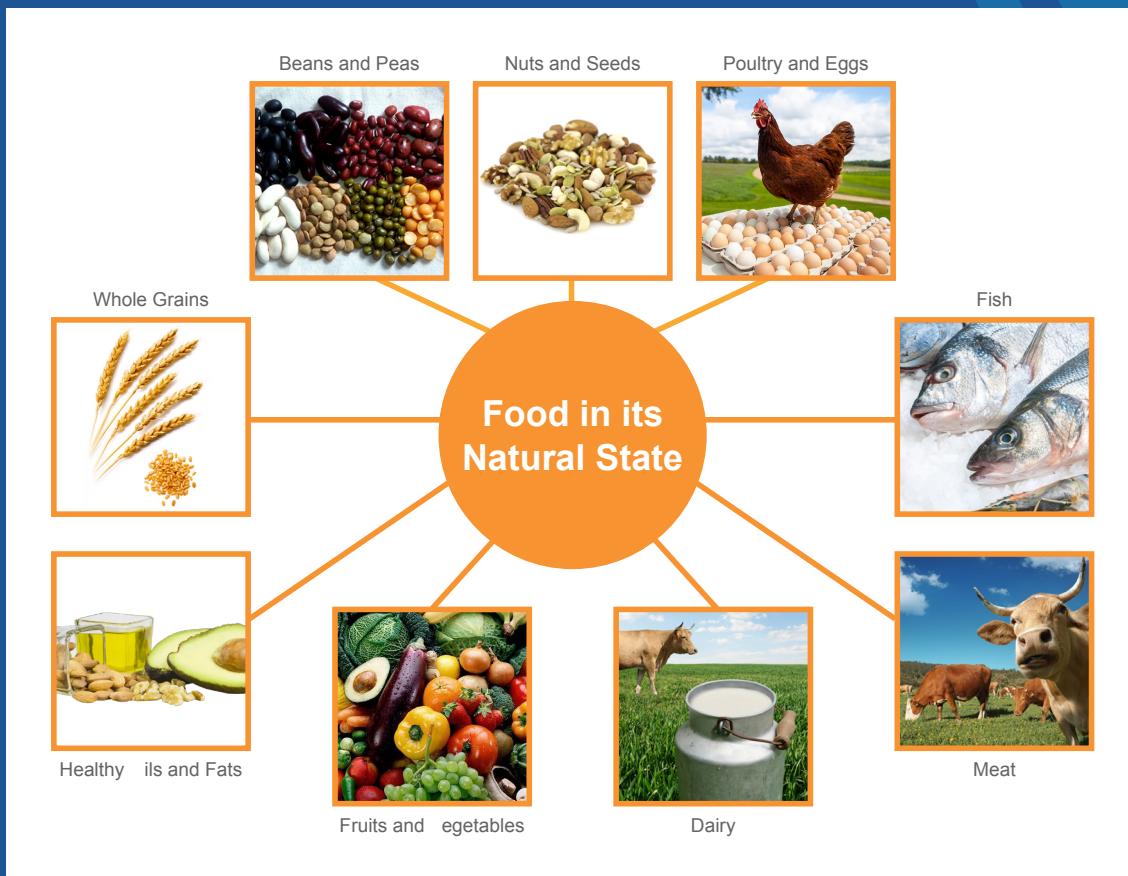
SELF-CARE SUPPORTS RESILIENCE

A healthy lifestyle builds both physical and emotional strength to sustain you during tough times.

- Maintain a healthy diet of whole foods, limit alcohol
- Exercise regularly to keep your body and mind strong
- Sleep well by implementing healthy sleep practices
- Nurture positive relationships
- Manage stress and seek professional help as needed

Ways to Manage Your Stress:

- Identify what is in your control that you can manage
- Find ways to manage your stress triggers
- Practice stress management techniques
 - Deep breathing
 - Meditation and Mindfulness Training
 - Yoga
 - Journaling
 - Engage in a hobby
 - Take a walk in nature



FOOD IN ITS NATURAL STATE



Whole Food

Eating Whole Foods Optimizes Nutritional Health

Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible before being consumed. The combination of nutrients in a whole food interacts in such a way that it is more nutritious than if the parts were separated.

- Whole foods do not contain added ingredients, such as sugar, salt or fat.
- All raw fruits and vegetables are whole foods. A baked potato is a whole food, while potato chips, potato skins, and French fries are not.
- Eggs, unprocessed meat, and many unflavored dairy products are whole foods.
- Grains such as brown rice, wild rice, barley, buckwheat, whole corn meal, and quinoa are whole foods.
- Beans, peas, and lentils are from the legume class of vegetables and are whole foods available in dried or canned form.
- Unsalted raw or roasted seeds and nuts are whole foods.

STRUCTURED EXERCISE

Maintaining your body's overall heart health, muscle strength, flexibility and balance requires structured exercise in these key areas.

Cardiovascular



Strength



Flexibility



Balance



Physical Activity Guidelines

Adults Ages 18-64

Cardiovascular: 30 minutes/5 times/week of moderate activity OR
25 minutes/3 times/week of vigorous activity

Strength: 2 or more days/week

Flexibility: 2 to 3 days/week

Balance: 2 or more days/week

Steps: 10,000 steps daily

Some exercises combine strength, flexibility, and balance enabling you to meet the physical activity recommendations more efficiently. Your step count includes all steps you would get in your day.

Source: CDC, AHA, ACSM, IOM



HEALTHY SLEEP HABITS

Getting adequate sleep on a regular basis is essential for your health. Work towards developing healthy sleep habits that you can rely on to get the rest you need to be high functioning during the day.

- Determine the ideal number of sleep hours you need.
- Set a sleep routine that ensures you meet your sleep hours.
- Create the ideal sleep environment.
- Pay attention to what you eat and drink for your last meal and close to bedtime.
- Prepare a bedtime routine that helps you relax.
- Help your children develop healthy sleep habits.

Stress can interfere with your sleep. Double down on healthy sleep habits instead of reaching for sleep aids which can lead to drug dependency.

Common Side Effects of Prescription Sleep Aids

- | | |
|--|---|
| <ul style="list-style-type: none">• Burning or tingling in the hands, arms, feet or legs• Changes in appetite• Constipation• Diarrhea• Dizziness and drowsiness• Dry mouth or throat• Gas• Headache | <ul style="list-style-type: none">• Heartburn• Impairment the next day• Stomach pain or tenderness• Uncontrollable shaking of a part of the body• Unusual dreams• Weakness |
|--|---|



SEEKING PROFESSIONAL HELP

Don't Struggle Alone

Everyone faces disappointment, loss, and failure at some point in their lives. These events can make us unable to function normally.

Signs It's Time to Seek Professional Help

- You feel a little "off"
- Retreating from friends — social withdrawal
- Addictive patterns of any type
- Unable to perform normal daily activities
- Extreme mood swings
- Mysterious physical ailments

Emotional and physical trauma can leave long term wounds. It is not unusual to seek professional help for something in your past.

Congratulate yourself when you decide to seek help. You are one step closer to facing and addressing it.

Bounce Back

Close

We hope you have enjoyed the Virtual Self-guided Wellness Exhibit **Bounce Back**. Additionally, we hope that you learned more about the skill building, positive mindset, relationships, and self-care practices that will help you build the capacity for resilience and weather life's challenges to bounce back. You are now ready for the Bounce Back Challenge to put these practices into daily living.