



Homewood
Health | Santé

**BUILDING RESILIENCE:
UNDERSTANDING CHALLENGES, LEARNING
STRATEGIES AND ACCEPTING CHANGE**

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I would like to begin by bringing to mind the Indigenous Peoples of all the lands we are on today, and the significance of these lands.

From coast to coast to coast, we acknowledge the ancestral and unceded territory of all the Inuit, Métis and First Nations people who call these lands home.

To learn more about whose land you are on please visit Whose Land at <https://www.whose.land> or download the app:



App available in English and French

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SOCIAL DETERMINANTS OF HEALTH: AN OVERVIEW

Social determinants of health are the living conditions that individuals experience:

- Education
- Gender identity
- Sexual orientation
- Ethnicity
- Housing
- Income and income distribution
- Social exclusion
- Social safety net
- Immigration status
- Unemployment and job security
- Food insecurity
- Indigenous status
- Disability
- Early life
- Health services
- Employment and working conditions

These determinants impact and influence our health, at all stages of life and beginning in childhood, and are critical when it comes to fully understanding and appreciating a person's health and why some people are healthier than others.

OVERVIEW

- Why build resilience?
- The 3 Rs of resilience
- Common barriers to becoming resilient
- Techniques to build resilience



OBJECTIVES

- Become familiar with the concept of resilience
- Recognize your barriers to becoming resilient
- Determine techniques to increase your resilience

TWO QUESTIONS

1. How do you define **resilience**?
2. How would your life change if you became more **resilient**?



RESILIENCE

- Capacity to respond to and prosper from stressful circumstances
- Ability to bounce back
- Being healthy and well despite all of life's demands



WHY ARE SOME MORE RESILIENT THAN OTHERS?

- Psychological predisposition
- Biological predisposition
- Life history and experience
- Presence of support network
- Exercise
- Mindfulness



THE IMPORTANCE OF BUILDING RESILIENCE

We live in a culture of high speed and high stress:

- 24/7/365
- Wired up but melting down

Resilience can assist us in overcoming this culture and other obstacles and challenges in our life.



FACTORS THAT PROMOTE INDIVIDUAL RESILIENCE

- Positive relationships with friends, family, work colleagues and community members
- Good communication skills
- Emotional intelligence
- Positive outlook on life
- Good physical and mental health
- Planning and goal setting
- Being reasonable
- A sense of humour
- A sense of accomplishment
- Ability to relax and take time out

BUILDING BLOCKS OF RESILIENCY

The 3 Rs:

1. Recuperation
2. Renewal
3. Regular positive habits



RECUPERATION

Stress Response

- Sympathetic Nervous System
- "ON"
- Clock time
- Automatic response
- Neurotransmitters = adrenalin, cortisol

Relaxation Response

- Parasympathetic Nervous System
- "OFF"
- Natural time
- Can be consciously induced
- Neurotransmitters = endorphins, dopamine

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RECUPERATION

- Physical/behavioural
- Psychological/emotional
- Social
- Intellectual



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TIPS FOR RECUPERATING

Physical/behavioural

- Eat nutritiously dense foods
- Regular activity
- Prioritize sleep

Psychological/emotional

- Let go of things you can't control
- Practice the attitude of gratitude
- Forgive yourself and others
- Take breaks during the day

Social

- Build a strong network of friends and family

Intellectual

- Increase knowledge, ability and skills



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RENEWAL

- Live your values
- Prioritize your passions
- Cultivate a positive relationship with yourself and others
- Make patience and compassion standard operating procedures

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RENEWAL

1. What do I have fun doing or get enthusiastic about?
2. What have I always wanted to learn?
3. What would I like to do that I keep putting off?
4. Who do I enjoy sharing experiences with?
5. Who can I have honest, open discussions with?
6. What positive aspects of my life am I ignoring?
7. Which of my core values do I need to give more attention to?

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REGULAR POSITIVE HABITS

- Habit trumps willpower
- Practice, practice, practice
- Every little step counts
- Link a new action to an already established action
- It is easier to "do" something than to "not do" something



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BUILDING RESILIENCY

What can I do to increase my resiliency?

- Physical/behavioural
- Psychological/emotional
- Social
- Intellectual



WHERE IS YOUR CONTROL?

- If your outlook on life tends to be passive you may experience a sense of helplessness, which will undermine your ability to deal with difficulties
- If you believe you have the power to make changes, and that you are the source of change rather than the victim of it, you will be more resilient



SUMMARY

- Find the "off" switch and use it
- Practice the 3 Rs:
 - Recuperation
 - Renewal
 - Regular positive habits
- Just do it!
- Recognize the power of possibility



“Fall down seven times,
stand up eight.”
~Japanese Proverb

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