



Resilience in times of Covid-19

TECH DAY 2021-11-13

Who?



- ❑ Industrial and organisational Psychologist
- ❑ >10 years of experience
- ❑ Imelda Bonheiden: well-being in times of covid for employees

Definition 'psychological resilience'

- ▶ The ability to **mentally or emotionally** cope with **a crisis** or to return to pre-crisis status quickly.
- ▶ Resilience exists when the person uses "mental processes and behaviors in promoting personal assets and protecting self from the potential negative effects of stressors" (De Terte and Stephens, 2014)

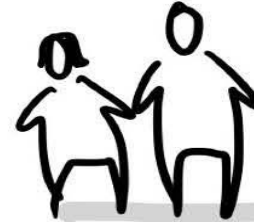
OR

- ▶ A psychological capital that helps one stride through stressors and losses by the means of humor and hope (Pedro-Carroll and Jones, 2005)

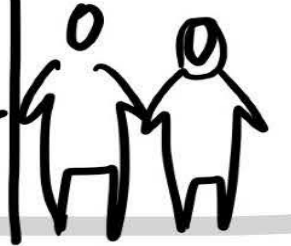
STRESS, COPING + RESILIENCE

MULTIPLE
UNKNOWNNS

COMPLEX



HEALTH CARE
WORKERS



COVID19
HEALTH
CRISIS

STRESS

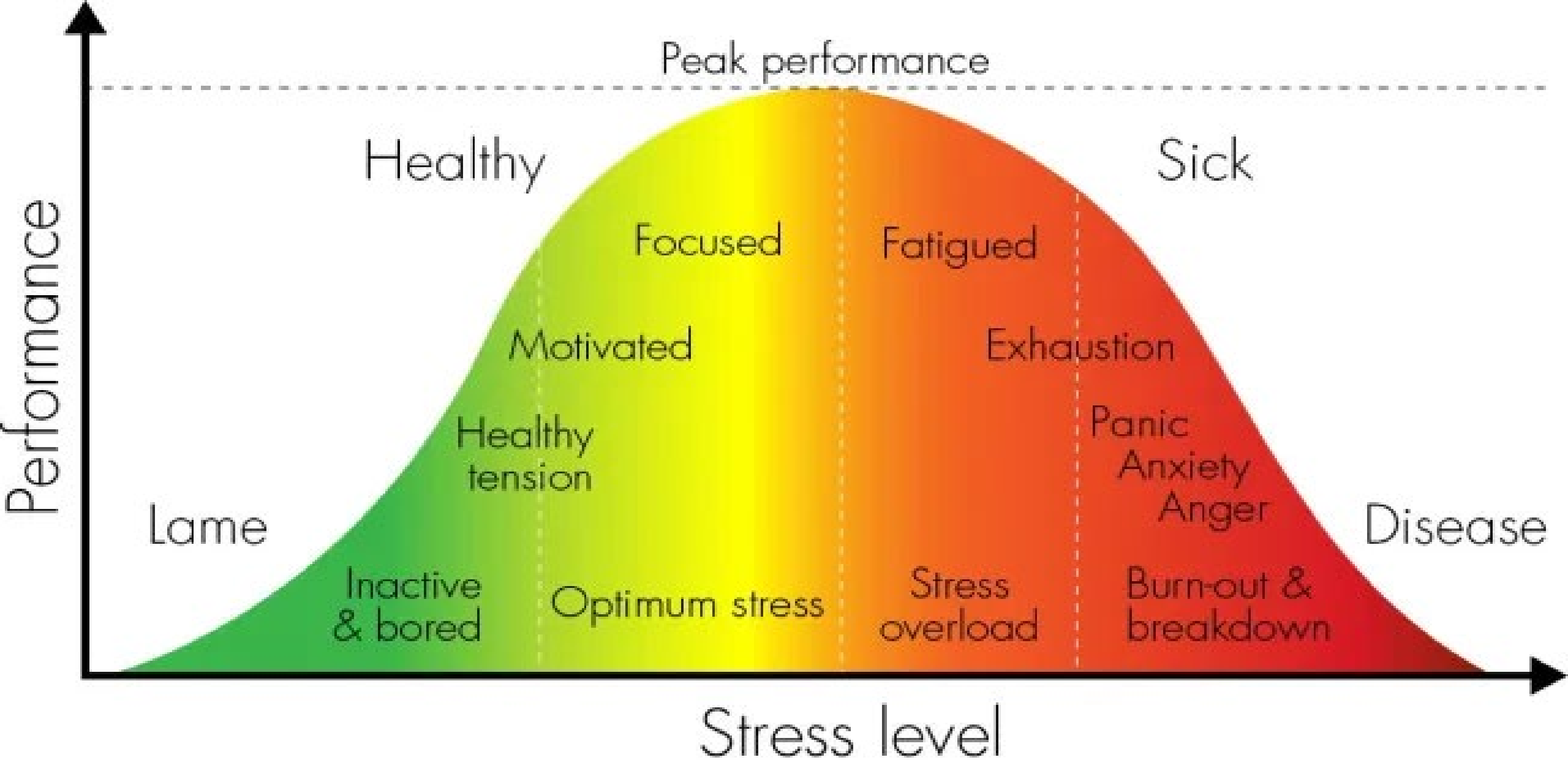
- YOU ARE THE FRONT LINE OF DEFENCE + PROTECTION

- YOU HAVE YOUR OWN FEARS OF EXPOSURE OR GETTING THINGS WRONG

- YOU HAVE FAMILY TO TAKE CARE OF + WORRY ABOUT

THREATENING

UNPREDICTABLE



► Yerkes- Dodson Human Performance Curve

Environmental stressors and genetic predisposition

Depression risk factors

Therapeutic intervention

Resilience protective factors

Cognitive/behavioral

Weak executive function; weak coping self-efficiency; negative attention bias; cognitive inflexibility

Cognitive behavioral therapy with cognitive reappraisal; positive emotion exercises, coping skill development, and training; well-being therapy

Strong executive function; high coping self-efficacy; positive emotions; realistic optimism; cognitive flexibility

Emotion regulation

Weak regulation (e.g., anhedonia; slow stress recovery)

Mindfulness; training; antidepressant medications

Strong regulation (e.g., delay gratification; rapid stress recovery)

Social

Weak social skills; minimal social network; no resilient role models

Social emotional training; network support treatment

Strong social skills; diverse social network; resilient role models

Physical health

Sleep deprivation; poor cardiovascular fitness; poor nutrition; obesity

Teach sleep hygiene; exercise regimen; improve diet

Strong sleep habits; physically fit; good nutrition

Neurobiology

Dysregulated HPA axis and SNS in response to stress; attenuated prefrontal cortical executive function and stress-induced limbic system hyperactivity

Neural circuit training; novel medications (corticotropin-releasing factor, NPY, GABA, glutamate)

Effective regulation of HPA axis and SNS in response to stress; robust prefrontal cortical executive function and capacity to regulate limbic reactivity to stress

Why is Resilience Important?



Resilience



Energy



**Future
Focus**



**Inner
Drive**



**Flexible
Thinking**



**Strong
Relationships**

1. Energy givers vs. energy takers

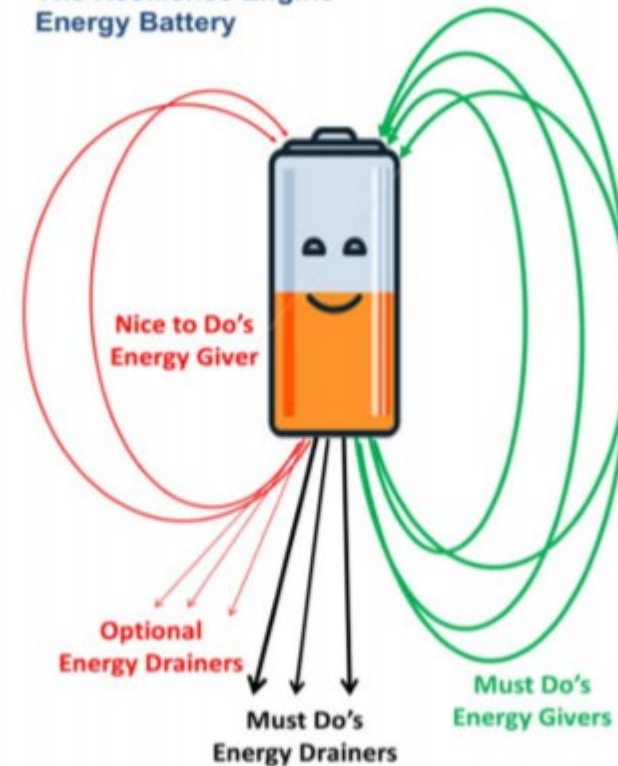
Mindset shift

Proactively build a surplus



**Work by the Resilience Engine*

The Resilience Engine Energy Battery



ENERGY GIVERS

- *a glass of water*
- *sunlight*
- *nourishing food*
- *exercise*
- *laughter*
- *cuddles with a pet*
- *self-care*
- *meditation*
- *visualization*
- *reading*
- *music*
- *fresh air*
- *friends + family*
- *creativity*
- *writing*
- *journaling*
- *setting intentions*
- *sleep*

ENERGY TAKERS

- *overthinking*
- *screens + social media*
- *clutter*
- *dehydration*
- *an inconsistent sleep pattern*
- *possibly certain foods & alcohol depending*
- *people pleasing*
- *setting unrealistic goals*
- *unclear + sloppy boundaries*
- *negativity*
- *going-going-going without rest*

2. Future focus

- Honouring and accepting your emotions
- Let go of the past and unwanted emotions
 - talk to someone
- Be hopeful
- Set goals

3. Inner drive

- ▶ Know your values and goals
 - Give structure and a hold

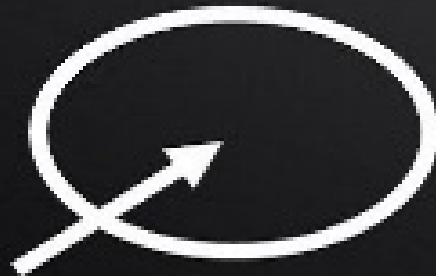
4. Flexible thinking

- Step out of your comfort zone
- be curious and be in the present
 - Mindfulness
- set realistic goals

Where
the magic
happens

...

Your
Comfort
Zone



5. Strong relationships

- Set priorities:
 - go for quality not quantity
 - who is good for you?
- show appreciation / compliments
- be authentic and just you.
 - Communication is key

