



Resilience

The Courage to Come Back

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LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

Advisory

This class is for general guidance and is not intended to substitute for professional health care, advice by physicians or other authorized care providers. If you think you have a medical problem, please consult your medical practitioner promptly.

Overview

- * What does resilience mean?
- * Why is it important to develop resilience?
- * Resilience and mental health
- * Older adults may already be more resilient
- * Resilience can be developed
- * Tips to become more resilient

What does resilience mean?

- * Resilience is the ability to cope with stressful events and the ability to adjust to them.



Why is it important to develop resilience?

Challenging events occur, for example:

- * Chronic illness
- * Physical limitations
- * Loss of loved ones
- * Change in social status
- * Life transitions



Helen Reichert, 109,

Resilience and Mental Health

- * Physical resilience
- * Psychological resilience
- * Physical and psychological resilience protects you from depression and anxiety.



Older adults may already be more resilient

Why?

- * They have fewer, but more meaningful friendships.
- * They are better at managing their emotions.
- * They are better at solving personal problems.
- * They are better at dealing with stress.



The good news is... resilience can be developed

Here are some tips that can be used...





#1: Be positive

Emotions

- ❖ Positive emotions minimize the effects of stressful events.
- ❖ This helps you see opportunities for problem solving.

Self-View

- ❖ The way you see yourself has an effect on mental health.

Attitude

- ❖ Developing an optimistic attitude often leads to more promising outcomes. Seeing the “silver lining” helps.





#2: Remember past successes

- * It helps to come up with strategies you can use now that have worked before.
- * It makes you feel confident to be able to handle challenges/stressful events.



#3: Think of it Differently

- * When life gives you lemons, make lemonade.





#4: Manage strong feelings

- * It's okay to have strong feelings in response to a negative event, but
 - * keep things in perspective.
 - * avoid blowing the event out of proportion.





#5: Hobbies and interests

- * Social support networks, hobbies and interests are good for you.
- * The type of activity is not important; it is the fact that you are enjoying it.





#6: Social support and connection

Reaching out to others for support is good:

- * Helps you feel connected to others by increasing happiness, and positive emotions.
- * Provides a sense of security.
- * Connects you to resources.





#7: Physical exercise is important

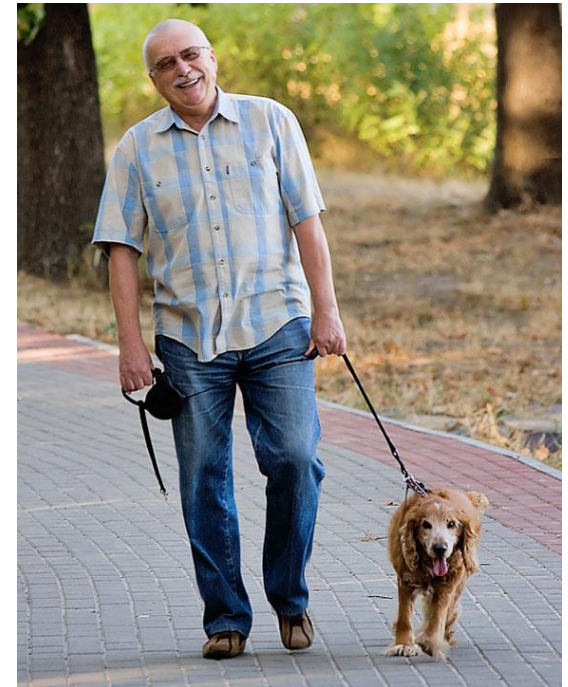
- * Physical exercise leads to changes in the brain that improve mood and decrease anxiety.



TIP

#8: Develop Realistic Goals and Take Decisive Action

- * Do something regularly, even if it seems like a only a small step each time.
- * If you're facing a large task, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"
- * Take decisive action rather than detaching completely from the situation





Summary: for resilience

- * Avoid negative feelings
- * Develop a positive and optimistic attitude
- * Work on your social support
- * Pursue hobbies
- * Take care of your body, exercise regularly
- * Move towards your goals and take decisive action



Helpful Contacts

- ❖ **ACCESS** (Department of Mental Health) 24/7
(800)854-7771 (this is not a transportation service)
- ❖ **Adult Protective Services (APS)**
(877)477-3646
- ❖ **GENESIS** (Department of Mental Health)
(213)351-7284

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