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.

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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
Resilience and Mental Health

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

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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...
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.

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

Fostering Resilience in Response to Terrorism: For Psychologists Working With Older Adults. Fact Sheet. American Psychological Association.


