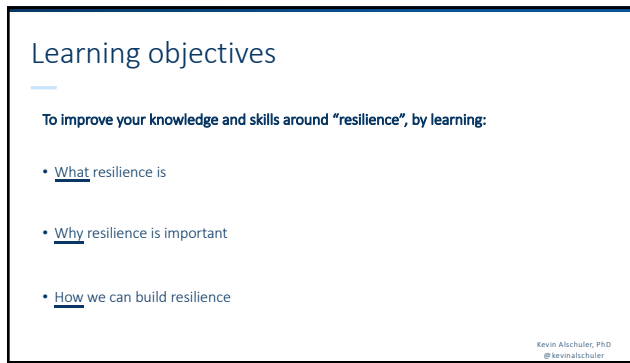
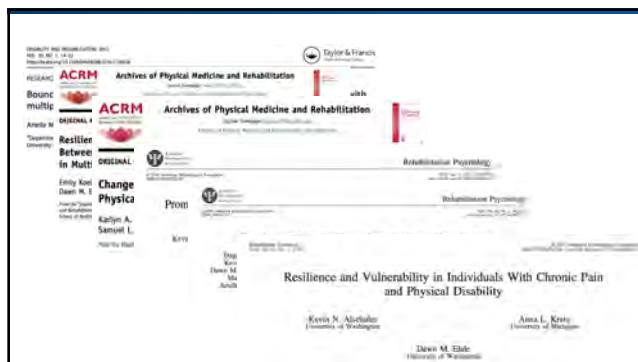


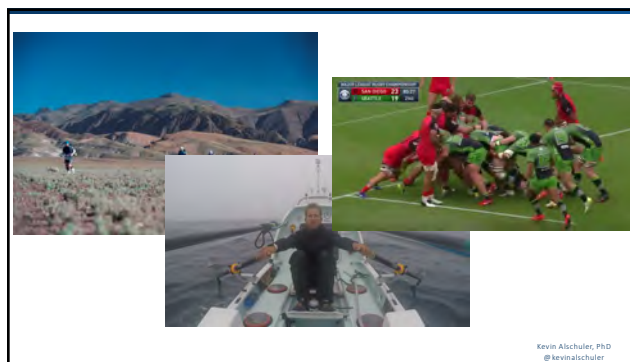
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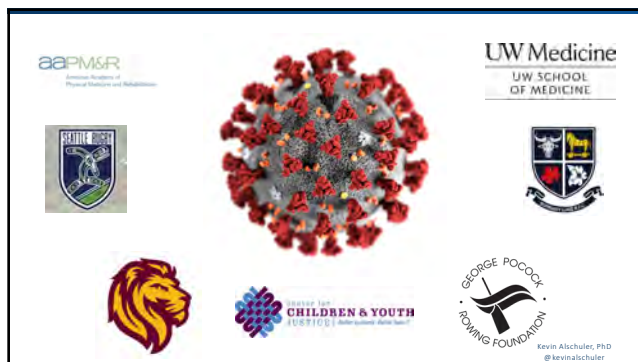
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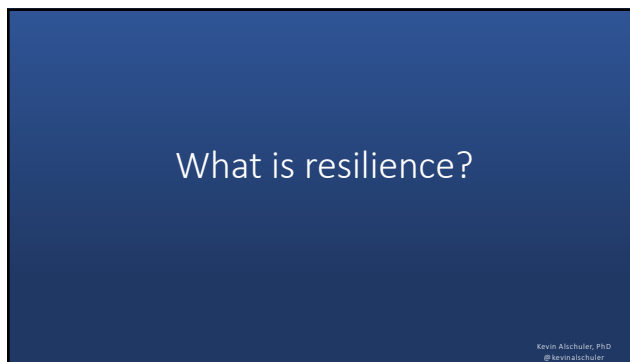
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### What is resilience?

**Definition**

- "The process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress" (American Psychological Association, 2014)
- "Human capacity to persist, bounce back & flourish when faced with stressors" (Bonanno, 2004)
- "A dynamic process by which individuals demonstrate positive psychosocial adaptation in the context of adverse events and/or ongoing stressors or adversity" (Ammann et al, 2020)

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### Resilience is not "the absence of depression"

...in fact, those who are suffering most may be among the most resilient!

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### Resilience is situational, contextual, cultural

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### Is resilience a (a) trait, (b) process, or (c) outcome?

**(d): all of the above**

- Inherent to an individual, relatively stable over time, but can be modified (a trait)
  - "They are a resilient person"
- A way of approaching life's challenges (a process)
  - "They got back up, dusted themselves off, and pushed on with great skill"
- The sum of the parts of the resilient process (an outcome)
  - "They were resilient in the face of that challenge"

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### Resilience is "modifiable"

Today we want to learn to grow resilience; thus, we will focus on the process

- Traits and outcomes are byproducts of a developmental process
- We can grow/develop components of resilience:
  - Thoughts
  - Behaviors
  - Perspectives

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# Why is resilience important?

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## Why is resilience important?

It is "anti-negative": buffers against worse outcomes

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## Why is resilience important?

It is "pro-positive": give us the tools to not just rebound, but push forward and thrive

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## Resilience and functioning

This buffering/thriving has important implications

- Symptoms (mood)
- Performance
- Quality of life/well-being

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# How do we build resilience?

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## Building resilience

A "package" approach

- A skills development package
- Rooted in resilience research/theory
- Targets most common areas where development is needed

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## Building resilience

A tailored approach

- Understand the target of “bouncing back with a purpose”
- Identify resilience behaviors (and anti-resilience behaviors)
- Build resilience behaviors (and, when needed, reduce anti-resilience behaviors)
- Implement resilience behaviors in real-life scenarios

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## Building resilience

Let's start by thinking of a situation in your life that demands resilience

- Something you are going through
- A challenge you face at work
- A challenge faced by individuals you work with

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## Building resilience

Exemplar situation

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## Building resilience

Understand the target of “bouncing back with a purpose”

- When we are resilient, we don't just bounce – we bounce back and flourish
- Ask yourself:
  - What am I thinking and doing when I am at my best?

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## Building resilience

Understand the target of “bouncing back with a purpose”

- When we are at our best, we are:
  - Confident
  - Smiling
  - Focused
  - Communicating
  - Executing

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### Building resilience

Identify resilience behaviors (and anti-resilience behaviors)

No resilience Fully resilient

Build this!  
↓  
↑  
Destroy this!

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### Building resilience

Identify resilience behaviors (and anti-resilience behaviors)

- Things that help us do well
  - Confidence
  - Focused on us
  - Focused on now
  - Smiling
  - Communicative
  - Execute our roles
- Things that cause us to do poorly
  - ~~Worrying we can't~~
  - ~~Focused on the "what if"~~
  - ~~Focused on what happened/losing~~
  - ~~Angry~~
  - ~~Quitting~~
  - ~~Trying to do too much~~

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### Building resilience

Build resilience behaviors (and anti-resilience behaviors)

- How do we grow?
  - We gain knowledge and perspective
  - Learn strategies/skills
  - Practice/build skills and behaviors
  - Implement and execute

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### Building resilience

Build resilience behaviors (and anti-resilience behaviors)

- How do we grow?
  - Confidence
  - Focused on us
  - Focused on now
  - Smiling
  - Communicative
  - Execute our roles
- Atmosphere/attitude
- Two components
  - Mindfulness and emotion regulation
- Identify why we like what we do
- Determine approach/build skill
- Clarify and practice roles

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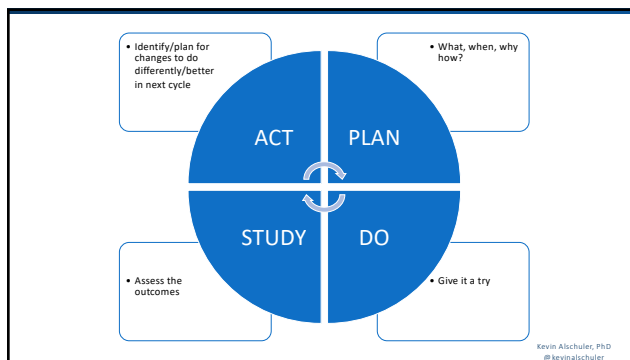
### Building resilience

Implement resilience behaviors in real-life scenarios

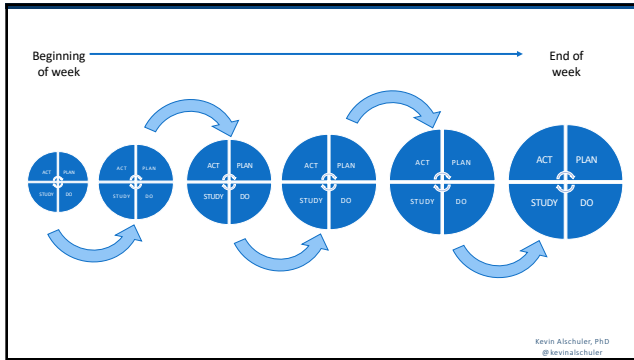
- Always work in a skill development context – always growing, always building
- Consider opportunities for momentary growth, short-term growth, long-term growth, and sustainability
- Use an implementation plan, such as Plan-Do-Study-Act

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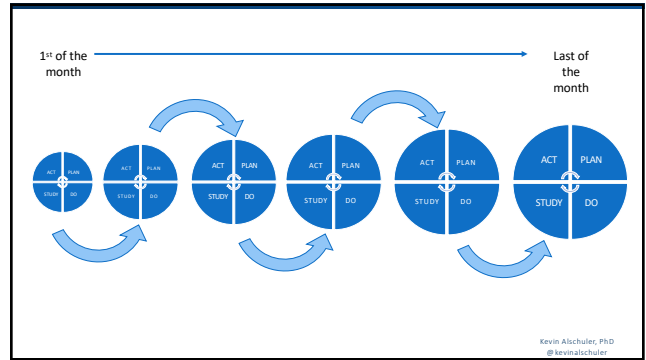
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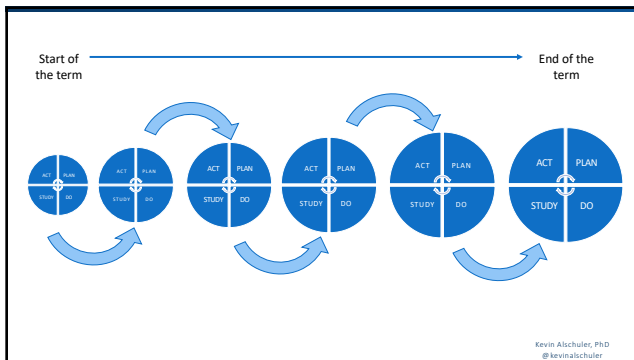
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### Building resilience

**Implement resilience behaviors in real-life scenarios**

- PLAN: When we get scored on, we will huddle up as a team and remind ourselves about focusing on us, focusing on now, executing our individual roles, communicating, smiling
- DO: Every practice, every game is an opportunity to grow
- STUDY: In game/practice, post-game/practice
- ACT: Every Monday reset for next week

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# YOUR RESILIENCE PLAN

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### Your resilience plan

**THE PRACTICAL APPROACH TO BUILDING RESILIENCE**

**OVERVIEW**  
Resilience is a construct that represents the skills and behaviors needed to return to your "best self" regardless of the circumstance. Your target is to develop the skills and behaviors that represent resilience for yourself and/or the people you work with. This is a developmental model, with emphasis on identifying, building, and implementing your resilience goals.

**STEPS**

1. Understand, in concrete, objective terms, what your target looks like.  
What are you doing when I am at my best?  
If a friend came to watch me, how would they know I was at my best?
2. Identify targets for development.  
What are the characteristics of that need to be enhanced?  
Are there any characteristics that need to be reduced?
3. Develop the target behaviors.  
Develop a plan that builds the 3-5 most important characteristics of your resilience.
4. Implement the plan on game day.  
Develop a plan for integrating the characteristics into your target situations.

- What are some resilience behaviors you want to strengthen?
- What are some vulnerabilities you want to improve on?
- And, more importantly, how do you plan to do this?

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## QUESTIONS?

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## References to expand your knowledge

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