

Genuine Resilience is Closer (and Easier) Than You May Think

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Project



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Session Overview:

- Why focus on Resilience?
- Relationship between Resilience and Mindfulness
- How Mindfulness is developed and its benefits
- Short Meditation
- Practical interventions to build Mindfulness
- Introduce a Self-Compassion practice for supporting Resilience
- Recap
- Questions

Resilience

A feature of our response to adversity, the ability to recover from the ups and downs that life presents and to be able to have increased hope, reduced stress, greater spirituality, plus more positivity in the face of challenges of life.

-Gerry R. Cox and Neil Thompson

Resilience

The ability to bounce back from the challenges encountered in life, including but not limited to adversity, vulnerability and loss and grief.

Why focus on Resilience?



A 2015 study looking at the role of resilience in the impact of Mindfulness on life satisfaction showed that it is resilience that is enhanced through mindfulness, and thus improves the sense of well-being and lowers stress levels.

(Personality and Individual Differences 93 (2016) 63-67; Bajaj and Pande)

Why focus on Resilience?



Resilience is a mediator in the relationship between mindfulness and well-being. Mindfulness leads to resilience, and resilience leads to a sense of well-being.

Mindfulness

- A flexible state of mind where we pay attention on purpose to one's present moment experience without judgment.
- An ability to track what is happening right here, right now.
- A quality of attention that allows one to notice when the mind becomes distracted.

Meditation

Meditation is a disciplined inner reflective practice that calms the mind and heightens awareness.

**Meditation does not have to
be complicated**

**Short, simple meditative
activities throughout your day
can build mindfulness**

Benefits of Mindfulness and their relevance to caregiving ...

Calm Mind

Minimizes reactivity

Supports care-recipient's calmness

Concentration

Focused mind is a less exhausted mind

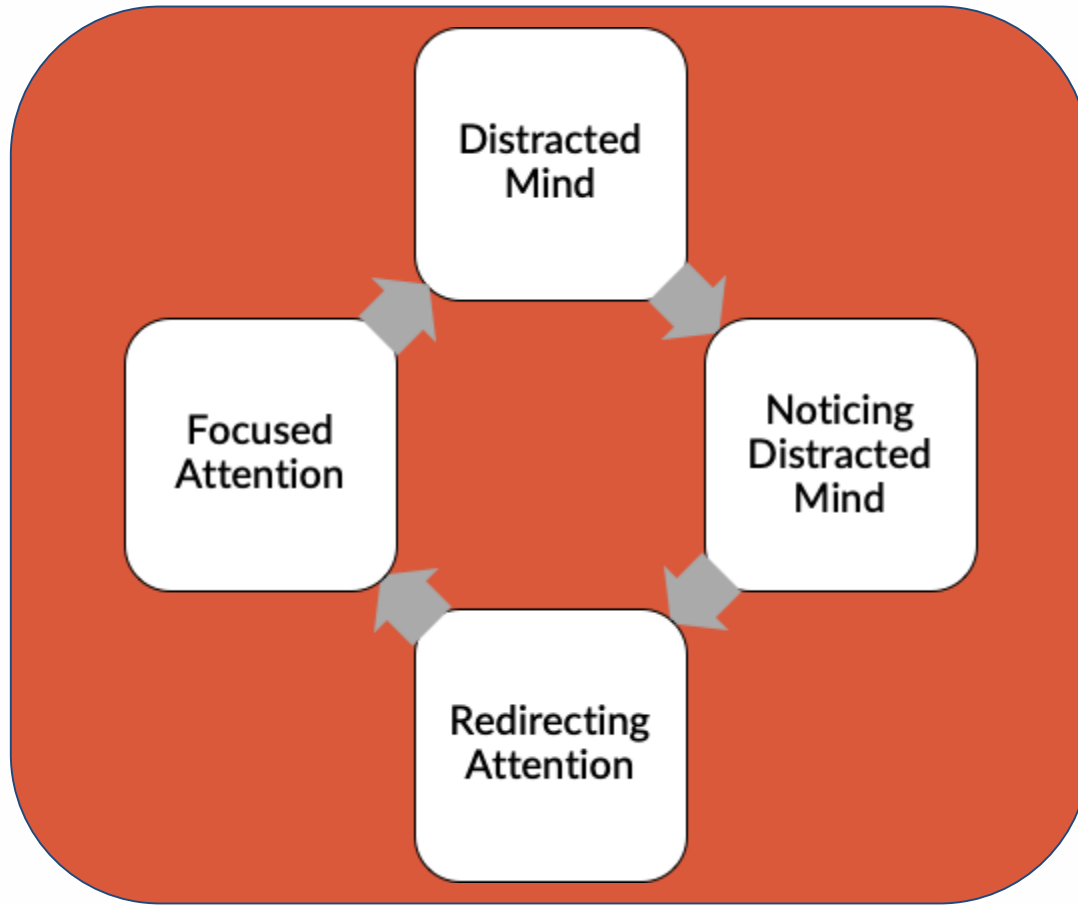
Minimizes human error

Awareness

Interrupts rumination & apprehension

Supports healthy self-care

Short Meditation...



**Short, simple meditative
activities throughout your day
can build mindfulness.**

Examples...

- ❖ Take three intentional deep breaths
- ❖ Use activities like drinking water, washing hands, answering the phone, stretching, entering a new room, etc. to pay attention to the present moment
- ❖ Set an intention for mindfulness before beginning a task, conversation, rest, etc.
- ❖ Feel your feet planted on the floor
- ❖ Close eyes and listen to sounds in environment around you

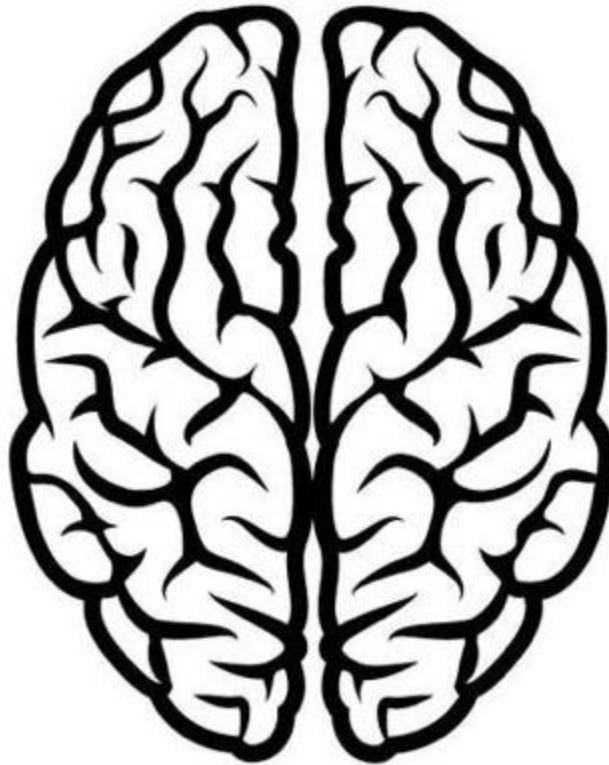
Examples...

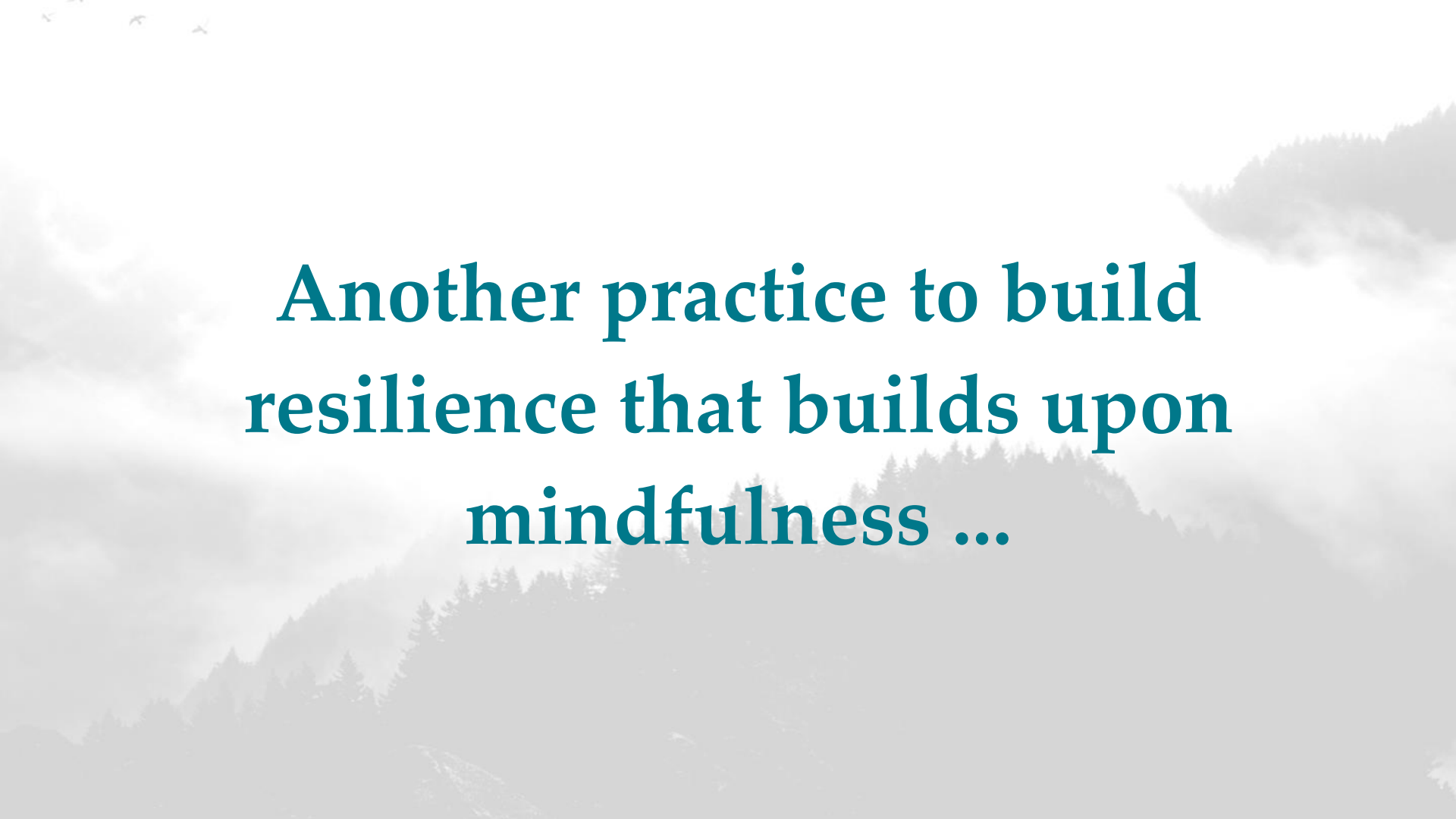
- Stop practice...



- STOP
- TAKE A BREATH
- OBSERVE
- PROCEED

**Dose response:
more practice = more impact**





**Another practice to build
resilience that builds upon
mindfulness ...**

Self-Compassion

Self-Compassion

- ❑ A state of mind and body that recognizes and responds to our own suffering.
- ❑ Three essential components of self-compassion...
 - ❑ Awareness
 - ❑ Shared humanity
 - ❑ Kindness

Self-Compassion Practice ...

- Hand(s) on hearth
- Three deep intentional breaths
- *I am experiencing difficulty (in this moment)*
- *Being human can be difficult, yet I want to decrease my suffering*
- *I am worthy of my own compassion*
- *May I be kind to myself in this moment*

Recap

- ❑ MINDFULNESS → RESILIENCE → WELLBEING
- ❑ Mindfulness is paying attention on purpose without judgment
- ❑ Resilience is the ability to bounce back from challenging situations
- ❑ Meditation, a disciplined inner reflective practice, is typically used to develop mindfulness
- ❑ Mindfulness calms the mind, improves concentration & increases awareness
- ❑ Mindfulness can be strengthened with short simple meditative activities throughout your day
- ❑ Practicing self-compassion supports resilience by helping us move through difficult experiences more quickly



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About FCA

Family Caregiver Alliance offers education, services, research, and advocacy based on the real needs of caregivers. Founded in the late 1970s, FCA is the first community-based nonprofit organization in the United States to address the needs of families and friends providing long-term care for loved ones at home.

National Center on Caregiving (NCC) was established by FCA to advance the development of high-quality, cost effective programs and policies for caregivers in every state. NCC sponsors the Family Care Navigator, a state-by-state resource locator designed to help caregivers find support services in their communities.

Bay Area Caregiver Resource Center — operated by FCA for the six-county San Francisco Bay Area — provides support to family caregivers. FCA's staff of family consultants through education programs and direct support offer effective tools to manage the complex and demanding tasks of caregiving.

Be sure to visit FCA on social media:



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Acerca de FCA

Family Caregiver Alliance ofrece servicios educativos, de investigación, y abogacía basados en las necesidades reales de los cuidadores. Fundada a finales de 1970, FCA es la primera organización comunitaria sin fines de lucro en los Estados Unidos, dedicada a atender las necesidades de familias y amigos que brindan cuidado a largo plazo a seres queridos.

National Center on Caregiving (NCC) fue establecido por FCA para promover el desarrollo de programas y políticas de alta calidad y efectivas en costo que beneficien a los cuidadores en cada estado. NCC es patrocinador del Family Care Navigator, un localizador de recursos disponibles en los estados, diseñado para ayudar a los cuidadores a encontrar servicios de apoyo en sus comunidades.

Bay Area Caregiver Resource Center — operado por FCA para los seis condados en el Área de la Bahía de San Francisco — ofrece apoyo a cuidadores. El equipo de consultoras familiares de FCA provee herramientas efectivas para sobrellevar las complejas y demandantes tareas de ser cuidador a través de programas educativos y apoyo directo.

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