

Building Resilience During Challenging Times

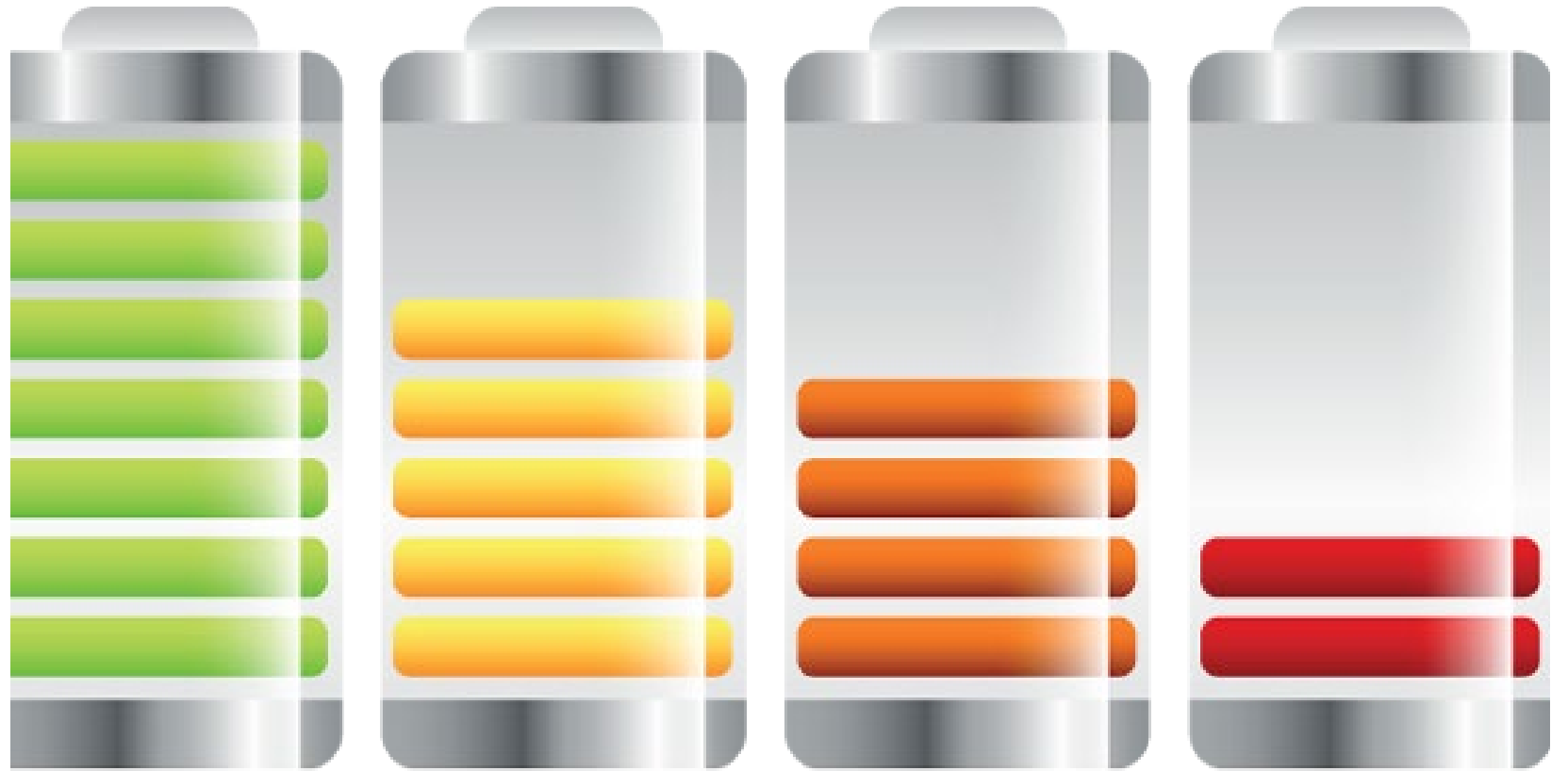
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How full
is your
battery?



What
would
you keep
from this
past
year?

~~2020 GOALS~~

- ~~1. Start new business~~
- ~~2. Save money for a car~~
- ~~3. Travel more~~
- ~~4. Join the gym~~
- ~~5. Learn driving~~
- ~~6. Move to a new apartment~~

~~Quarantine~~



RESILIENCE: WHAT IT IS *NOT*



RESILIENCE: WHAT IT IS

To summarize:

resilience

is a mindset that

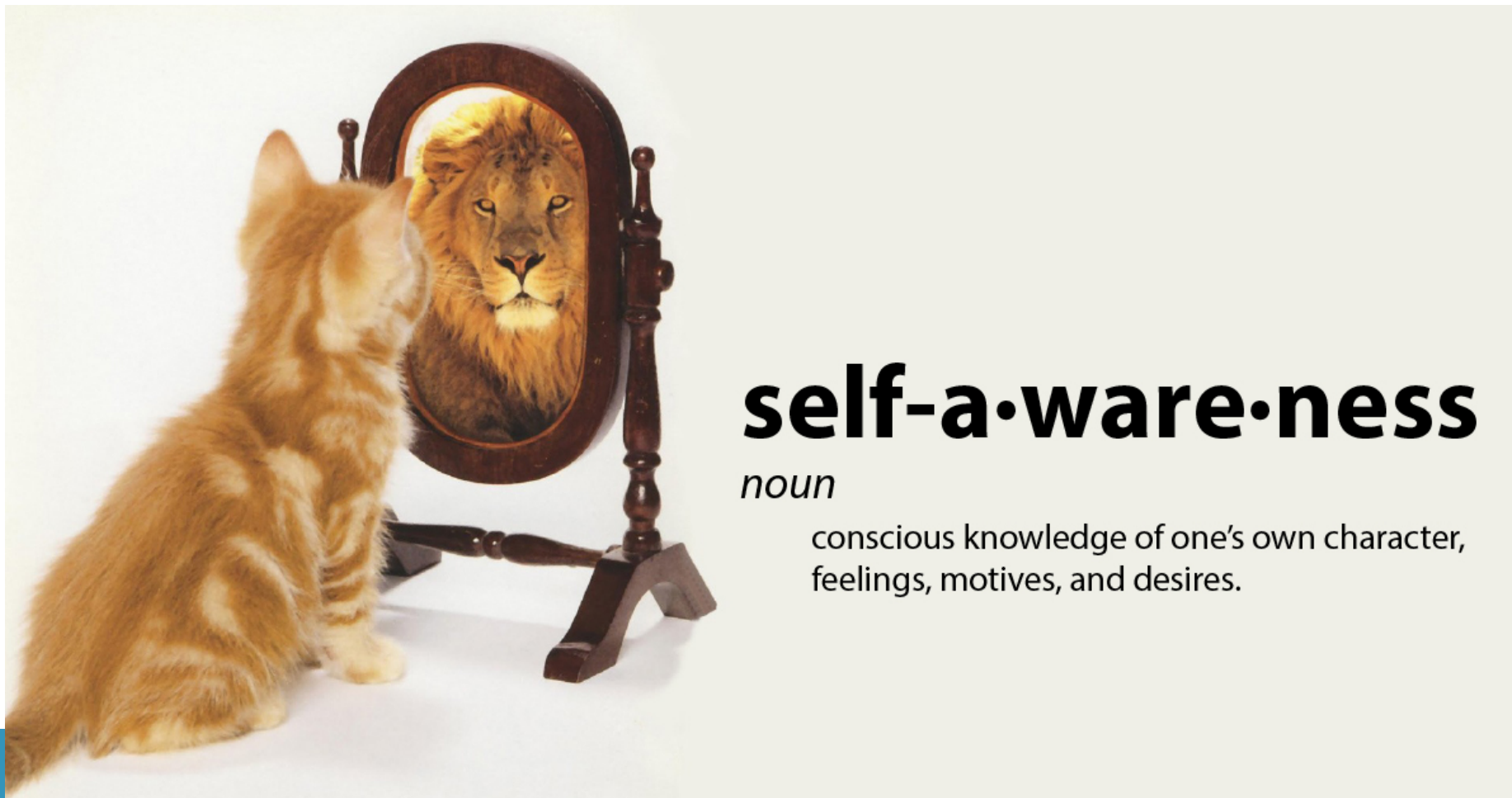
↓
can be
taught

↓
changes
over time

↓
is in our
control

Cultivating awareness





self-a·ware·ness

noun

conscious knowledge of one's own character, feelings, motives, and desires.

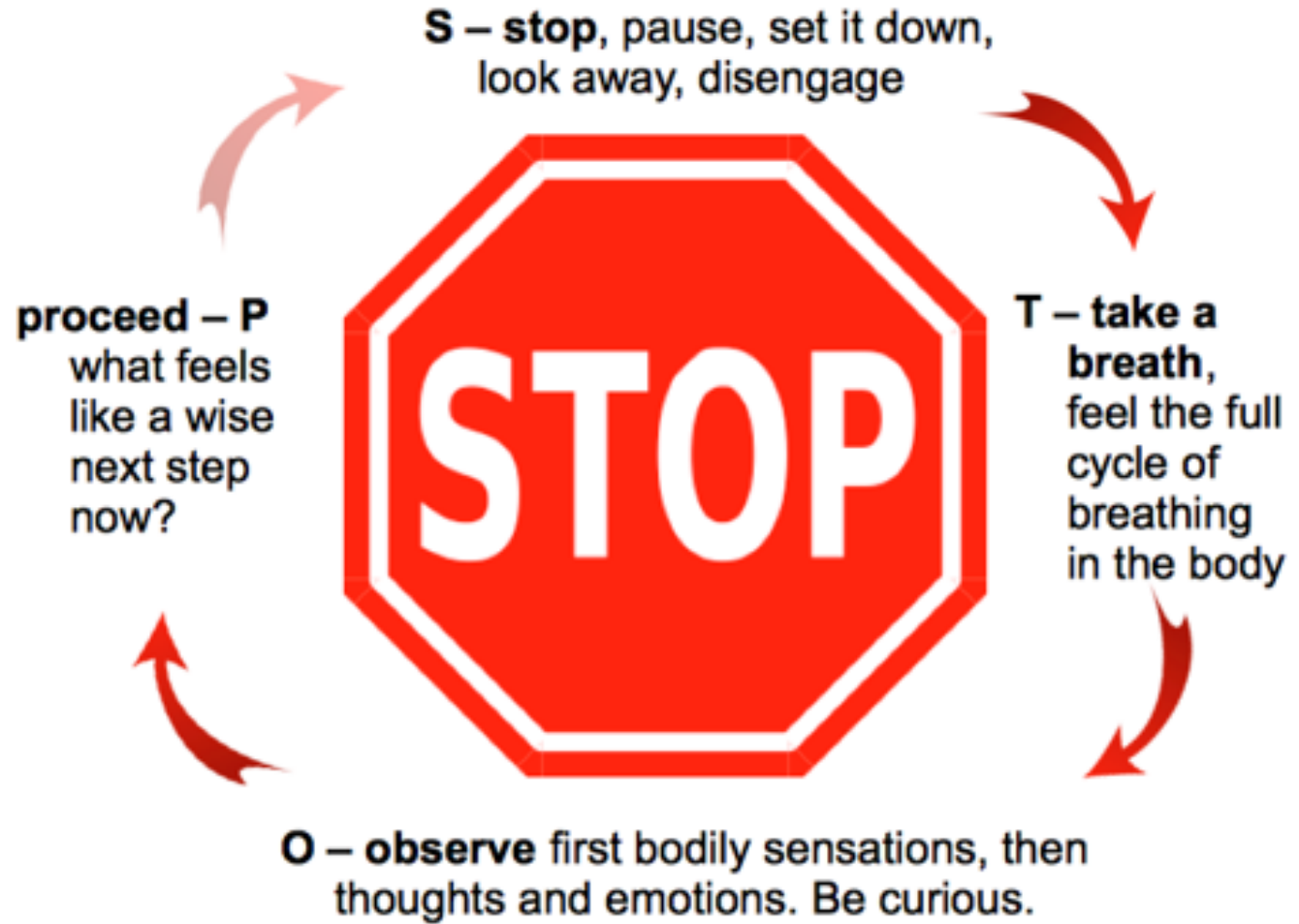
Cultivating awareness of self

How self-aware are you?

- What am I noticing in my body?
- What am I feeling?
- What am I thinking?
- What am I doing?

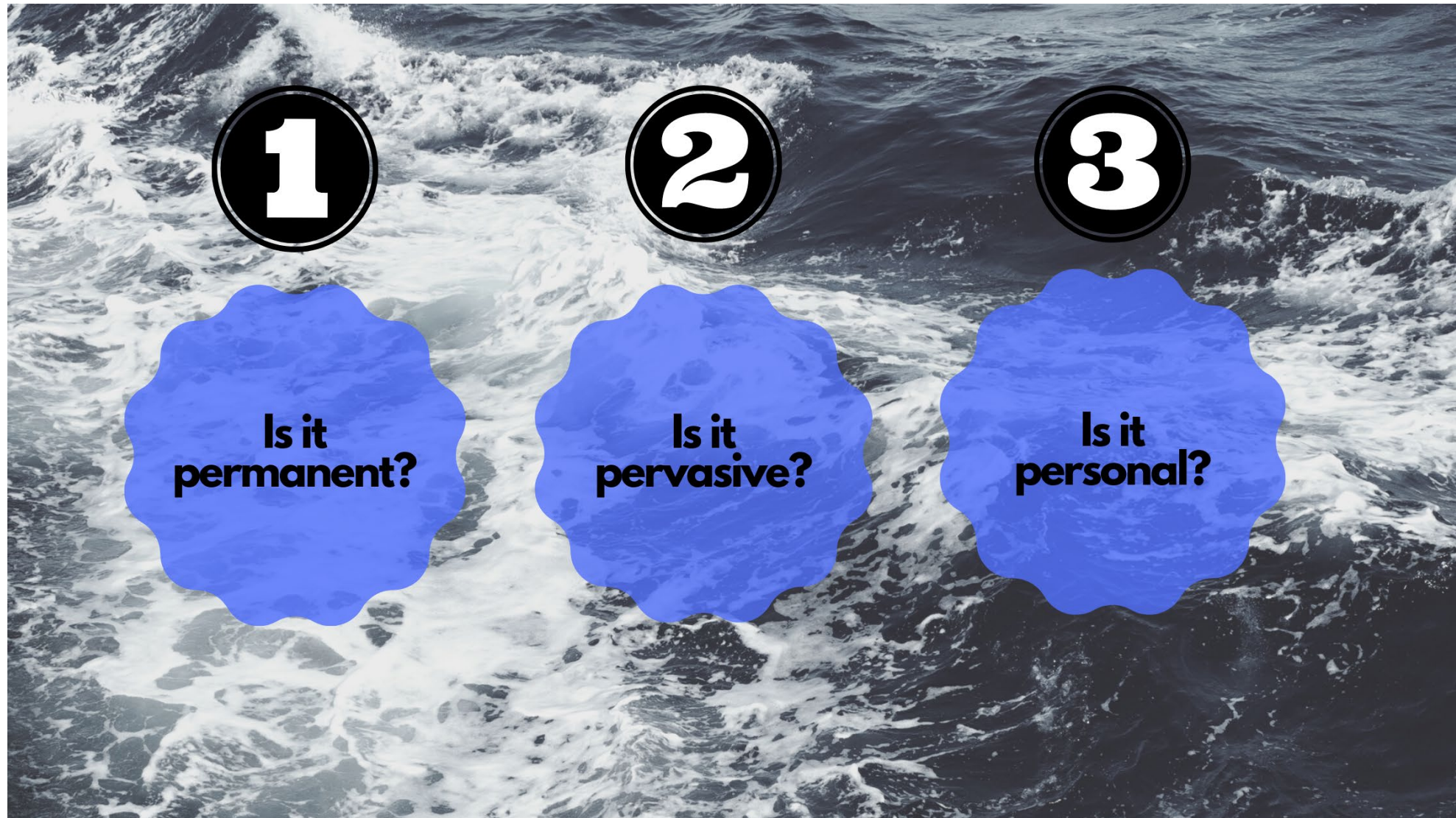


The S.T.O.P Method



Cultivating
awareness
of thoughts





1

Is it permanent?

2

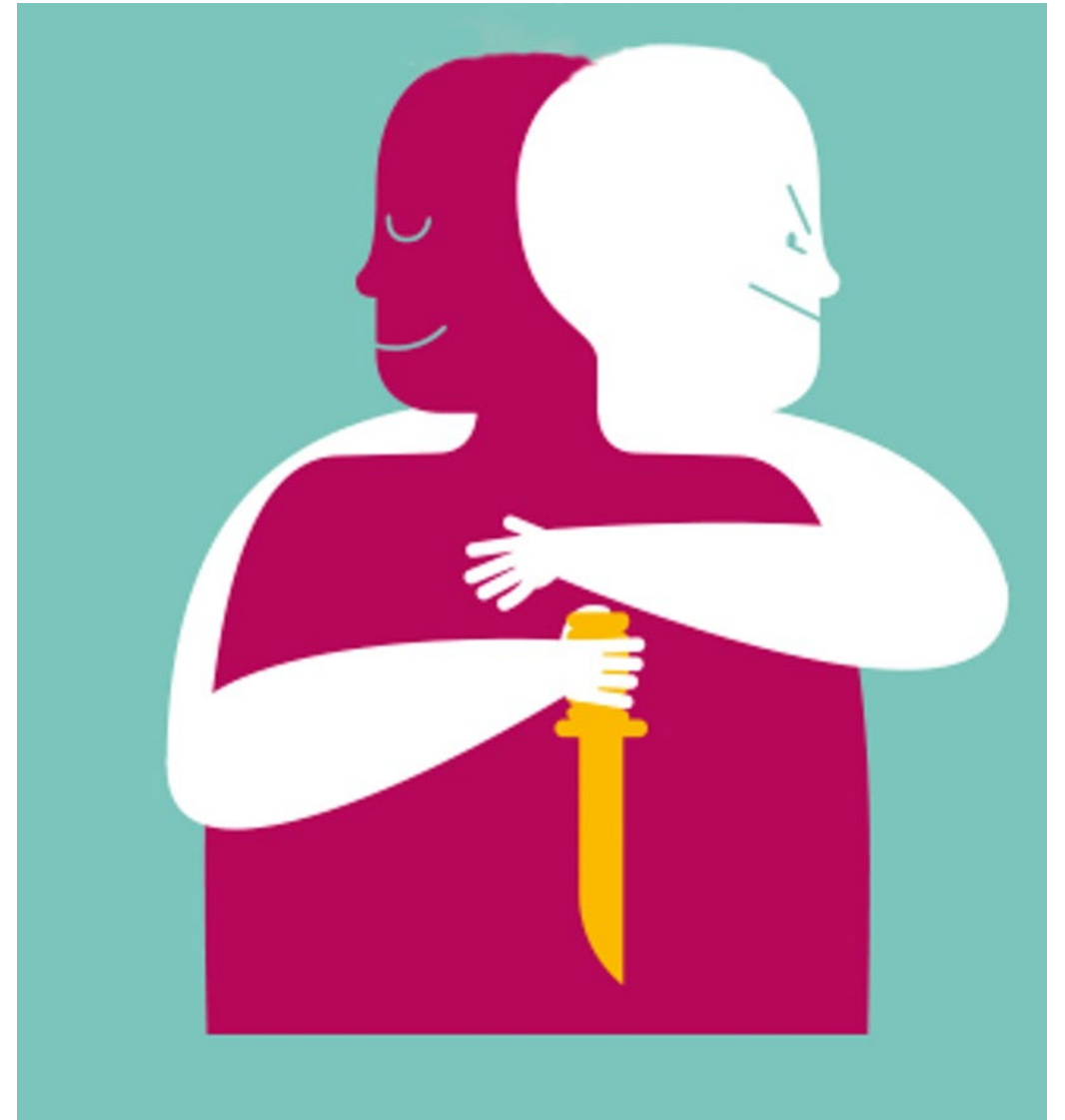
Is it pervasive?

3

Is it personal?

Compassion

Raising awareness
of the inner critic



Compassion

Changing your self-talk

Importance of Self-Talk

Talk to yourself

Like you
would talk
to someone
you love

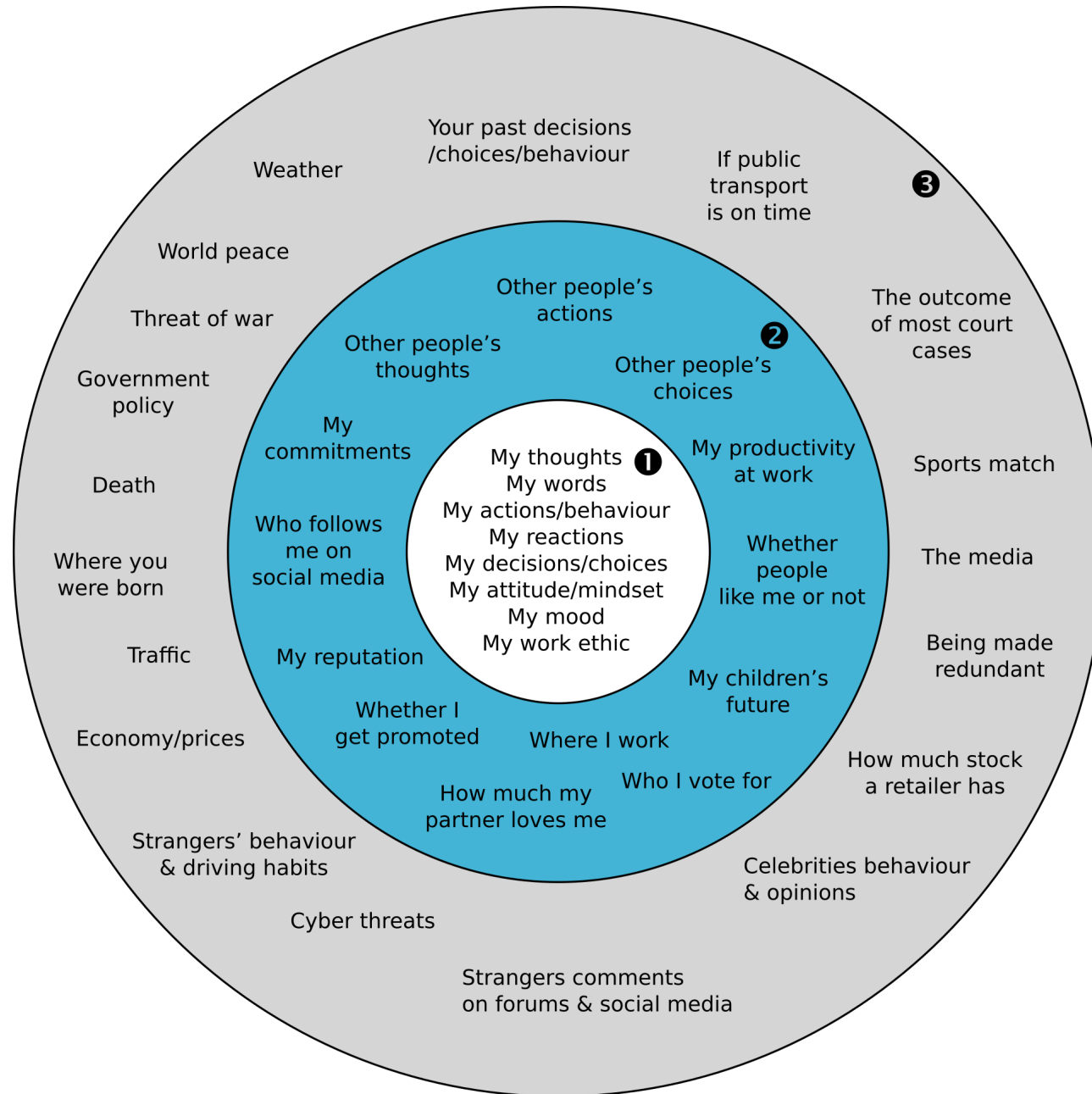


Control

Reality,
perception
and
illusion

The Circle of:

- Control
- Influence
- Concern



Competence

Making progress
towards small goals



Competence

Reviewing past struggles
and accomplishments





Connection



Contribution

Care of Self

Taking care of all your parts

Physical

Emotional

Social

Spiritual

Occupational

Intellectual



List three things that you did in the past week and that went well?

1. _____
2. _____
3. _____

How did they make you feel?

1. _____
2. _____
3. _____

What are the three things/achievements that you wish to accomplish in the next few weeks/months?

1. _____
2. _____
3. _____

How would you feel after you have accomplished them all?

1. _____
2. _____
3. _____

For your
consideration

REFLECTIVE QUESTIONS TO WRAP UP 2020

@ABLACKFEMALETHERAPIST

WHO OR WHAT MOTIVATED YOU
TO KEEP GOING IN 2020?

WHAT WOULD YOU DO DIFFERENTLY
THIS YEAR IF YOU COULD?

WHAT OPPORTUNITIES CAME OUT OF THE
DIFFICULTIES YOU FACED THIS YEAR?

HOW WERE YOU KIND TO YOURSELF IN 2020?

IN WHAT WAYS WERE YOU RESILIENT IN 2020?

WHAT DID YOU LEARN ABOUT YOURSELF THIS YEAR?

COMING CLOSE TO THE END OF 2020, WHAT ARE YOU
GRATEFUL FOR RIGHT NOW IN THIS MOMENT?

IF YOU COULD GO BACK & ENCOURAGE YOURSELF
THROUGHOUT 2020 WHAT WOULD YOU SAY?

WHAT ARE THREE WORDS YOU WOULD LIKE
TO LIVE BY IN 2021?

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Services of the
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- Clinical assessment, short-term counseling, and referrals to resources
- Wellbeing support groups
- Consultations with concerned others, such as employers or family members
- Monitoring
- Volunteer/peer mentor connection
- Well-being guidance for legal employers and law schools
- Outreach and education to legal employers, voluntary bars, D.C. Courts, and law schools located in the District of Columbia

**Call 202-347-3131 or
email LAP@dcbar.org.**

Resources

- <https://www.resiliency.com/>
- <https://thework.com/>
- <https://discoveryinaction.com.au/our-resilience-model-incl-link-to-tips-and-hints-on-avoiding-burnout-fatigue/>
- https://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/ls_colap_well-being_toolkit_for_lawyers_legal_employers.pdf
- Books:
 - Anything by Daniel J. Siegel, M.D www.mindsightinstitute.com/
 - Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness by Rick Hanson Ph.D & Forrest Hanson
- Podcast:
 - The Science of Happiness by UC Berkeley's Greater Good Science Center

DIMENSIONS of Resilience

PHYSICAL

nourishing / nurturing your body



Resilient people:

- ensure they get enough sleep
- limit their alcohol + caffeine in-take
- make time for exercise (cardio and strength training)
- are mindful of their nutrition
- notice the symptoms of energy depletion
- take regular breaks to rest and recover
- focus on their breathing

Did you know...lack of sleep causes the stress hormone to increase even when there is no stress trigger present? Your self control, attention and memory suffers.

MENTAL MIND

taking control of thinking + action



Resilient people:

- work to get organised, stay focussed and make realistic goals + plans
- understand what they can and can't control, and actively problem solve
- have good communication skills and respond well to feedback
- find ways to navigate through change
- reframe their thinking when their resilience is challenged

- avoid asking 'what if?'
- understand that set backs are part of life
- are optimistic
- squash negative thoughts + use self talk
- build positive belief in their abilities
- get 'out of their head' (journal), disconnect, practice mindfulness

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Resilience is not a trait...it is a capacity that involves behaviours, thoughts and actions that can be learned.

Resilient people:

- cultivate self awareness – they read cues and know what they need / want + what they don't
- allow themselves to feel their emotions + find healthy ways to manage them
- actively work to fuel positive emotions
- cultivate an attitude of gratitude
- know when to ask for help
- are mindful of their emotional triggers
- defuse negative emotions through deep abdominal breathing
- actively work to manage moods

EMOTIONAL

actively working on self awareness + self management



Did you know...cultivating an attitude of gratitude reduces the stress hormone cortisol by 23% and can improve your mood?

Resilient people:

- have a 'menu' of self care habits (eg routine, volunteering, 'me' time)
- find meaning in every day and difficult events
- use humour and look for the 'fun'
- identify their 'sweet spots' – things that give them feelings of effectiveness, fulfilment + find ways to do more of them
- consciously allocate time and energy to areas of life that are most important
- live their core values in daily behaviours

SPIRITUAL

nourishing / nurturing your 'spirit'



When we identify our own greatest strengths, we can consciously engage in work and activities that make us feel most confident, productive and valuable.

Resilient people:

- have strong connections / and keep good company
- use their support system + ask for help
 - talk to someone they can trust
 - have good role models

SOCIAL

investing in connections + relationships



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In summary: