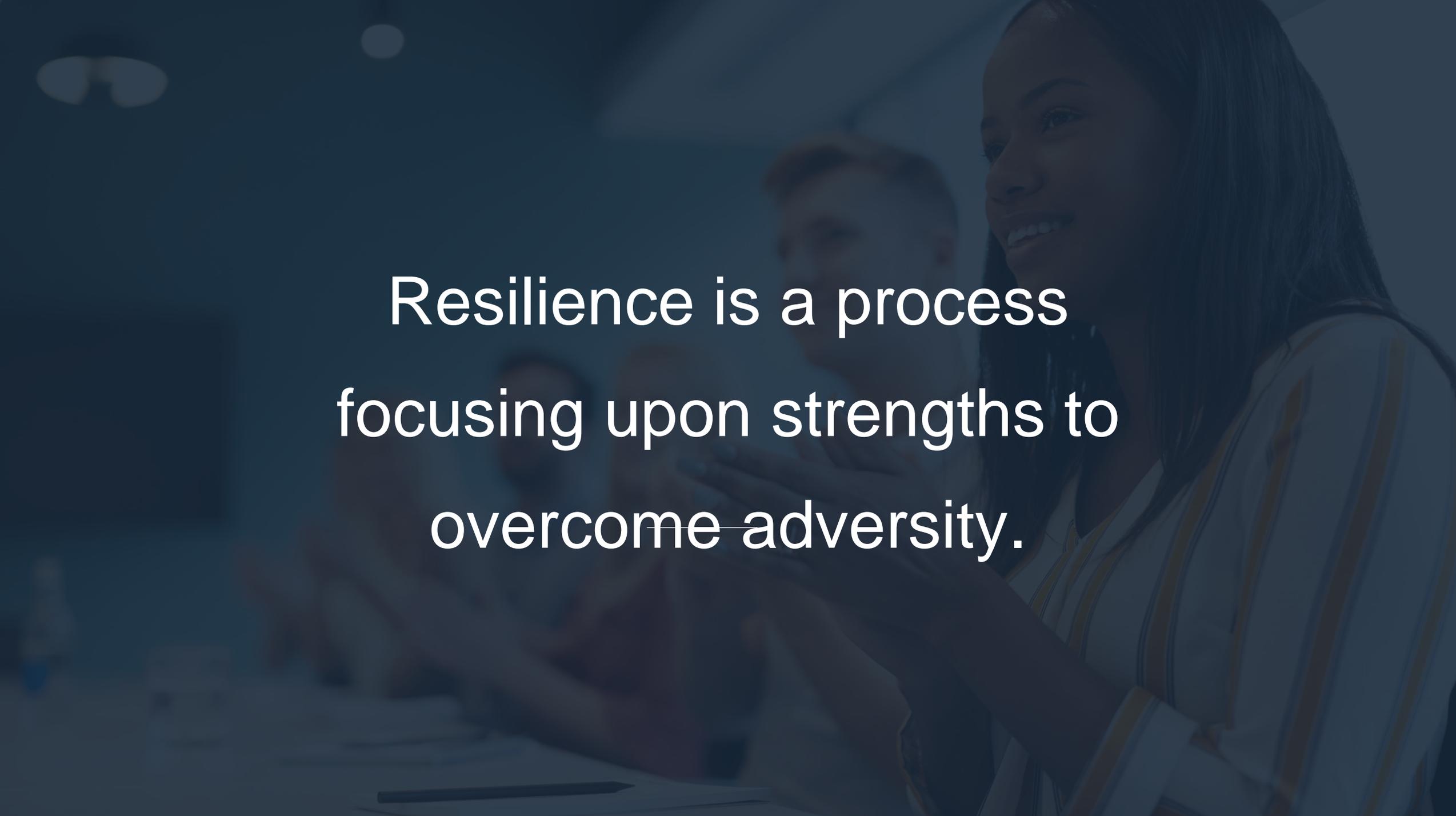




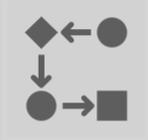
THE POWER OF RESILIENCE IN DIFFICULT TIMES

Sam Goldstein, Ph.D.
Assistant Clinical Professor
University of Utah School of Medicine



A group of people in a meeting, with a woman in the foreground smiling and gesturing.

Resilience is a process
focusing upon strengths to
overcome adversity.



A process leading to good outcome despite high risk



The ability to function competently under stress



The ability to recover from trauma and adversity



Education opportunity



Organized religious affiliation



Higher intellect



Learning to problem solve



Internal locus of control



Sense of self-worth



Sense of humor



Stress and illness have intersecting components. Many studies indicate such a link



Theories of the stress–illness link suggest that both acute and chronic stress can cause illness, and lead to changes in mental and physical health, behavior and in how the body functions



Research indicates the type of stressor, whether it is acute or chronic and individual person characteristics such as age and physical well-being before the onset of the stressor can combine to determine the effect of stress on an individual



A person's personality, genetics, and childhood experiences including possible major stressors and traumas may also predispose their response to an event such as a viral pandemic



Limit your news watching to ½ hour per day



Turn off all alerts from news channels on your devices



Exercise



Attend to daily responsibilities



Work if you can



Keep busy with family activities even if restricted to home



Resist posting or texting bad news



Reassure your children the world isn't ending



Consider a budget for spending if needed over the next 3 months



Information is key; people who are quarantined need to understand the situation



Effective and rapid communication is essential



Supplies (both general and medical) need to be provided



The quarantine period should be short and the duration should not be changed unless in extreme circumstances



Most of the adverse effects come from the imposition of a restriction of liberty; voluntary quarantine is associated with less distress and fewer long-term complications



Public health officials should emphasize the altruistic choice of self-isolating



What's my problem?



What solutions are available?



Which solution is the best?



How can I implement each step of the solution?



How did I do?



Become a charismatic adult



Provide realistic appreciation



Focus on building rather than tearing down



Be available



Worry is in our genes. It keeps us alert and aware of danger



But worry can also consume us if we are not vigilant and proactive, further complicating challenging situations and times



But so too is hope, optimism, motivation and empathy, the foundations of resilience