BOUNCING BACK: BUILDING RESILIENCE IN THE FACE OF ADVERSITY

Chris Collins, LCSW, MSW
Doctoral Candidate, College of Social Work
Florida State University
LEARNING OBJECTIVES

• Identify and evaluate sources of stress in your own lives

• List and assess how the three P’s play a role in your life

• Learn to develop a personal hope practice
A NOTE...

• We all face stress, trauma, and adversity

• We all manage adversity differently

• Trauma doesn’t care who you are
TOXIC STRESS

• Occurs when we experience strong, frequent, and/or prolonged adversity

• Severity is based on a lack of support
Resiliency is the ability to overcome serious hardship

Resiliency is fostered through protective factors
PROTECTIVE FACTORS

• Characteristics associated with a lower likelihood of negative outcomes or that reduce someone’s risk factor impact

• Examples:
  • Self-esteem
  • Trusting, close relationships
  • Good physical, mental, and spiritual health
  • Positive attitude and humor
  • A sense of belonging at work or school
PERSONALIZATION, PERVERSIVENESS, & PERMANENCE

• Personalization
  • The belief that we are at fault

• Pervasiveness
  • The belief that an event will affect all areas of our lives

• Permanence
  • The belief that the aftershocks of an event will last forever
DEVELOPING A HOPE PRACTICE

• Hope means to:
  • cherish a desire with anticipation,
  • to want something to happen or be true,
  • to trust

• To develop a practice means you are doing something every day
CLOSING REMARKS & FINAL THOUGHTS

• “The oak fought the wind and was broken, the willow bent when it must and survived”
  - Robert Jordan

• “No matter how much falls on us, we keep plowing ahead. That’s the only way to keep the roads clear”
  - Greg Kincaid

• “No matter how bleak or menacing a situation may appear, it does not entirely own us. It can’t take away our freedom to respond, our power to take action”
  - Ryder Carroll

• “If you’re going through hell, keep going”
  - Winston Churchill
QUESTIONS?

Chris Collins, LCSW, MSW
cjcollins@fsu.edu