



Resilience

The Courage to Come Back

Misti Timpson

Rocky Mountain University of Health Professions



Rocky Mountain University
OF HEALTH PROFESSIONS

Objectives

- To be able to describe the different components that come together to form resiliency
- Understand resilience and its impact on overall health
- To be able to identify those in their support circle who are positive and negative influences
- To engage in the practices of using resilience strategies




ROCKY MOUNTAIN UNIVERSITY
OF HEALTH PROFESSIONS

Health



The World Health Organization's definition:

- A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

•

•


ROCKY MOUNTAIN UNIVERSITY
OF HEALTH PROFESSIONS

What do you imagine when I say health?




•

•


ROCKY MOUNTAIN UNIVERSITY
OF HEALTH PROFESSIONS

Are you healthy?




ROCKY MOUNTAIN UNIVERSITY
OF HEALTH PROFESSIONS

Beyond Biology

- “A growing body of research compels us to broaden our focus to consider a wide range of psychological, social and spiritual factors that appear to have as much if not more influence on our health than the traditional biomedical risk factors for disease.”

Carrier and Robinson, “Reinventing Health Promotion: Moving from biomedical, Risk-Factor Control to Holistic Health and Healing.” *Wellness Management*, Volume 15, Number 1, Spring, 1999. pp.7-9.



A Move towards Wellness

- Wellness is more than just the absence of illness or physical disability
- Wellness is a continuum that shifts daily for everyone
- It is a holistic approach (body, mind, spirit)
- It is person-centered (individual responsibility) not patient-centered



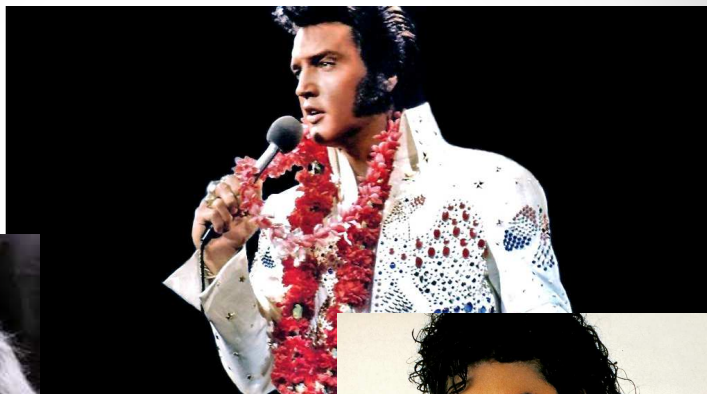
What is Wellness?

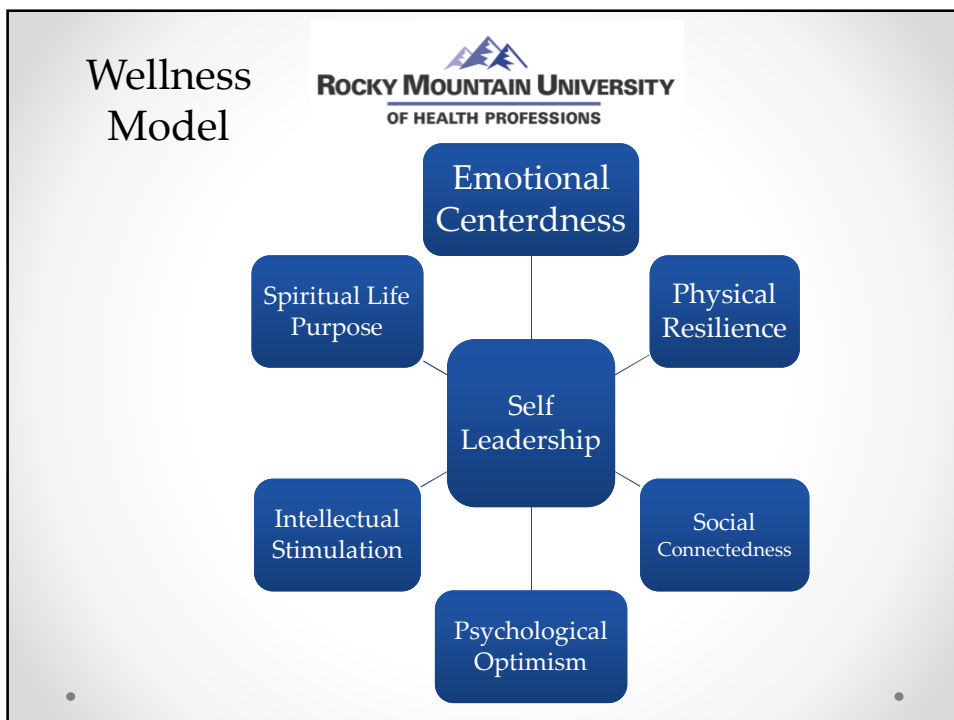
- Wellness is an ACTIVE PROCESS of becoming aware of and learning to make choices (healthy/positive choices) that lead toward a longer and more successful existence.





It may surprise you who is “well” and who isn’t.



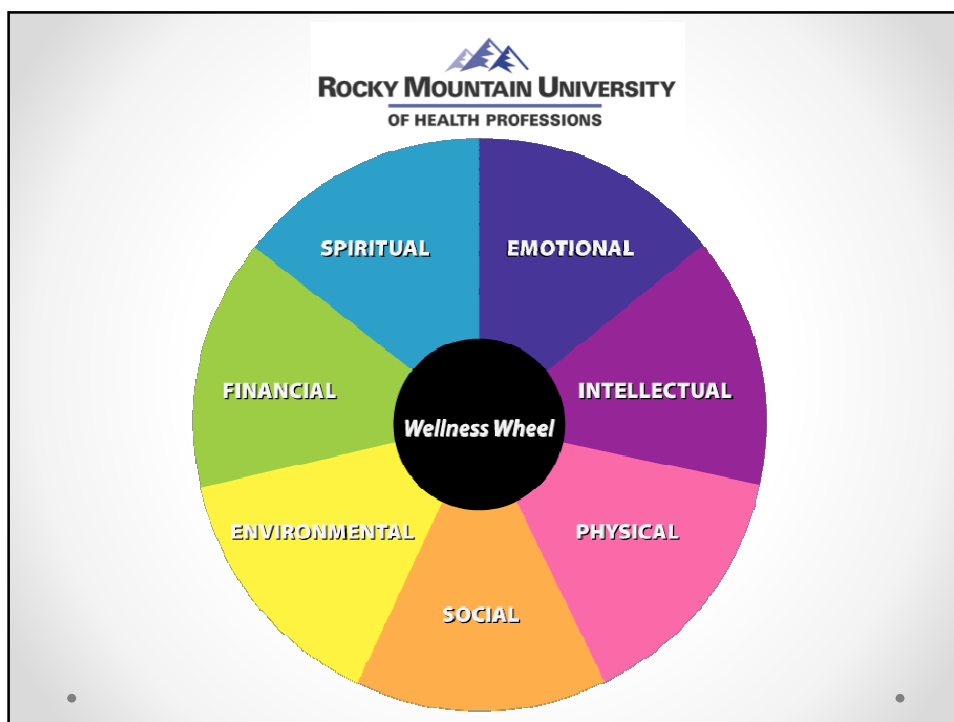




- **Emotional Centeredness:** the possession of a secure sense of self-identity and a positive sense of self-regard
- **Physical Resilience:** positive perceptions and expectancies of physical health
- **Social Connectedness:** the perception that family and/or friends are available in times of need, and the perception that one is a valued support provider



- **Psychological Optimism:** a general perception that one will experience positive outcomes to the events and circumstances of life
- **Intellectual Stimulation:** The perception that one is internally energized by the appropriate amount of intellectual activity
- **Spiritual Life Purpose:** a positive sense of meaning and purpose in life.



Rocky Mountain University
OF HEALTH PROFESSIONS

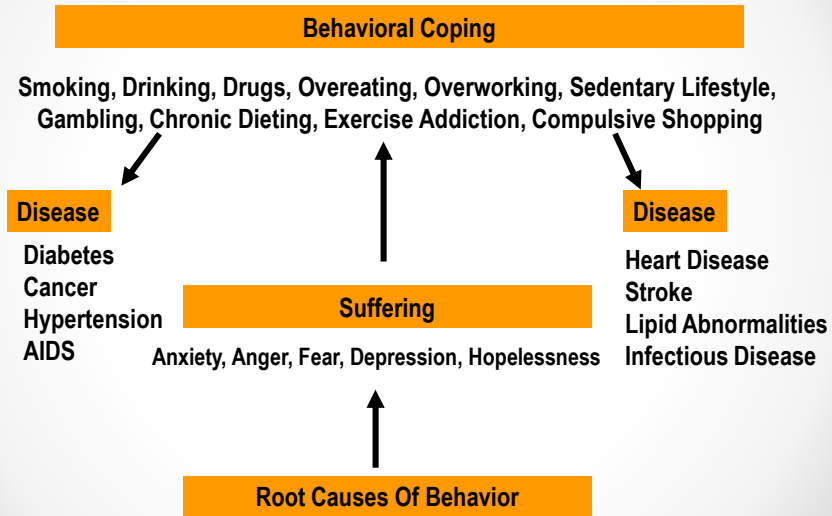
Resilience

- The ability or power to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity
- Strength in the midst of change and stressful life events

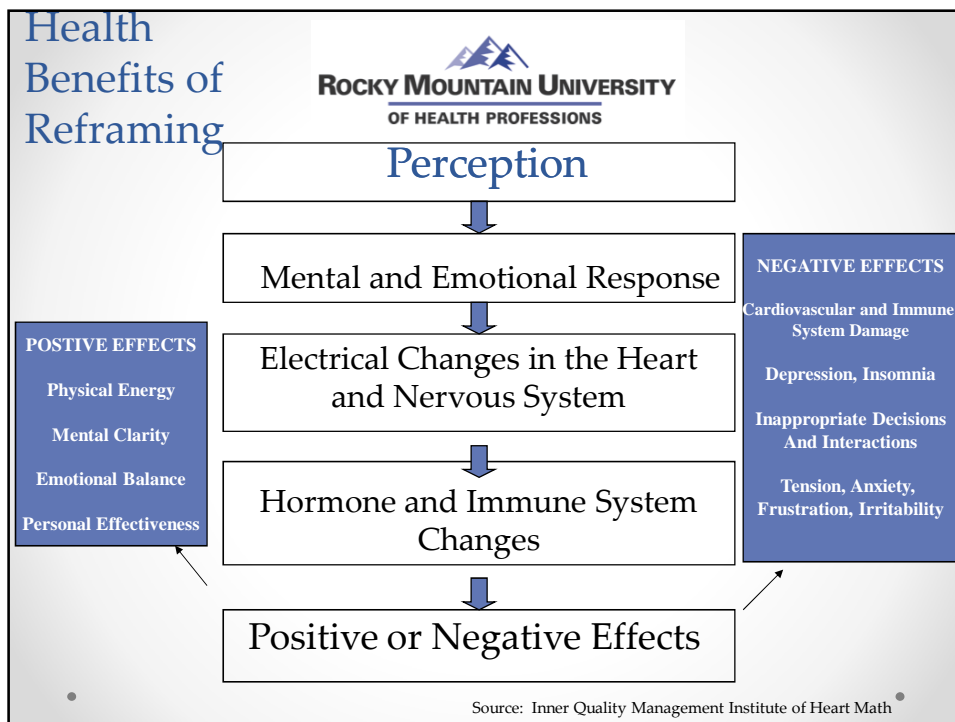
The illustration shows a basketball on a blue, spring-like base that is bent and then returns to its original shape, symbolizing the concept of resilience. The background is a light gray with a subtle pattern of the university's logo.

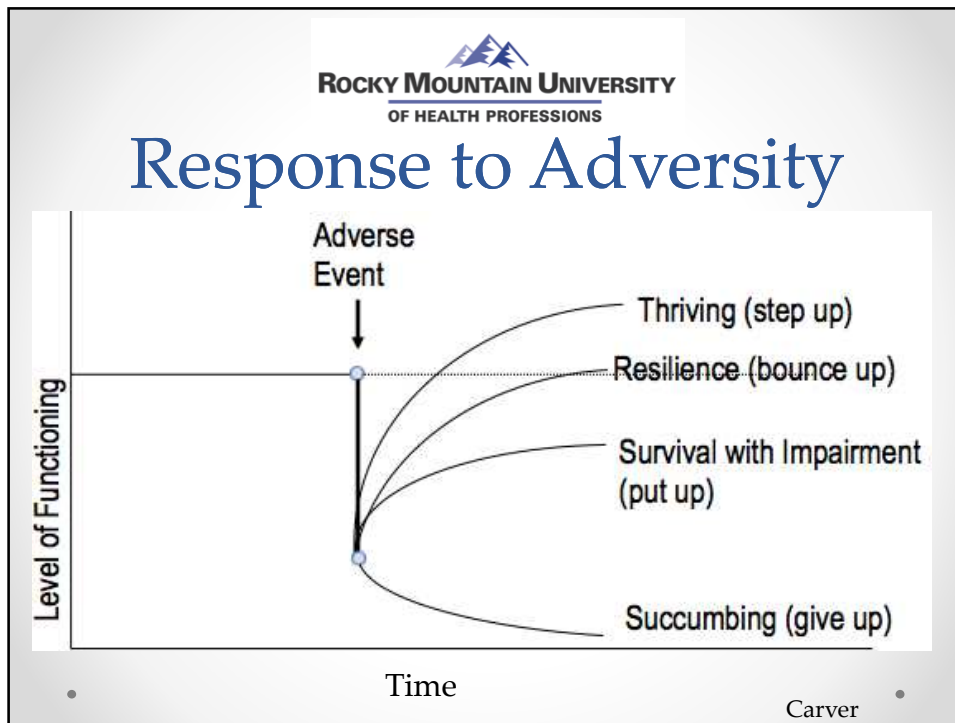
Optimal Health

“Complete well-being is a fantasy.....health (whatever else it might be) is something that happens not so much in absence of illness as in its presence”



Jon Robison: "Reinventing the Profession," Absolute Advantage, Vol. 3, No. 7, Summer, 2004




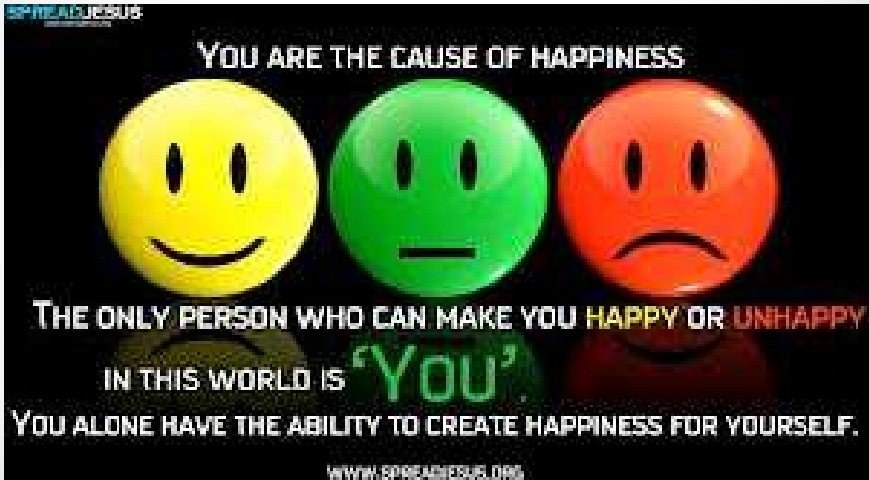




Rocky Mountain University
OF HEALTH PROFESSIONS


I owe my life to cancer!





Rocky Mountain University
OF HEALTH PROFESSIONS




Rocky Mountain University
OF HEALTH PROFESSIONS



• **"If you cant stand up, stand out"** ---Mike Schlappi •

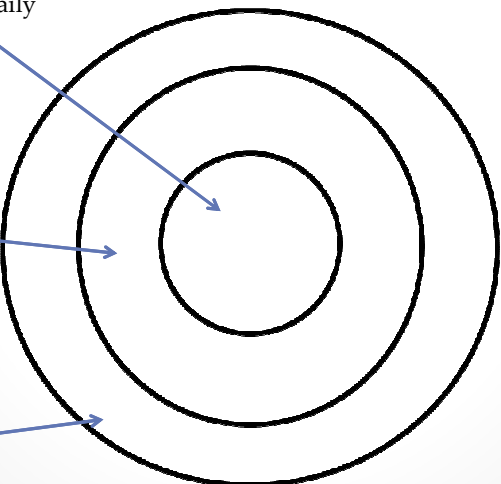

Rocky Mountain University
OF HEALTH PROFESSIONS

Meaningful Connections Activity

Frequent in life/daily

Weekly/monthly

Yearly or not very often



• •