# Personal and Professional Resilience in a Time of Pandemic

**FORTIFY WEBINAR SERIES** 

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#### RESILIENCE AND PANDEMIC



"When we are no longer able to change a situation, we are challenged to change ourselves."

**Viktor Frankl** 

# TRAUMA, RESILIENCE AND PANDEMIC

"...trauma shakes up our world and forces us to take another look at our cherished goals and dreams...we tend to rely on a particular set of beliefs and assumptions about the benevolence and controllability of the world, and traumatic events typically shatter that worldview as we become shaken from our ordinary perceptions and are left to rebuild ourselves and our worlds."

Kaufman, 2020 Scientific American



**KEY WORDS-CHAT** 

70%

Adults in general population

20%

 Adults go on to develop PTSD

90%

Heath care workers

100%

 Refugees and Asylum Seekers

# NATURE OF TRAUMA

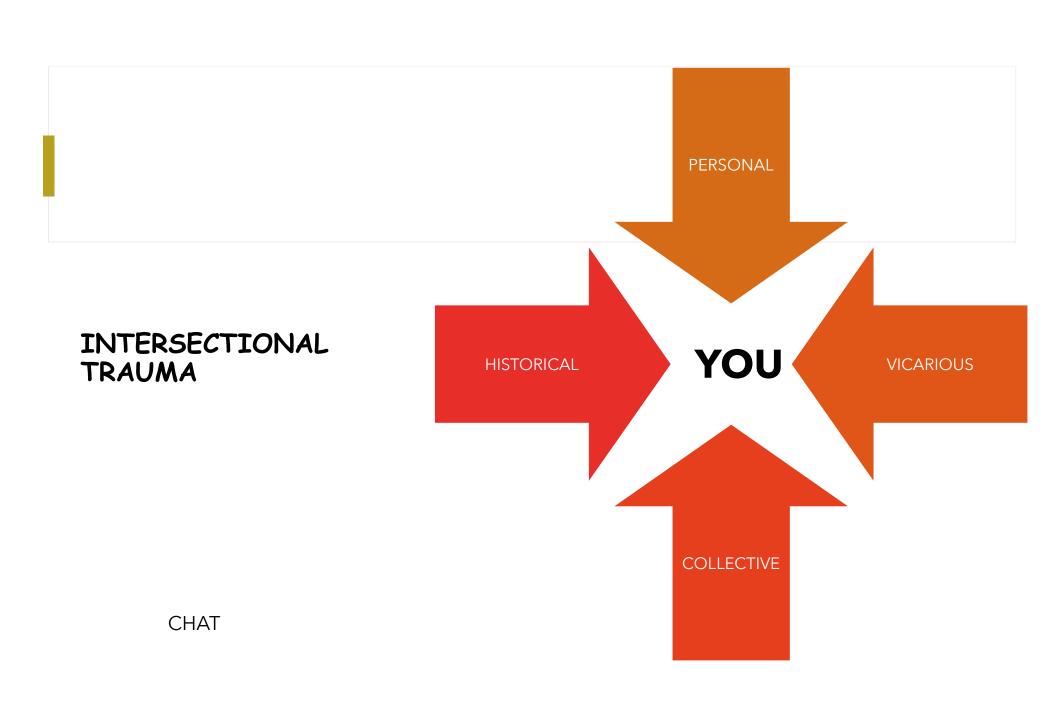
Adults who experienced a traumatic event

## PERSONAL

INTERSECTIONAL TRAUMA **VICARIOUS** 

COLLECTIVE

HISTORICAL



INABILITY TO MANAGE UNCERTAINTY INCREASINGLY UNFILTERED THOUGHTS/ BEHAVIORS

**IMPACT** 

INTERSECTIONAL TRAUMA

UNHEALTHIER PSYCHOLOGICAL DEFENSES

UNWANTED
INTRUSIVE
SUBSTANCE OF
SHADOW

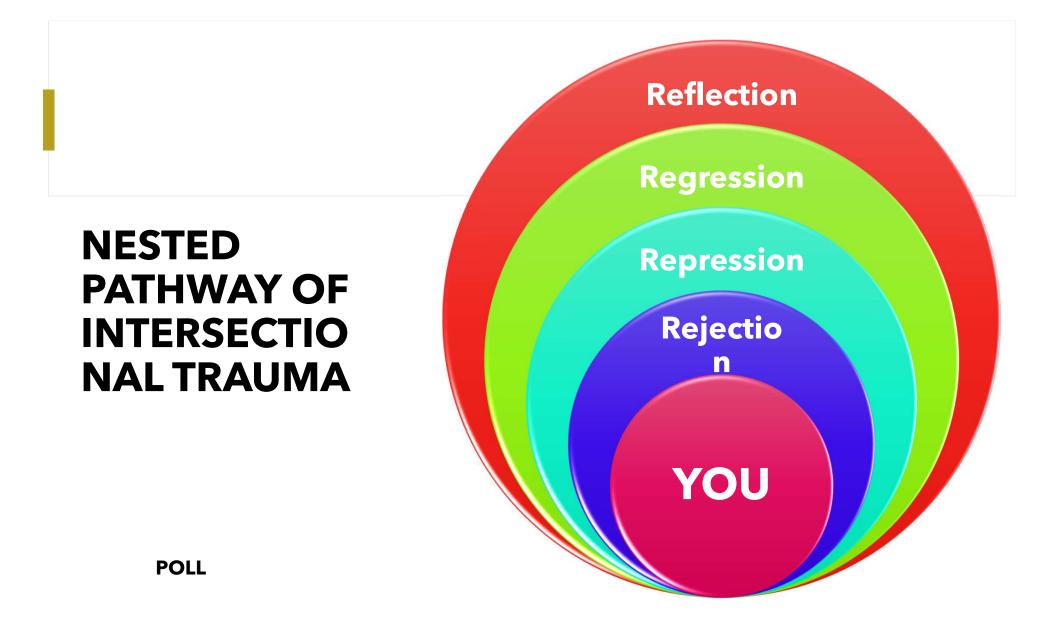
# Rejection

**PATHWAYS** 

INTERSECTIONAL TRAUMA Repression

Regression

Reflection



Resilience can be defined as the ability to adapt well and 'bounce back' after facing adversity, trauma, tragedy, threats, or significant stress.

American Psychological Association

## What is Resilience?

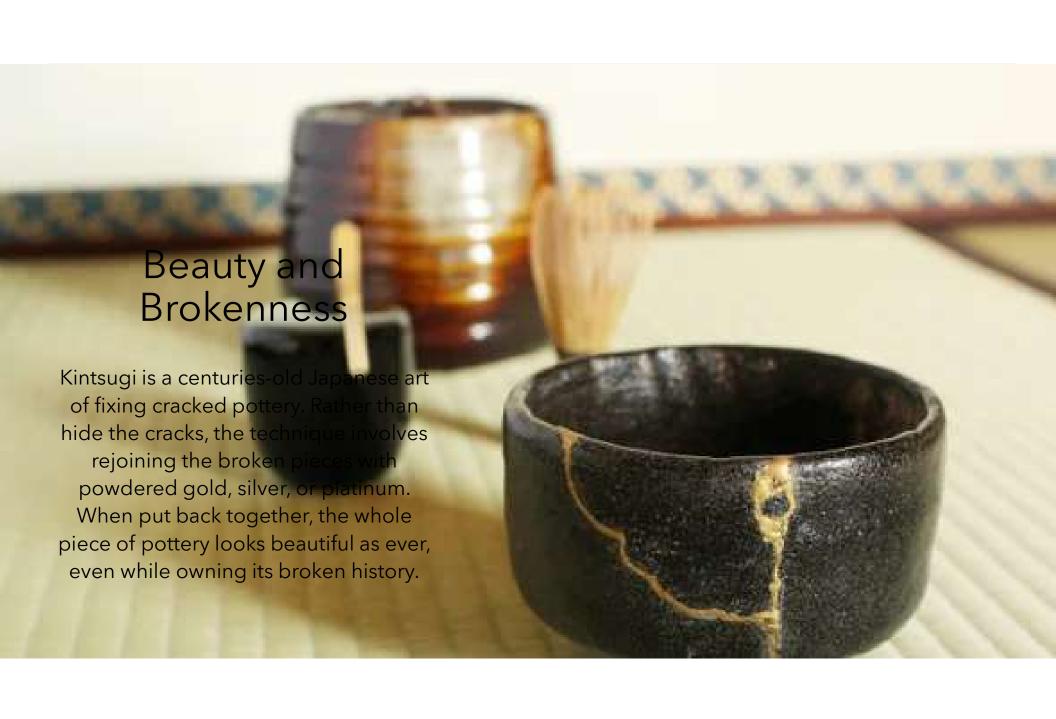


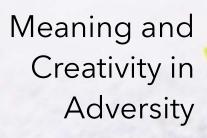
## Resilience

#### George Bonanno

...the ability of people who have experienced a highly lifethreatening or traumatic event to maintain relatively stable, healthy levels of psychological and physical functioning...

- ...is actually common
- ... is not the same as the simple absence of psychopathology
- ...can be attained through multiple, sometimes unexpected, routes
- ...includes facing adversity that forces adaptation and direct confrontation with disruption.





# Post-Traumatic Growth



A POLL

## Post Traumatic Growth is NOT Preferred...

## The research indicates:

- Most people would prefer to have not had the trauma
- Growth from positive events is sustained longer
- Resilience and adaptation are needed to transform adversity
- Trauma once triggered is often subject to morph and return



## RESILIENCE ORIENTATION

## Key considerations:

- Identify immediate resources/stressors
- Inventory strength of current coping modes/"positive attitude"
- Select potential routes to resolution
- Engage healthier practices that promote wholeness and healing

# An "EAR" for Resilience THREE STEPS

1

2

3

#### **E**NGAGE STRENGTHS

 Identify capacities and practices to cope with stressors

#### **A**SSESS PROGRESS

 Determine gaps in resilience between aspiration and action

# RENEW RESILIENCE

• Discern whether there is renewal of resilience ... Repeat, Repeat

# **Post Traumatic Growth Resilience Practices**

- Deliberate Rumination/Setting Intentions
  - Positive changes in relationships
  - Perception of new possibilities
- Expressive Writing
  - Meaning to stressful/traumatic situations
  - Expression of range of emotions
- AND...YOUR ANSWERS



# MAKING MEANING

"Those who have a 'why' to live can bear with almost any 'how'."

**FRANKL** 

