Building Resiliency Skills: A Necessity in the COVID-19 Epidemic

Jacqueline Hoying, PhD, RN, NEA-BC
Assistant Professor of Clinical Practice, The Ohio State University

Tracy Stuck
Assistant Vice President, Office of Student Life

Staying well and calm in the midst of the COVID-19 storm
Evidence-based tactics that work!

OFFICE OF THE CHIEF WELLNESS OFFICER
Tips for Staying Connected from Session #5

Being social is good for your health
Call a family/friend every day
  Reach out to someone new
  Use technology in fun ways to connect
Build/Re-build family relationships
  Use the gift of time
Help someone every day
  Practice random acts of kindness
Prevention is key
What stressors do you have today?
<table>
<thead>
<tr>
<th>Potential Stressors</th>
<th>World-Wide</th>
<th>Closer to Home</th>
<th>Everyday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Political climate</td>
<td>Parenting</td>
<td>Social media</td>
</tr>
<tr>
<td></td>
<td>Catastrophic weather</td>
<td>Caring for parents</td>
<td>Late arrival to work/meeting</td>
</tr>
<tr>
<td></td>
<td>Increased violence</td>
<td>Financial concerns</td>
<td>Unpleasant coworker</td>
</tr>
<tr>
<td></td>
<td>Increasing suicide rates</td>
<td>Major life events</td>
<td>Expectations from other people in your life</td>
</tr>
<tr>
<td></td>
<td>Pandemic</td>
<td>Looking for a job</td>
<td>Increased workload</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Pandemic

- Feelings of despair
- Fear for loved ones
- Decreases job security
- Increases loneliness
- Mindset switch from “thriving” to “survival”

- Triggers feelings of hopelessness
- Increases anxiety
- Decreases financial security
- Promotes social withdrawal
- Disturbs sleep
These stressors can leave you feeling overloaded, overwhelmed, out of control and unsafe?
Mental Resilience adds to our protective factors
Resilience

The core strength you use to lift the load of life

- Amit Sood, Mayo Clinic
Science has good news
We can increase our resilience through growth and practice
Nine Attributes Resiliency Building Skills

Composure
Patience
Optimism
Gratitude
Acceptance
Sense of purpose
Forgiveness
Connection
Kindness

- Amit Sood, Mayo Clinic
Nine Attributes for Resilience

COMPOSURE

Disrupting event shifts our thinking from rationale to reactive (drop your cell phone)

PAUSE and consciously think about how you want to respond
Nine Attributes for Resilience

PATIENCE

Active Listening

Delay judgement and hear their words, not thinking about what you want to say
Nine Attributes for Resilience

OPTIMISM

Staying hopeful and positive even on tough days
“I am resilient”

Remembering happier moments
Nine Attributes for Resilience

GRATITUDE

Practice in small and big moments to feel grateful for a cup of coffee or glass of water, or completing a task

Be intentional about gratitude
HANDLING UNCERTAINTY

Chose acceptance, most of us love control, but so much of life is out of our control.

Embrace uncertainty “I have this.”
Nine Attributes for Resilience

GOOD REASON TO GET OUT OF BED

Sense of purpose

Keeps us engaged and makes it easier to be hopeful

Fills us with courage

Write it down. Can be one thing or many smaller things. You know you found it when you feel inspired and happy!
Nine Attributes for Resilience

QUICK TO LET GO OF A GRUDGE

Forgiveness for loved ones and friends who will disappoint you and have misunderstandings

You have a choice
Focus on the hurt or
Focus on the forgiveness/healing
to lighten the “hurt” load = more joy
Nine Attributes for Resilience

SATISFACTION WITH PEOPLE WHO ARE CLOSE TO YOU

Connection

Loneliness is a lack of true connection to others

Strong relationships with a few people will help nurture hope and courage

Also helps boost physical health and longevity
Nine Attributes for Resilience

REMAIN KIND TO OTHERS

Actively chose kindness even on days you don’t feel good

It helps with coping and healing
Building Resilience

Take good self-care
Five minutes every am focused on positive reading/meditation

Practice positive self-talk
  “I am calm”
  “I am resilient”
  “I am happy”
  “I am healthy”
  “I am kind”

Gratitude journal
Practice kindness
Kindness at Ohio State
Our Partners in Kindness

- Ohio State Kindness Committee
- Kind Columbus
- The Columbus Foundation
How We Stay Kind

• Pack Shack
• Operation Warm
• Random Acts of Kindness
Kindness Playlist

Stay energized, upbeat and stress free with our custom Kindness Playlist

PLAYLIST

Kind song playlist

This playlist was created by The Ohio State University Kindness Committee and the Boo Radley Society, a kindness student org at Ohio State. If you have more song suggestions, please email bekind@osu.edu
Showing Your Kindness on Zoom

Highlight your kindness with our Buckeye and Kind themed backgrounds
Sharing Kindness

You can inspire kindness by sharing your kind experiences, stories and ideas for random acts of kindness by emailing bekind@osu.edu

Stories or ideas shared will be posted across the Office of Student Life's social media accounts

You can be kind online by using #BeKind and #KindColumbus in your social posts
Kindness Kudos

Give Your Own Kudos!
Join in on Ohio State’s Kindness Impact

Sign up to be notified of kindness events, opportunities and updates: go.osu.edu/KindSignUp
Our Kindness Calls
Loving Kindness Meditation
Thank You
Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation: go.osu.edu/calmandwellsurvey6

This will be sent via email to all registrants
Next week

May 20, 2020 12:30 - 1:00 pm

Eating Healthy and Balanced in Stressful Times: Why it Matters

Gina Forster, Megan Amaya, and Dave Hrabe

Staying well and calm in the midst of the COVID-19 storm

Evidence-based tactics that work!
Everyday Health-OSU resources for building resilience:

Produced in partnership with the Ohio State University, this special initiative comprises the latest news and information about resilience along with these evidence-based tools for building resilience:

The Everyday Health Assessment: Get Your Resilience Score

The Everyday Health Workbook: Discover the Resilient You
Learn to strengthen your self-confidence and self-control, skills you need to cope with any situation.

Cultivate your resilience while hearing from celebrities such as Randy Travis, Jennifer Hudson, and soccer superstar Lionel Messi on how they did the same. Learn to teach kids and teens resilience. Get recommendations on top TV programs, books, and films for inspiring and nurturing resilience.