Cultivating Resilience in Today’s Complex World

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Guiding Questions

• How do you define resilience?
• How can protective factors within this “Age of Anxiety” help?
• What types of self-care strategies can help you cultivate resilience personally and collectively?

Mental Health Context

1. There’s no health without mental health (WHO, 2016)
2. Caregiving professions are highest risk of occupational burnout
3. “Age of Anxiety”, 1 in 3 anxiety, 50% mental health condition (WHO, 2016; CDC 2018)
Resilience

- A process involving positive adaption after enduring adversity
- Buffering process/protective factors
- Mindset that allows for "Reserve capacity" to prepare for ongoing change and growth

Resilience is linear, fixed, romantic and boot strappy.

All energy must be focused on everyone else.
Self-care is selfish or superficial and won’t work.

Knowing is enough. Plus, who has time?

Discussion

What are some ways you define and engage in self-care?
Soothe

- Attention to sensory
- Mindfulness
- Mitigation of internal
  & environmental
  (+) and (-) stimulation

End unproductive thinking

- Identify and reduce cognitive distortions
- Challenge rumination and
  perfectionistic tendencies
- Move towards meta-cognitive
  strategies; mental agility

Talk it out

- Supervised skill practice
- Engaged, diverse, reciprocal relationships
- Reduced isolation & stigma
- Integration and collective efficacy
Take-away strategies

1. Understand contextual risks of today (WHO, 2016)
2. Prioritize self-care for resilience
3. Seek community that sustains, provides accountability
4. Practice RESET strategies consistently

Discussion

Break into small groups and discuss takeaways for cultivating resilience.

Thank you.

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