Welcome!

Important info for today’s session:

1. Slides are available on the event page:
   https://militaryfamilieslearningnetwork.org/event/34453

2. Need tech support?
   Email us at MilFamLN@gmail.com
   (write this down in case you need it later)

3. Select “All Panelists & Attendees” from the drop-down when commenting in the chat pod.

3-Part Resilience Series

AUGUST 20, 22 & 27

RESILIENCE SERIES

Dr. Ann Mathes
Dr. Frances Walsh
Dr. Michael Ungar

https://militaryfamilieslearningnetwork.org/resilienceseries

Nurturing Resilience Through a Strong Community

https://militaryfamilieslearningnetwork.org/event/34453
Connecting military family service providers and Cooperative Extension professionals to research and to each other through engaging online learning opportunities

https://militaryfamilieslearningnetwork.org

**Today’s Presenter**

Dr. Michael Ungar

Family Therapist and Professor of Social Work at Dalhousie University
Canada Research Chair in Child, Family and Community Resilience

Author of 15 books for mental health professionals, researchers and lay audiences.

His blog, *Nurturing Resilience*, can be read on *Psychology Today*’s website.

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**Nurturing Resilience Through a Strong Community**

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PART 1: WHAT IS RESILIENCE?

Is this resilience?

“You can’t stop the waves but you can learn to surf”
--John Kabat-Zinn

But… it’s easier to learn to surf if you have a surfboard, a coach, and a lifeguard
Despite an abundance of healthy eating and weight loss programs, two-thirds of American adults are overweight or obese. Heart disease is growing and the use of medications to treat it. Hospitalizations for mental health and addictions problems are rising steadily. Prescriptions for mental health problems are increasing. While the rate of divorce has declined, so too have the number of new marriages. Days absent from work is rising quickly. 28% of households have just one person.

**The failure of the rugged individual**

- When problems are few, we can rely on ourselves to solve our own problems.
- When problems are many and complex, we need lots of resources to cope effectively.
**Resilience is...**

- In the context of exposure to significant adversity, resilience is our capacity, individually and in groups, to *navigate* our way to the psychological, social, cultural, and physical resources that sustain our wellbeing, and...
- Our capacity individually and in groups to *negotiate* for these resources to be provided in meaningful ways.


**A Dozen Resilience Resources**

1. Structure/routines
2. Consequences/accountability
3. Intimate and sustaining love from others
4. Lots and lots of supportive relationships
5. A powerful identity
6. A sense of control
7. A sense of belonging/culture/spirituality/life purpose
8. Rights and responsibilities
9. Our basic needs are met
10. Positive thinking
11. Physical wellbeing
12. Financial wellbeing

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We do better when our community provides us opportunities to use our talents.

PART 2: HOW DO I BUILD RESILIENCE?

Exercise: Assessing my resilience resources
- Structure:
  - "There are people in my life who expect me to ____________.""
- Consequences:
  - "When I don’t meet expectations, I know that ____________ will happen.”
- Intimate relationships:
  - "I can reach out to my ____________ to get help when I need it.”
Other relationships:
- "When bad things happen in my life, there are people like __________ who will support me as best they can.

Identity:
- "I feel respected for what is special about me when I'm with/at/doing ____________.

Power and control:
- "In my ____________ I get to participate in making decisions that affect my _____________."

Belonging, spirituality:
- "At my ____________ people miss me when I'm not there."
- "There are places such as ____________ where I can celebrate my culture and beliefs."

Rights and Responsibilities:
- "When I'm with others at my ____________ I feel treated fairly."
- "When I'm with ____________ I am responsible for myself/others."

Safety and Support:
- "I am well-cared for by ____________.
- "I feel safe when I'm with/at ____________.

Positive thinking
- "When bad things happen in my life, I say to myself ‘_________________’ and I feel better."
- "I know I'm not to blame when ____________ happens."


Physical wellbeing

“Physically, I’m able to ________________ when I want to.”

Financial wellbeing

“Financially, I’m able to ________________ when I want to.”

How many of the 12 resilience resources do you have?

Finding the resources we need for success depends on the quality of our social, built, and natural environments.
Exercise (Part 1): Appreciative Inquiry

- Describe an experience at your workplace, at home, or in your community where you have been able to navigate and negotiate effectively for the resources you needed to be resilient.
  - Be very specific when describing the experience.
  - What services or supports did you receive?
  - Where were these services and supports offered?
  - What other resources did you use (internal/external)?
  - What other details can you provide?

Exercise (Part 2): Appreciative Inquiry

- Who, and/or what, was required to make this experience possible?
  - Again, be as detailed as possible. What would someone see you doing?
  - What did others in your community do?
  - If at work, what did your co-workers do?
  - What did your employer, community or government do that made the service or support work well?
**Principle**

*When a resource is unavailable, inaccessible, or potentially harmful, we cope as best we can with what we have.*
Four Strategies for Success

1. Change yourself—But what changes are the right ones?
Exercise: Do you have a healthy lifestyle?
- Do you eat 3 oz of chocolate per day?
- Do you exercise vigorously for 10 minutes each day?
- Do you sleep at least 7 hours each day?
- Do you have 1 (for women) or 2 (for men) drinks of alcohol a day?
- Do you have family dinners three times a week?
- Do you have sex at least once (and if possible, four) times a week?

Four Strategies for Success
1. Change yourself (if that’s enough)
2. Make the best use possible of the 12 resources you have

A Dozen Resilience Resources
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12. Financial wellbeing
Four Strategies for Success

1. Change yourself (if that’s enough)
2. Make the best use possible of the 12 resources you have
3. Change your world to have more of the 12 resources
4. When all else fails, change what you want
Thank You!

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Case Story – Meet Stephanie

Watch video here:
https://www.youtube.com/watch?v=J8iAh8kRilY

Case Story Q & A
Where does Stephanie find the 12 resources which nurture adult resilience?
If any of the 12 are missing, what strategies could Stephanie use to find them?
Are there relationships in Stephanie’s life that she should distance herself from? Places that drain her energy?

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Evaluation & Continuing Education

Today’s webinar is valid for 1.5 CEs from the UT Austin Steve Hicks School of Social Work, National Council on Family Relations to Certified Family Life Educators (CFLE), and Commission for Case Manager Certification.

Evaluation/post-test:  
https://vce.a1.qualtrics.com/jfe/form/SV_eDUW7N42VaAaDP

For questions regarding CEs, email us at:  
robert.bertsch@ndsu.edu

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