

Getting your bounce back

– Maintaining resilience should not be in dispute

SOCAP Symposium August 2016

Michelle Bihary

Workplace Resilience Australia

Trevor Slater

Spindrift Solutions

Key principles, reference material and resources:

- Stay healthy
- Stay happy
- Celebrate the good times – share them
- Share the tough times – debrief
- Leave it at work
- Don't take the customer's anger personally
- Remember that could be you one day

1 Take care of your health and wellbeing – it's the only one you've got
"You can't give from an empty cup" See No 3 for references.

2 Wellbeing is holistic, we need to prioritise all levels of wellbeing – including
physical, mental, emotional, spiritual, environmental and relationships.

- Jim Loehr & Tony Schwartz: The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal
- Arianna Huffington: Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder

3 Develop a peak performance brain

- Hardwiring happiness: Dr. Rick Hanson <https://www.youtube.com/watch?v=jpuDyGgleh0>
- Dan Gilbert: The surprising science of happiness
https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy?language=en



- Dan Siegel Mindfulness and Neural Integration <https://www.youtube.com/watch?v=LiyaSr5aeho>
- Dan Siegel: Mindsight
- Martin Seligman: Flourishing
- John Arden: Rewire your Brain

4 Debriefing and being committed to leaving work at work.

Debriefing, putting words to our emotions and frustrations, significantly reduces the intensity of those emotions, which helps us let go of the emotions and is better for our wellbeing. We can debrief in conversation with someone else, but even writing it out on paper can help. Many people spend a lot of time at home ruminating over the things that occur at work. Debriefing helps with leaving work at work.

Strategies:

- Debriefing emotions: Write things down, write a uncensored letter (that you would never send) to express your emotions fully, or talk things out with a trusted colleague
- Debriefing for growth and development
Key debriefing questions to assist with learning:
 - What was I trying to achieve?
 - Where did I hit (or miss) our objectives?
 - What contributed to the results?
 - What should I start, stop, or continue doing?

5 Try not to over function for others & Strengthen your boundaries

- Doc Childre: Overcoming Emotional Chaos
- Harriet Lerner: Dance of Anger
- Anne Katherine: Boundaries: Where You End and I Begin - How to Recognize and Set Healthy Boundaries
- Anne Katherine: Where to Draw the Line

6 Compassion

Paul Gilbert; How to Turn Your Brain from Anger to Compassion

http://greatergood.berkeley.edu/article/item/how_to_turn_brain_anger_compassion

How Mindfulness Fosters Compassion

https://www.youtube.com/watch?v=pz9Fr_v9Okw

Strengthening the Mind through The Power of Self-Compassion

<https://www.youtube.com/watch?v=0GKVMILwzdY>

