

Navigating Transitions: Living Resiliently

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“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

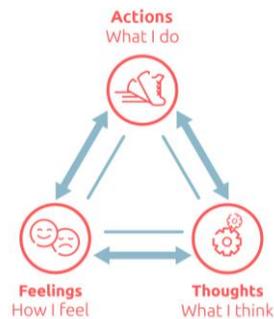
- Maria Robinson

Resilience

- Realistic hope & optimism
- Emotion expression & regulation
- Meaning/purpose/values
- Reliance on self & others
- Problem solving/goals
- Replenishment



I can build resilience through noticing and taking charge of. . .



Skill Building:

Mindfulness is a form of self-awareness training adapted from meditative practices. Mindfulness based programs have been used to help people in better managing emotional distress, depression, pain, and other conditions.

Mindfulness = non-judgmental awareness and acceptance of the way things are in the present moment

Mindful breathing – Attend to and notice the sensations of your breath, its regular rise and fall, as it enters and leaves your body.

Mindful eating – Fully notice the textures and tastes of the food and the sensations of eating. Savor the joy of eating.

Mindful walking – Notice the sensation of the ground at your feet and the change in your breathing. Savor the moment.

Actions

- **Smiles** – Smiling fully, with cheeks high, eyes crinkled, is associated with longer life
- **Gratitude** – recording three things you are grateful for each day and how they came about in a journal helps you feel happy
- **Body posture** – standing and sitting with head erect, spine lifted, shoulders back is a happy posture; a “power up” posture, with hands on hips or overhead in a V can help you perform challenging tasks at a higher level
- **Replenishment** – being physically active, getting 7-8 hours of sleep, and eating nutritious foods helps build resilience
- **Connections** – communicating well, recognizing and managing emotions, cultivating relationships, building trust, giving and receiving help

Mindsets

Be aware of **cognitive distortions** (i.e., unhelpful thoughts)

- “I am what I am.”
- “I am a terrible friend,”
- “I should always be perfect.”
- “I’ll never be happy here.”
- “I have to do well on this, or I’m worthless and life will be awful.”
- “That person is so much smarter than I am.”

Try **cognitive restructuring** (actively challenging the underlying belief)

- “I can change and grow.”
- “I forgot my friend’s birthday – I need a better system to help me.”
- “I can give myself a break.”
- “I can make new friends.”
- “If I don’t get this job, there are other opportunities.”
- “That person may have worked harder than I did – I can prepare better.”

Goal Setting – clarify your personal values and discover what brings meaning and purpose to your life. Set progressive, realistic goals to help you spend more of your time in those roles and activities.

- See your goal
- Break it into specific, measurable steps
- Set timelines
- Identify potential obstacles – have an “If _____, then _____” strategy in case they occur.
- Savor each small achievement; set a new goal.

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Resources:

- Partnership for Workplace Mental Health – www.workplacementalhealth.org
- meQuilibrium – www.mequilibrium.com
- Potentia Labs – www.potentia.com
- Mevii – www.mevii.com
- Moodhacker – www.orcasinc.com
- Start Talking – www.starttalking.io