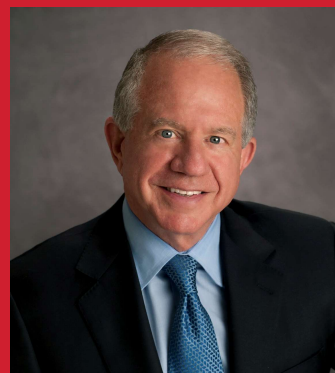


Healthcare Pros, Front Liners: Resilience Booster for the COVID-19 Crisis

Presented By:
Dean Becker
Managing Director & Founder
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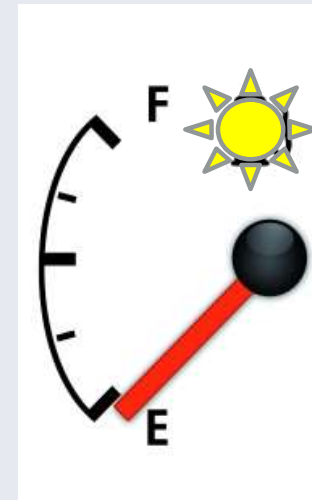


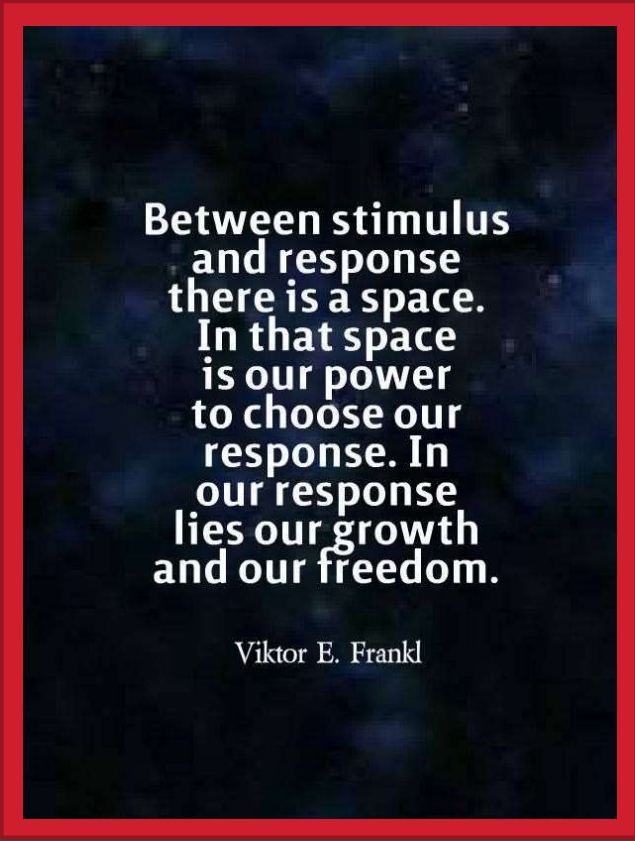
You are resilient!!



But you're

- ✓ Sleep deprived
- ✓ Exercise deprived
- ✓ Scared
- ✓ Overwhelmed
- ✓ Lonely
- ✓ In a war zone





**Between stimulus
and response
there is a space.
In that space
is our power
to choose our
response. In
our response
lies our growth
and our freedom.**

Viktor E. Frankl

Thinking Styles

- Habits in how we think about ourselves, our worlds, our futures
- Learned from our parents
- Firm by 8, concrete by 18
- Shortcuts when under stress
- But often inaccurate



Inaccurate thinking saps our resilience!

Thinking Traps

Specific and predictable ways that we jump to conclusions especially when we don't have the data



Personalizing



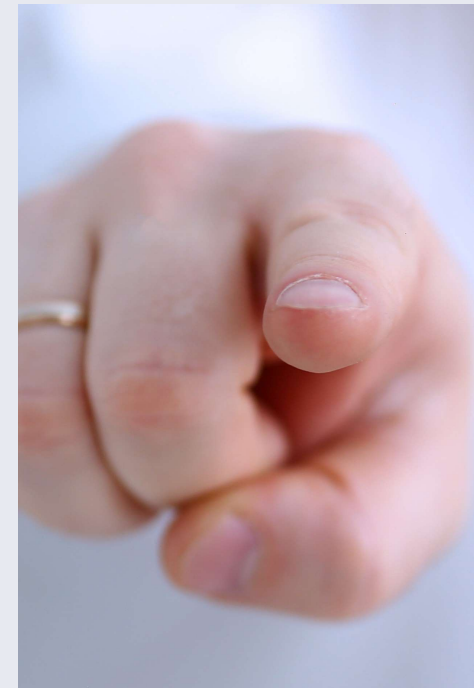
Instinctively blaming yourself when something goes wrong



Externalizing



Instinctively blaming someone or something else when something goes wrong

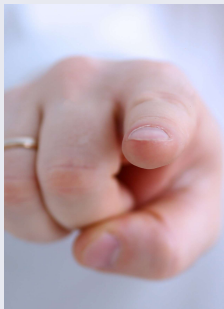


Which way do you jump? Feel your way!



Personalizers feel

- Sad, anxious, ashamed, embarrassed, guilty



Externalizers feel

- Frustrated, angry

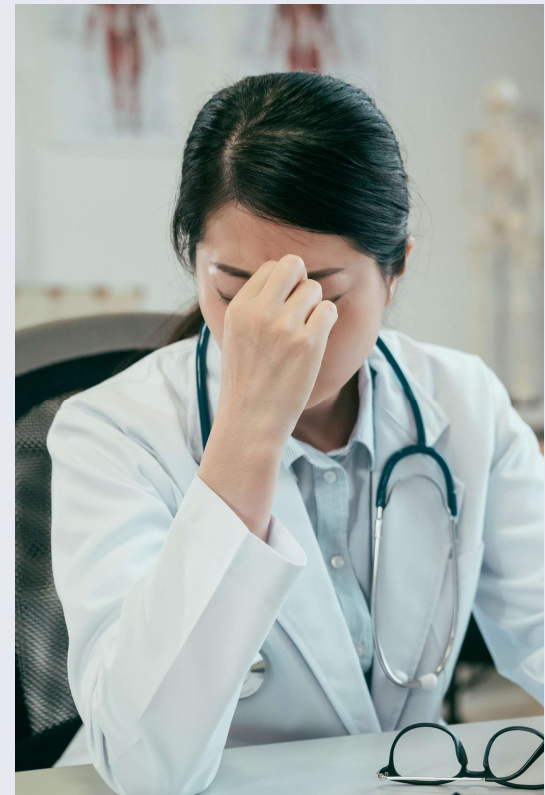
How to avoid



- Be self aware
- Take a breath
- Be skeptical of your thinking
- Come up with a plausible opposite thought (This is hard.)
- Check in with a teammate or colleague

Magnifying & Minimizing

Being Velcro for the bad stuff and
Teflon for the good stuff



How to avoid



- Be self aware
- Write down 3 good things that happened
- Read the 3 good things
- Repeat for 17 days

Thinking Traps



- 3 Thinking Traps
 - Personalizing
 - Externalizing } Which way do you jump?
 - Magnifying & Minimizing

3 Ways To Stay More Sane and Resilient Right Now

3 Ways

1. Control what you can
2. Reach out to others
3. Practice positivity

Practice Positivity



- Feel more positive emotion
 - Calm, Present, General, Focus on something beautiful
 - A 3:1 ratio of positive to negative emotion builds resilience
- Practice gratitude
 - 3 good things
 - Express appreciation – even for the little things

Quick Summary



- You are resilient, but
- Stress drains our resilience tank
- 3 Thinking Traps
 - Personalizing
 - Externalizing
 - Magnifying & Minimizing
- 3 Ways To Stay Sane & Resilient Right Now
 - Control what you can
 - Reach out to others
 - Practice Positivity
 - Feel more positive emotion
 - Express more gratitude

Thank you!

For slides, worksheets, and more:
<https://www.adaptivlearning.com/thanks>

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