

Youth Resilience Presentations

Our interactive presentations teach young people skills designed to increase their abilities to understand their thinking patterns, recognize when those patterns are counterproductive, and gain the skills necessary to change patterns that are not serving them well. Other skills teach how to prevent and /or cope with anxiety, and develop an optimistic thinking style. An optimistic thinking style is shown to increase academic and athletic performance, feelings of self-efficacy and protect against depression. Below is a list of the resilience skills and a brief description of each skill.

1. GOAL SETTING

Identify, plan for, and commit to the pursuit of a goal that results in more optimal performance, sustained motivation, and increased effort.

7 Steps of Goal Setting

- Step 1: Define your goal
- Step 2: Know where you are right now
- Step 3: Decide what you need to develop
- Step 4: Make a plan for steady improvement
- Step 5: Pursue regular action
- Step 6: Commit yourself completely
- Step 7: Consistently monitor your progress

2. HUNT THE GOOD STUFF

Hunt the Good Stuff to counter the negativity bias, to create positive emotion, gratitude, and to notice and analyze what is good.

Note three good things each day and reflect on each positive event using one or more of the following questions:

- Why did this good thing happen?
- What does this good thing mean to me?
- What can I do to get more of this good thing in my life?
- What ways did I and /or others contribute to this good thing?

3. ACTIVATING EVENT, THOUGHTS, AND CONSEQUENCES

Identify your Thoughts about an Activating Event and the Consequences of those Thoughts.

Separate the A (Activating Event) from your T (Thoughts) from the C (Consequences: Emotions and Reactions) in order to understand your reactions to a situation

Thought Themes: loss, danger, trespass, inflicting harm, negative comparison, positive contribution, appreciating what you have received, positive future, hope/energizing, taking action

Emotions/Reactions: sadness/withdrawal, anxiety/agitation, anger/aggression, guilt/apologizing, embarrassment/hiding, pride/sharing, planning future achievements, gratitude/giving thanks, paying forward, hope/energizing, taking action

4. ENERGY MANAGEMENT

Take control of your physical state, bring your focus to the present moment, and perform optimally.

2 Components of Deliberate Breathing:

- **Rhythmic Breathing:** Breathe deeply to a slow cadence, focus on your breathing, and unlock muscle tension during exhalation
- **Control:** Work towards proficiency with exerting control over our thoughts, emotions, and physical reactions

5. AVOID THINKING TRAPS

Identify and correct counterproductive patterns in thinking through the use of Mental Cues and Critical Questions.

Use the Mental Cues and Critical Questions to identify information you missed because of the Thinking Trap

- Jumping to conclusions: Slow down. What is the evidence?
- Mind Reading: Speak up. Did I express myself? Did I ask for information?
- Me, Me, Me: Look outward. How did others and/or circumstances contribute?
- Them, Them, Them: Look inward. How did I contribute?
- Always, Always, Always: Grab control. What's changeable? What can I control?
- Everything, Everything: Get specific. What is the specific behavior that explains the situation? What specific area of my life will be affected?

6. DETECT ICEBERGS

Identify and evaluate core beliefs and core values that fuel out-of-proportion emotions and reactions.

Use the "What" questions in any order to help identify the Iceberg:

- What is the most upsetting part of that for me?
- What does that mean to me?
- What is the worst part of that for me?
- Assuming that is true, what about that is upsetting to me?

Once you've identified your Iceberg, think about...whether you still believe/ value this iceberg and consider whether or not the Iceberg is overly rigid in some situations. Evaluate whether your iceberg is getting in your way in some situations and consider specific actions you would take if you want to change your Iceberg. What you can do to change your emotions or reactions to make these types of situations go better for yourself and others?

7. PROBLEM SOLVING

Accurately identify what caused the problem and identify solution strategies.

Identify your thoughts about why the problem happened, identify other factors with critical questions, test them for accuracy, and then identify solution strategies:

Step 1: What's the problem you're trying to solve?

Step 2: What caused the problem?

Step 3: What did you miss?

Step 4: What's the evidence?

Step 5: What really caused the problem?

Step 6: What can you do about it now? Fight the Confirmation Bias: Distance yourself from your thought, ask fair questions to gather the evidence for and against your thought, and consult with others.

8. PUT IT IN PERSPECTIVE

Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the Worst, Best, and Most Likely outcomes of a situation.

Identify the Worst, Best, and Most likely outcomes of a situation in that order and develop a plan for dealing with the Most likely outcomes:

Step 1: Describe the Activating Event

Step 2: Capture the Worst case thoughts and ask, "And then what happens?" or "What else?"

Step 3: Generate best case thoughts and ask, "And then what happens?" or "What else?"

Step 4: Identify Most Likely outcomes

Step 5: Develop a plan for dealing with Most Likely outcomes

9. MENTAL GAMES

Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand

Take your mind off of counterproductive thoughts by using games that:

- Require your full attention
 - Are hard and fun
 - Can be done within a few minutes

10. REAL-TIME RESILIENCE

Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.

Fight back against counterproductive thoughts by using Sentence Starters:

- That's not completely true because...(Evidence)
 - A more optimistic way of seeing this is...(Optimism)
 - The most likely implication is...and I can...(Perspective)

Avoid the common Pitfalls: Dismissing the grain of truth, minimizing the situation, rationalizing or excusing one's contribution to a problem, and weak responses.

11. IDENTIFY CHARACTER STRENGTHS IN SELF AND OTHERS

Identify Character Strengths in yourself and in others to build on the best of yourself and the best of others

Identify your top character Strengths and those of others and identify ways to use your strengths to increase your effectiveness and strengthen your relationships

VIA Character Strengths (based on the work of Dr. Christopher Peterson)

Appreciation of beauty and excellence, Bravery, Capacity to love, Caution, Prudence, Citizenship, Teamwork, Creativity, Curiosity, Fairness, Forgiveness, Gratitude, Honesty, Hope, Humor, Industry, Perseverance, Judgment, Critical thinking, Kindness, Leadership, Love of learning, Modesty, Perspective, Self-control and self-regulation, Social intelligence, Spirituality, Sense of purpose, Zest

12. CHARACTER STRENGTHS: CHALLENGES AND LEADERSHIP

Use Character Strengths in yourself and others to overcome challenges, increase team effectiveness and strengthen your leadership.

Identify the Character Strengths you will use and the specific actions those Character Strengths will lead to:

- Name the Character Strengths that was used or will be used
- Use your Character Strengths to be a more effective leader
- Draw on Character Strengths of teams and classes for complex challenges

13. ASSERTIVE COMMUNICATION

Identify and evaluate core beliefs and core values that fuel out-of-proportion emotions and reactions.

Use the IDEAL Model to communicate assertively:

- I=Identify and understand the problem
- D=Describe the problem objectively
- E=Express your concerns and how you feel
- A=Ask the other person for his/her perspective and ask for a reasonable change
- L=List the positive outcomes that will occur if the person makes the agreed upon change

14. EFFECTIVE PRAISE & ACTIVE, KIND RESPONDING

Learn to use these two skills to reinforce positives, leading to “winning streaks” and build genuine connection.

Create "winning streaks" by using Effective Praise to name strategies, processes, or behaviors that led to the good outcome.

Active, Kind Responding is a style of responding to someone's good news. It is the only style that strengthens relationships. AKR is based on the work of Dr. Shelly Gable.

Active, Kind: Joy Multiplier-Authentic interest, elaborates the experience

Passive, Kind: Conversation Killer- Quiet, understated support; conversation fizzles out

Active, Unkind: Joy Thief- Squashing the event; negative focus

Passive, Unkind: Conversation Hijacker - Ignoring the event, changing the conversation to another Topic