

Emotional Resiliency:

Dealing With and Bouncing
Back from Emotional
Health Challenges

Jim Jensen

*What is
Resiliency?*

What is Resiliency?

- The capacity to recover quickly from difficulties; toughness.
- The ability of a substance or object to spring back into shape; elasticity.
 - Oxford English Dictionary
- “I can be changed by what happens to me. But I refuse to be reduced by it.”
 - Maya Angelou



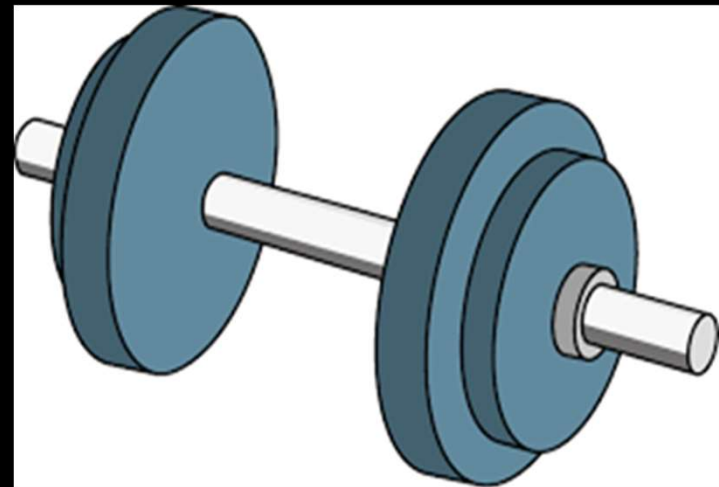
Why Do We Need Resiliency- Emotional Health Challenges

- Mental health issues are on the rise
- 20% Of American adults are dealing with a mental health issue at the clinical level in a given year (depression and anxiety are the most common)
- Mental Health is Complex- Impacted by genetics, brain chemistry, hormones, physical health, chronic pain, terminal illness, trauma, stress/life events, substance abuse
- Many deal with situational emotional health challenges

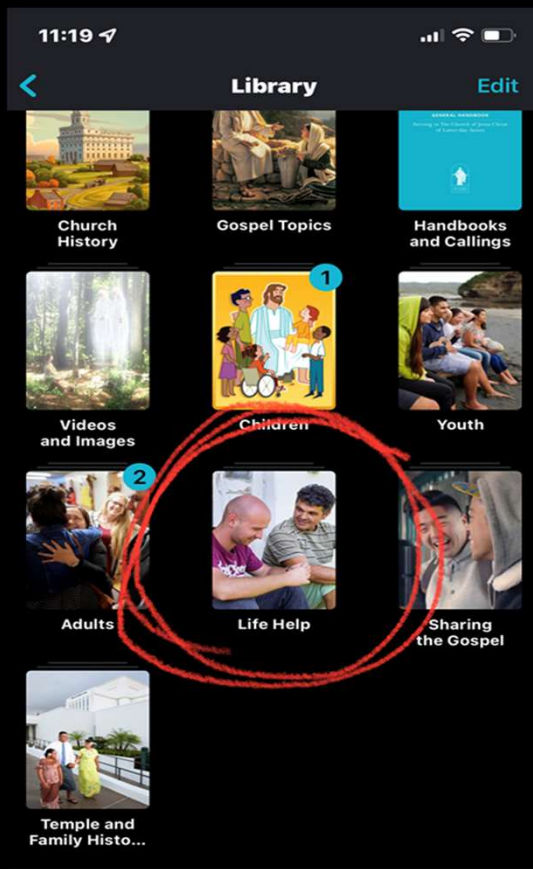


How do we build emotional resiliency?

- Muscles are built under stress
– damage is done and new fibers form
- Muscles need a chance to recover and repair damage caused by stress
- Once they have recovered, our muscles are stronger after stress and more useful to us



Resiliency: Gospel Information for Life Help



Self Care to Build Our Own Resiliency

- Exercise, healthy diet, adequate sleep
- Stress relieving activities
- Hobbies and activities
- Alone time
- Journaling/list making
- Establishing boundaries
- Understand your mental currency and how you want to spend it.
- “No” is a complete sentence

- *Sometimes we want to say no to interaction and that might be when we need it the most*

• Helps for Anxiety

- Make the worry small and specific
 - What exactly do you fear?
 - What parts do you have control over?

- Put your thoughts on trial
 - What evidence do you have to support the thought?
 - What evidence do you have that the thought might not be true?

Tips for helping teens and others with resiliency:
The Magic Words **STINKS** and **HANDLE**

-- Dr. Lisa Damour

“That really stinks...”

- Show empathy
- This is hard
- I am here with you

“...but I know you can handle this.”

- Empowering
- They have the strength to persist through challenges
- I will build my capacity to handle unpleasant situations / resilience

Resiliency can mean **ACTING FIRST**



- “At times you have to **DO** something before you feel the positive effects of it. The behavior comes first and then the feeling. If you constantly wait to feel a certain way- less anxious, confident, motivated- you likely will remain stuck. At times you even have to **DO even when you don't want to** in order to achieve the positive emotion .”

- -Divya Robin, MHC @mindmatterswithdiv

Resiliency involves changing our perspective

@churchofjesuschrist

“Why hasn’t anyone come to help me?”

“Who can I reach out to and help?”



“Who can I reach out to and help?”

“Why hasn’t anyone come to help me?”



Resilience also means we sometimes redefine our expectations

- Be kind to yourself
- Seek help
- Learn to adapt
- Accept what is part of your journey
- Our challenges are part of what make us unique, build our character and help us have empathy for others
- Never lose hope



Never Lose Hope

“Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope.”

2 Nephi 31:20

*What if you or
someone you love is
struggling and not
“bouncing back”?*

Who can we turn to?

“Our stories are not meant for everyone. Hearing them is a privilege, and we should always ask ourselves this before we share: “Who has earned the right to hear my story?” -Brene Brown

- Identify the people on your team
 - Family
 - Friends
 - Bishop or Ministers
- Build a support network by engaging with others

Circle the *Wagons*



Credit: Samuel Coleman

“The thing Mormons have always been best at is building and sustaining community, at circling the wagons: not against some perceived outside threat but around our most vulnerable.”

ldsliving.com

-- John Bonner,

- Protect those around you
 - Advocate for spouses, friends, and children
 - Consider limiting access to social media
 - Reduce access to lethal means
 - Medications (Rx, Tylenol, etc.)
 - Firearms

When to Seek Help?

- When the behavior or lack of a behavior is significantly impacting the person, family, employment, relationships, or other major life areas
- Expressions or thoughts of Suicide
- Expressions or thoughts of Homicide
- Expressions or thoughts of Self Harm

Seeking Help

- Seek professional help
 - Check with your health insurance – website or phone number on back of card
 - Some of the best practitioners are private pay only and often have long waits
 - Ask a professional for a referral

CRISIS RESOURCES

- HMHI/UNI Crisis Line: 801-587-3000
- Crisis Text Line: Text “home” to 741741
- Local Emergency Department
 - Adult vs Child hospital
- Receiving Centers
- National Suicide and Crisis Lifeline: 988
- Safe UT App
- MCOT (Mobile Crisis Outreach Team)
- LDS Hospital Walk in Clinic (801-408-8330)
- Warm Line (801-587-1055)

Medications and Therapy: A Team Approach - Medications

- Primary care doctor/pediatrician
 - OB/GYN
 - Internal medicine doctor
 - Psychiatrist
 - Psychiatric APRN
 - MD, PA or APRN often prescribe
 - Look for a specialist in psychiatric care
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- May have long wait times for appts, especially if they are good at what they do
 - Medications may take several weeks to stabilize
 - Many different medications and combinations


Medications and Therapy: A Team Approach - Talk Therapy

- Licensed Clinical Social Worker (LCSW)
 - Marriage and Family Therapist (MFT)
 - Clinical Mental Health Counselor (CMHC)
 - Psychologist (Ph.D)
 - Support Groups
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- Look for someone who doesn't need you to "stay sick"
 - We all need different approaches
 - Different personalities - don't give up if you don't initially find a match
 - Trained professionals have techniques that apply across many issues and work for a variety of personalities

When to Seek Help?

- “Seek the advice of reputable people with certified training, professional skills, and good values. Be honest with them about your history and your struggles. Prayerfully and responsibly consider the counsel they give and the solutions they prescribe.” - Elder Jeffrey R. Holland
- “It is important to remember that ‘the Savior loves each of His Father’s children. He fully comprehends the pain and struggle that many experience as they live with a broad range of mental health challenges. He suffered ‘pains and afflictions and temptations of every kind; ... [taking] upon him the pains and the sicknesses of his people’ Because He understands all afflictions, He knows how ‘to heal the brokenhearted’ Challenges often indicate a need for additional tools and support and are not a character defect.” -Elder Erich W. Kopischke

Look toward Christ



*Willing to bear one
another's burdens,
that they may be
light;*

-Mosiah 18:8

*Mourn with those
that mourn; yea,
and comfort those
that stand in need
of comfort*

-Mosiah 18:9

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