Parent University

Building Resiliency & Well Being

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Building Student Resiliency & Well-Being Parent University Session Topics

✓ Highly proven methods for building positive mindsets, self awareness and emotional mgt.
✓ Know and use his/her strengths
✓ Ways to support living a life of meaning and purpose
✓ Equip to set and achieve goals, deal with conflict and make positive decisions
Resiliency Method Application

Comments/Tips

❑ Many of the methods are integrated and intended to be systematically applied across the entire model framework and used together
❑ Some methods/actions can be applied in isolation and on their own
❑ Situation, context, timing and individual/team conditions matter and must be assessed
❑ There is NO simple cookbook, formulaic method or shortcut
❑ All methods require degrees of teaching/training, feedback, recognition and reinforcement
❑ Consistency of use is essential (there is also no “once and done”) behaviorally and habitually
❑ Be proactive!
Emotional Resiliency Matters!

Functioning Well

Performing, Influencing & Leading Well
Who Have I Taught/Trained?

- High school students
- High school student athletes
- OSU students-Undergrad, Graduate
- Teachers
- Counselors
- Health instructors
- Athletic Directors/Coaches
- Department chairs
- Principal teams
- Superintendents
- Psychologists/Health care/Wellness professionals
- Personal fitness trainers
- Family members
Turning Toxic -> Tolerable -> Thrive

Resiliency Strategies

When you bend with the wind but don't break in the storm.

Definition: How our brains, immune systems and genes all respond to stress.
Resiliency/Well-Being Focus

Pre 2000

What’s Wrong With Us?

Post 2000

Apply Positive Psychology

Create The Best Version Of You

SEL Programs
MANY Resiliency Contributors:
✓ Exposure and struggling to achieve
✓ Positive mindset
✓ Relationships!
✓ Experiencing/learning from rejection
✓ Not told to just “buckle up”
✓ Using coping methods
✓ Labeling feelings and emotions
✓ Feeling self-worth
✓ Supportive faith and/or culture
✓ ...
✓ ..
Saying “Deal With It” Is Insufficient...

...as is believing we can tell someone to just get better and they will. Teaching, training and repetition are essential.
Resiliency Is The Fulcrum

Negative Experiences

Use Of Coping Strategies & Methods

Positive Experiences

Negative Outcomes

Positive Outcomes
Impacts

- Satisfaction/well being  
- Achievement  
- Stress  
- Anxiety  
- Some forms of depression
If everyone used the proven resiliency building methods, the well being of civilization would be very different.
Mindset & Emotional Intelligence (EIQ)

Fundamental Starting Points

- **Growth Mindset**
  - "Failure is an opportunity to grow"
  - "I can learn to do anything I want"
  - "Challenges help me to grow"
  - "My effort and attitude determine my abilities"
  - "Feedback is constructive"
  - "I like to try new things"

- **Fixed Mindset**
  - "Failure is the limit of my abilities"
  - "I'm either good at it or I'm not"
  - "My abilities are unchanging"
  - "I don't like to be challenged"
  - "My potential is predetermined"
  - "When I'm frustrated, I give up"
  - "Feedback and criticism are personal"
  - "I stick to what I know"

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4 Core Emotional Intelligence Skills

- **Personal Competence**
  - Self-Awareness
  - Self-Management

- **Social Competence**
  - Social Awareness
  - Relationship Management

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*Source: Mindset: The New Psychology of Success by Carol Dweck, Ph.D.*

*Source: Emotional Intelligence 2.0 by Travis Bradberry & Jean Greaves*
Positive Mindsets

Performance & Development

Growth Thinking
I can always get better
I will put in full effort
I control my responses

Fixed Thinking
I am good enough
This is too hard
Can’t control emotions

Source: Mindset Research-Carol Dweck-Stanford
Positive/Growth Mindset

UPWARD SPIRAL HPF

1. Joy / Knowledge
   Empowerment
   Freedom / Love
   Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation
   Belief

5. Optimism

6. Hopefulness

7. Contentment

Negative/Fixed Mindset

DOWNWARD SPIRAL LNF

8. Boredom

9. Pessimism

10. Frustration / Irritation / Impatience

11. “Overwhelm”

12. Disappointment

13. Doubt

14. Worry

15. Blame

16. Discouragement

17. Anger

18. Revenge

19. Hatred / Rage

20. Jealousy

21. Insecurity / Guilt
   Unworthiness

22. Fear / Grief / Depression
   Powerlessness / Victim
Self Awareness

Recognizing behaviors, habits, emotions, actions as they occur
Our Mind Is A Battleground
You Can Win The Battle!

Well over 90% of life’s events and therefore happiness, resiliency and life fulfillment, is directly under our control!
Cortisol & Cognitive Performance

It’s not only about you! This impacts others.
Resiliency Building – Proven Methods

- Positive attitude
- Disputing negative self talk
- Use character strengths
- Relationships
- Acts of kindness
- Having purpose
- Finding meaning
- Mindfulness
- Savoring
- Goal management
Positive Emotions Strategies

1. Self awareness/thought management
2. Explanatory style management
3. Avoid thinking traps
4. Disputing negative thinking
5. Monitor ratio of positive to negative situation driven emotions
6. Express gratitude/3 good things-daily
7. Use “treasures” to fuel +++ emotions
Explanatory Style (Self-Talk)

<table>
<thead>
<tr>
<th>Pessimistic Thinking Style</th>
<th>Optimistic Thinking Style</th>
</tr>
</thead>
<tbody>
<tr>
<td>PERMANENT</td>
<td>TEMPORARY</td>
</tr>
<tr>
<td>THIS WILL LAST FOREVER</td>
<td>THIS WILL PASS</td>
</tr>
<tr>
<td>PERVasive</td>
<td>LOCAL</td>
</tr>
<tr>
<td>THIS IS GOING TO UNDERMINE EVERYTHING</td>
<td>RELATES TO JUST THIS ONE SITUATION</td>
</tr>
<tr>
<td>PERSONAL</td>
<td>NOT PERSONAL</td>
</tr>
<tr>
<td>IT’S ME. IT’S MY FAULT</td>
<td>THIS IS NOT (ENTIRELY) MY FAULT</td>
</tr>
<tr>
<td>UNCONTROLLABLE</td>
<td>CONTROLLABLE</td>
</tr>
<tr>
<td>THERE’S NOTHING I CAN DO ABOUT IT</td>
<td>THERE IS SOMETHING I CAN DO</td>
</tr>
</tbody>
</table>
Common Thinking Traps
Create Erroneous Conclusions or Incorrect Beliefs

1. Jumping to conclusion—I can’t, won’t...EVER
2. Tunnel vision—there’s only one way out of this
3. Magnifying/minimizing—this ends my chances
4. Personalizing—this only happens to ME
5. Externalizing— they are doing it to me...AGAIN
6. Overgeneralizing—this will occur forever
Re-Gaining Positive Self Talk

1. What is the worst thing that can happen?
   What is one thing I can do to help stop it?

2. What is the best thing that can happen?
   What is one thing I can do to make it?

3. What is the most likely thing that will happen?
   What can I do to handle the most likely outcome?
Positive Engagement Strategies

1. Character strength and non character strength use
2. Identify values
3. Stay mindful and eliminate distractions to maintain focus
4. Find passion/pleasure, however small or large
Character Strength Use Impacts

Goal seeking
Positive mindset
Perform at best
Life satisfaction
Fulfillment
Achievement
Feeling well

Non Strength Use, Misuse, Over or Under Use
Personal Values

✓ What you highly respect
✓ What you stand for
✓ What’s most important to you
✓ What you expect of yourself
✓ What you passionately believe in
✓ Your “non negotiables”
✓ What you are ACCOUNTABLE for
✓ Your boundaries
Useful Values & Focus Questions

✓ How often do you get fully absorbed/immersed in what you are doing?
✓ In which tasks do you feel excited and interested?
✓ What activities would you love to spend more time on?
Positive Relationship Strategies

1. Conflict management
   - Seek win-win, compromise
2. Forgiveness and self compassion acts
3. Appreciating differences (diversity)
4. Write a gratitude letter to someone
5. Journal what went well today
6. Active constructive responding (ACR)
Meaning and Purpose

When Meaning (The “Why”) Is Lacking

- Failure to achieve a sense of meaning leads to:
  - Distress
  - Emptiness
  - Boredom
  - Apathy

- Purposelessness is a risk factor for depression, risk taking behaviors, chronic complaining, substance abuse and poor to non-existent social relationships
How To Cultivate Meaning?

1. **Idea exploration** in alignment with values
2. **Exposure** to different experiences
3. **Role models** and mentors
4. **Attending ideation/exploration forums**
5. Use **character strengths** in new ways
6. **Journaling giving, acts of caring and kindness**
7. Making choices in **alignment with values**
Positive Achievement Strategies

1. Positive/growth mindset
2. Use character “signature” strengths
3. Use SMART goals (specific, measurable, achievable, relevant, time bound)
4. Obstacle management - WOOP (Wish, Outcome, Obstacles, Plan) method.
5. Keep a achievement log/journal
6. Celebrate/savor accomplishments
Resiliency Matters!

Functioning Well

Performing, Influencing & Leading Well
Questions? Other Resources

- Available, if interested:
  - Resiliency overview session-1 hour
  - Resiliency workshop-3 hours
  - Five module sessions train the trainer-full program
  - 14 week curriculum fully developed

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My Story

Consulting
- Leadership, culture and resiliency
- Education, athletics, business, ministry

Extensive business transformational leadership/consulting
- TIAA, GE, Citi, Xerox,...

Teach @ The Ohio State University

Jon Gordon Consulting Team startup

Family-S. Delaware/Powell

Interests-research, fitness, college football, outdoors