

Facing COVID with RESILIENCE

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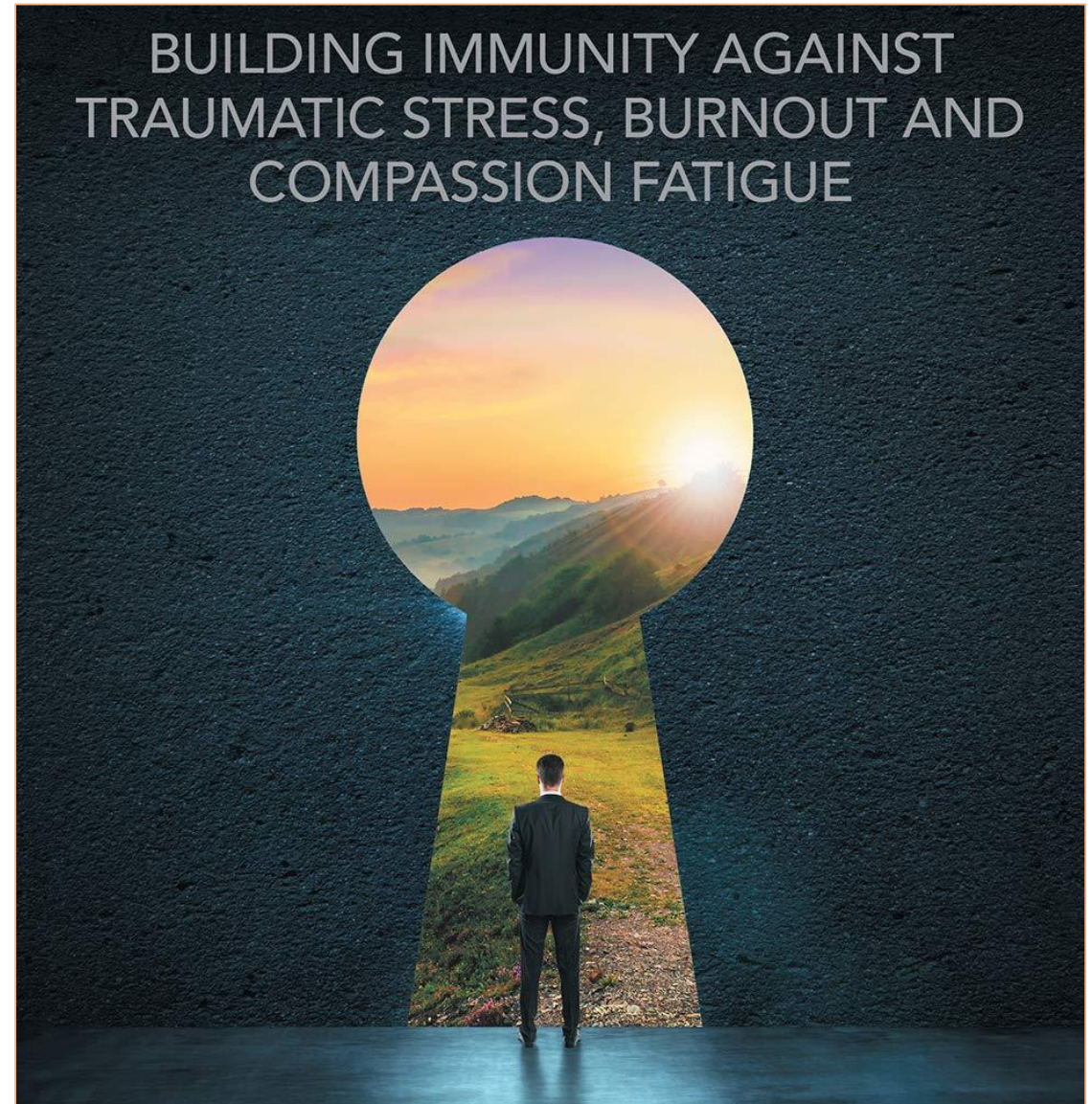
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INTRODUCTION

- Health care workers
- Clarification of the concept resilience
- Using resilience to overcome
- Five strategies of resilience



Resilience for health care workers...why?

Wellbeing and emotional resilience of healthcare professionals are key components of continuing healthcare services during the COVID-19 pandemic

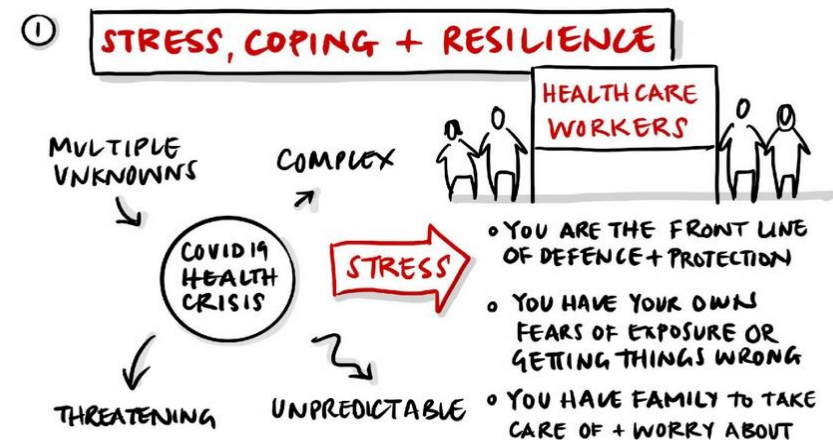
Healthcare professionals experience serious psychological problems and at risk in terms of mental health.

In order to raise psychological resilience of healthcare professionals their quality of sleep, positive emotions and life satisfaction need to be enhanced.

Bozdağ & Ergün 2020

A significant correlation was found between the level of resilience and anxiety experienced by healthcare workers during the COVID-19 pandemic. The lower the resilience, the higher the anxiety experienced.

Setiawati, Wahyuhadi, Joestandari, Maramis & Atika 2021



Resilience as a concept



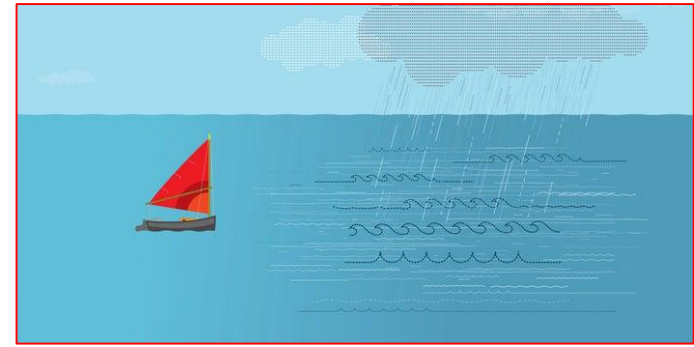
- “Tough times do not last, tough people do” (Brown, 2017)
- “Don’t judge a person’s success by how high they climb but by how high they bounce back when they fall” (General Pat)
- Pain is part of life = mandatory but Misery = optional (Brown, 2017)
- It’s tempting to think of resilience in terms of pure grit – having the mental toughness to put your head down and soldier on through whatever difficulties you come across.
- However, resilience is not about simply ‘getting over it’ – it’s more like a tactical retreat which allows us to recover and reassess.
- Resilience is a quality that enables us to move forward after we’ve processed and accepted loss and change
- Resilience is not a trampoline, where you’re down one moment and up the next.
- It’s more like climbing a mountain without a trail map. It takes time, strength, and help from people around you, and you’ll likely experience setbacks along the way. But eventually you reach the top and look back at how far you’ve come.

<https://www.changeboard.com/article-details/16347/what-is-resilience/>

<https://www.everydayhealth.com/wellness/resilience/>

<https://www.everydayhealth.com/wellness/resilience/>

Resilience in overcoming.....



- Reflecting on the issues you defeated in the past can place the current challenges in perspective

Ask yourself these questions:

- What have I faced and defeated in the past?
- How did I go about defeating those issues?
- What have I learned from these battles? About myself? About "issues"?
- How does COVID compare to those defeated?
- How can I use what I've learned from previous battles when facing COVID?

Five strategies of Resilience

- 1: ACCEPTING THAT SUFFERING IS PART OF LIFE
- 2: CHOOSING YOUR ATTITUDE
- 3: IS THIS HELPING OR HARMING?
- 4: CREATE A SENSE OF PURPOSE
- 5: DEVELOP A STRONG SUPPORT SYSTEM



Five strategies of Resilience

1: ACCEPTING THAT SUFFERING IS PART OF LIFE

- 'Why me?' Versus 'Why not me?'
- Our lives can change in the blink of an eye

(Hone, 2019)



Five strategies of Resilience

2: CHOOSING YOUR ATTITUDE

Serenity prayer: "God grant me the serenity to accept the things I cannot change..."

- Courage to change the things I can
- And wisdom to know the difference..."

Creating appreciative spaces by seeking thankfulness (Brown, 2017; Hone, 2019)

Counting your blessings increase happiness and lowers depression



Five strategies of Resilience

2: CHOOSING YOUR ATTITUDE

- Keeping a 'gratitude journal' (Ackerman, 2020)
- Finding things you are grateful for and expressing gratitude, have a positive impact on well-being and depression (O'Connell, O'Shea & Gallagher, 2017)
- Creating appreciative spaces by seeking thankfulness
- Counting your blessings increase happiness and lowers depression
- Asking: 'What can I learn/gain from facing this....?'



<https://www.everydayhealth.com/wellness/resilience/>

<https://www.askagape.com/apps/blog/show/43580369-jolene-brackey-creating-moments-of-joy>

Five strategies of Resilience

2: CHOOSING YOUR ATTITUDE

- Research by Wong and Brown (2017) on 300 adults (College students) who were 'feeling low'; experienced anxiety & depression
- 3 groups all receiving counselling (Group 1: Only counselling; Group 2: Counselling and write about thoughts and feelings on negative experiences; Group 3: Counselling & write 1 x letter of gratitude to another person per week)
- Gratitude and counselling more benefits than only counselling

(Wong & Brown, 2017)



Five strategies of Resilience

2: CHOOSING YOUR ATTITUDE

- Gratitude letters shifted the attention away from negative toxic emotions
- Gratitude letters help even when you do not share them. Only 23% sent the letters to the person but all reaped rewards
- Gratitude increases over time: in this study it took 4 weeks and most beneficial was around 12 weeks

(Wong & Brown, 2017)

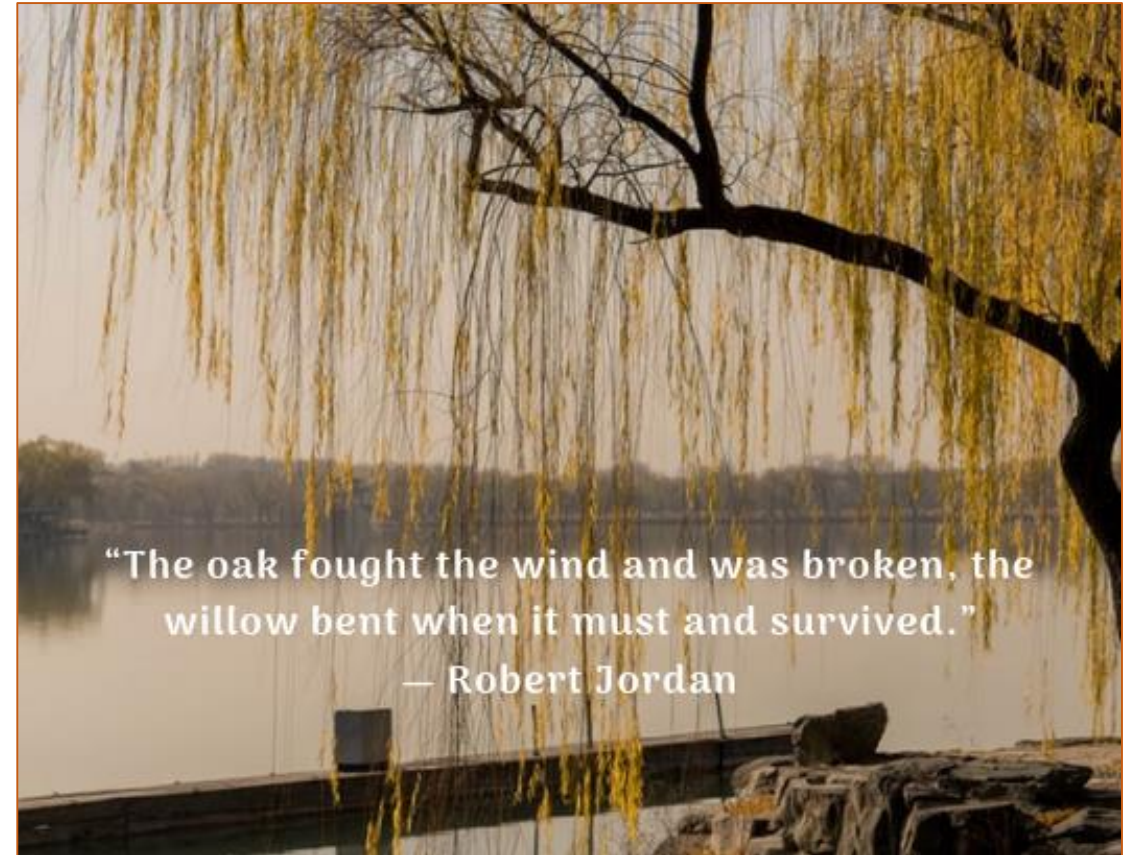


Five strategies of Resilience

2: CHOOSING YOUR ATTITUDE

- Lasting effects on the brain: 'Pay forward' – small amount of money from benefactor to pass on to someone if they felt grateful
- More grateful participants gave more money with greater activity in brain area associated with learning and decision making

(Wong & Brown, 2017)



Five strategies of Resilience

3: 'IS THIS HELPING OR HARMING'?

- Focus on thoughts and actions that are helping (Hone, 2019)
- Avoid spending time and energy on thoughts and actions that are harmful
- What is helpful for one person can be hurtful for another
- Find your own space to heal



Five strategies of Resilience

4: CREATE A SENSE OF PURPOSE

- Discover what makes you tick
- What are you passionate about?
- A purpose that are bigger than yourself
- Ask: What can I contribute? How can I make a difference? (Brown, 2017)
- Dream big, but break it down into smaller aspects/steps



Five strategies of Resilience

5: DEVELOP A STRONG SUPPORT SYSTEM

- Surround yourself with caring individuals that will assist when you need support & assistance (Brown, 2017)
- Strengthen your connection with others
- Support related to different dimensions: work; counselling; guidance/advice and physical support



What are you taking from this?

“Change what you can, manage
what you can’t.”
– Raymond McCauley



“Persistence and resilience only come from having
been given the chance to work through difficult
problems.” – Gever Tulley



<https://designforsustainability.medium.com/what-exactly-are-resilience-and-transformative-resilience-a0783595023f>

<http://www.elitehumandevlopment.com.au/ehd-learning-library/defining-and-building-resilience>

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THANK YOU

