

# Combating Elder Abuse & Building Resilience

## Session 4 – Building Resilience



**Resilience** is the ability to persist in the face of adversity and to bounce back from setbacks while retaining a positive self-image and view of the world.  
Psychology Foundation of Canada

**Resilience** is the #1 predictor of wellness.

### Self-care and Wellness adapted from Soul Food, Isabelle Lafleche

- **Prioritize self-care** – read a book, prepare your favourite meal, take a nap.
- **Stretch and breathe** – sign up for yoga, stretch before starting your day.
- **Take a walk outside** – spending time in nature boosts wellness.
- **Get enough sleep** – use breathing techniques and practice sleep wellness habits.
- **Learn to say “no”** – try this no-fail approach: Thanks for the offer. I’m not able to join you.
- **Watch your caffeine intake** – try herbal tea in the evening rather than a cup of coffee.
- **Let it go** – know that you can’t control everything and focus on things you can control.
- **Limit electronics** – before bed; try reading, journaling, listening to music or stretching.
- **Volunteer** – when we volunteer and help others it benefits us too.
- **Dance** – it will enable you to be more in harmony with yourself and the world around you.
- **De-clutter** – reduce, reuse, recycle and donate to de-clutter your life.
- **Ask for help** – it leads to less stress, increased resilience and better connections with others.

### Enhance your Resilience

- **Self-talk** - positive, encouraging, empathetic, compassionate.
- **Body language** – super-hero stance.
- **Eye contact** – look others in the eye when communicating.
- **Start small** - set goals that are manageable.
- **Smile** – enter the room with a happy expression and a smile.
- **Celebrate** – acknowledge your accomplishments.

### Practice Mindfulness and Gratitude (Rose, Thorn, Bud Exercise)

**Rose** – Identify something positive that happened today, this week, this month.

**Thorn** – What challenge or difficulty are you working through?

**Bud** – What is a new opportunity in your life?



### 5 Traits of Resilient People (Dr. Robyne Hanley-Dafoe)

- **Belonging** – Know that there are people in their circle who care about them.

- **Perspective** – Have the ability to see challenges and setbacks in a broader context.
- **Acceptance** – Understand and accept what is and is not within their control.
- **Hope** – Remain optimistic and anticipate that things will get better.
- **Humour** – Find moments of laughter, joy and happiness despite challenges.

## **Invest in your Wellness** (adapted from *Creating InnerCalm in Chaotic Times*, Julie Cass)

### **Take a week and ask yourself the following questions:**

- Who did I spend time with this week?
- What activities did I participate in?
- Did the people/activities energize or drain me?
- What will I change? Are there people and things I will say “no” to going forward?

## **GLAD Technique** – helps you see more positive things, more frequently to improve your mindset

### ***At the end of each day, write down one thing that:***

- Makes you **G**rateful
- You **L**earned
- You **A**ccomplished
- **D**elighted you

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<https://www.askennonia.com>, Askennonia Senior Centre, (705) 526-7609