

Esteemed and valued colleagues,

The previous several installments of the Siskiyou Y-O-U resilience plan have been rather lengthy so this week it will be a little less content-heavy. First, as a way of doing a “check-in” we have a copy attached of a brief survey developed by Ohio State University called the “Brief Resilience Scale (BRS).” This is a good tool to use to see if we are making any headway with our efforts toward the best resilience in the work place. You can take the short 6 question scale now and again at the end of the month to gauge the changes.

The next couple of initiatives continue in the arena of “where you mind goes, your body follows” and “how you think, affects how you feel.” The “School” of Cognitive Behavioral Therapy (CBT) is centered around the idea that “changing the way you think, can change the way you feel.”

- Choose Your Response

Remember, we all experience bad days and we all go through our share of crises. But we have a choice in how we respond; we can choose to react negatively or in a panic, or we can choose to remain calm and logical to find a solution. Your reaction is always up to Y-O-U!

- Maintain Your Perspective

Resilient people understand that, although a situation or crisis may seem overwhelming in the moment, it may not make that much of an impact over the long-term. Try to avoid blowing events out of proportion.

- Post-Traumatic Growth

We have all heard of the term PTSD or Post Traumatic Stress Disorder. What is posttraumatic growth (PTG)? It is a term coined by researchers at the University of North Carolina and is defined as positive change experienced as a result of the struggle with a major life crisis or a traumatic event. It’s the experience of individuals whose development, at least in some areas has surpassed what was present before the traumatic event. From the folks at UNC;

*“Posttraumatic growth tends to occur in five general areas. Sometimes people who must face major life crises develop a sense that new opportunities have emerged from the struggle, opening up possibilities that were not present before. A second area is a change in relationships with others. Some people experience closer relationships with some specific people, and they can also experience an increased sense of connection to others who suffer. A third area of possible change is an increased sense of one’s own strength – “if I lived through that, I can face anything”. A fourth aspect of posttraumatic growth experienced by some people is a greater appreciation for life in general. The fifth area involves the spiritual or religious domain. Some individuals experience a deepening of their spiritual lives...”*

Wikipedia, the all-knowing omniscient being inhabiting every corner of the internet says this about PTG: “A positive psychological change experienced as a result of adversity and other challenges in order to rise to a higher level of functioning.

Once again, your BH team is available if you have questions or specific concerns.

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