


# Increasing Your Bounceability: Ways To Build Resilience Each Day

Kimberly A. Miller, Ph.D.



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# Why Is Bouncing Hard To Do?

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# Programming

- We are all just doing our programming (thoughts/feelings)
  - Manifest the stories we tell
  - Seek data to confirm what we already believe
- Live a conditional life (reactionary)
  - Good = good
  - Bad = bad
    - Happiness & well-being dependent on external factors



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## Challenges Of Life

- Life can be challenging
  - Family & health
  - Unexpected disappointments
  - Pain, trauma
- Crush events
  - Personal & professional
  - Much of our pain is tied to anchors in the past
  - Many of us didn't learn how to develop & maintain resilience




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## Understanding & Building Your Bounce Back

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## 5 Components Of Resiliency

1. Develop realistic optimism (reframe & believe in yourself & deal with reality instead of resisting)
2. Letting go & forgiveness
3. Effective use of coping strategies & relationships
4. Rest, reflect, respond
5. Effective boundaries

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## Realistic Optimism

- Belief you can make good things happen even in bad times (ILOC)
- Positive mindset
- Focus on what you control
- Making good choices
- Set goals
- Never giving up
- Engaging coping & moving on
- Always having a plan B, C, & D

Whether you think you can or whether you think you can't, you are right.  
-Neytiri

Even the darkest night will end and the sun will rise.  
-Victor Hugo

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## Navigating Negative Feelings

- Can serve or sabotage us ( GPS warning system)
- Origins?
  - Lack of self-care
  - Unmet need
  - Value violation
  - Mindset/story
- How do I need to express them?
  - De-escalate self
  - Put a time limit on them (don't drop anchor)
  - Get to one better feeling thought



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## Letting Go & Forgiveness

- If it can't be different and you can't effect change cut the anchor and sail away
- Decide what you need to do to be done
  - Do those things & create a new story
- Own your part (if any) & learn
  - Stop looking for reasons to be offended
- Focus on the NOW
- Forgiving is YOUR freedom

Wouldn't it be easier if you left that behind?

Sometimes holding on does more damage than letting go.

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# Coping

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## Negative Coping

- Procrastination, avoidance or escape
- Over eating/over drinking
- Hanging out with negative people or constant complaining
- Self-protection (Armoring up 24/7)
- Holding grudges (rumination/vengeance)
- Attacking, judging, hurting others

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## Types Of Coping

- Emotion Focused (need to cope)
  - Exercise
  - Massage, hot bath, relaxing, reading
  - Meditation
  - Positive self-talk (story, reframe)
  - Vent, talk, forgive
- Problem Focused (need to fix/change)
  - Time management & to do lists
  - Asking for help/support
  - Setting boundaries, giving feedback, providing discipline/consequences
  - Working on self

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## Leveraging Relationships

- We all need a person to help us bounce
  - Safe
  - Trusted/confidential
  - Honest (won't just tell us what we want to hear)
  - Good listener & supportive
- Find someone who will be there for you & you can be there for them
- Commit to regular interactions & practicing skills together




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## Rest, Reflect & Respond

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## Creating Space

- Cultivate silence
- Meditation (declutter the mind)
  - Deep breaths
- Spend time in nature
- Improves:
  - Self-reflection
  - Problem solving & "choice"
  - Creativity & innovation
  - Brain growth/memory

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## Setting Boundaries

- The challenge of yes vs. no
- Prioritize yourself (permission to say no)
- Be kind and direct/clear
  - Let them know what you could do
- Protect all parts of your life
- Don't catch their poop
- Saying no to others is saying yes to you

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## Final Thoughts

"Although the world is full of suffering, it is also full of the overcoming of it."  
- Hellen Keller

The greatest weapon against stress is our ability to choose one thought over another.  
William James

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# Thank You!!

## Be Well & Go Bounce

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