



Real-time Resilience: Practical strategies to boost wellbeing in your team

Based on the best of science and our own experiences of working with emergency management and resilience training programmes, these are some of the practical strategies we've seen work to support resilience.



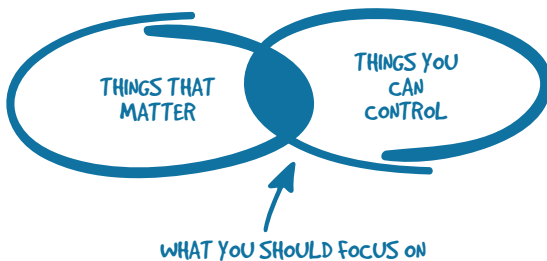
Choose where you focus your attention.

»» What is still good?

Do the things that make you feel good.

Love; joy; hope; pride; thankful;

calm; interested; inspired.



Strong relationships = strong wellbeing.

»» Keep texting, talking, emailing, chat.



Help yourself by helping others.

»» Stops you thinking too much about you.

Find the right people to talk to...

People that make you feel good.



Give your brain a holiday from worry

Find distractions.



Put a timer on.

»» Worry / be sad for ONE minute ... then call a friend.



**Keep safe!
Don't be careless.**

»» Stress can impair performance.

A little kindness will go a long way.

A lot of kindness is even better!



*Keep helpful daily routines ...
or make new ones!*



Is your media input helping or harming you?


»» Choose your sources carefully
»» If needed switch it off!



Resilience: How can we build it in ourselves and others? Lessons from Science & Life

Dr Lucy Hone

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**Unwanted & unexpected change is often
forced upon us...
while we cannot control our circumstances,
we can control our response**



2

Rule #1

Understand that struggle
is normal/part of life

RULES

3

What do you
typically say
to yourself
when you
stuff up?

4

Why does your inner talk matter?

Being kind (self-compassion)


- Learn more from failure
- Cope better with challenges and change
- Persevere in the face of setbacks
- More motivated

Being critical (perfectionism)


- Anxiety
- Depression
- Shame
- Procrastination
- Less motivated

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Where and when could you be kinder to yourself?



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Rule #2

Choose where you focus
your attention



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1. How can you focus on important work?
2. What can you say 'no' to?
3. What can you carve up? Postpone?
4. What distracts you from key tasks? How can you prevent that?
5. Where/when might you waste time?

RUTHLESS PRIORITISATION



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Rule #3

Ask, is this helping
or harming?



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Is this helping or harming you?



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3 Rules for Staying in the Game



- ✓ Understand that struggle is normal/part of life
- ✓ Choose where you focus your attention
- ✓ Ask, Is this helping or harming?

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Dr Lucy Hone



Lucyhonphd



lucy-hone-resilience

- ✓ Today's slides
- ✓ Resilience tip sheet
- ✓ Coping With Loss resources
- ✓ Lucy's TED talk

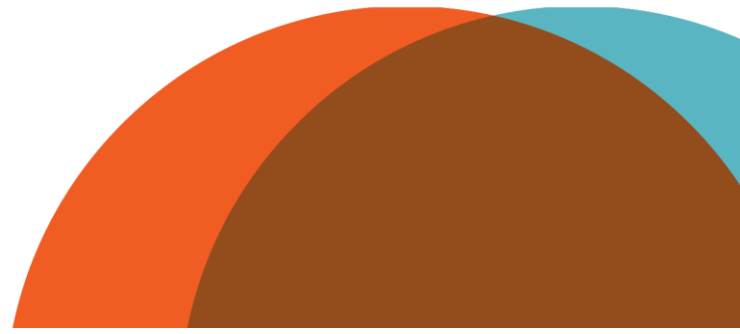




Thinking Ahead.

Looking after the wellbeing of our customers and the sector in a changing world

Tuesday 8th November, 2022
Cordis, Tāmaki Makaurau Auckland, New Zealand



Dr Lucy Hone

What does it really mean to be resilient? Are some people born with a resilience gene or can it be taught? Can resilience truly help put us back in the driver's seat of life? If so, how? These are some of the questions that Global Authority on Resilience Dr Lucy Hone addressed last year, with 30,000 people globally, in keynotes and training sessions focused on creating Realistic Resilience Practices that work.

Current Work:

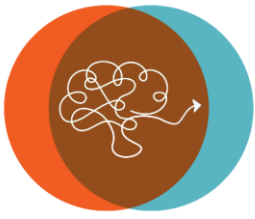
A renowned global expert on resilience, the Director of the New Zealand Institute of Wellbeing & Resilience, and blogger for Psychology Today, Lucy offers a one-of-kind perspective - sharpened through academia but also deeply personally applied in response to a devastating tragedy. Her focus on helping people and organisations create practical resilience strategies is a call to action in light of so many feeling resilience fatigues.

Lucy's mission to translate the best of resilience psychology for everyday practice inspired her to create a keynote entitled, Three Secrets of Resilient People, which became one of the most-watched TED talks during the pandemic, with over 9 million views and has been translated into 15 languages.

Known as a respected change agent on this very timely topic, Lucy is also an award-winning 'pracademic' with a Master's degree in resilience psychology from the University of Pennsylvania and a Ph.D. in wellbeing science/public health from AUT University in Auckland.

Her ground-breaking research is published in leading peer-reviewed international journals and frequently cited by others. She now assists a host of organizations ranging from Fortune 500s, government agencies and law firms to community groups and schools to design and implement wellbeing and resilience initiatives, re-shaping how resilience is viewed and creating sustained and meaningful change.

Describing her role as a 'pracademic' Lucy explains, "Too many resilience researchers don't know how to communicate their studies, and too many presenters don't really get the nuances and theories underpinning the science. I love being a pracademic, who truly gets the evidence, but also relishes the challenge of presenting it to people to make their everyday lives better."



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A Bestselling Author, Lucy's books include *Resilient Grieving*, which details how she coped with her own unimaginable personal loss, and her latest book, *The Educators' Guide to Whole-School Wellbeing*, which addresses challenges faced by schools wanting to improve wellbeing in their school communities.

She is also regularly featured in the global media including *The Guardian*, *The Washington Post* and the BBC.

Dr Lucy Hone's goal is to help anyone struggling through change, uncertainty, or loss re-learn how to live in the world around them. In this day and age, everyone needs skills to be resilient. Lucy has helped millions of people realize that an energized, meaningful, joy-filled life is attainable no matter the challenge that lies in front of you.