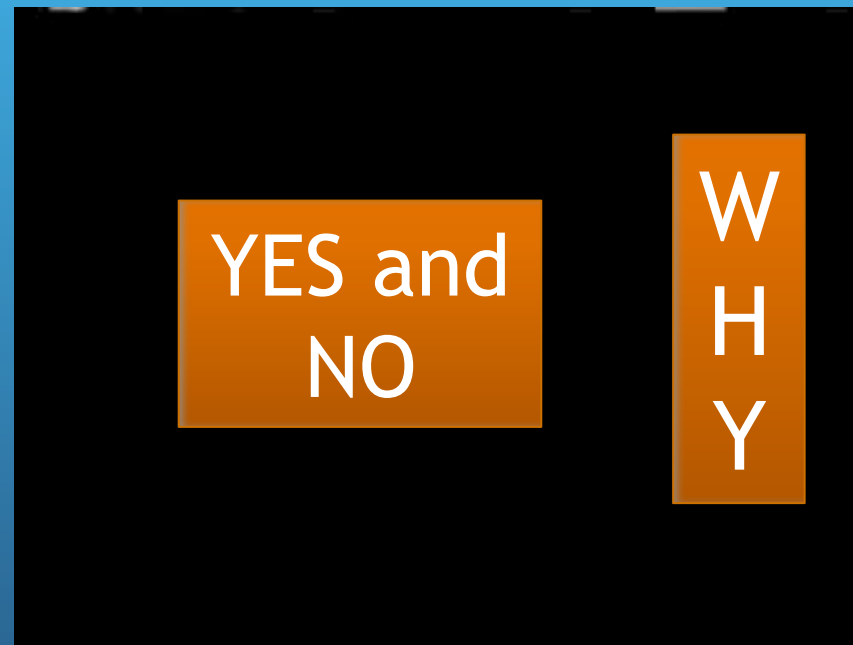


# EMOTIONAL RESILIENCE

Keutuhan Emosi  
情绪回复和调节能力  
= 回复力  
KaiFukuRyoku

# What is Emotional Resilience?

# Is this resilient behaviour?



# IRIS Core of Emotional Resilience

- How accurately we interpret the world around us...

## Thinking Styles

- How well we adapt our own behaviour in different situations...

## Behaviour Flexibility

**It is not what happens to us that causes our happiness or angst, but rather it is how we think about what happens to us that causes our happiness or angst!**

You just get offered a  
promotion!

How do you feel?  
What did you think?

# The ETC Model

## Event (E)

Any situation that steers you from your goals.



## Thoughts (T)

The thoughts that run through your mind about the event (E):

- Why it happened
- What might happen next

## Consequences (C)

How you respond – your emotions and behaviours

# Word Jumble

- Must use all letters
- Must be in English
- Must be done in silence

Source: Adaptiv Learning Solutions, Kind of Prussia USA

# focofe

# irusat

# godapo

# dushra

# sareka

# egrable

# hecrrrob

# hadniyg

# rilu<sup>e</sup>t

[www.thrd.com.au](http://www.thrd.com.au)

[www.IRISconsulting.com.au](http://www.IRISconsulting.com.au)

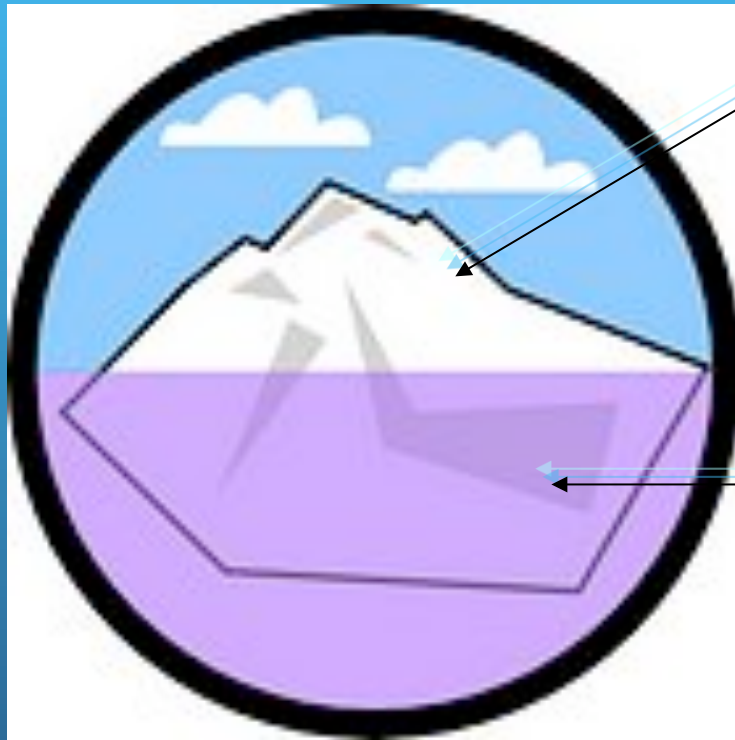
# soyilnar

How do you feel?

What do you think?

# What influences our “T” factor?

# Icebergs



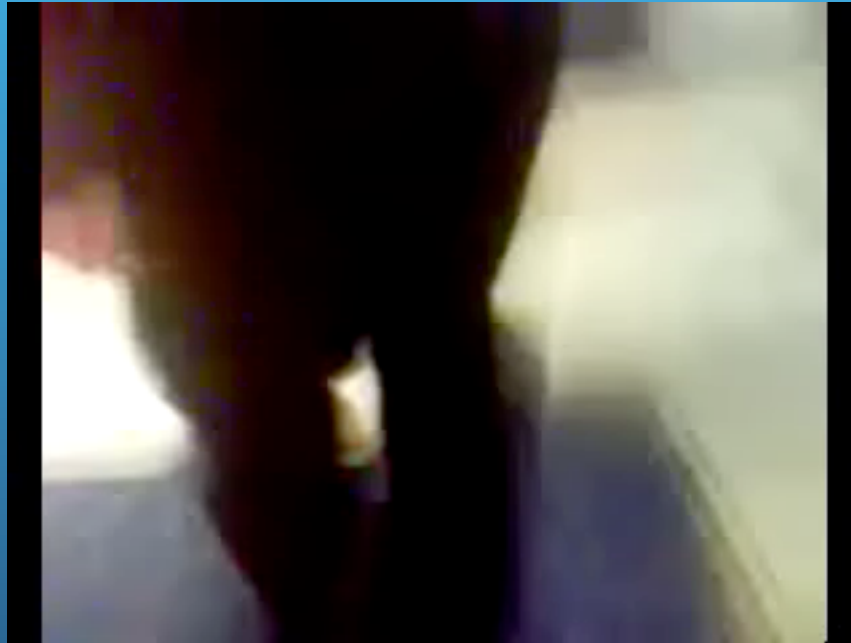
Surface Beliefs

Iceberg Beliefs

# Ticker Tape

The constant chatter in our heads!

When the response does not fit  
the situation...



# Pet Emotions

- Anger
- Frustration
- Anxiety
- Sadness
- (Embarrassment)
- (Guilt)

# Push Button Adversity

Those little things that set us off...

# Remember behavior flexibility...



# Explanatory Styles...

Optimism has 3 dimensions:

Permanence: Permanent vs temporary explanatory styles

Pervasiveness: Universal vs specific explanatory styles

Personalisation: Internal vs External explanatory styles

Me.....Not Me

Always.....Not Always

Everything.....Not Everything

Source: Adaptiv Learning Solutions, Kind of Prussia USA

# 8 Common Thinking Traps

- Jumping to Conclusions
- Tunnel Vision
- Magnifying and Minimising
- Personalising
- Externalising
- Overgeneralising
- Mind Reading
- Emotional Reasoning

# Short Cut Thinking In Action



# 8 IRIS ER Strengths...

**Making  
Connections**

**Managing  
Icebergs**

**Optimising your  
Thinking**

**Understanding  
Optimism**

**Keeping  
Perspective**

**Expressing  
Emotions**

**Applying  
Empathy**

**Choosing your  
Battles**

# Making Connections

This is about knowing we are not alone in this world and that  
we can not do it all on our own...

# Managing Icebergs

This about knowing what pushes our buttons, what response they stimulate and when it is or is not appropriate - most importantly it is about knowing what core beliefs serve us well and what we need to modify and what we need to dump...

# Optimising your Thinking

This is about knowing how you think - how you explain your world to yourself and how you can use that to work better for you...

# Understanding Optimism

This is about knowing the truth behind things - practicing realistic optimism and realistic pessimism...

# Keeping Perspective

This is not building mountains out of molehills - it is knowing that things look big or small depending on from where we choose to view it...

# Expressing Emotions

This is about knowing how to express our emotions at the right time - it is about impulse control - it is about acting not reacting...

# Applying Empathy

This is about being with other people - about taking into account others views and perspectives - it is about knowing we need to respond to people from their intent not the event...

# Choosing your Battles

This is about knowing when it is appropriate to win and when it is not - it is about understanding that giving in is not losing - it is about knowing some things are within my control and some things are not - it is about learning to accept what we cannot change and doing all we can to change that which we can...

# Who do you know is resilient?

- Based on our discussion so far today - it might be a famous person, it might be your mum - who do you know that is resilient?
- Why? What characteristics have they demonstrated to you that makes you believe this?

# Closing...

