

STRATEGIES FOR RESILIENCE FOR YOUR CONTEMPLATION

Many may sound 'cheesy' but, when tried, they can work beyond expectations.

Thinking patterns

- Know yourself and cease being defined by stressful events
- Cultivate self-awareness
- Practise acceptance and forgiveness
- Practise mindfulness – be in the moment without judgment; tolerate sitting in silence
- Try looking at the situation in alternate ways
- Remember occasions of resilience in your past
- Cultivate open-mindedness
- Introduce humour and find something comic each day
- 'Optimize' – find positives in ordinary events or in adversity
- Avoid casting yourself as a 'victim'

Activities

- Keep and actively maintain a gratitude diary/journal
- Undertake acts of kindness
- Pursue your passions

Social patterns

- Keep good company, especially positive people
- Maintain and seek out friends, especially some for 'deep connection'
- Develop your patterns of self-care
- Reach out for help
- Exercise – walk, run
- Talk with someone you trust
- Bolster healthy routines
- Listen to empowering music
- Appreciate beauty
- Develop focused interests
- Foster a collaborative, inquiring relationship with any carers (e.g. your GP, specialists)

Contemplate the meaning of the stressor

- Face your realities with vigour
- Make meaning of the stressor – try to make the suffering a growth experience
- Focus on an optimistic resolution

Contemplate meaning of life for you (e.g. work, deeds, loving someone)

- Advance spirituality

Psychological strategies

- Meditation
- Mindfulness
- Relaxation
- Yoga

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Older Person's Mental Health Service, South Eastern Sydney Local Health District