

# DEVELOPING YOUR RESILIENCE

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# WHICH HAVE BEEN YOUR FEELS?

Go to [www.mentimeter.com](http://www.mentimeter.com) and use the code 6365 9741



**happy**



**embarrassed**



**scared**



**anxious**



**goofy**



**surprised**



**numb**



**annoyed**



**chill**



**sad**



**tired**



**stressed**



**bored**



**sick**



**frustrated**



**angry**



**grateful**

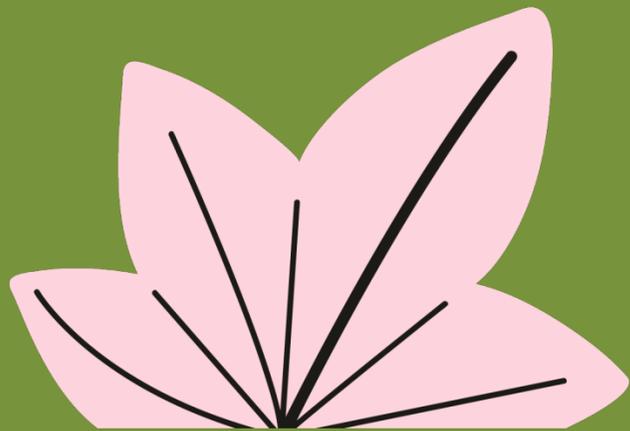


**amused**

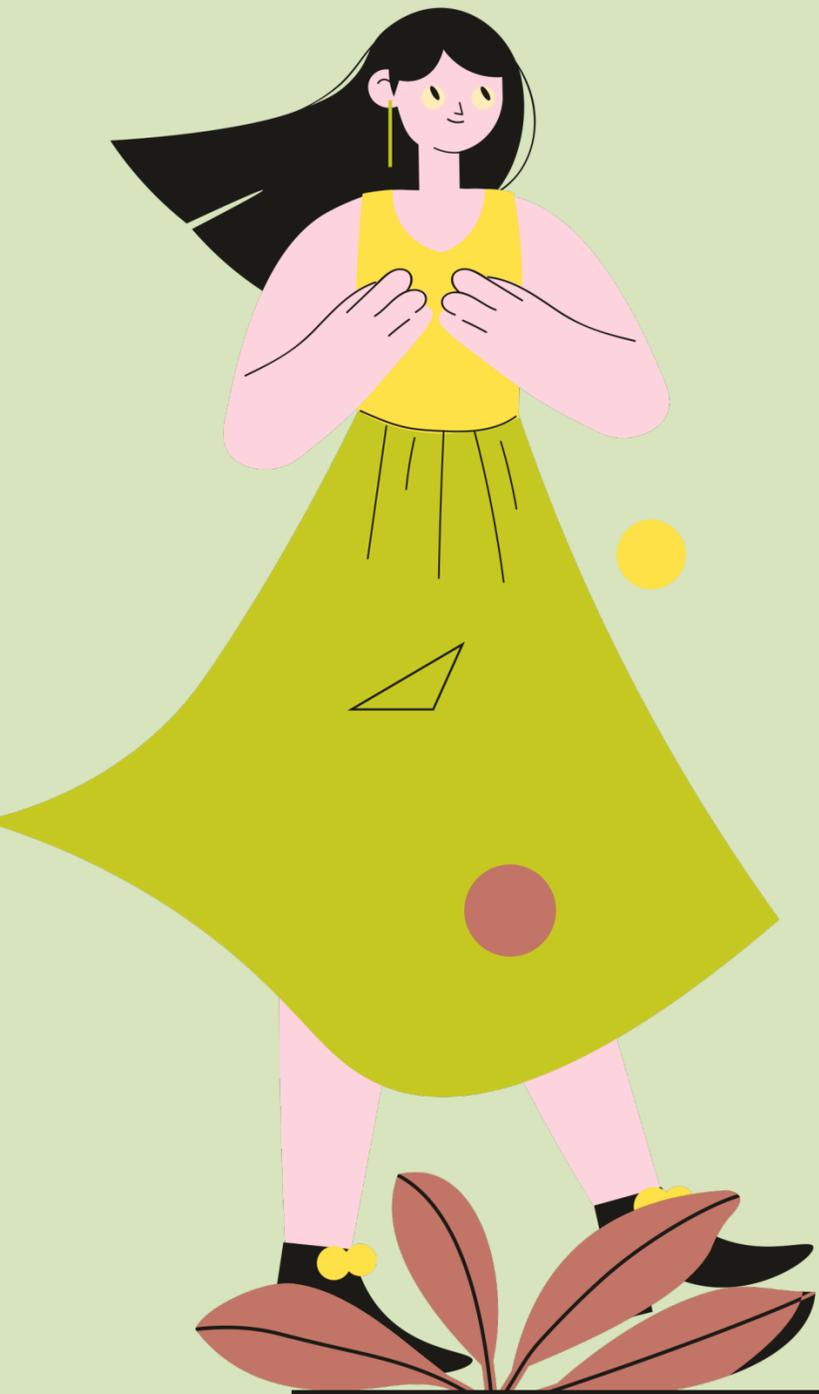


Is there something we can do?

**ABSOLUTELY!**



# WHICH OF THESE COPING STRATEGIES DO YOU USE MOST?



- **SPIRITUAL** (prayer, mediation, faith practices)
- **PROBLEM SOLVING** (trying to do something about my situation)
- **ACCEPTANCE & POSITIVE THINKING** (accepting situation, trying to live with it, look at bright side)
- **SEEKING SOCIAL SUPPORT** (talking to friends, getting advice from others)
- **DISTRACTION** (keeping busy; using substances, recreation)
- **EXPRESSING EMOTIONS** (expressing feelings, ventilating)



# COPING BEHAVIORS AS PREDICTORS OF AND MENTAL HEALTH

COVID-Survey May – Aug 2020

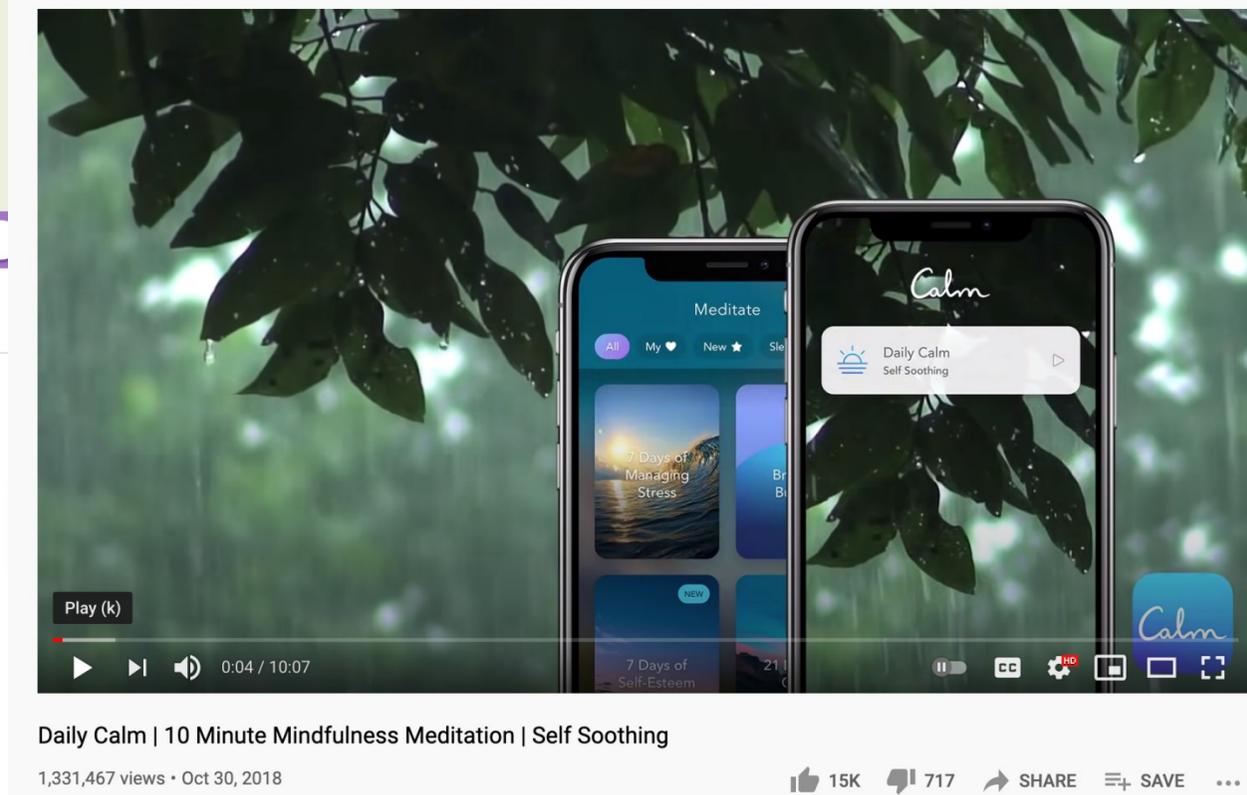
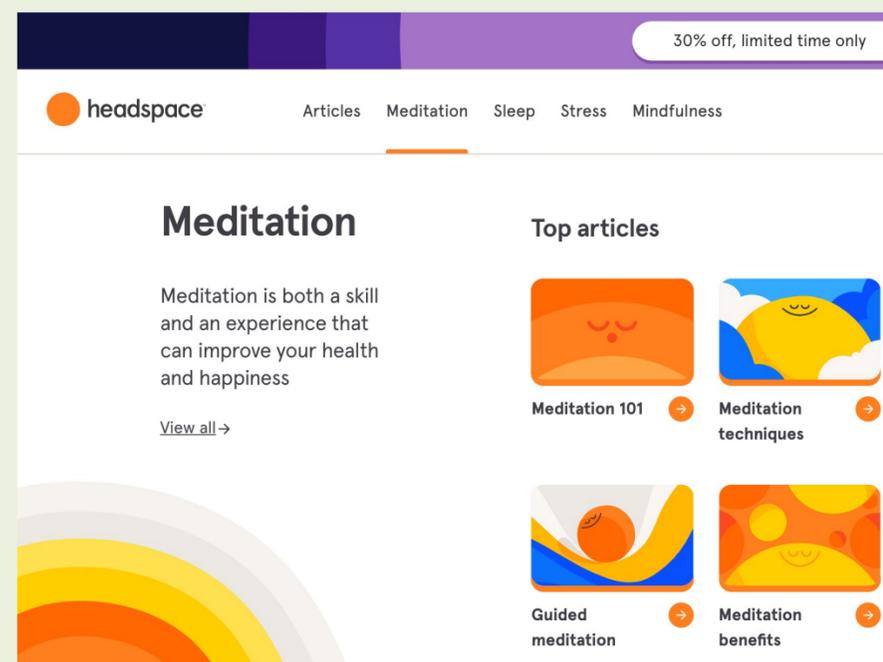
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COPING	RESILIENCE	WELLBEING	STRESS	ANXIETY	DEPRESSION
Acceptance & Reframing	+	+	-	-	-
Spiritual	+	+	-		-
Social Support	+	+			-
Problem Solving		-	+	+	+
Emotional expression	-	-	+	+	+
Distraction	-		+		



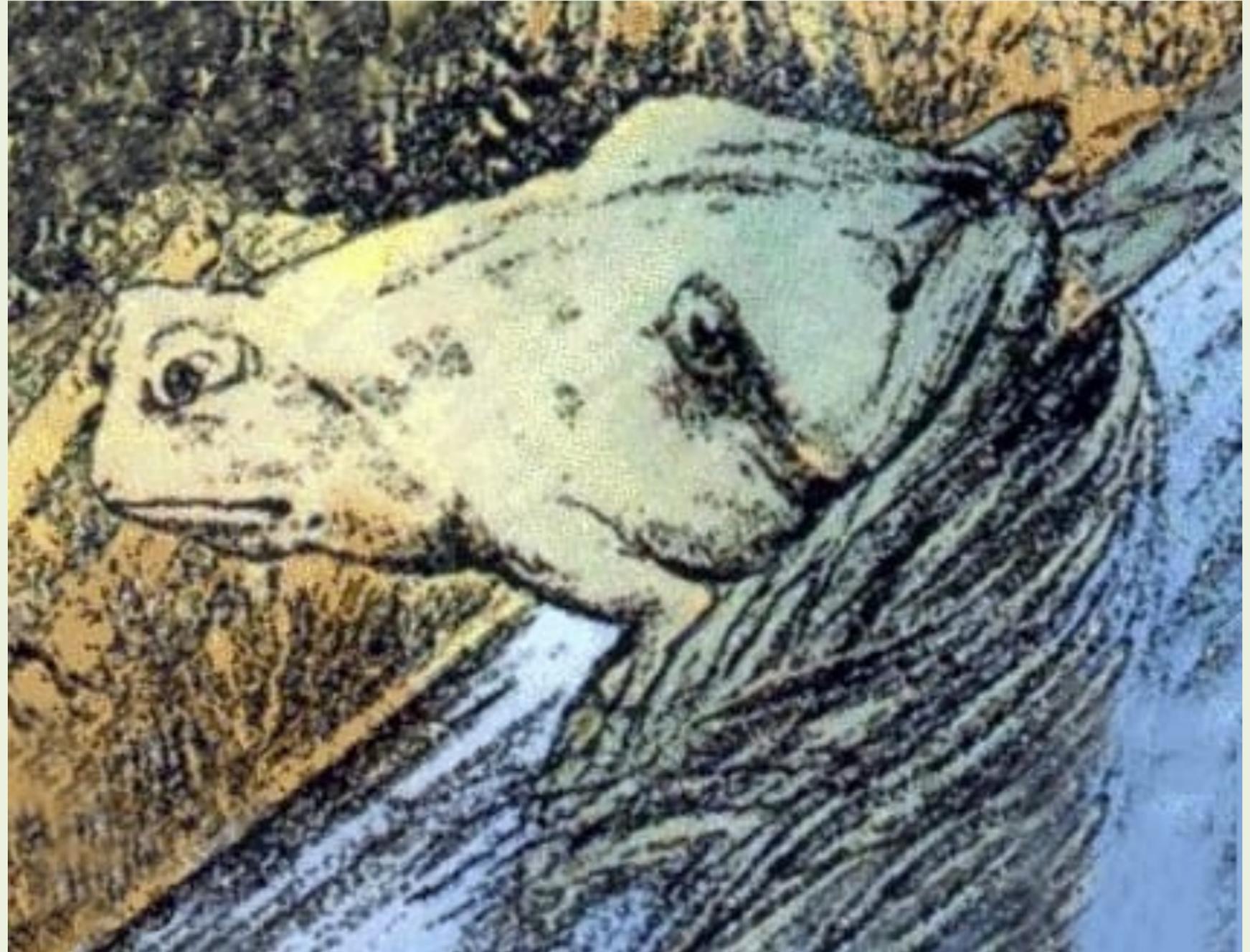
# ACCEPTANCE

- Accept your emotions
- Acknowledge your feelings and learn to let them go
- Meditation or mindfulness



# REFRAMING

WHAT DO YOU SEE?



# REFRAMING

WHAT DO YOU SEE?



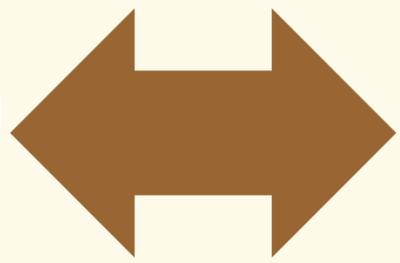
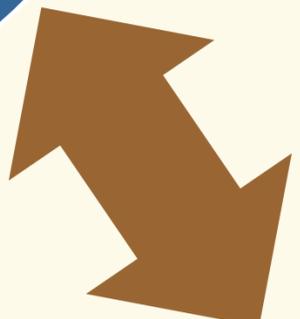
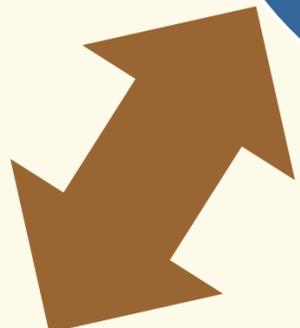


Feeling  
Pakiramdam

**OUR EMOTIONS ARE  
LINKED TO OUR  
THOUGHTS AND  
BEHAVIORS!**

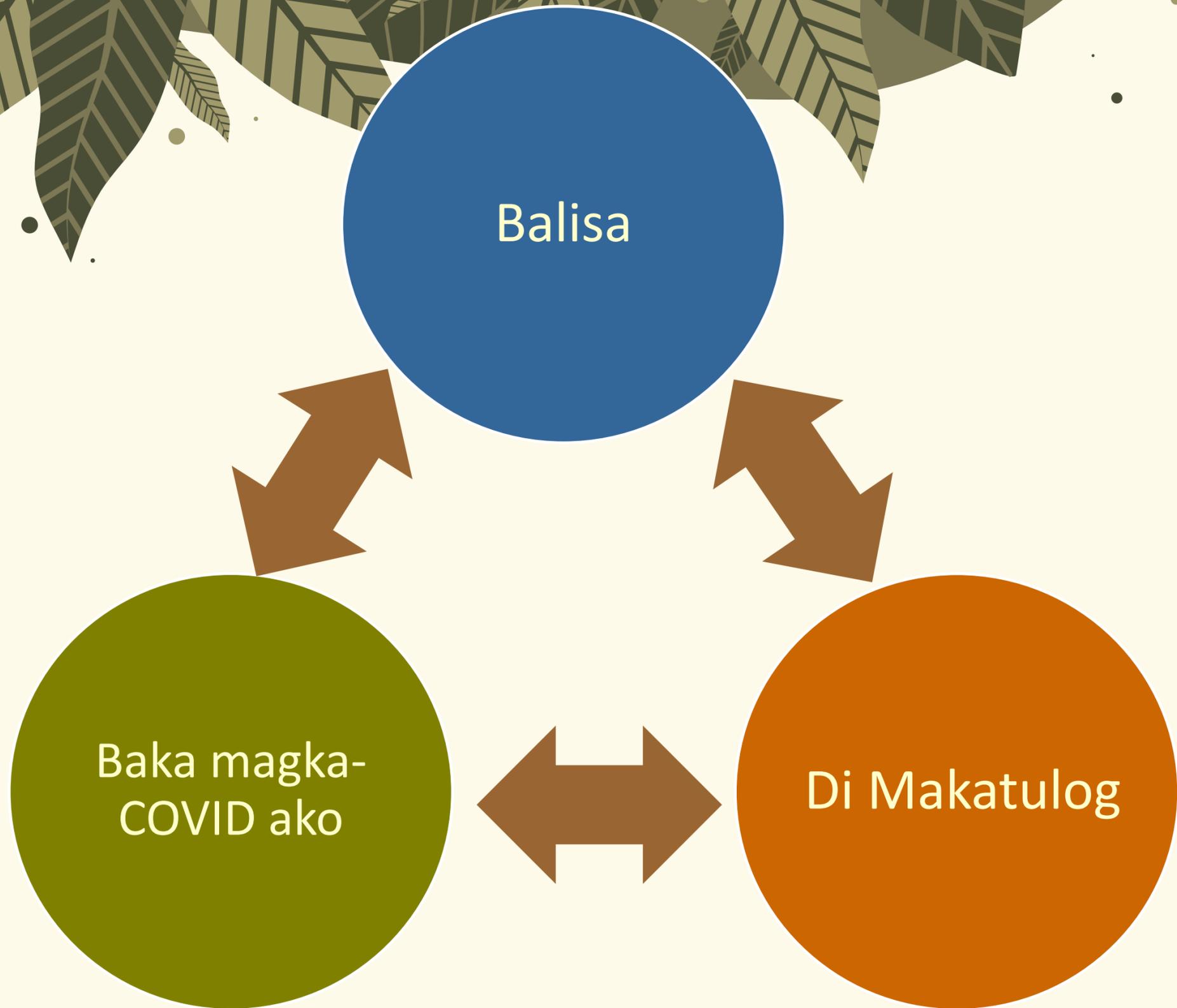
Thinking  
Pag-iisip

Doing  
Kilos





**DISPUTE!**  
**Is this absolutely true?**  
**Are there other ways to**  
**look at the situation?**



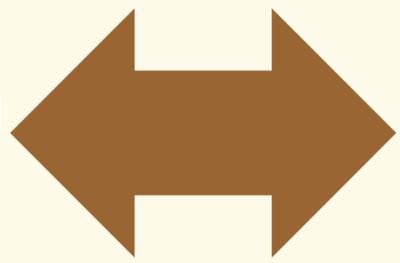


Takot

**REFRAMING**

Maaari akong magka-COVID pero meron akong magagawa

Pag-iingat



# SPIRITUALITY

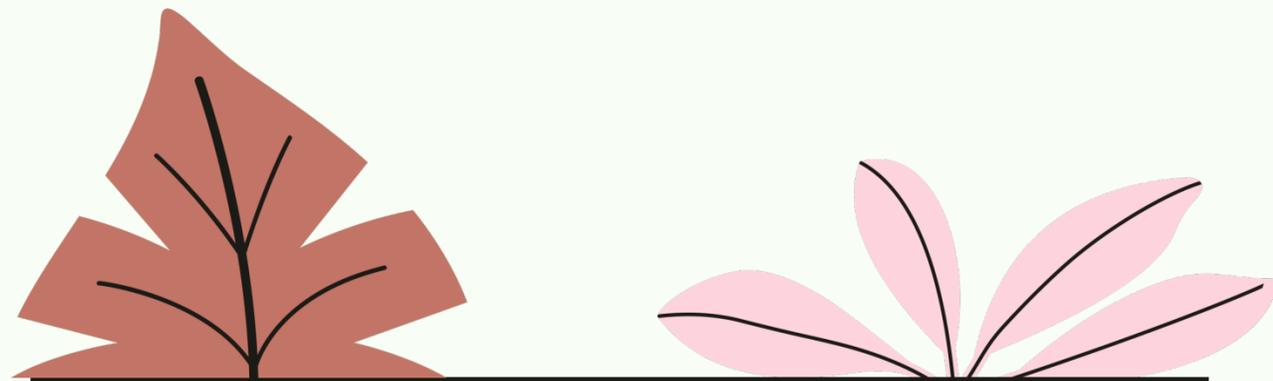
- Prayer
- Faith practices
- Let go, let God



God  
GRANT ME  
THE SERENITY  
to accept the things  
i cannot change;  
COURAGE  
TO CHANGE  
the things i can;  
& WISDOM  
TO KNOW  
the difference.

# SOCIAL SUPPORT

- Get the right social Support
- Venting to friends is okay but it can also exacerbate your negative emotions because you can end up more agitated
- Maybe beyond just venting to friends – explore what you can do for yourself, for each other
- If you are not finding relief from friends; talk to family and professionals if need be

A graphic for the National Center for Mental Health Crisis Hotline. It features a white central box with green and yellow accents. At the top are the logos of the Philippine Department of Health and the National Center for Mental Health. The text reads: "National Center for Mental Health Crisis Hotline", "0917-899-USAP" (with 8 7 2 7 below), and "989-USAP" (with 8 7 2 7 below). Below the numbers, it says "It's Free. It's Confidential" and "A Haven for those in Mental Health Crisis". At the bottom, there is a circular logo and the hashtag "#TalkToSomeJuan" with "#MentalHealthPH" below it.

0917-899-USAP  
8 7 2 7

989-USAP  
8 7 2 7

It's Free. It's Confidential  
A Haven for those in Mental Health Crisis

#TalkToSomeJuan  
#MentalHealthPH

# PROBLEM SOLVING



- When trying to solve a problem, make sure your problem is really within your control!
- Assuming it is within your control, tap your social support to help better understand the root cause of your problem and brainstorm solutions

# HEALTHY LIFESTYLE

**S**leep and manage your time well

**E**at healthy

**L**imit triggers and consume media mindfully

**F**ind time to just BE

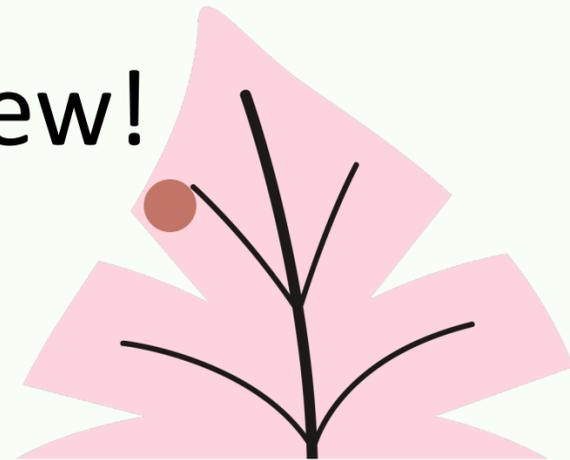
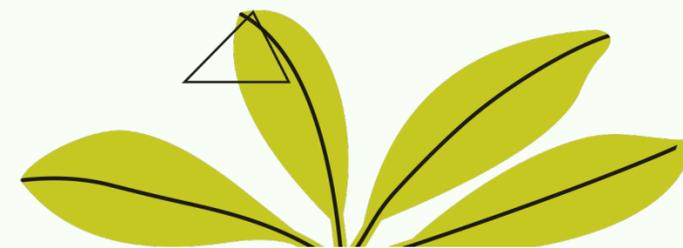
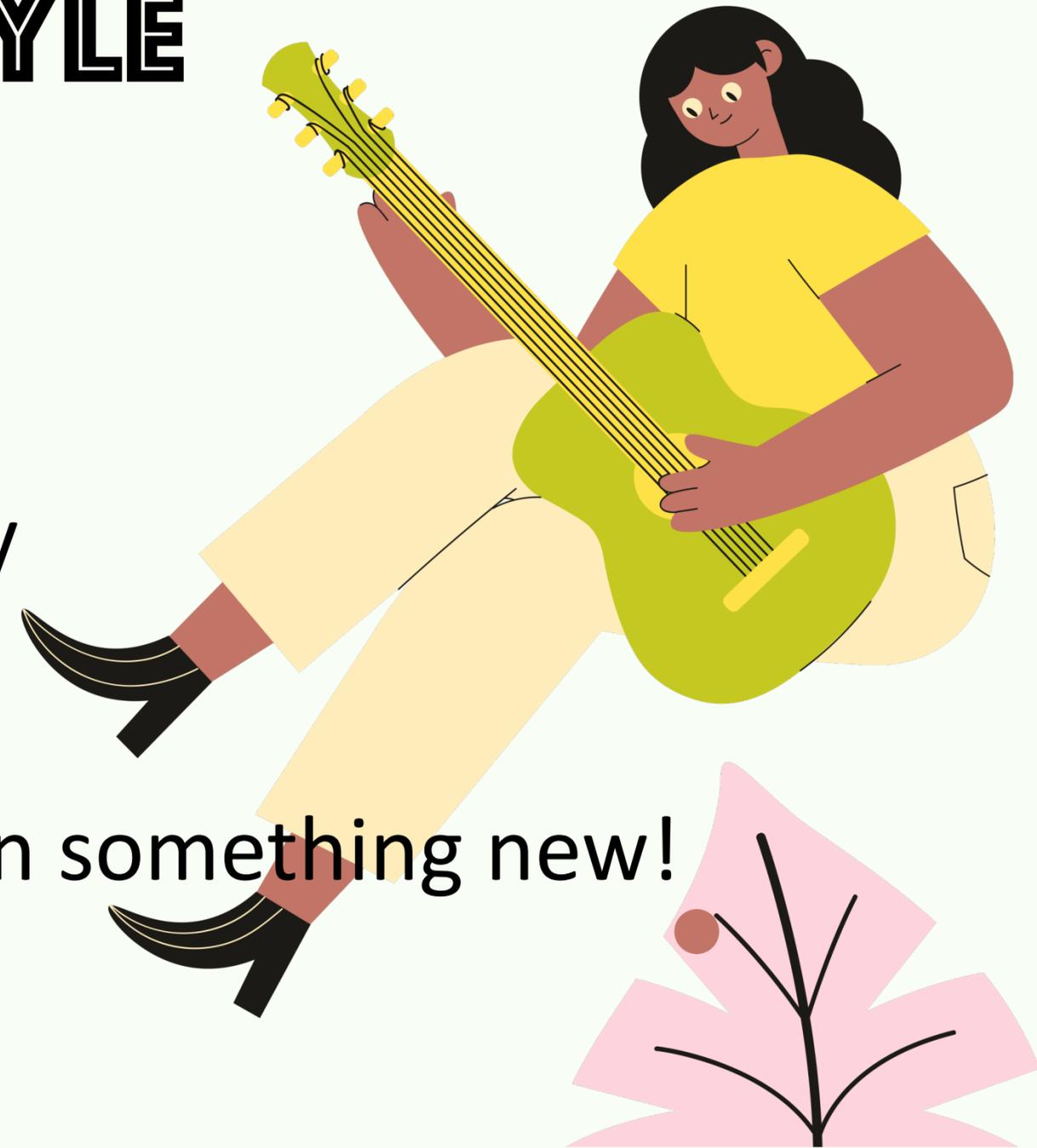
**C**reate, do something that relaxes you, learn something new!

**A**void tobacco, alcohol and drugs to cope

**R**each out to people

**E**xercise regularly

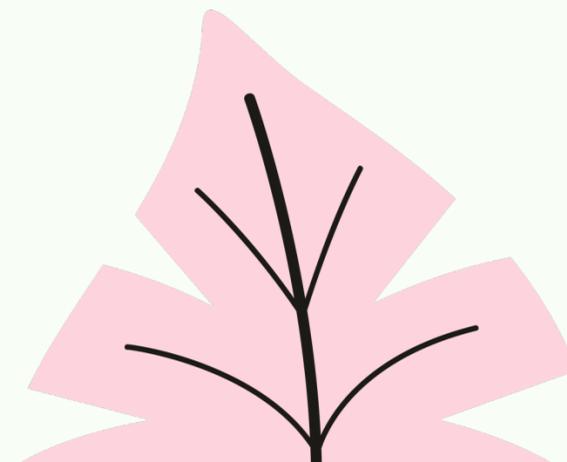
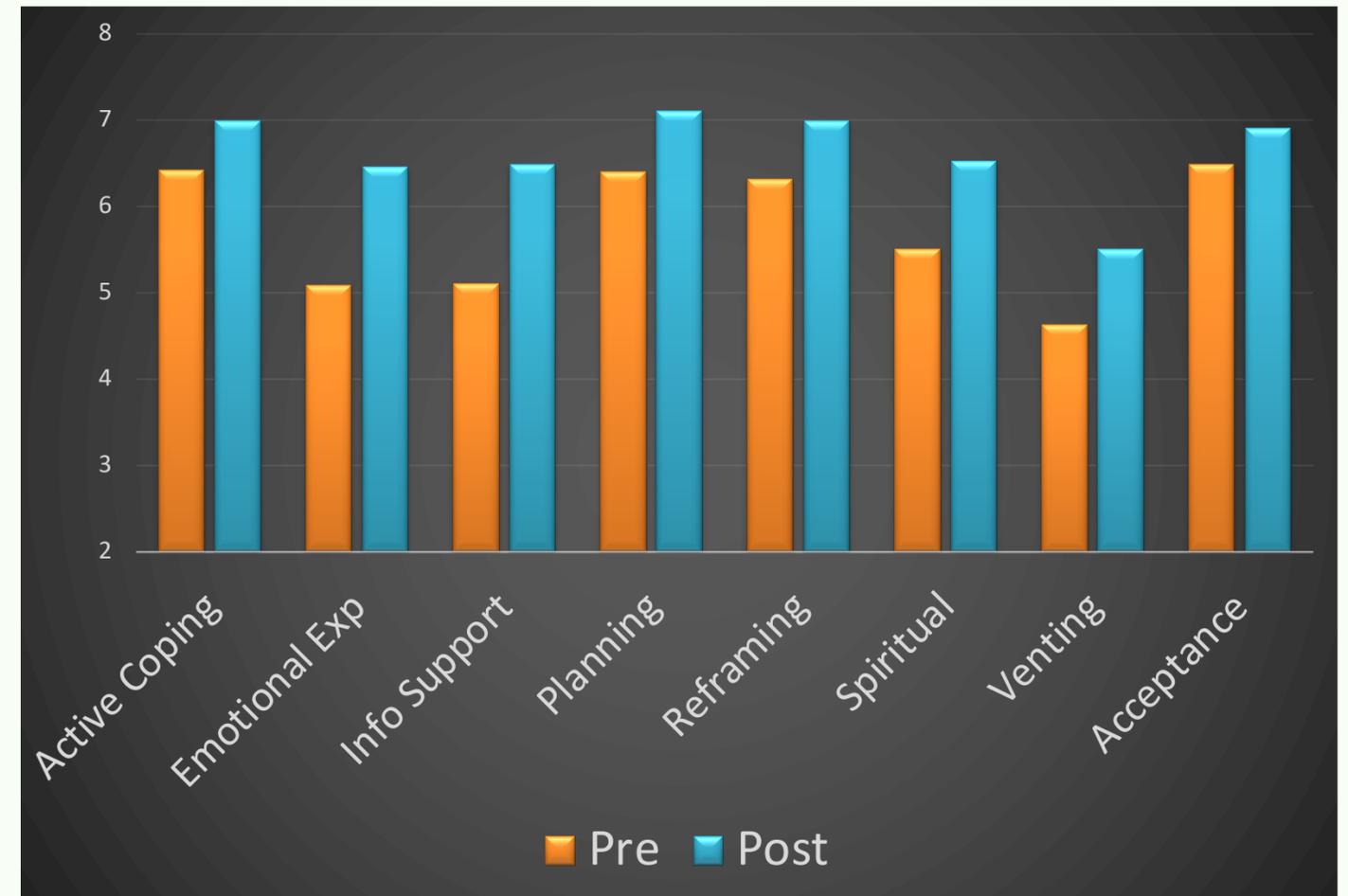
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# KATATAGAN ONLINE: RESILIENCE CLASS



Pilot Evaluation



# CONCLUSION

- Although there are aspects of resilience that are intrinsic, we can develop our resilience
- Adaptive coping behaviors are both individual and contextual - we need to know what works for us and when it works for us
- It's okay not to be okay at times – but it's also totally okay to ask for help!

*Interested in a resilience class?*

*[Email support@katatagan.org](mailto:support@katatagan.org)*

