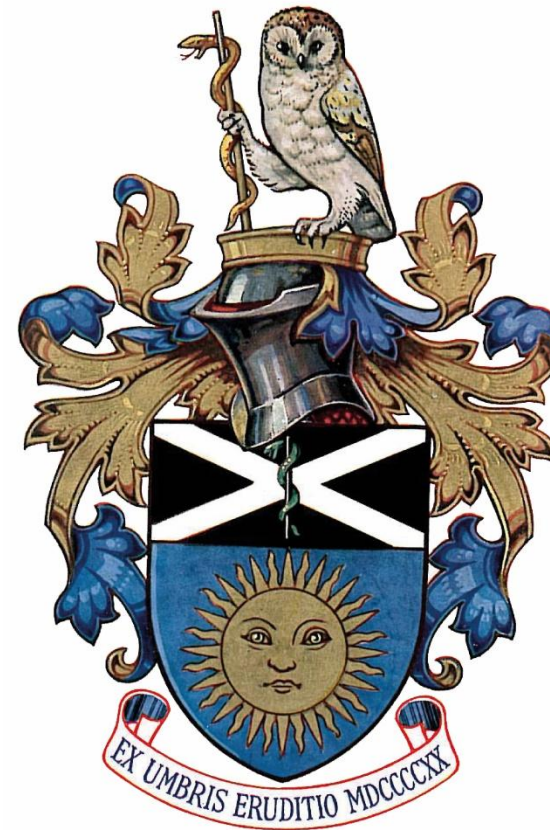


BMUS)))

Adaptive Wellbeing and Natural Resilience

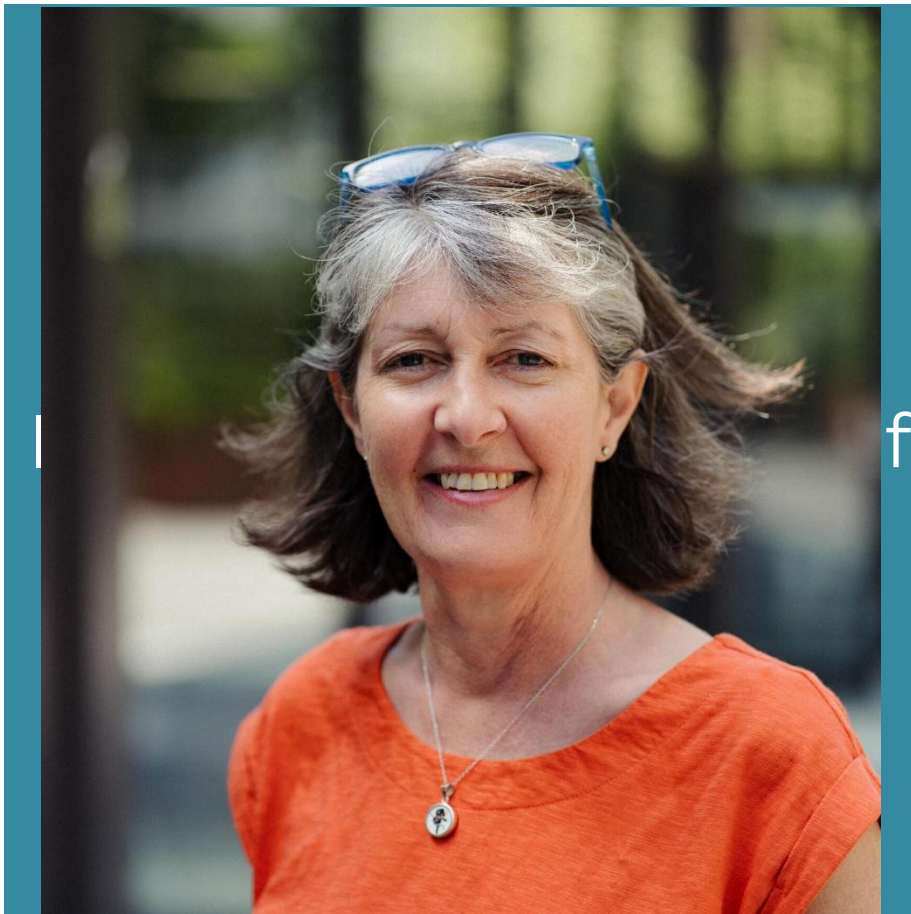
Presented by : Gill Harrison



SoR

THE SOCIETY OF
RADIOGRAPHERS

Professor Gill Harrison



**Professional Officer for Ultrasound
Society and College of Radiographers**

MSc, DMU, PFHEA, PgC L&T in HE, DCR(R), DipCH.P(MT), Imposter Syndrome Practitioner

Disclaimer

This presentation is based on the presenter's knowledge, qualifications and research.

The content is intended for informational purposes only and does not necessarily reflect the views of the British Medical Ultrasound Society (BMUS) or its affiliates. The presenter is responsible for ensuring objectivity and disclosing any relevant financial/industry interests. BMUS and its affiliates disclaim liability for any claims arising from this educational activity.

Aims

Define adaptive wellbeing and natural resilience

Explore some of the myths about resilience

Consider practical strategies to support your wellbeing, to ride the waves of life



Adaptive wellbeing

Sustaining wellbeing despite life's challenges

“fundamentally about embracing change and adjusting your approach to wellness to thrive in evolving circumstances”

<https://lifestyle.sustainability-directory.com/term/adaptive-wellbeing/>

“The forest doesn't ask every tree to bloom every day.
It just asks them to keep standing ...”

A.A.Milne



Natural vs toxic resilience



Resilience

What it is not:

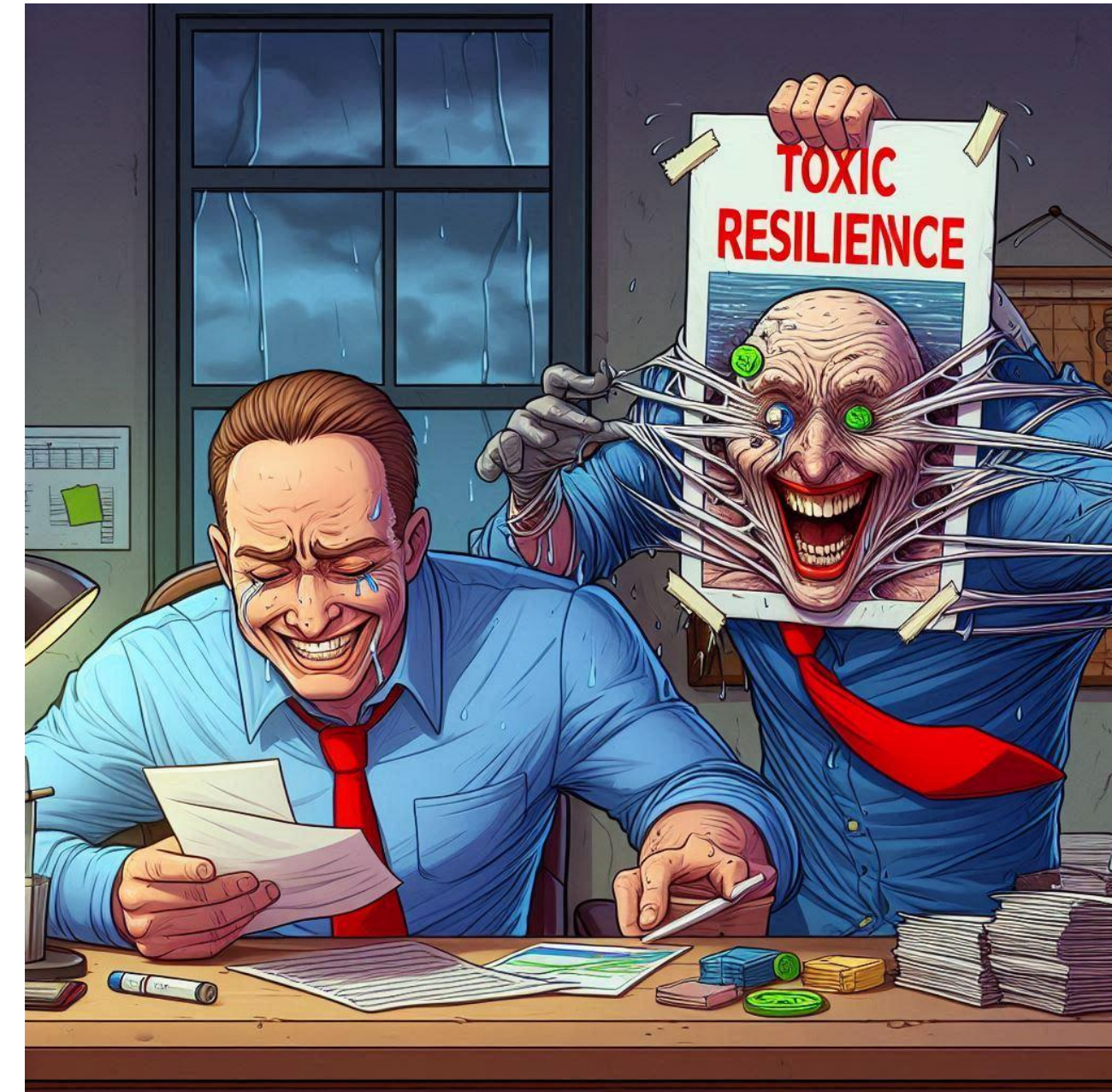
- ‘Toughing it out’

What it is:

- Growing through adversity

How can I develop natural resilience?

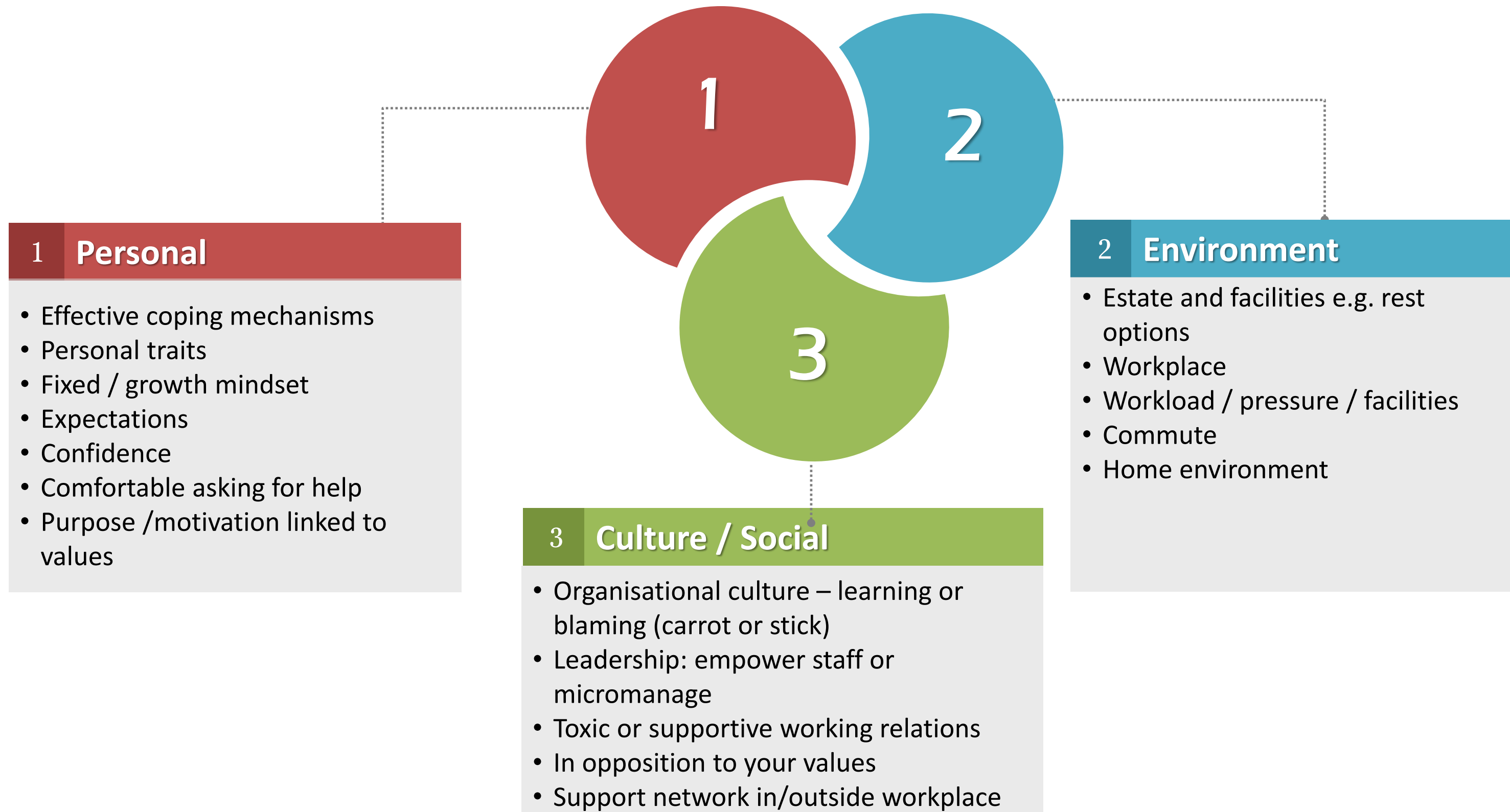
- Developing a growth mindset (Dweck, 2006)
- Asking ‘what can I learn from this?’
- Developing a sense of curiosity



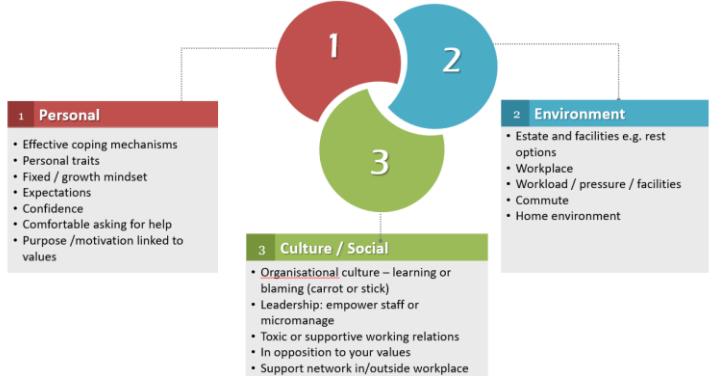
“Resilience is the process and outcome of **successfully adapting to difficult or challenging life experiences**, especially through mental, emotional, and behavioral **flexibility and adjustment to external and internal demands.**” APA

“Resilience is defined as a **flexible set of attitudes and beliefs** that help individuals successfully navigate acute or long-term adversities (Neenan, 2018).” Karoline *et al*, 2023

So is it all down to the individual?



Impact on behaviour



Thoughts

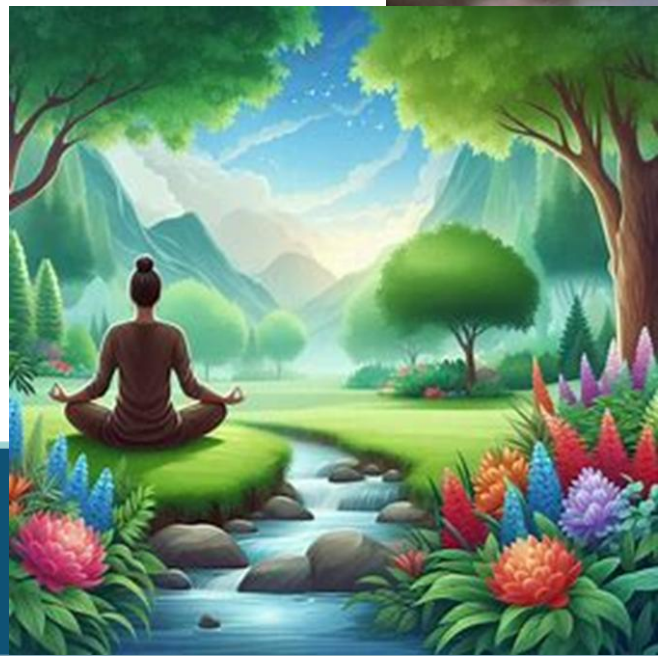
Feelings

Emotions



Before we can become aware

The body needs to reset



Resetting the body



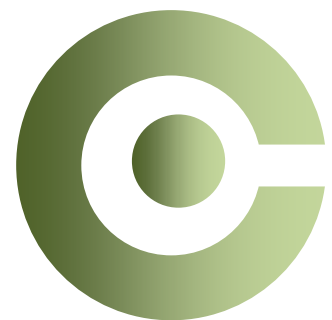
Mind-body connection

Meditation, exercise, nature,
mindfulness, music, dance



Connections

Social support networks,
community, sharing experience

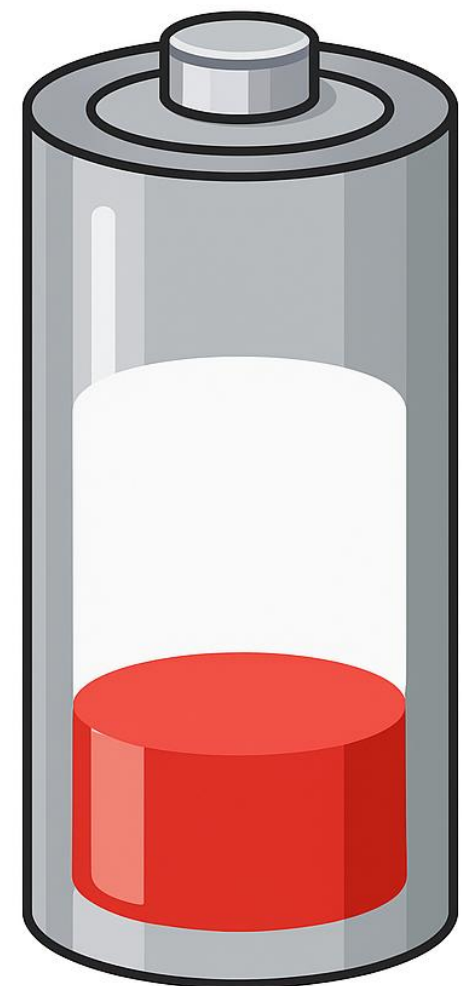


Homeostasis (balance the body)

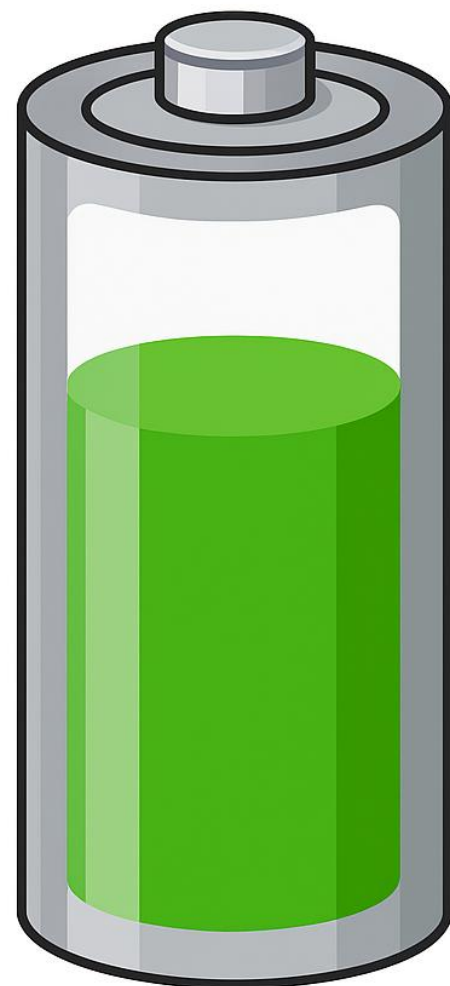
Rest and sleep, nutrition



Delivering compassionate care can take its toll



Daily energy reserves



Back up energy reserves



What do you do?



Building natural resilience: how can I start?



Building natural resilience: how can I start?

The words we use impact our emotions, feelings, actions and behaviour



Building natural resilience: how can I start?

Change the question

- "How do I cope better?"
- "What needs to change about how I'm operating?"

One question keeps you functional.
The other question starts to move things.

Kiran Sanger - <https://www.linkedin.com/in/kiran-sanger-infinite-coaching/>

Take home message



References

Other tools

- <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/reframing-unhelpful-thoughts/>

Further reading

American Psychological Association. Resilience.

<https://www.apa.org/topics/resilience>

Dweck C, 2016. Mindset: the new psychology of success

Karoline *et al*, 2023. Maladaptive and Adaptive Perfectionism Impact Psychological Wellbeing Through Mediator Self-Efficacy Versus Resilience. International Journal of Psychological Studies

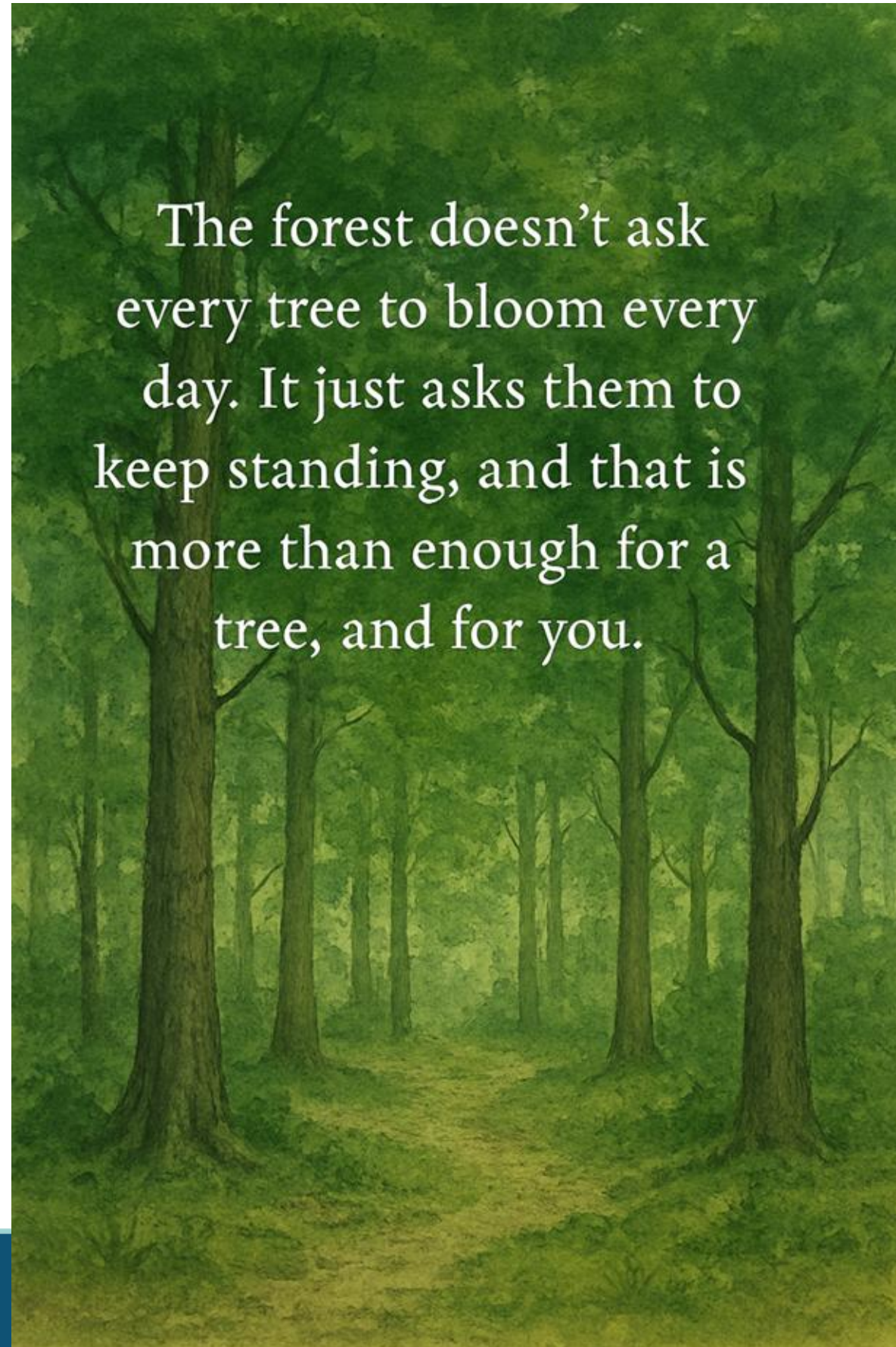
<http://dx.doi.org/10.5539/ijps.v15n3p46>



GillH@sor.org

BMUS))

Questions, comments, reflections?



The forest doesn't ask every tree to bloom every day. It just asks them to keep standing, and that is more than enough for a tree, and for you.