The Art of Bouncing Back: Resilience Resources and Information

Resources

Resilience by Masterpiece Living – Coming in 2015!

Resilience is a 10-session intellectual, physical, spiritual and social exploration and application of the concepts introduced by Dr. Roger Landry in his dynamic book, *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*.

Resilience expands upon Dr. Roger’s *Ten Tips to Successful Aging* and demonstrates how being resilient allows us to bounce back after physically, mentally and emotionally stressful situations, adapt quickly to changes, and develop whole-person strength. Each session will focus on one of Dr. Roger’s core guidelines for successful aging.

*Live Long, Die Short* Book Club

A guide for facilitating a *Live Long, Die Short* book club. Dr. Roger’s book provides a definitive roadmap to successful aging and is a pivotal call to action for individuals, organizations, and communities to assimilate the optimistic new findings on aging into all that they do.

Breathe: A Stress Resilience Program by Masterpiece Living

*Breathe* explores stress at a fundamental level, starting by learning about our bodies’ natural reaction to a stressor. Breathe allows participants to take time to reflect on what we experience when we are stressed and what our typical response is.

Participants will learn from one another and discover meaningful ways to manage life’s ups and downs. We cannot avoid the stressors that unexpectedly hit us in life, but we can become more resilient to the all-too-common painful consequences that often accompany major life stressors. Take care of your health by becoming more resilient to stress.
Masterpiece Living Stories of Resilience

The winning entries in Masterpiece Living’s Story & Photo Contest:
1. Hugh Petrie
2. Betty Wortham
3. Martha Loats

Videos

“The Opportunity of Adversity” from TedEd:
http://www.ted.com/talks/aimee_mullins_the_opportunity_of_adversity

Articles/Papers

“Resilience: a requirement for successful aging in all settings.” Journal on Active Aging (July/August, 2013)
http://www.icaa.cc/data/product/4268_8c2510f6005efe368d3f0b547b45da36.pdf

Books about Resilience

*Live Long, Die Short* by Roger Landry, MD, MPH

*Revitalizing Retirement* by Nancy Schlossberg, Ed. D

*Creating What’s Next Gracefully* by Valerie Ramsey
Resilience at Work: How to Succeed No Matter What Life Throws at You by S.R. Maddi and D.M. Khoshaba

Overwhelmed: Coping with Life’s Ups and Downs by Nancy Schlossberg

Master Practice

The team at Llanfair Retirement Community is using resilience as a marketing theme for the new rehabilitation center. Highlighted is the Japanese proverb, “Then bend, do not break, be like bamboo. It endures stress and finds a way to bounce back.”

Resilience Research


**Citation from Network Call**

**Definition of Resilience**

1. The ability of a substance or object to spring back into shape; elasticity
2. The capacity to recover quickly from difficulties; toughness


The American Psychological Association’s Brochure, “The Road to Resilience”


1. Make Connections.
2. Avoid seeing crises as insurmountable problems.
3. Accept that change is a part of living.
4. Move toward your goals.
5. Take decisive actions. Act on adverse situations as much as you can.
7. Nurture a positive view of yourself.
8. Keep things in perspective.
9. Maintain a hopeful outlook.
10. Take care of yourself.
Lifestyle Inventory: Resilience

1. USE IT OR LOSE IT
   a. In the past four weeks, how often have you challenged yourself with new and complex activities?
   b. How often do you have opportunities to use your skills, abilities and experience?
   c. How often do you have opportunities to add to your skills and abilities or to acquire new ones?

2. KEEP MOVING
   a. About how many days per week do you participate in moderate intensity aerobic activity?
   b. About how many days per week do you participate in gentle physical activity?
   c. About how many days per week do you participate in muscles strengthening activity?

3. CHALLENGE YOUR MIND
   a. How often do you participate in group intellectual pursuits?
   b. How often do you participate in individual intellectual pursuits?

4. STAY CONNECTED
   a. How often do you use a computer to connect with others?
   b. How often do you participate in social activities?
   c. How often do you feel lonely?

5. LOWER YOUR RISKS
   a. Do you meet with your physician at least once a year for a check-up and any recommended medical tests?

6. NEVER ACT YOUR AGE!

7. WHEREVER YOU ARE... BE THERE
   a. During the past six months, I have been able to shut off distracting thoughts and be fully aware of what I am doing.

8. FIND YOUR PURPOSE
   a. My life has a strong sense of meaning and purpose.

9. HAVE CHILDREN IN YOUR LIFE
   a. I feel that family, friends and/or peers support me in my efforts toward successful aging.

10. LAUGH