Exploring Skills of Resiliency

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Objectives

1. Discuss stress theory
2. Identify 5 stress hardy personality traits
3. Explore personal stress reduction/resiliency strategies
4. Discuss importance of connections in stress management
What is stress?
Stress Hardy Personality

- Control
- Challenge
- Commitment
- Compartmentalization
- Comedy

*Dr. Suzanne Kobasa* - City Univ of NY: studied business executives, phone company employers, lawyers
That birds fly overhead,
This you cannot stop.

That they build a nest in your hair,
This you can prevent.

Chinese proverb
Stress reduction strategies

- Battery re-chargers
Stress reduction strategies

- Movement
- Mental enema
- Music
- Relaxation techniques
- Reframing of thought
Connecting

- Einstein: unified field theory
  - All objects are composed of energy
  - Through fields of energy, all things connect