Exploring Skills of Resiliency

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March 27, 2020
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
Stress reduction strategies

- Battery re-chargers
Connecting

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