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Magisterial Lectures

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1-26-2021

## **Building Resilience**

Ma. Regina Hechanova

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# *BUILDING RESILIENCE*

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**DEPARTMENT OF PSYCHOLOGY**

**ATENEO DE MANILA UNIVERSITY**

## KEY POINTS



Resilience



Who are vulnerable



Enabling Resilience

## RESILIENCE



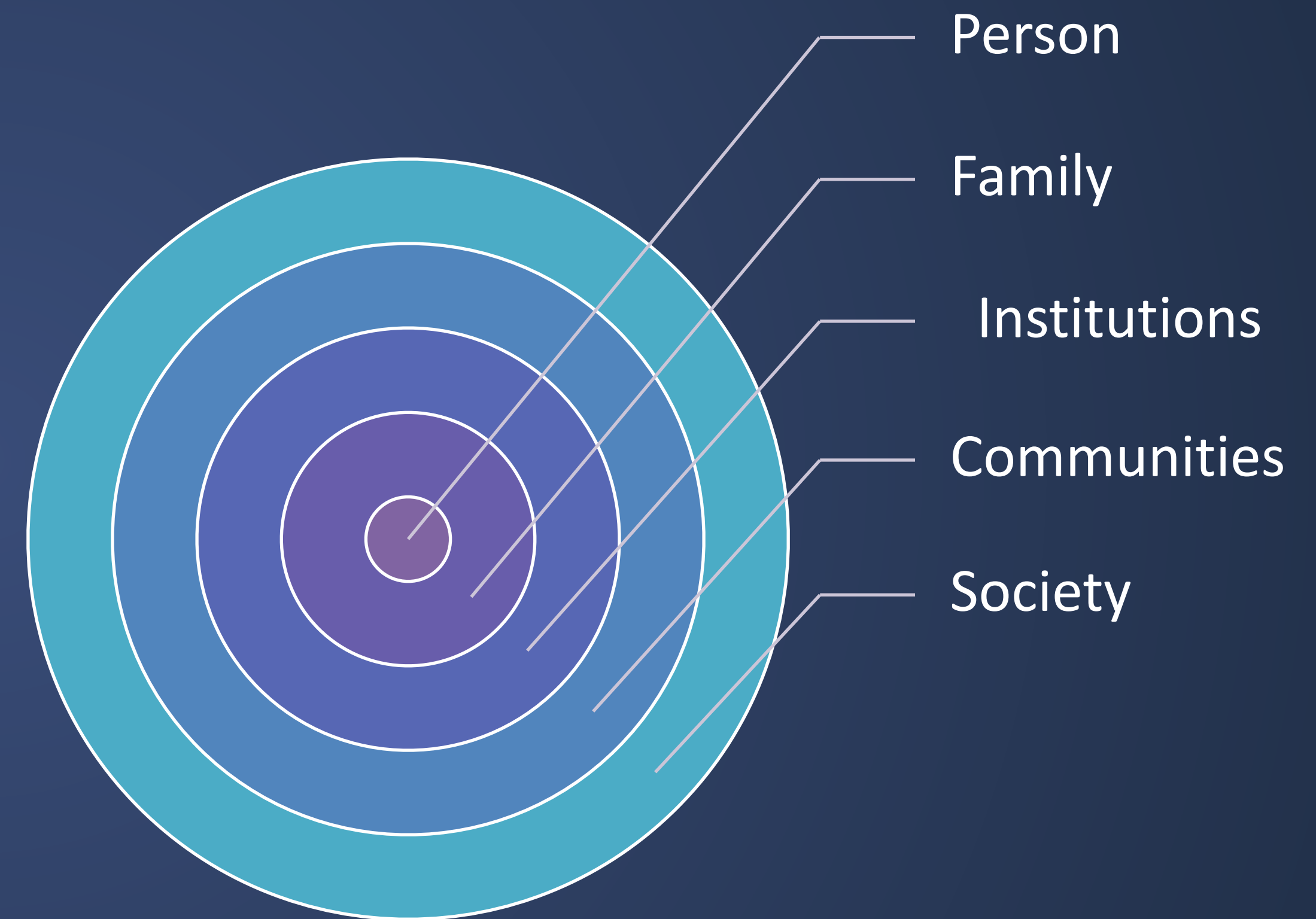
Resilience is ability to recover from or adjust to difficulties, misfortune or change.

It is both innate and developed.

## RESILIENCE

### ECOLOGICAL PERSPECTIVE:

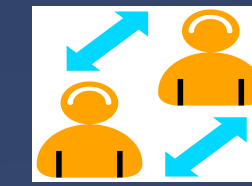
While there are individual resources which contribute to resilience, communities and societies also provide resources which are key to facilitating resilience.



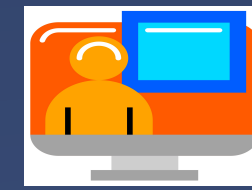
# COVID-RELATED STRESSORS

COVID-Survey May – Aug 2020

N=841



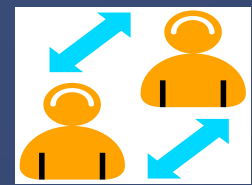
Lack of Social Support



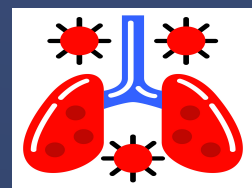
COVID News



Access to Basic Needs



Increased responsibilities



Illness



Exposure to COVID



Loss of income

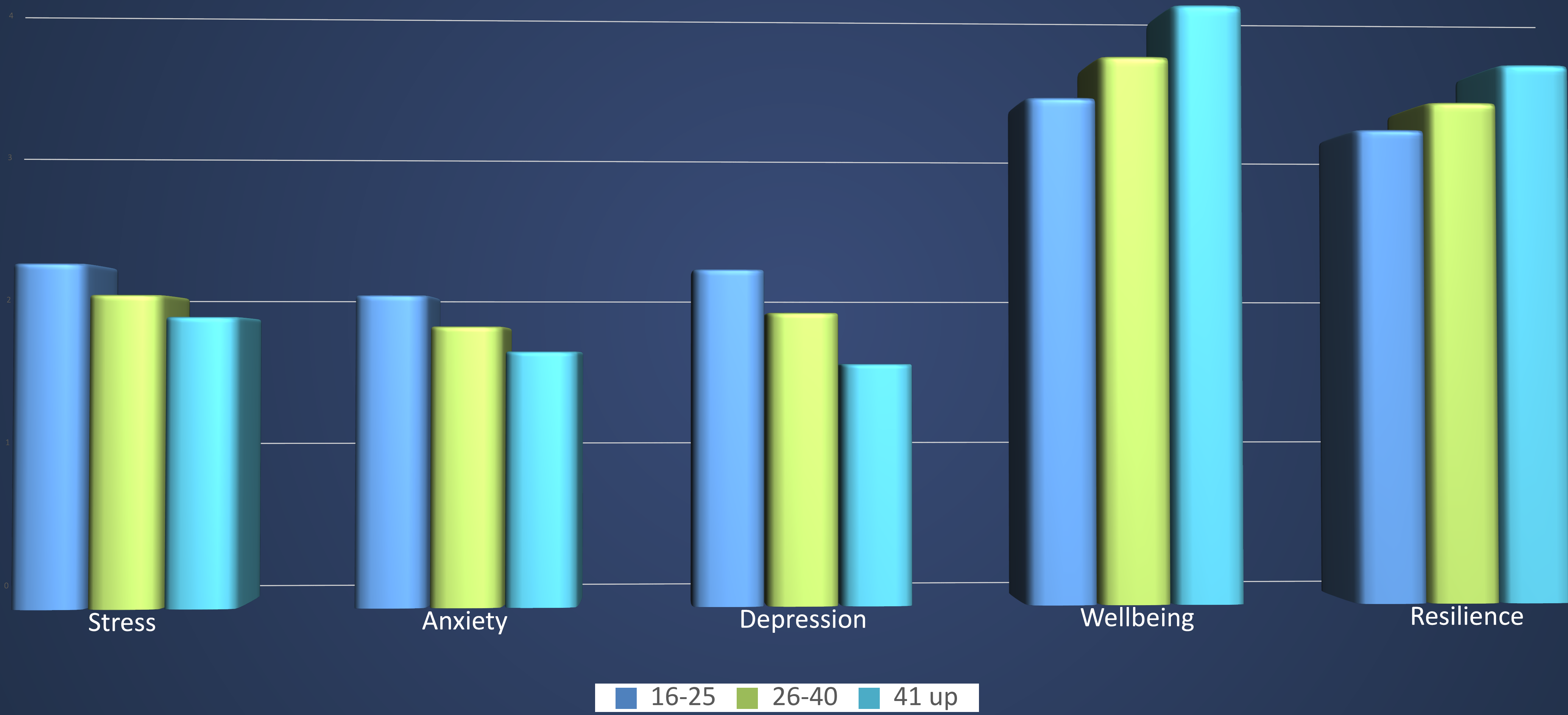
# Resilience, Coping & Mental Health

COVID-Survey May – Aug 2020 N=841

	Stress	Anxiety	Depression	Wellbeing
Resilience (trait)	-	-	-	+
Acceptance	-	-	-	+
Mindfulness	-	-	-	+
Spiritual	-	-	-	+
Problem solving			-	+
Social Support	+	+		
Distraction	+			
Positive thinking	+	+	+	-

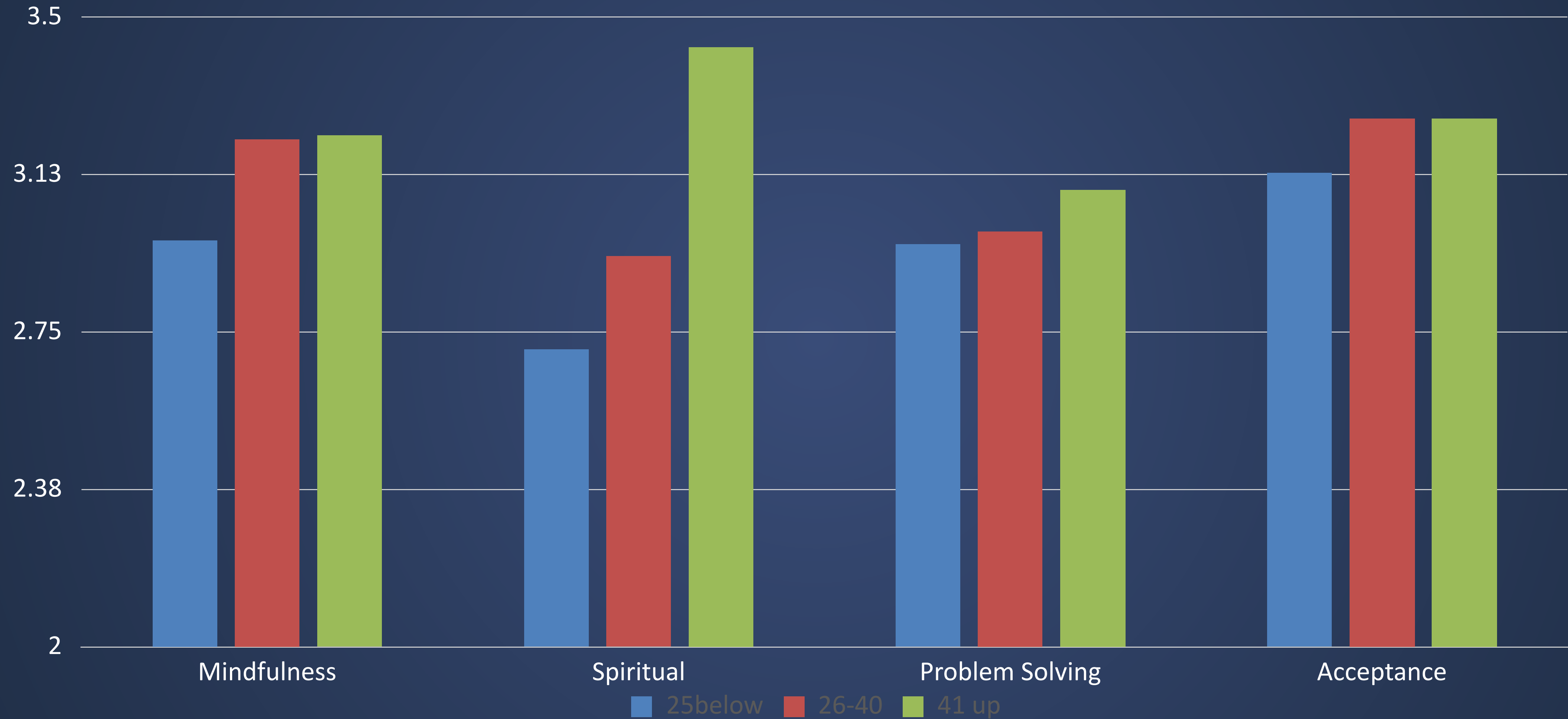
# Mental Health by Age

COVID-Survey May - Aug 2020, N=841





# Significant Differences in Coping Behaviors by Age



## WHY ARE YOUTH VULNERABLE?

# Brain Development

### Dynamic mapping of human cortical development



Source: "Dynamic mapping of human cortical development during childhood through early adulthood," Nitin Gogtay et al., Proceedings of the National Academy of Sciences, May 25, 2004; California Institute of Technology.

## WHY ARE YOUTH VULNERABLE?

Brain Development

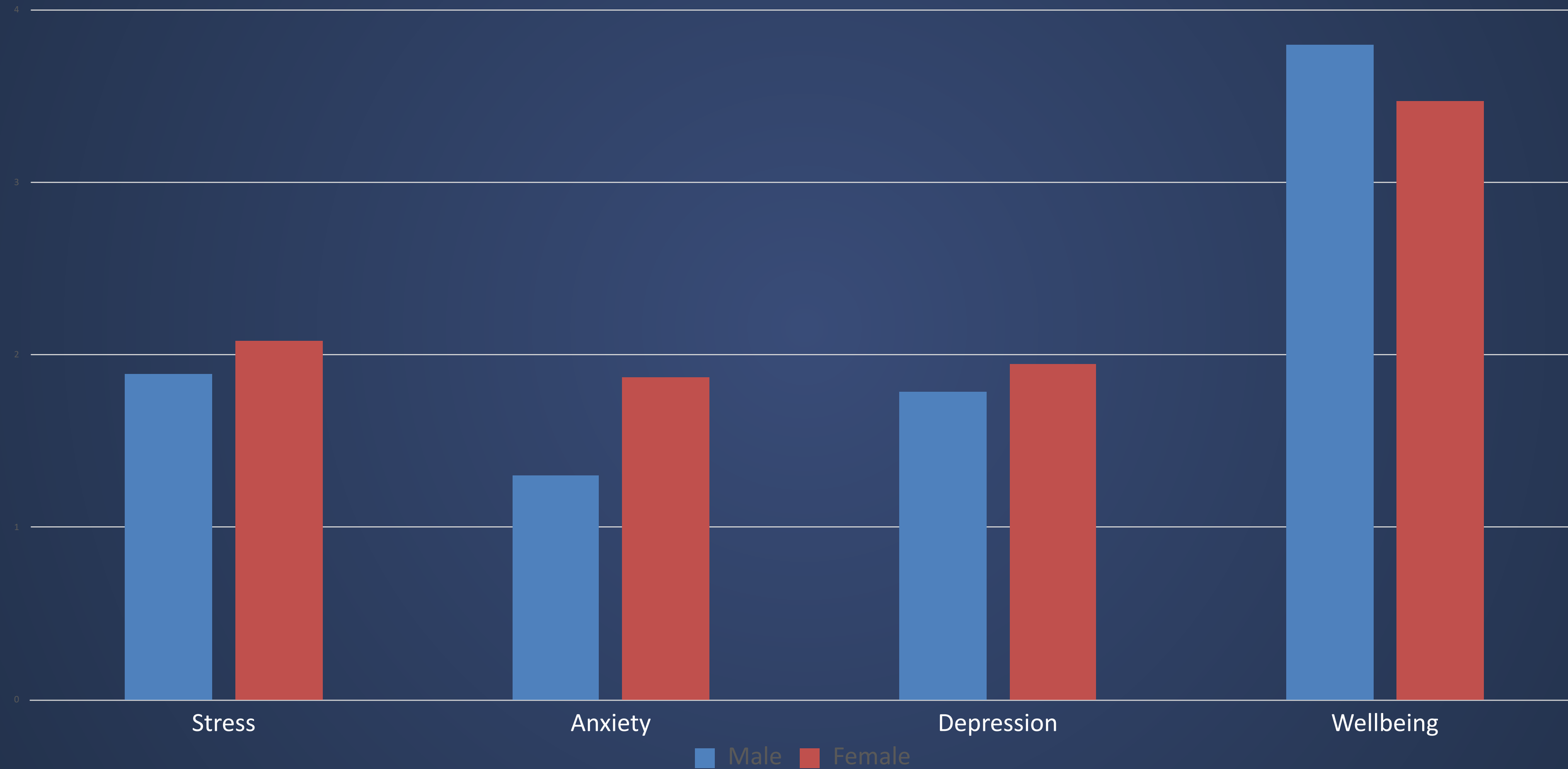
Lifestyle

Identity & Social Media

# MENTAL HEALTH BY AGE

COVID-Survey May - Aug 2020

N=841



Females more vulnerable than males

WHY ARE WOMEN MORE VULNERABLE THAN MEN?

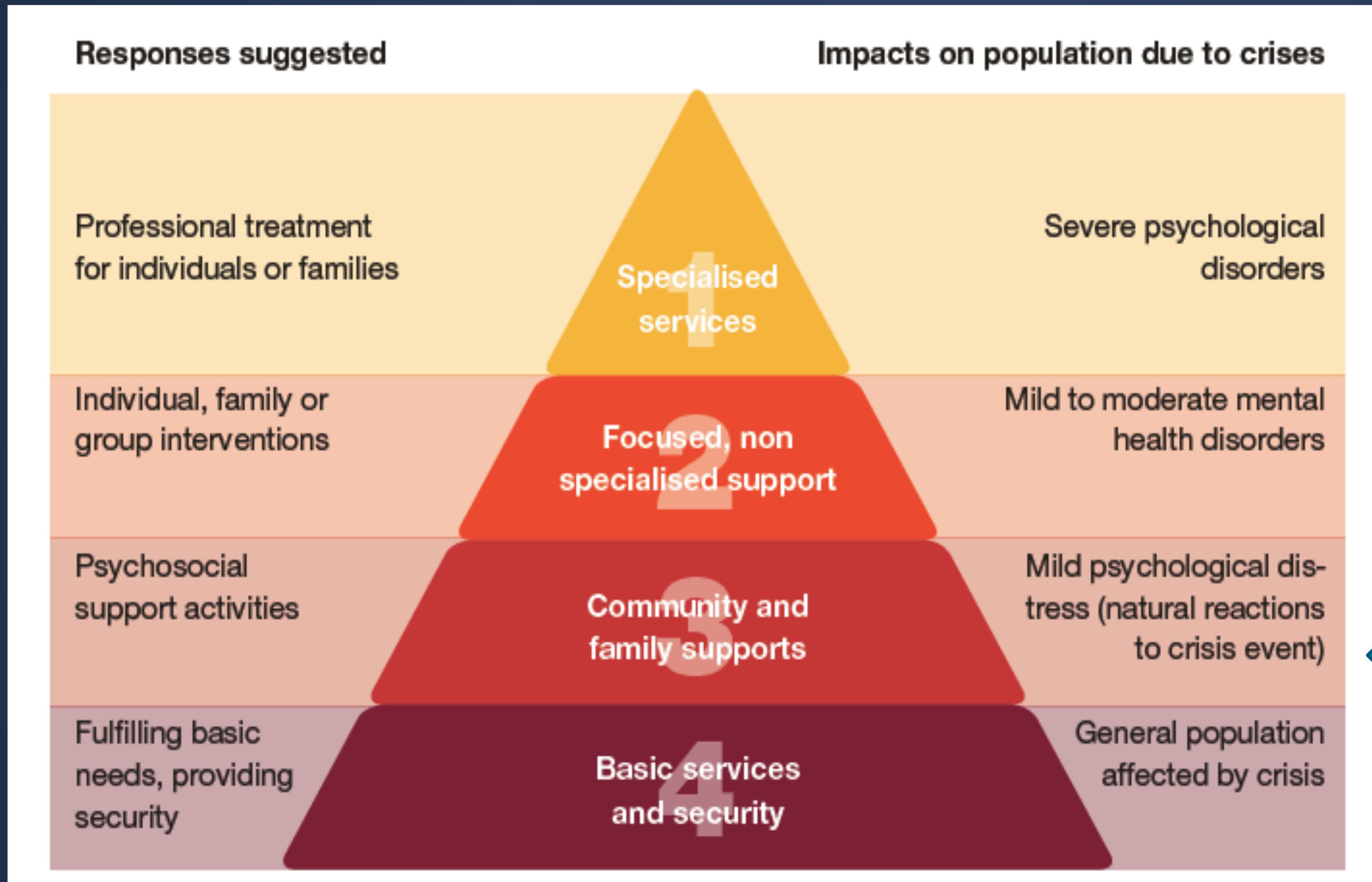
Biology

Gender Roles

Status & Power

Is There Something We Can Do?

# MENTAL HEALTH PSYCHOLOGICAL SUPPORT PYRAMID



Basic needs as  
**CRITICAL** to wellbeing

## WHAT CAN WE DO AS PARENTS TO BUILD RESILIENCE?

### RELATIONSHIP

- Ask them how they are
- Let them talk and LISTEN without judgement
- Let them know "Its okay not to be okay" and to ask for help

### LIFESTYLE

- Help them establish healthy routines
  - Exercise
  - Healthy food
  - Sleep
- Disconnect and Connect

### EXPERIENCE

- Don't rush to their rescue
- Help them learn from their failure or hardship

### MODEL & COACH

- Teach them how to manage their emotions
- Maintain spiritual practices
- Build their problem-solving skills
- Model Resilience!



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# WHAT CAN TEACHERS AND SCHOOL DO?

## ROLE MODEL

- Be mindful of how you react to stressful situations;
- Don't vent your own problems to your students

## CURA PERSONALIS

- Ask how they are
- Be mindful of their mental health when designing your courses
- Check-in and adjust!

## LEARNING ABOUT RESILIENCE

- Expose students to resilience in readings, exercises, materials
- If you are comfortable, embed short exercises on resilience

## NON-ACADEMIC FORMATION

- Build resilience skills in non-academic programs
- Offer resilience group programs

# WHAT CAN EMPLOYERS AND SCHOOL DO?

## ADDRESS BASIC NEEDS

- Financial, material and technological support

## CURA PERSONALIS

- Ask how they are and what their needs are
- Communicate regularly
- Be mindful of their mental health when assigning and managing assignment
- Flexible work arrangements

## RESILIENCE & MENTAL HEALTH

- Expose people to resilience in readings, materials
- Mental health programs and services



Katatagan ONLINE 

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- [Free Resources](#)
- [Psychological Services](#)
- [Testimonials](#)
- [Log-in](#)
- [Contact Us](#)

## *Welcome to Katatagan Online*

Disasters and crises can often cause disturbing or distressing feelings.

### Katatagan ONLINE

This free online portal is an offering of the [Psychological Association of the Philippines \(PAP\)](#) that can help deal with these feelings.

## KATATAGAN ONLINE

### SELF-CARE

- Mindfulness Online training by Palo Alto University
- Infographics
- Mindfulness audio files
- Resilience materials
  - Videos
  - Resilience Journal

### RESILIENCE CLASSES

- Blended learning
  - Videos and reflections
  - Online discussions
- Small groups of about 12 people
- 2 facilitators

### MENTAL HEALTH SERVICES

- Links to providers of MH Services



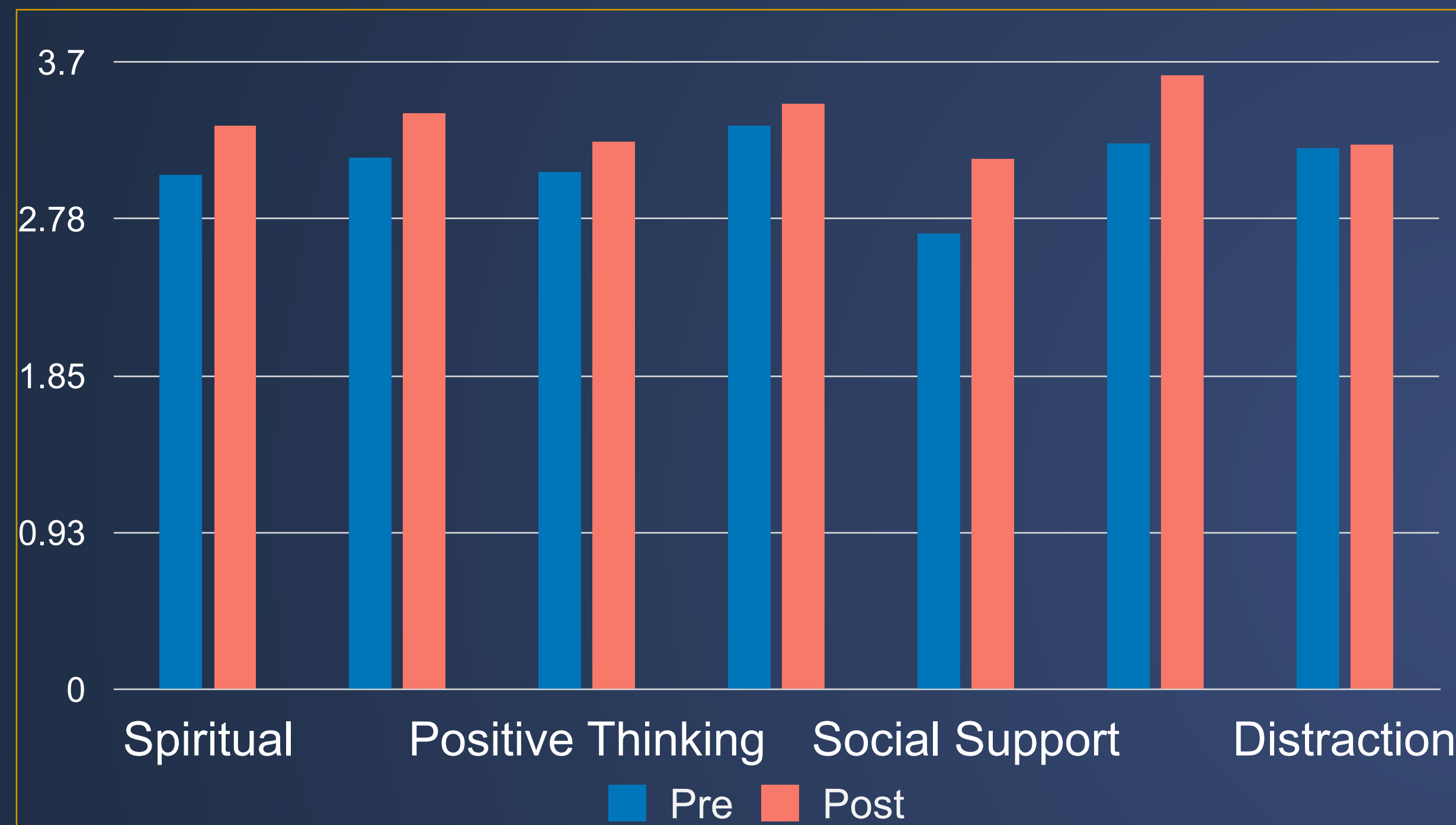
<https://katatagan.org/>



## KATATAGAN ONLINE

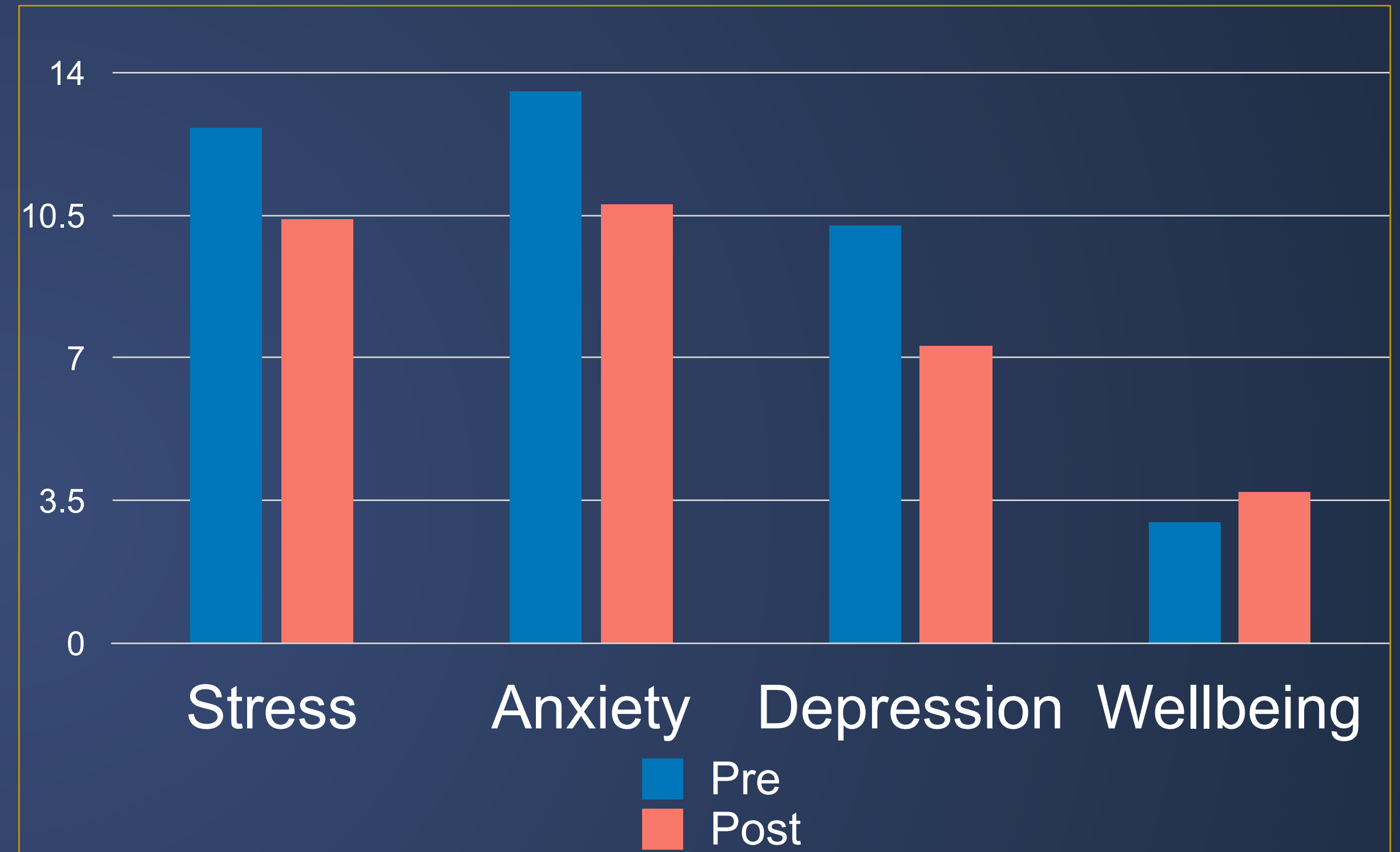


## RESULTS OF PILOT (N=30)



### RESILIENCE SKILLS

Improvements in adaptive coping skills



### MENTAL HEALTH

Decreased stress, anxiety, depression and increase in wellbeing

## RESILIENT... TOGETHER

Resilience isn't just something you are born with  
- it **CAN** be developed!

There are things that we can do in our families,  
communities, schools and workplace – because we  
can be resilient together!