Resiliency: The Art & Science of Bouncing Back

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Life is like a river....sometimes you are swept gently along and sometimes you are caught by rapids coming out of nowhere....
What is Stress?

"STRESS"

The confusion created when one's mind overrides the body's basic desire to choke the living daylights out of somebody who desperately needs it!
Acute Stress

- Senses and perception sharpen. Time may appear to slow down.
- We breathe more rapidly, oxygenating the blood ready to fight or flee.
- Digestion stops. Blood is diverted from the gut to the arms and legs.
- Blood flow to muscles increases. They become tense and ready for action.
- We start to sweat profusely, cooling us for exertion and making it less easy to ‘grab’ us!
- Hormones released that make the blood ‘stickier’ so we will lose less blood if injured.
- We may want to urinate or empty our bowels. This makes us lighter so that we can run faster.
- Heart beats faster. Increasing blood pressure and preparing us for peak exertion.
- We breathe more rapidly, oxygenating the blood ready to fight or flee.
Stress-Health Relationship

Stressor

Coping Mechanisms

Stress Response

Stress Outcomes

Higher blood pressure

Lowers body's ability to fight off disease and infections

Increases blood sugar levels, which may affect people with diabetes or a family history of diabetes

Causes increase in fat storage, especially around the abdomen
Resilience: The ability to bounce back when faced with stress or pressure.
"Life is not easy for any of us. But what of that? We must have perserverance and above all confidence in oursleves. We must believe that we are gifted for something and that this thing must be attained."

- Marie Curie
Resilient people... constantly learn from experience
Resilient people are....

playful, and have childlike curiosity
Resilient people...

express feelings honestly
Resilient people have.....

good friendships and loving relationships
Resilient people...

Self-care is not selfish. You cannot serve from an empty vessel.

Eleanor Brownn with 2 Ns
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Building Resilience

1. Connect to your purpose and meaning in life
2. Use your unique strengths
3. Maintain perspective
4. Generate positive feelings
5. Be realistically optimistic
6. Persevere by being open minded and flexible
7. Reach out to others
Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.
Life is not about how fast you run or how high you climb but how well you bounce.

"Promise me that you'll always remember that you're braver than you believe, stronger than you seem, and smarter than you think."

-- A.A. Milne

~ Vivian Komori
Life is like a river. It doesn’t always take us in the direction we imagined, but somehow it always take us where we need to go.
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Thank You!

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