Energizing Your Practice through Resilience
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Outcome:
Defining strategies to further enhance own resilience.

Characteristics of Resilient Individuals
Skills to Develop
Research findings of Emotional Intelligence, Mindfulness, Resilience
Increased Productivity and Engagement

Balance is an Imperative
Mitigating Risks
Short Term and Cumulative Benefits
Working Effectively with Ambiguity
Poise Under Pressure

Mindfulness
Increasing clarity
Compassion is Key
Practical approaches

Role Modeling and Developing Others
Individuals and teams
Addressing the resistors

Success as defined through alignment
❖ Alignment of professional and organizational values
❖ Resonance vs Dissonance

Realistic optimism in challenging times

Developing My Personal Plan

My Plan:

Learning Partner:
Selected References:


Prestia, A.S. (2016). Transformational Resiliency. *Nurse Leader*, 354-357. [http://dx.doi.org/10.1016/j.mnl.2016.05.001](http://dx.doi.org/10.1016/j.mnl.2016.05.001)


Resilience is not about having to “grin and bear it.” Flexibility is a huge part of resilience and as such, we offer resilience training here to help you. In this article, we’ll outline and discuss several ways you can learn to develop your mental toughness through resilience training. This article contains: What is Resilience Training? Is Mental Toughness Training the Same as Resilience Training? The Army Resilience Program. What Does the Master Resilience Training (MRT) Involve? How Will Resilience Training Benefit Your Organization? Resilience may take time to build, so don’t get discouraged if you still struggle to cope with problematic events. Everyone can learn to be resilient and it doesn’t involve any specific set of behaviors or actions. Resilience can vary dramatically from one person to the next. Focus on practicing these skills, as well as the common characteristics of resilient people, but also remember to build on your existing strengths.

How to Bounce Back After Tough Times. Was this page helpful? Stay energized. Paying attention to your level of energy during the day is just not enough. Challenging situations, especially when they come as a surprise like an unexpected announcement at work or an unexpected injury, they drain us of our energy. To maintain a high resilience threshold, we have to be sure we’re always well rested, nourished, and hydrated. When stress hits and we’re depleted of energy, it’s easier to be negative and unclear in our thinking. Restore appropriately. You probably know how you best restore your energy. However you restore your energy, be sure that you practice this important routine during potentially challenging times. You will be better equipped to manage stress if your energy tank is on full load. Download courses and learn on the go.