

The background of the slide features a dark blue gradient. In the upper half, there are silhouettes of two people jumping joyfully with their arms raised. The bottom of the slide shows a dark, textured horizontal band representing water.

Resilience in the Face of Change

JANUARY 10, 2023

HEALTH MANAGEMENT ASSOCIATES

HMA Introductions



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Public Meeting Notice

- Please note this meeting is open to the public and being recorded.
- Anything said during this meeting may be part of the Public Record.

Agenda & Overview

- Introductions, Recording & Zoom Guidelines (5 min)
- Poll (2 min)
- Presentation: Resiliency (20 min)
- Group Breakouts (10 min)
- Discussion (10 min)
- Feedback Poll (3 min)



POLL: Who is here today?



Thumbs up or Thumbs down?





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Why is change challenging?

- It takes effort
- Loss of control
- Fear of unknown
- Loss of peers and relationships
- Loss of tools
- Lack of competence
- Fear of being unable to adapt



Responses to Change

- Disorientation
- Anger
- Fear and anxiety
- Frustration
- Acceptance and moving forward
- Excitement
- Joy
- Hopefulness



What if We Don't Adapt?





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What is resilience?

How is resilience related to change?

Resilience is ...

- The ability of people or things to recover quickly after something unpleasant
- The ability of a substance to return to its original shape after it has been bent, stretched or pressed

- Oxford Dictionary

Resilience is ...

The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands

- American Psychological Association (APA)

Resilience is *Not*...

- The ability to tough it out
- Pretending you're ok
- Ignoring stress



Good News!

You can learn to bounce back

Research demonstrates that the resources and skills associated with more positive adaptation (i.e., greater resilience) can be cultivated and practiced.

- APA Dictionary of Psychology

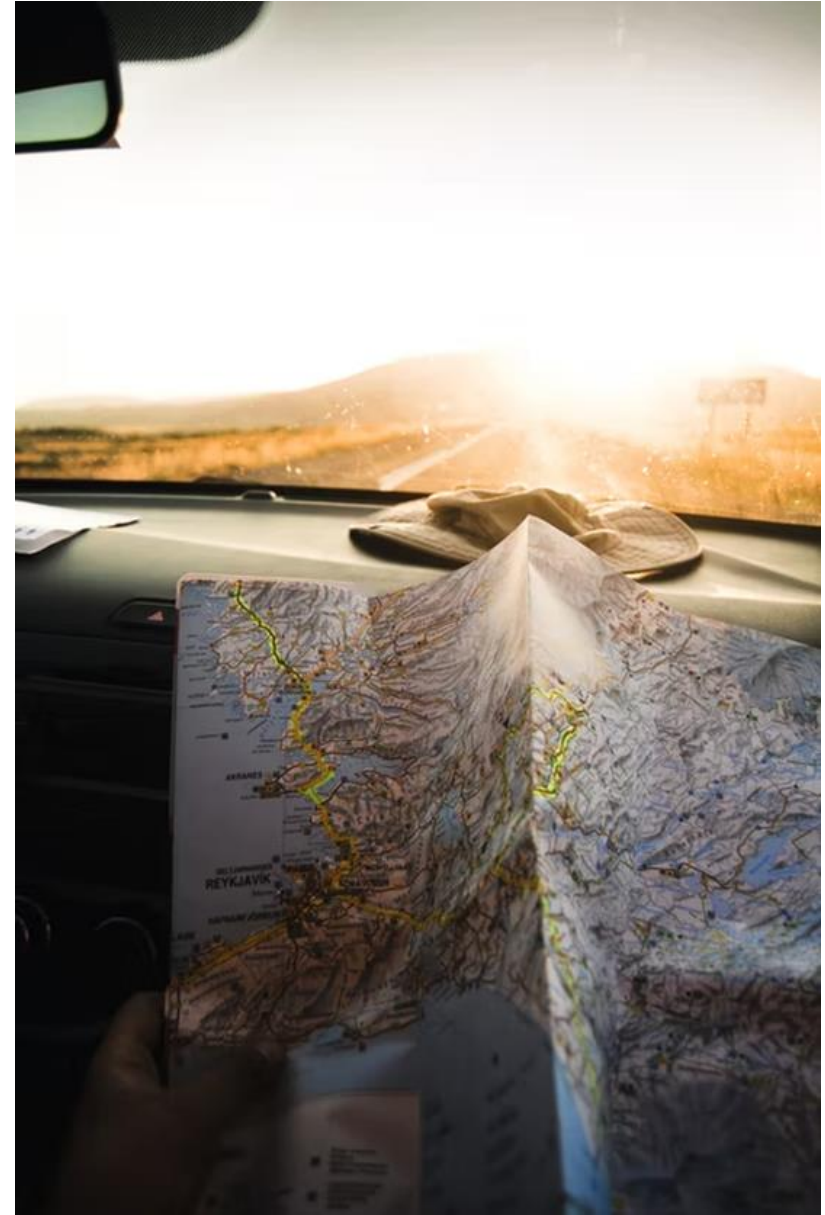
How do you bounce back? How do you develop resilience?



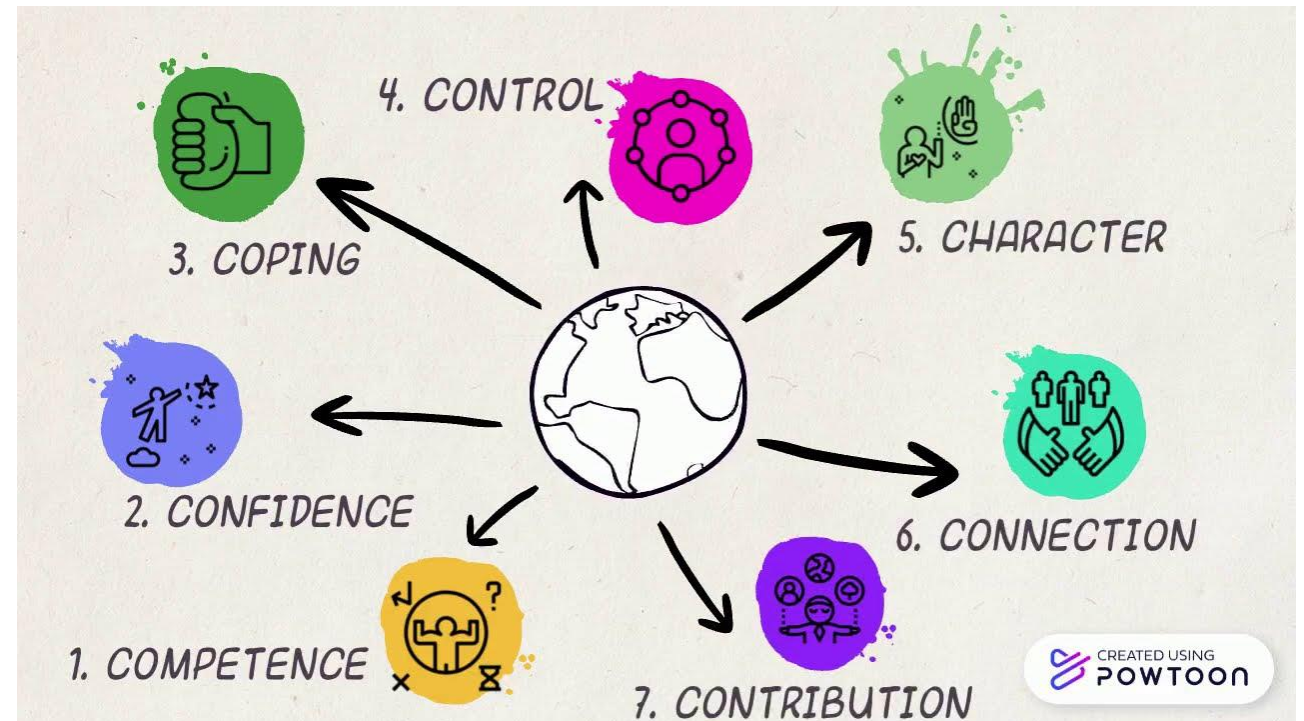


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Resilience Skills



Coping / Care
Control
Character
Connection
Confidence
Contribution
Competence



Character: Self Awareness & Meaning

- Focus on personal strengths
- Consider gratitude, empathy, and guidance
- Find a sense of purpose
- Focus on your values
- Take decisive actions
- Keep things in perspective
- Celebrate accomplishments



Connections with Others

- Cultivate relationships
- Connect to people
- Embrace community



Coping: Self-Care

- Rest and sleep
- Physical health and activity
- Play
- Mindfulness & meditation
- Nutrition
- Journal



Character: Self Awareness & Meaning

- Write in a journal
- Meditate
- Practice gratitude
- Say no
- Spiritual practices

Connections with Others

- Spend time with family/friends
- Accept compliments
- Forgive self/others
- Volunteer
- Take a class

Coping: Self Care

- Exercise
- Get enough sleep
- Play/Laugh
- Spend time in nature
- Take a break from social media



Group Breakout:

Bouncing Back (10 mins)

1. Note what you do for your self-care.
2. Note one thing that you'd like to try.
3. What are small, manageable ways you can practice self-care throughout the day?

Discussion



Upcoming Learning Collaboratives

February Session: TBD

March Session: TBD

April Session: TBD



Contacts

Please contact us if you have additional questions, suggestions, or ideas.

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Resources

- <https://www.bjclearn>
- <https://lifehacker.com/why-self-care-is-so-important-1770880812>
- <https://www.mindtools.com/pages/article/coping-with-change.htm>
- <https://ppc.sas.upenn.edu/>
- <https://www.apa.org/topics/resilience>
- <https://psychcentral.com/lib/11-ways-to-cultivate-resilience#4>

Please offer your feedback:

<https://www.surveymonkey.com/r/GenARPA>

