

# Resiliency for Success

Presented at the Association of Higher Education  
Parent/Family Program Professionals  
Dallas, TX  
November 15, 2017

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- First Nobel Truth of Buddhism. Life is Dukkha-pain that seeps at some level into all finite existence. An axle which is off-center with respect to the wheel, A bone slipped out of it's socket.

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“If your heart is broken, make art with the pieces.”— Shane Koyczan

She had fouled off of the curves that life had thrown at her.”

— W.P. Kinsella, *The Thrill of the Grass*

# Definition of Resilience

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- Resilience can be described by :
- Good outcomes despite high-risk status
- Competence under stress
- Recovery from trauma
- Using challenges for growth that makes future hardships more manageable.

# Components of Resilience

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- Resilience in the face of stress can be taught (Southwick and Charney, 2012) .
- IHEs and health services at their best balance this dynamic tension of providing enough stress to challenge and motivate our students and our staffs without overwhelming them.
- Teaching resilience as part of the process of learning can become part of the environment.

# Adaptation to Parent Professionals

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- Resilience work rooted in the study of reaction to trauma.
- Buoyancy an important construct for professionals because it focuses more on responding to daily stressors.

# Buoyancy Related to Motivation & Engagement- adapted to Parent Professionals

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Positive Motivation- Self-Belief, Valuing Profession, Learning Focus.

Positive Engagement- Planning, Life Management, Persistence.

Negative Motivation- Anxiety, Failure Avoidance.

Negative Engagement- Self-Sabotage, Disengagement-  
Andrew Martin UNSW



# SAVES

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Components of Resilience and Buoyancy

Social Connection

Attitude

Values

Emotional

Acceptance

Silliness,

Humor

# Social Connection

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- We are social creatures, part of the superorganism of human society.
- An important component of resilience; protective against mental illness.
- Biologically, isolation is toxic.
- Learning the Tap Code

Intimacy-----Control

(Love)

(Fear)

# Social Connection - Altruism

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- Mental health and resilience are related to helping others.
- When we help others our brain is rewarded with Dopamine.
- **Happiest Girl in The World-You need your community and they need you!**

# Surround Yourself with Resilient Role Models

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# Entitlement; What is it?

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Entitlement is defined as believing oneself to be inherently deserving of privileges or special treatment.

Psychology literature it is linked to Narcissism but is more complicated.

Psychological entitlement conceptualized as a stable and pervasive sense that one deserves more and is entitled to more than others.  
(CAMPBELL, BONACCI, SHELTON, EXLINE, BUSHMAN, 2004)

# Entitlement; What is it?

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Personality construct sense of entitlement that is experienced across situations.

appears to diminish with age and be less prevalent in more interdependent cultures.

Entitlement greater in cultures in which material resources are relatively conspicuous and interdependence is low.

(CAMPBELL, BONACCI, SHELTON, EXLINE, BUSHMAN, 2004)

# Entitlement; What is it?

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**Normal entitlement**-people base their high self-esteem on their actual accomplishments.

**Narcissistic entitlement**-people's high self-appraisals are unrealistic and they don't really deserve the victories and attention they crave.

Ackerman, R. A., & Donnellan, M. B. (2013).

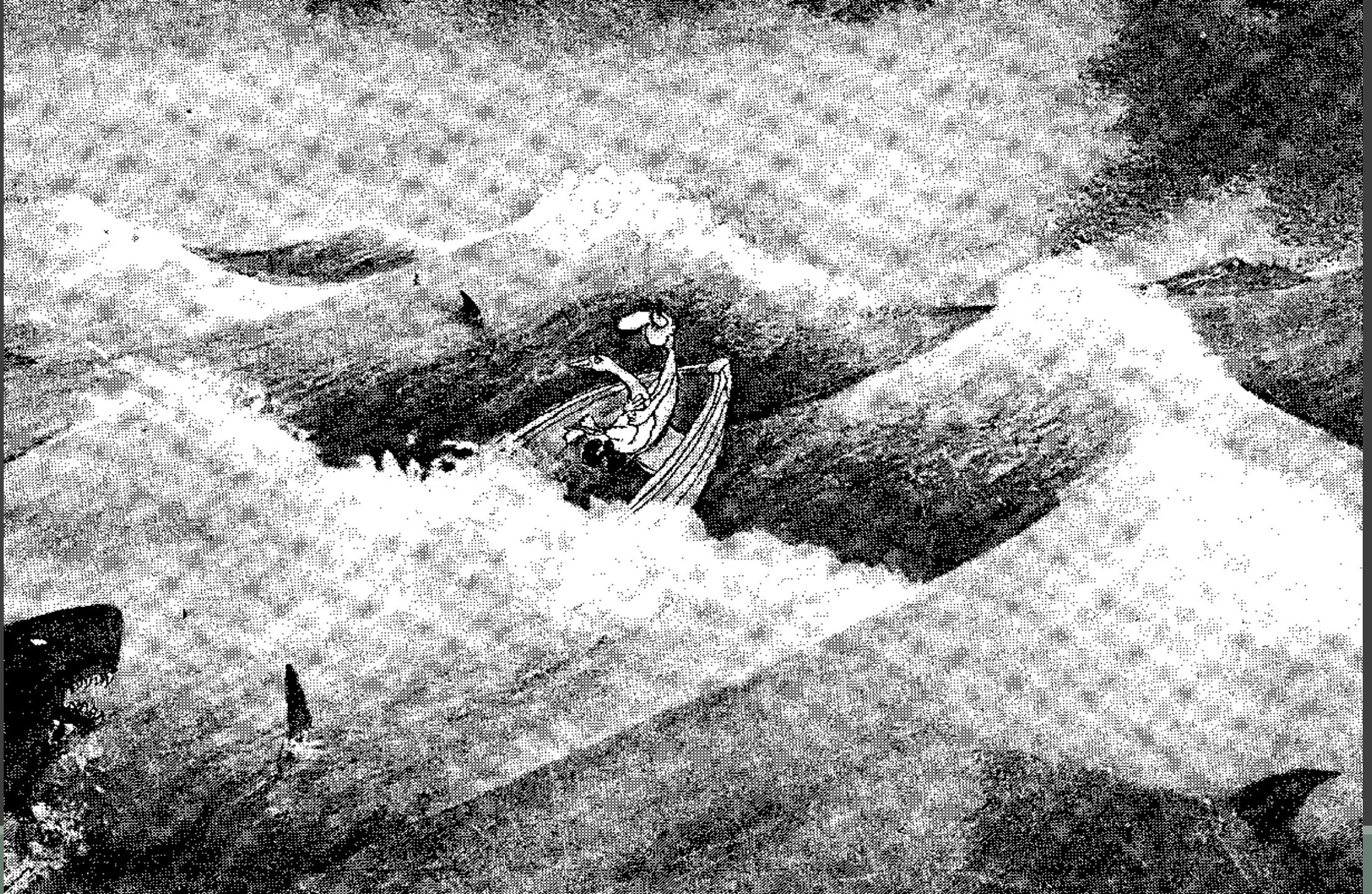
# Entitlement; What is it?

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“A major problem in the Age of Entitlement is the separation of rights from responsibility. "Getting your needs met," has become the motto of the times.” (Stosny, 2008)

In all relationships rights and responsibility are inseparable. You cannot expect to receive compassion without giving it.

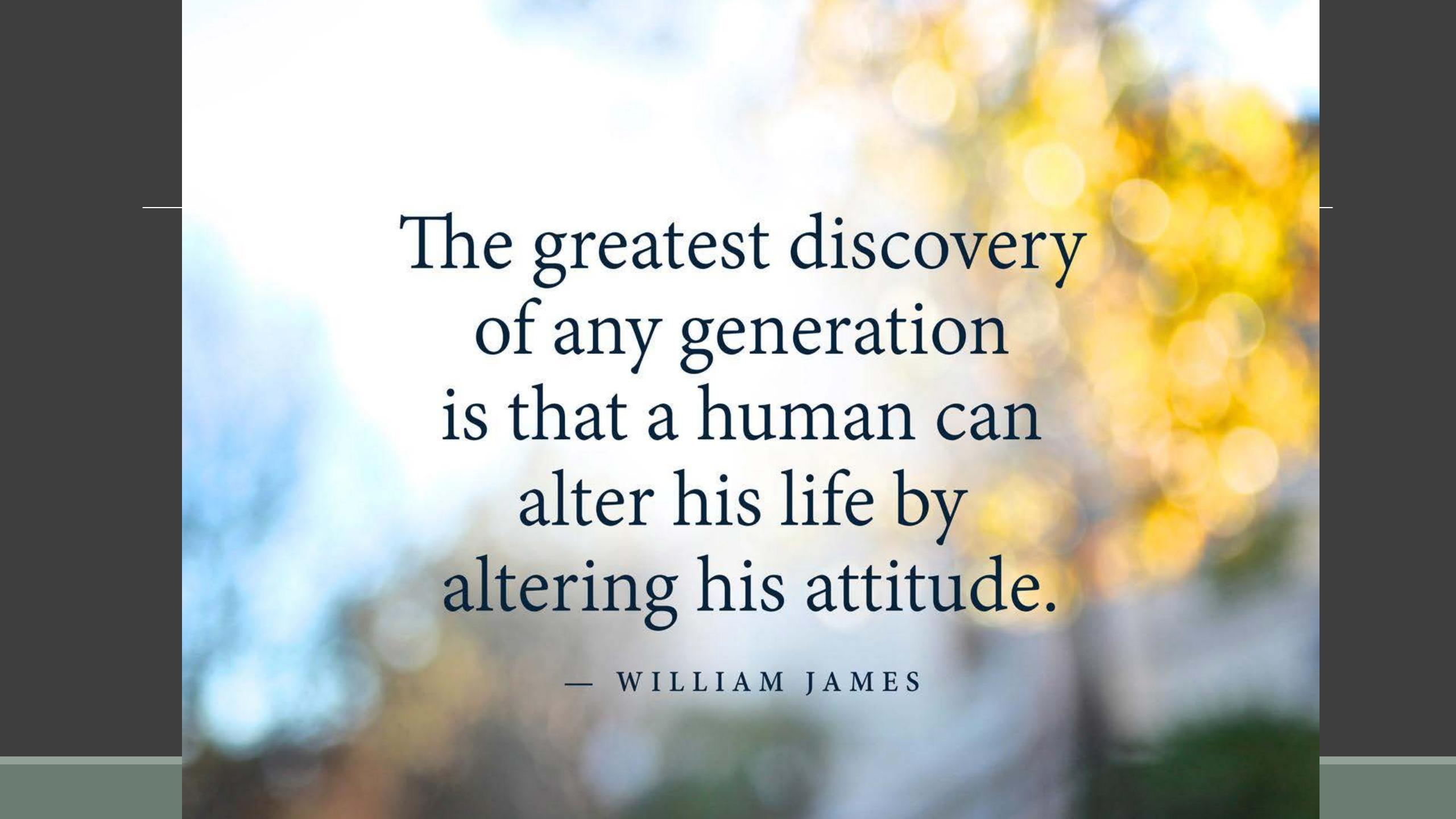
Out  
Of a great need  
We are all holding hands  
And climbing.  
Not loving is a letting go.  
Listen, the terrain around here  
Is far too  
Dangerous for that. -Hafez





# MISTAKES

IT COULD BE THAT THE PURPOSE OF YOUR LIFE IS  
ONLY TO SERVE AS A WARNING TO OTHERS.



The greatest discovery  
of any generation  
is that a human can  
alter his life by  
altering his attitude.

— WILLIAM JAMES

# Attitude – Fixed Mindset

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- Doesn't make mistakes; Finishes tasks quickly, with ease.
- Potential is innate; “you're a natural”
- Being smart defined as special or better than others.
- Sense of urgency to succeed.
- Failure is intolerable and provides no future direction. Fear-scarcity

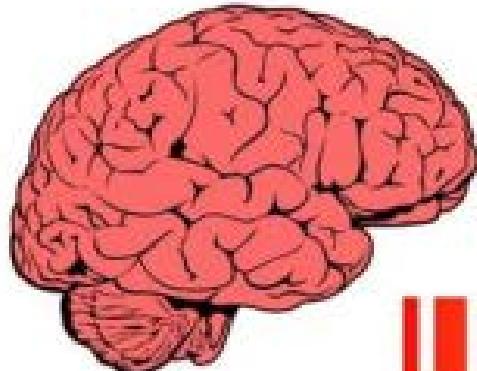
# Attitude – Growth Mindset

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- The harder the better.
- Potential is developed over time.
- Luxury of becoming.
- Improving individually, no different than others.  
Success is cultivated.
- Failure hurts but isn't defining.
- Inherent value known.
- Love-abundance

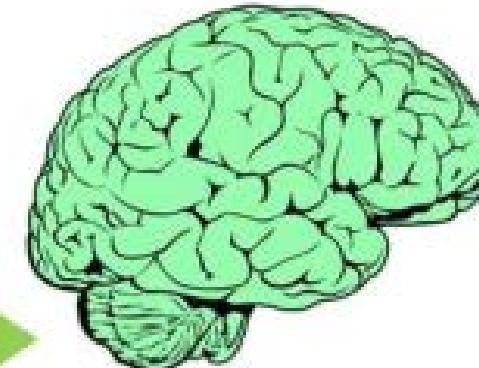
# A Mindset Shift

Fixed



- Avoid challenges
- Give up easily
- See effort as pointless
- Ignore useful negative feedback
- Feel threatened by the success of others

Growth



- Embrace challenges
- Persist in the face of setbacks
- See efforts as a path to mastery
- Learn from criticism
- Feel lessons and inspiration in the successes of others.

Consider where you would place yourself currently. Now think about what you can do to release your growth mindset.

# Attitude

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Alex Lickerman, MD. The Undefeated Mind

After losing a relationship and taking a leave from medical school turned to Nichiren Buddhism.

Nothing boosts happiness more than victory or causes more misery than defeat.

Victory over obstacles that confront us.

# Attitude

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Victory occurs when the benefit we obtain from confronting an obstacle makes us glad/accepting that it stood in our way in the first place.

What we want doesn't represent the greatest benefit an obstacle has to offer.

Often it is not an obstacle in front of us but the obstacle inside us.

# Values – Spirituality and Faith

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“Keep two truths in your pocket and take them out according to the need of the moment. Let one be *for my sake the world was created* and the other *I am dust and ashes.*”

-Rabbi Simcha Bunam

# Values-Meaning and Purpose

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- According to the [Center for Disease Control](#), about 4 out of 10 Americans have not discovered a satisfying life purpose.
- Having purpose and meaning in life increases overall well-being and life satisfaction, improves mental and physical health, enhances resiliency, enhances self-esteem, and decreases the chances of depression.
- The single-minded pursuit of happiness leaves people less happy.

“Everything can be taken from a man but one thing, the last of the human freedoms — to choose one's attitude in any given set of circumstances, to choose one's own way.” -Victor Frankl

# Values – Meaning and Purpose

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Victor Frankel- Man's Search for Meaning.

■ After choosing not to escape the concentration camp to stay with his patients he “gained an inward peace” he had never experienced before.

■ Pursue what matters

What are you willing to suffer for?

# Happiness

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Material success increasing Yet we are all less happy  
Increasing levels of depression and anxiety and lower  
happiness ratings in the U.S., Europe, China, India.

# Happiness

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- “I am an unhappy person,” really doing sums.
- “My unhappiness is  $x$ , my happiness is  $y$ , and  $x > y$ .”
- What we can do to make  $y > x$ .

# Happiness

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- Unhappy person -blame circumstance.
- In many cases, this is justified.
- Racism causes unhappiness in children.
- Link between unhappiness and poverty.

# Happiness

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- Fame. Like drugs- addicted.
- Can't live without it and you can't live with it.
- Social media- we can all build a personal fan base.
- Create a fake/incomplete life — and share it.
- Consume the fake lives of your social media “friends.”
- Feel worse spending part of your time pretending to be happier than you are & seeing how much happier others seem to be than you.

# Happiness

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- Money relieves suffering in cases of true material need.
- When money becomes an end in itself, it can bring misery.
- Materialistic goals as top personal priorities significantly likelier to be more anxious, more depressed, more frequent drug users & have more physical ailments than those who set their sights on more intrinsic values.

# Happiness

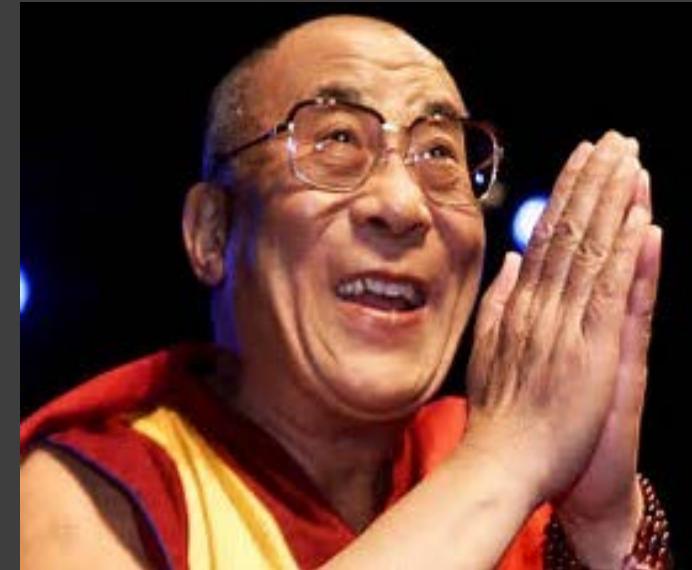
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- Lust- many assume that sex is always great, and sexual variety is even better.
- 16,000 adult American men and women were asked confidentially how many sex partners they had had in the preceding year, and about their happiness.
- The optimal number of partners is one.

# Happiness

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“It is better to want  
what you have than to  
have what you want.”  
– Dalai Lama



# Happiness

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- We are driven to accumulate material goods, seek fame, & look for pleasure.
- Unhappiness?
- Evolution’s cruel hoax. Happiness is irrelevant to passing on your genetic material.
- Conflating intergenerational survival with happiness, means having the same purpose and values as an amoeba.

# Value of Gratitude

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Three types of recognition:

- Recognize the benefit of the gift
- Recognize the value of the gift
- Recognize not being entitle to the gift

# Research on the Benefits of Gratefulness

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**Psychological** (Positive affect: alert, energetic, enthused, attentive)

**Physical** (exercise, better sleep, fewer symptoms)

**Interpersonal** (more helpful and connected, less lonely and isolated)

Source: R.A. Emmons & M.E. McCullough, *Journal of Personality and Social Psychology*, 2003, 84, 377-389.

## Five ways to stay grateful:

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1. Keep a gratitude journal
2. Remember the bad while vowing to practice gratitude
3. Make a “what I take for granted” list
4. Identify ungrateful thoughts
5. Come to your senses

# Keeping Things in Perspective

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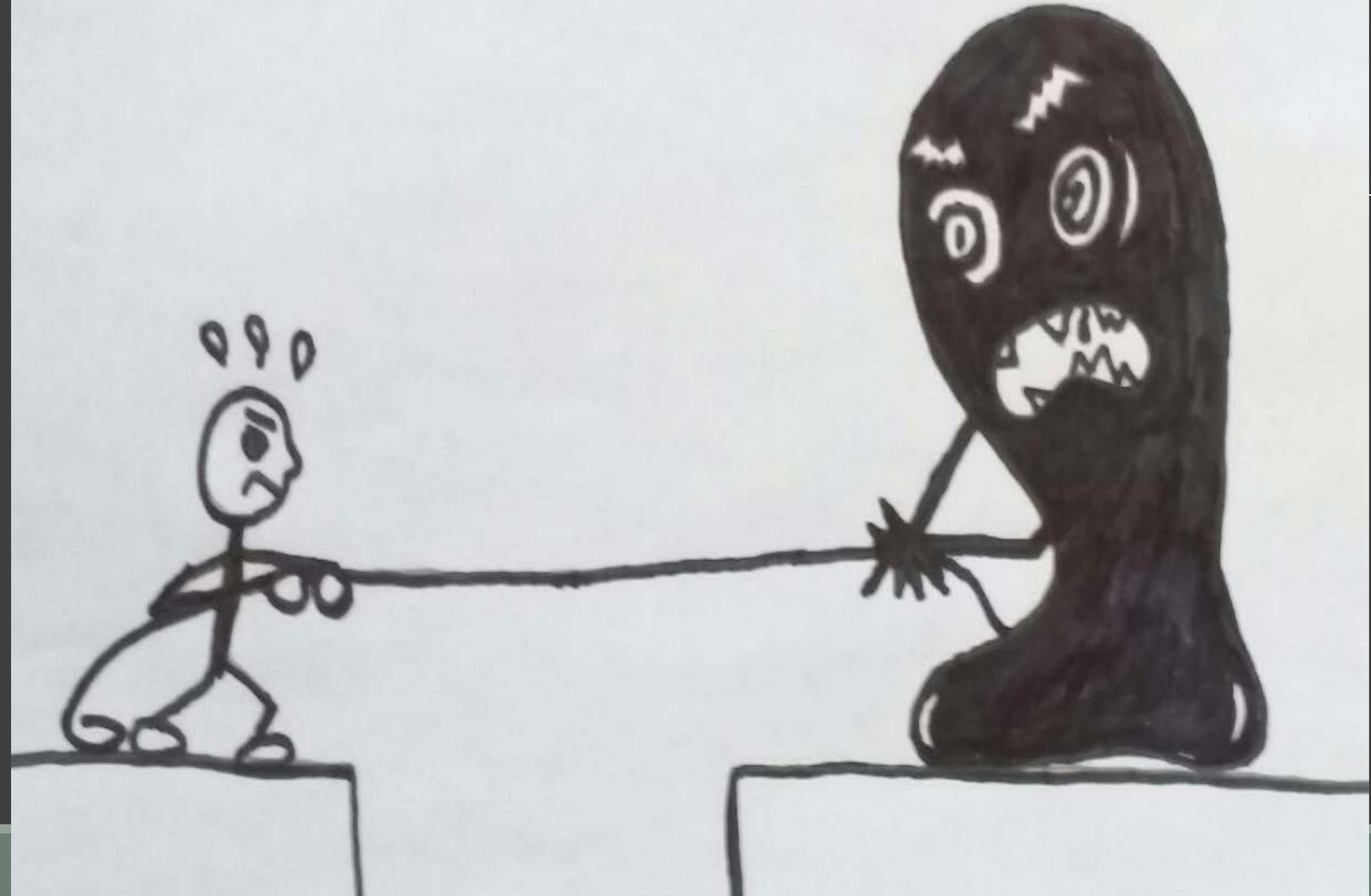
“I believe that life is not always fair. It has certainly been true in my case. It is not fair that I should have wonderful, caring, supportive parents who raised me right, and brothers and sisters that are there when I need them. It’s not fair that I should be blessed with a beautiful, talented wife and together we should have two equally, beautiful, talented daughters who make us proud daily. No, life is not fair. Why should I have had so many years of good health and energy and good friends to camp and backpack with through the years...  
ALS is a terrible disease, but it does not negate the rest of my life.”

# Emotional Avoidance

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## What traps us?

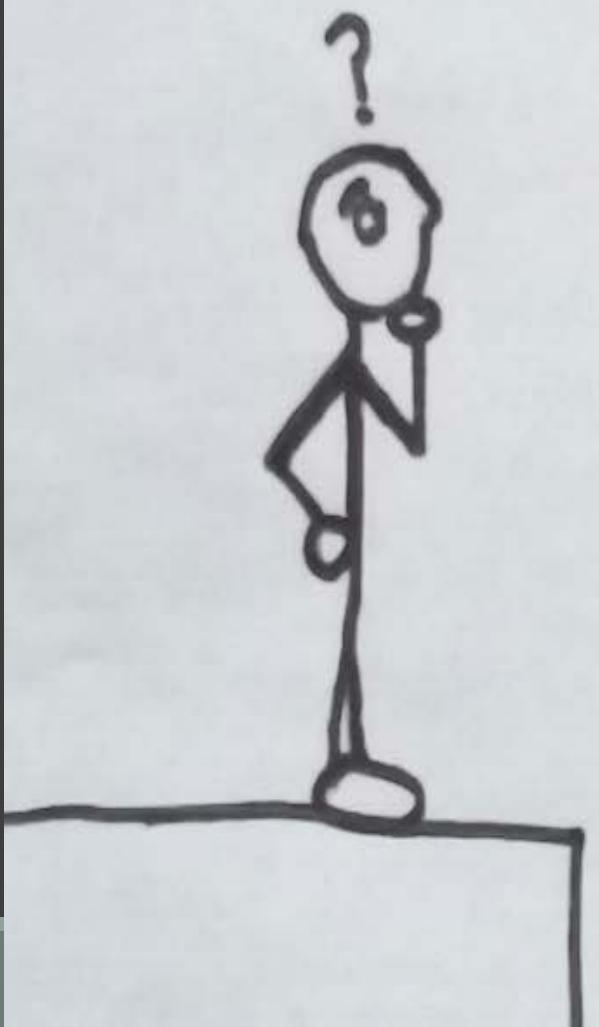
- Psychological problems can be defined as the presence of unpleasant feelings, thoughts, memories, bodily sensations.
- Undesirable experiences are signals that something is wrong and has to change.
- Healthy living won't occur until negative experiences are resolved.



# Emotional Acceptance

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- Alternative to avoidance
- Active and aware; embraces what's going on inside
- Creative Hopelessness
- Accept what is



# Acceptance- Mindfulness and Mindsight

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Mindfully practice how we direct the internal flow of information. Chaos to Rigidity

Mindsight Practice-SIFTing the Mind

What am I Sensing right now in my body?

What Images come up in my mind's eye?

What Feelings are inside me?

What Thoughts are streaming through my consciousness?

**Brainstorm: Discovering the Hidden Power & Purpose of the Adolescent Mind.**  
Dan Siegel

# Silliness-Humor

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- “We are all here on earth to help others; What on earth the others are here for I don’t know.

W.H. Auden

- “Laughter is the anesthesia for living.” –G. Eells

Working in Higher Education can be Funny

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**DOING A GOOD JOB HERE**

*Is Like Wetting Your Pants  
In A Dark Suit*

**YOU GET A WARM FEELING  
BUT NO ONE ELSE NOTICES**

# Don't take yourself too seriously

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# Silliness-Humor



## ELEPHANTS

Larger than the moon

# Silliness-Humor

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- Humor allows us to integrate opposing perspectives and make meaning of suffering.
- Studies have shown that laughter helps relieve pain, increase happiness ratings and strengthen the immune response.
- How have you used humor effectively in your work?

# Training

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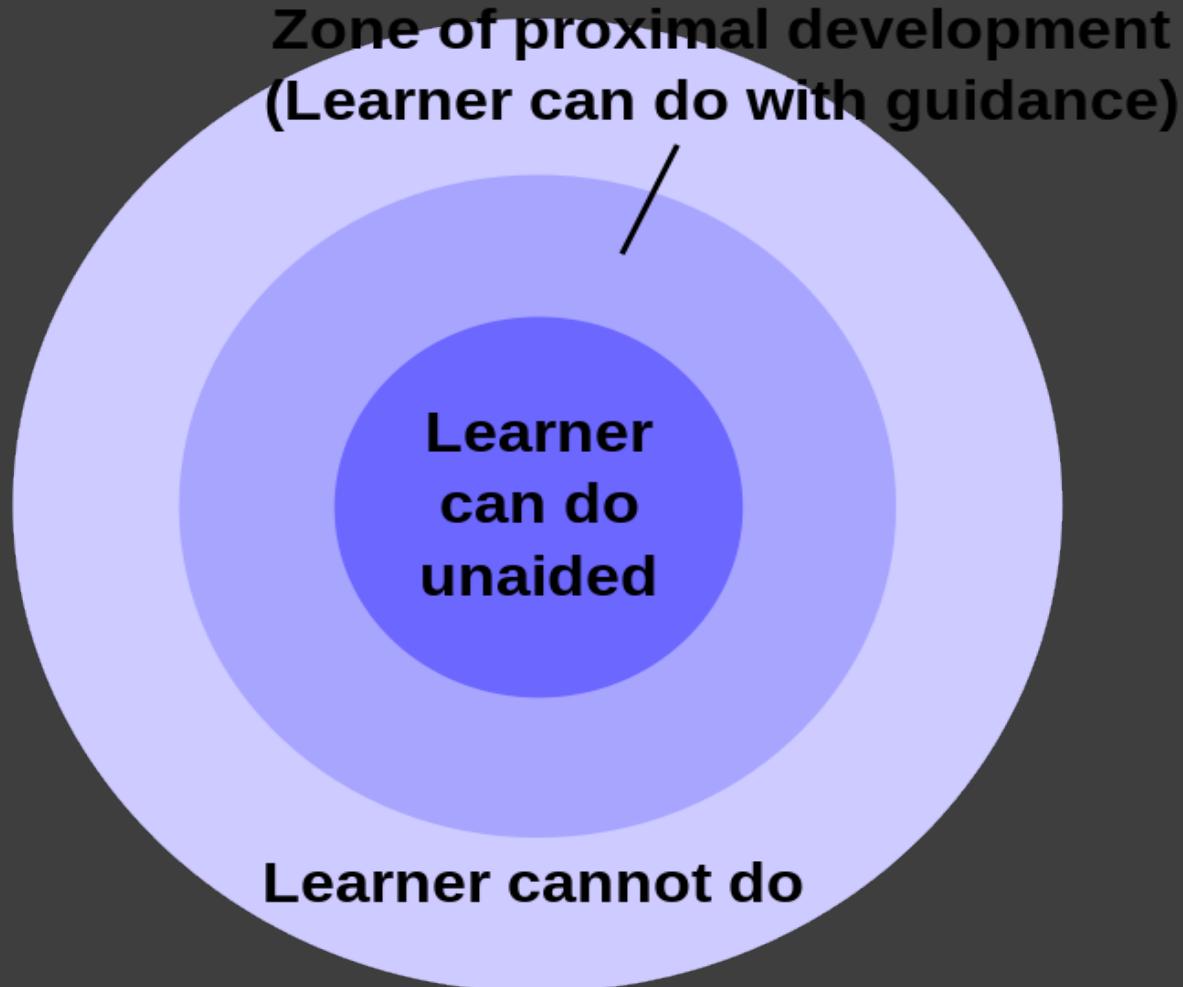


# Training

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- Military example:
- Acquire information about what is feared.
- Learn skills to move through fear.
- Develop a plan and a back-up plan.
- Confront the fear with a trusted colleague.
- Practice, Practice, Practice
- Vygotsky-Zone of Proximal Development

# Training



# Conclusion

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- Know we have the ability to respond effectively.
- We must cultivate the belief in ourselves and those we work with that more of our experiences are challenges and opportunities rather than threats (SAVES).
- Make art with the pieces and foul off the curve balls.