

RESILIENCE BY THE NUMBERS

Presented by Andrea Eppolito

How "hard" is hard?

1977 24 09112001

11 2 19 11241012

12 04596748 40 2011

   @andreaepolito

YOUR STRESSORS ARE DIRECTLY TIED TO YOUR PRIORITIES.

WHAT ARE THEY?



1. Family is the most important thing to me. I am a wife, mother, daughter, sister...friend.
2. My work very much defines who I am and contributes to my overall self worth and value
3. Money because...Obviously.
4. My own health and wellness.
5. My ability to choose. Choice is a huge driver in my life, and the removal of choice will make me spin.

In the face of adversity, where do you rank?

Rate yourself from 1-5 (1 being the lowest & 5 being the highest)

- I am usually optimistic, and I see adversity as temporary.
- I experience feelings of anger and dread, but the feelings don't last long.
- I can tolerate high levels of uncertainty and instability with ease.
- I adapt quickly to new situations through curiosity, by asking questions, and by getting involved.
- I laugh on a regular basis, especially at myself, and can find the humor in difficult circumstances.

This quiz and results were adapted from "The Resiliency Advantage" by Al Siebert, PhD.



@andreaepollito

In the face of adversity, where do you rank?

Rate yourself from 1-5 (1 being the lowest & 5 being the highest)

- I learn lessons from my experiences and from the experiences of others, and find value in even the toughest of times.
- I am a problem solver and am good at making things work.
- I am strong. In the face of adversity and trouble, I can stand firm and come out on the other side.
- I have been able to draw benefits from tough times, and have transformed bad luck into opportunities.

This quiz and results were adapted from "The Resiliency Advantage" by Al Siebert, PhD.



@andreaepollito

What's Your Number?

20 or Below

You have a low level of resilience. Difficulty, whether small or large, has a great impact on you. Feelings of negativity, criticism, and failures (real or perceived) can make you feel helpless.

20 - 30

You have an moderate level of resilience with room for improvement. You possess a natural inclination towards strength, but would benefit from a daily practice

This quiz and results were adapted from "The Resiliency Advantage" by Al Siebert, PhD.



@andreaepollito

What's Your Number?

30 - 35

You possess an adequate amount of resiliency that allows you to experience pain, learn the lesson, and move forward. You are a self motivated learner who, through consciously putting in effort, can find happiness and joy in life despite the challenges.

35 - 40

You are highly resilient. Known for bouncing back quickly from set backs, you thrive under pressure. Your willingness to quickly accept adversity and adjust to it can make you of great service to others who struggle with tough times.

This quiz and results were adapted from "The Resiliency Advantage" by Al Siebert, PhD.



@andreaepollito

Sheryl Sandberg
has said...



“You are not born with a fixed amount of resilience. Like a muscle, you can build it up, draw on it when you need it. In that process you will figure out who you really are—and you just might become the very best version of yourself.”

4. ## UWHA R XU# Z Q #WR U\

- Resilience relies quite a bit on having a “why”
- Think about your life and what you want it to mean
- Using your priorities and your why, sit and write a paragraph about your life. Tell your own story as if it has happened, with an ending that is rooted in success and strength.
- In times of trouble and stress, put the moment into context in the overall story you have created.

5. #G HYHOR S#SR VIWLYW \#G D IO\

- Every day will bring you some level of discomfort, but not every day will be the worst day of your life.
- Developing positivity sounds very “new age” and it isn’t necessarily groundbreaking, but by developing the habit of identifying the good in your world, you will build up an inventory of gratitude and a recognition of the good in the world, which will naturally counterbalance the small negatives.
- Learn to approach negativity in an analytical, rather than an emotional manner. For example, during a difficult time in your career, when you feel as if you will “never” succeed or achieve a certain professional marker, look at your history and the future from scientific point of view. What evidence exists that supports your feelings of despair? Can you remember and connect with a time when you overcame a challenge?

6. #E H#DQ #IWHUQ DO#WX G HQ W

- Challenges great and small will come to all of us. It is a fact of life.
- By committing to learning and constantly striving to develop knowledge and new abilities, you will continuously train your mind to accept and move through challenges.
- Developing new knowledge and abilities will organically develop problem solving skills and confidence.
- In the face of true challenges, a learned mind will ask analytical, non emotional questions such as “What are my options?” and “What outcome will various actions have?”
- Confidence, problem solving, and rational analysis greatly strengthen resilience.

7. #R I IHU#HUYIF H#NR #R WK HUV

- The Buddhists believe that suffering is universal, and that it arises from attachment to desires, from want, and from expectation.
- In other words, the selfish focusing on what is lacking creates more suffering.
- Shifting the focus from what you don’t have or what you lack to what you can do to help others, even if it does not necessarily benefit or remedy your situation, will build your resilience.
- It reinforces that you have the power to affect change, and that you have the strength to take a poor situation and make it better.

81#WDNH#F DUH#R I#R X UVHOI

- Mind. Body. Soul.
- Remember that there are very few things that a good night sleep, a moment of quiet, or a really amazing laugh can't help you through.
- But, when faced with a truly big tragedy that you cannot think, work, or maneuver your way through a strong body will keep you upright while the storm passes. A strong, learned mind will remind you that no matter how terrible, it is temporary. And a strong soul will guide you to the other side, making you more generous to the world around you.
- And, well, a good laugh never hurt anybody.

91#IWD EOVK # #HUIV#R I#R DOV

- Often times, uncertainty leads to stress and creates challenges in our personal and professional lives.
- Setting a series of goals will give you the confidence to tackle projects and challenges.
- By setting a series of goals; small and immediate, mid level, and far reaching, you will be able to break your situation down into manageable parts and track progress.

: #JHZ DUG #P DOO#Z IQ V

- Each day, identify something positive and reward yourself for the little wins you achieve.
- This is not about building gratitude. This is about acknowledging cause and effect. It will train your psyche to believe in your personal power to affect a positive outcome.
- A small, healthy reward acts as an incentive, and will inspire you to work harder and not give up when things go wrong.

; #WHDG \ #R XU#P IQG # #KH DUW

- Humans defensive mechanics are often times categories as “fight, flight, and freeze.”
- When we allow our emotions to run wild, our bodies become physically incapable of reacting to the immediate situation at hand.
- We have these defenses for a reason, but our modern lifestyle often attributes them to scenarios that call for a more moderate approach.
- Take control of your self. Take control of your breath. Breath in with purpose, hold your breath, and then slowly exhale. This practice will slow down your heart and your mind. It forces you to come into control of yourself.

< #DGR SW#DUO \ #DF FHSWDQ FH

- To move through any project, issue, or hard time you need to first accept that this is where you are.
- Too often I see people get stuck in disbelief. They avoid the problem, hoping it isn't real. They try to wish it away. Ot they attempt to make it something that it is not.
- The sooner you can stop and say, “This is where I am” the sooner you will be able to approach the issue and start working through it.

43 #EX IQG #DX WK HQ WIF #
UHOD WIR Q VK ISV#

- We live more and more of our lives on our devices. We have deeper connections with things than we do with people.
- Our self esteem and worth are become tied to tech-generated likes, follows, and comments.
- You can build resilience by developing true, real world relationships.
- By getting to know people off line and in person you will increase your resilience in two ways -
- First, you will be stronger for the other people in your life and...
- Also, in tough times you will have others that can support you.

YOUR STRESSORS ARE DIRECTLY TIED TO YOUR PRIORITIES.

WHAT ARE THEY?



1. Family is the most important thing to me. I am a wife, mother, daughter, sister...friend.
2. My work very much defines who I am and contributes to my overall self worth and value
3. Money because...Obviously.
4. My own health and wellness.
5. My ability to choose. Choice is a huge driver in my life, and the removal of choice will make me spin.

Q&A

Ask me anything....



Andrea Eppolito
 Wedding Planner & Event Designer
 702-604-1857
www.andreaeppolitoevents.com

THANK YOU!!!

   @andreaeppolito
