How to build your inner strength. Part 1.

Monnet International School 2020

What is mental resilience

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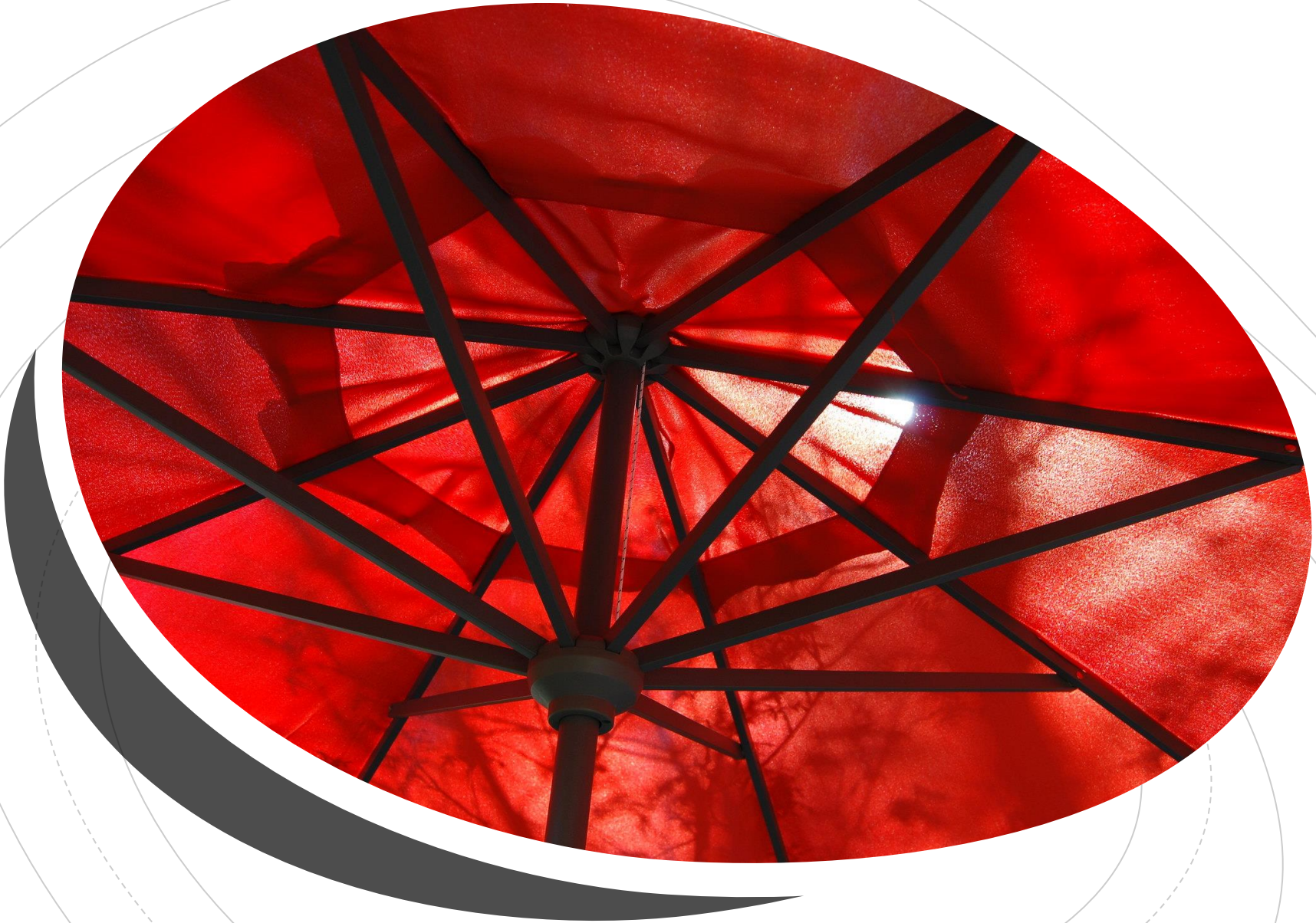
Resilience!
Vitality, mobility, indestructibility.
(Micheline Rampe calls it a waning-stand-up skill)



What are the pillars of oure inner strenght?

Check your level of resilience

- Check your level of resilience

Check your level of resilience.

I encourage you to take part in the resilience level test.

It is an anonymous test.

(after registration you can access more advanced tests)

https://testyourself.psychtests.com/testid/2121

Seven pillars of mental resilience

- OPTIMISM
- ACCEPTANCE
- LOOKING FOR SOLUTIONS
- Abandoning the role of the victim
- Awareness of responsibility
- Building contacts
- Planning the future

First pillar of mental resilience

Optimism

Optimism

"Real optimists there are primarily those

who know they can have influencing the course of their life and that the bad luck never lasts forever [and] they have the strength to take fate into their own hands. "

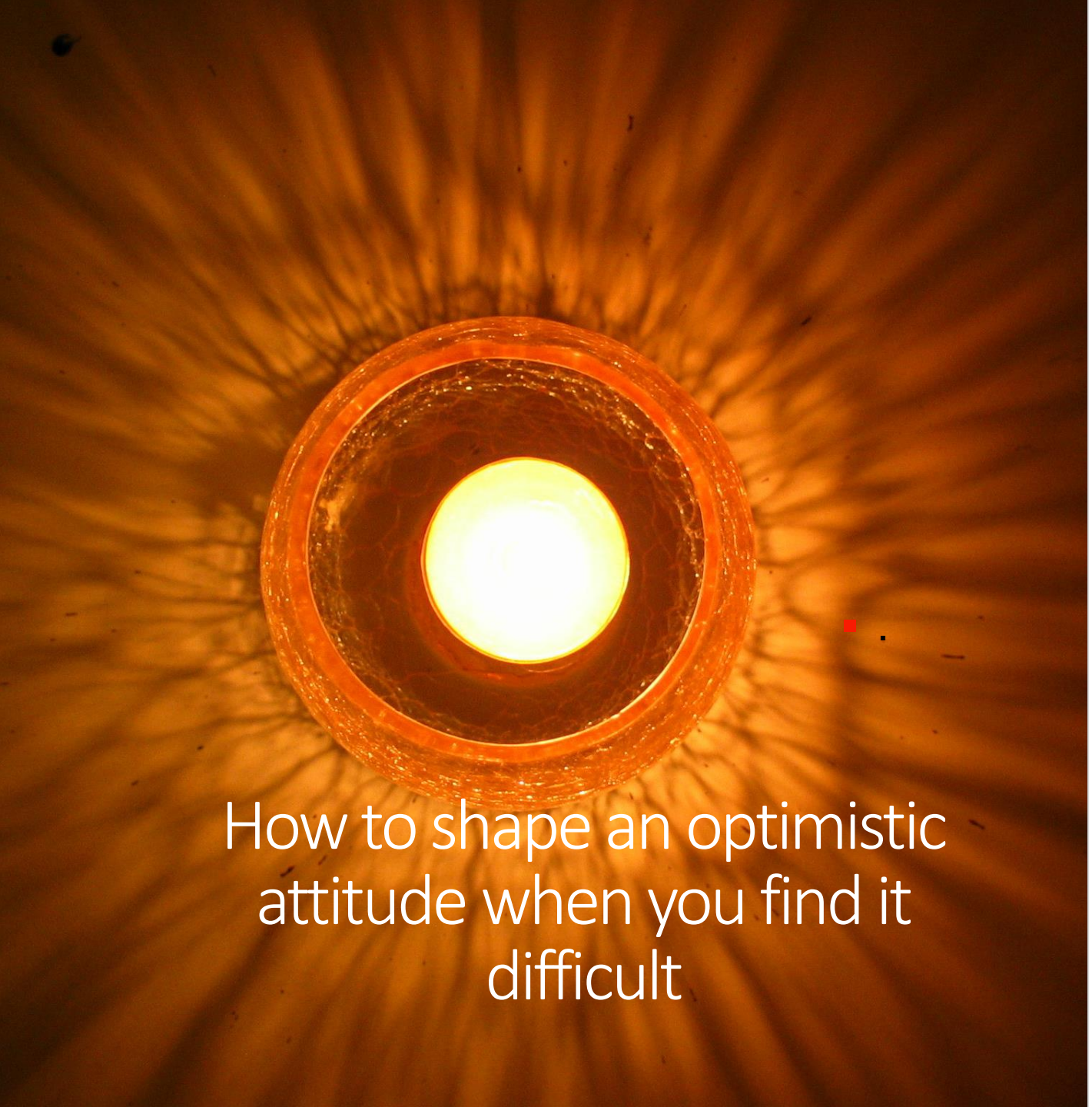
Michaline Rampe

How to shape an optimistic attitude when you find it difficult

1. REATHE FULL OF BREAST

Before you start worrying, give yourself a few moments of peace, close your eyes and breathe regularly. Keep doing this until you feel calm in your body and mind. When you breathe shallowly, your body is concerned and your brain produces pessimistic thoughts.

Źródło:*Optymizmu można się nauczyć: jak zmienić swoje myślenie i swoje życie* / Martin E. P. Seligman ; tłumaczenie Andrzej Jankowski. Wydanie 2; Poznań: Media Rodzina of Poznań, 1993.



How to shape an optimistic attitude when you find it difficult

2. Isolate the problem.

Just because you failed the item, it doesn't mean you're hopeless. Just because a long-planned trip has been canceled does not mean that you will never go to your dream place again. Now it is as it is, and tomorrow it may be different.

How to shape an optimistic attitude when you find it difficult

3. Do not generalize, do not jump to black conclusions.

How to shape an optimistic attitude when you find it difficult

4. Consider many factors.

Anyone close has offended, because you did something wrong again; did someone else do it to him before you met? Don't take everything personally and calmly explain your doubts.

How to shape an optimistic attitude when you find it difficult

- **5. Regardless of everything, forgive yourself.**
- Forgive yourself for a stumble, mistake, blunder. The more often you forgive yourself, the more you relax and do not want to repeat your mistakes over and over again.
- **Note: being an optimist does not mean giving up that you are doing good, it means believing that you can change what is bad.**

How to shape an optimistic attitude when you find it difficult

- **6. Create the future now.**
- Remember that the future is something that we create ourselves. What tomorrow will bring is largely dependent on your beliefs about today's events and yourself here and now. Our current beliefs affect how we feel and how we operate. Instead of thinking that "everything is lost", think what is saved and what you can recover.

- **<u>An example of the technique of thinking through subsequent points.</u>**
- **<u>Pessimistic way of explaining: THAT WE TRY NOT TO DO!!!</u>**
- 1) difficulty: *A friend doesn't answer the phone from me.*
- 2) conviction: *You can see that he doesn't care about me anymore and that's why he doesn't answer the phone from me.*
- 3) the result: *I feel disappointed and embittered. I've helped him so many times, and he doesn't even want to talk to me. I won't call him again!*

An example of the technique of thinking through subsequent points - continued.

An optimistic way of explaining – recommended !!!

1) difficulty: A friend doesn't answer the phone from me.

2) Belief: He likes me, so he probably doesn't answer the phone because he is busy. But he still cares about relationships with me.

3) effect: I will try to call him in some time / at another time.

Źródło/source: https://medycynaipasje.com.pl/a2150/Jak-nauczyc-sie-optymizmu---.html

Additional material

An example of the technique of thinking through subsequent points - continued.

Optimistic style of explanation

4) Questioning : looking for answers to questions:

- What is the evidence that a friend doesn't care about me anymore? (Answer*: There is no such evidence. Before, he always showed me that I was important to him).*
- A question about alternatives - what are the other possible reasons why you don't answer the phone? (Answer: *Maybe he is very busy right now? Maybe he has not seen that he has missed a call from me?)*

Materiał dodatkowy/Additional material

- **An example of the technique of mental transition through subsequent points**
- 5) activation.
- *When I looked at this situation from a different, less pessimistic perspective, I no longer felt so bitter and angry at my friend. I decided that I would try to call him at another time.*

Additional material

- **<u>Exercise for self-implementation:</u>**

- Use the technique of thinking through the following points and transform the pessimistic belief that you want to modify so that it brings optimism.
- Use the formula above.

MENTAL RESISTANCE Second Pillar: Acceptance

1. Letting go of anger.

- **Anger must be released**.
- Remember - arrogance, heated discussion, silence or silence is NOT a constructive expression of anger. We will not get rid of anger in such ways.

- Suppressing anger is very dangerous!

2. Remember! Facts are facts.

- Look face facts. Recognize that the fact has taken place and is true. If the fact causes pain, take care of the pain and leave the fact alone.
- Don't fight
- Accept.
- Do not press.
- Do not deny.
- Don't misrepresent.
- Live a.

EXERCISE HELP TO ACCEPT YOURSELF AND SITUATION

- *Stand in front of the mirror, say the following sentences out loud and feel how it sounds to you.*
- *Who I am now is the result of all past events and decisions.*
- *What health, education, interest I have and what relationships I have with people is a consequence of a number of past events.*
- *I can't change what has happened in my life.*
- *The present moment is the only one that I have control over; the best is the current moment, even if I don't like what's going on.*
- *Add your ideas ...*
- *source: www.emocje. pro*

MENTAL RESISTANCE - THIRD PILLAR

Looking for solutions

Finding solutions is problem solving:
6 troubleshooting steps

FIRST STEP: Define the problem (the first big step is to define the problem - only then can you find a solution). Questions worth asking in this part of the process:

- What's happening?
- What are the symptoms?
- Where's the source?
- What is the problem?
- What will the effects be if we don't solve the problem?
- Why did the problem appear?

- SECOND STEP: **Describe the problem** (You and those interested in the solution must describe the problem). You also need to think about how the problem can be seen by someone from the outside - someone who would look at it from a neutral perspective. „ Sometimes when trying to describe a problem to a " neutral person ", an important solution appears detail.
- **Questions worth asking in the process**
- How do they see the problem of people affected?
- How can we describe this problem to someone outside?

Finding solutions is problem solving: 6 troubleshooting steps

Finding solutions is problem solving: 6 troubleshooting steps

3. **Take the problem apart**. The sooner you make an in-depth analysis, the better your chance of resolving the problem.

Questions worth asking in the proces:

- How does it affect the people involved (directly and indirectly)?
- What are the most harmful aspects?
- What are the least harmful aspects?
- How will the situation develop over the next hours, days, months?

The next step is to generate options.

4. **Brainstorm to generate options**

(together we are looking for potential solutions to the problem; try to look at the problem from all angles and take a broad perspective. Do not immediately decide on the first solution).

Two important rules during brainstorming:

- let ideas flow
- in this phase all ideas are accepted

Finding solutions is problem solving: 6 troubleshooting steps

Finding solutions is problem solving: 6 troubleshooting steps

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5. Choose a solution - one!

Choose a solution that everyone agrees to. When you make this decision, everyone should respect it and be consistent about it.

Finding solutions is problem solving: 6 troubleshooting steps

6. Control the results

In the last step, you and those interested in finding a solution to the problem must control the results of your solution.

Decide if it has effectively eliminated the problem. Otherwise, start the process again and find a more effective solution.

Source:

https://www.projektprzywodztwo.com

20 STEPS TO BETTER LEARNING RESULTS

1. **Take the example of athletes and successful people.**
2. **Do not be afraid of dreaming.**
3. **Set specific goals and deadlines for their implementation.**
4. **Quickly find an enthusiastic adviser.**
5. **First outline the overall picture.**
6. **Ask - don't be shy.**
7. **Find the main rule.**
8. **Find the three best books written by practitioners who have been successful in their field.**
9. **Learn how to learn effectively.**
10. **When learning, use movement, image and sound.**

20 STEPS TO BETTER LEARNING RESULTS

11. Learn by doing.

12. Draw Association Maps instead of taking linear notes.

13. Find out easy ways to remember what you have learned.

14. Learn to achieve a state of simultaneous readiness and relaxation.

15. Practice, practice, practice.

16. Repeat and meditate.

17. Use methods to help combine.

18. Have fun, play different games.

19. Teach others.

20. Take an accelerated learning course (e.g. Silva Mind).

What I hear, I forget. What I hear and see, I remember a little. What I hear, see and ask questions about or discuss, I begun to understand. When I hear, see, discuss and do, I acquire a knowledge and skill. What I teach to another, I master.
Confucius

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The end of part one

☺

- Thank You
- If you have questions, write: izabela.sarna@monnet.pl
- I apologize for any possible errors in the English translation – Iza Sarna