

MIS 2020

How build your inner strength.
About your mental resilience.
Part 2.

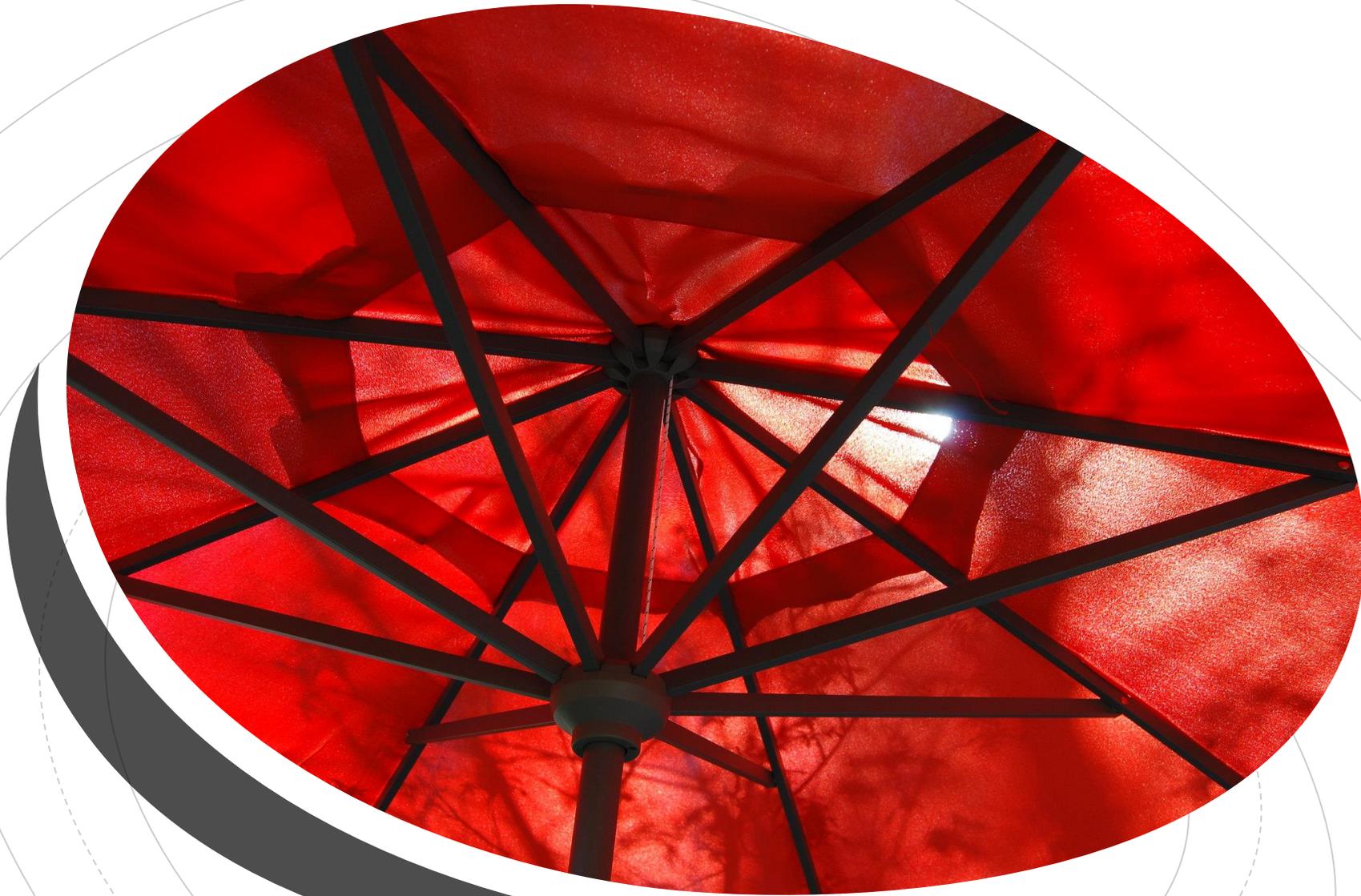




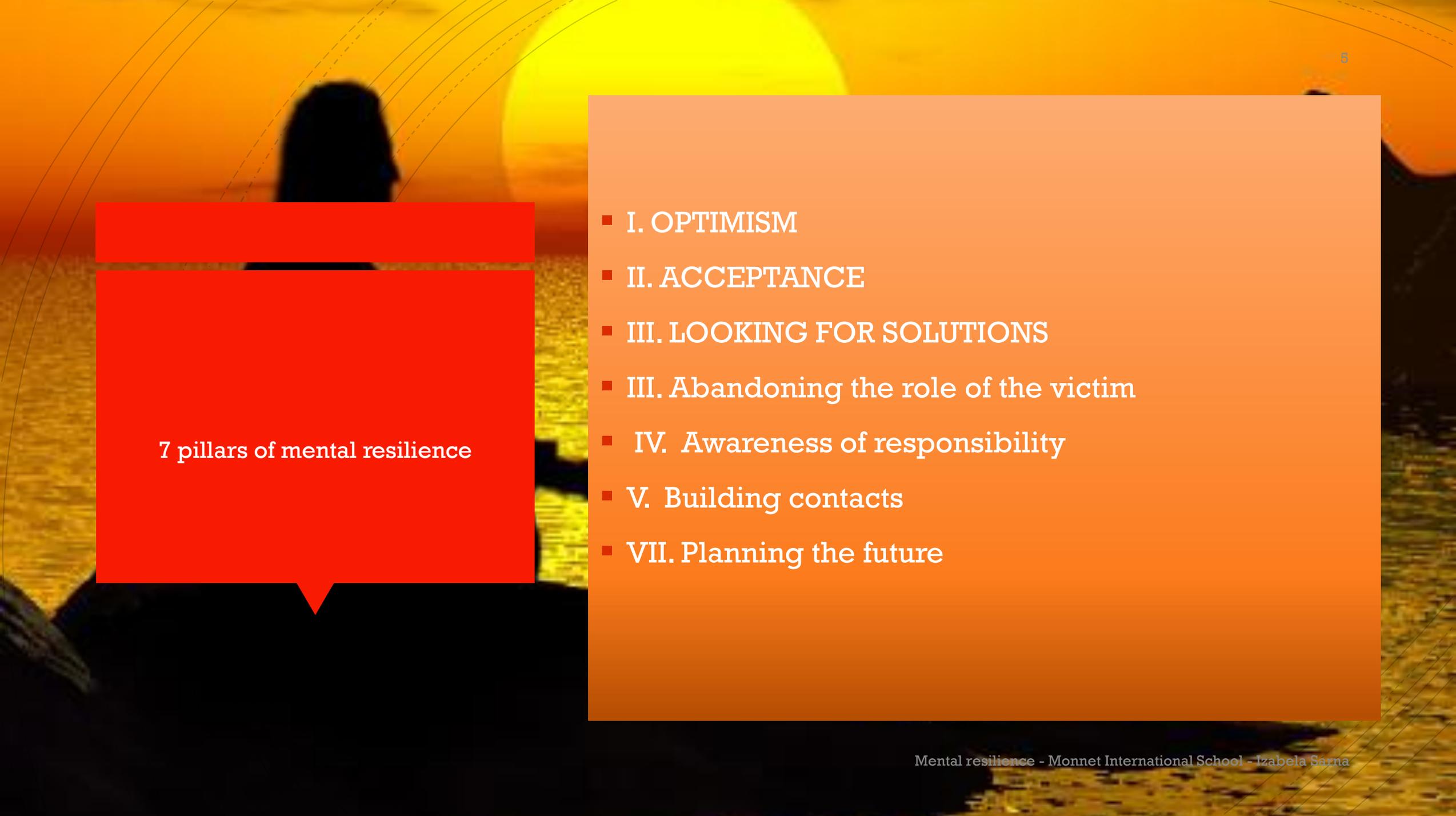
What is mental resilience?



Resilience!
„Wanka wstanka skill”



Jakie są filary naszej
wewnętrznej siły?/
What are the pillars
of our inner
strength?



7 pillars of mental resilience

- I. OPTIMISM
- II. ACCEPTANCE
- III. LOOKING FOR SOLUTIONS
- III. Abandoning the role of the victim
- IV. Awareness of responsibility
- V. Building contacts
- VII. Planning the future

Mental resilience - Monnet International School - Izabela Sarna

7 pillars of mental resilience

- **OPTIMISM, ACCEPTANCE, LOOKING FOR SOLUTIONS** - we have already discussed these elements in the first part)

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7 pillars of mental resilience

Abandoning the role of the victim, Awareness of responsibility,
Building contacts, Planning the future - we will focus on these
elements in this part

IV pillar of mental resilience
Abandoning the role of the victim

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Abandoning the role of the victim

- A victim (according to SJP) is a person who has suffered as a result of an accident; a person [...] who was attacked by someone
- [...] **a man who can not cope**
[...]

The role of the
victim.
A comfortable place
where you can feel
sorry for yourself

- How does a person think, **at his own request he is a victim** when something unexpected and unpleasant happens to her:
- **"How can this happen to me?"**
- **"Me again!"**
- **"Why me?"**
- Such a person **complains**: about the weather, traffic jams, his boss / teacher, poor health or demanding parents / family members.
- He **bids** with others that he is "worse".
- He **is looking for guilty**: "It's all because of him ...", "how could he ..."
- He blames himself "how could I be so stupid!"
- He **is looking for excuses**: "I always have a hard time in life", "I had a difficult childhood", "nobody taught me that".
-

"The victim waits and hopes that eventually someone will notice that she needs help, or someone will agree with her, plead guilty."

- Źródło: fundacjainnowator.pl

The role of the victim.
A comfortable place
where you can feel sorry
for yourself

How do I emerge from the role of victim?

- Take a look at your emotions:
- What emotion accompanies me?
- What caused this emotion?
- What's behind this emotion?
- What unmet needs
- or desires to hide behind this emotion?

How do I emerge
from the role
of victim?

Do something for yourself to feel better
(walk, yoga, visualization, massage,
whether positive and supportive
internal dialogue).

How do I emerge
from the role
of victim?

Accept reality

Admit to yourself "yes, I'm lonely",
"Yes, I have a difficult situation at
home/school".

PS. Extensive guidance and by the way
of starting
the acceptance process contains part 1
of the workshop.

How do I emerge
from the role
of victim?

Accept that it is you alone,
through your
action, thoughts and emotions,
you have brought about this
situation.

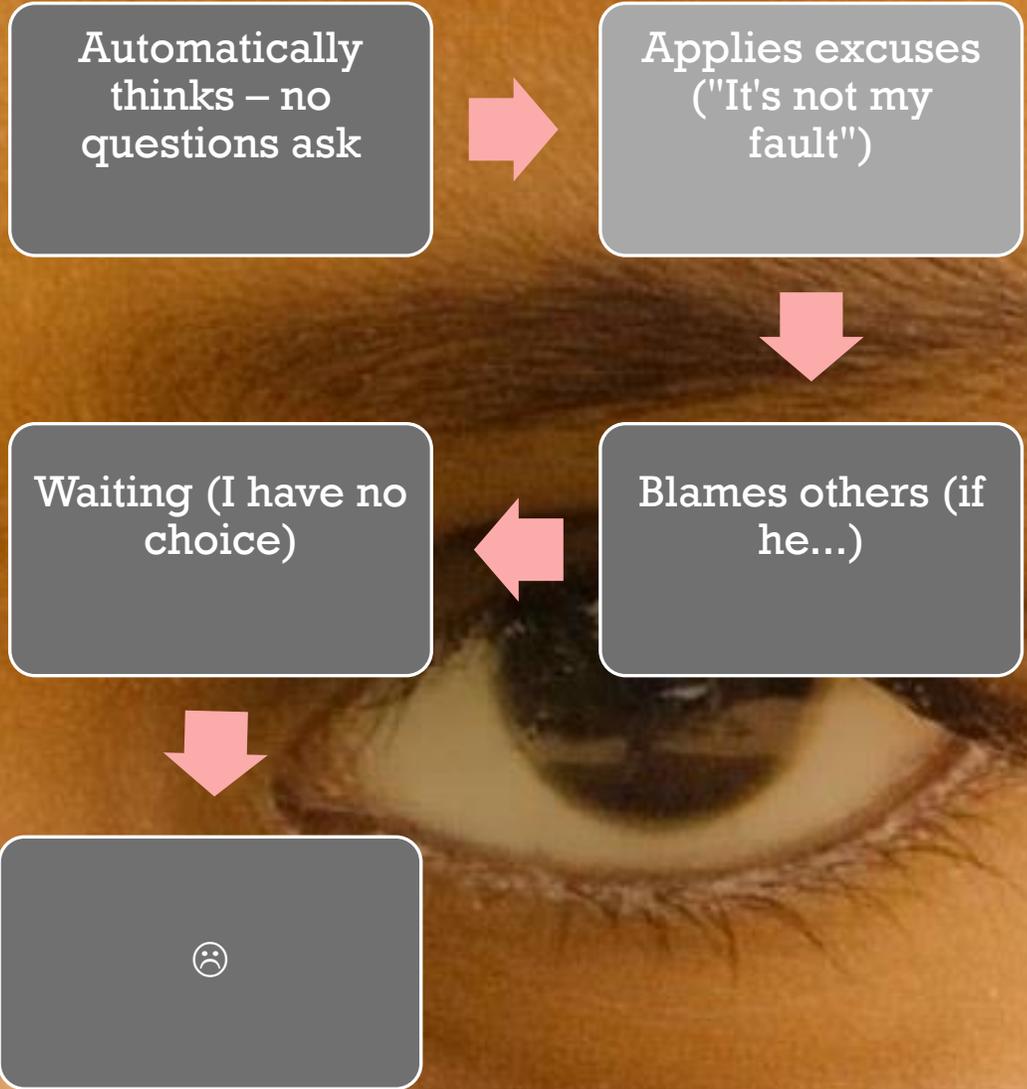
How do I emerge
from the role
of victim?

Think about what you do, that a known scheme is repeated and find a solution.

Simple questions will be helpful: what can be done in this situation? what can I do? what do I decide? what is my goal? how can I achieve it? what is the first step I will take?

Source: <https://potencjalosobowosci.com/>

Behaviour of the person who acts as a victim



Behavior of a person who actively emerges from the role of victim

Determining reality:
what happens?

Acceptance of
reality: what my
thoughts and actions
lead me to this
situation?

Take responsibility:
it's up to me what
happens.

Finding a solution:
what can I do, what
to decide.



5. pillar

Awareness of responsibility



Responsibility

- «Moral or legal obligation to be responsible for one's or someone's actions»
- « assuming the obligation to take care of someone or something »
- Source: Słownik Języka Polskiego

Awareness of responsibility

1. Self-observation (conscious observation of your thoughts and actions).

2. breaking with the action "on the slot machine" (when we are ruled only by emotions, the awareness of the relationship between thoughts and actions disappears).

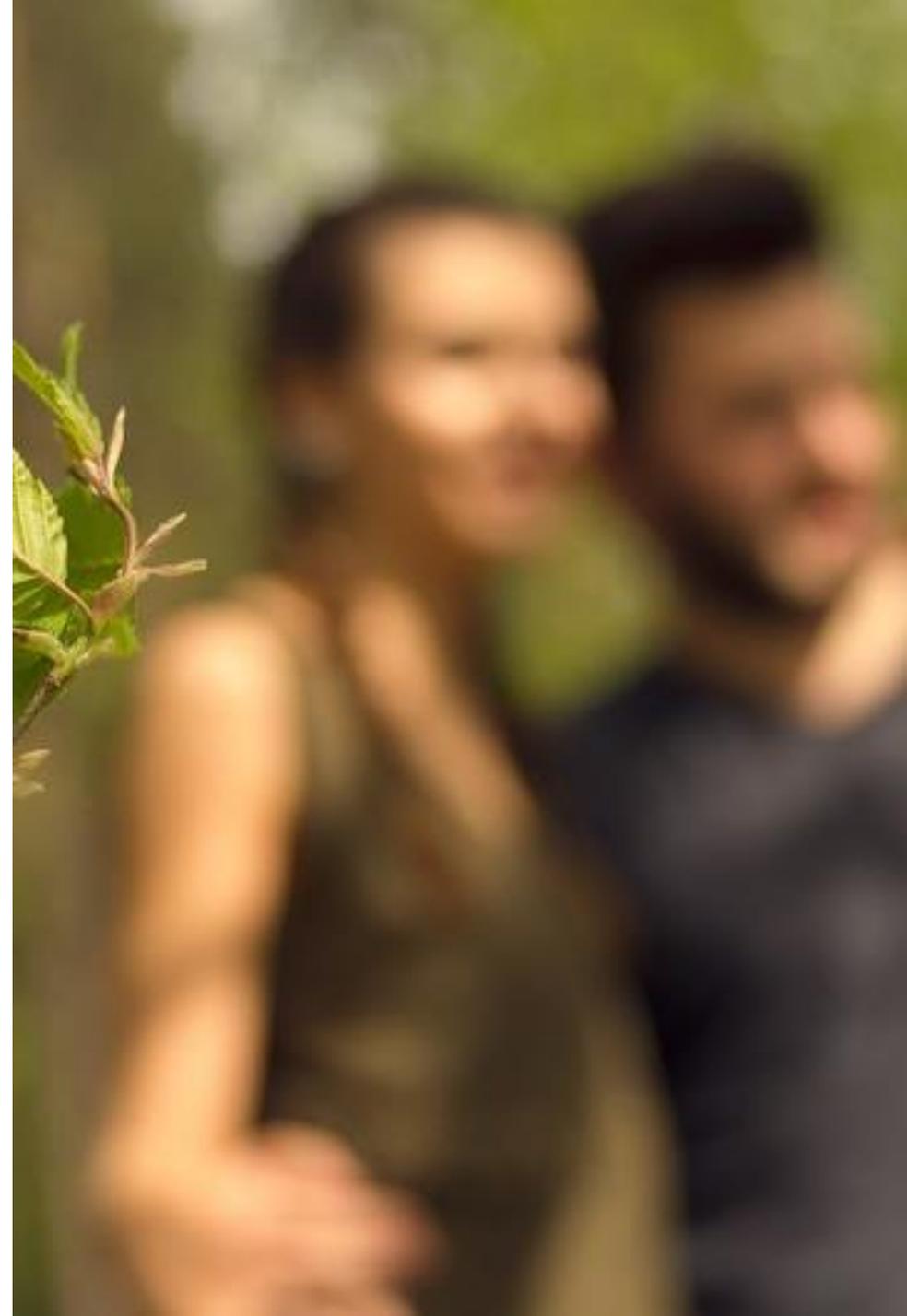
3. Breaking with habitual response and past patterns

4. Thinking and actions "here and now" (do not seek an explanation in past events).

5. Stop blaming others.

6 pillar

Contacts Building

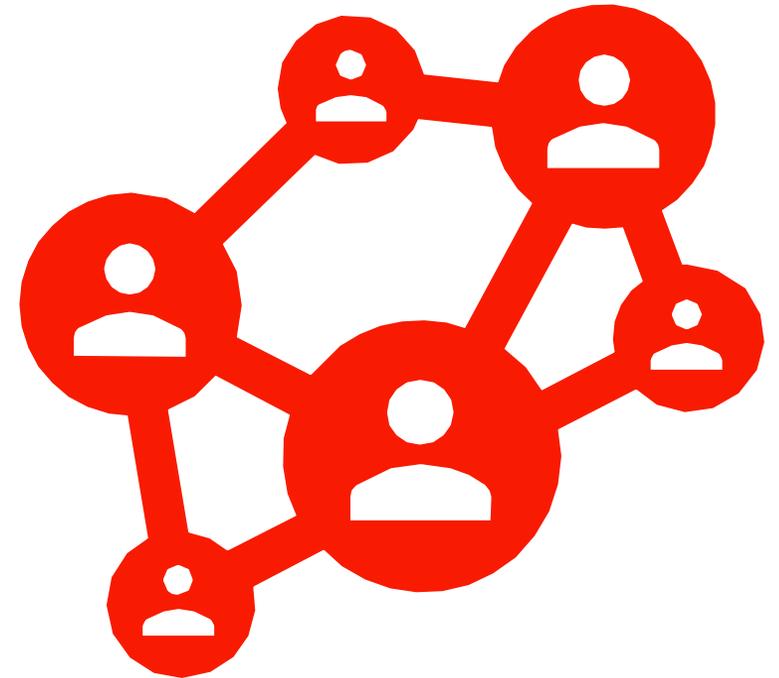


Contacts Building

„It is surprising how many people go through life not realizing that their feelings towards other people are largely determined by feelings towards themselves, and if you don't feel comfortable with each other, you can't feel comfortable with others.”

Sidney J. Harris

<https://psychologiazycia.com/swiadoma-odpowiedzialnosc-jak-zostac-odpowiedzialnym-człowiekiem/>



Contacts Building

!

- **Start with yourself** and build a good relationship with yourself. When you know yourself and like and value yourself, and when you have confidence in yourself, contacts and relationships "build themselves" J (it's easier to enter relationships with others and build a healthy contact)

How to build relationships

It's a good idea to have a vision of your relationships – that is, to know what people you want to invite to your team or life.

Relationships are supposed to enjoy, "feed" and be a complement to the whole life of your life. Once you have the kind of people around you as you wanted to have - it's to cultivate these relationships, take care of them.

Important:

We are always accompanied by an intention when establishing relationships that is associated with benefits for ourselves.

You know your intentions when interacting with other people?

13 rules for building
relationships

- **Rule 1. INDIRECT ACTION LAW**

The more INTERESTED you are to the other person and what is important to him/ her – the greater the chance that he/she will be interested in you

13 rules for building relationships

■ Rule 2. importance

- **Make others feel important to you. Then thanks to you they will be able to strengthen their sense of value, like each other more and more willingly to return to contact with you**

13 rules for building relationships

■ Rule 3. Give up complaining

- ❖ Sometimes we like to complain about life, parents, colleagues, teachers – but: do not complain!
- ❖ 80% of people don't care that you're going wrong or you're not doing something, and 20% are happy about it – because they can think better about themselves or feel good about themselves.

13 rules for building relationships

■ Rule 4. Seek agreement

- ❖ Look for opportunities to nod, stand on the same page in views or approach a matter. Remember that it is the similarities of people that come close, not differences, and that we like people like us.

13 rules for building relationships

■ Rule 5. You don't have to be right

- ❖ Remember that not always the last word must belong to you, it must stand on yours. Let people have their right and their views, even if they pass with the truth. As you move away from yourself more and more in some discussion – ask yourself: do I want to be right or a relationship in this situation?
- ❖ Source: <https://potencjalosobowosci.com/13-zasad-budowania-relacji/>

13 rules for building relationships

▪ Rule 6. Accept others

-
- ❖ People are what they are and will never be you – so it's worth accepting them without setting conditions. However, this does not mean that you have to give up communicating your needs or expectations.

13 rules for building relationships

■ Rule 7. Reciprocity rule

- Remember that many people have the principle of reciprocity and that we like, value, respect people who like us, value and respect us.

13 rules for building relationships

Rule 8. Be grateful

- Show gratitude every time someone does for you, that he is in your environment or in life, you are interested in. Appreciate selflessness, kindness, willingness to be together.

13 rules for building relationships

■ Rule 9. Show recognition

- ❖ Praise others and express your admiration for their actions, successes and achievements, efforts and good will.

13 rules for building relationships

■ Rule 10. Perfect in listening

In communication, use the pareto principle: listen for 80% of the time, 20% allocate to ask questions. Remember that listening builds trust between people

13 rules for building relationships

■ Rule 11. Be curious

- Talk to people about what they're interested in, what they're passionate about, what they're doing, and where they'll be in a while. Thanks to the positive emotions that then arise and your presence – I will want to repeat meetings with you

13 rules for building relationships

■ Rule 12. Process

- Relationship with another person is a process and something else requires at the beginning, and something else may need over time or changes that occur in your life or the life of the other person. Watch what happens between you, react and match your behavior, communication, or frequency of contacts

13 rules for building relationships

■ Rule 13. Ecology

- ❖ Care for yourself in relationships with others and your ecology. For a relationship to be worth keeping – it cannot be a source of negative emotions or suffering. In the selection of people – follow ecology and take care of your well-being in relationships with others.

Important

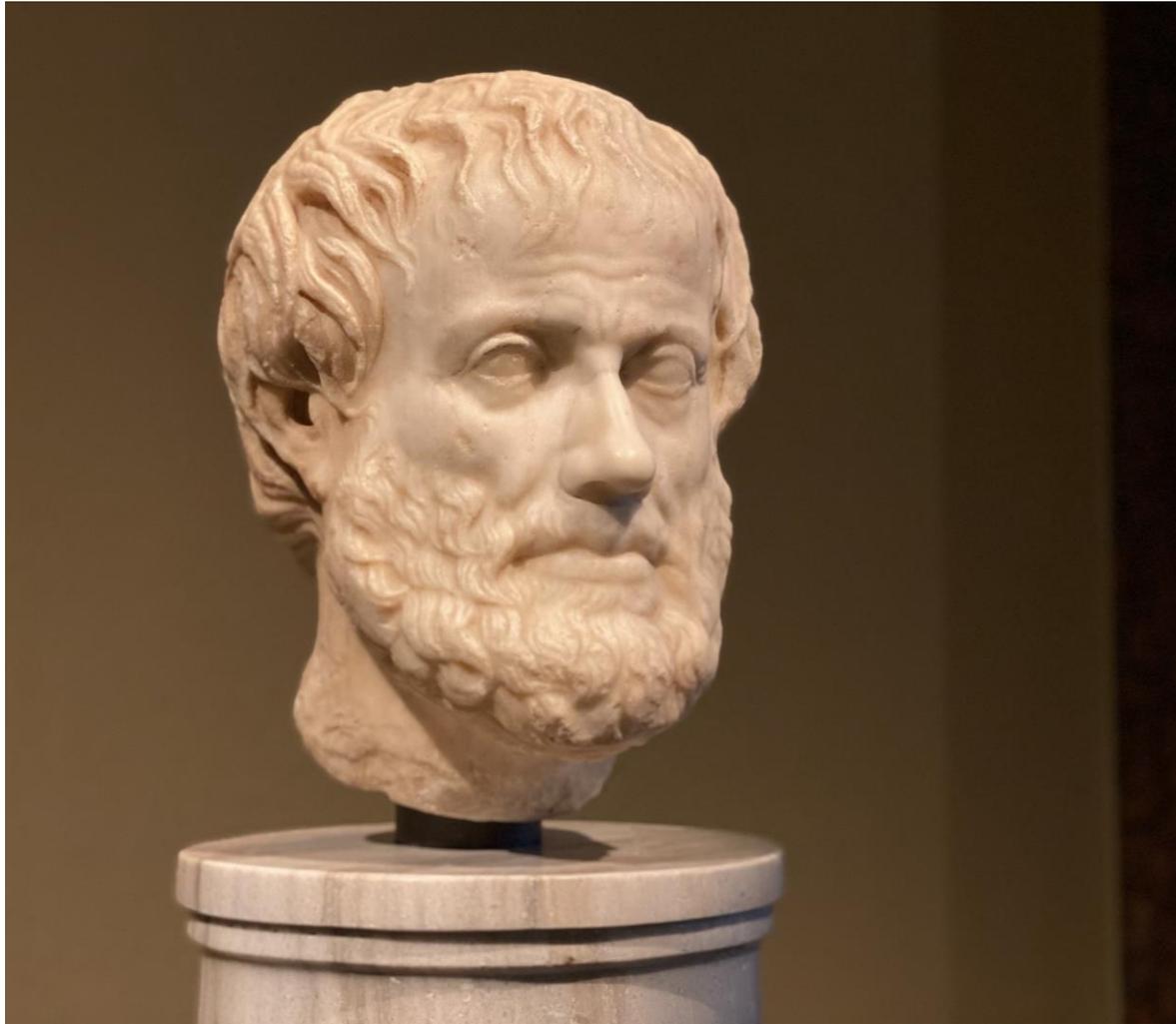
Remember

„We are a reflection of the five people with whom we spend the most time. They motivate us, advise us, criticize us. Take a look at who you are sticking with”.

Nancy Drew

7. Pillar: Planning the future

- Time Management was dedicated to the "Time Management" workshop. It is worth reaching for them for previously sent materials.



7. Phillar Planning the future

- **„First, have a clearly defined goal (ideal, task) defined. Secondly, get the resources you need to reach it; knowledge, money, materials, methods. Thirdly, direct all these resources to achieving the goal”
– Aristotle**



Important and inspiring thoughts

- **„Your time is limited, so don't waste it on life with someone else's life. Do not get caught in the trap of living life, being controlled by others. Don't let the hustle and bustle of others' opinions drown out your inner voice. And most importantly, have the courage to follow your heart and intuition. They somehow already know who you really want to stay. Everything else has a secondary value!" – Steve Jobs**

Inspiring thoughts

▶ "Change your thoughts and change your world"
– Norman Vincent Peale

Important

Remember

**„There's a difference
between knowing the road
and following it" – Morpheus,
the hero of the Matrix movie**

Bibliography

And sources

1. Słownik Języka Polskiego
 2. Wikipedia
 3. Strona WWW: <https://psychologiazycia.com/>
 4. Strona WWW: <https://potencjalosobowosci.com/>
 5. „Zwierciadło”. Czasopismo
 6. „Coaching”. Czasopismo
- Photo Source: www.flickr.pl (photos under licenses for modification and non-commercial use)

The end



- Thank you for your attention.
- Good luck!

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- If you have questions, write:
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I apologize for any errors in the English version of the text.