

# *Creating a Mindset of Resilience & Post Traumatic Growth*

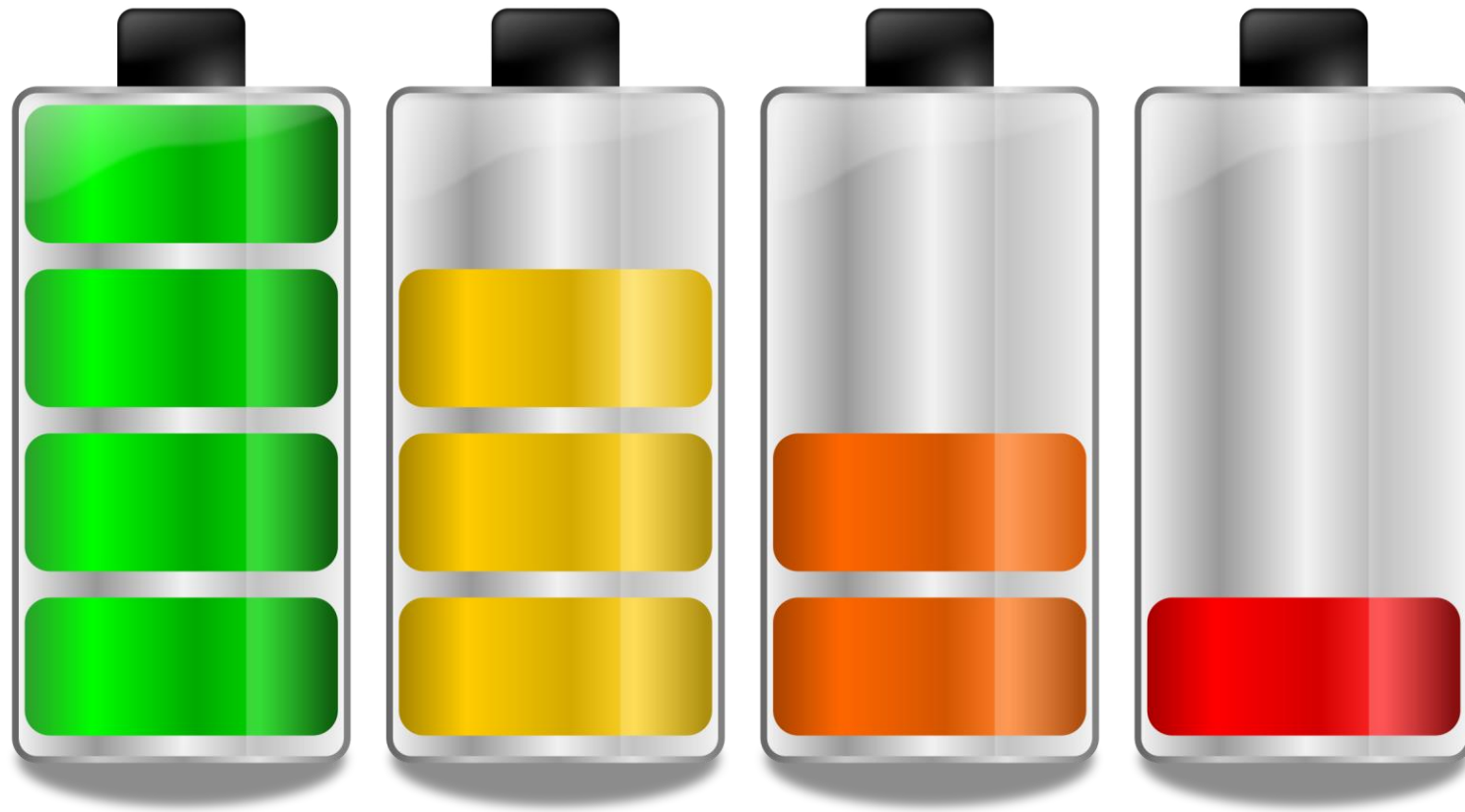
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# How's Your Battery?

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# Self-Talk

Positive vs. Negative Self Talk

**The way you talk to yourself creates your reality.**

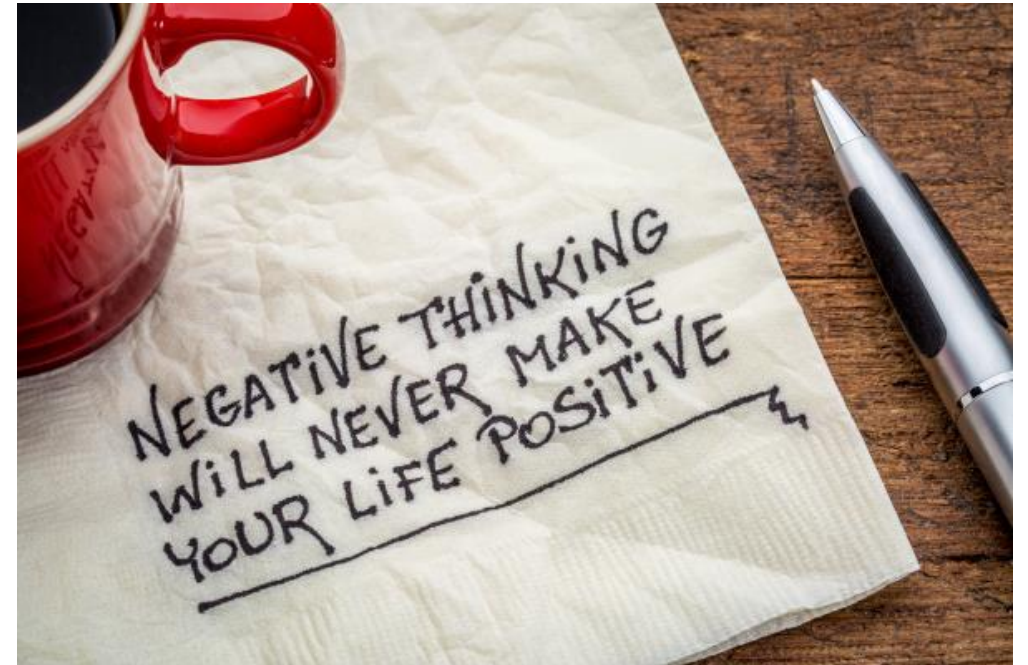


# Stinking Thinking

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Albert Ellis coined the phrase:

Cognitive distortions, or “**stinking thinking**,” are negative or irrational thoughts that lack evidence and influence how you feel and behave.



# 10-Types of Distortion Thinking

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## All or Nothing

the tendency to think in absolutes:

*“I have to do it right or not do it at all.”*

## Overgeneralizations

seeing a pattern based upon a single event or being overly broad when drawing conclusions:

*“I felt awkward on my date. I’m always so awkward.”*

## Mental Filter

you only pay attention to certain types of evidence or focus on the negative:

you focus on one criticism in an otherwise positive performance review at work.

# Continue Types of Distortion Thinking

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## Discounting the positive

discount the good things  
or feel like your  
accomplishments don't  
count.

*"My answer doesn't count  
because it was a lucky  
guess."*

## Jumping to conclusions

**Mind reading:** imagining we  
know what others think or  
believe.

*"He canceled our date. He  
must not think I'm attractive."*

**Fortune telling:** predicting the  
future.

*"The doctor is going to tell me  
I have cancer."*

## Magnification

exaggerate the importance  
of a problem or assume  
the worst possible  
outcome:

*"If I fail this test, I won't  
pass the class, and I'll flunk  
out of school."*

# Types of Distortion Thinking Cont.

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## Emotional Reasoning

negative feelings inform your thoughts without facts to support those thoughts:

*“I feel like nobody likes me”.*

## “Should” statements

These statements often include words like “should,” “must,” or “ought”:

*“I should always be friendly, organized, nice, etc.”*

## Labeling

assigning labels to ourselves or other people:

*“I get so upset with myself when I make a mistake,” or “I feel bad when I let others down.”*

## Personalization & Blame

the belief that you’re responsible for events outside of your control:

*“Our team lost because of me.”*

# Why Change Is Difficult

- Change equals loss
- “Victim” mentality
- Blaming & abdicating responsibility

No!	Go!
20–30% of people will actively resist change.	10–20% of people will actively embrace change.
Slow	Flow
20–40% of people will passively resist change.	20–30% of people will passively accept change.



# Kubler-Ross Grief Cycle



## Denial

- avoidance
- confusion
- excitement
- shock/fear



## Anger

- frustration
- irritability,
- anxiety



## Bargaining

- struggle to find meaning
- to help others
- to tell your own story



## Depression

- helplessness
- hostility
- avoidance



## Acceptance

- Exploring opportunities
- introducing new plans
- moving forward



Emotional Support

Information & Communication

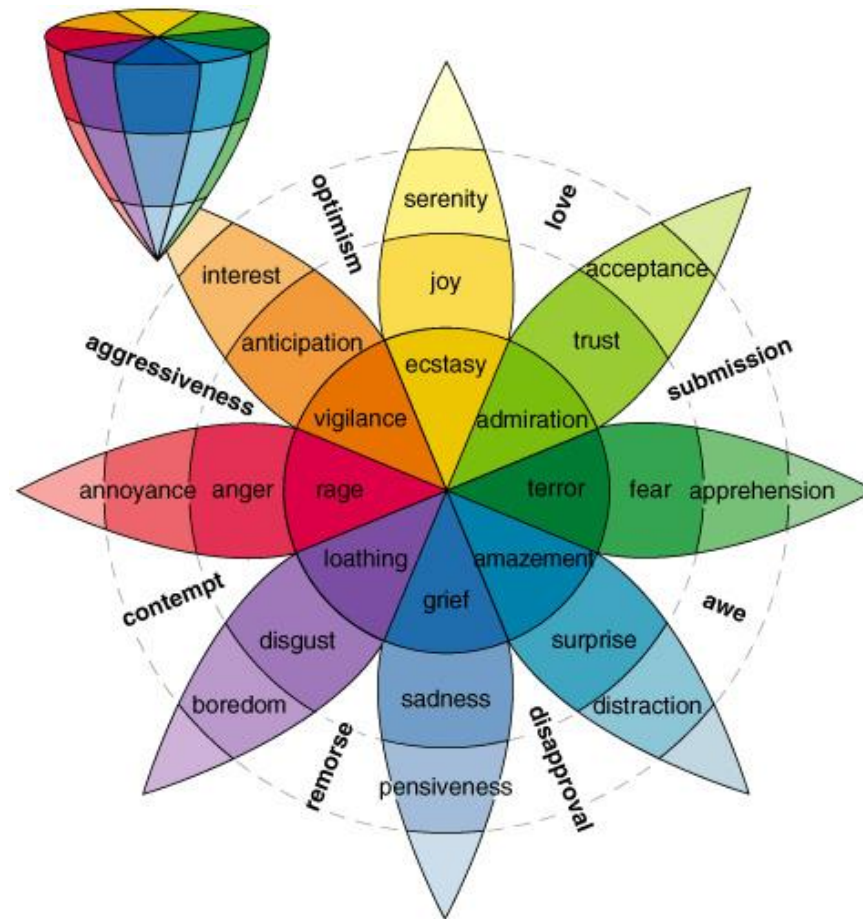
Guidance & Guidance

# Resilience

Foundation of resilience:

- Self-esteem
- Support network
- Goals

**Resilience** is the ability to recover from setbacks and adapt to challenging circumstances and is required to thrive and flourish.





# Emotions are Messengers, **not** controllers

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- Start the day with a relaxing ritual.
- Adopt healthy habits.
- Set boundaries.
- Disconnect from technology.
- Get support.
- Cultivate Your Strengths!

<https://www.youtube.com/watch?v=H14bBuluwB8>

# Post Traumatic Growth



**Post-traumatic Growth** is a positive change experienced as a result of the struggle with a major life crisis or a traumatic event.

The idea that human beings can be changed by their encounters with life challenges, sometimes in radically positive ways, is not new

[https://www.ted.com/talks/stacey\\_kramer\\_the\\_best\\_gift\\_i\\_ever\\_survived?language=en](https://www.ted.com/talks/stacey_kramer_the_best_gift_i_ever_survived?language=en)

# 5 Categories of Post-Traumatic Growth

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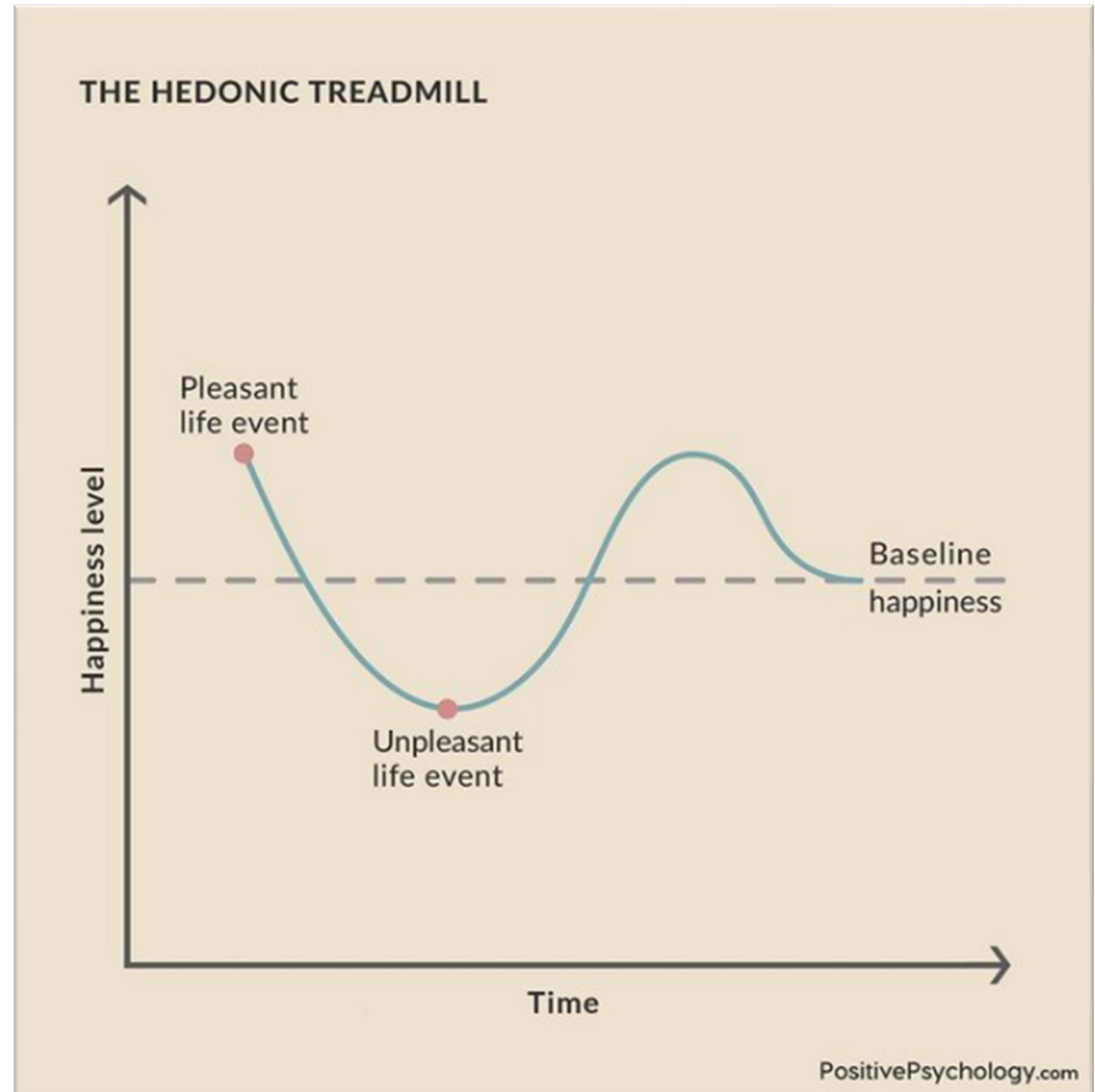
- 1) Sometimes people who must face major life crises develop **a sense that new opportunities** have emerged from the struggle,
  - opening possibilities that were not present before.

- 2) A **change in relationships** with others.
  - Some people experience closer relationships with some specific people, and they can also experience an increased sense of connection to others who suffer.



# Things can always get Worse....or Better...

How do people overcome difficult life experiences, such as the death of a loved one, losing a job, or being diagnosed with a serious illness?



# 5 Categories of Post-Traumatic Growth

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## 3) An increased sense of one's own strength:

- *“if I lived through that, I can face anything”.*
- Understand character strengths and how to use them

## 4) A greater appreciation for life in general.

- Put life in perspective:
  - *What is really important to you?*
  - *What do you want?*

## 5) Spiritual or existential development

- Some individuals experience a deepening of their spiritual lives; however, this deepening can also involve a significant change in one's belief system.

# Practice Gratitude



“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have you will never ever have enough.”

~ Oprah Winfrey





# What is Gratitude?

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- Gratitude is being aware of and thankful for the good things that happen; taking time to express thanks.

# The Amazing Effects of Gratitude

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## The Amazing Effects of Gratitude

- *Mother of all virtues*
- *Delightful emotion of love to him who has conferred kindness on us.*



# Gratitude can help your health

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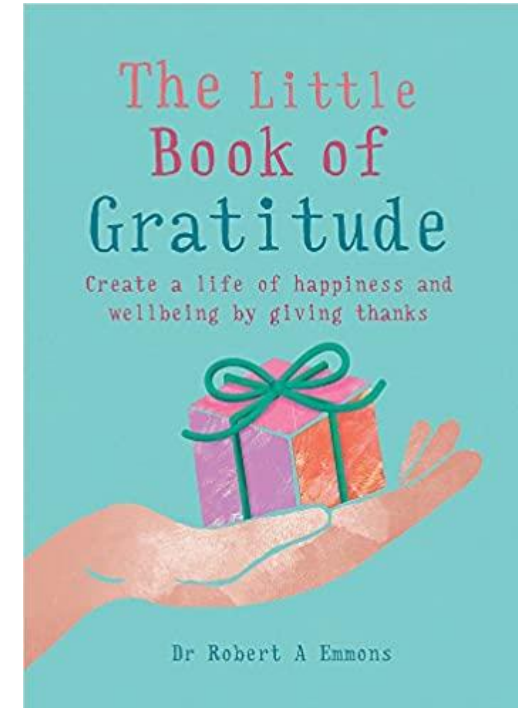
Gratitude can:

- lower blood pressure
- improve immune function

Grateful people tend to:

- engage in more exercise
- have better dietary behaviors,
- are less likely to smoke and abuse alcohol,
- and have higher rates of medication adherence.

GRATITUDE IS GOOD MEDICINE”



## How to Practice Gratitude - Mindful



### **Keep a Gratitude Journal:**

Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy.



### **Use Visual Reminders:**

Visual reminders can serve as cues to trigger thoughts of gratitude. Often, the best visual reminders are other people.



### **Watch Your Language:**

Focus on the inherently good things that others have done on your behalf.

# Practicing Gratitude



**Let's Practice  
Gratitude  
right now!!**

TAKE OUT YOUR  
PHONE....

# Resources:

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- Mission Joy: <https://missionjoy.org/>
- What I Know For Sure by Oprah Winfrey
- The Last Lecture by Randy Pausch
- Tuesdays with Morrie by Mitch Albom
- Gratitude Links:
  - [Thankfulness: How Gratitude Can Help Your Health | American Heart Association](#)
  - [Study: Gratitude is a healthy attitude - News on Heart.org](#)
  - [Gratitude Is Good For You – YouTube](#)
  - [www.Positivepsychology.com](http://www.Positivepsychology.com)
  - [www.Viacharacter.org](http://www.Viacharacter.org)

## BBC Mental Toughness is the secret to success:

- [https://www.youtube.com/watch?v=\\_iuPewWbp2U](https://www.youtube.com/watch?v=_iuPewWbp2U)





# Thank you!

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