

# **The Science of Resilience: How to Navigate Challenging Times**

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## **Workshop Handbook**

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## Resilience Exercises:

**Notice Something Good:** This is not a positive thinking exercise. Rather, it's an opportunity to notice that alongside the difficult things in our lives, there are also good things. Sometimes they may seem small, yet they are there, like a co-worker who compliments your ideas or the appreciation of a worried student. This exercise is designed to train your brain to bring attention to the good that exists along with the challenges.

Studies show that practicing this simple *Notice Something Good* exercise everyday for 10 weeks can increase resilience levels by 25% (Emmons & McCullough, 2003).

**Write 5 things that have been good or went right today:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Focus On What You Can Control:** There are many things in life we can't control, especially during challenging times. One way to reduce the feelings of stress that come with a lack of control is to focus on those things, no matter how little, that you *can* control. For example, we can't control the events unfolding in our world or the unpredictable nature of life and work. At the same time, there are areas where we may have the power to: follow a daily routine, stay connected to loved ones, take a walk, get more sleep or create small moments of calm or satisfaction in our days.

Where is the stress in your work and/or life?

\_\_\_\_\_

What parts do you have control over?

\_\_\_\_\_

What might you do to make those parts better?

\_\_\_\_\_

## 3-3-6 Breathing: Calm Your Nervous System to Decrease Stress



**3-3-6 Breathing Exercise**

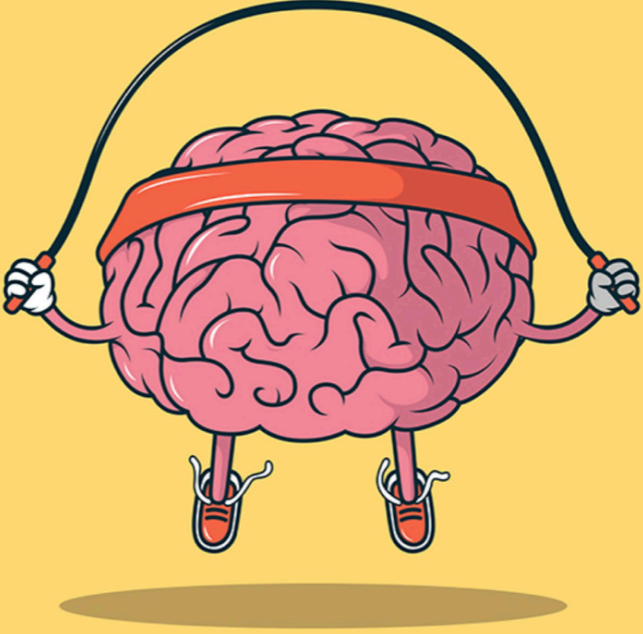
- Relax your body
- Breathe in through your nose to the count of 3
- Hold for the count of 3
- Exhale through your mouth to the count of 6
- Repeat 3 times

### Want more information?

For guided meditations, try the free audio programs from the UCLA Mindfulness Awareness Research Center (*available in multiple languages*).

Visit <https://www.uclahealth.org/marc/mindful-meditations>

## 6 Ways to Build Resilience



**Build Your Resilience**

1. Brains are designed to worry
2. Focus on what you can control
3. See things as they are, not worse than they are
4. Notice the Good Exercise
5. 3-3-6 Breathing
6. Take care of yourself

## Question:

Starting today, what one thing can you do differently in your life/work to support your resilience?

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## Recommended Readings

Hanson, R. (2020) *Resilient: How to grow an unshakable core of calm strength and happiness*. <https://www.penguinrandomhouse.com/books/549678/resilient-by-rick-hanson-phd-with-forrest-hanson/>

Hanson, R. (2018, March 28). *How to hardwire resilience into your brain*. UC Berkeley Greater Good Magazine. [https://greatergood.berkeley.edu/article/item/how\\_to\\_hardwire\\_resilience\\_into\\_your\\_brain](https://greatergood.berkeley.edu/article/item/how_to_hardwire_resilience_into_your_brain)

Mininni, D. (2006). *The emotional toolkit: 7 power-skills to nail your bad feelings*. <https://us.macmillan.com/books/9781429907224/theemotionaltoolkit>

Reivich, K. and Shatte, A. (2003). *The resilience factor: 7 keys to finding your inner strength and overcoming life's hurdles*. <https://www.penguinrandomhouse.com/books/140295/the-resilience-factor-by-karen-reivich-phd-and-andrew-shatte-phd/>

Sandberg, C. and Grant, A. (2017). *Option B: Facing adversity, building resilience and finding joy*. <http://knopfdoubleday.com/tag/option-b/>

Seligman, M. (2006). *Learned optimism: How to change your mind and your life*. <https://www.penguinrandomhouse.com/books/163862/learned-optimism-by-martin-e-p-seligman-phd/>

Waters, S. (2020). *Why resilience is a top skill needed in today's workplace*. BetterUp. <https://www.betterup.com/en-us/resources/blog/why-resilience-is-a-top-skill-needed-in-todays-workplace>