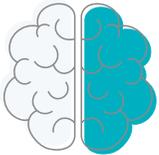




ASSESSING AND MANAGING RESILIENCE WITH TOTAL BRAIN

Learn how the Total Brain platform can help users assess and manage resilience.

About Resilience



Resilience is the process of adapting effectively to push through adversity, trauma, tragedy, threats, or significant stress¹. It is also commonly described as the relentless ability to “bounce-back” from adversity.

Some people are knocked down by adversity. Others come back from it and rather than letting difficulties or failure overcome them, they find a way to achieve a positive adaptation, learn from the lessons and grow from the experience.

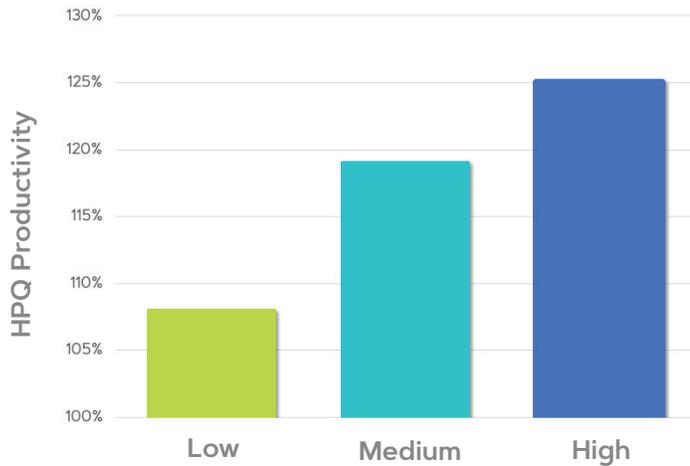
5 Key Resilience Factors Needed to Push Through and Learn From Adversity

- 1 Stress Coping**
Building the neural network habit of stress-recovery and having effective strategies to deal with stress.
- 2 Emotion and Cognition Flexibility**
Use emotion and cognition flexibility to self-regulate and change course as needed to navigate through adversity and still achieve goals.
- 3 A Positive, Constructive Attitude**
Having a positive, constructive attitude includes realistic optimism and hopefulness. Importantly includes having a positive self belief.
- 4 Ability to Regulate Emotions**
The ability to regulate emotions involves awareness of current emotion state, and methods to change it. Includes being attuned to emotions in others, as a way of resolving conflict.
- 5 A Social Support System**
Having a social support system that works for you as a source of strength in times of adversity can be a very helpful tool for achieving resilience.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.

Resilience Is Strongly Linked to Productivity

Capacity for Emotional Resilience (A Facet of Self Regulation)²



In the Total Brain assessment, resilience is measured using five questions and is part of the self control skills. Questions probe the extent of dealing positively with negative feedback and successful task completion.

Total Brain training tools to enhance the five key Resilience factors include: Positive Affirmations, Happy Seeker, Word Smith, Bubble Heads, Face Shifter, Emotion Booster, Body Language, Breath, Meditation, and Self Regulation exercises.



References

1. American psychological association. 2018. The Road to Resilience. [Online]. [18 December 2018]. Available from: <https://www.apa.org/helpcenter/road-resilience.aspx>
2. O'Connor M, Cooper NJ, Williams LM, DeVarney S, Gordon E (2010). Neuroleadership and the productive brain. NeuroLeadership, 3: 1-6.

Learn More:

To learn more about how Total Brain can benefit you and your organization, visit totalbrain.com/learnmore.