

# Resiliency in Practice: What is it and how do we build it using a strengths- based approach?

By: Megan Potestio BSW, RSW

---

---

---

---

---

---

---

---

## Workshop objectives:

- Have a better understanding of what it means to be resilient
- Hear personal story of resilience
- Discover tools to increase your own resiliency from firsthand experience
- Q&A/Discussion

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

- I like pizza
- I like pizza with ham and pineapple
- I feel overwhelmed with work often
- I handle stress well
- I have worked in the field for under 5 years
- I have worked in the field for over 10 years
- I feel I have a good personal support system
- I feel I have a good professional support system
- I take time for self-care
- I am resilient



---

---

---

---

---

---

---

---

## What does resiliency mean to you?

---

---

---

---

---

---

---

---

## Definition of 'Resiliency'

- Resiliency- the ability to recover from or successfully adapt to negative life events, traumas or setbacks
  - Includes the ability to:
    - Function well and achieve goals despite overwhelming stresses or challenges
    - Not only surviving, but thriving and having benefited from the negative experiences
    - Keep going in the face of adversity

---

---

---

---

---

---

---

---

## My Personal Story of Recovery, Hope and Resiliency:



---

---

---

---

---

---

---

---

## My reasons "Why"



Even "Batman" needs help sometimes!

---

---

---

---

---

---

---

---

## Personal Risk Factors:

- Loss of relationship with dad
- Family stress
- Sexual abuse/rape
- Self-harming behaviours
- Death of a loved one
- Suicide attempts
- Multiple clinical diagnoses: Clinical depression, OCD tendencies, PTSD
- Multiple psychiatric hospitalizations
- Addictions

---

---

---

---

---

---

---

---

## Ways to build resiliency:

- Stop blaming yourself
- Stop looking to the past, leave it there
- Separate the "problem" from the person
- Identify your strengths and foster them
- Acknowledge vulnerabilities and perceived weaknesses
- Develop future focused goals and work towards them
- Find your reason "Why"
- Foster positive emotions
- Find supportive personal and professional support networks
- Find role models and people who empower you
- Schedule time to unwind/develop a self-care routine
- Set boundaries between work/life, find ways to unwind between the two
- Be kind to you
- Know that stressful events won't last forever- "this too shall pass"
- Reframe negative experiences to positive ones and use them as learning experiences
- Know where your resources are and how/when to access them
- Adapt your tools as necessary
- Find humour in the mundane
- Practice empathy
- Improvise

---

---

---

---

---

---

---

---

---

---

**What are some of the tools you use to remain resilient in your practice or daily life?**

---

---

---

---

---

---

---

---

---

---

**Q&A and Discussion:**

---

---

---

---

---

---

---

---

---

---

Thank you and have a great  
afternoon!

---

---

---

---

---

---

---

---



megan.potestio@gmail.com

---

---

---

---

---

---

---

---