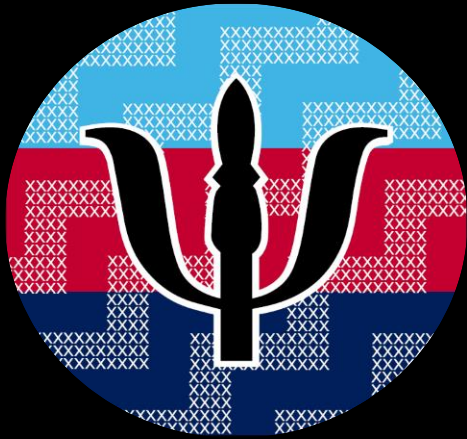




TE OPE KĀTUA O AOTEAROA
DEFENCE FORCE

Directorate of
Psychology



PERSONAL RESILIENCE DURING CHANGE

NZDF Wednesday Wellbeing Series

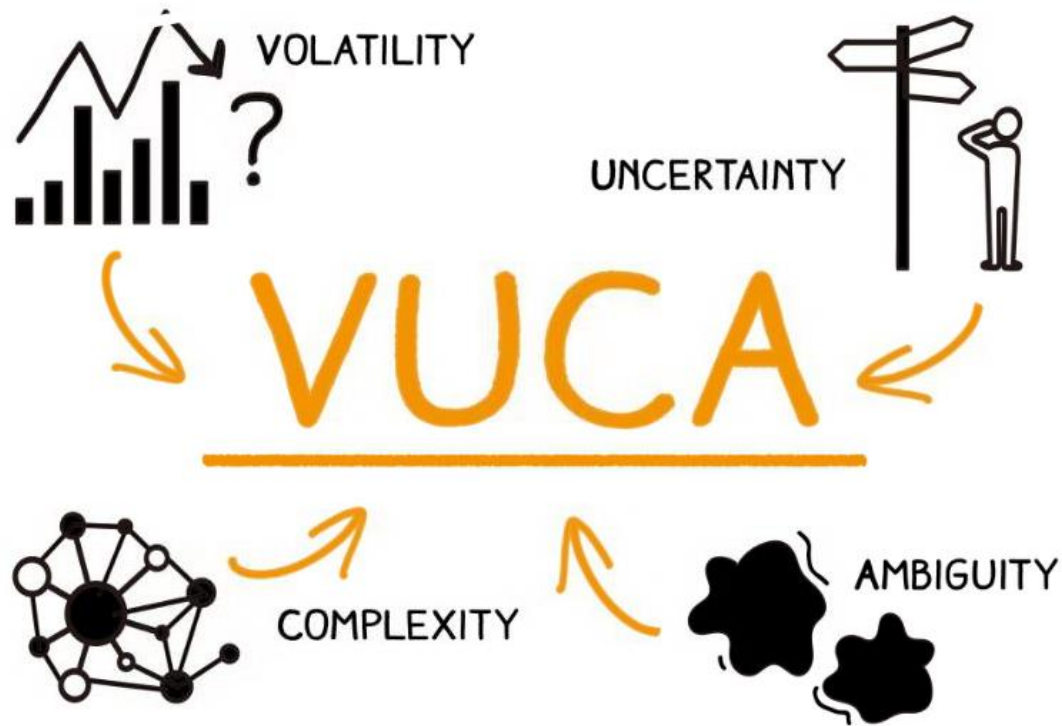
30 October 2024

LTCOL Alana Stone, Director of NZDF Psychology

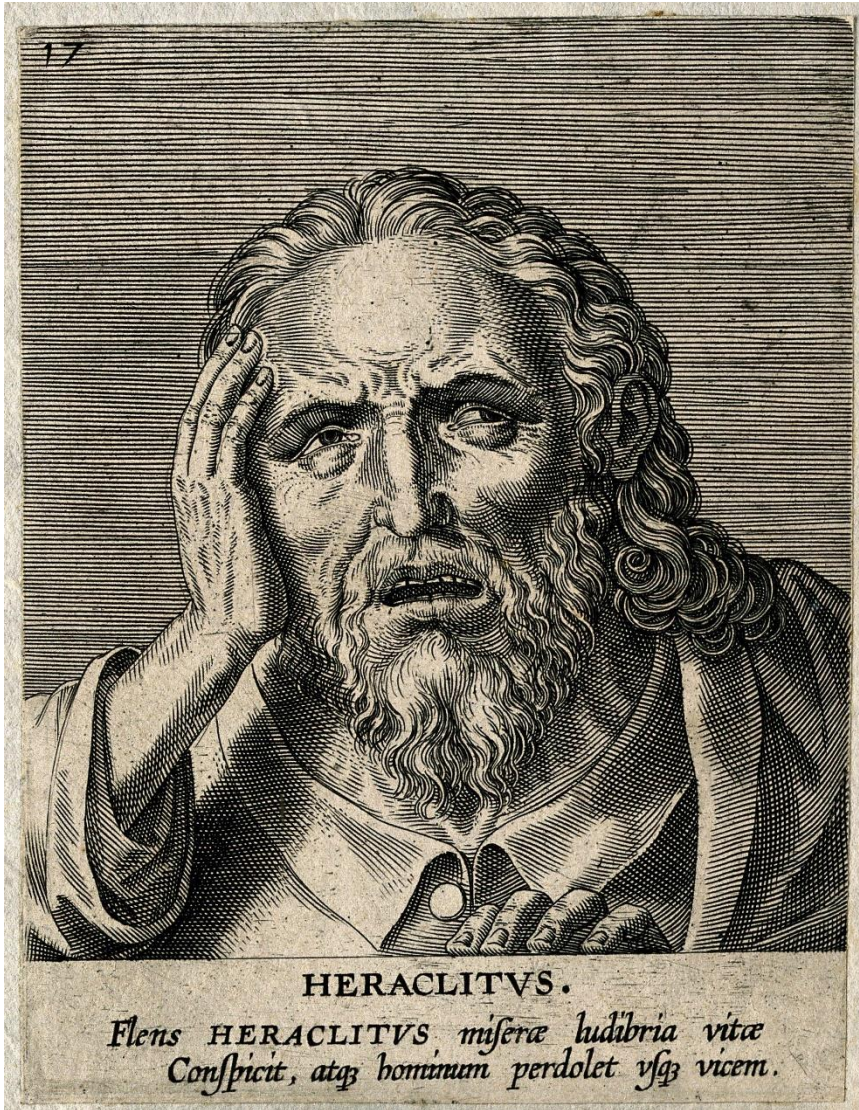
UNCLASSIFIED



OPERATING IN UNCERTAINTY



- Disrupts our sense of control, create uncertainty and can reduce resources available to manage and cope with demands
- The experience of stress impacts our mental health and wellbeing and can have significant impact on our ability to show up in all facets of our lives.



The only certainty is
change itself!



TE OPE KĀTUA O AOTEAROA
DEFENCE FORCE

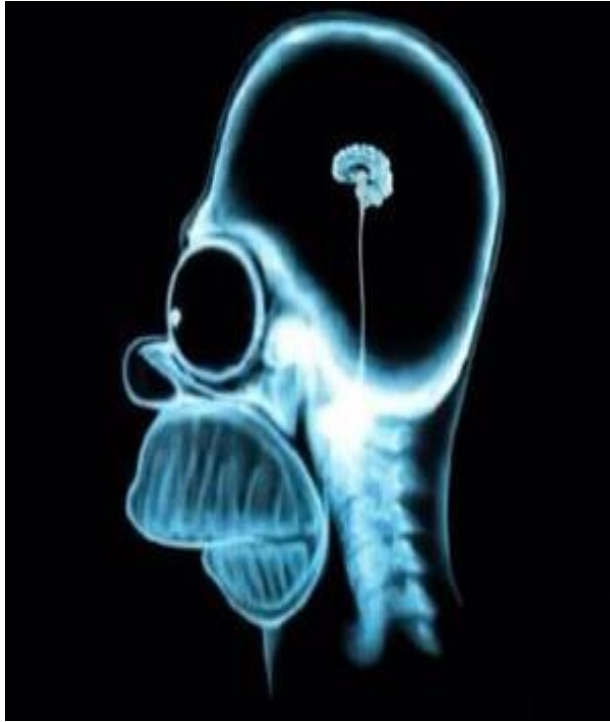


HEI MANA MŌ AOTEAROA
A FORCE FOR NEW ZEALAND

SPOILER ALERT



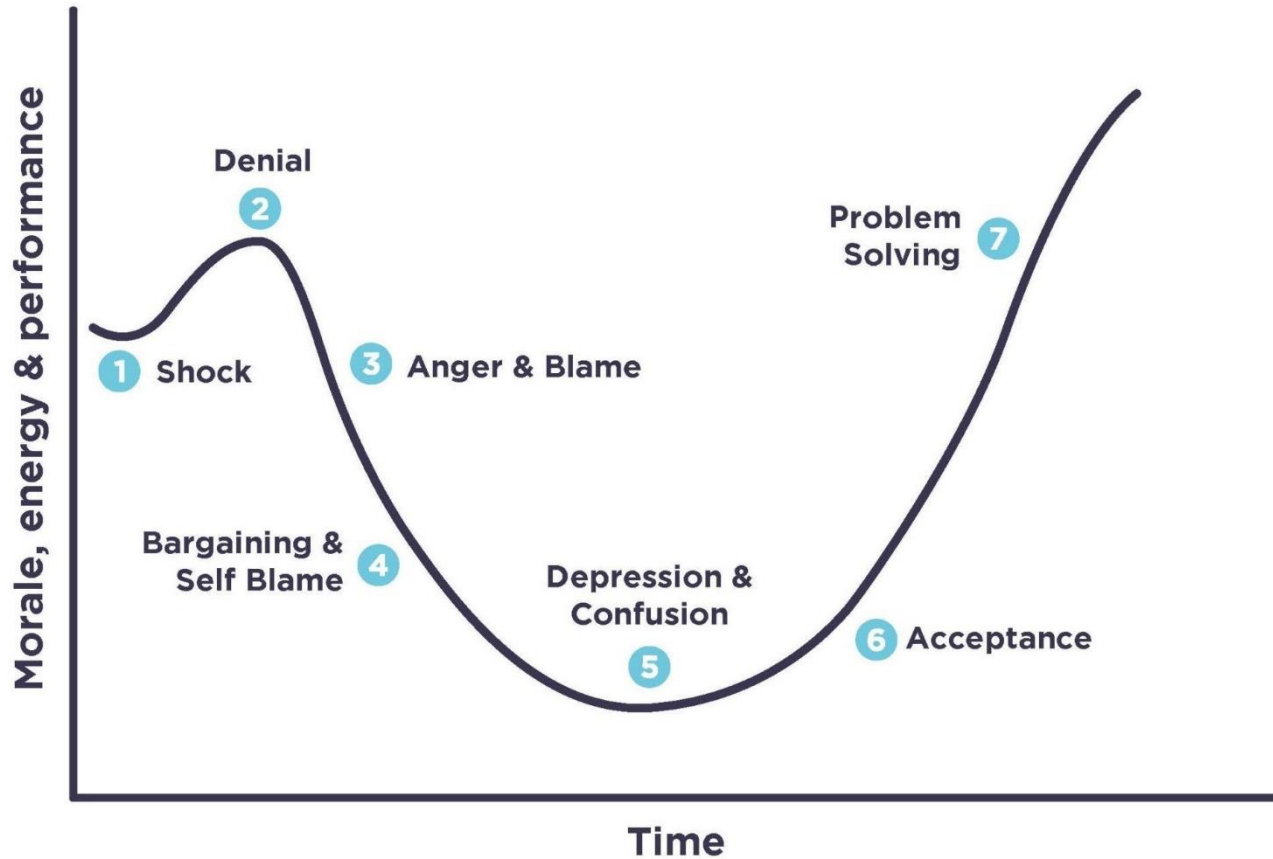
- Our brains are incredibly complex and incredibly clever... but are high energy consumers!
- They constantly seek to make sense of the 1,000,000s of incoming pieces of sensory information every second.
- Our brain craves certainty, predictability, patterns and shortcuts. It will seek to fill voids to create certainty.



- Our brain is equipped with an evolutionary response designed to keep us safe... (fight/flight/freeze)



Change Curve (Kubler-Ross, 1969)



Distraction/this isn't happening to me

Catastrophising

Micromanaging your life

Perfecting everything





DEFINING RESILIENCE



The ability to **bounce back** from adversity

The ability to **withstand, adapt or experience positive growth** following periods of difficulty or challenge

It's what keeps us able to keep going and **buffers potential impact**

WHAT RESILIENCE ISN'T



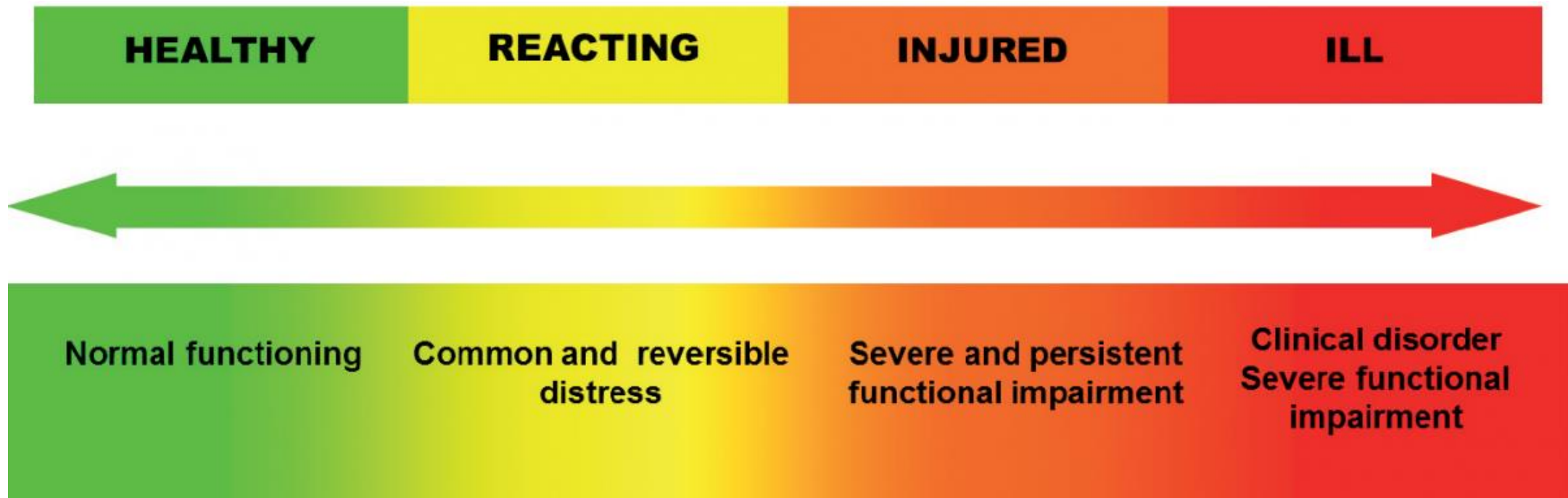
(Dis)stress Free! The road to resilience is often filled with hardships, challenge and adversity

Just a trait you a born with. Resilience takes time and intention, involving behaviours, thoughts and actions that can be learnt and developed.

BUCKET MODEL OF RESILIENCE



NZDF MENTAL HEALTH CONTINUUM MODEL





So how do we go about building resilience?

Healthy Thinking

Wellness/Wellbeing

Healthy Thinking to Promote Resilience

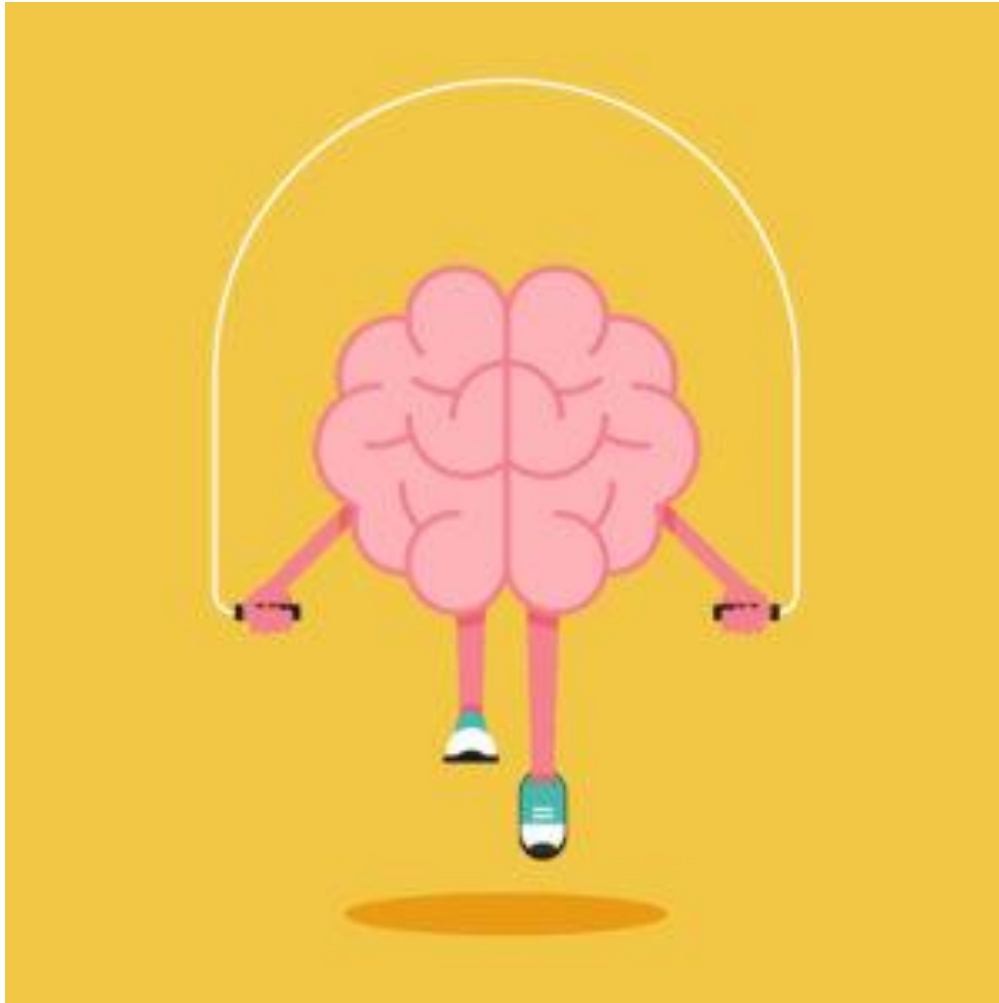
Flexible Thinking

Cognitive Reframing

Acceptance

Focus on What You Can Control

Optimistic Thinking





Wellness/Wellbeing





SO WHAT IS WELLBEING?

WELLBEING

- The state of being comfortable, healthy or happy (Oxford Dictionary)

According to psychologists...

- A state of happiness and contentment, with low levels of distress, overall good physical and mental health and outlook, or good quality of life (APA)

Considering a holistic perspective

- Te Whare Tapa Whā concept of health and wellbeing (Sir Mason Durie)

TE WHARE TAPA WHĀ

THE FOUR CORNERSTONES OF MĀORI HEALTH

*THE WHARENUI SYMBOLISES THE 4
DIMENSIONS OF MĀORI WELLBEING





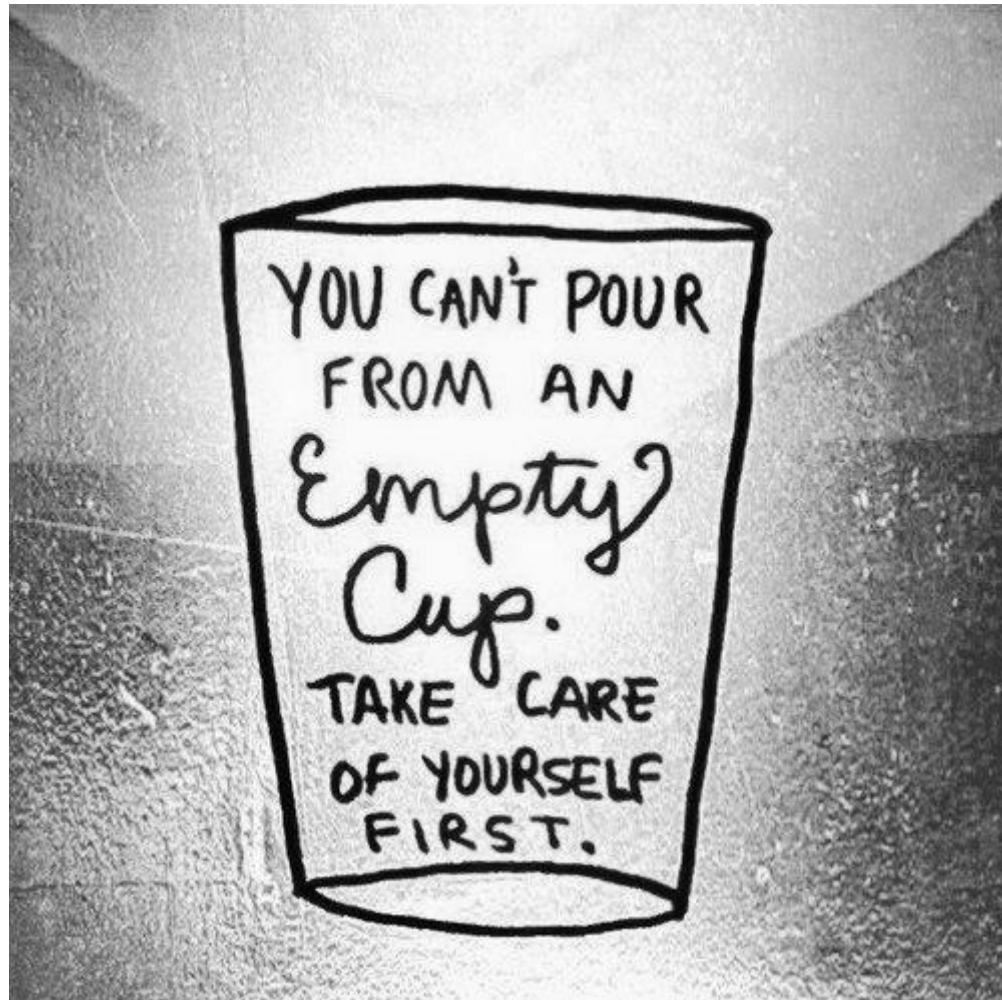
**What are some things you do to
build your personal resilience?**



Final Tips for Personal Resilience During Change



- Find something that works for you – and do it!
- Adopt a flexible thinking approach and focus on what you can control
- Set realistic goals (SMART), break things down!
- Schedule ‘me’ time, do things that bring you joy
- Get familiar with your ‘red’ signs and be proactive in restoring and replenishing
- Small but frequent (and in the present) – Practice!!
- Remember there is only one of you!



Additional Support Available through NZDF

0800 NZDF4U

Headspace Mindfulness App

Defence Health Websites (internal/external)

<https://health.nzdf.mil.nz/>

<http://orgs/sites/nzdf-health/mentalhealth.html>





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