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Resilience and Coping Strategies in a Changing World

Build your inner strength!



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Why is this important to you?

- ⚠️ Generation Z faces **unique challenges**: rapid technological change, information overload, uncertainty about the future
- 🧠 Resilience is **the superpower of the 21st century** – it helps us adapt to constant change and cope with stress
- 📈 According to WHO data, 32% of young people **experience high levels of stress** in their daily lives (2022)
- 💖 Research by the American Psychological Association shows that resilient people manage stress **75% more effectively** and recover more quickly

Interactive question: When was the last time you felt like too much

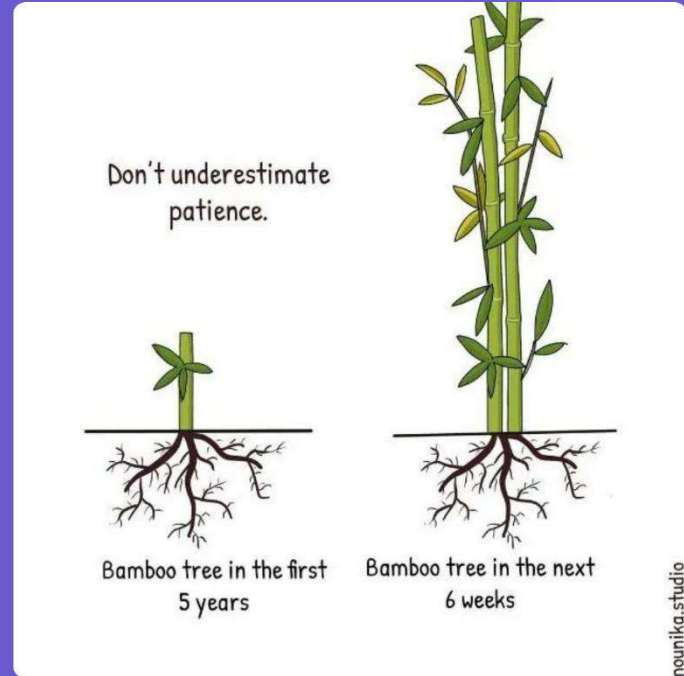
was happening at once?

High stress level prevalence among young people



What is resilience? - The secret of flexible bamboo

Definition of resilience





Map of a Changing World - What are the challenges of today?

Technological changes - the half-life of knowledge has decreased from 5 years to 18 months (World Economic Forum, 2020)

Social expectations and pressure - comparison and pressure to conform, amplified by social media

Economic uncertainty - changing labour market, automation, need for frequent career changes

Climate change and future concerns - environmental challenges and their psychological effects

Information overload - we encounter five times as much information every day as we did 30 years ago (Bohn & Short, 2012)

Interactive question: Which change affects you the most?





Types of resilience - How do you respond to challenges?

Based on Masten and Wright's model

1. Resistance

Maintaining reasonable, balanced, adaptive behaviour despite difficulties. For example: successfully completing developmental tasks despite adverse circumstances.



4. Transformation

Improvement in adaptive functions after a setback, post-traumatic growth. For example: new values, deeper relationships, greater wisdom.



recovery, and transformation.

The Building Blocks of Resilience

The 5 pillars of resilience

1. Connection to the present moment

Practising mindful presence, directing attention, the ability to exist in the "here and now" (Kabat-Zinn, 2003)

2. Acceptance

Accepting difficult experiences, thoughts and feelings without judgement, letting go of the struggle (Hayes et al., 2006)

3. Values and goals

Clarification of personal values and value-driven behaviour, setting long-term goals (Szondi & Szabó-Bartha, 2015)

4. Supportive relationships

Maintaining positive relationships, seeking and accepting social support, community participation (Werner & Smith, 1992)

5. Problem-solving skills

Structured problem solving, seeking creative solutions, developing flexible thinking (Garmezy, 1993)

Foundations of resilience

Emotion regulation

Social connections

Problem-solving skills

Self-care and mindfulness


Physical health and lifestyle

The 4 fundamental building blocks of resilience

Self-reflection questions:

- How much or what do you report on your daily activities?
- How do you relate to unpleasant feelings?
- What values guide your decision-making?
- Who can you count on when you need support?
- What strategies do you use to solve problems?

How do you cope? - A map of coping strategies

 **Coping strategies** are cognitive and behavioural efforts that individuals use to manage external or internal challenges that cause stress (Lazarus and Folkman, 1984)

→ Types of coping:

Problem-focused: Aimed at changing the source of stress (e.g. problem solving, time management)

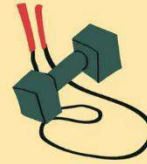
Emotion-focused: Aimed at regulating emotional responses to stress (e.g. relaxation, venting)

According to effectiveness:

Adaptive coping: Long-term effective, development-supporting strategies (e.g. seeking support, reframing)

Maladaptive coping: Short-term relief, long-term harm (e.g. avoidance, substance use)

Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself
a pep talk



Meditate

Problem-Focused Coping Skills



Work on
managing time



Ask for support



Establish
healthy boundaries



Create a
to-do list



The Pitfalls of Maladaptive Coping

Maladaptive coping strategies may provide a **temporary solution**, but **they do not solve the problem** in the long term and can even have a detrimental effect on our relationships and health.



Alienated defence mode

Emotional detachment, robotic behaviour, inability to get close to others



Alienated self-reassurance mode

Compulsive or addictive behaviours (alcohol, overeating, shopping, gambling)



Cooperative self-sacrifice

Wanting to meet all expectations, serving the wishes of others

Angry defensive mode

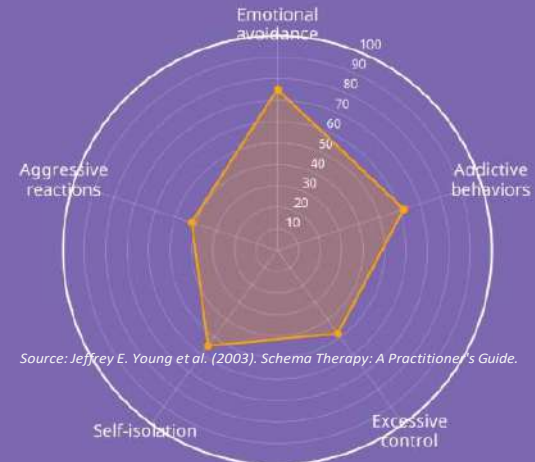
Controlled expression of anger, sullen behaviour, cynical, hurtful criticism



Complaining defence mode

Constant dissatisfaction, playing the victim, asking for help but making it impossible to receive it

Characteristics of maladaptive coping mechanisms



Source: Jeffrey E. Young et al. (2003). *Schema Therapy: A Practitioner's Guide*.



The Adaptive Coping Toolkit

Adaptive coping strategies are **effective long-term** methods that help manage stress, maintain emotional balance, and support personal development.

Cognitive techniques



- **Reframing** - interpreting the situation from a different perspective
- **Positive self-talk** - developing supportive internal dialogue
- **Reality testing** - separating facts from assumptions



Behavioural techniques

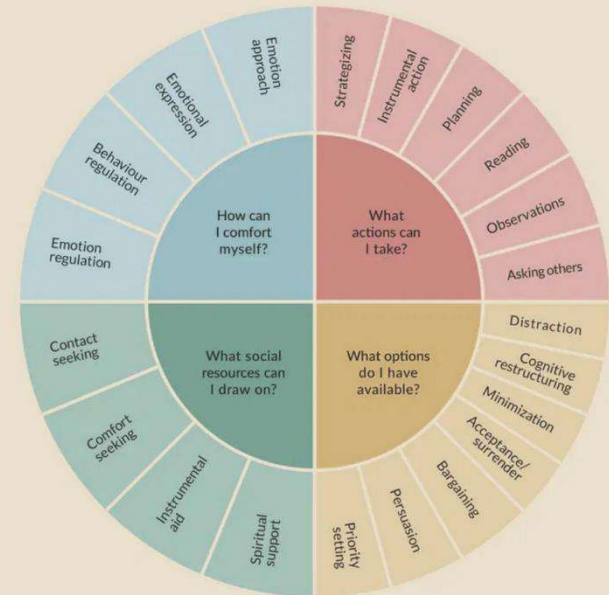
- **Problem solving** - structured steps towards a solution
- **Activity scheduling** - planning positive activities
- **Gradual exposure** - Gradual overcoming of fears



Emotional regulation

- **Mindfulness** - practising conscious presence
- **Relaxation techniques** - breathing exercises, progressive muscle relaxation- healthy expression of emotions

ADAPTIVE COPING STRATEGIES WHEEL FOR DIFFICULT TIMES



The Anatomy of Stress - Body and Soul

- 🌱 **The biological background of the stress response:** the hypothalamic-pituitary-adrenal axis (HPA) is activated, resulting in the release of stress hormones (cortisol, adrenaline) (János Selye, 1956)



Acute vs. chronic stress:

Acute

Short-term, adaptive response, helps avert danger, then subsides



Chronic

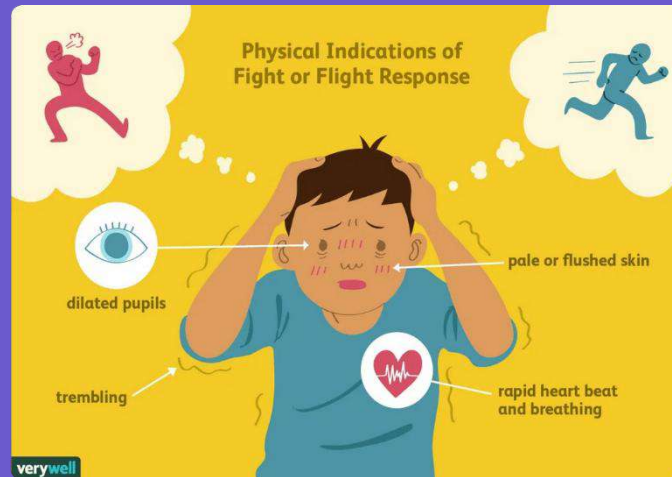
Long-term, harmful effects, weakening of the immune system, cardiovascular problems

- 📍 **Recognising physical signs:** rapid heartbeat, muscle tension, digestive problems, headaches, sleep disturbances, fatigue, weakened immune system

- 🏃 **The "fight or flight"** response in the modern age: instead of physical dangers, we respond to psychological stressors with the same biological mechanism (Cannon, 1915)

📌 Gyakorlati feladat: 4-7-8 légzéstechnika

1. Lélegezz be az orronon át 4 másodpercig
2. Tartsd bent a levegőt 7 másodpercig
3. Fújd ki a szádon át 8 másodpercig
4. Ismételd 3-4 alkalommal



The physiological process of the "fight or flight" response

Digital Age, Digital Stress

FOMO (Fear of Missing Out) - the fear of being left out, which compels us to be constantly online and causes anxiety if we are not up to date (Przybylski et al., 2013)

Information overload - the brain is unable to process the amount of information it receives, which can lead to attention deficit, indecisiveness and burnout

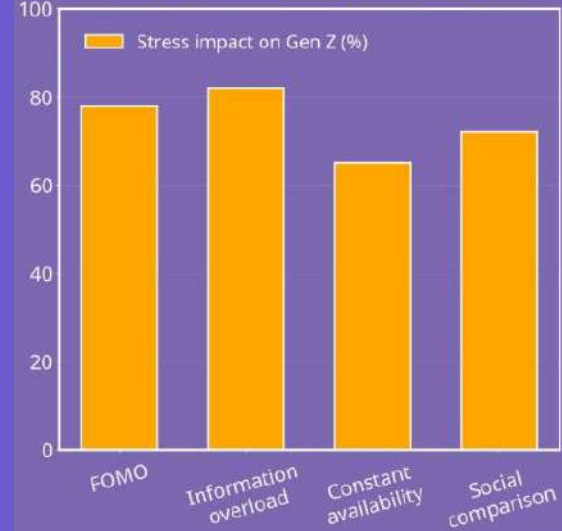
Constant availability - blurring of the boundaries between work and private life, lack of rest and the mental strain of the "always on" culture

Social comparison - idealised images on social media can lead to negative self-esteem and dissatisfaction

☞ Digitális egyensúly stratégiák:

- **JOMO** (Joy of Missing Out) - az elszalasztás öröme, tudatos döntés a kikapcsolódásra
- **Digitális detox** - tervezett időszakok képernyők nélkül (pl. hétvégék, étkezések)
- **Tudatos médiafogyasztás** - értesítések kikapcsolása, időkorlátok beállítása
- **Offline kapcsolatok** prioritása - valódi találkozások és élmények előtérbe helyezése

Impact of digital stress factors (Reinecke et al., 2017)





Mindfulness - The Power of the Present Moment

Mindfulness is the ability to be fully present in the moment, without judgement (Kabat-Zinn, 2003).

Conscious presence vs. "autopilot" mode: mindfulness helps us break out of automatic thinking and reacting, enabling conscious

choices

Regular mindfulness practice **reduces stress** (27%), **improves concentration** (23%) and **increases emotional regulation** skills (30%) (American Psychological Association, 2019)

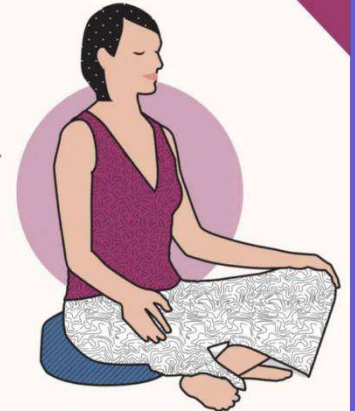
Simple mindfulness exercises:

- 5-4-3-2-1** technique : Name 5 things you see, 4 things you
- 1** feel, 3 things you hear, 2 things you smell and 1 thing you taste
- 2** **Breath awareness:** Pay attention to your breathing for 3 minutes, and when your mind wanders, gently bring it back
- 3** **Body scan:** Move through your body from your toes to the top of your head, paying attention to each part of your body.

How to Practice Mindfulness

mindful
mindful.org

- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5 Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.





The Art of Reframing - Changing Your Perspective

Reframing is a cognitive technique in which we change our thinking about a situation in order to see it from a different perspective (Beck, 1979).

Examples of reframing:

Negative: "I messed up the presentation, I'm completely useless."

Reframed: "I can learn from this experience and be better prepared next time."

Negative: "Everyone else is more successful than me, I've fallen behind in life."

Reframed: "Everyone has their own path, and I am following mine at my own pace."

perspective, such as "What if this were an opportunity for growth?"

The **"What if..."** technique: Ask yourself questions that offer a new

10 Strategies for Managing Stress in the Workplace

1	Control Your Distractions Regain control over your environment and technology can make you less frazzled.	6	Get Enough Sleep Good, quality rest renews you so that you can more effectively manage stress.
2	Disconnect From Work Take a technology break and make room for personal time to recharge.	7	Leave "Busy" for the Bees Shift your focus from reactive to proactive.
3	Make Vacation a Work-Free Zone Use all of your vacation time and leave your work at the office.	8	Let Go of the Past "Face time" in the office is no longer a useful measure of productivity.
4	Give Up Multi-Tasking Task switching lowers the quality of your work and sabotages productivity.	9	Support Thoughtful Work Make sure there are quiet places in the office that support focus and flow.
5	Use "Office Hours" Be less available to others so you can do more thoughtful work and empower your team.	10	Recognize When You're Overwhelmed Your mind and body are your most important resources. Prioritize your wellbeing.

10 strategies for managing stress at work

Interactive exercise: "Reframe your problem!"

Think of a current challenge and try to reframe it in three different ways: as an opportunity, as a learning experience, and as a path to growth.

Problem-solving thinking

 **Structured problem solving** helps you approach challenges systematically, reducing stress and increasing efficiency

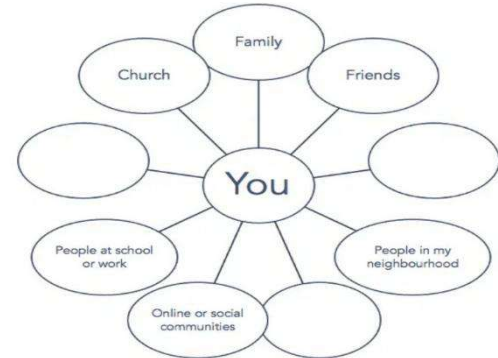
(D'Zurilla & Nezu, 2010)

The 5 steps of structured problem solving:

- 1 Define the problem** - Precisely defining the problem
- 2 Searching for alternatives** - Gathering possible solutions
- 3 Weighing up the consequences** - Evaluating advantages and disadvantages
- 4 Decision and action** - Implementing the best solution
- 5 Evaluation** - Reviewing the outcome

The "What's the worst that could happen?" exercise

1. Choose a problem that is currently on your mind
2. Ask yourself, "What is the worst thing that could happen?"
3. Think about: "How could I cope with it?"
4. Assess: "How likely is it to happen?"



The 5-step problem-solving process



Emotional Regulation - The Internal Thermostat

♥ **Emotional regulation** is the ability to recognise, understand and influence our emotions (Gross, 1998). It does not mean suppressing emotions, but rather managing them consciously.

🔍 **Recognising and accepting emotions**: The first step is awareness - notice what emotions are present and accept them without judgement.

Using the **emotional thermometer** : Rate your emotional intensity on a scale of 0-10 and choose an appropriate regulation strategy based on the intensity.



Using the "STOP" technique:

S

Stop - Stop, do not react immediately

T

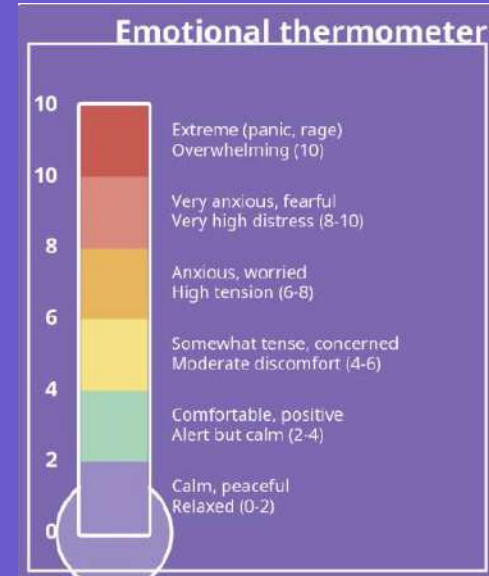
Take a breath

O

Observe - Observe what is happening within you and around you
Self-calming strategies: 5-4-3-2-1 sensory exercise, progressive muscle

P

Proceed - Move forward consciously
relaxation, positive self-talk, distraction, physical activity



Practice: Emotional diary guide

Keep a diary about your feelings for a week:

1. What emotion did I feel? (naming)
2. How intense was it? (0-10)
3. What triggered it? (situation)
4. How did I handle it? (strategy)

Building Supportive Relationships

Types of social support:

♥ Emotional support

Expressing empathy, care, love, and trust, which helps during difficult times. Provides a sense of security and acceptance (Cohen & Wills, 1985).

📄 Informational support

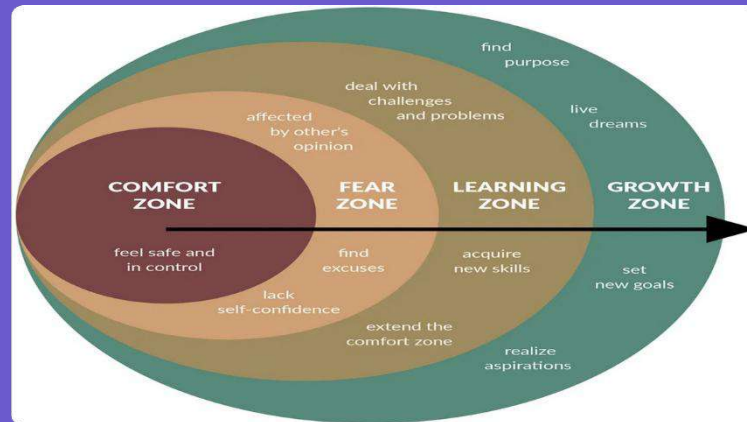
Sharing advice, guidance and information that helps to understand and solve problems (Cutrona & Suhr, 1992).

👉 Practical help

Tangible help, such as providing time, money, skills or resources for everyday tasks (House, 1981).

👏 Appreciative feedback

Constructive feedback and reinforcement that helps develop self-esteem and identity (Heaney & Israel, 2008).



The importance of a strong social support network

📄 How do we ask for help?

Let's be specific, time-bound, accept help when it's available, and reciprocate when we have the opportunity.

📄 Reciprocity in relationships

Healthy relationships are based on mutual give and take, where both parties support each other (Gouldner, 1960).



Expanding the Comfort Zone

🏠 The **comfort zone** is the mental state in which we feel safe and comfortable, with familiar routines and behaviours (White, 2009). Although it provides security, excessive attachment to it hinders

growth.

✂️ The **growth zone** is located outside the comfort zone, where we can learn new skills, face challenges, and grow. The key to building resilience is to consciously and gradually expand your comfort zone

(Brown, 2017).

⚠️ The **panic zone** occurs when we face too great a challenge. Here, we are no longer learning, but surviving, which is why the principle of gradualism is important (Yerkes & Dodson, 1908).

The principle of gradual exposure:

- 1 **Identify** the boundaries of your comfort zone
- 2 **Set** small, achievable goals
- 3 **Prepare yourself** for the challenge (mentally and practically)
- 4 **Step out** your comfort zone, but stay in your growth zone
- 5 **Reflect** on your experiences and celebrate your successes



Your Personal Survival Kit

What should a resilience toolkit contain?

Quick help techniques (SOS strategies)



4-7-8 breathing technique - Breathe in for 4 seconds, hold for 7 seconds, breathe out for 8 seconds (Weil, 2015)

5-4-3-2-1 sensory exercise - Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1

thing you taste

STOP technique - Stop, Take a breath, Observe, Proceed

Physical switch - Cold water on the face, exercise, change of posture, walk in the fresh air

Long-term constructive exercises



Regular mindfulness - 10-15 minutes of meditation or conscious presence practice every day

Emotional journal - Regular recording of emotions, thoughts and experiences





Crisis management - When everything falls apart

! A **crisis** is a period when the usual coping strategies do not work and immediate intervention is needed due to the disruption of balance (Caplan, 1964).

The **BASICS** crisis management model:

B Breathe

A **Acknowledge**


S **Support** - Seek support, do not remain alone


I **Information** - Gather information about the situation


C **Coping** - Apply coping strategies

S **Self-care** - Take care of yourself and your basic needs

Helpful resources in a crisis situation:

 Mental Health First Aid Telephone Service: 116-123 (free, 24

 hours a day) Blue Line Children's Crisis Foundation: 116-111

 (free, 24 hours a day)

The 6-step crisis intervention model:

1. Problem definition - Identifying the nature of the crisis

2. Personal safety - Ensuring the person's safety

3. Support - Providing emotional and practical support

4. Alternatives - Exploring possible solutions

5. Making plans - Developing a concrete action plan

6. Commitment - Commitment to implementing the plan



Help and Additional Resources



In case of crisis



Emotional First Aid Telephone Service: 116-123 (free, 24 hours a day)



Blue Line Children's Crisis Foundation: 116-111 (free, 24 hours a day)



Recommended reading



Masten, A. S. (2015): **Ordinary Magic: Resilience in Development**



Brown, B. (2018): **Courage is the New Currency**



Kabat-Zinn, J. (2020): **Mindfulness for Beginners**



Seligman, M. E. P. (2011): **Flourish: A Visionary New Understanding of Happiness**

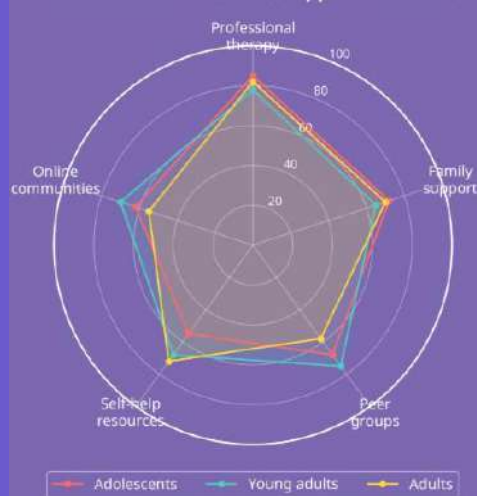


Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012): **Acceptance and Commitment Therapy**



Tedeschi, R. G., & Calhoun, L. G. (2004): **Posttraumatic Growth: Conceptual Foundations**

Effectiveness of various support resources



Developing resilience is not a one-time event.

is the result of **continuous learning and practice**,



Community support

and seeking professional help is not a sign of weakness, but a sign of strength and self-awareness.



Every difficulty hides an opportunity for growth **and development** if we have the right tools at our disposal.