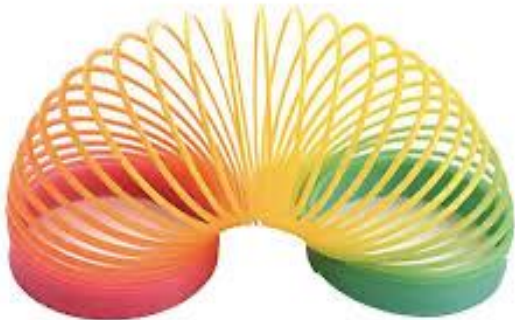


# Bending, Bouncing, and Building Resilience

Moving Beyond Cancer to Wellness at Seattle Children's  
September 30, 2023

Leslie Heron, RN, MN, APRN, FNP-BC, NC-BC  
The Green Labyrinth  
The Cancer Survivorship Provider Network





Cancer puts a lot of **pressure** on us, but it doesn't need to flatten us! This talk is for anyone in who wants to build their resilience "muscle" – *no gym shoes required!*



# What is “resilience”?

- Resilience is the process of **adapting well** in the face of **adversity**, **trauma**, **tragedy**, **threats** or significant sources of **stress**.



2015 American Psychological Association

- *OR* Being able to “**bounce back**”, or to move forward, after all kinds of physical and emotional challenges



Resilience is not something we have or don't have.

It is something we can learn.



Resilience improves with practice.



# Why do we need resilience?

Cancer creates pressure...

...it has to **go** somewhere!



# Resilience is a **tool** we can use

- To decrease stress
- To feel less overwhelmed
- To re-focus
- To get un-stuck
- To feel physically better
- To improve communication
- To improve relationships



# 3 Take-Home Tools!

- #1: Reminder Spring



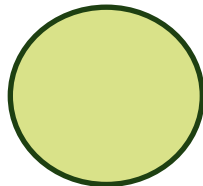
- And 1 challenge...



- #2: Breath Box



- #3: Circle of Connection



# Reminder Spring

**Think of a not-so-great time...**

- How did you feel?
  - Overwhelmed?
  - Afraid?
  - Angry?
  - Other feelings...?
- How did you get through it?
  - What strengths did you use?
  - Who or what helped?
  - Did you gain confidence?

**Let's make a spring...**





# Breath Box

- Let's make a box...
- Breathing takes practice?
  - Yep!
    - Singing
    - Playing an instrument
    - Swimming
    - Yoga
    - Others?
  - Let's practice "Box Breathing"



- Mindfulness is a really helpful resilience tool you can use anywhere, anytime!

# Circle of Connection

- Think of a time when a family member, friend, teacher, healthcare person, pet, plant, song, book, picture, or movie helped you feel stronger...



- *Sometimes it's hard to blow up your own beach ball*
- Let's make a circle that can **connect!**

# Connections build resilience



Recognizing our common humanity, asking for and/or accepting help, resisting isolation, giving and receiving kindness, and being real help build connections, a sense of security, and our resilience.



# 3 Tools and a Challenge

- #1: Reminder Spring
- #2: Breath Box
- #3: Circle of Connection
- **Gratitude Challenge**
- **Gratitude**
  - Improves physical symptoms and performance
  - Improves psychological coping
  - Improves sleep quality, alertness, and energy
  - Improves self-esteem and empathy
  - Improves relationships and reduces resentments
  - Builds optimism
  - **Has LASTING benefits**

# Gratitude Challenge



- Make a commitment to yourself today
- Say 3 things you are grateful for each morning before you do anything else
- Keep this up, restart if you forget

# Thank You for taking the time to be here learning today!

- #1: Reminder Spring



- Gratitude challenge

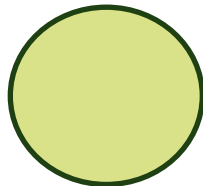


- #2: Breath Box



- Keep practicing!

- #3: Circle of Connection



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