

# Helping Those Who Help Nurture and Maintain their Resilience

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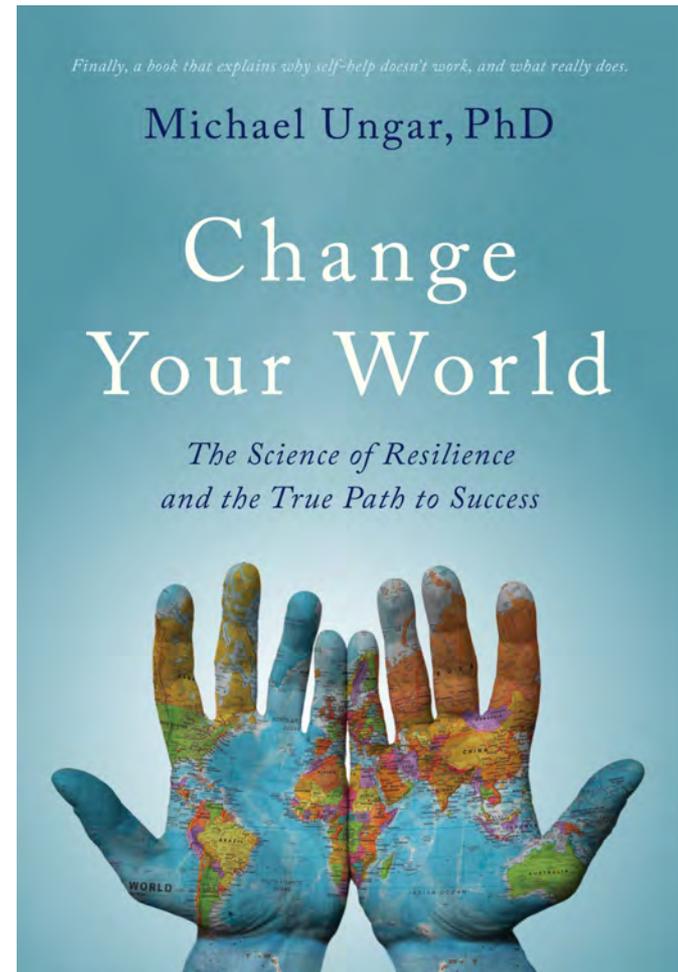
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# *Character traits are supposed to make us successful*

- ✿ Virtue (“I’ve always been a kind-hearted person”)
- ✿ Faith (“I never stopped believing that my life had a higher purpose”)
- ✿ Perseverance (“I never stopped trying”)
- ✿ Self-control (“I waited until the time was right”)
- ✿ Resistance (“No one could ever tell me I wasn’t good enough”)
- ✿ Talent (“From a young age, I was very good at what I did”)
- ✿ Optimism (“Life gets better if you let it”)
- ✿ Grit (“I have never accepted that I am weak”)



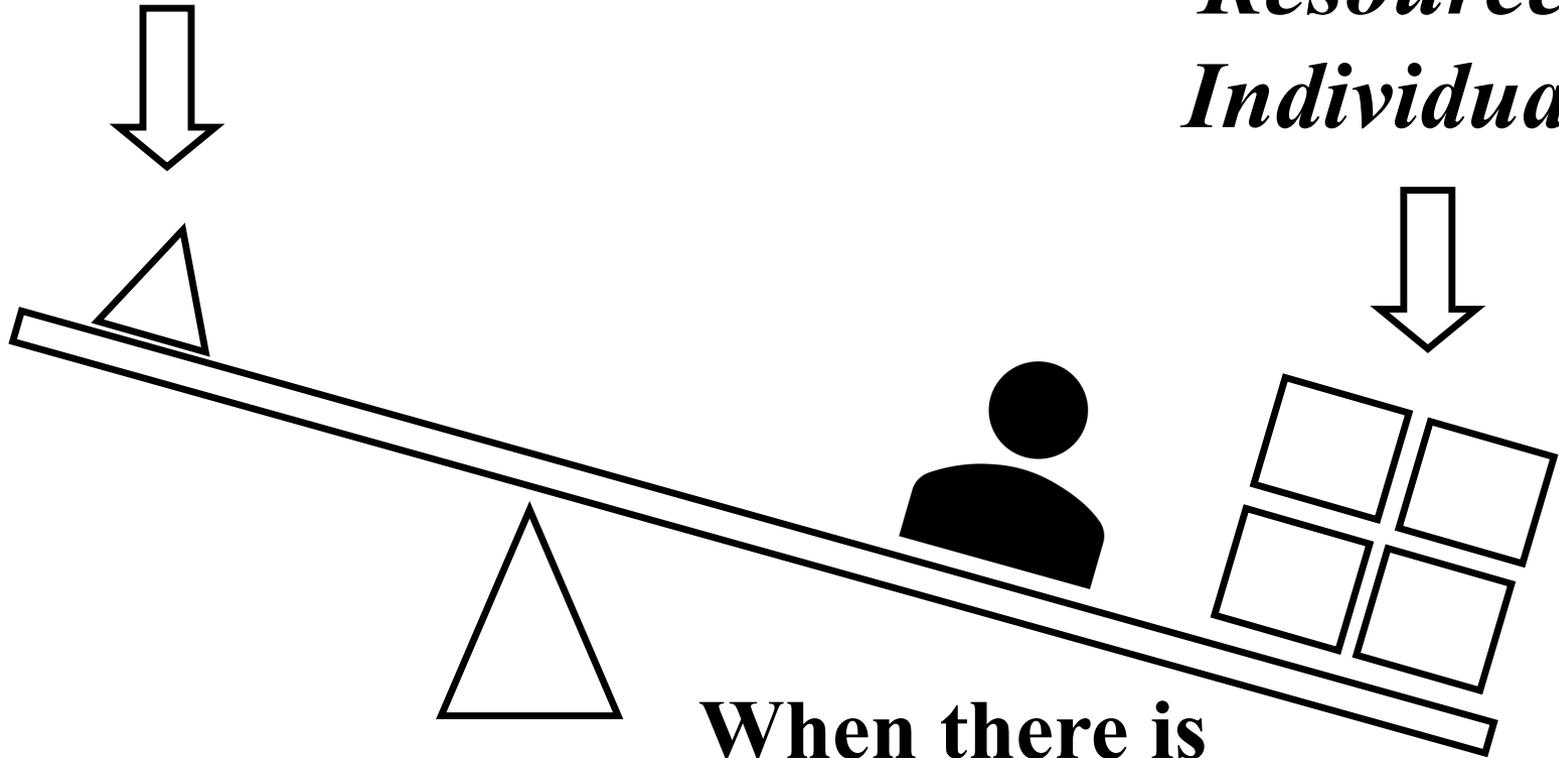
***Personality traits and  
small changes in  
behaviour do not  
predict success***

***What counts more are  
the resources we have  
available and accessible***



***Rugged  
Individuals***

***Resourced  
Individuals***



**When there is  
a great deal of stress and  
adversity**



# *A Dozen Resilience Resources*

1. Structure/routines
2. Consequences/accountability
3. Intimate and sustaining love from others
4. Lots and lots of supportive relationships
5. A powerful identity
6. A sense of control
7. A sense of belonging/culture/spirituality/life purpose
8. Rights and responsibilities
9. Our basic needs are met
10. Positive thinking
11. Physical wellbeing
12. Financial wellbeing



*The science of resilience teaches us  
that when we face adversity:*

1. Resources matter
2. Better resourced people do better
3. Changing your world is much easier  
than changing yourself



# *Exercise: Weaving a life*



# *The Stealing Effect of exposure to manageable amounts of stress*

- ✚ DPTP-Hib vaccine prevents newborns from diphtheria, tetanus, polio, and Hib disease
- ✚ Cancer patients who experience a moderately life-threatening (stage II) cancer diagnosis develop coping skills that can benefit them for years



# *Matching Resources to Risks*

*Problem:* \_\_\_\_\_

**Risks**



**Resources**





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# *Exercise: Surviving in a challenging environment*



## *Exercise:*

# *Appreciative Inquiry: Part A*

- ✦ Describe an experience at home or work where you have been able to navigate and negotiate for the resources you needed to be resilient.
  - ✦ Be very specific when describing your experience.
  - ✦ Where did the experience occur?
  - ✦ When did it occur?
  - ✦ What was it about the experience that made it so supportive?



## *Exercise:*

# *Appreciative Inquiry: Part B*

- ❖ Who, and/or what, was required to make this experience possible for yourself and others?
  - ❖ Again, be as detailed as possible. What would someone have seen you and others doing?
  - ❖ What policies/supports were in place that made it possible for you to experience resilience?

# Thank You!

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