

HEROES Project

Health Education for Resiliency
through Optimal Experience Strategies



Alternatives 2010

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<http://heroesprojectusa.com>

Objectives

- Presenter's background and credentials
- Fundamentals for the HERO in YOU
 - Define and conceptualize resiliency
 - Explore outcomes and readiness to change
 - Introduce the Resiliency Fitness Paradigm
 - Workshop resiliency competencies
- Question & Answer

HEROES 101: Resiliency Fitness Paradigm

~ The 90-Minute Workshop ~

What Do We Gain?

- Gain command of the cultivation of resiliency
- Gain greater control over recovery
- Gain personal satisfaction and prosperity
 - Improve positive impact on loved ones, friends, and the wider world
 - Improve quality of life

Etymology & Definitions

Latin, *resilire*,

to leap or spring back...

Effective coping amid distress

Competence despite adversity

Bouncing back

Adaptability



Resiliency

is the optimal coping response to disadvantageous **circumstances** and/or insufficient **resources** that is rooted in human **constitution** and that fosters **prosperity**.

Optimal Coping Response

Rational

Creative

Prosocial

Circumstances

Stress

Strain

Adjustment

Resources

People - Expertise

Places - Infrastructure

Policies - Services

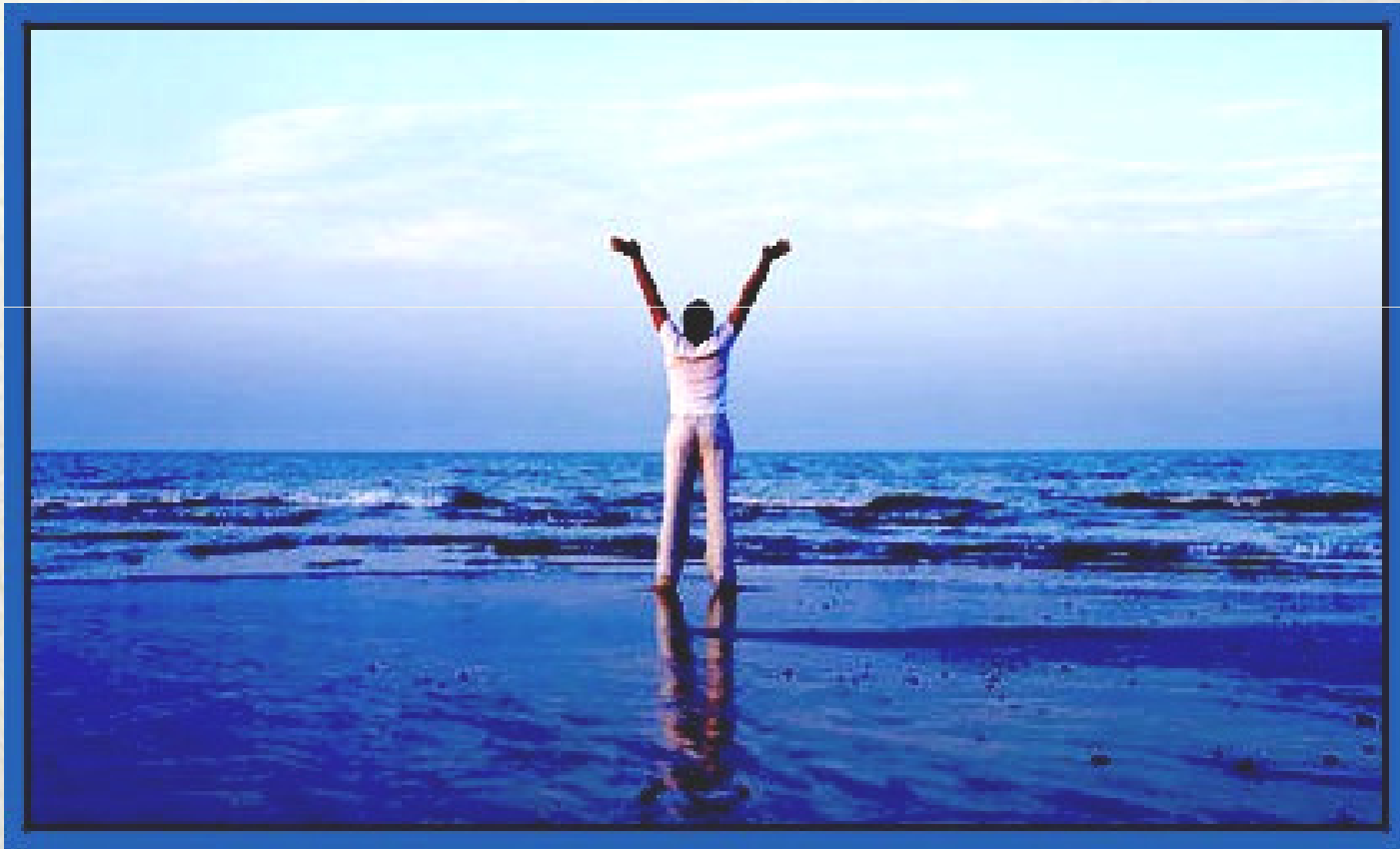
Constitution



SELF as a whole...

a unique, dynamic, and fluid amalgam of attributes
of mind, body, and spirit

What is the Ultimate Reward?



Prosperity

A piece of textured, cream-colored paper with a fibrous, mottled appearance is centered on a solid blue background. The word "Prosperity" is written in a bold, dark blue, sans-serif font across the upper portion of the paper. The paper has irregular, deckled edges, and a thin red line is visible at the bottom right corner.

Resiliency Outcomes Continuum

- Failure..... Denial
- Succumbing..... Disability
- Impairment..... Impediment
- Mediocrity..... Languishing
- Thriving..... Adaptation
- Excellence..... Transformation

Constitution



SELF as a whole...

a unique, dynamic, and fluid amalgam of attributes
that renders
resiliency outcomes variable

Group Exercise



*IN CONSIDERATION
OF A COMMON LANGUAGE*

Resiliency Fitness Paradigm

9 Fitness Competencies

10 Training Principles

3 Contextual Features

Fitness Competencies

Athleticism

Resiliency

Strength

Fortitude

Endurance

Perseverance

Power

Autonomy

Flexibility

Adaptability

Balance

Stability

Accuracy

Precision

Speed

Efficiency

Agility

Mastery

Grace

Virtue

Training Principles

Specificity

Overload

Recovery

Adaptation

Individualization

Progression

Variation

Maintenance

Plateau / Retrogression

Warm-up /

Cool-down

Contextual Features

Milieu / Social Ecology

Time

Performance Psychology

Fundamental Tenet

Just as an athlete proactively engage in practices that foster athleticism...

so must we proactively engage in practices that foster resiliency!



Readiness to Adapt

People who feel: **and who encounter:** **are motivated by:**

Most suffering	Chronic crisis.....	Hitting bottom
Moderate suffering	Acute crisis.....	Re-evaluation
Less suffering	Role model (hero)....	Emulation
Least suffering	Education.....	Discipline

WHAT MUST HAPPEN FOR YOU TO ADAPT?

HERO at the Ready!

Concluding Messages



- Avoid learning the hard way.
If you must learn the hard way,
learn efficiently!
- Accept responsibility—your
ability to respond!
- Ask for and accept help!
- Pay it back and pay it forward!

HEROES Commitment

I solemnly commit to identify
and accept growth opportunities,
to contradict messages that
undermine my progress,
to avoid self-sabotage, and
to re-emerge as my authentic self.

SIGNATURE: _____ DATE: _____