SPOTLIGHT

Bouncing Back

Resiliency, according to Merriam-Webster, is the ability to recover from or adjust easily to misfortune or change. Sounds like a tool we could all use. Life sends us the occasional, or sometimes frequent, curveball and the ability to adjust, bounce back or roll with it makes coping easier. Finding ways to increase or develop your resiliency has become a hot topic for well-being. Keep reading for some of the most evidenced-based tips on how to increase resiliency.

There are four basic ingredients to resilience:

1. **Awareness**—noticing what is going on around you and inside your head;
2. **Thinking**—being able to interpret the events that are going on in a rational way;
3. **Reaching out**—how we call upon others to help us meet the challenges that we face, because resilience is also about knowing when to ask for help; and
4. **Fitness**—our mental and physical ability to cope with the challenges without becoming ill.

These skills help us adapt to and overcome adversity, trauma, tragedy, threats, or significant sources of stress, such as family and relationship problems, health issues, workplace, career or financial stressors.

Read more at: skillsyouneed.com/ps/resilience.html
Adapted from the American Psychological Association highlights “10 Ways to Build Resilience” (wellmd.stanford.edu)

The Center for Health focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families. Among the Center for Health’s offerings are: interactive website, well-being programs, trends and research, educational opportunities and the UMC Health Ministry Network (UMCHMN) and related resources.
ASK A PROFESSIONAL
Rev. R. Michael Warner
Clergy Care Services Director, Indiana Annual Conference

What’s in Your Resilience Toolbox?

At Incheon International Airport in South Korea a severely disabled Korean woman approached me. My first instinct that “she’s panhandling for assistance” was dead wrong. She wanted to provide encouragement to my spiritual journey.

After she offered words of hope, love and compassion, I recognized that this person who was dealt a terrible blow in life was resilient enough to bounce back and bless others. She reminded me of the movie character Rocky Balboa who once said: “life is not about how hard you hit, but how hard you can get hit and keep moving forward.”

I learned that her Resilience Toolbox was full from her church community praying with her every day, and members of her “covenant group” stopping in every day to offer encouragement and provide assistance.

This Korean “saint” challenged me to ponder what is RESILIENCE and what tools could we all put into our RESILIENCE Toolbox to be more like her?

Perhaps we should first acknowledge that our toolbox will look different than those around us, because no two people react the same to traumatic and stressful life events. There are, however, common tools of resilience that we may want to add to our box, such as caring and supportive relationships, community and meaningful relationships and problem solving skills. The Lord Jesus modeled resiliency tools of solitude and prayer in order to mitigate the stress and challenge of life.

Our Korean sister overcame great adversity to pursue a mission of encouraging the spiritual health of foreigners transiting through her beloved country. What a witness to God’s goodness, to the power of community and to a life that successfully utilized the tools of resilience. So what’s in your toolbox to overcome life’s adversities? I think I need to add a few more.

RESILIENCE TOOLBOX

Caring and supportive relationships
Community and meaningful relationships
Problem solving skills
Solitude
Prayer

“Life is not about how hard you hit, but how hard you can get hit and keep moving forward.”
—Rocky Balboa
Time For a Tune-Up

Setting realistic, rewarding goals and actively working toward them helps us feel a greater sense of control over our lives, and builds resilience. If you are thinking of setting goals for the new year, include meeting with a medical provider in your plans. It is important to develop a relationship with a primary care provider (PCP). Like a trusted mechanic for car problems, having someone you can rely on for medical tune-ups will be important when more than a tune-up is needed.

Schedule and keep an annual appointment. As we age it becomes more important to check certain health factors annually. Recommendations will be different for men and women, and are based on age, family history and other risk factors. Talk to your PCP about what preventive services are right for you. See Wespath’s new Men’s Health infographic for factors specific to men’s assessment. (Women—watch for yours coming soon!)

Make it work for you. Plan ahead to make your routine visit a positive experience. Write down questions before your appointment. Practice discussing your top two concerns. When you talk about symptoms, be honest. Be open to listening if your PCP has concerns you view as less important. Leave with knowledge about how well-tuned you may or may not be. When you take action where needed, you can check your body’s annual tune-up off of your list!

ASK A NURSE
Jo Sanders, BSN, RN
Faith Community Nurse, Illinois Great Rivers Conference Member

Berries Dessert Recipe

BERRY GALETTE

INGREDIENTS
Two 9-inch pie refrigerated crusts
Zest of one lemon
Juice of one lemon
½ cup sugar
2 ½ cups of blueberries
1 ½ cup of blackberries
1 egg for egg wash

DIRECTIONS
Place pie crusts on top of each other and roll out to 15–16 inches. Place on a parchment lined baking sheet. Make sure your baking sheet has edges all the way around as the berries can drip. Mix sugar, berries, lemon zest and lemon juice in a bowl. Place berries in the center of the pie crust leaving a 2-inch border. Fold or pleat the edges of the pie crust and brush with egg wash. Bake in 350° oven for 45–50 minutes until crust is golden. Serve warm or at room temperature. (Makes: 6 servings)

NUTRITION (PER SERVING)
Calories: 348.5
Total Fat: 15.4 g  (Saturated Fat: 4.8 g; Polyunsaturated Fat: 2.1 g; Monounsaturated Fat: 7.1 g)
Cholesterol: 31.0 mg
Sodium: 288.5 mg
Potassium: 173.5 mg
Protein: 3.5 g
Total Carbohydrates: 51.0 g
Vitamin C: 20.5%
(Dietary Fiber: 4.1 g; Sugars: 25.9 g)

Well-Being Tips for Leaders

Four Tips for Managing Change

LISTEN TO YOUR TEAM
They have insights about what is going on. By asking the team their thoughts and ideas you will also ensure that they have bought in and are working together toward change.

UNDERSTAND THE EMOTIONS OF CHANGE
Know that change isn’t going to be popular with everyone. People might get defensive, uncertain or anxious which can hinder accepting what’s new. Strive to build respect and understanding, and listen to become the champion of good ideas to promote and sustain change.

KNOW THE “BIG PICTURE” PRIORITIES
Change requires a broad level of acceptance across groups. It is important to develop a shared culture and keep tabs on how everyone feels about the change.

ABILITY TO PERSEVERE
Even with best laid plans, something usually goes wrong. You must be willing to adjust the course and start moving in the right direction.

Adapted from: fortune.com/2015/10/22/change-leaders-managers/
WELL-BEING ARTICLE

Making Change—Slow and Steady Wins the Race

We can all benefit from changes to improve areas of our life. Jumping head-first into a change can set you up for failure (think New Year’s Resolution success rates). Planning ahead and strategizing for change can make all the difference in your potential for success.

According to B. J. Fogg, Behavior Change Psychologist at Stanford University, there are only three ways to make actual change happen:

Option A  Have an epiphany
Option B  Change your environment (what surrounds you)
Option C  Take baby steps

While option A is hard to control, options B and C are achievable! And they can lead to lasting change.

TO MAKE REALISTIC CHANGE HAPPEN, FIRST DETERMINE:

- Why you want or need to change
- Realistic, measurable short- and long-term goals for this change
- Potential barriers
- Support tools to help you succeed
- How you will reward yourself when you succeed

Outsmart the Barriers

Work to identify which of these may stand in your way before you set out to change. Ask yourself:

- “What has stopped me from changing this habit in the past?” and
- “What might impede my future efforts?”

Write down your reasons so you can visualize how to overcome them. For example, if a barrier is lack of time, start by slowly reducing your commitments until you have more time for the change.

Good luck and remember, slow and steady wins the race!

Some content provided by tinyhabits.com and WebMD.

Print and Share Bulletins

See this issue’s bulletins for great resources to share with your congregations. Print and stuff in weekly worship booklets or other church newsletters, use as a small group handout or forward to church groups you think could benefit from the well-being topic. We support you in your efforts to create a more vital church.

BULLETIN #1:
Easy Fitness Tips to Be Active at Work

BULLETIN #2:
Boost Your Mood

Resources

The Center for Health offers a host of resources at wespath.org/center-for-health/

- Well-Being Toolkits
- Healthy You...Healthy UMC brochure
- CFH articles related to each of the five dimensions of well-being
- Congregational resources including UMC Health Ministry Network
- Financial Well-Being—Wespath selection of articles about retirement, financial planning, family events and other topics
- Newsletters and Bulletins

External Resources

- Healthfinder.gov/myhealthfinder/ — Preventative health screenings
- Centers for Disease Control and Prevention—Healthy Living resources

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Links to web sites other than those of the Center for Health and the UMC Health Ministry Network are offered as a service to our readers; we were not involved in their production and are not responsible for their content.

Let Us Know

If you have questions or comments, please contact us anytime at: wellnesssteam@wespath.org

The journey to well-being lasts a lifetime. Sometimes the path is smooth and other times, there are bumps in the road and work to be done to restore balance. With patience, persistence and support from the Center for Health—you can do it!