The Art of Hardiness: Building Life Resilience
Three C’s of Hardiness

- Susan Kobasa

- **Control**
  - Tendency to believe and act as if one can influence the events taking place around oneself through your own efforts

- **Commitment**
  - Tendency to involve oneself in the activities in life and having a genuine interest in and curiosity about the surrounding world

- **Challenge**
  - The belief that change rather than stability is the norm for life (growth versus fixed mindset)
Control/Influence - Stephen Covey

Circle of Direct Control
Circle of Influence
Circle of Concern
Recognize Your Choice

Happiness and freedom begin with a clear understanding of one principle: **some things are within our control and some things are not**. It is only after you have accepted this fundamental rule and learned to distinguish between what you can and cannot control, that inner tranquility and outer effectiveness become possible.

- Epictetus (50-183 AD)
Choice - Bridge of Spies

Do you never worry?

Would it help?
I discovered I always have choices, and sometimes it’s only a choice of attitude.

-Judith M. Knowlton
Commitment

LIFE BLUEPRINTS

GOALS
• LONG TERM
• SHORT TERM

DAILY MOMENTS
Commitment

Life is a full contact sport!
Challenge

(Mark Samuel, Creating the Accountable Organization: A Practical Guide to Performance Execution)
Resilience

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy.

-Martin Luther King, Jr.
“Don’t ever let someone tell you that you can’t do something. Not even me. You got a dream, you gotta protect it. When people can’t do something themselves, they’re gonna tell you that you can’t do it. You want something, go get it. Period.”

- Pursuit of Happyness
Cognitive (optimistic) appraisal
- Putting stressful circumstances into perspective and interpreting them in a less threatening manner

Behavioral (transformational) coping
- Optimistic style of transforming stressful events into less stressful ones

Social resources and health promoting behaviors
- Recruiting and making adequate use of social resources
Building Hardiness

- Have a written life blueprint.
- Take your pulse regularly.
- Think positive!
- Check your toolbox.
- Take time to laugh.
Have a Life Blueprint

Examples:
- I want to live a healthy and active life.
- I want to be a constant learner.
- I want to be true to my spiritual beliefs.
Take Your Pulse

- How am I feeling? What is my body telling me?
- What’s keeping me from feeling happy right now?
- What’s keeping me from being alert and capable right now?
- What actions do I need to take to feel great?
Think Positive

The 3 P’s of Pessimism (Martin Seligman)

- **Personalization**
  - “Everything bad that happens to me is my fault”

- **Permanence**
  - “Never” and “Always”

- **Pervasiveness**
  - When one thing goes wrong it sets the mood for the rest of the day
Forgiveness

I’ve had a few arguments with people, but I never carry a grudge.

You know why?
While you’re carrying a grudge, they’re out dancing.

-Buddy Hackett
Gratitude

- Three Good Things
- Gratitude Journal

- Martin Seligman, Authentic Happiness
Check Your Toolbox

Life Tools

- How to say “NO”
- Live in the Present
- Can deal with conflict
- Can ask for help
- Expresses appreciation
- Regular exercise
- Eats enough fruits & vegetables
- Makes a budget
- Spends within the budget
- Parenting skills
Check your attitude!

You can be late and upset or you can simply be late.

-Charlotte Kasl.
Lighten Up!

Humor isn’t for everyone.

It’s just for those who want to have fun,

enjoy life and feel alive.

-Anne Wilson Schaef
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Maddi, Salvatore R., & Kobasa, Suzanne C. *The Hardy Executive: Health under stress.*

Seligman, Martin E.P. Ph. D. *Authentic Happiness.*

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