The Process of Resilience

“Everyone falls down. It's how you get back up that defines you as a person.”
— Chiara Johnson

Resilience Defined

- To bounce back and learn a lesson in the process.
- A person or group’s ability to manage and withstand some difficulty, hardship, or trauma that results in the person or group becoming stronger.

Resilience Examples

- By working together as a community to rebuild after their own economic loss, the group showed resilience.
- Prayer and involvement with friends and family kept Mary moving toward greater health and awareness following a painful divorce.
- John’s commitment to his team and close relationships with co-workers helped him to continue contributing to the success of work projects, even during a period of personal loss.
Introduction

Resilience is part of your survival and growth instinct. The survival instinct is a strength found in all living things. Resilience gives you the ability to learn and grow from the stress and difficulties you face at all stages of your life.

Everyday struggles that bring out resilience may be sudden traumas or long term stressors.

Examples of sudden traumas are:

- Death
- Divorce/break-ups
- Betrayal or infidelity
- Injury
- Losing a job
- Being the victim of crime, disaster, or an accident

Examples of long term stresses are:

- Financial strain
- Poverty
- An abusive relationship
- Being separated from loved ones for an extended period
- Caring for a chronically ill or troubled family member
- Living with long-term mental illness, alcoholism, or drug addiction

Difficult circumstances can potentially make you stronger. Overcoming challenges prepares you for more challenges, larger missions, and a happier, healthier life.

Resilience is found also within families, communities, work teams and workplaces, and even larger groups. When tragedy or disaster strikes a group like a family, they often pull together and support each other, becoming closer in the process.

Remember, we are always available to provide additional resources to help you build resilience.

Resilience in the Workplace

Every workplace experiences strain, especially during difficult economic times. And so, every workplace can be resilient. As you review the five different C’s of resilience in this brochure, consider whether your work group, crew, or team also has these qualities. Which ones do they have? Which ones do you bring to work?
How Does it Work? The Process of Resilience

When relying on your resilience you tap into several important qualities. These qualities work together, like the members of a team.

One quality is the willingness to “face the facts” and acknowledge the reality of a situation. Are you willing to work with the situation moment to moment? Are you willing to experience the difficulty, the pain, the heart-ache, the interruption of your life? This willingness may not happen overnight.

A community emerges when other people come to your aid to support you, to show you care and concern.

Compassion emerges when you are generous with yourself; you stop beating yourself up and find ways to be good to yourself and others. Community and compassion help you through difficulty, which builds your confidence: your “guts” to work it out.

Resilience also means you learn from your hardships. You don’t just bounce back, you move forward. You make the commitment to keep going. You learn from the past and use those lessons for the future.

Confronting life’s struggles can be stressful to your mind and body, so it’s important to take care of your health. Resilience teaches you to center yourself, to find ways of coping, relaxation, refreshment.

Resilience is comprised of these five elements: community, compassion, confidence, commitment, and centering. These are the Five C’s of Resilience. Think of these five elements as team members, parts or processes, or something else that fits you. Each one is important, but just having one at your disposal can help you cope more easily. That is the thing about resilience… you only need a small seed to grow strong. This brochure is designed to help you find and cultivate resilience; however it shows up in your life.

How to Use this Brochure

This introduction is the first of several flyers designed to improve Caterpillar employees’ awareness of stress and the ability to build resilience to adverse life events.

Stress is universal and a normal part of our lives. There is no single message or effort that will eliminate stress or prevent life’s challenges. But the information presented in these flyers should help you bounce back from the challenges you may face.

Use this brochure and the related flyers on the Five C’s of Resilience to develop your resilience. You can follow the Five C’s in any order. We recommend these steps when you review each of the Five C flyers:

1. Look at the “thought cloud” and pick out the words that mean the most to you.
2. Look at the pictures and images and reflect on how the particular “C” (Confidence, Compassion, Community, Commitment, Centering) pertains to your life.
3. Take the mini-survey, total the score, and follow the suggestions for your score.
4. Read the two pages of text at your leisure.
5. Do the Practice Exercises.
6. Read the Employee Assistance Program information.