

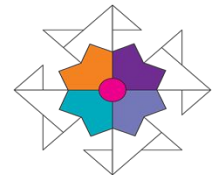


Resilience at Ryerson: The Story of Thriving in Action

Dr. Diana Brecher
Dr. Deena Kara Shaffer

Agenda

- The ThriveRU resilience initiative
- Thriving in Action (TiA)
- TiA research & student voices
- TiA Online
- Resources

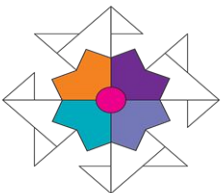


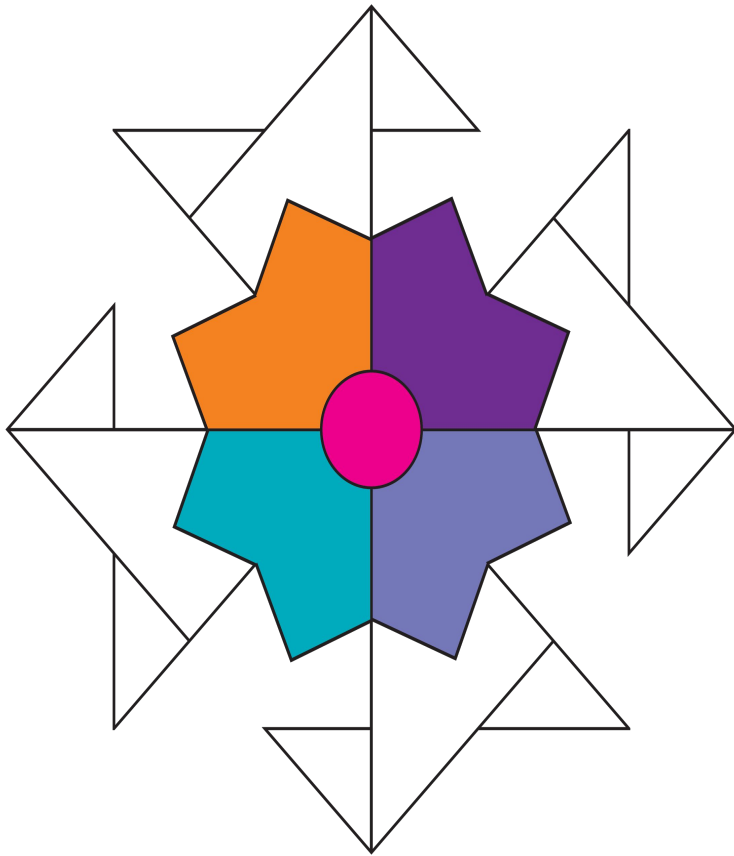
Profile of RESILIENCE

- Mindfulness
- Gratitude
- Optimism
- Self-Compassion
- Grit

Profile of STRUGGLING

- Find it difficult to be in present moment
- Unaware of good things that happen
- Pessimistic explanatory style
- Self-critical & judgmental
- Give up when overwhelmed





The Five Factor Model of Resilience

Mindfulness

Gratitude

Optimism

Self-Compassion

Grit

Dr. Diana Brecher

RESILIENCE



RYERSON

WITH
Dr. Diana Brecher

THRIVING
BEING THE BEST POSSIBLE YOU!
WE CAN BE IN CHARGE OF OUR EMOTIONAL STATE!
ACCOMPLISHING GOALS!
MOVING FORWARD



RESILIENCE IS THE CAPACITY TO BOUNCE BACK WHEN THINGS GO WRONG

FRESH WATER!
APPRECIATE WHAT YOU HAVE!
LET THE GRAPFULNESS OVERFLOW
KINDNESS
IT'S ABOUT NOTICING ALL THE GOOD THINGS AROUND YOU!
WHERE'S THE GORILLA?
OPEN YOUR HEART
OPEN YOUR EYES
WHAT ARE WE NOTICING DURING THE DAY?
LOOK OF THE SKY...
GRATITUDE



RE-SET
IT'S IMPORTANT TO BE IN THE PRESENT MOMENT...
GRIT: A MENTAL MINDSET A MARATHON...

OPTIMISM IS OUR EXPLANATION TO OURSELVES ABOUT HOW SOMETHING IS HAPPENING...
I DID A GREAT JOB!
IT'S HARD TO GET MOVEMENT FROM PESSIMISM
GLASS HALF FULL
PERFECTIONISM IS DESTRUCTIVE
WE CAN'T GO BACK IN TIME...

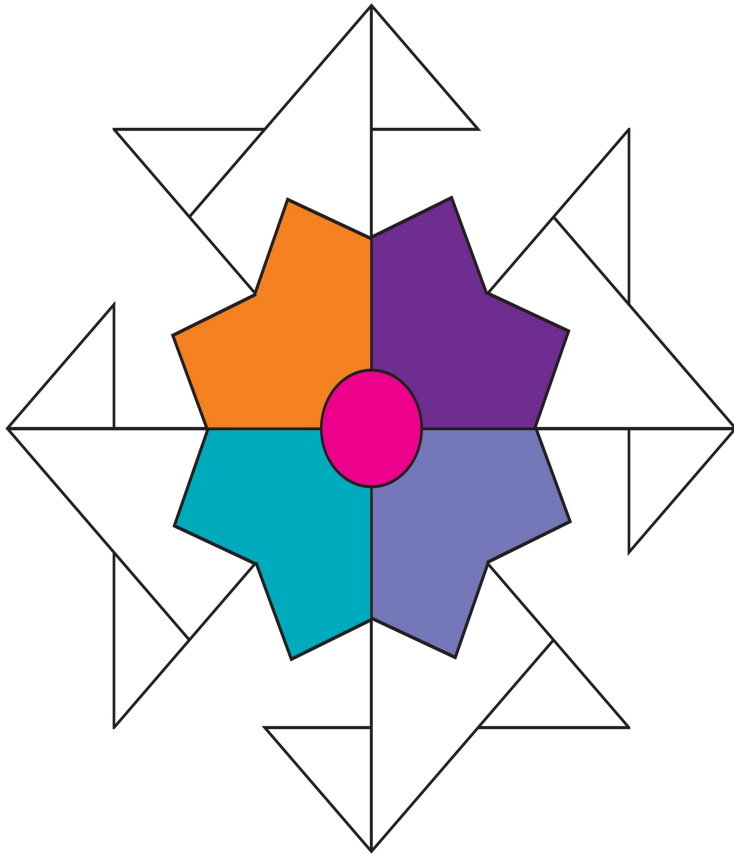
"BEING OUR OWN BEST FRIEND IN THE MOMENT WE NEED IT THE MOST"
FORGIVE YOURSELF!
LET GO...
ACCEPTANCE....
IT HAS A LARGE IMPACT ON OUR LIVES

ABILITY TO ADAPT

WHAT YOU THINK AFFECTS HOW YOU FEEL!

MINDFULNESS TAKE A BREATH!
MINDFUL OR MINDFULL?
MEDITATION

FLOURISHING!



Five Features of Resilience-Based Learning

Practiseability

Attention Restoration

Well-being & being well

Connectedness

“Wide Awakeness,”

Intentionality & Agency

Academic Skills Deficiencies

2239 students from York, Waterloo, Western, UTSC & UTM in Humanities/Social Sciences surveyed re academic competencies.

Findings:

44% = functional (doing well)

41% = at risk (struggling)

16% = dysfunctional (failing)

skillsforuniversitysuccess.info.yorku.ca

Academic Skill Deficiencies in Four Ontario Universities

J. Paul Grayson (York University), James Côté (Western University), Liang Chen (University of Toronto), Robert Kenedy (York University), and Sharon Roberts (University of Waterloo)

Academic Skills Deficiencies

- Low skill/competencies persist throughout PSE
- Employers complain new hires are missing these skills
 - time management
 - critical thinking
 - effective studying
 - writing
 - research
 - presentations
 - numeracy

Positive Psychology
plus
Resilience-Based
Learning Strategies
as
an intervention...

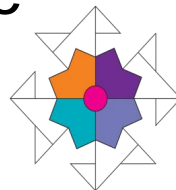
The Ryerson University logo consists of the text "Ryerson University" in white, sans-serif font, centered within a blue rectangular box. To the right of this box is a vertical yellow bar.

Ryerson
University

Mood Routes:

A Ryersonized Greenspace St/rolling Program

- Mindfulness
- Gratitude
- Optimism
- Self-Compassion
- Grit/Perseverance
- Growth Mindset
- Intentionality & Deliberateness
- Agency/Self-Efficacy
- Self-Advocacy
- Self-Regulation
- Mindful Time Management
- Note-Taking
- Attentive & Appreciative Listening

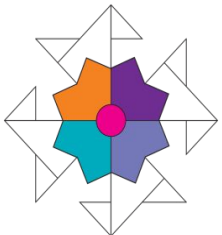


- Restoring Focus
- Efficient & Effective Studying
- Test-Taking
- Essay-Writing
- Flow
- Collaborative Group Work
- Curiosity
- Wonder & Awe
- Micro-Resilience Interventions
- Sleep
- Breathwork
- School/life balance
- Somatic Strategies/Mindful Movement

Thriving in Action: *What*

Each Thriving in Action session follows a parallel rhythm:

- *What went well?* group sharing & narrative reframe
- Thriving skill
- Reflective free-writing prompt
- Mindful movement
- Guided visualization
- Learning strategy
- Breathwork/somatic practise
- Meditation/"3-Minute Calming Breath"
- "Happiness Workbook" activity



Thriving in Action: *Who*

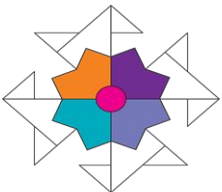
- Semester-long non-credit intervention
- Curricular blend of Positive Psychology essentials (gratitude, learned optimism, creating new habits) with holistic, resilience-based learning strategies (mindfulness-based time management, collaborative group work)
- Early undergrad through doctorate
- All disciplines, all ages, all life circumstances, cohered by “not doing very well”
- Serves under-reached, under-represented & minoritized students
- Progressive, innovative, neuroscience-rich, evidence-based whole-person approach

Thriving in Action: *Also...*

- **A Re- or Post-Orientation Program**
- **A Transition Program**
 - course to course
 - semester to semester
 - year to year, all the while in “the messy middle”
 - Passages film passagesfilm.ca
- **Early Alert Program**
- **Retention Program**

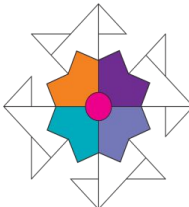
Thriving in Action: Alternative Subtitles

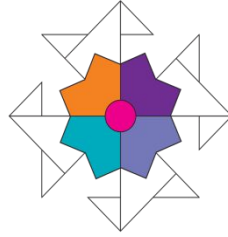
- “Living an Intentional Life”
- “The *Agency* Project”
- “Building Belongingness”
- “Improving Inner-Resourcedness”
- “Bouncing Forward”
- “Learning to Pendulate”



Best of TiA....

- Creating a new sleep habit
- Learning how to lead from one's strengths
- Transferring resilience from one context to another
- Learning to be one's own best friend
- Taking charge of planning and project management without hypervigilance (Assignment Calculator, chunking)
- Studying efficiently (Leitner method, distributed practise, science of forgetting, etc.)
- Swaggering into an exam
- Working peacefully and productively with others in groups
- Mindful movement & meditation as breaks
- Practising gratitude & noticing "what went well?"





Research Highlights

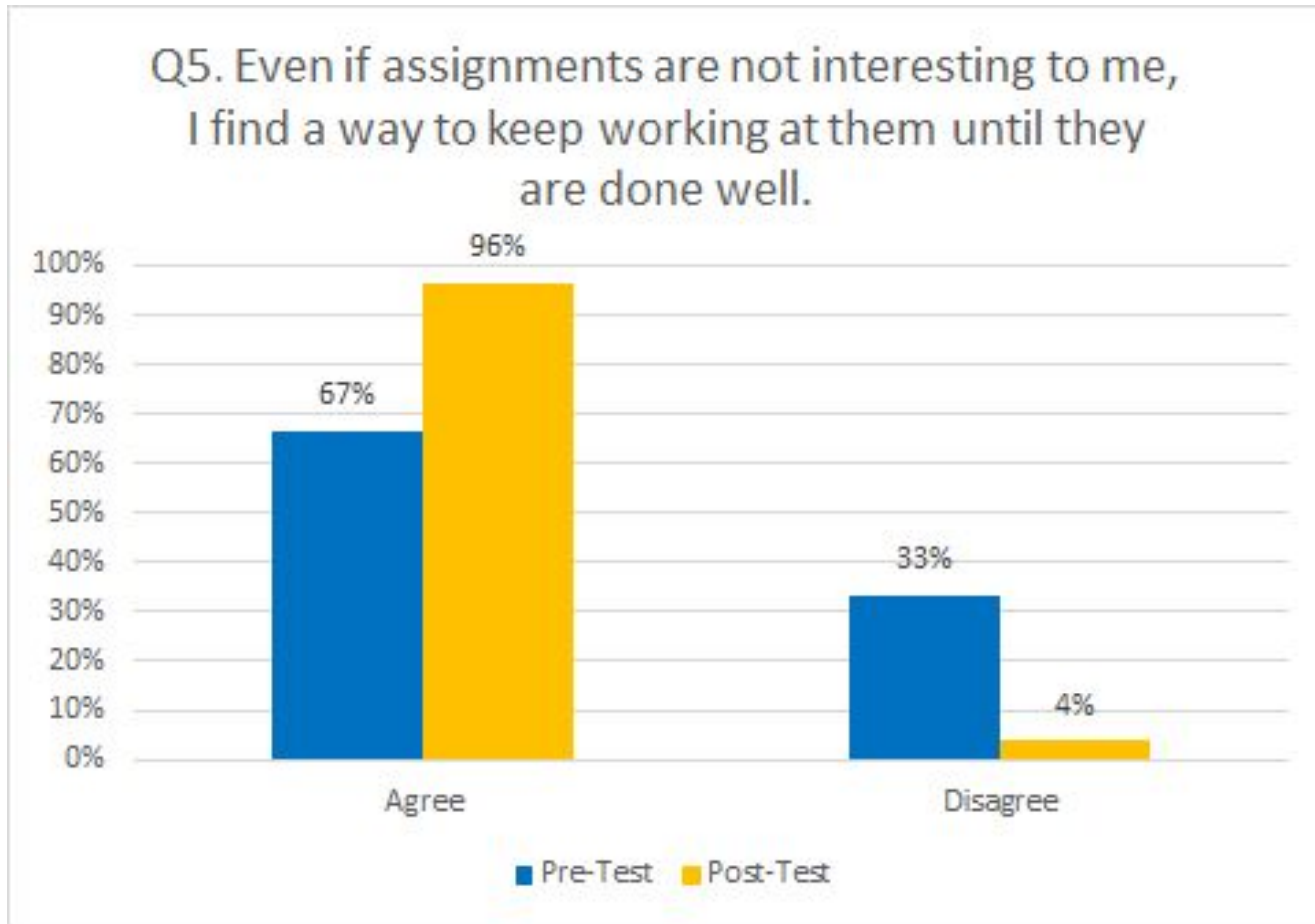
Research Question:

In what ways does Thriving in Action cultivate self-efficacy in students?

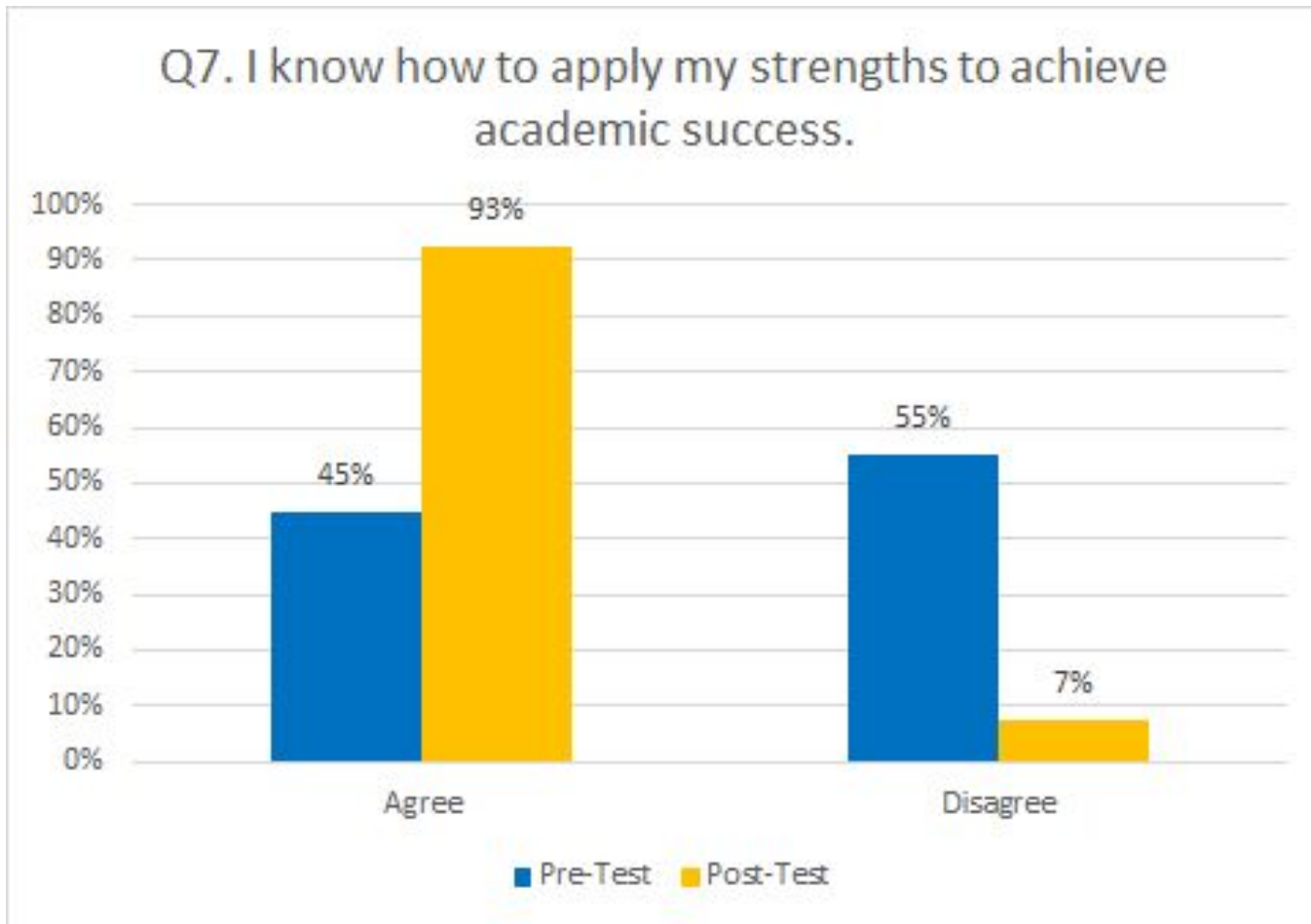
Mixed Methods Approach:

OQ45, Thriving Quotient,
General Self-Efficacy Scale &
Narrative Inquiry into “What Went Well?”

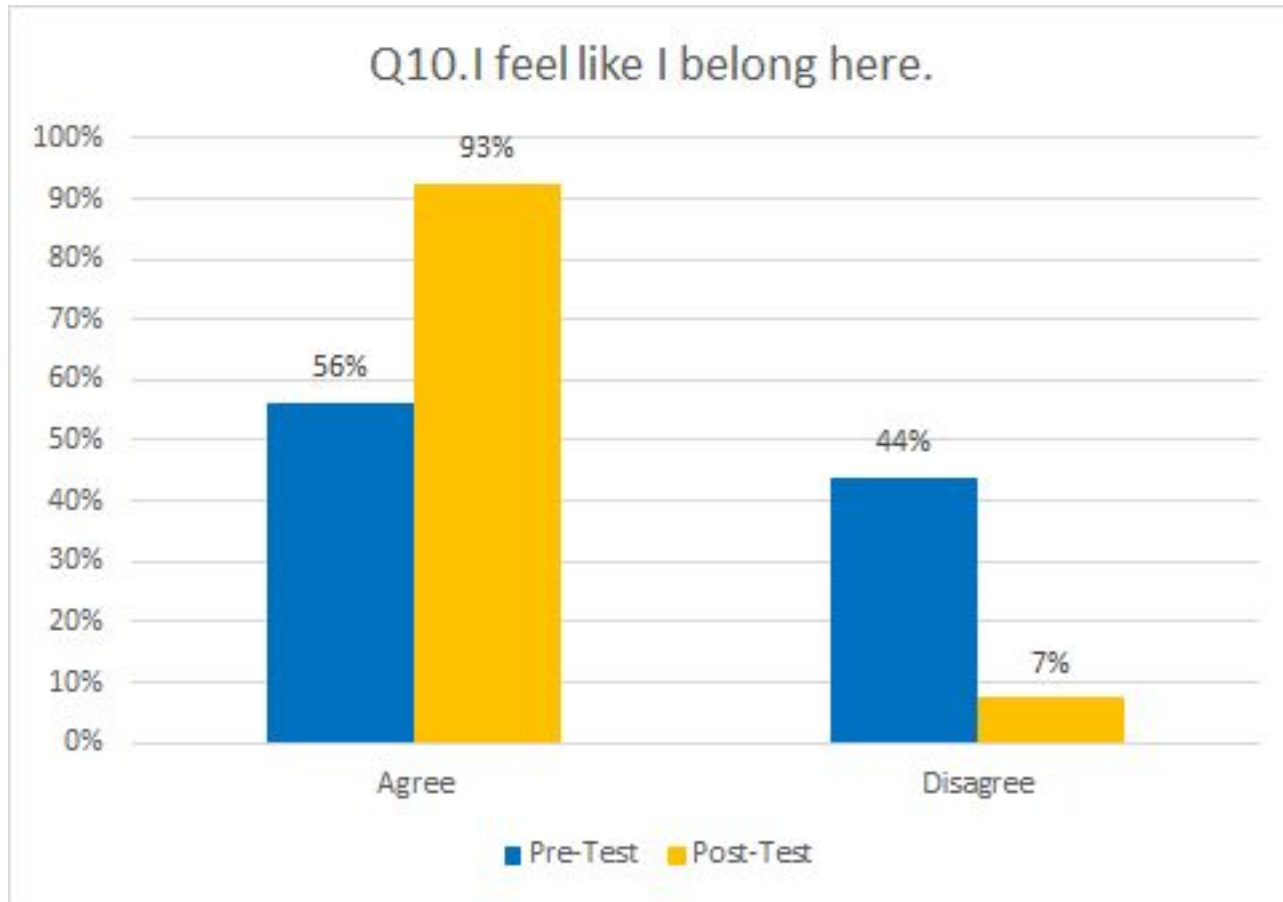
Thriving Quotient (TQ): Resilience



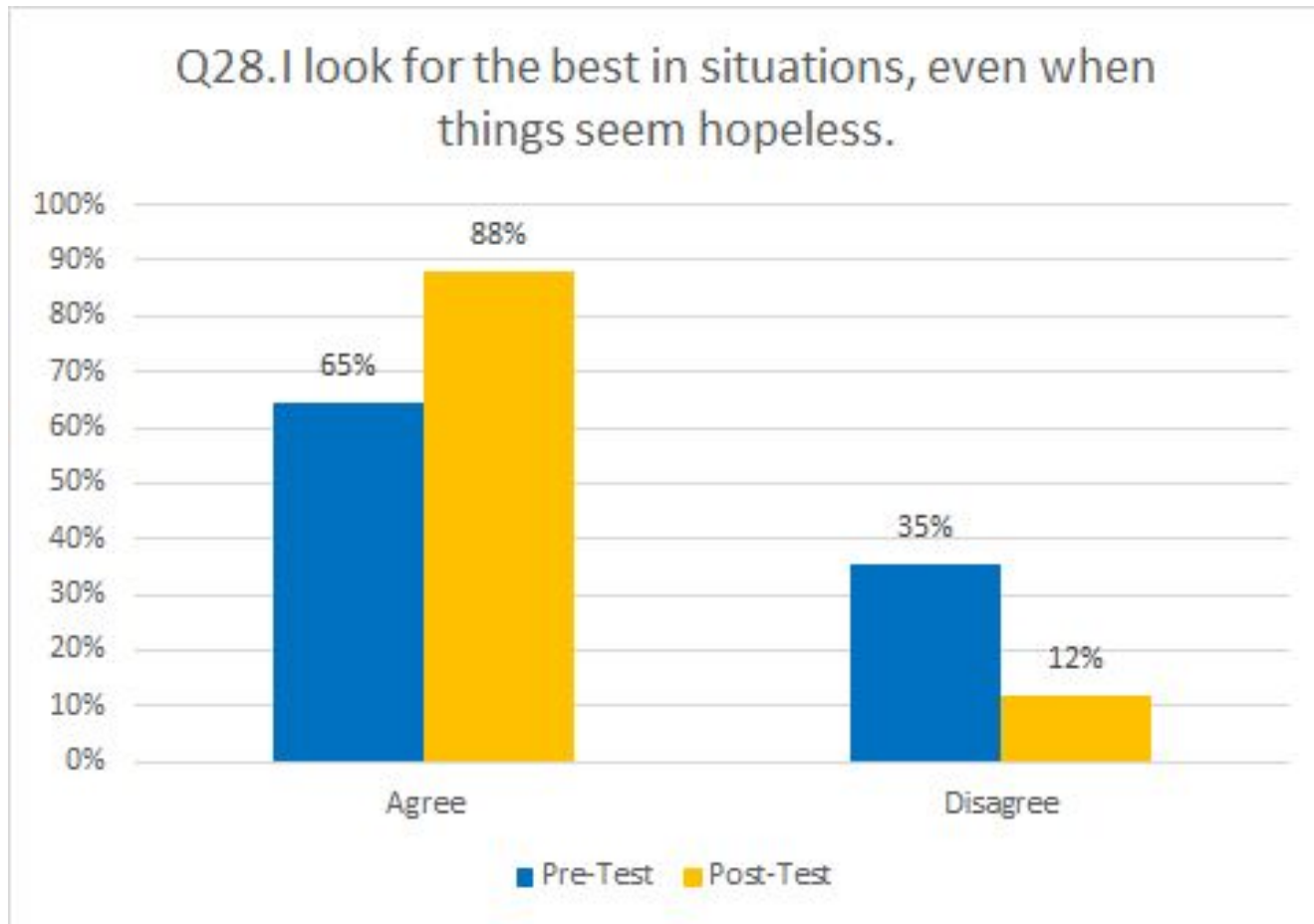
TQ: Agency



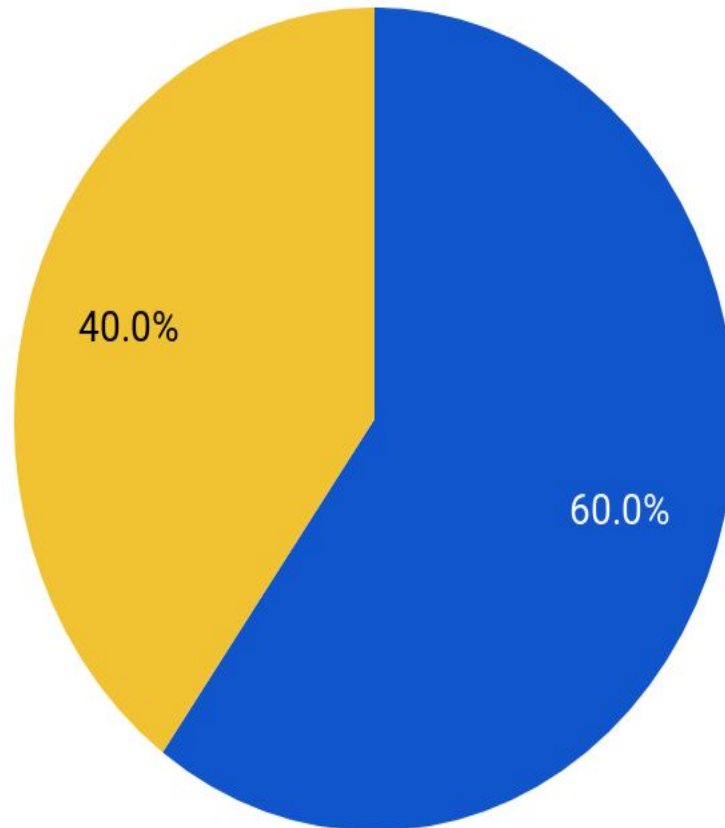
TQ: Belonging



TQ: Optimism

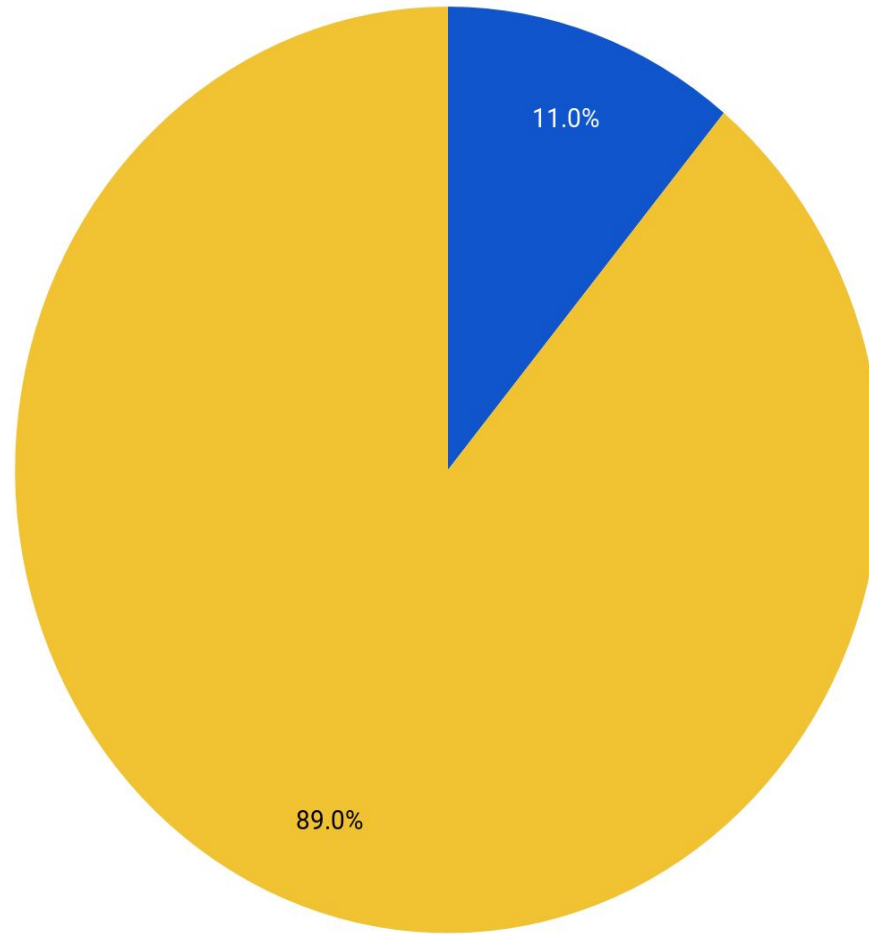


OQ45 Pre-Test



● moderately high - high distress ● low distress

OQ45 Post-Test



● Moderate to high distress 11% ● Low to moderate distress 89%

“I am so glad I took part in TiA today. I woke up feeling unmotivated,...like it was a weird day, but left the session...with a sense of uplift and open-heartedness, ready to face the day! I couldn't even think of something for *What Went Well?* at the beginning...

...However, with Diana's advice to open up our hearts to finding the little things...noticing...things to be grateful for, my outlook on the day began to change. With the writing prompt, I let out my thoughts and even wrote out what I wanted to get done with some affirmation. Then came [mindful movement], which actually really helped by kind of waking up my body and giving it some love through stretches (something it really needs :))...

...And when Deena began to talk about walking into an exam with confidence, sass, and swagger, I was so excited and already yearning to feel that. This session was full of reflection, but also the feeling that I think I'm ready to take charge and strive to have this feeling, starting with today!

Thanks again for everything you both do. It really makes such a difference.”



Before Thriving in Action, I found myself in darkness. I was filled with anxiety. I always felt nervous, and I felt scared to be a failure. I joined TiA in hopes that I will be able to help better myself.

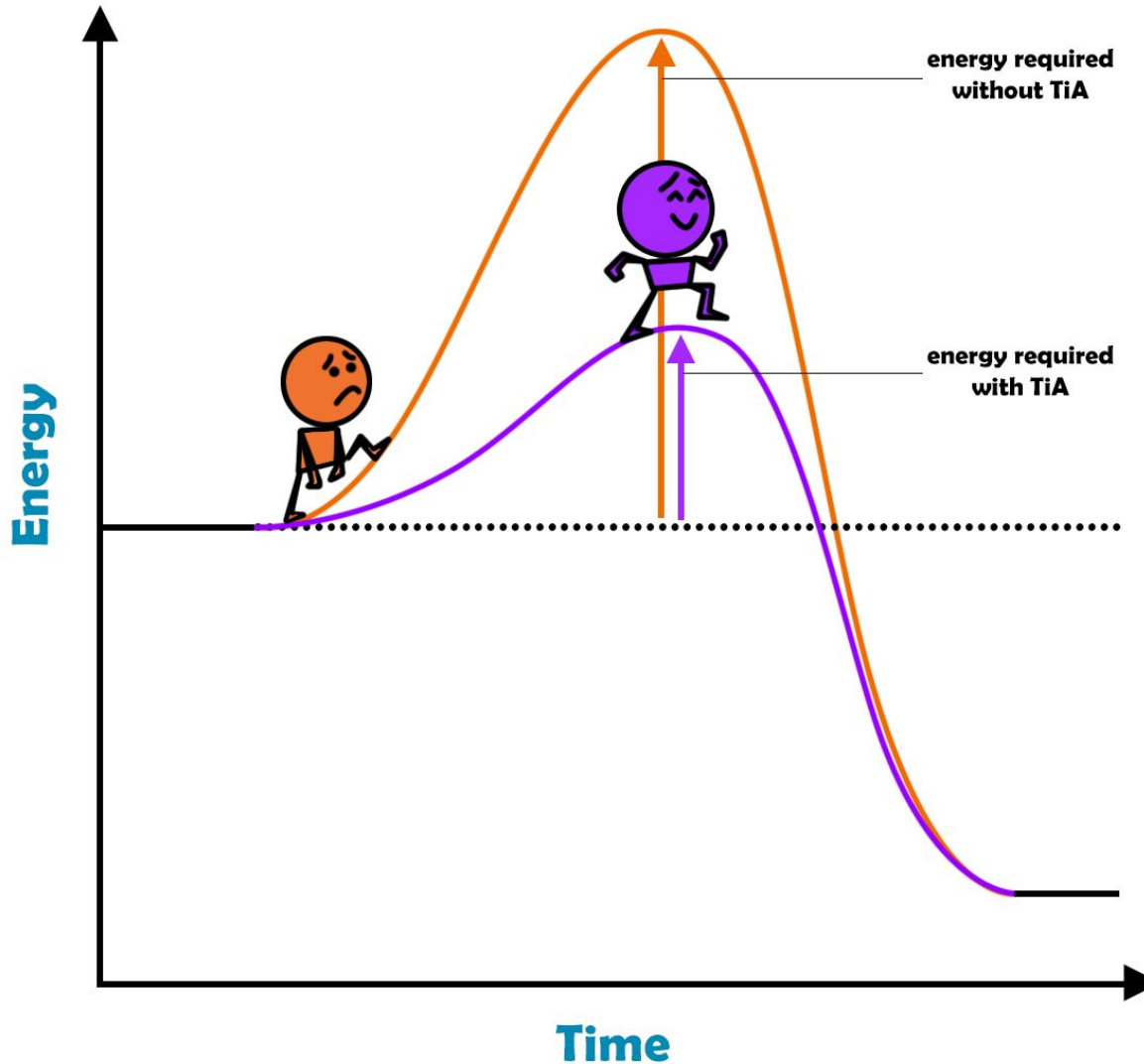
During Thriving in Action, I learned new methods. ...I gained...courage... [and] learned a lot about myself. Thriving in Action has helped me find the light within myself.

In the illustration, you could see that I am still sitting in darkness, but I think of TiA as the kickstarter and foundation to bringing light to my life...and I will carry the tips and advice they have taught me forever!

Thank you!!!

Life vs Life with TiA

Thriving in Action as a catalyst for change



TiA Ripples

Peer to Peer:

- TiA drop-in led by TiA alumni
- TiA Art-Making activities for TiA alumni community

Nature & Movement:

- Mood Routes
- *Portage*
- FUNdamentals & Feel Good Fridays

Training Institute & Community of Practise:

- 5 Training Institutes
- National CoP of 50+
- TiA implemented/infused @ 10+ PSEs

Thriving Resources
ryerson.ca/thriveru

Happiness Workbooks



Ryerson Library's Mental Health Collection

Mental Health Resources

Search this Guide

SEARCH

HOME

GENERAL

DEPRESSION

FEAR AND ANXIETY

STRESS

SLEEP

SELF-ESTEEM

SELF-IMPROVEMENT &
MOTIVATION

BE RESILIENT AND
FLOURISH

ORGANIZATION & TIME
MANAGEMENT

RELAXATION &
MEDITATION

MORE SPECIFIC DISORDERS

THRIVERU

ThriveRU

Books

Online Videos

Websites

ThriveRU is an initiative regarding flourishing and positive psychology, initiated by Dr. Diana Brecher, Clinical Psychologist and Adjunct Faculty at Ryerson University.

Books



Bouncing Back by Linda Graham; Rick Hanson (Foreword by)

Winner of the 2013 Books for a Better Life Acorda Wellness Award and the 2014 Silver Nautilus Book Award Resilience is the ability to face and handle life's challenges, whether everyday disappointments or extraordinary disasters. While resilience is innate in the brain, over time we learn unhelpful patterns, which then become fixed in our neural circuitry. But science is now revealing that what previously seemed hardwired can be rewired, and Bouncing Back shows us how. With powerful, time-tested exercises, Linda Graham guides us in rebuilding our core well-being and disaster-proofing our brains.



Flourish by Martin E. P. Seligman

This book will help you flourish. With this unprecedented promise, internationally esteemed psychologist Martin Seligman begins Flourish, his first book in ten years and the first to present his dynamic new concept of what well-being really is. Traditionally, the goal of psychology has been to relieve human suffering, but the goal of the Positive Psychology movement, which Dr. Seligman has led for fifteen years, is different it's about actually raising the bar for the human condition. Flourish builds on Dr. Seligman's game-changing work on optimism, motivation, and character to show how to get the most out of life, unveiling an electrifying new theory of what makes a good life for individuals, for communities, and for nations.



The power of habit : why we do what we do in life and business by Charles Duhigg

Summary Identifies the neurological processes behind behaviors, explaining how self-control and success are largely driven by habits and providing guidelines for achieving personal goals and overall well-being by adjusting specific habits.



Flow by Mihaly Csikszentmihalyi

Providing an introduction to flow, a new field of behavioral science that offers life-f fulfilling potentialities, this study explains its principals and shows how to introduce flow into all aspects of life, avoiding the interferences of disharmony.



Full Catastrophe Living by Jon Kabat-Zinn; Thich Nhat Hanh

ISBN: 0385303122

Publication Date: 1990-05-01

Stress. It is everywhere around us. Even worse, it gets inside us: sapping our energy, undermining our health, and making us more vulnerable to anxiety, depression, and disease.



The Law of the Garbage Truck by David J. Pollay

ISBN: 9781454905189

Publication Date: 2012-09-04

Twenty years ago, while riding in a New York City taxi, international keynote speaker and positive psychology leader David J. Pollay narrowly escaped a life-threatening car crash.

Thriving in Action ONLINE

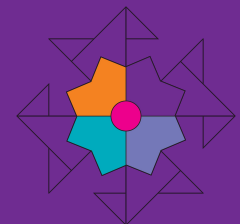


How can I learn to love being a student?

Appreciativeness
Attentiveness
Connectedness
Deliberateness
Determinedness
Healthfulness
Joyfulness
Meaningfulness
Open-Heartedness
Presentness
Resourcefulness
Skilfulness

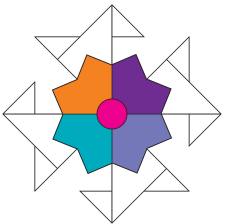
“I need to thank you for the group and how much it has become a highlight of my week. TiA has helped accelerate the fumbling process of de-languishing I’ve been going through for years, and I’m better for having joined. I’ve spent my whole life pinned by some internal gravity, and am pleased to feel a fair bit lighter thanks to your encouragement and insight.”

(Mature student, 2nd year Food and Nutrition)



Interested?

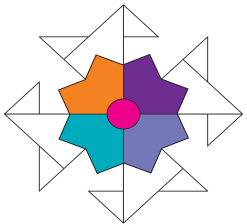
Learn how to teach the TiA curriculum,
the logistics of rolling out TiA,
and meet others keen to implement TiA
at our next **Training Institute**.



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Thriving in Action
thrivinginaction@ryerson.ca



Questions?

