



# STRESS-RESILIENCE AND PERSONAL DEVELOPMENT

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# HOW WOULD YOU DEFINE RESILIENCE?

# ACCORDING TO OXFORD DICTIONARIES

- The ability of a substance or object to spring back into shape; elasticity.
- The capacity to recover quickly from difficulties; toughness.

# STRESS-RESILIENT VALUES (AND GOALS)

- Have my values and attitudes got to do with the stress in my life?

# STRESS-RESILIENT VALUES (AND GOALS)

- Are you aware of your values?
- Are your choices coherent with your values?
- Are your values actually “yours”?
- Values are like a roadmap

# THE TOMBSTONE TEST

- When I'm gone, what would I like my tombstone to say about me?
- How would I like people to remember me?
- What would I like to have accomplished in life?

# FIVE-ISH YEARS TO LIVE

- If you had just five more years to live, would you spend the time you have left any differently than the way you are spending it now?
- If yes, what would you do that is different? Would you stay at your job?

# THINGS I LOVE TO DO

- Simply list the 15 things you love to do the most in your life
- After you write those ask to yourself:
  - To which values are they linked?
  - Why am I not doing more of these things?



# DEBRIEFING

- Was it easy?
- Were you already aware of your values?
- Were you surprised?

# OTHER INTRIGUING QUESTIONS

- If I could come back in another lifetime as someone else, who would it be? Why?
- If I had oodles of money, what would I do with it?
- If I could make only three phone calls before I had to leave this world, who would I call? What would I say?
- And the old job-interview favorite: Where do I want to be in one year? In five years?

# VISION

All changes began with a mental picture



<https://www.youtube.com/watch?v=zESeeaFDVSw&t=2s>

# ACTIVITY



# RATING YOUR VALUES

- The methods for identifying your values can be combined with rating the values

# THE "NEGATIVE" VALUES

- What we do not want in life?
- What we strongly want to avoid?

# ACTUALIZING YOUR VALUES

- Reaching “your” goals
- Be aware of your values and actualize them to your actual you
- The values may change throughout our life
- Speak with yourself regularly and assess your values and your progress

# MAKING THE TIME

- We need to schedule our priorities and make time for them

*I would like to spend more time...*

*How, when, and where can I do this?*

With my kids

---

With my spouse

---

With friends

---

On my job or career

---

On a hobby or interest

---

Playing sports

---

Reading

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Keeping in shape

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# DEFINING A ROADMAP

- With short-term and long-term goals
- Giving you the bigger picture
- Evaluated/updated regularly (every year for example)

# ACTIVITY



# EXPRESSING GRATITUDE

- Robert Emmons defines gratitude as “a felt sense of wonder, thankfulness, and appreciation for life.”
- Sonja Lyubomirsky, defines the process of gratitude as “a focus on the present moment, on appreciating your life as it is today and what has made it so.”

# GRATITUDE AND STRESS

- Gratitude allows to detach from a stressful period and savor a positive memory/experience
- You can feel better about yourself
- When it's aimed at others, you feel better about yourself because you're recognizing and emotionally giving to others
- Gratitude pulls you out of your negative mindset
- Gratitude puts things into perspective
- Expressing it to others can create and enhance relationships
- The bonus is that you may get a thankful response of gratitude from the person to whom you express gratitude

# ARE WE EXPRESSING IT?

- Often we feel gratitude but fail to express it
- Feeling it without communicating does not help us

# KEEPING A GRATITUDE JOURNAL

- It reminds and encourages
- It makes it more likely that you'll be aware of the importance of gratitude and express gratitude more frequently
- Some things you might be grateful for are: Your health, Your friends, Your children, Your relationship, Your skills and talents, Your home, Your job, Your life itself

# ACTIVITY



# BEING OPTIMISTIC

- Much of our stress comes from looking at the future with hopelessness
- Being optimistic means believing that important life goals will be achieved



# WHAT CAN HINDER OPTIMISM?

- Overgeneralization
- Conclusion jumping
- Self-rating severely
- Predicting the worst
- Arguing with yourself

# KEEPING AN OPTMISM JOURNAL

- Where we writed all the positive things that happended to us
- Thta we can read when the pessimsm is about to take on us

# WRITING OUR STORY

- You probably have many stories you tell yourself about your life that give it meaning and shape the way you think, feel, and act
- The most important are probably the following 3:
  - ✓ **Your history:** the story of where you came from and how you got to be who you are today.
  - ✓ **Your present life:** a description of where you are right now in life
  - ✓ **Your future:** what your life will look like in the future.

# ACTIVITY



# KEEPING A STRESS-RESILIENT LIFESTYLE

- Making Stress Management a habit
- Making use of found moments
- Using a “stress dot”
- Choosing your behavioural prompts
- Making an appointment with yourself
- Logging in once in a while

# ACTIVITY

