

Mental Notes

A Monthly Newsletter

Volume 2, Issue 9, September 2008

RESILIENCE: that which makes us STRONGER

GUSTAV

What a way to begin a semester! No doubt many of us who experienced hurricane Katrina were having flashbacks and experienced increased anxiety as Gustav made its way towards Louisiana. Those among us who have never experienced a hurricane were likely rattled a bit, as well. Recovery from catastrophic events and significant disruptions of our normal routines can take time and each of us recovers at our own pace. So why do some recover more quickly than others? Perhaps part of the answer to that question can be found in the concept of resilience.

RESILIENCE & RECOVERY

According to Bonanno (2004), resilience is “the ability to maintain a stable equilibrium” in spite of instability in one’s environment. This ability to maintain equilibrium is, according to Bonanno, a

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predictor of one’s ability to recover from various types of tragedy and trauma and return to pre-disturbance levels of functioning. Clearly, resilience is a desirable character trait in post-Katrina/Gustav New

RESILIENCE:
the ability to maintain a stable equilibrium

Orleans. As such, one relevant question might be: Is resilience innate or is it something which can be developed?

THE BEST MEDICINE

While most research indicates some people are born more resilient than others, many researchers suggest that resilience can be fostered and highlight specific factors for its development and maintenance (Bonanno, 2004; Edward, 2004; Maddi,

2005). Among these influential factors are reliable support systems (e.g., family, friends, counselors, societal and spiritual supports), balance between professional and personal lives, creativity, flexibility, the ability to reframe, insight, and a sense of humor. Perhaps laughter really is the best medicine after all.

RETURNING TO NORMAL

As you return to your normal routines in the coming days, you may experience fluctuations in mood and functioning. Some of this is completely normal. Should these fluctuations become difficult to manage, however, the UNO community has many resources for additional assistance, including Counseling Services for students and the EAP through Human Resources for faculty and staff. For more information or to schedule an appointment, please contact Counseling Services or UNO Human Resources.

RELAXATION SESSIONS

August 28
September 11
September 25
October 9
October 23
November 6
November 20
December 4

Time: 3:00 - 3:50PM
Location: Kirschman Hall 401
For disability-related accommodations, call 280-6683.

FREE FALL WORKSHOPS FREE

<p>Time Management Sept. 9 10:00-11:00AM Kirschman Hall 401</p> <p>Public Speaking Sept. 17 12:30-1:30PM Kirschman Hall 401</p> <p>Career Choice Sept. 23 12:30-1:30PM Kirschman Hall 401</p> <p>Study Skills Oct. 1 12:30-1:30PM Kirschman Hall 401</p>	<p>Assertiveness Oct. 27 12:30-1:30PM Kirschman Hall 401</p> <p>Romance 101 Nov. 6 12:30-1:30PM 110 Human Performance Center</p> <p>Personality 101 Nov. 11 12:30-1:30PM 110 Human Performance Center</p> <p>Couples & Relationships Nov. 18 12:30-1:30PM Kirschman Hall 401</p>
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