

Spirit-Fueled Resilience for Today's Challenges




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9 CHALLENGES OF TODAY

- Mental Health Continuum
- Anxiety
- ACEs
- iGen
- Imbalance
- Isolation
- Doom
- Overwhelm
- Compassion Fatigue

|  MENTAL HEALTH |  MENTAL HEALTH PROBLEMS |  MENTAL ILLNESS |
|---|---|--|
| <ul style="list-style-type: none">• Feel well• Think well of self and others• Infrequent feelings of sadness, anxiety, anger, etc.• Able to do things much the way you want• Successfully fulfill roles (spouse, worker, friend, etc.)• Able to establish and maintain relationships | <ul style="list-style-type: none">• Intermittent feelings of sadness, anger, anxiety, etc.• Occasional unhealthy or inappropriate behavior• Sporadic problems with roles and relationships, but usually able to work them out | <ul style="list-style-type: none">• Serious and persistent distress including intensely negative self-perception• Persistent negative feelings such as depression, anxiety, anger, etc.• Behavior that is unhealthy or inappropriate or that puts one at risk• Serious problems fulfilling roles, including problems in relationships |

Saunders, S.M. "A Christian Guide to Mental Illness Vol 1", 2016.

COMPASSION FATIGUE

Sympathy is "I *care about* your suffering," empathy is "I *feel* your suffering," and compassion is "I *want to relieve* your suffering." With compassion fatigue, the caring, feeling, and acts of compassion decline, replaced by an outwardly impassive detachedness.

THE ACTS OF THE HOLY SPIRIT: Acts 1 – A Resilience and Compassion Fatigue Challenge

Only 39 days later...as He ascended into heaven...Jesus said:

⁸ "But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." ⁹ After he said this, he was taken up before their very eyes, and a cloud hid him from their sight. ¹⁰ They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them. ¹¹ "Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

Verse 8: *Don't worry, just witness.* What life challenges had the apostles encountered that would require their resilience in order to move forward and have compassion?

Verse 9-11a: *Poof! Now what?* What feelings might the apostles have had that they might need help navigating?

Verse 11b: *Don't you know?!* What beliefs would propel the apostles forward toward resilience and compassion?

COMPASSION FATIGUE RESILIENCE MODEL: Beliefs Beat Behaviors

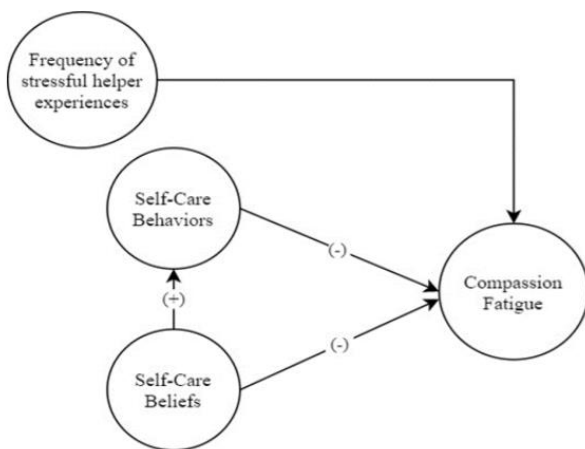


Figure 1: The influence of self-care on compassion fatigue in the compassion fatigue resilience model

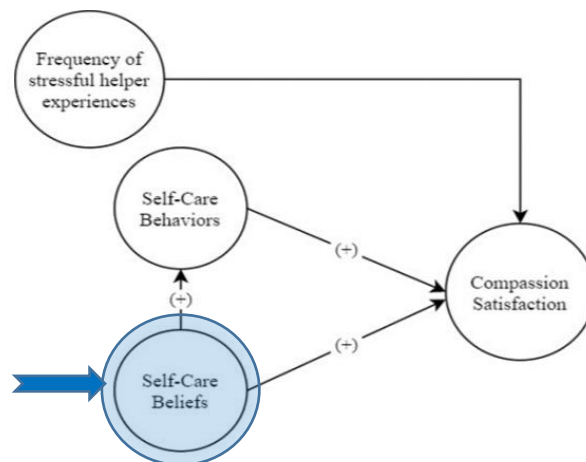


Figure 2: The influence of self-care on compassion satisfaction in the compassion fatigue resilience model

RESILIENCE CHARACTERISTICS

ELEMENTS OF RESILIENCE ~ S. Kobasa

CHALLENGE: Resilient individuals view difficulty as a challenge, not a paralyzing event. They see mistakes as lessons to be learned from and opportunities for growth. Difficulties have no negative reflection on their ability or worth.

Example:

COMMITMENT: Resilient individuals commit to life and daily goals and are compelled to live life accordingly. They are committed despite feelings about those commitments.

Example:

PERSONAL CONTROL: Resilient individuals spend time and energy on situations that can be influenced, which increases confidence. They spend little to no time worrying about uncontrollable events, which reduces helplessness.

Example:

VIEW OF SETBACKS ~ M. Seligmann

PERMANENCE: Resilient individuals see the effects of bad events as temporary rather than permanent. They expect that the difficulties of this time will resolve or be handled in such a way that they will not continue to affect one negatively.

Example:

PERSONALIZATION: Resilient individuals do not exclusively blame themselves when external negative events occur. They ensure that the full picture of how causes interact is considered.

Example:

PERVASIVENESS: Resilient individuals deal with setbacks or bad events in relation to only that particular part of their daily life. They are unwilling to let a difficulty in one area affect other unrelated areas.

Example:

LEARNED ATTRIBUTES ~ C. Crow

EMPATHETIC & COMPASSIONATE: Resilient individuals do not waste time worrying about what others think of them. They feel for others but not with them. They encourage and support but don't bow to peer pressure, and they enforce limits and boundaries.

Example:

LACK OF VICTIM MENTALITY: Resilient individuals discern the difference between being a victim and being victimized. They focus time and energy on changing things that they have control over and letting go of those things they do not have control over.

Example:

POSITIVE IMAGE OF THE FUTURE: Resilient individuals can envision brighter days ahead and see past the difficulty of the present. They have the ability to look over what is current and to paint a picture of what will be.

Example:

INCORPORATING RESILIENCE

A resilience characteristic I do well is _____ as evidenced by ...

I could increase my _____ characteristic by practicing...

APPRECIATING RESILIENCE

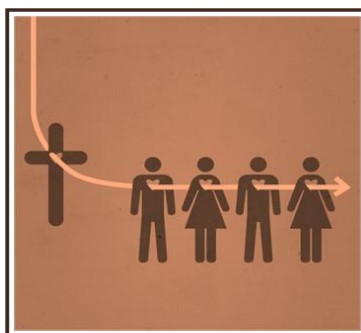
Who is your resilience role model?

Who are you a resilience role model to?

SPIRIT-FUELED RESILIENCE

Who made it possible for the apostles to have resilience and compassion for the challenges that lay ahead?

What belief compels you to use your resilience skills and compassion satisfaction to face the challenges of today?



RESOURCES:

Kolbasa, Susan (1982). Hardiness and health: A prospective study. *Journal of Personality and Social Psychology*, 42(1), 168-177.

Schwanz, K., & Paiva-Salsbury, M. "Before They Crash and Burn (out): A Compassion Fatigue Resilience Model. *Journal of Wellness*. April 2022. <https://doi.org/10.55504/2578-9333.1100>

The collected works of Cal Crow, Program Director, Center for Learning and Connections.

The collected works of Martin Seligman, University of Pennsylvania, 2001-2011.