

## Wellsprings of Resilience

### SLIDES 1 & 2

**Goal:** participants able to identify those things that deplete their stores of resilience and those things that provide them more refreshment for living resilient lives.

**Objectives:** by the end of the session participants will be able to:

1. List aspects of their personal and professional lives that dry up their energy.
2. Identify life circumstances currently impacting their ability to stay resilient.
3. Note some thoughts, beliefs and actions that help them to drink from the wellsprings of resilience and stay energized for life.

### Session at a Glance – for the leader

Time	Content	Materials
10 min.	Introduction	PPT Slides Projector, Screen Pitcher of Water Cups
30 min.	Information	PPT Slides Video Hyperlinks
15 min.	Implications	PPT Slides Video Hyperlinks
5 min.	Inspiration	PPT Slide

### SLIDE 3

#### Introduction

1. **Pour** a glass of water for each participant from a large pitcher. As you are pouring.....
2. **Invite** everyone to take a drink from their glass of water and enjoy this moment to refresh themselves. After everyone has had a drink, invite them to look at the water remaining in their glass.
3. **Ask** the group to reflect silently on a few simple questions.
  - a. Is your glass of water mostly full? Mostly empty?
  - b. How does the level of water in your glass reflect the current state of your well?
  - c. How is your well of energy? Is it full enough for a deep drink?
  - d. How is your well of resilience? Is it running dry?
4. **Pass** the pitcher of water around the table. As the pitcher is moving...
5. **Invite** participants to either refill their glass to reflect a higher level of energy OR drink more from their glass to reflect a lower level of energy, depending on the current state of their personal wells.
6. **Show** "There's a Hole in the Bucket" (4:57 minutes) – click on dry well  
<https://www.youtube.com/watch?v=zYY6Q4nRTS4>

## SLIDES 4 - 8

### Information (slide 4)

1. **Note** that when someone's personal well of resilience begins to run dry, or when it feels like there's a hole in the bucket, it affects every aspect of life; so, it's important to be on the lookout for warning signs.
2. **Share** the signs of a well running dry:
  - a. **Physical:** fatigue, tired, worn out, frequent headaches, chronic muscle tension, sleeplessness, waking up and not going back to sleep, change in appetite, increased sickness, colds.
  - b. **Mental & Emotional:** depression, feeling down, increased frustration and hostility, harder to concentrate, apathy, withdrawal, increased risk-taking behaviors, increased marital/interpersonal discord.
  - c. **Work Performance:** loss of efficiency, increased frustration with co-workers, decreased work satisfaction, decreased initiative, lack of interest, increased at work use of stimulants like caffeine and nicotine.
  - d. **Spiritual:** reduced trust/disappointment in God, increased feelings that God can't help, won't help and/or doesn't care, change in religious and/or spiritual practices such as prayer, meditation, reading of religious or spiritual texts, etc.

### Information (slide 5)

1. **Note** that professionals *(insert name of professional group receiving training)* have unique stressors as a part of their work that can sometimes draw deeply on the wells of resilience. Though some stress can be good for you and keep you challenged, motivated, and on your toes, too much stress can leave you exhausted, empty feeling like you're trapped in the pit of a dry well and you can't get out. You are in a profession, like those of us in the Chaplain Corps, that can dip us into Compassion Fatigue.
2. **Define** Compassion Fatigue as "a state of exhaustion and dysfunction that comes from prolonged exposure to compassion stress and all that it evokes."
3. **Share** steps into the pit of Compassion Fatigue.
  - a. Step 1: Prolonged Exposure ..... to compassion stress.
  - b. Step 2: Exhaustion ..... physical, emotional, social, relational & spiritual
  - c. Step 3: Avoidance/Numbing (won't face it) ..... OR ..... Persistent Stimulation (can't let it go)
  - d. Hit bottom!

### Information (Slide 6)

1. **Show** "Artesian Well" (45 sec.) – click on pouring bucket  
<https://www.youtube.com/watch?v=OpgVEAi95-8>
2. **Note** that training alone won't solve the problem, so it's critical to find and be able to tap into the sources and resources you have available to you for refilling your wells. These are the basics. The ground-waters of physical, mental, emotional and spiritual filling.
3. **Share** the ground-water sources for filling wells of resilience:
  - a. **Physical Filling:** exercise, good nutrition, rest/relaxation

- b. **Mental/Emotional Filling:** mindfulness towards “the good stuff” of life, acts of reconciliation and forgiveness
- c. **Spiritual Filling:** worship, prayer, meditation, fasting, service
- 4. **Ask:** Does anyone else have ideas to add here, about any of these sources and/or examples of how you use these sources to refill yourself?

#### Information (slide 7)

1. **Note** that in order to have water for pouring and sharing with others we need to keep our wells “topped up.” There are a number of things we can practice daily that will help us to keep our wells, and the wells of those around us, “topped up.”
  - a. **Remember:** that you can change yourself, but not anyone else. That is up to them. Related to this, remember that you can empower others, but you are not a magician who can wave a wand and make it all good.
  - b. **Be Gentle:** with yourself. Don’t beat yourself up over small stuff..... or even big stuff!
  - c. **Be Thankful:** for all the good things that come your way. Hunt the good stuff and take a moment to appreciate it when you find it.
  - d. **Both Give & Receive:** support, encouragement and praise to peers and supervisors. Learn to accept it in return.
  - e. **Get Creative!:** and experiment with some untried ways, or long forgotten ways, to top up your well.

#### Information (slide 8)

1. **Note** that you are going to show an example of someone taking a creative approach to topping up his well and the wells of those around him.
2. **Show** “Where the Hell is Matt? 2008” (4:29 min) <https://www.youtube.com/watch?v=zlfKdbWwruY>
3. **Note** that Matt seems to be filling his own wells of resilience as well as pouring out that energy for others to enjoy.

#### SLIDE 9

##### Implications

1. **Invite** participants to form small groups and/or pairs to discuss the following questions:
  - a. What about your work life draws water out of your well?
  - b. What are your personal warning signs of “dry well” syndrome?
  - c. What wellsprings do you draw on more than others? How do you refill your well?
  - d. What is something creative that you would like to try to do, or do again, that will get your energy flowing?
2. **Invite** group members to share some responses with the whole group after their discussions.

#### SLIDE 10

##### Inspiration

**Read aloud**, in unison a modern, Japanese translation of the 23<sup>rd</sup> Psalm as a closing of your time together.