Texas Focus 2026: Strengthening Collaborative Relationships Through Empowered Stress Management and Resilience Skills

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Agenda:

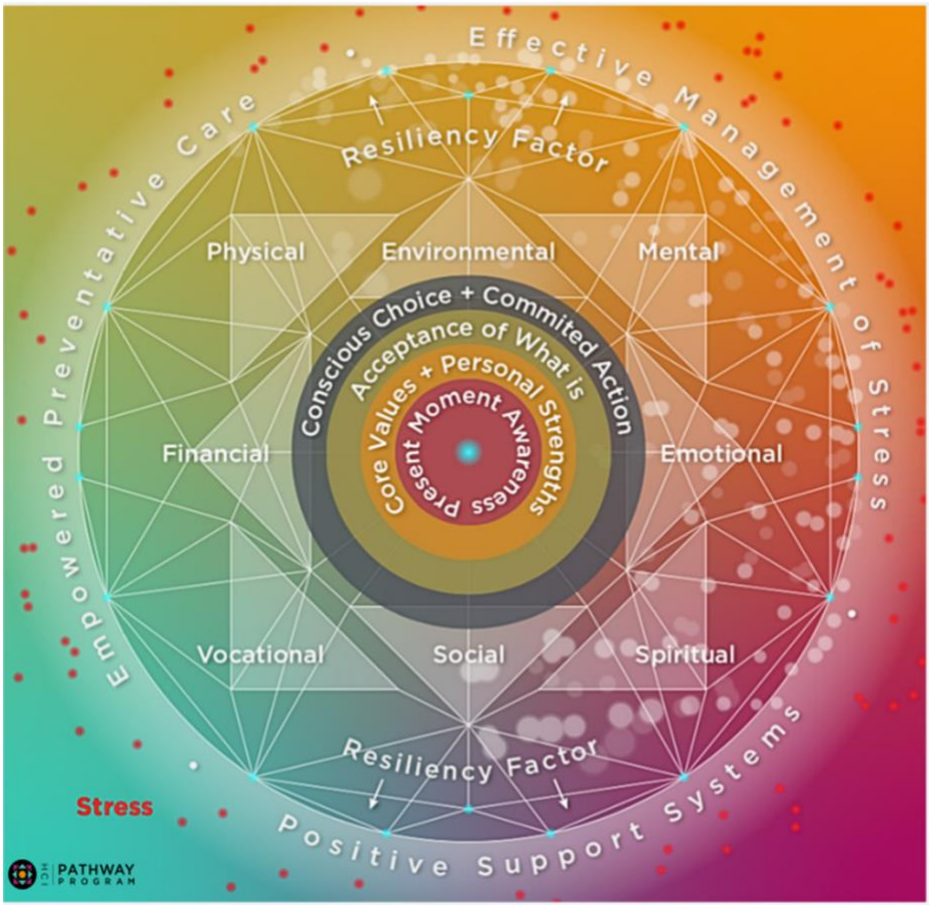
1. Resilience Defined
2. The Empowered Wellbeing Model & Resiliency Factors
3. Empowered Stress Management
4. The Resilience Plan: The 4 S's
5. Resilience Reflection
6. Feedback and Closing

How do you define resilience?

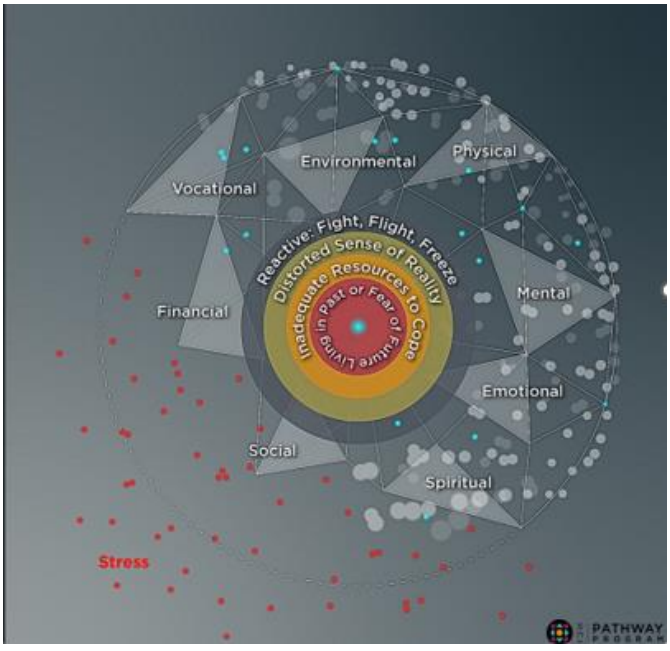
According to the American Psychological Association (APA) resilience is defined as the process of adapting well in the face of trauma or tragedy, threats or other significant sources of stress (Southwick et al., 2014)

Resilience is complex. It tends to exist across a continuum and can vary across interactions and environment.

The Empowered Wellbeing Model and Resiliency Factors



Reactive Distress Model



Resiliency Factors:

1. **Empowered Preventative Care**- increase our capacity to “bounce back”

- *Proactive health management*- screenings, chronic disease management, regular wellness checkups
- *Balanced lifestyle*- emphasis on sleep, healthy diet and exercise, boundary setting
- *Mental health strengthening*- therapy, coaching, mindfulness

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2. **Positive Support Systems-** these supports can foster connection, reduce isolation and reframe challenges

- Social networks- close family, friends and neighbors
- Community groups- faith based groups, volunteering, fitness groups, shared interest groups
- Structured support- e.g. support groups for addiction, grief, etc.
- Professional guidance- mentorship, coaching, therapy

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3. **Effective Stress Management**-

- Stress is a natural part of life. Chronic stress is not.

Understanding the stress response: The autonomic nervous system is broken up into two branches. The sympathetic (fight or flight) and the parasympathetic (rest and digest). Only one branch can be “on” at a time and we want to be in a “rest and digest” state as much as possible.

The effects of chronic stress are linked to cardiovascular disease, hypertension, Type 2 Diabetes, obesity, mental health diagnoses, gastrointestinal problems, sleep disorders, and autoimmune diseases.

REFLECT: Where do you feel stress the most? (Cognitively, physically, emotionally and behaviorally?)

- Cognitive- difficulty concentrating, trouble remembering and learning
- Emotional- being angry, irritated, fearful, moody, teary, anxious

- Physical- high blood pressure, tense muscles, weight changes, digestive and sleep problems, tension headaches, teeth grinding, more frequent illness
- Behavioral- over reliance on substances, difficulty caring for one's basic needs, not prioritizing enjoyable activities

5 Strategies to Immediately Lower Stress

1. Do 5-5-7 Breathing: Inhale for 5, hold for 5 and exhale for 7
2. Take a 10-30 minute walk *(*preferably outside)
3. Engage your senses
4. Journal
5. Phone a friend

REFLECT: Is there one that you'd like to try or recommit to in the next 7 days? Share with a partner.

Activities that Drain and Energize You

List activities that drain you:
List activities that energize you:

Next 7 days…

1. When you're engaging in a **draining** activity, notice how you feel emotionally and in your body.
2. Notice where you can add in an **energizing** activity.

Know Your Priorities

List your top 5 priorities in life… so that you can honor your YES and NO on your calendar

Look at your calendar and do the following:

1. Identify/list/circle activities that support my priorities
2. Identify/list/circle activities that do NOT support my priorities

Reflect: Are you willing to cancel one of the activities that doesn't support your priorities? What would you like to add?

Resiliency Factors Reflection:

Think about how easily and readily you tap into the 3 resiliency factors (1=most utilized/developed and 3 = least utilized/developed)

Empowered Preventative Care_____

Positive Support Systems ____

Effective Stress Management ____

The Resilience Plan: The 4 S's

Example:

Your Turn to Explore Your Resilience

(Part A) Reflect on a past personal or professional challenge and record the resilience skills you used in each of the 4 S's.

SUPPORT	STRATEGIES
SAGACITY	SOLUTION SEEKING

(Part B) Reflect on a CURRENT personal or professional challenge you are facing and write it down ("I am struggling with…" "I am stressed because…")

(Part B Continued)

- What past resilience skills can you tap into from Part A?
- Anything you'd like to add? Write it down in the appropriate box.
- Which category would you like to invest in more?

Final Reflection and Action:

What's something that resonated with you?

Anything you'd like to commit to trying within the next 7 days?

Reflect, record and share one thought with a partner.

Congratulations on investing in your health and wellness today! You deserve it!

If you would like to leave feedback and stay connected, please submit here:

Resources:

Resilience Skills
Building Your Resilience
ISSA and Health Coach Institute Pathway Program Training modules

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