



RESILIENCE PROJECT

Presented by Martin Heppell

The Resilience Project would like to acknowledge the traditional custodians of the land upon which we learn, play, work and live. We pay our respects to Elders, past, present and emerging.

We acknowledge and respect how Aboriginal and Torres Strait Islander people have nurtured and taught on Country for thousands of years. As we share our teachings with communities, we hope to honour their stories, culture, connections and resilience.

WHAT IS RESILIENCE?

LET'S LOOK AT OUR RESPONSE TO A TRAUMATIC EVENT



PRIMARY

29%

experience symptoms
of **anxiety**.

SECONDARY

44%

experience symptoms
of **anxiety**.

SECONDARY



1 in 3

males experience
symptoms of **anxiety**.

SECONDARY



1 in 2

females experience
symptoms of **anxiety**.

PRIMARY

1 in 4 

experience symptoms
of **depression.**

SECONDARY

1 in 4 | **2 in 5**
males | females

experience symptoms
of **depression.**

PRIMARY

1 in 5 

message

between 10am
and 6am.



SECONDARY

2 in 5 

message

between 12am
and 6am.



PRIMARY

1 in 4 

are not getting

8 hours of sleep.

SECONDARY

1 in 2 

are not getting

8 hours of sleep.

**1 in 5 adults will experience mental
health problems throughout a year**

65%
of adolescents
do not
seek help
for mental illness

GratITUDE







Empathy

Mindfulness





Emotional Wellbeing (2019 vs. 2021)





Measure	TRP Students	Non-TRP Students
Depressive Symptoms	 Consistent	 Increased
Anxiety Symptoms	 Consistent	 Increased
Life Satisfaction	 Consistent	 Declined

Dr Mark Kohnen and Dr Amanda Santamaris, 23.01.2022, "The Resilience Project (TRP) Education Program Outcomes"





Social Wellbeing (2019 vs. 2021)





Measure	TRP Students	Non-TRP Students
Perceived School Support	 Improved	 Declined
Perceived Peer Support	 Improved	 Declined

Dr Mark Kohnen and Dr Amanda Santamaría, 23.01.2023, "The Resilience Project (TRP) Education Program Outcomes"





Physical Wellbeing (2019 vs. 2021)

Measure	TRP Students	Non-TRP Students
Healthy Eating	 Consistent	 Declined
8 Hours Sleep Most Nights	 Consistent	 Declined

Dr Mark Kohnen and Dr Amanda Santamaris, 23.01.2022, "The Resilience Project (TRP) Education Program Outcomes"



Taking Control of Emotions

What three activities influence the strength of your emotions?

Music
7 seconds

Exercise
30 seconds

Laughter
instant

- University of Maryland, Baltimore County



Positive emotion shows cognitive change!

- **broader** attention span
- **increased** working memory
- **enhanced** verbal fluency
- **increased** openness to new information
- **increased** creativity
- **increased** engagement

- Fredrickson, B. 2005

How to Practice Gratitude

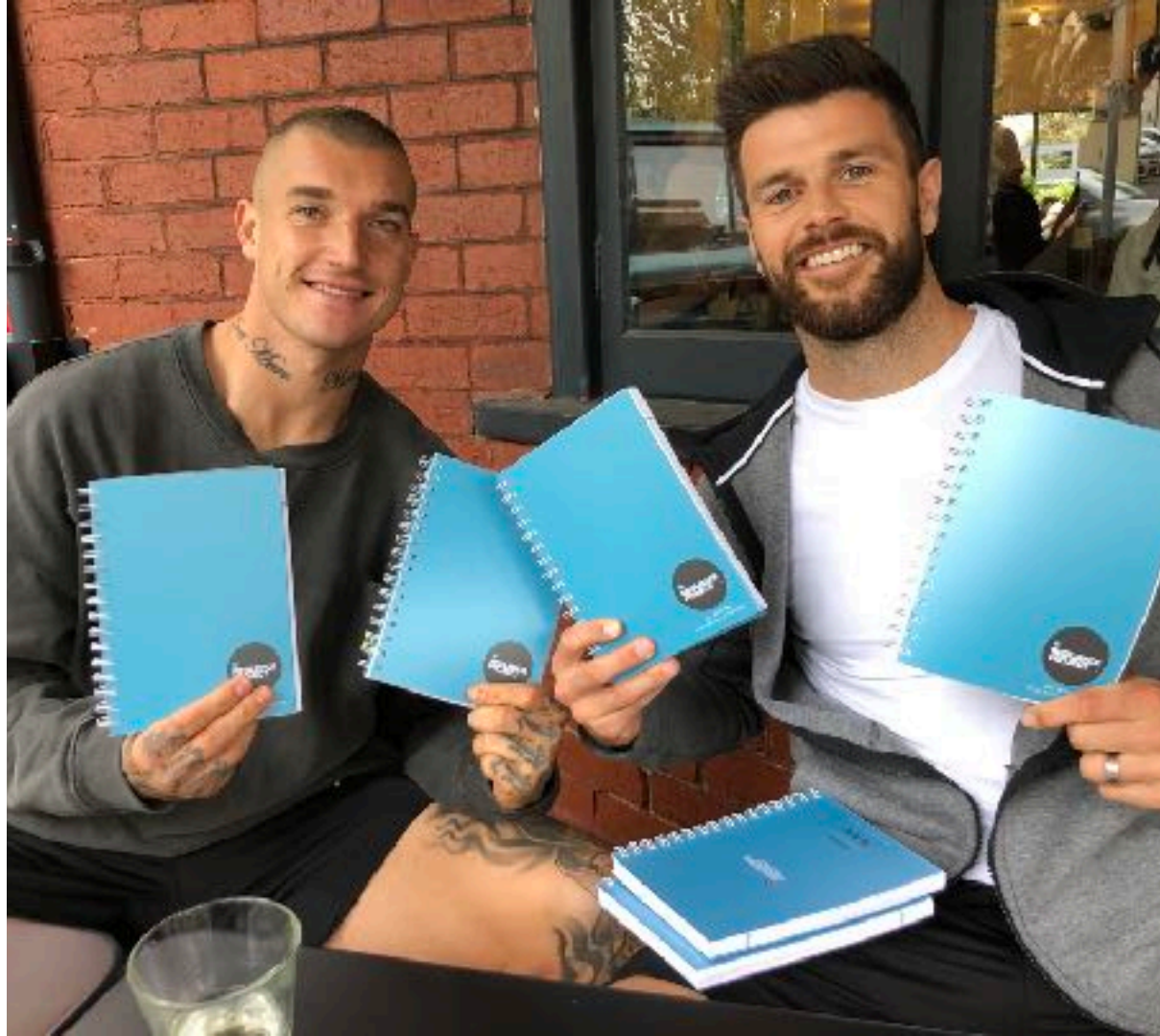
**Write three things
that went well for
you during the day**

- **What was the best thing that happened to me today?**
- **Who am I most grateful for today and why?**
- **What am I looking forward to most about tomorrow?**

GRATITUDE

In only 21 days...

You rewire your brain to
start scanning the world
for the **positive**.



- are **less** likely to get sick
- have higher levels of **energy**
- feel **happier**
- are more **enthusiastic**
- are more **attentive**
- are more **determined**
- are more **optimistic**
- have a better quality of **sleep**
- have **lower levels** of depression and anxiety

Oxytocin

Every time you do something kind for someone else, your brain releases oxytocin.

Oxytocin leads to:

Increase **self esteem** / **confidence**

Increase **energy**

Increase levels of **happiness**

Increase levels of **positivity**

Emotional Literacy

Ability to understand ourselves and others via awareness of emotions

ALEXITHYMIA

An inability to put emotions and feelings into words

Brene Brown

Found that the people who get **curious** about their **emotions** learned to do so in one of 3 ways:

1. Their **parents** / **teachers** explicitly taught them about emotion and the importance of exploring feelings
2. Their **parents** / **teachers** modelled curiosity about emotion
3. They worked with a helping professional who taught them about the power of inquiry

Benefits of Mindfulness

- The ability to be completely **present** in the moment
- To remain **focused** on one task
- To be completely **engaged** in a topic, task or conversation
- To raise **self awareness**
- To increase **appreciation** of surroundings and of others
- To become more **connected**

Social Media

Replacing face to face contact with family and friends with messages on social media, emails or text messages could **double our risk of depression.**

People who make contact with family and friends at least **3 times a week** had the lowest level of depressive symptoms.

- University of Michigan

Social Media

<https://www.humanetech.com/take-control>

Social Media



Kids should have
**ALL notifications
turned OFF**



**Rearrange the
home screen**
to remove social media
apps from view



**Schedule time
for phone use**
instead of scheduling
time for living!



Benefits of Mindfulness

Mental

- Reduces depression
- Reduces anxiety
- Improves decision making
- Improves ability to focus
- Reduces drug / alcohol abuse

Physical

- Reduces stress
- Prevents heart disease
- Lowers blood pressure
- Reduces chronic pain
- Improves sleep
- Makes you less nervous

GratITUDE

Empathy

Mindfulness





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Submit the
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