Applying the Science of Well-Being to Develop Resilience

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Disclosure

The above speaker does not have any conflicts of interest to report.
Questions the PPC Has Asked

- What causes people to become helpless?
- How can we prevent depression and anxiety?
- What enables people to be resilient?
- How can we enhance people’s abilities to thrive in high pressure environments?
Our Model

- Prevention
- Universal
- Whole person
- Whole organization
- End user and train the trainer
- Empirically validated
Penn Resilience Program Overview

Cognitive and Emotional Well-Being

Strength of Character

Strong Relationships
Who We Work With

- Primary, Secondary, and Higher Education
- United States Army
- Department of Defense
- Public Safety and First Responders
- Oklahoma City Thunder
- Kimberly-Clark
Results from Our Research Show…

- Symptoms of Depression & Anxiety
- Mental Health & Substance Abuse Diagnoses
- Conduct Problems
- Hopelessness

- Well-Being & Life Satisfaction
- Health Promotion Behaviors
- Trust & Social Support
- Optimism & Hope
- Problem-Focused Coping
Lessons Learned for Effective Dissemination

- Leadership support
- Internal champions
- Formal training
- Effective dosage
- Informal reinforcement
- Integrated throughout organization
Learned Optimism

Accurately identify where you have control and focus energy on what you can change.
Optimism Matters

Optimists compared to Pessimists:

- More resilient
- Less depressed and anxious, happier
- Healthier
- Live longer
- Better leaders
- Stronger relationships
- More successful (school, work, sports)
Optimists Operate Differently than Pessimists

- See problems accurately
- Focus on solutions
- Identify what they can control
- Take purposeful action
- Take better care of themselves
- Learn from setbacks
- Search for benefits in adversity

More resilient
Happier
Healthier
Live longer
Better leaders
Stronger relationships
More successful
Hunt the Good Stuff

- Write down 3 positive experiences or benefits from a negative experience.
- Reflect on those experiences by considering the following:
  - What it means to you
  - How others contributed
  - What you learned from it
- Let’s try it!