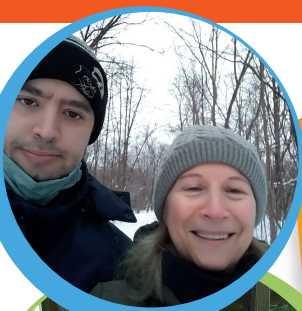


**BEHIND EVERY
FACE, THERE'S
A STORY...
FOR EVERY
PERSON, THERE'S
A SOLUTION!**



CHRISTIANE

Christiane has a 38-year-old son who was diagnosed with schizophrenia at the age of 18. At first, she had a lot of difficulty facing reality. She was in denial and felt guilty without knowing why. She had to face many challenges to cope with this new reality, maintain a meaningful connection with her son, preserve her balance and find her place in her son's recovery process. To do this, Christiane developed her resilience in order to overcome the challenges she was simply not prepared for.



How do I manage
my emotions?

How do I find my place
in their recovery?

How do I gain new
perspective on the mental
health problem?



avantdecraquer.com

Contact us today!

**We are here to help
you find solutions!**

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One way to manage emotions, change our perspective and support a person in their recovery process is to develop resilience.

What does resilience really mean?

Resilience is each person's capacity to resume new psychological development after having experienced a significant hardship. Resilient individuals will have the ability to flexibly and resourcefully adapt to situations that are out of their control. They will draw on their personal qualities in order to modify their behaviours based on the new contexts they encounter.

We are not born resilient. We can become resilient by developing the skills necessary to heal wounds caused by significant experiences, such as the loss of a child or a cancer diagnosis. As such, being resilient does not mean being insensitive and invulnerable.

The resilience process

According to various studies, there are a few stages in the process of developing resilience. It is important to be able to distinguish between the resilience process and the grieving process. When a loved one is diagnosed with a mental health disorder, some individuals will go through the 7 stages of grief, while others will go through stages more akin to resilience. Either path can lead to resilience. Each person will experience hardships their own way. However, three stages can be more directly associated with the resilience process.

Dismay

At this stage, we try to understand what happened and what could have been done differently to avoid the situation. In short, we want to understand the "why me?"

Denial

Denial can present itself in two different ways.

1. Individuals will try, at all costs, to project a positive and strong image of themselves to those around them. They do not want pity from their support network, as this feeling may put them in touch with their real emotions, which they are trying to avoid at all costs.

2. Individuals will reject any positive impacts the experience may have had on them. They will not see that it allowed them to develop new knowledge and abilities, strengthen relationships, build a social network, etc. They will focus mainly on the negative impacts of the event.

Defiance

At this point, the person will want to use their hardship to excel. They will say to themselves: "I'll show them that I'm going to overcome this!" Then, they will draw upon their abilities and knowledge to turn the event into a triumph and build resilience. Resilience is not how you deal with a situation, but rather what you make of it.

How can we become more resilient?

There are a few things that can be done to improve one's resilience. However, there is no magic bullet. Note that depending on our individual backgrounds and personalities, some ideas may be more useful, while others may prove less conducive to our personal recovery.

Engage in communication

Communication leads us down the path toward healing. Talking about the experiences we have overcome and healing the wounds that may have resulted from them is often the first step on the staircase to resilience.

Take relational initiatives

Relational initiatives are the ability to express ourselves without imposing our ideas. We should be able to express our desires, opinions and beliefs while respecting those of others. Having strong peer-to-peer relationships enriches conversations and dialogues and promotes respectful relationships.

Avoid giving in to guilt

It is important to avoid giving in to guilt over choices we made in the past. Constantly reliving the past prevents us from moving forward and regaining control over our lives.

Keep stress levels in check

Anxiety is a very normal emotion and one that everybody experiences. However, anxiety-provoking situations vary greatly from one individual to the next, so each person will need to develop their own strategies for dealing with them. The more power we have over our stress, the more our ability to be resilient will improve.

Connect with others who have experienced similar challenges

Creating a support network of people who have been through similar hardships can help us break out of isolation and loneliness.

"The important thing is not what we make of ourselves, but what we make of what we have made of ourselves."

Never forget that each person has all the strength and solutions they need inside of them. They just have to search for them!

For more information, see Tools for building resilience on Avantdecraquer.com

Source: L'Accolade Mental Health

