



Presents

**(In partnership with
the Federal Youth
Network):**

The Resilience Long Game: Bouncing Back Again (and
Again, and Again)

Le long jeu de la résilience: rebondir encore (et encore,
et encore)



Aalya Dhanani Essa (She/Her)

Unceded Algonquin Territory (a.k.a. Ottawa, Ontario)

Twitter: @AalyaDE



- *Aalya is a FlexGC member, community connector, policy professional and digital ambassador currently involved in a transformation project with Transport Canada. She has a background in supporting mental-well being including crisis line counselling and holds a B.A. in Psychology and an M.A. in Sociology with specialization in Feminist and Gender Studies.*
- *Aalya is one of the co-leads for the virtual OneTeamGov Canada series which is currently taking place twice a week to support fellow public servants through Covid19. She is also a co-collaborator of the recently formed Anti-Racism Ambassadors Network.*
- *Aalya brings her experience of working across horizontal communities, working remotely, and mental-health training to the FlexGC team. This includes using a range self awareness and mindfulness techniques. Aalya is a firm believer in bringing empathy to the way we work and live.*

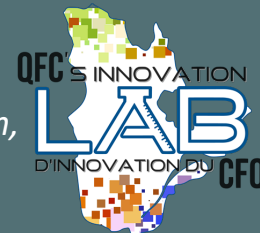
Paul Keller

Quebec City

Twitter: @PoltheWanderer



- *Paul is a project manager at the Quebec Federal Council's Innovation Lab. With strong communication skills in both official languages, and a knack for data sciences, innovation, philosophy, photography, videography, graphic design, and audio production, Paul is quite versatile indeed.*
- *Paul is a person of vision – he sees opportunities and pursues them with enthusiasm. A self-taught entrepreneur with a curious mind, Paul takes challenges head on and he finds a way.*
- *Paul has been actively involved with FlexGC since March 2020. He has assessed multiple virtual platforms and tools, and has developed a solid expertise in remote working practices and technologies.*



Pauline Meunier

Mental Health Commission of Canada



- *Pauline comes from Paramedic services and throughout her 26 years in prehospital care her scope of experience includes ambulance dispatcher, front line Paramedic, union lead and Paramedic Chief.*
- *She has worked on systems integrations and systems improvement projects. Pauline understands human factors that drive decision making in team dynamics and knows support of the individual means a stronger team. She has a passionate interest in stigma reduction, mental wellness, resiliency and just culture.*
- *She is also a Master trainer for the Mental Health Commission of Canada and is an ambassador in mental health resiliency. She has facilitated The Working Mind curriculum for the Mental Health Commission of Canada including courses for paramedics, police, health care and broader sector groups.*
- *She is a trained professional coach and completed trauma informed coaching certification this year. Pauline is working on completing an undergraduate degree in psychology.*

Questions for participants:

1) What is your definition of resilience?

Quelles est votre définition de la résilience?

1) What gives you purpose?

Qu'est-ce qui vous motive?

Resilience -Definition

According to Oxford :

1. The capacity to recover quickly from difficulties; toughness.
1. The ability of a substance or object to spring back into shape; elasticity.

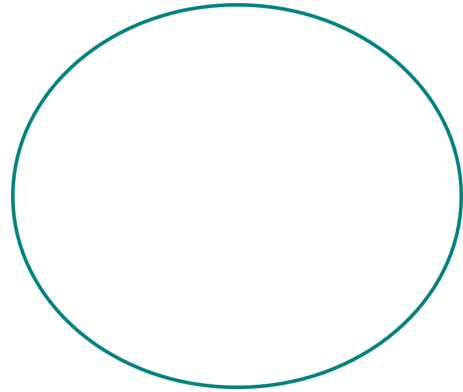
Resilience - Where to Start?

1) Self awareness

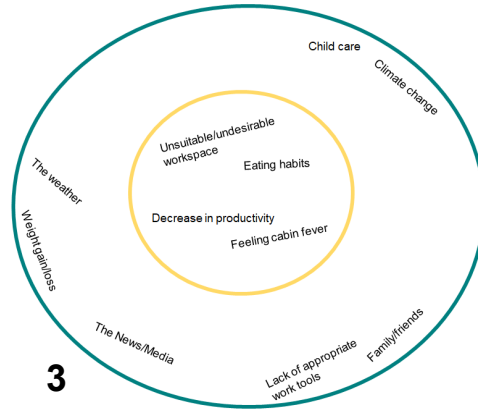


Self Awareness - Your Circle of Control

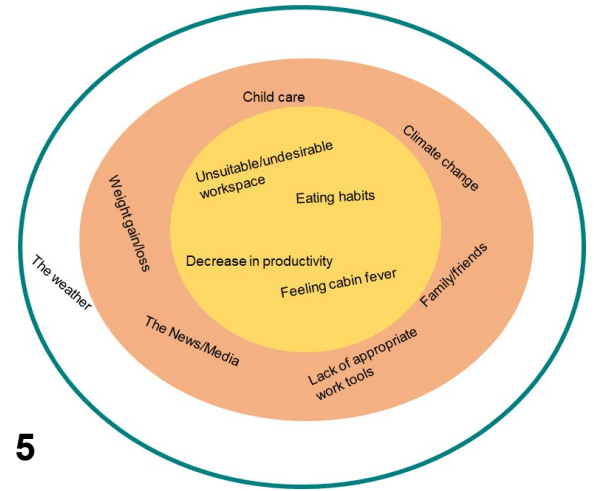
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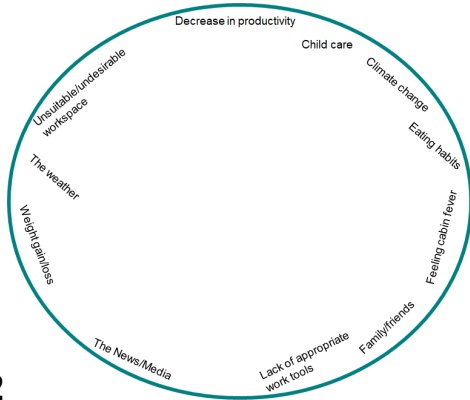
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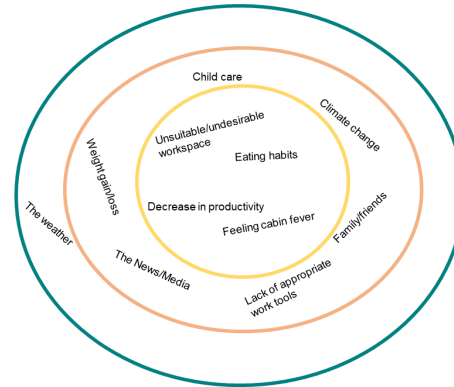
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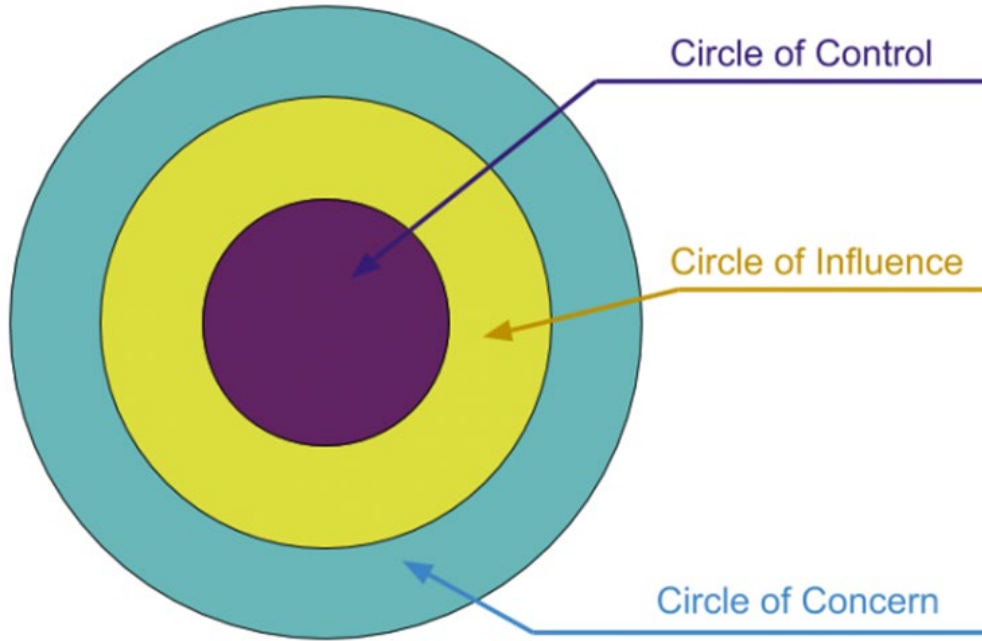
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Your Circle of Control



Stephen R. Covey
The 7 Habits of Highly Effective People:
Powerful Lessons in Personal Change

Resilience - continued

2) Mindfulness

3) Self care



Check-in with yourself - Self awareness and self reflection

- Am I eating? What am I eating? When am I eating?
- Am I sleeping? Am I sleeping well? How much am I sleeping?
- Am I talking about this? **Who** should I talk to? (Spouse, family, friend, colleague, doctor, therapist, everyone, no one)
- Am I writing down my feelings?
- Why do I feel this way? When do I feel this way? Are there pre-existing conditions influencing my now? (medical, social, other)
- New conditions/symptoms? When did this start?
- What do I need **right now**? What makes me feel **good**?
- What can I control? Who can I ask for help? Who is my support system?

Faire un contrôle de soi-même - Conscience de soi et réflexion personnelle

- Suis-je en train de boire/manger? Qu'est-ce que je mange? Quand est-ce que je mange?
- Est-ce que je dors? Est-ce que je dors bien? Est-ce que je dors assez?
- Est-ce que j'ai besoin de parler? Avec qui devrais-je parler? (Conjoint, famille, ami, collègue, médecin, thérapeute, tout le monde, personne)
- Suis-je en train d'écrire mes sentiments?
- Suis-je en train de bouger assez/profiter du soleil?
- Pourquoi est-ce que je ressens ça? Quand est-ce que je ressens ça? Qu'est-ce que je dois faire pour le corriger? Est-ce que j'ai besoin d'aide?
- Qu'est-ce qui me ferait du bien maintenant? Quand puis-je planifier de le faire?
- Que puis-je contrôler? A qui puis-je demander de l'aide? Qui est mon système de support?

(Resilience - continued)

4) Positive Relationships



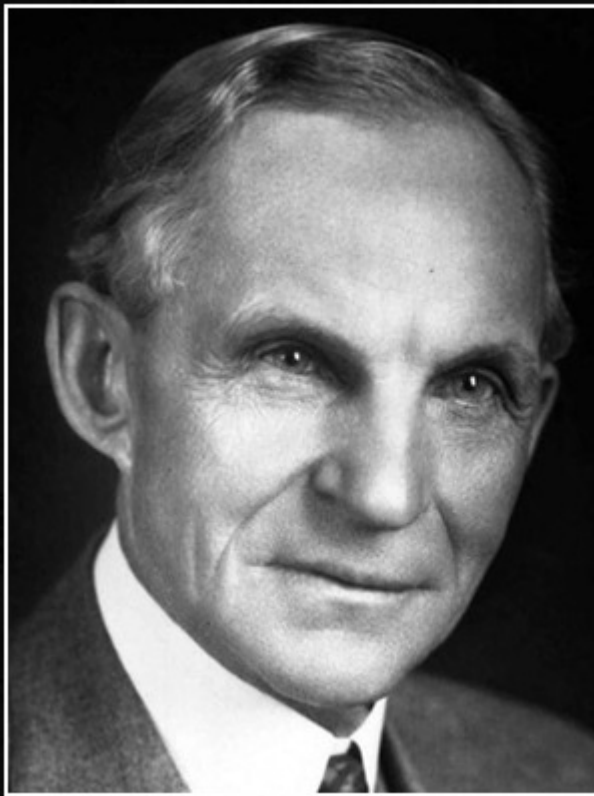
<https://www.bouncebackproject.org/resilience/>

(Resilience - continued)

5) Purpose



<https://www.bouncebackproject.org/resilience/>



Obstacles are those frightful things
you see when you take your eyes off
your goal.

— *Henry Ford* —

AZ QUOTES

Resources

- [Mental Health Commission of Canada](#)
- [Centre of Expertise on Mental Health](#)
- [Lifespeak](#)
- [3 secrets of resilient people | Lucy Hone \(Youtube\)](#)
- [Bounce Back Project](#)