

Living your best life after a breast cancer diagnosis.



# Resiliency: Physical and Emotional Wellness



#YSCSYMPOSIUM

PITTSBURGH,  
PA

# Resilience



The concept that proposes a recurrent human need to weather periods of stress and change successfully throughout life. The ability to weather each period of disruption and reintegration leaves the person better able to deal with the next change.

(Resilience, 2009)

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# *Resiliency*



*When you bend with the wind but  
don't break in the storm.*

# Why Talk About Resilience?

Survivors are challenged by medical and psychosocial consequences of cancer

Cancer can impact all aspects of an individual's health

Battle in the fight against cancer and surviving

# Outcomes of a Cancer Diagnosis on Survivorship

- Negative outcomes of survivorship
- Positive outcomes of survivorship

# Resiliency

- One still experiences difficulty or distress
- Often emotional pain and sadness
- Personal trait?
- Behaviors, thoughts and actions
- Can be learned and developed

(APA, n.d.)

# Learning About Resilience

- Unique to the individual
- Involves caring and supportive relationships
- Influence of cultural backgrounds
- Self-care

# Increasing Resilience = Self-Care





# Developing Resilience

- Ability to plan and carry out
- Positive self-view, self-confidence
- Communication and problem-solving skills
- Ability to manage intense emotions and impulses
- Flexibility

# American Cancer Society, 2016

- Avoid smoking and using tobacco products
- Limit alcohol intake
- Be physically active
- Eat a healthy diet
- Maintain a healthy weight
- Protect skin from exposure to UV radiation
- Regular physician and dentist check-ups

# Brief Resilience Scale

1. I tend to bounce back quickly after hard times.

Strongly Disagree = 1

Disagree = 2

Neutral = 3

Agree = 4

Strongly Agree = 5

2. I have a hard time making it through stressful events.

Strongly Disagree = 5

Disagree = 4

Neutral = 3

Agree = 2

Strongly Agree = 1

3. It does not take me long to recover from a stressful event.

Strongly Disagree = 1

Disagree = 2

Neutral = 3

Agree = 4

Strongly Agree = 5

4. It is hard for me to snap back when something bad happens.

Strongly Disagree = 5

Disagree = 4

Neutral = 3

Agree = 2

Strongly Agree = 1

5. I usually come through difficult times with little trouble.

Strongly Disagree = 1

Disagree = 2

Neutral = 3

Agree = 4

Strongly Agree = 5

6. I tend to take a long time to get over set-backs in my life.

Strongly Disagree = 5

Disagree = 4

Neutral = 3

Agree = 2

Strongly Agree = 1



# Resilience

- Increase your strength in the face of adversity
- Resilience in Physical Wellness
- Resilience in Emotional Wellness

# Are You Ready?



# References

American Cancer Society, 2016. *Life after treatment: The next chapter in your survivorship journey*. Retrieved from <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/life-after-treatment-next-chapter-in-your-survivorship-journey.pdf>

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