

PROTECH

保泰 社区抗疫行动
社區抗疫行動

Pandemic Rapid-response Optimization
To Enhance Community-Resilience and Health

Strengthening your resilience!

强化你的 抗挫折能力!

Dr. Jenny Jing Wen Liu

刘京文博士

Toronto Western Hospital /

多倫多西部醫院





What is Resilience?

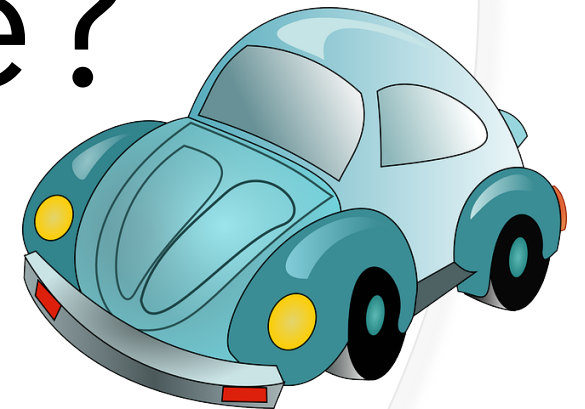
• IT IS NOT...

- **Trait** (type of people - "resilient people")
- **Mindset** (type of thinking / acting "get over it")
- **Outcome** ("bouncing back / recovering")

• WE ALL HAVE RESILIENCE!

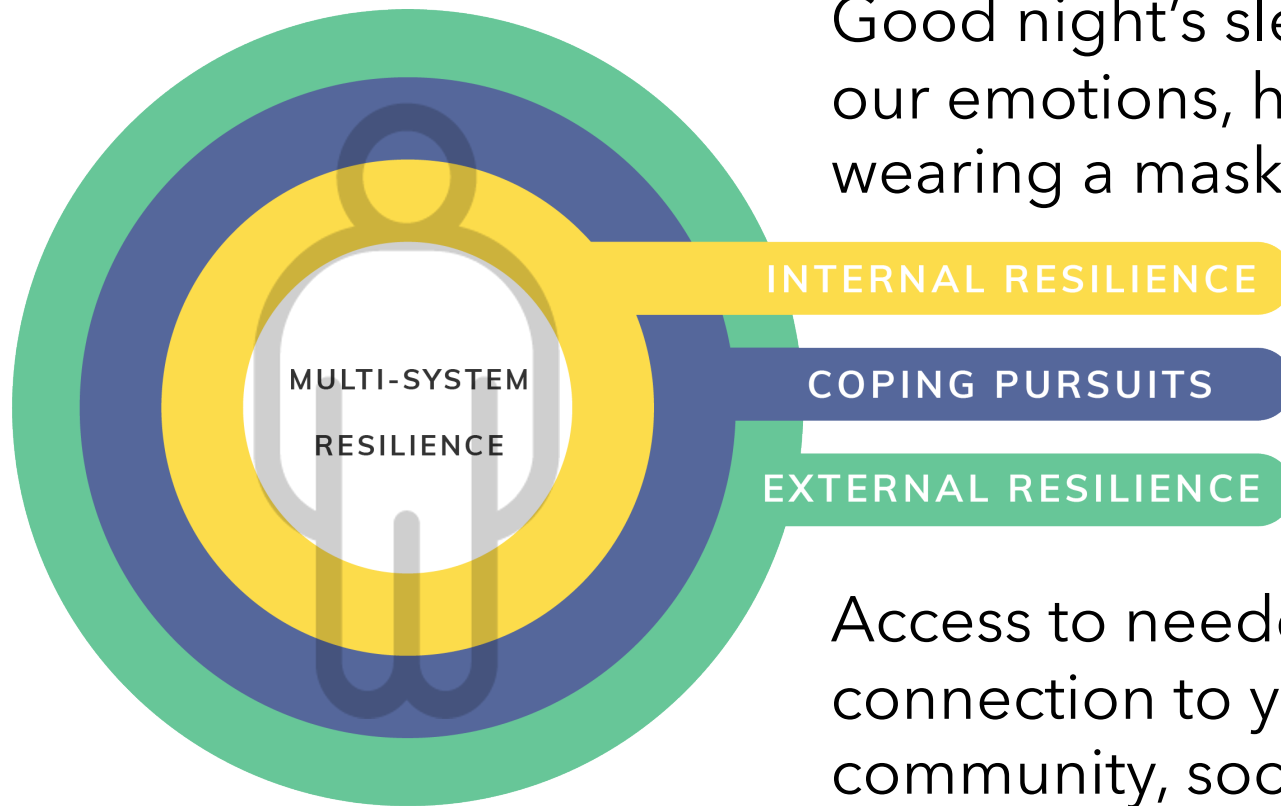
- A **capacity** to respond to challenges and change
- From **multiple areas** of our lives
- Constantly **changing**

Why do we want to have resilience?



We want to have a full tank of gas when we need it!

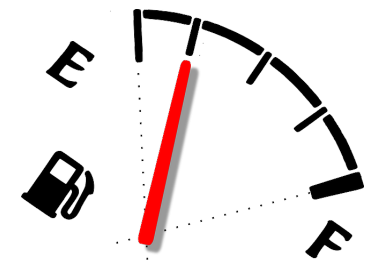
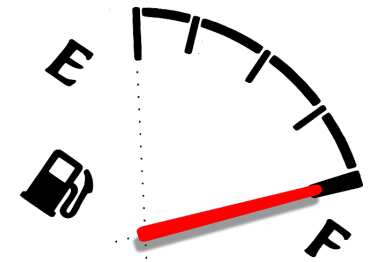
Where does our resilience come from?



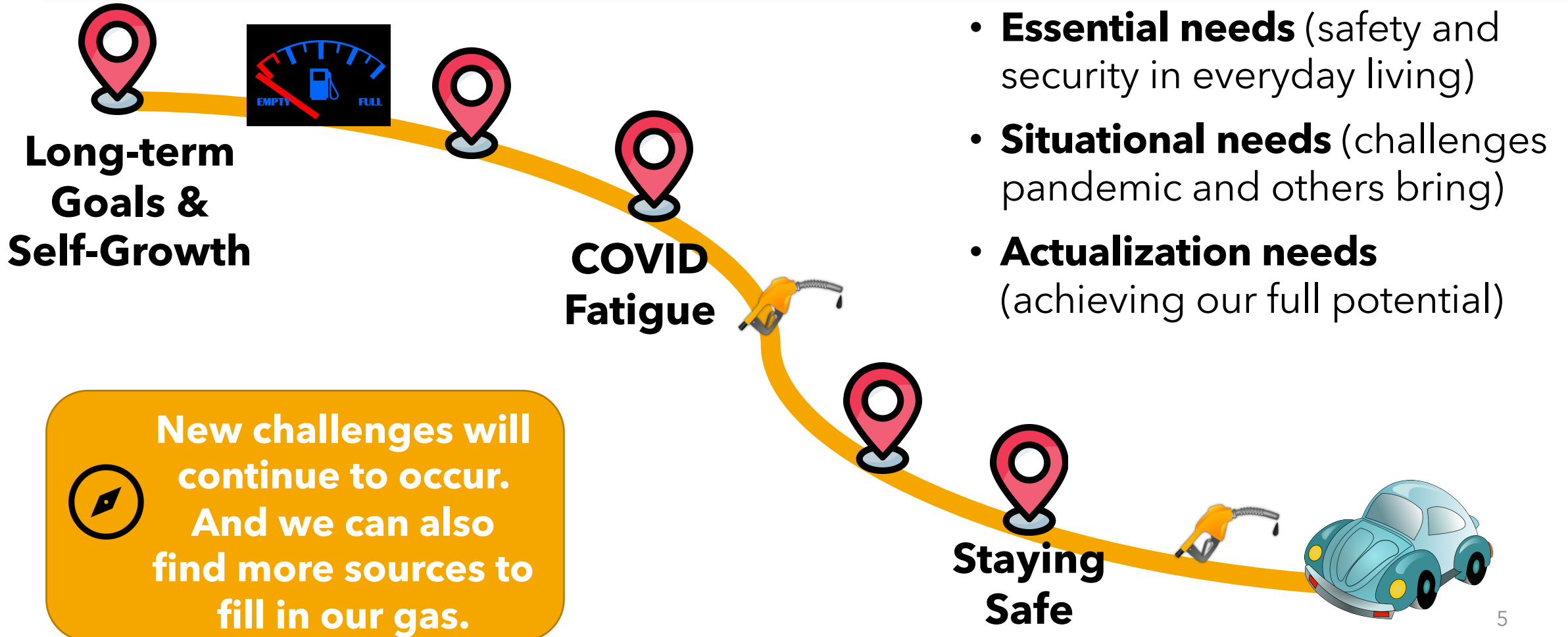
Good night's sleep, managing our emotions, healthy eating, wearing a mask.

Coping with challenge, setting goals, even during a pandemic!

Access to needed services, connection to your community, social security.

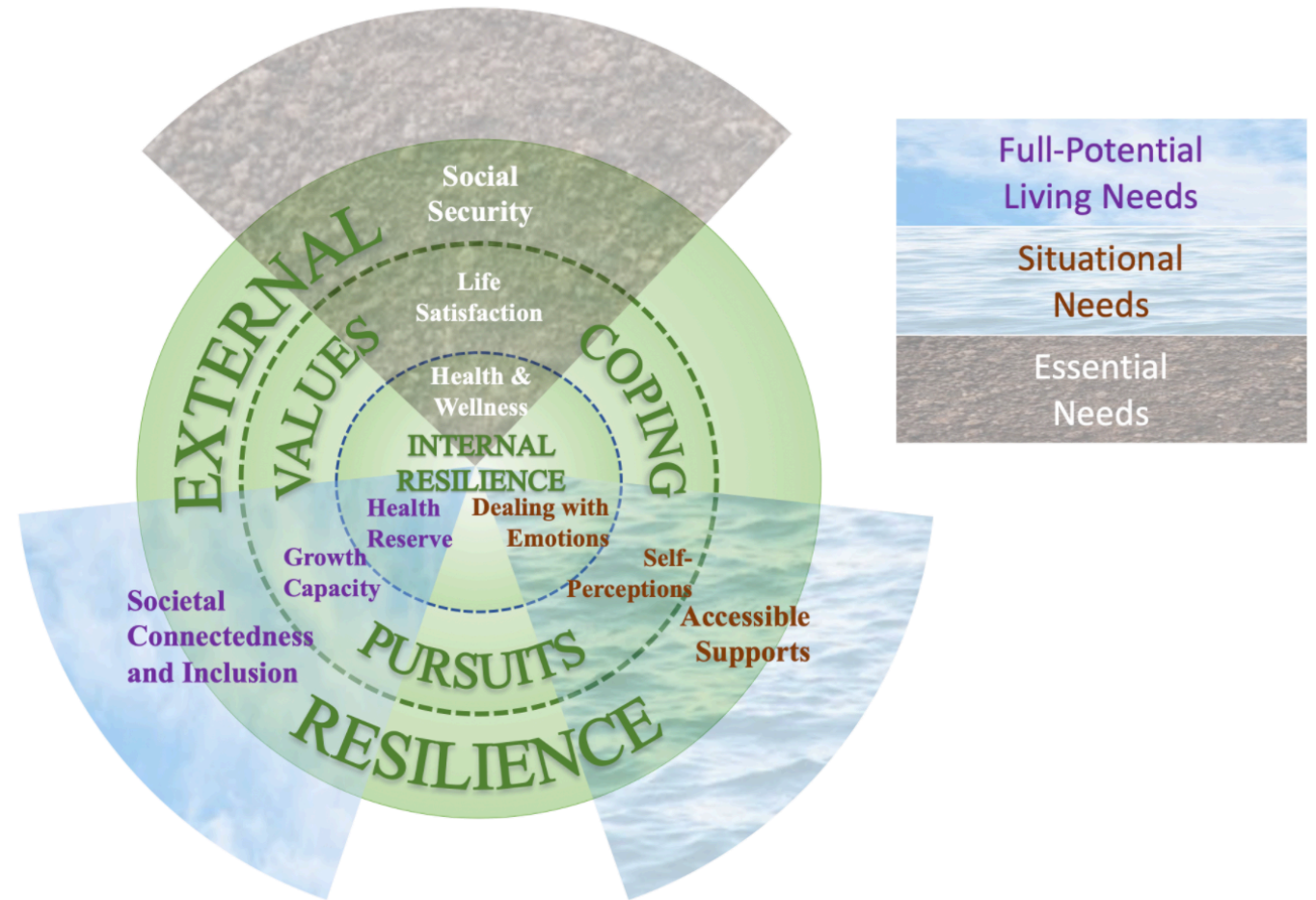


What is resilience used for?



Why is it important to know this?

- **Understand** our needs
- **Match** our needs with our resources
- Be **prepared** for future!



What can you do for your resilience?

1. **Knowing** is the first step – try out an online assessment of resilience (<https://projectprotech.ca/test/resilience/>).
2. Identifying your **strengths, gaps,** and **current needs.**
3. Take steps towards **improving** areas more urgently needed to build your resilience capacity.
4. Continue to **monitor and track** your resilience from time to time.





Additional Reading

In addition to the descriptions of resilience capacity on ProjectPROTECH.ca, the model can also be found in the publication "Advancing Resilience: An Integrative, Multi-System Model of Resilience" by Liu et al. (2017) - <https://www.sciencedirect.com/science/article/abs/pii/S0191886917300764>