



NANYANG
TECHNOLOGICAL
UNIVERSITY
SINGAPORE

CC0005 Healthy Living and Wellbeing


Lecture 6

Health and Wholeness in Resilience Building

Presented by Prof Balázs Gulyás and Ms Janice Tay

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Intended Learning Objectives

- Discuss the importance of resilience in daily life and in crises
- Identify coping habits for life's challenges using the principles of healthy living
- Summarise the key takeaways of a positive management of a person's lifestyle and its impact on the individual's quality of life

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01. Resilience in Daily Life and in Crises

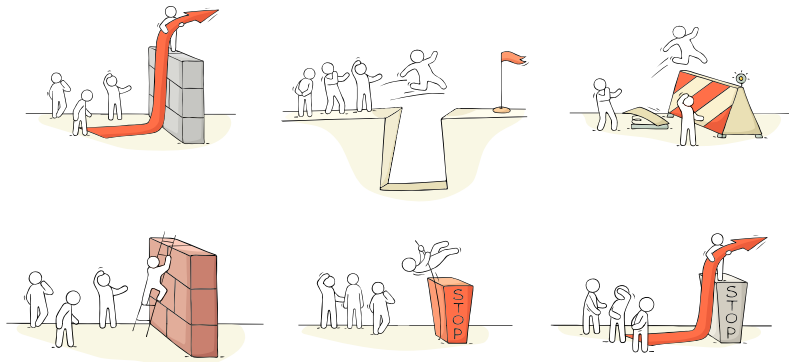
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Life...is Not Always Easy

Levels of Challenges

- Bumps and humps
- Exceed daily tolerance level
- Overwhelming



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Dealing With Challenges

Here are your options:

1. Stay broken and weak
2. Get back to baseline
3. Become stronger



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What is Resilience?

In Physics:

- Ability of a substance to return to its original shape after being bent, stretched, sheared, strained, or pressed

In Psychology:

- Ability to mentally or emotionally cope with a stressful situation, a crisis, a defeat, or to withstand an unfavourable condition; to return to pre-crisis status quickly



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What Resilience is NOT

- Avoiding stress/hardship/failure
- No control over:
 - Genes
 - Culture
 - Critical life events



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The Victim Mindset

The Tell-tale Signs

- You feel powerless
- You put yourself down
- You overgeneralise the negative
- You catastrophise
- You feel paranoid

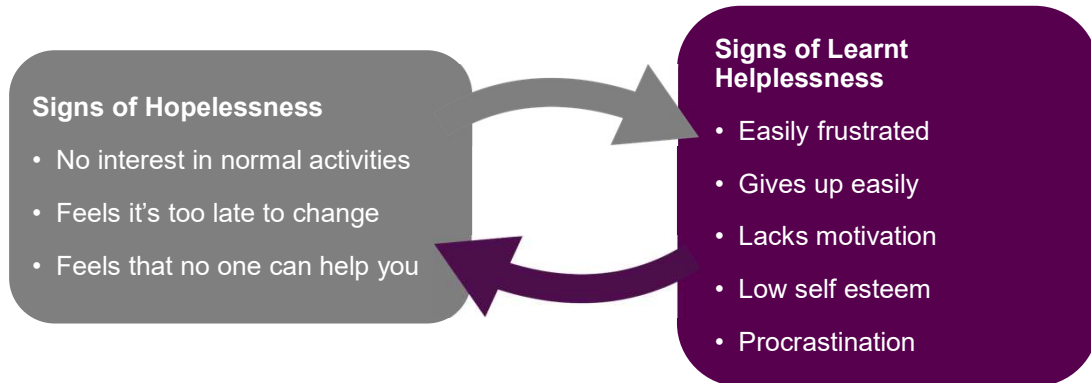


Selhub, E. (n.d.). What resilience is not. Dummies. <https://www.dummies.com/health/mental-health/what-resilience-is-not/>

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Victim Cycle



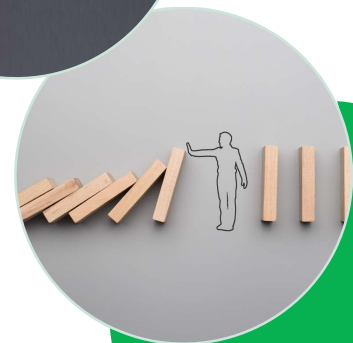
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Taking Back Control

Breaking the Victim Cycle

- Work towards factors within your control:
 - Beliefs
 - Behaviours
 - Attitudes
 - Lifestyle
 - Chosen network of support
- Accept challenges
- Access tools and resources that will support you

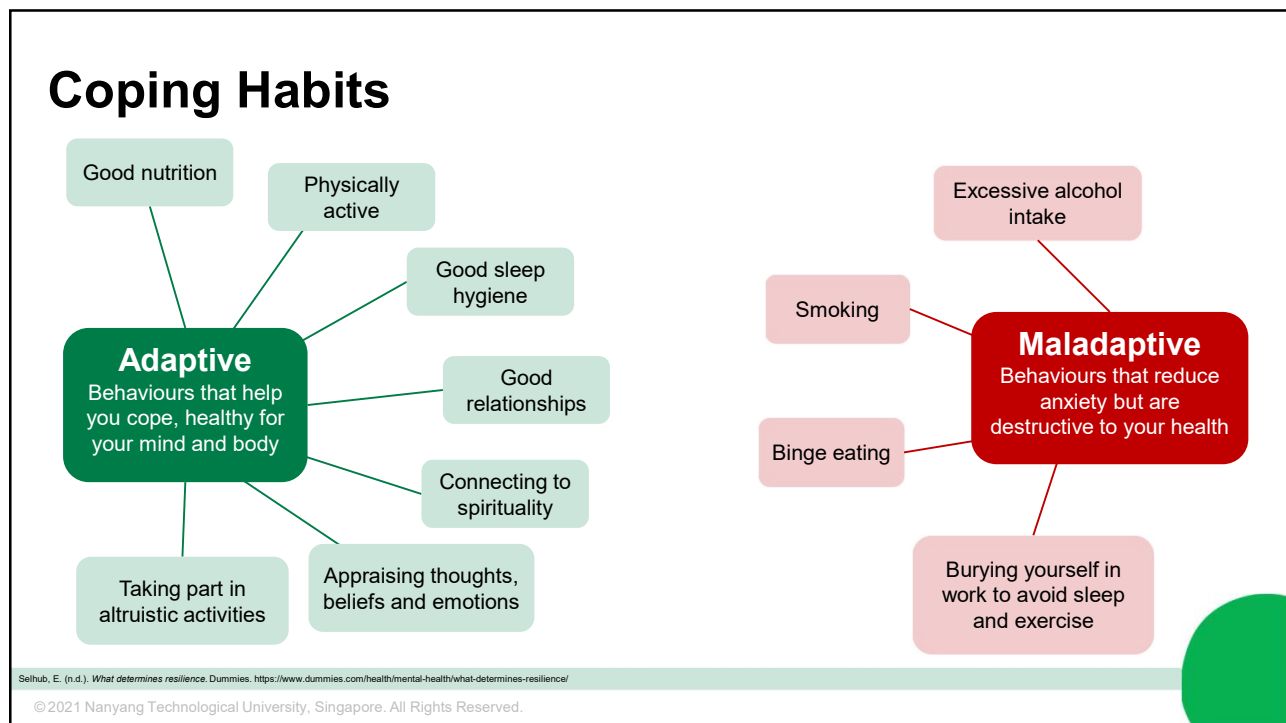


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Adaptive Behaviour: Good Nutrition

- Good nutrition will
 - Improve health and vitality
 - Increase energy
 - Maintain ideal weight
 - Improve learning ability
 - Increase enjoyment
 - Reduce negative emotions
- Food as medicine



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Adaptive Behaviour: Increasing Physical Activity and Reducing Sedentary Behaviour

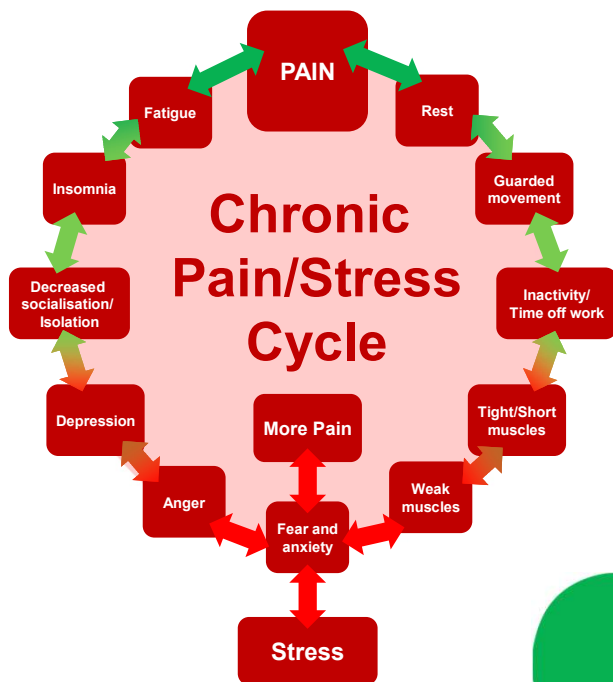


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Adaptive Behaviour: Managing Acute and Chronic Injuries

- Chronic pain leads to stress, and stress can lead to chronic pain. This is a vicious cycle.
- Impact of chronic pain:
 - Physical
 - Emotional
 - Financial
 - Social
- Therapies to treat not just a person's pain but his outlook.

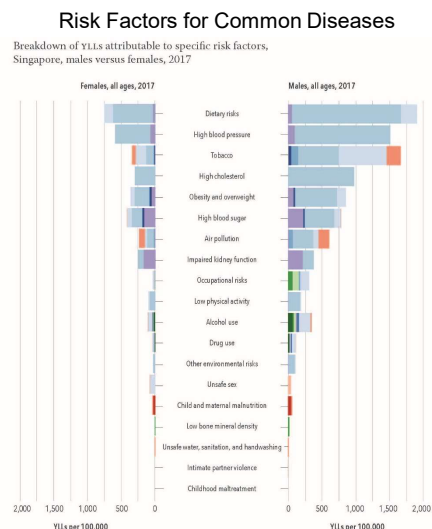


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Adaptive Behaviour: Preventing or Delaying Diseases

- Targeting risk factors for common diseases
- Lessons from Okinawa
 - Food and nutrition
 - Movement and activity
 - Environment
 - Social interactions

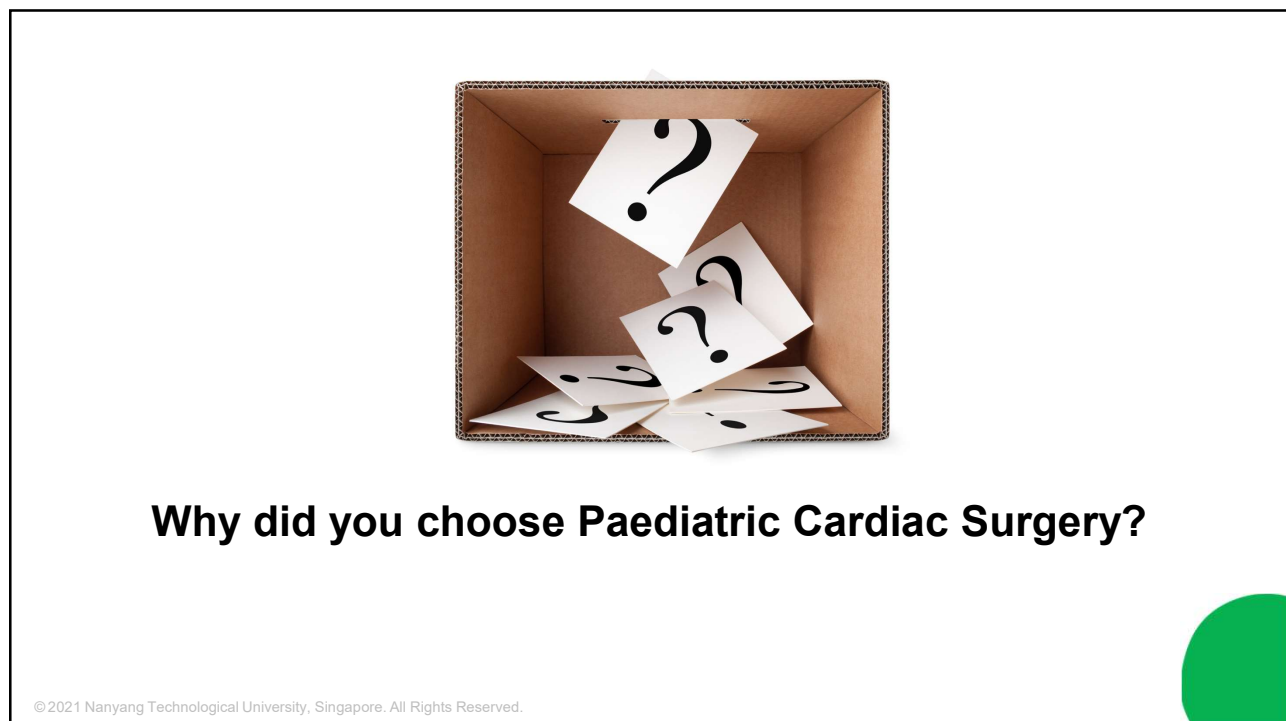


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What are the challenges involved in Paediatric Cardiac Surgery?

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Lessons from the Heart...

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What is your advice for young people managing chronic conditions?

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Do you feel that Diabetes has added or subtracted to your quality of life?

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What are your tips for dealing with the challenges that undergraduates encounter?

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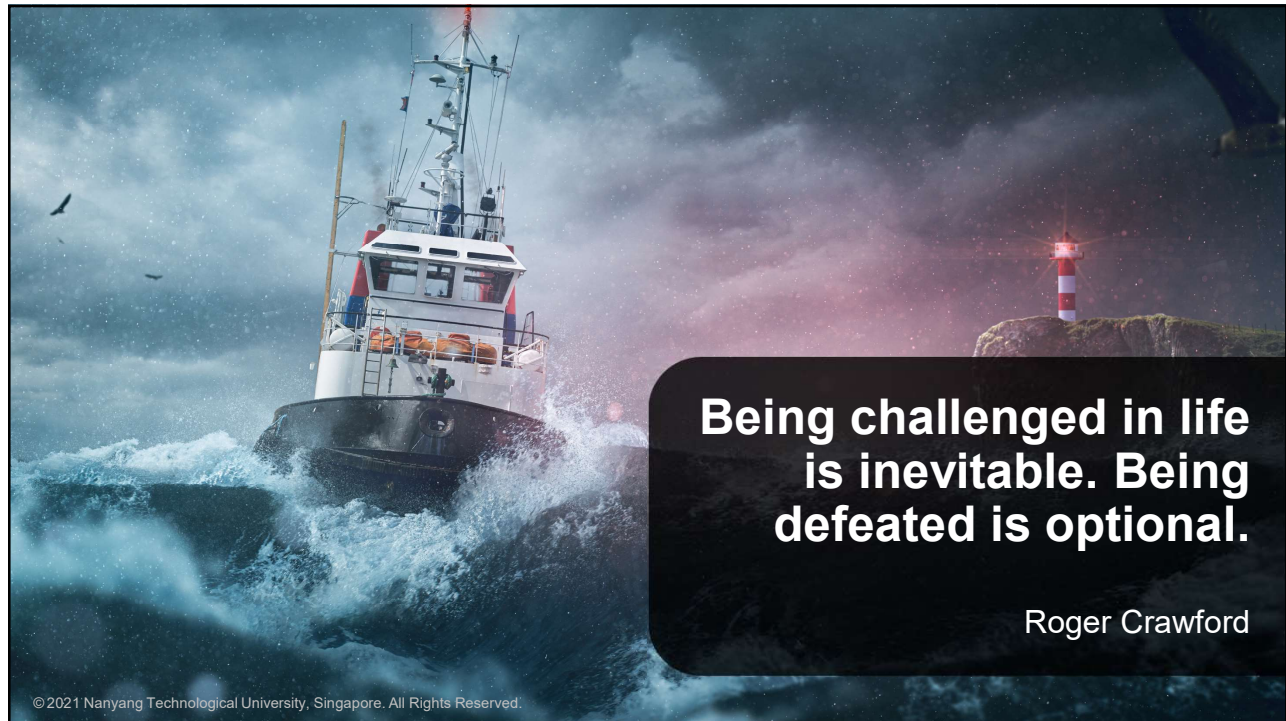
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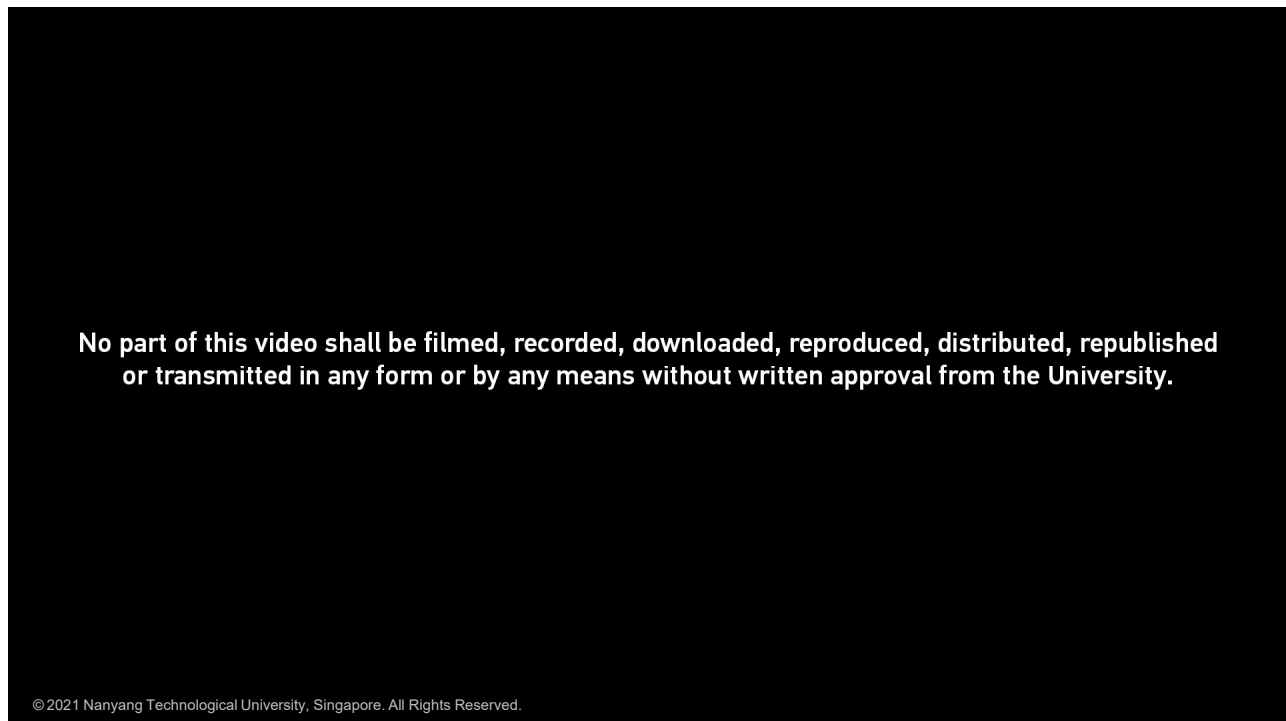
How do you cope with anxiety during exams?

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