

RESILIENCE AND HELPLESSNESS: DEALING WITH ONE'S POLES DURING DIFFICULT TIMES

Session Anchored by: * R Sankar and Rachna Sharma



The current pandemic situation is generating anxiety and uncertainty in us. We do feel vulnerable, helpless to deal with the situation and fearful about what the future will unfold. We can choose to completely surrender to the situation and leave it a superior power (by whatever name we call it) to help us tide over it. We also can choose to take a position that one is strong enough to deal with the situation and develop one's capabilities.

What is Resilience? Is it a skill to be developed, a certain set of attributes that one needs to have or is it an attitude to life?

The American Psychological Association defines "Resilience as the process of adapting well in the face of trauma or tragedy, threats or other significant sources of stress" (Southwick et al., 2014). Resilience can be strengthened through cultivating a set of behaviours, having a good support system, positive relationships, having a good self -image and having a positive attitude towards life. Managing one's emotions in a healthy manner is a very important element when encountering a stressful situation. **We invite you to join us in this exploration of Personal Resilience.**

Fees:

- Fees per session per participant: pro bono
- Voluntary payment of INR 500/- (all inclusive) is accepted as fees on a "gift it forward" basis.
- What is a gift it forward? – Your participation in one session is already paid for by someone. When you pay the said amount, you are paying for the next person who wishes to join the session. And so on.

Voluntary Payment details:

- Bank: Canara Green Park extension
- Account Name: Indian Society for Applied Behavioural Science
- Account Number: 90482010014884
- IFSC: CNRB0019048 MICR: 110015367

Session Dates: 21, 28 May, 4,11,18, 25 June
Session Timings: 4pm to 5.30pm - all sessions

Important Note: each session is a stand-alone session.
You can participate in any one as per your convenience

For Registration: visit us on <https://www.isabs.org/outreach>

For queries: please write to us on dean.programmes@isabs.org

**Sankar and Rachna are Professional members of ISABS*