

A traditional Chinese garden scene featuring a dark wooden pavilion with a tiled roof on the left, a calm lake in the center, and misty mountains in the background. In the foreground, there are large rocks and a tree with reddish-brown blossoms.

STRENGTHENING OUR RESILIENCY

**Yong-Tong Li, MD, FAPA
AAWC Annual Meeting
March 5, 2022**

SUMMARY (2021): BUILDING RESILIENCE IN A TIME OF UNCERTAINTY

- Connection to others is at the Heart of Resilience*
- Mindfulness is the tool for developing Resilience
- Cultivate Positivity with a Growth Mindset (take the bad with the good)
- Perseverance and Self-Regulation
- Acts of kindness
- Practice Gratitude

Asian Americans Are Facing a Dual Pandemic: COVID and Racism

The Washington Post
Democracy Dies in Darkness

National

San Francisco police mark 567% increase in anti-Asian hate-crime reports in 2021

A rally to denounce violence against Asian Americans in San Francisco last year. (Justin Sullivan/Getty Images)

By [Annabelle Timsit](#)

January 26, 2022 at 6:26 a.m. EST

npr one WNYC

Weekend Edition **Race**

There's been an alarming spike in violence against women of Asian descent in the U.S.

NPR • Feb 20, 2022

BY ERIN DONAGHUE
MAY 7, 2021 / 7:20 AM / CBS NEWS

INCIDENTS AGAINST ASIAN AMERICANS
March 19, 2020 - March 31, 2021

6,603
REPORTED

WOMEN TARGETED
64.8%
OF THE TIME

BREAKING NEWS
ANTI-ASIAN INCIDENTS TOP 6,000 SINCE START OF PANDEMIC

- Stop AAPI Hate
- Asian Mental Health Collective

STRENGTHENING RESILIENCE IN A CHALLENGING TIME

- Resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress
- Like building a muscle, increasing your resilience takes time and intentionality
- Core components of resilience:
 - ****Connection, the heart of resilience**
 - ****Self-compassion, the key for building resilience**
 - **Healthy thinking (growth-mindset, positive thinking)
 - **Finding purpose (acts of kindness and practice gratitude)

CONNECTION, THE HEART OF RESILIENCE

Social Connection and Well-Being during COVID-19

Karynna Okabe-Miyamoto & Sonja Lyubomirsky
University of California, Riverside



World Happiness Report 2021

SELF-CARE AND SELF-COMPASSION PREVENTION OF BURNOUT

- Self-compassion, the key for building resilience
- “Put your oxygen mask on *first*,” before helping others- we cannot help others if we become helpless ourselves
- Self-compassion means treating ourselves as kindly as we treat our friends or others we care about
- Self-compassion and avoiding self-judgement are key for building resilience

SELF-CARE SPANS MULTIPLE DOMAINS

Physical self-care

Go to the gym
Do Yoga
Eat some veggies/healthy
Go for a walk
Have a bike ride
Do a pedicure/manicure
Have a facial mask
Take a long bath
Get dressed
Sleep/rest
Do some stretches

Emotional self-care

Go painting
Play an instrument
Write something
Make a drawing
Workout
Do an act of kindness
Play a game
Dance like crazy
Do affirmations

Social self-care

Spend time with your family
Visit your SO
Chat with someone in a cafe
Meet someone new
Hang out with a friend
Positive social media
Ask someone for help
Plan an activity/getaway
Have dinner together

Spiritual self-care

Meditate
Go into nature
Give to something you believe
in
Go to church
Scroll pinterest for quotes
Write in your journal
Clean up your room/space
Smile!
Create a vision board

PRACTICE SELF-COMPASSION

Think of a situation that is challenging and causing you stress. Call the situation to mind. Take a moment and see if you can actually feel the stress and emotional discomfort in your body.

Then, put your right hand over your heart, feeling its warmth and gentle pressure on your chest. Say these words to yourself:

This is a moment of suffering. This is hard.
This is how it feels when someone is going through what I'm going through.
Suffering is part of life for all of us.

Now say the following to yourself:

- May I be kind to myself in this moment.
- May I give myself the compassion I need and deserve.
- May I forgive myself in whatever ways will help me.
- May I accept that I'm an imperfect human among other imperfect humans.

No man is an island

No man is an island,
entire of itself;
every man is a piece of the continent,
a part of the main.
If a clod be washed away by the sea,
Europe is the less,
as well as if a promontory were
as well as if a manor of thy friend
or of thine own were.
Any man's death diminishes me
because I am involved in mankind
and therefore never send to know
for whom the bell tolls;
it tolls for thee.

John Donne

Proverb:

**There is a place inside of you where
the entire universe dwells. This place
is of love, light, truth and peace.**

**When you are in this place in you and
I am in this place in me, we are one.**

Namaste

