



# 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**

