OTIEC

CRSC Safety Conference
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Resilience:
The secret power of stress

-A Briefing-

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Source: WSJ (9/9/25)

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What is Resilience?

The inborn or innate capacity to meet stress head on and transform stress into growth

thrive – improve and enliven

resilience – bounce back and learn

cope – adapt or get by

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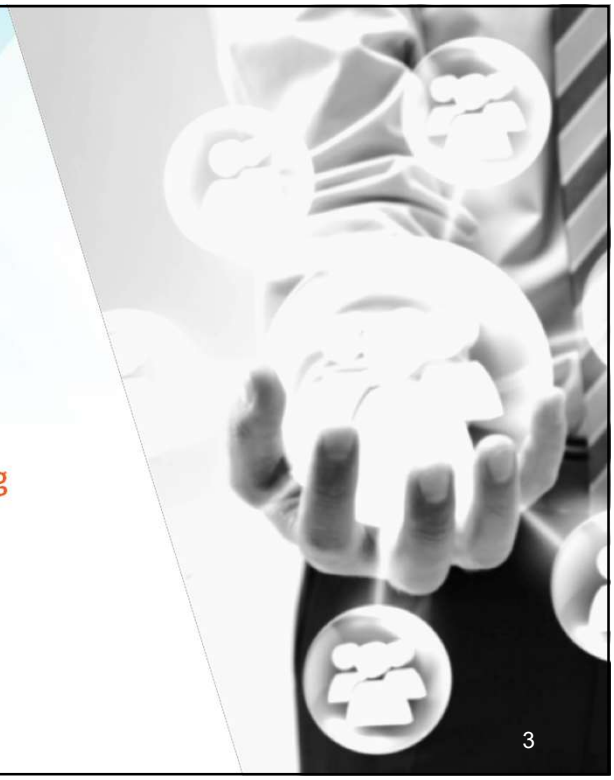
OBJECTIVES

- Identify the effects of stress
- Identify signs of not coping well
- Identify personal coping style
- Identify how stress is a risk factor for:
  - absenteeism
  - accidents
  - mistakes
  - negative well-being
  - unhealthy habits
- Recognize healthy alternatives



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Polling Question #1

In 1-2 words, identify a negative coping strategy

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In 1-2 words, identify a negative coping strategy.

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Set-Point

Our baseline for expected happiness or return point after positive or negative experiences

- What do you "settle" for?
- Are you just "getting by"?
- How can you thrive?

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Understanding Stress

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Polling Question #2

In 1-2 words, name one stressor in your life

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In 1-2 words, name 1 stressor in your life.

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Polling Question #3

In 1-2 words, identify how you respond

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In 1-2 words, identify how you respond.

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Aspects of Stress

Amount of Stress

Single Event
Many Events
Cumulative Events

Types of Stress

Change
Conflict
Overload
Communication

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Life-style

Health
Support
Mindfulness
Rest

Response Style

Problem Solving Skills
Social Support
Hardiness
Avoidance

Styles = Response Inputs

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Positive and Negative Coping Cycles

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The Positive Coping Cycle

1 STRESS

2 EVALUATE

3 COPE

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Break it Down

1 STRESS

Reality

Label the "Black & White"

Reaction

Judge + Emotion

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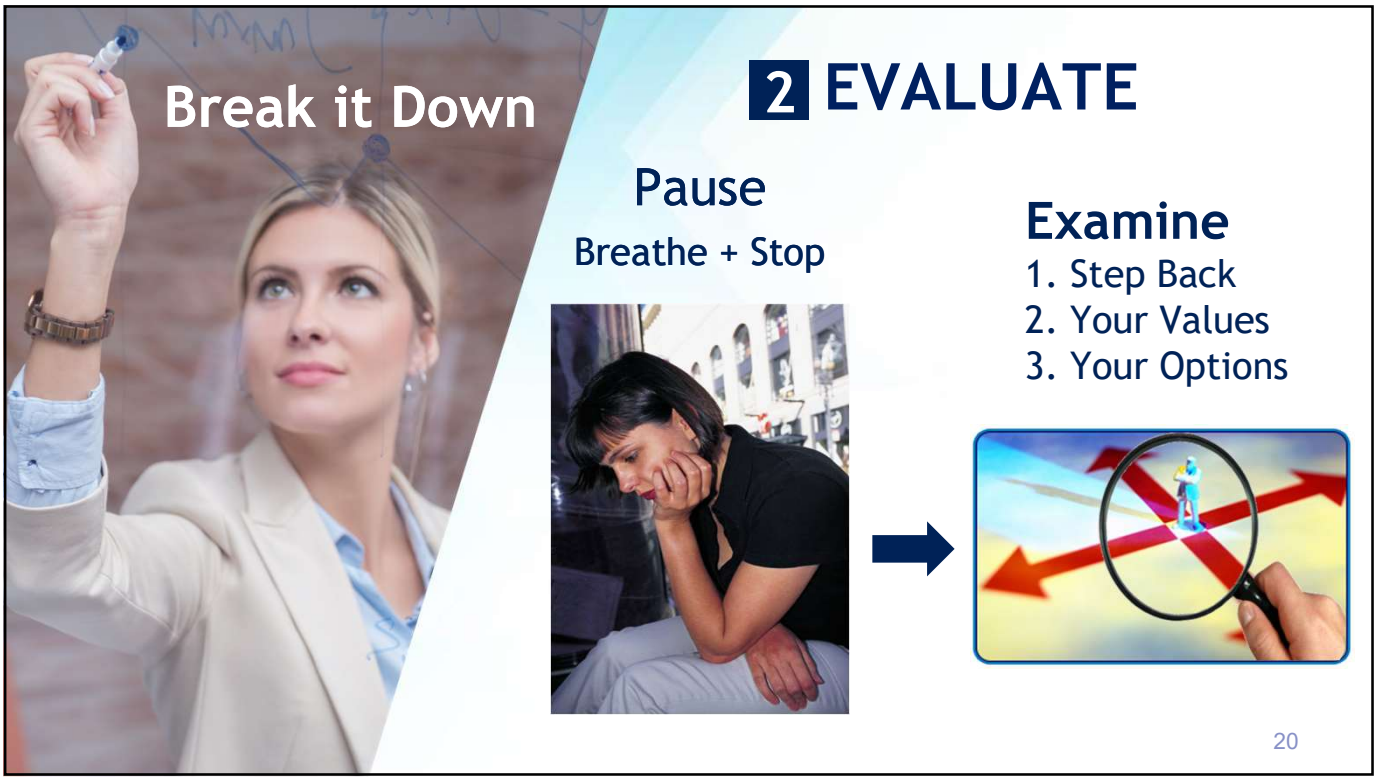
Break it Down
2 EVALUATE
Pause
Breathe + Stop
Examine
1. Step Back
2. Your Values
3. Your Options
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3 COPE EFFECTIVELY
Natural health choice
Raise your set-point
Supports your values
From coping to resilience,
thriving, flourishing

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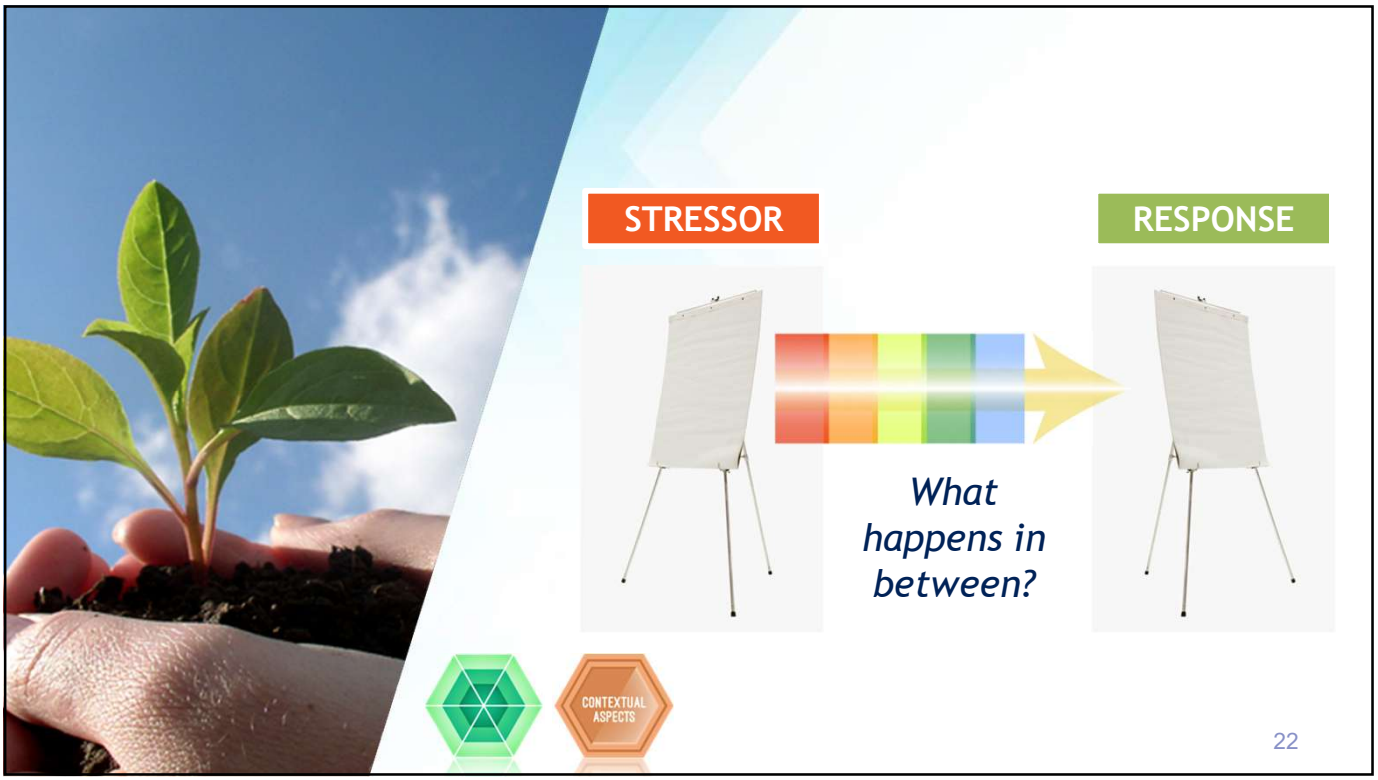
STRESSOR
RESPONSE
What happens in between?
CONTEXTUAL ASPECTS
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The Negative Coping Cycle
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TENSION RELEASE!
1 STRESS
2 EVALUATE
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STRESSOR
RESPONSE
What happens in between?
CONTEXTUAL ASPECTS
25

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The Breakdown
Fail to notice early warning signs
Fail to follow values or set-point
Fail to choose positive cycle
Pause → Evaluate → Cope
Select tension release! (addiction)
Later Warning Signs

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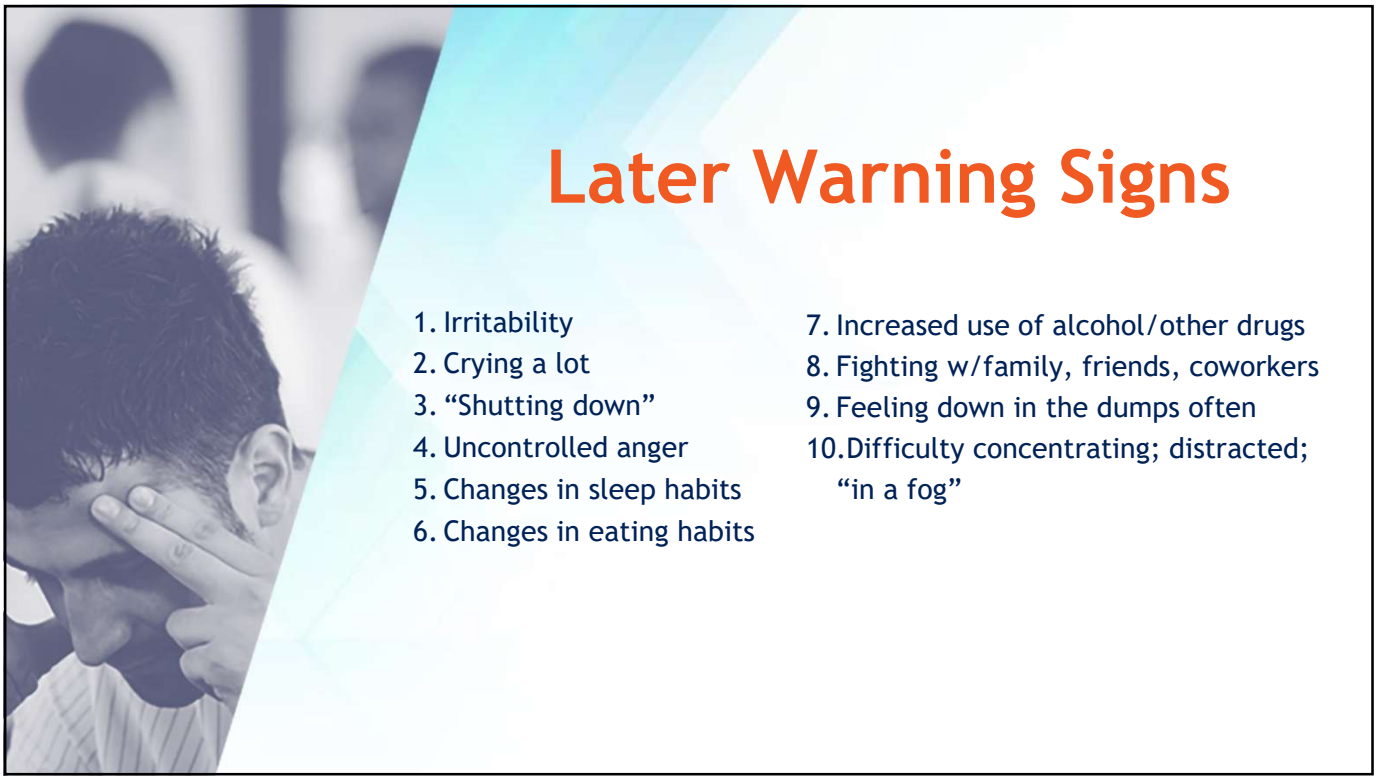
Later Warning Signs
1. Irritability
2. Crying a lot
3. "Shutting down"
4. Uncontrolled anger
5. Changes in sleep habits
6. Changes in eating habits
7. Increased use of alcohol/other drugs
8. Fighting w/family, friends, coworkers
9. Feeling down in the dumps often
10. Difficulty concentrating; distracted; "in a fog"

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Polling Question #4

How many of these “later warning signs” should one have before it’s time to get help?

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How many of these “later warning signs” should one have before it’s time to get help?

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Lifestyle
1 STRESS
2 EVALUATE
3 COPE
Response Style
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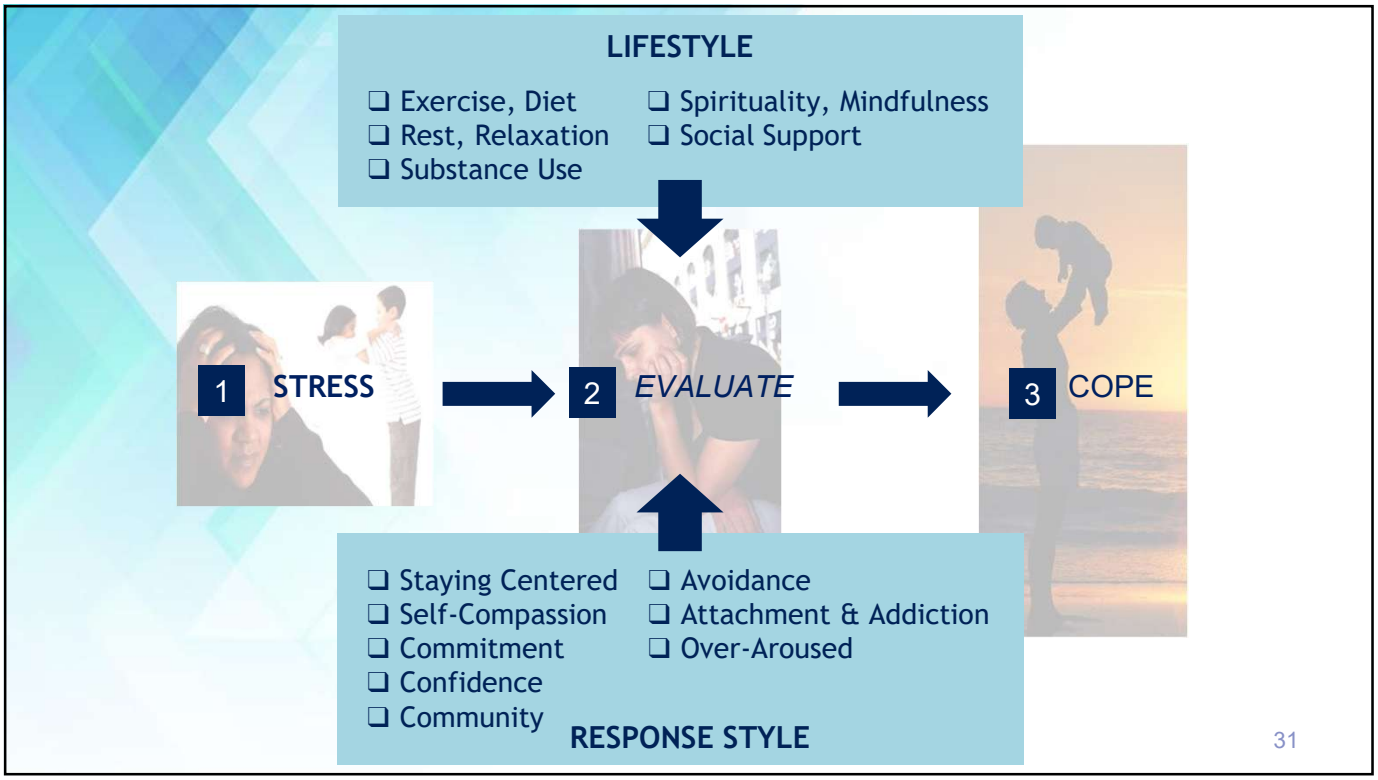
LIFESTYLE
❑ Exercise, Diet
❑ Rest, Relaxation
❑ Substance Use
❑ Spirituality, Mindfulness
❑ Social Support
1 STRESS
2 EVALUATE
3 COPE
❑ Staying Centered
❑ Self-Compassion
❑ Commitment
❑ Confidence
❑ Community
❑ Avoidance
❑ Attachment & Addiction
❑ Over-Aroused
RESPONSE STYLE
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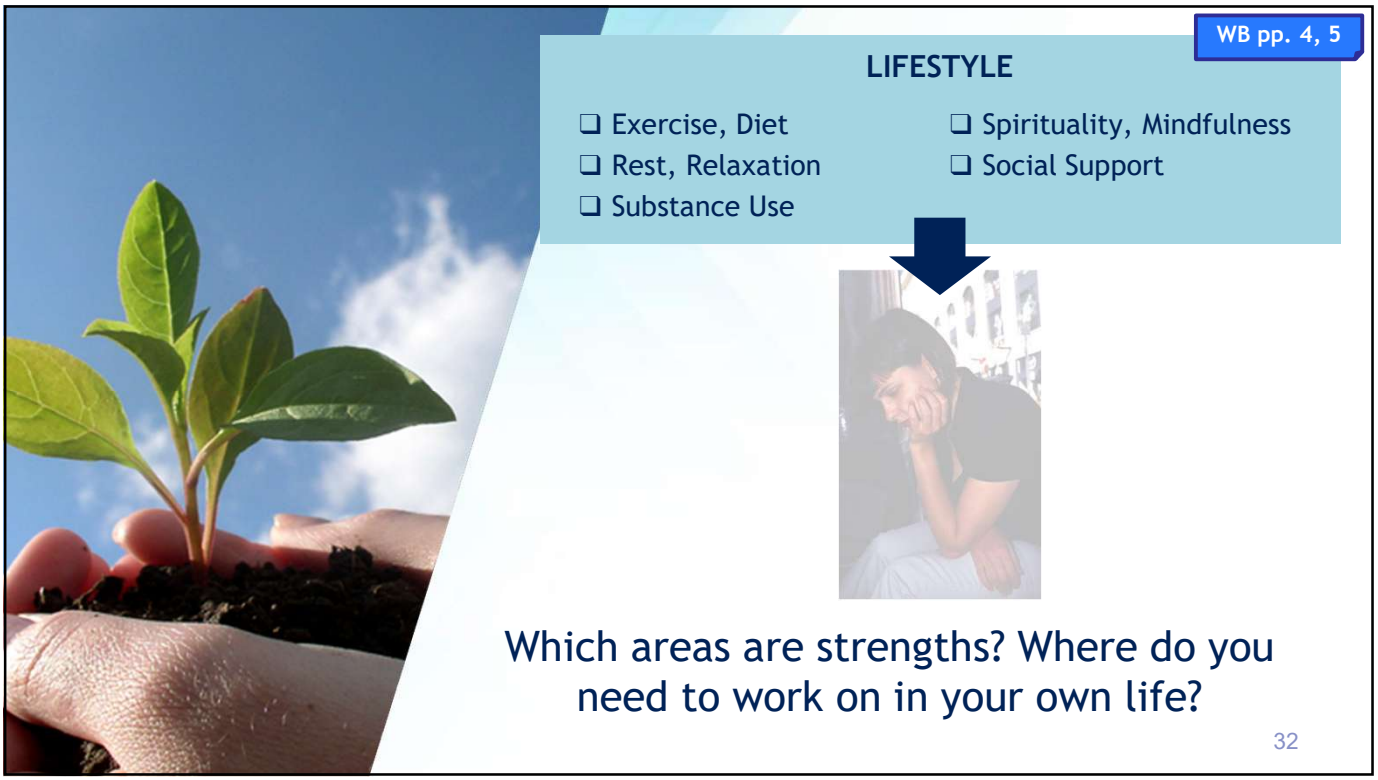
WB pp. 4, 5
LIFESTYLE
❑ Exercise, Diet
❑ Rest, Relaxation
❑ Substance Use
❑ Spirituality, Mindfulness
❑ Social Support
Which areas are strengths? Where do you need to work on in your own life?
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WB pp. 6, 8
What positive and negative responses do you use to cope? Where can you improve?
❑ Staying Centered
❑ Self-Compassion
❑ Commitment
❑ Confidence
❑ Community
❑ Avoidance
❑ Attachment & Addiction
❑ Over-Aroused
RESPONSE STYLE
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Breathing Exercise

Sit up straight, feet flat on the floor, imagine a string pulling from the base of your spine through the top of your head

Inhale for 6 counts (Nose)

Hold for 4 counts

Exhale for 8 counts (Mouth)

Repeat until you feel more relaxed (~4x)

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Prince EA & MH

https://www.youtube.com/watch?v=6YbWRqsnHdo

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HOMEWORK

Watch two videos:

What is Naloxone

https://www.youtube.com/watch?v=QmrPgantvn8&t=40s

How to use Narcan

https://www.youtube.com/watch?v=7klB8Vza9ac&t=68s

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HOMEWORK

Review these 2 links:

Mental Health

US-DOL's Mental Health (wellbeing) for Pre-Apprentices & Apprentices

Promoting Apprentice Mental Health and Well-being

US-DOL OA's Mental Health (wellness) for Sponsors (Contractors, Unions, JATCs, etc.)

Promoting Worker Mental Health & Wellness

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Q&A

https://moworksinitiative.org/category/worker-wellness-news/

Thank you

This slide deck is based on the research by OWLS & NWI

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