

**ASCO<sup>®</sup>**

# Resilience Skills Training Program

## Session 8: Making a Commitment

## Facilitator Guide

### SESSION 8: Making a Commitment

#### Key points

- This final session reviews all of the skills and asks trainees to commit to one new skill.
- We use the research on habit design to identify motivation (why you want to use this skill), activity (what you'll do), and trigger (how you'll remember to do it).
- We recommend working on the skills one at a time—you can't change a lot of things about yourself at the same time!
- Practice is doing something often enough that you'll remember and benefit—not just once in a while.

#### Timetable & Talking Points:

00:00 – 00:10 **Check-in** = Last time we asked you to think about your purpose. What happened? Discuss in pairs for 5 minutes, then ask the group for a couple of examples.

00:10 – 00:20 **Mindfulness** = Refer to Session 4 for Mindfulness activities

- **Reflect** = Today we're going to review the skills we've learned and ask you to pick one to focus on (pairs discuss, then ask group members to report)

00:20 – 00:30 **Learn** = Why using resilience skills is like building new habits.

#### Building resilience is about cultivating a set of skills

- We've introduced you to a variety of different resilience skills. Here's a list of them:
  - Using your strengths
  - Tracking your activation
  - Recognizing cognitive distortions
  - Being compassionate towards yourself
  - Practicing mindfulness
  - Setting healthy boundaries
  - Finding meaning every day
- These skills fall into 3 big categories: managing your thoughts (derived from cognitive-behavioral psychology), managing your attention (derived from mindfulness), and being in touch with the meaning and purpose of your work (derived from humanistic psychology). You probably found that some of these skills were easier than others
- While we hope this course has given you a head start on these skills—that you've tried some skills that are new and reinforced some that you knew—we know that the most important contributor to your resilience is to keep using these skills.
- There are also system issues that relate to resilience. We haven't covered those in the course (they are discussed in the JPSM article *Building Resilience for Palliative Care Clinicians*)—but we think that individual and system issues are equally important. The individual issues, however, are the ones you have the most ability to change and improve as a trainee.

#### Using your skills means developing a new habit

- We develop new habits most easily when we have:
  - A trigger to remind us to use the habit
  - A discrete action we can take, something concrete rather than vague
  - Clear motivation to use the habit

**Remember: falling off the wagon is normal**

- When we're learning a new habit, it's entirely normal to forget, get busy, or find the new action is harder than we anticipated.
- Don't worry if it's not going perfectly.
- Be prepared to begin again—don't hesitate to forgive yourself!

00:30 – 00:50 **Try** = [A writing + pairs exercise] Use the [handout](#) (page 5) to choose a skill to keep practicing.

00:50 – 00:55 **Prep** = How can you continue to cultivate your resilience even after today? What are the big lessons for you? (pairs discuss, then report in big group)

00:55 – 00:60 **Check-out** = "One word"

## Additional Resources

SESSION 8: Making a Commitment

### **A terrific summary of the habit literature**

- <https://www.amazon.com/Power-Habit-What-Life-Business/dp/081298160X>

### **A practical guide to starting a meditation practice—but the rules apply to any of our skills!**

- <https://zenhabits.net/meditation-guide/>

