



Bouncing back after sadness & disappointment...

What determines whether someone bounces back from a set-back or disappointment when others really struggle? Difficult situations impact everyone and it's normal to experience low mood for awhile, but for some, 1 in 5 statistically, that recovery can be very hard. There are preventatives though that can really make a difference and knowing these, for yourself and sharing them with loved ones, can provide a very protective buffer against future depression and anxiety.

Depression proofing your family - performance vs effort

*Prof. Carol Dweck PhD. has spent years studying resilience in children. She found that some children bounce from challenges while others give up quickly. Her research found that those who labelled themselves as "a failure" or having "failed", judged themselves harshly and were focused on performance outcomes (i.e. wanting to look smart and shine, etc.). These children were less likely to want to try again, were more likely to cheat if needed and suffered much higher risk of depression. They became adults who say things like, "I'll be happy if I get an A for this exam".

Alternatively, students who were focused on effort, rather than a score, who had a learning mindset and simply thought, "This didn't work, I'm a problem solver and I'll try something else." were more likely to thrive on adversity and be willing to keep going. They were much less affected by a negative experience. Learning goals, i.e. a willingness to 'give something a go', inspire much more resilience than performance focus.

Go for learning as the goal rather than the score on the board

Resilient thinking requires changing focus to, "I've really put a lot of effort into this. I'm learning something valuable." If something doesn't turn out as you expect, look at, "What did I gain from the experience and how can use that in the future?" Think, "I'm not there yet!" to get your bounce

back. *The Effort Effect (March/April 2007), https://alumni.stanford.edu/get/page/magazine/article/?article_id=32124

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- ✓ "I'll be happy when..." puts people at risk of depression.
- ✓ Become a learner and acknowledge effort over outcomes.
- ✓ Rather than say, "I've failed" say, "I'm not there yet."

"There is nothing in a caterpillar that tells you it's going to be a butterfly."

R. Buckminster Fuller

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



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