

Dennis Nyland



Resiliency and the Importance of Self-Care



2025

RESILIENCY AND THE IMPORTANCE OF SELF-CARE

DENNIS NYLAND
CIT MONTANA EXECUTIVE DIRECTOR



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- **Helena, Montana**
- **Military Service (US Navy – Submarine Service)**
- **EMT**
- **Firefighter**
- **Law enforcement**
 - **Sheriff deputy**
 - **S.W.A.T.**
 - **Criminal Investigator**
 - **C.I.T. Coordinator**
- **Mental Health Ombudsman**
- **CIT Montana Executive Director**

LEARNING OBJECTIVES

- **Understand resiliency and its role in personal and professional well-being. We will also identify personal stressors and describe how they impact mental, emotional, and physical health.**
- **Reflect on past challenges, the consequences of neglecting self-care, and identify how resiliency played a role in overcoming them.**
- **Learn how resiliency can be strengthened through self-awareness, positive relationships, and adaptive thinking. This can include exploring practical self-care strategies (e.g., mindfulness, boundaries, healthy routines) that support resiliency.**
- **Understand the importance of collaboration within your communities, and with state stakeholders, to develop strategies to advocate and have support for self-care and resiliency.**

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RESILIENCY

DEFINITION

- **Resiliency**

- The capacity to withstand or to recover quickly from difficulties; toughness.
- The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. A number of factors contribute to how well people adapt to adversities, predominant among them (a) the ways in which individuals view and engage with the world, (b) the availability and quality of social resources, and (c) specific coping strategies.
- Resilience is the ability to adapt to change positively, recover from difficulties and persist in facing challenges. It's about growing stronger, not weaker after life throws you a curveball.

RESILIENCY TEST

What is Your Resiliency Score A Quick Self-Assessment

Personal Resiliency allows us to handle change and challenge with flexibility. Reduced levels of resiliency can cause burnout, cynicism, and stress, even depression.

For a 'quick' check of your current resiliency potential, answer the following questions as honestly and as realistically as possible.

Score each question from 1 to 5, with 5 as the highest possible score.

RESILIENCY TEST

Using the key below, answer the questions based on how strongly you agree or disagree with the statement.

5 – Strongly Agree

4 – Agree

3 – Agree/Disagree (Neutral)

2 – Disagree

1 – Strongly Disagree

RESILIENCY TEST

1. I am a good listener and focus well on other people.

2. I take educated risks, relying on both my intuition and actual facts.

3. I am healthy and physically fit.

5 – Strongly Agree
4 – Agree
3 – Agree/Disagree (Neutral)
2 – Disagree
1 – Strongly Disagree

4. People describe me as a good communicator.

RESILIENCY TEST

5. I am often able to see a “silver lining” in bad experiences.

6. I actively seek creative ways to solve personal and work challenges.

7. I rarely blame others for mistakes or when things are not going well.

8. It is very easy for me to ask others for help.

5 – Strongly Agree

4 – Agree

3 – Agree/Disagree (Neutral)

2 – Disagree

1 – Strongly Disagree

RESILIENCY TEST

9. I have a passionate interest or hobby outside of work.

10. I am flexible and adaptable.

11. In general, I am optimistic and see the 'glass as half full'.

12. When things are tough, I bounce back quickly.

5 – Strongly Agree
4 – Agree
3 – Agree/Disagree (Neutral)
2 – Disagree
1 – Strongly Disagree

RESILIENCY TEST

5 – Strongly Agree
4 – Agree
3 – Agree/Disagree (Neutral)
2 – Disagree
1 – Strongly Disagree

13. I am able to laugh at myself and use humor in tough situations.

14. I have some very close friends I can talk to, and express my feelings.

15. In a crisis, I can slow down, think carefully and take action.

16. Uncertainty does not cause me high levels of distress or worry.

RESILIENCY TEST

- 5 – Strongly Agree
- 4 – Agree
- 3 – Agree/Disagree (Neutral)
- 2 – Disagree
- 1 – Strongly Disagree

17. I like myself, and generally feel self-confident.

18. I am very curious and interested in new ideas.

19. I have a clear picture and direction of where I am heading in life.

20. I am a very good problem solver who usually finds solutions.

RESILIENCY TEST

Add up your score.

But keep in mind that this is a self-assessment and not a definitive diagnostic tool.

It suggests directions for change and development.

Here is our view of your score's implications:

80-100: Highly resilient person.

60-79: Above average resiliency.

40-59: Average. Start looking for changes.

20-39: Low resiliency. Need to work on changes.

RESILIENCY

Personal Stressors:

Mental stressors: workload, academic pressure, decision fatigue

Emotional stressors: relationship issues, grief, loneliness

Physical stressors: lack of sleep, poor nutrition, chronic illness

RESILIENCY

Impacts on Health:

Mental health: Stress can lead to anxiety, depression, and difficulty concentrating

Emotional health: Heightened emotional reactivity, mood swings, or emotional exhaustion

Physical health: Headaches, fatigue, weakened immune system, or high blood pressure

RESILIENCY

How Resiliency Helps:

- Promotes **healthy coping strategies**
(e.g., problem-solving, emotional regulation)
- Builds **emotional strength** and the ability to maintain perspective
- Supports **physical recovery** by reducing the wear-and-tear effects of stress on the body
- Strengthening resiliency can help individuals bounce back faster, maintain balance during difficult times, and protect long-term health.

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MY STORY

DENNIS NYLAND

- **Helena, Montana**
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CHALLENGES

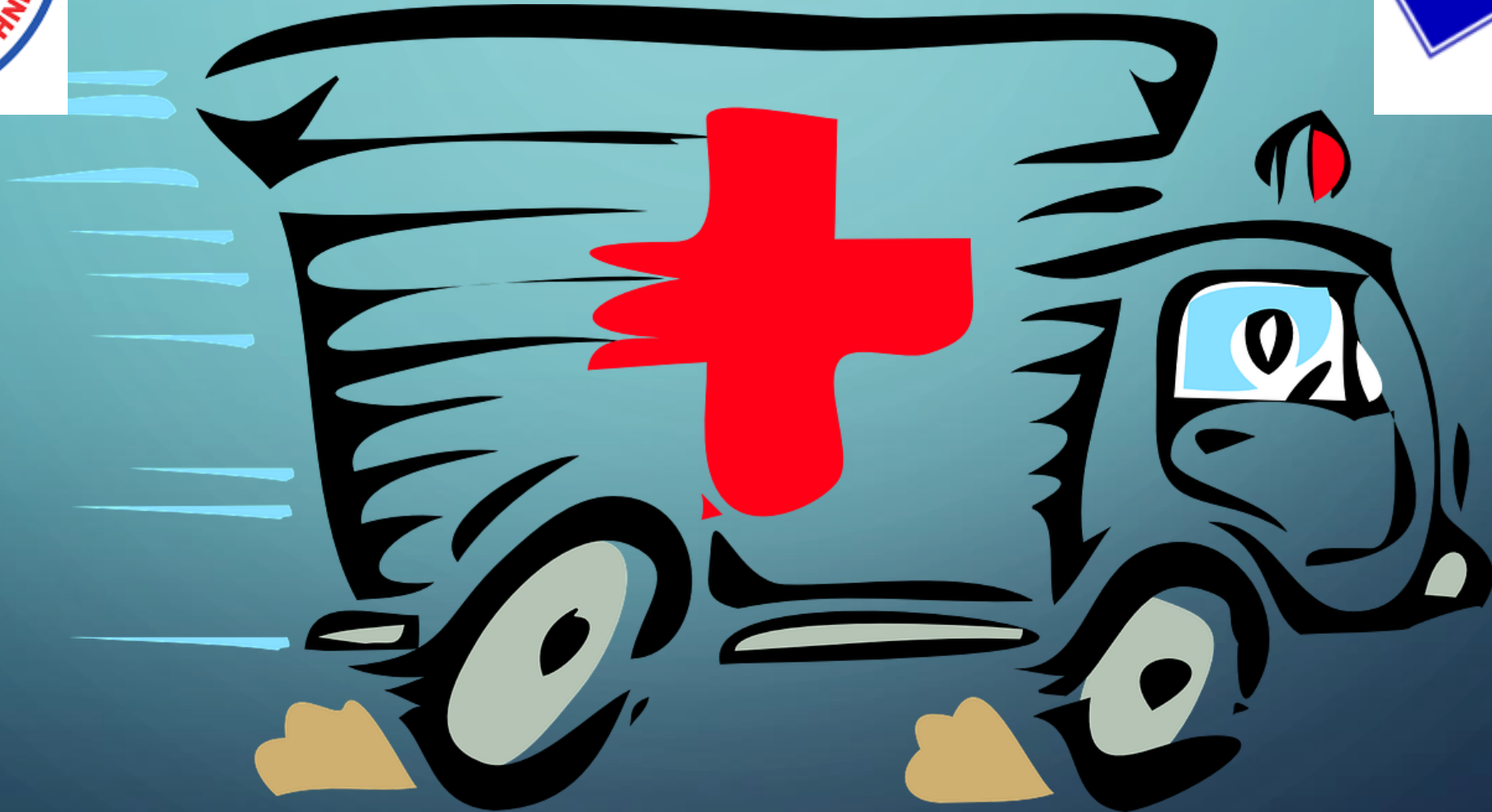
**CONSEQUENCES OF
NEGLECTING SELF-CARE**

MILITARY





EMS



FIREFIGHTER



LAW ENFORCEMENT



CIT MONTANA

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THE DAY THAT CHANGED MY LIFE

MENTAL HEALTH OMBUDSMAN



OFFICE OF THE GOVERNOR

Mental Health Ombudsman

CIT MONTANA EXECUTIVE DIRECTOR



TAKEAWAYS

Don't let yourself **NOT** be a priority.

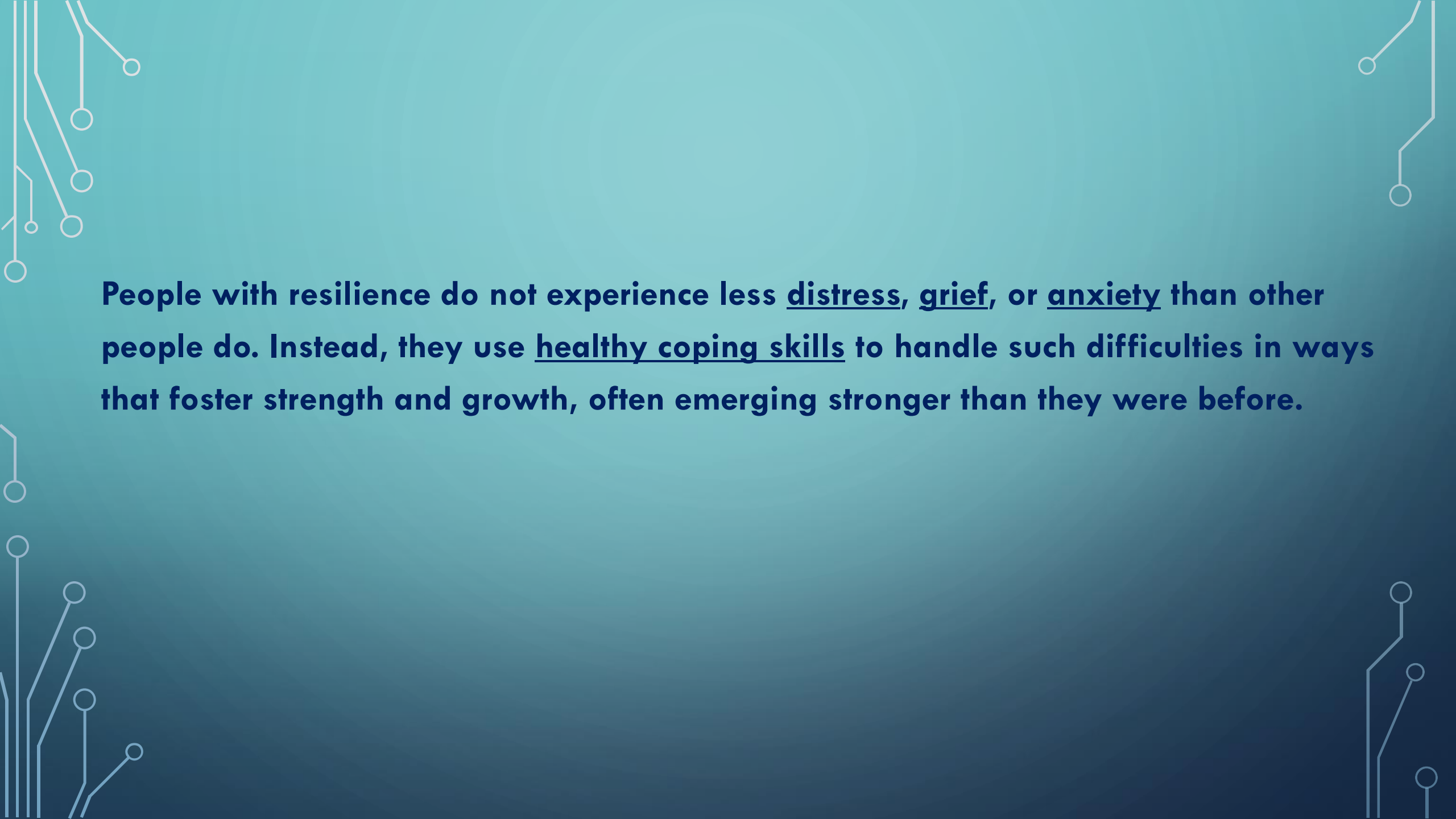
We want to be able to help people, **BUT** we can't if we are not healthy.

We need to change how we take care of ourselves. Self-Awareness.

Use available self-care strategies and resources to strengthen our resiliency.

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RESILIENCY AND SELF-CARE STRATEGIES

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People with resilience do not experience less distress, grief, or anxiety than other people do. Instead, they use healthy coping skills to handle such difficulties in ways that foster strength and growth, often emerging stronger than they were before.

Resiliency and Self-Care Strategies

Resiliency is the ability to adapt and bounce back from adversity, stress, or trauma. It involves emotional strength, flexibility, and a positive mindset.

Self-care includes practices and activities individuals engage in regularly to reduce stress and maintain overall well-being — physically, mentally, emotionally, and spiritually.

KEY RESILIENCY STRATEGIES

- **Build Strong Connections**

- Cultivate supportive relationships with friends, family, or colleagues.
- Engage in community or group activities to create a sense of belonging.

- **Develop a Growth Mindset**

- View challenges as opportunities to learn.
- Reframe negative experiences to identify personal growth.

- **Practice Optimism**

- Focus on what can be controlled.
- Maintain hope, even during difficult times.

KEY RESILIENCY STRATEGIES

- **Set Realistic Goals**

- Break large tasks into manageable steps.
- Celebrate small achievements.

- **Strengthen Emotional Awareness**

- Recognize and name your emotions.
- Practice healthy expression and regulation of emotions.

- **Be Adaptable**

- Stay flexible and open to change.
- Learn to adjust expectations when needed.

EFFECTIVE SELF-CARE STRATEGIES

- **Physical Self-Care**

- Prioritize sleep, nutrition, and regular exercise.
- Stay hydrated and take breaks throughout the day.

- **Emotional Self-Care**

- Practice mindfulness, journaling, or therapy.
- Set boundaries and say no when necessary.

- **Mental Self-Care**

- Engage in activities that stimulate your mind (reading, puzzles, learning).
- Limit screen time and manage information overload.

EFFECTIVE SELF-CARE STRATEGIES

- **Social Self-Care**

- Spend quality time with loved ones.
- Reach out to friends or support networks when feeling isolated.

- **Spiritual Self-Care**

- Connect with your values or beliefs through meditation, nature, or spiritual practices.
- Find meaning and purpose in daily activities.

INTEGRATING RESILIENCY & SELF-CARE INTO DAILY LIFE

- **Create a Daily Routine:** Structure provides stability and predictability.
- **Use a Self-Care Checklist:** Monitor and reflect on your well-being.
- **Practice Gratitude:** Keep a daily journal of things you're thankful for.
- **Seek Professional Support:** Counselors, coaches, or peer support groups can be vital.



THE IMPORTANCE OF COLLABORATION FOR SELF-CARE & RESILIENCY

WHY COLLABORATION MATTERS

Collaboration enhances the effectiveness, sustainability, and reach of self-care and resiliency efforts by:

- **Pooling resources** (funding, knowledge, tools)
- **Building consistent messaging** across sectors
- **Creating a supportive culture** that values wellness
- **Ensuring equity** by addressing diverse needs and reducing barriers

COMMUNITY COLLABORATION

Working within your local community helps create culturally relevant and accessible strategies for wellness.

Benefits:

- **Shared ownership** of wellness initiatives
- **Peer-to-peer support** that reduces stigma
- **Grassroots advocacy** that drives policy change from the bottom up

COMMUNITY COLLABORATION

Examples:

- Hosting local wellness workshops or peer support circles
- Creating community-based mental health resource networks
- Partnering with schools, churches, or local organizations to spread awareness

COLLABORATION WITH STATE STAKEHOLDERS

State agencies, policymakers, and public health departments play a critical role in system-level change.

Benefits:

- **Policy development** that integrates resiliency into education, healthcare, and employment
- **Funding and program support** for long-term self-care initiatives
- **Data and research** to inform best practices

COLLABORATION WITH STATE STAKEHOLDERS

Examples:

- Advocating for mental health days in schools and workplaces
- Participating in task forces or advisory boards focused on public health and wellness

HOW TO FOSTER COLLABORATIVE ADVOCACY

Strategies:

- **Build cross-sector partnerships**
(e.g., educators, healthcare workers, law enforcement, local leaders)
- **Identify common goals** across different groups
- **Use data and stories** to highlight needs and impact
- **Leverage existing platforms** (coalitions, councils, advocacy days)
- **Engage in policy discussions** at both local and state levels

END GOAL: A RESILIENT ECOSYSTEM

Through collaborative efforts, we can:

- Normalize self-care as a shared responsibility
- Reduce stigma around seeking help
- Build policies and environments that support **long-term wellness for all**

FINAL MESSAGE

**TAKE
CARE
OF
YOURSELF**



THANK YOU FOR YOUR TIME

**RESILIENCY AND THE IMPORTANCE
OF SELF-CARE**

CONTACT INFO:

DENNIS NYLAND

CIT MONTANA EXECUTIVE DIRECTOR

CITMONTANA.ED@OUTLOOK.COM