Resilience Engineering
Using Resilience & Mindfulness for a Safer Workplace
Resiliency Engineering
3 R’s of Resiliency

1. Resiliency
2. Resistance
3. Recovery
Post Traumatic Growth

![Diagram showing the levels of functioning over time, including Thriving, Recovery, Resilience, Survival with impairment, PTG, PTSD, and Succumbing.](https://synapse.koreamed.org/DOIx.php?id=10.4306/jknpa.2015.54.1.32&vmode=PUBREADER)
Explanatory Styles

Are you in control?

How do you explain the things in your life?

Is your environment controlling you?
“Safety is something a system **does**, rather than something a system **innately has.**"
Resiliency = Life Experiences
Be Mindful

Start acting like a child
Imagine Three Buckets

Filled with Water

Filled with Sand

Filled with Cement
When S*** Happens

https://www.ishn.com/articles/105969-when-the-stress-beast-is-a-risk
Resiliency Engineering

Internal safety can be much cheaper to implement than external safety.


Kumar, U. *The Routledge international handbook of psychosocial resilience.*


