

GABOR MIHALEC, PHD.

Resilience in Time of Crisis

TED, YEM 2020



**The transfiguration story
and shortly after...**

“This kind does not go out except by
prayer and fasting.”

Mt 17:21 (NKJV)

**The transfiguration story
and shortly after...**

Jesus had a stockpile of prayer and fasting.

Resilience is the ability to bounce back and effectively deal with problems.

Resilience is a skill that can be learned, and like any skill, the more you practice, the better you get.

Resilience is

Resilience

RESILERE (latin)

- bounce back

- spring back

- rebound

Higher goals

Bouncing back is a big thing, but it is often not enough.

We want to learn from the crises and incorporate all lessons into our future operation.

If we do tomorrow the same that we did yesterday, we will end up where we are today.

Higher goals

Resilient people are better in teamwork

More in problem solving

Successful in coping with difficult emotions

More flexible to unexpected events

Better physical health (sick leave under 2%)

Higher goals

Resilient people are kinder, nicer, healthier

The concept is used

Psychology

Medicine

Military

Corporate world

...





Source: Youtube



Resilience is not what happens

but the way we react.

Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

Viktor E. Frankl



What doesn't kill you...

Hard times create strong men. Strong men create good times. Good times create weak men. And, weak men create hard times.”

G. Michael Hopf

COVID-19 and resilience

What causes couples to grow even under extreme circumstances?

What causes others to go down the hill?

What is the difference between the 2 groups?

Our research

- Review of relevant researches of the past 20 years
- Including advice of international experts: Karen Holford, Willie Oliver, David Olson, Michele Weiner-Davis, Susan Johnson
- Questionnaire with 70 items in 7 topics plus background questions
- Evaluation of more than 100.000 data (thanks to Robert Csizmadia and Viktor Mihalec)

Our research

1.255 individuals filled out the questionnaire

634 in increasing relationships

317 in decreasing relationships

304 undecided (claim to grow, but results show a different picture, or claim to decrease but results show growth)

Items	Increasing	Decreasing
My partner understands how I feel	83%	36%
My partner makes comments that put me down	6%	36%

Step No 1: Communication



Imagine
yourself as a
sports
commentator.

Items	Increasing	Decreasing
I can share feelings and ideas with my partner during disagreements	86%	45%
I am able to remain calm even under pressure	46%	28%

Step No 2: Conflict resolution

MIHALEC GÁBOR



PUZSÉR RÓBERT

Keep calm
even in the
heat of the
argument

Items	Increasing	Decreasing
Our sexual relationship is interesting and enjoyable	78%	35%
My partner shows their sexual interest towards me	89%	57%

Step No 3: Affection and intimacy

Affection and intimacy

How do you react on stress sexually?

What does sex mean to you on a deeper level?

(Sometimes even rejection can be an intimate experience)

Items	Increasing	Decreasing
Our future is financially secured	74%	50%
We enjoy life, because we make good financial decisions	72%	42%

Step No 4: Financial management

Which gospel do you live and preach?

Gospel of
poverty

Stewardship

Gospel of
wealth

Items	Increasing	Decreasing
It made us feel safe that we developed a new daily routine during the lockdown	69%	34%
I was well-groomed, and pretty during the lockdown	68%	42%

Step No 5: Personal hygiene and order



If something happens that you can't control, start regaining power over your life by controlling what you can.

Items	Increasing	Decreasing
It is easy for me to connect to my partner emotionally	86%	44%
My partner responds on my emotional needs when I need support	88%	44%
My partner cares about my joys, hurts and fears	90%	49%

Factor No 6: Emotional availability

Emotional availability

ARE you there for me?

A - Attunement

R - Responsiveness

E - Engagement

Items	Increasing	Decreasing
I feel closer to my partner because of our shared faith	63%	23%
Faith is a personal experience for me rather than a religious formality	73%	49%

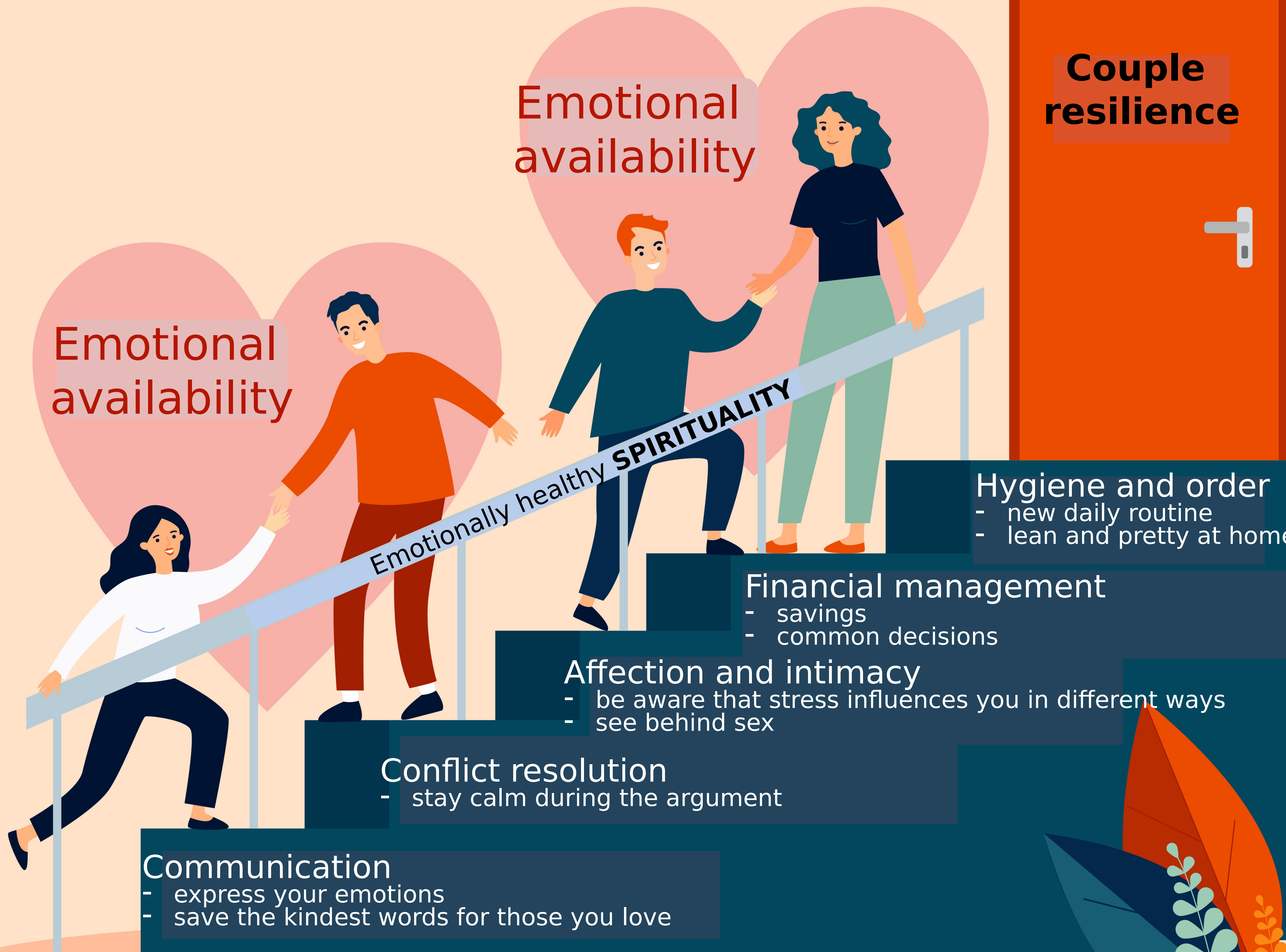
Factor No 7: Spirituality

Spirituality

How can we keep our members
(and ourselves) active during the
lockdown?

Participants or spectators?

Unique chance for change



Couple resilience

Emotional availability

Emotional availability

Emotionally healthy **SPIRITUALITY**

Hygiene and order

- new daily routine
- lean and pretty at home

Financial management

- savings
- common decisions

Affection and intimacy

- be aware that stress influences you in different ways
- see behind sex

Conflict resolution

- stay calm during the argument

Communication

- express your emotions
- save the kindest words for those you love

God is with us in every cr

Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord your God.”

Is 43:1-3

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