



Mental Health Talk on Antifragility

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Antifragility

What reinforcement we may **gain from hope**
if not what **resolution from despair**
-Milton, Paradise lost



Positive Stress

Tolerable Stress

Toxic Stress



POSITIVE STRESS

Mild/moderate and short-lived stress response necessary for healthy development

TOLERABLE STRESS

More severe stress response but limited in duration which allows for recovery

TOXIC STRESS

Extreme, frequent, or extended activation of the body's stress response without the buffering presence of a supportive adult

THRIVING



SURVIVING

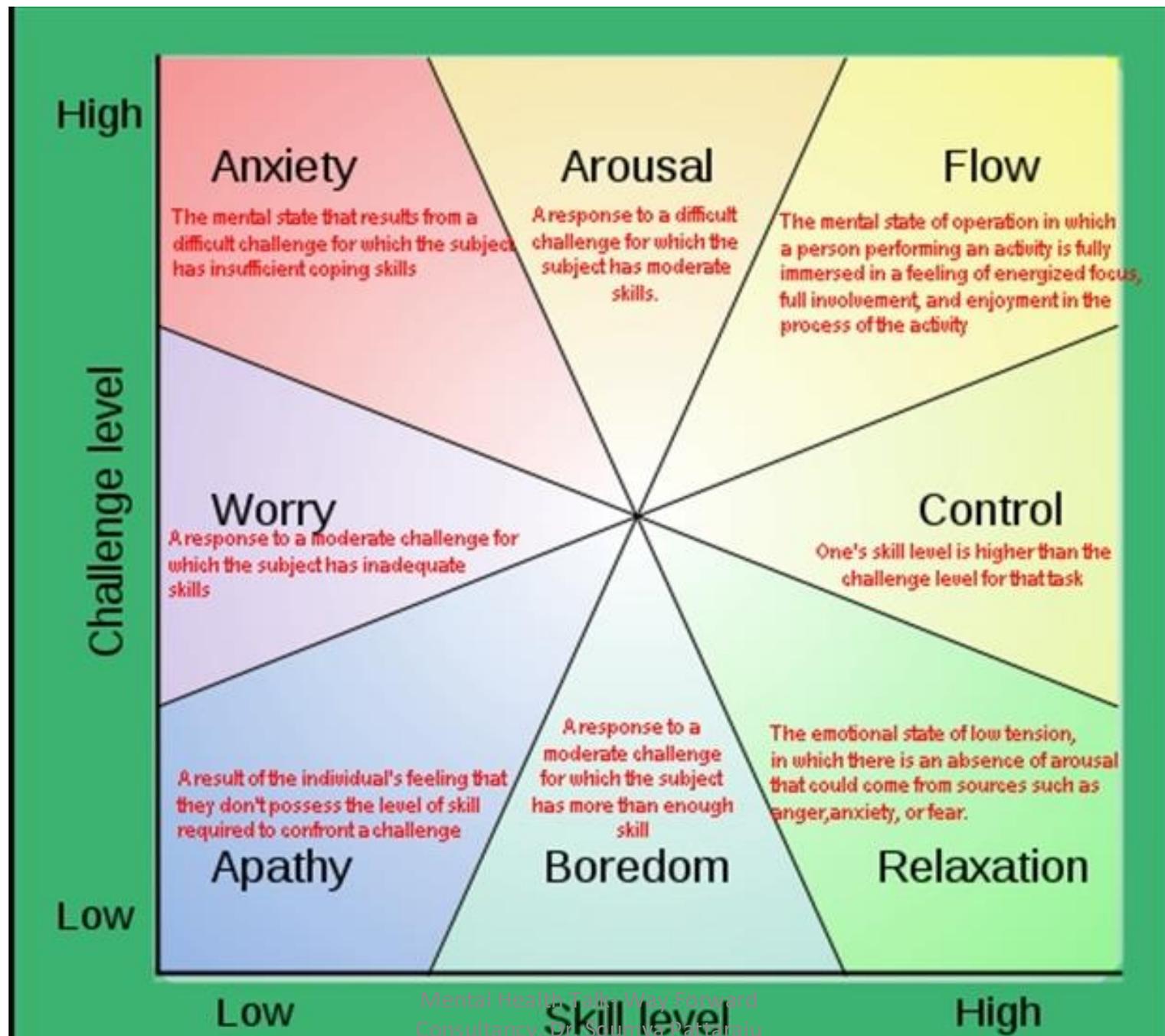


STRUGGLING



IN CRISIS

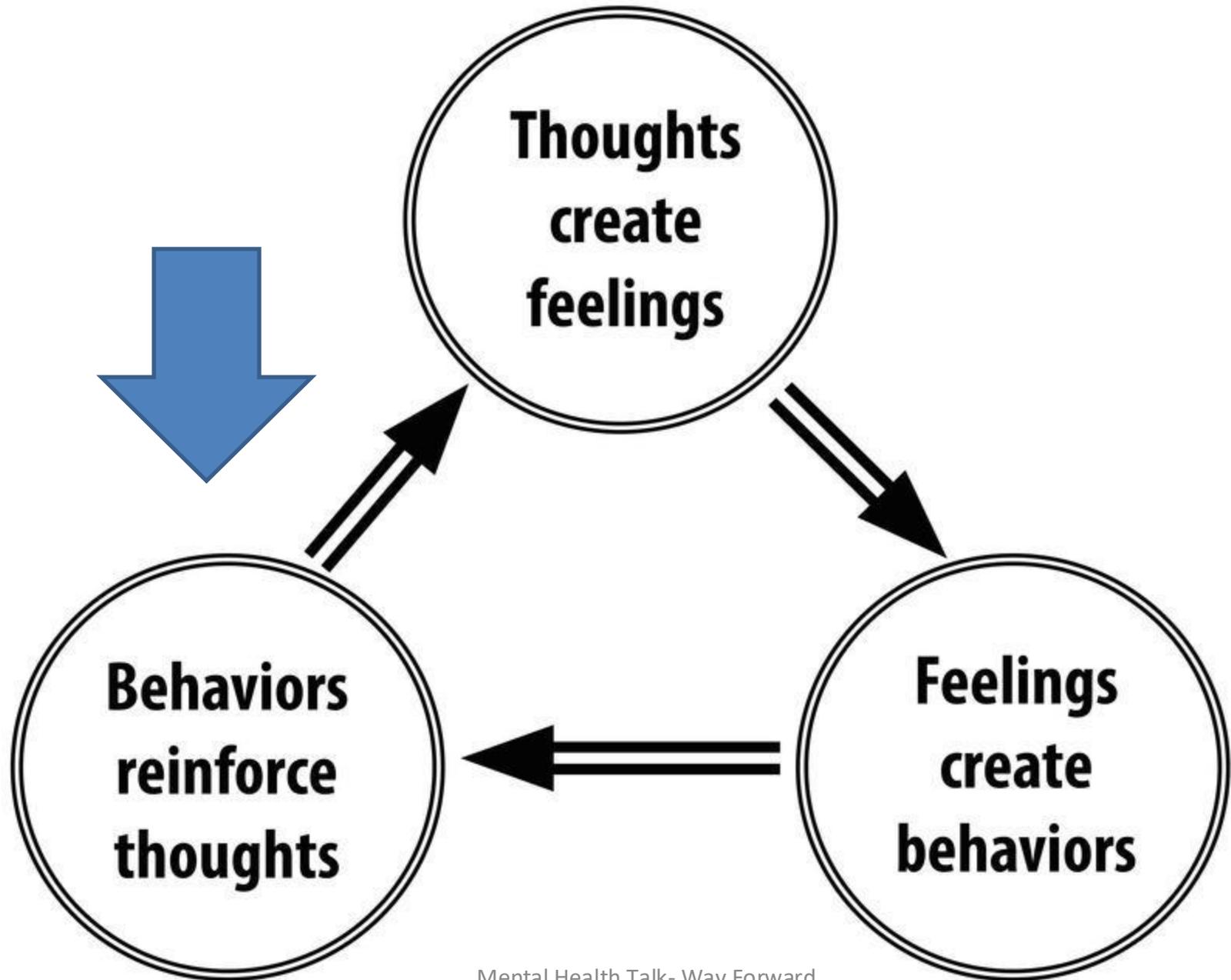




- Stress: a perceived over whelming experience
 - 1) Positive (expected) – eustress – e.g.life developmental goals + relationship maintenance
 - 2) Tolerable:
 - a) (intentioned) – normative / enhancing – goal-seeking - e.g. performance oriented
 - b) Challenging circumstances – coping behaviour - e.g divorce, loss of job, death of loved one, failure, rejection, accident etc
 - 3) Toxic –(non-normative event)
– Recovery behaviour
e.g. trauma / abuse



- **Stress**: a perceived overwhelming experience
 - 1) **Positive** : e.g
 - 2) **Tolerable**:
 - a) (intentioned) – **normative / enhancing** : e.g.
 - b) **challenging circumstances** - e.g.
 - 3) **Toxic** : (**non-normative** event) (intentioned mistreatment - e.g.





Antifragile



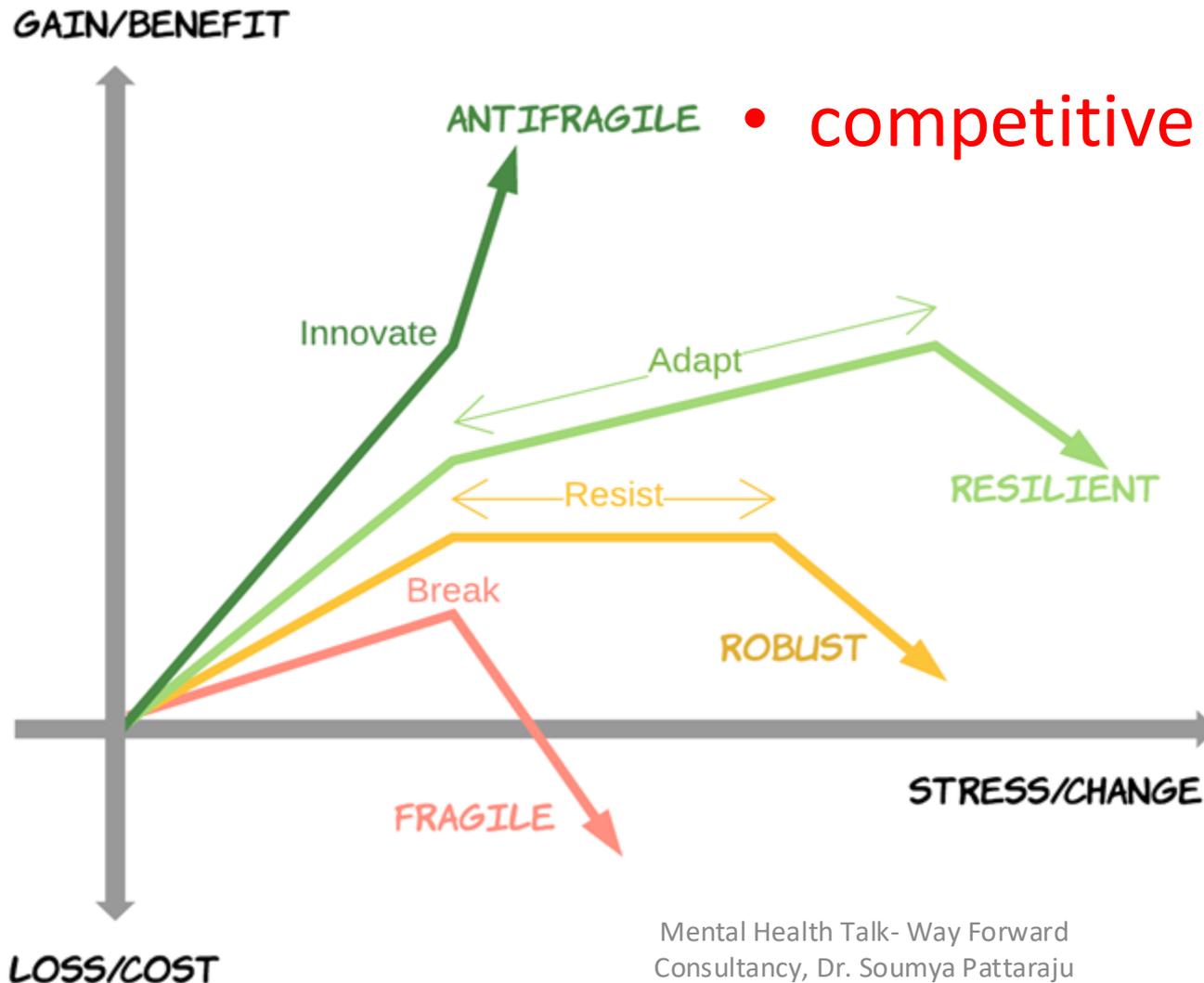
- Inspired by Naseem Taleb's book
- Fragile: easily broken
- Robust : that cannot be broken
- Antifragile: that grows stronger from adversity

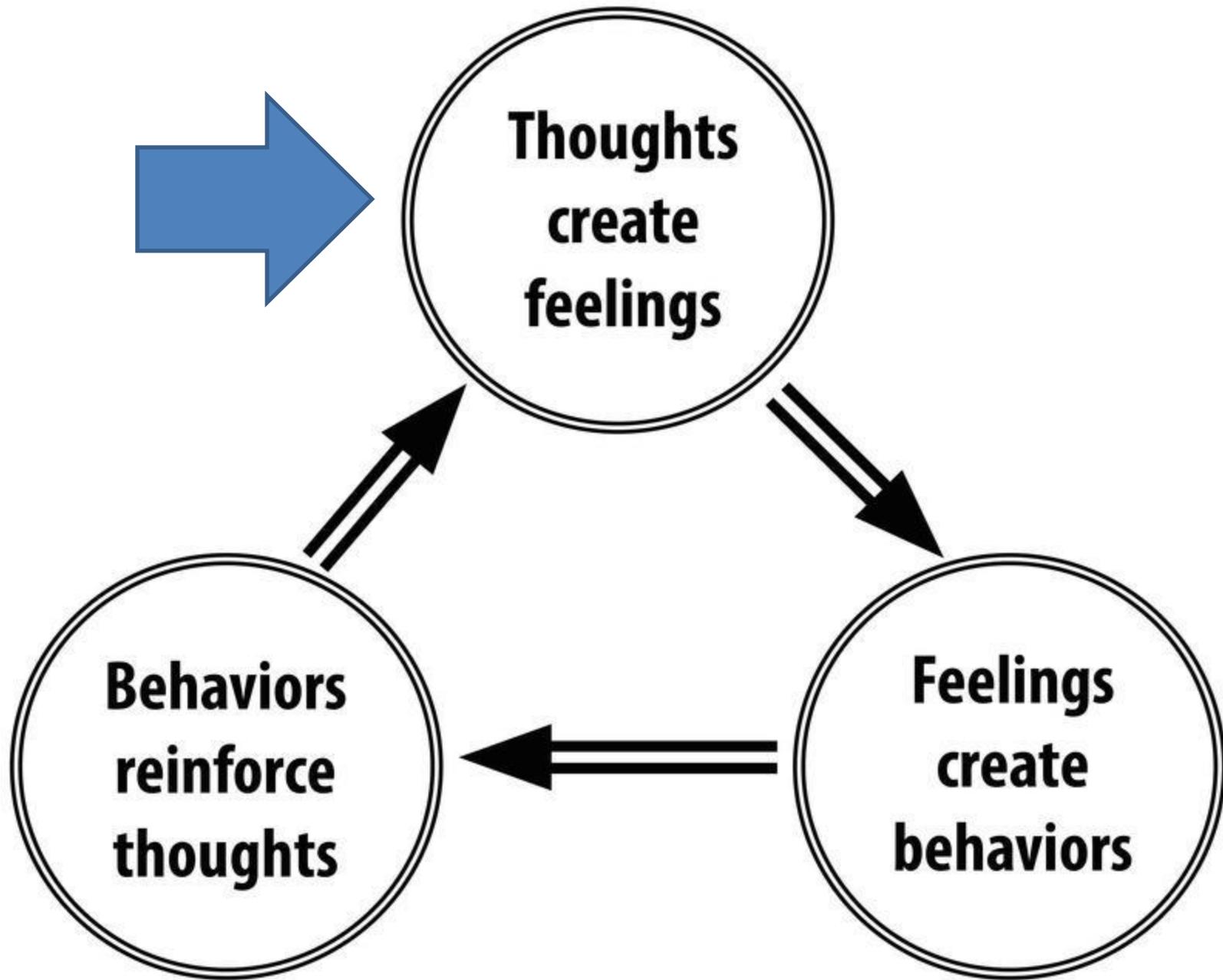
“ What dosen't break you makes you stronger, what BREAKS you, use it to become antifragile”



Antifragile

- **proactive** adaptation – seek challenges
- **competitive** evolution – seek growth







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Positive thinking Vs. Wishful Thinking



Are these positive statements?

1. “Nothing bad will happen, everything will be fine soon”.
2. “You have worked, so hard, I have a feeling things, you will succeed this time”
3. “Good always happens with good people”
4. “I hope there are no obstacles and everything happens smoothly”
5. “Think positive and everything will be fine”

- Adversity **is real** and here to stay
- **Realistic** optimism
- Works as an **emotional** shock absorber



Learned Optimism

This always happens to me. I don't know how but I seem to have a knack for getting myself into trouble. Now this one thing gone wrong will ruin everything for me.



It had to go wrong now! Such bad luck. At least I got to know right away, I can still save the rest .

This **always** happens to me. I don't know how but I seem to have a knack for getting myself into trouble. Now this one thing gone wrong will ruin **everything** for me.



It had to go wrong **now**! Such bad **luck**. At least I got to know right away, I can still **save the rest** .

PERMANENT



PERSONAL



This **always** happens to me. **I** don't know how but I seem to have a knack for getting myself into trouble. Now this one thing gone wrong will ruin **everything** for me.

GLOBAL



DE-PERSONALIZE

TEMPORARY

Goodness it had to go wrong **now!**
Such bad **luck**. At least I got to know
right away, I can still **save the rest** .

SPECIFIC

It is NOT
Pervasive



It is NOT Permanent



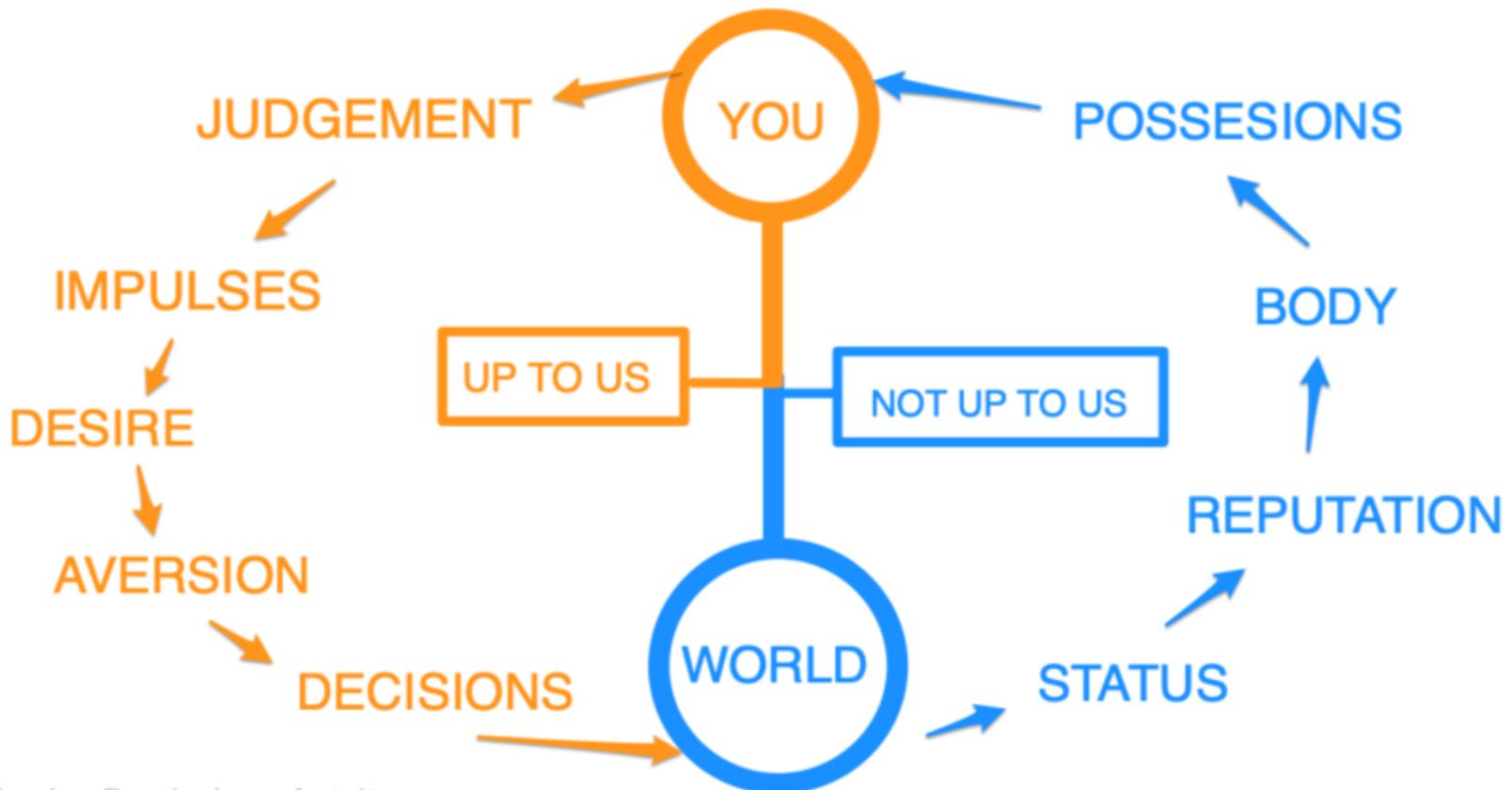
**DON'T
Personalize**

Being optimistic about what?

- Situation?
- Your self?

Stoicism - Dichotomy of Control

WHAT IS AND IS NOT IN OUR CONTROL





Take Responsibility



Live with
Areté

Focus on What
You Control

Stoicism

Who won ... what is the lesson ..



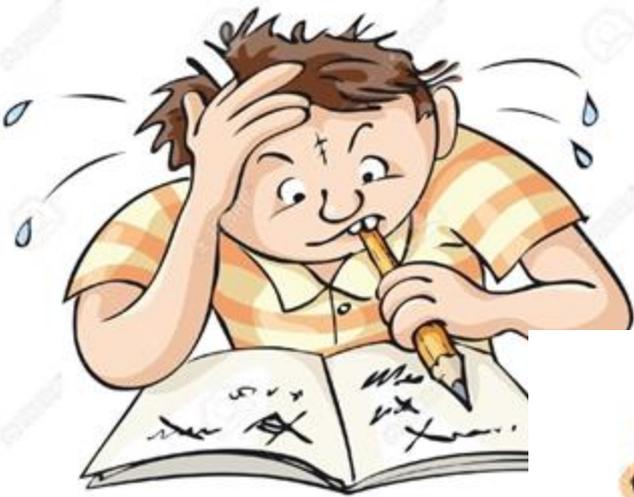
If granted a wish

- **Whom** would you like to be?
- Hard working tortoise
- Talented but lazy hare

- **Why?**



Hard working?



Successful?



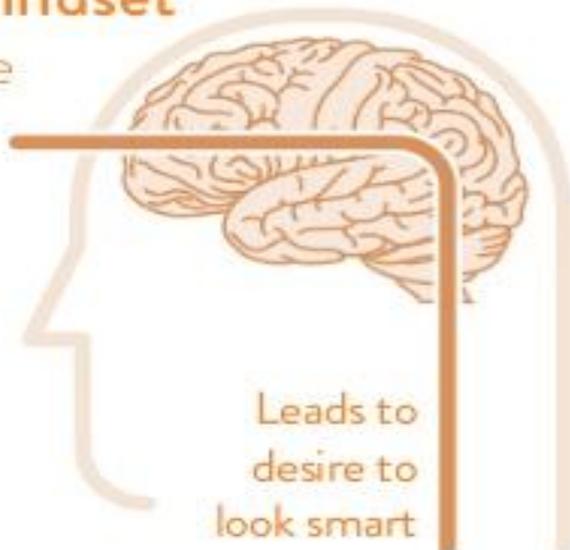
DR. CAROL DWECK

THE POWER OF MINDSET



Fixed Mindset

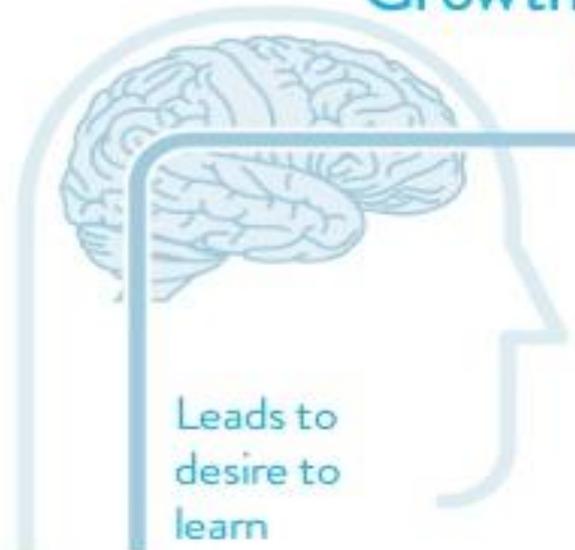
Intelligence
is static



Leads to
desire to
look smart

Growth Mindset

Intelligence
can be
developed



Leads to
desire to
learn

GROWTH MINDSET



Process – oriented

- That was **good effort**
- I **need to work harder** on the relationship
- I need to **rethink MY strategy**



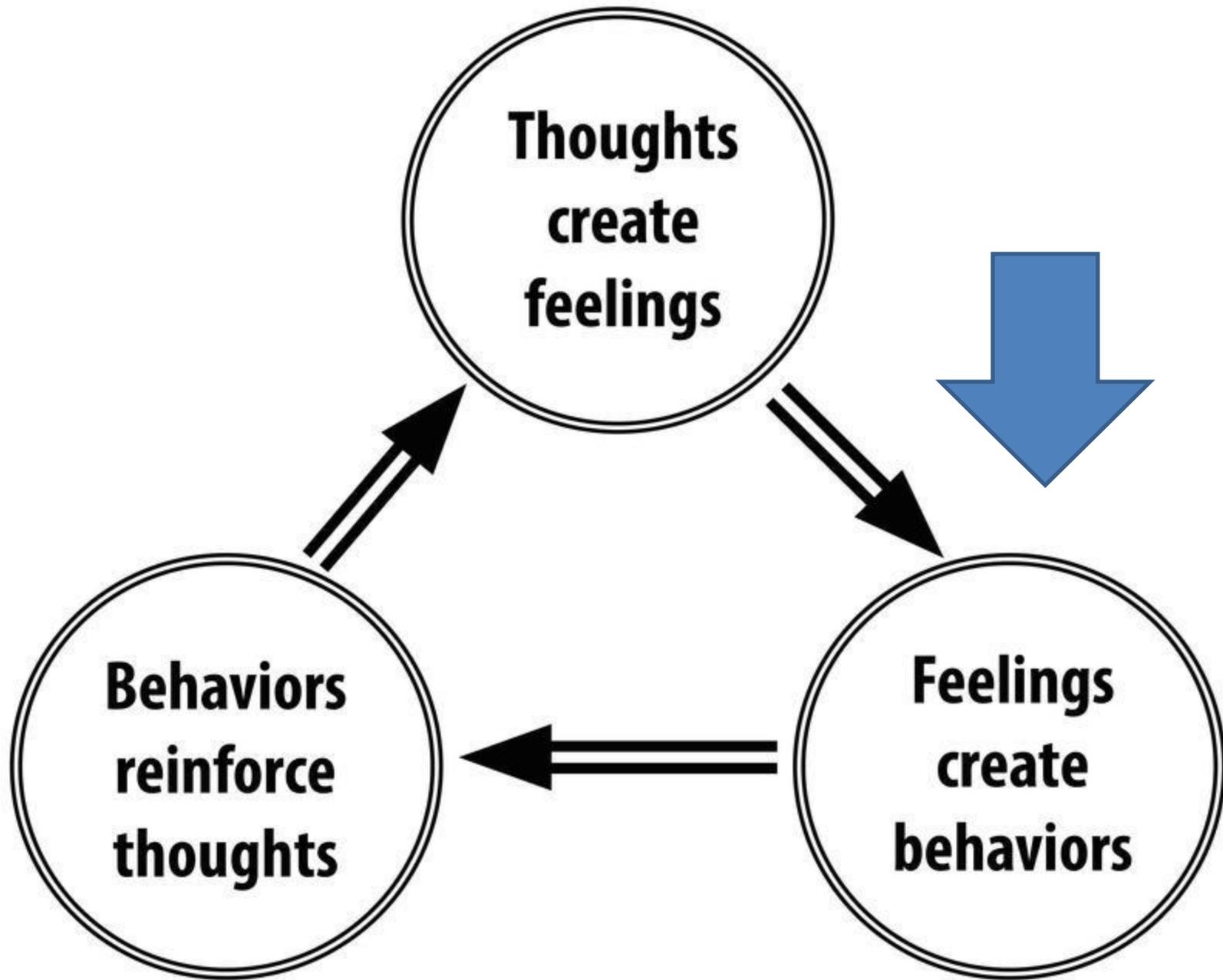
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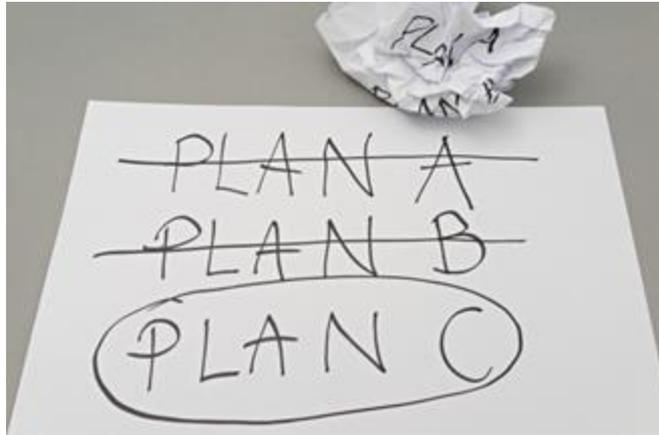
Person – Oriented

- How **intelligent I am**
- She /He is an **idiot**
- **I am** hot headed/coward/anxious/ person
- I **don't deserve** this
- This shouldn't have **happened to ME**

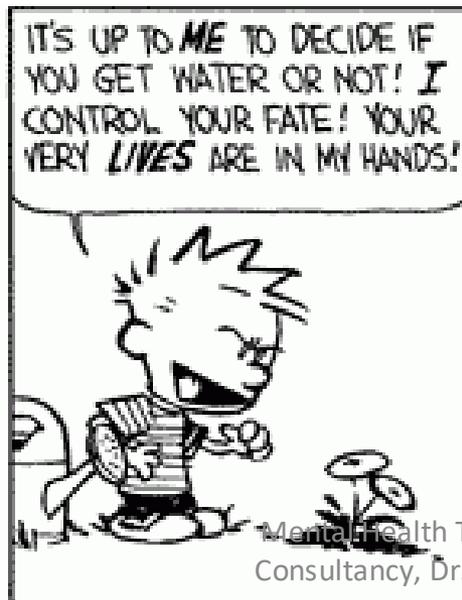
FIXED MINDSET



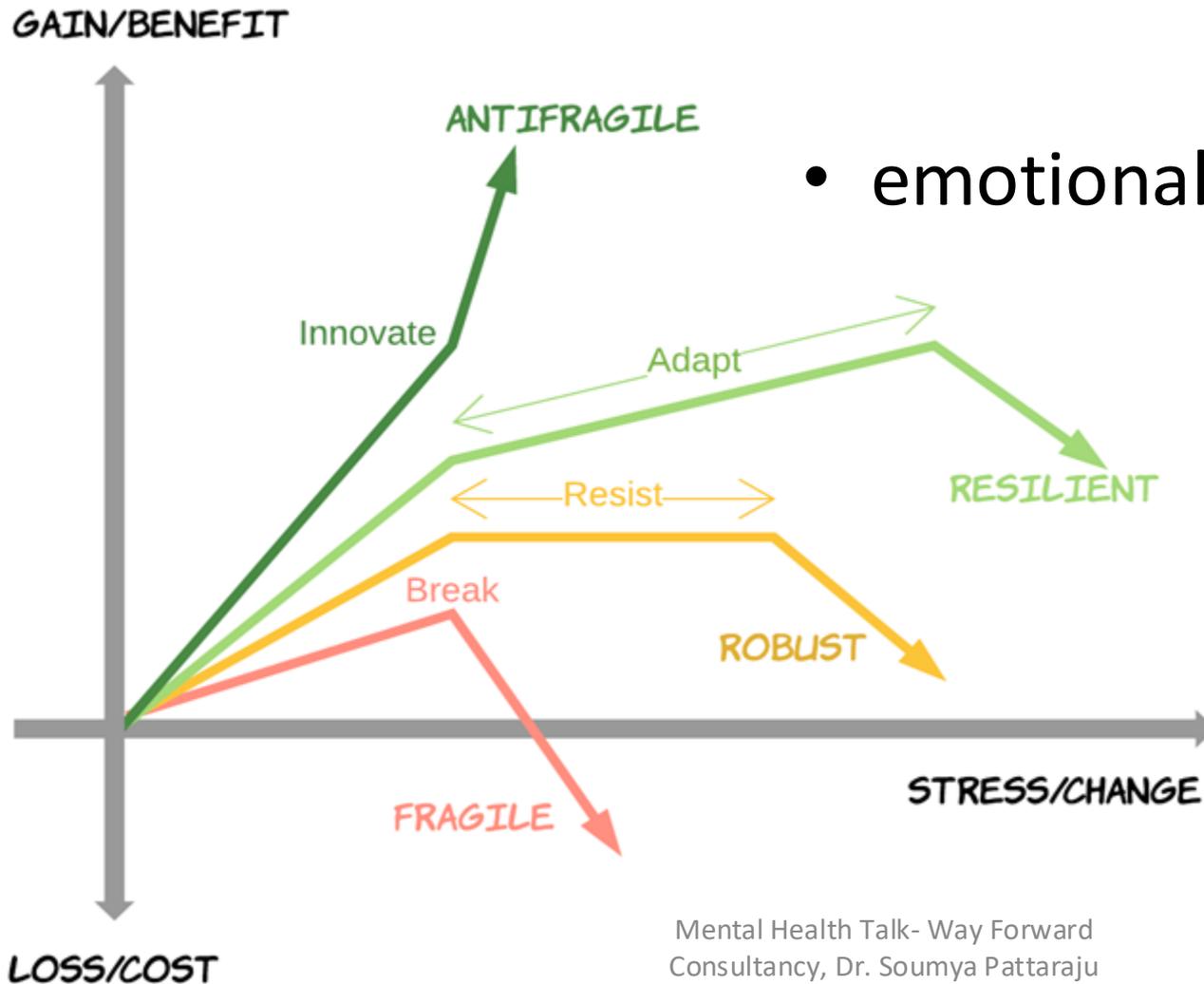




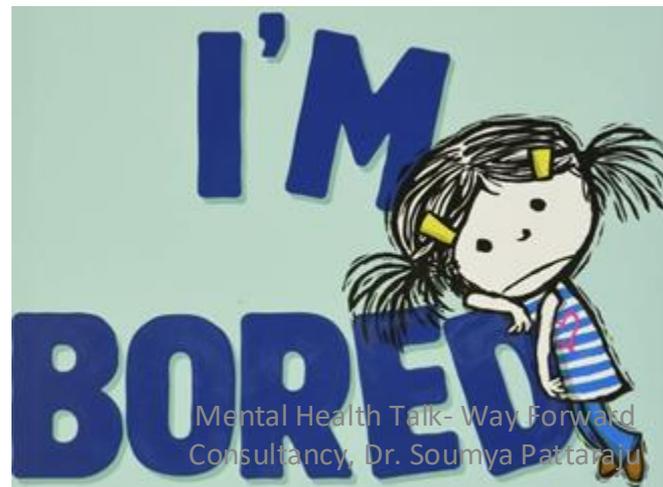
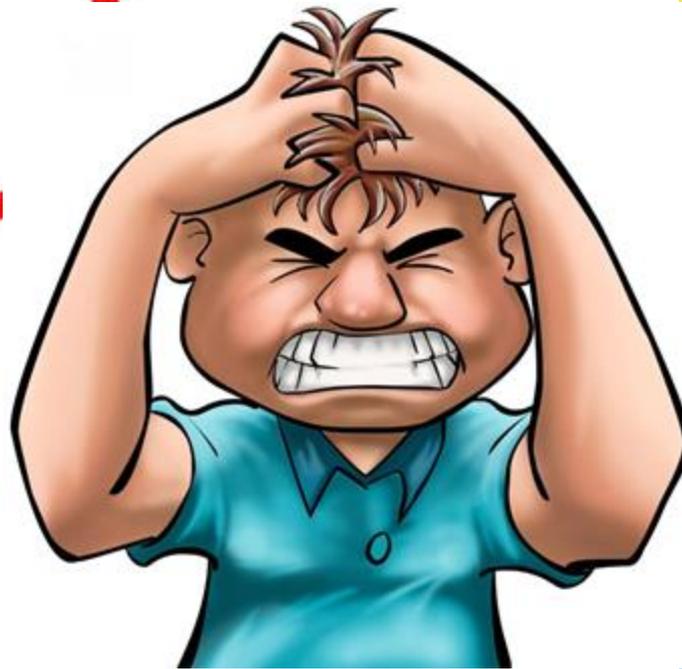
Illusion of control



Antifragile



- emotional **agility** – don't be loyal to emotions



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ITSY BITSY SPIDER

ITSY BITSY 

WENT UP THE  SPOUT

DOWN CAME THE 

AND WASHED THE  OUT

OUT CAME THE 

AND DRIED UP ALL THE 

NOW THE ITSY BITSY 

WENT UP THE  AGAIN

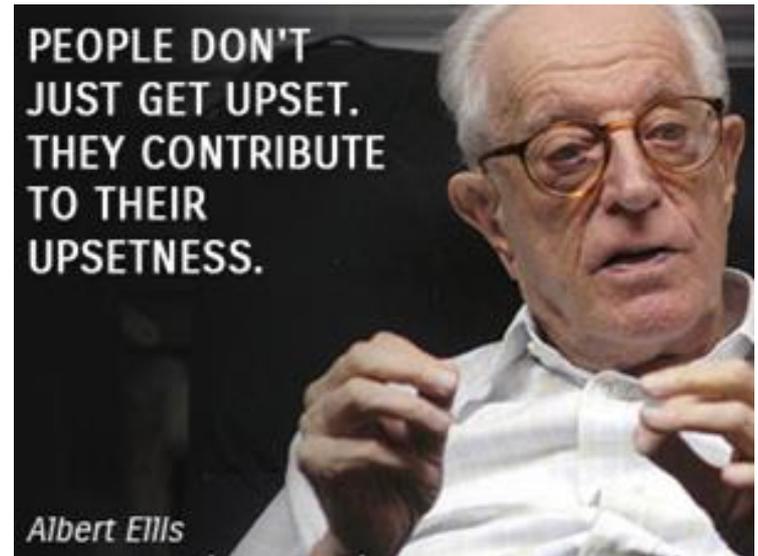
Low-Frustration Tolerance

I can't take it!!!



- “I **can't take** how difficult it is
- “I worked so hard .. Why did I fail, **I can't stand it** ..?”

- “Why can't things go according to plan.. **I can't stand my plans** failing..”



when you feel like giving up,
look back at how far you've come.

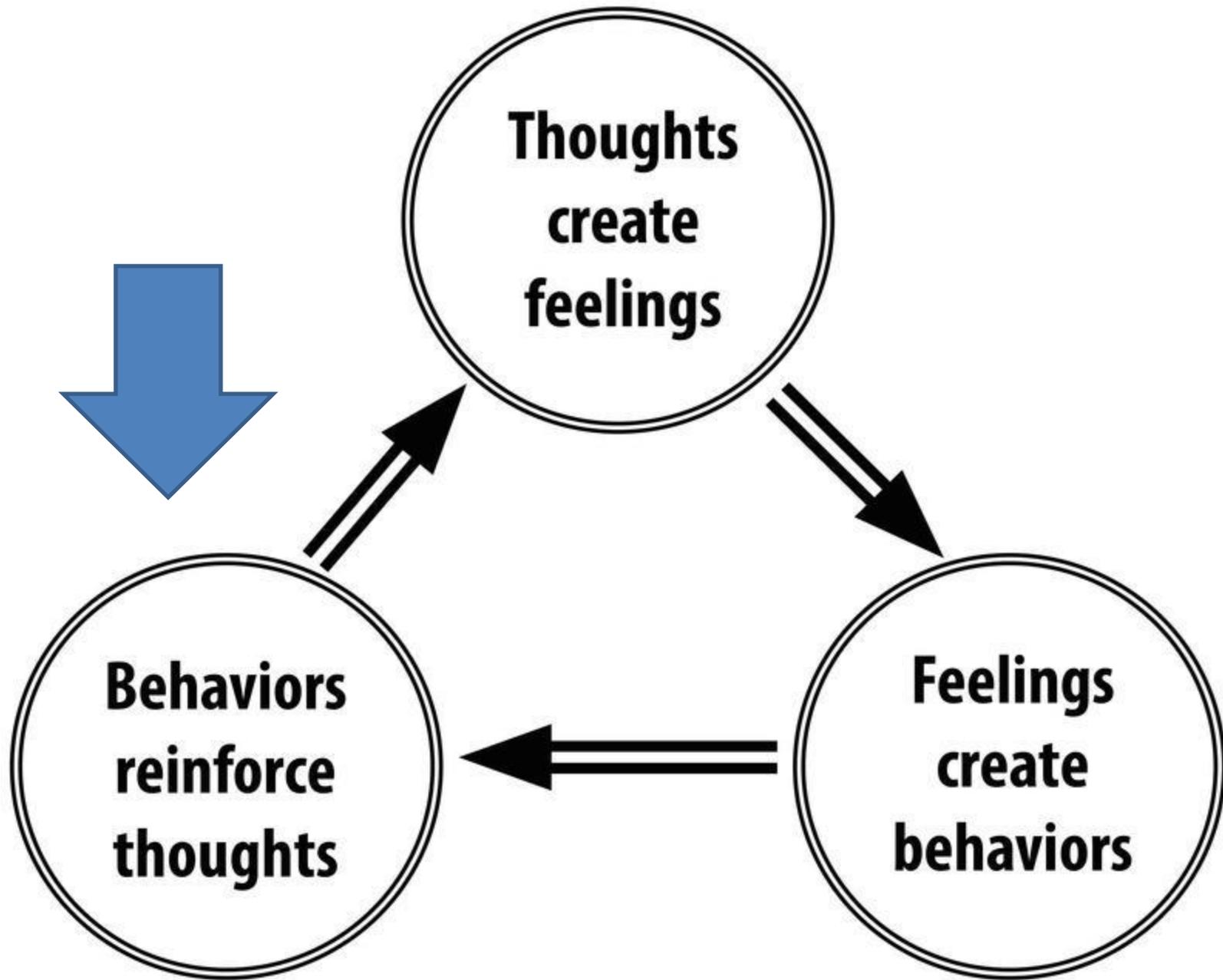


be strong. stay on your path.
never stop going.

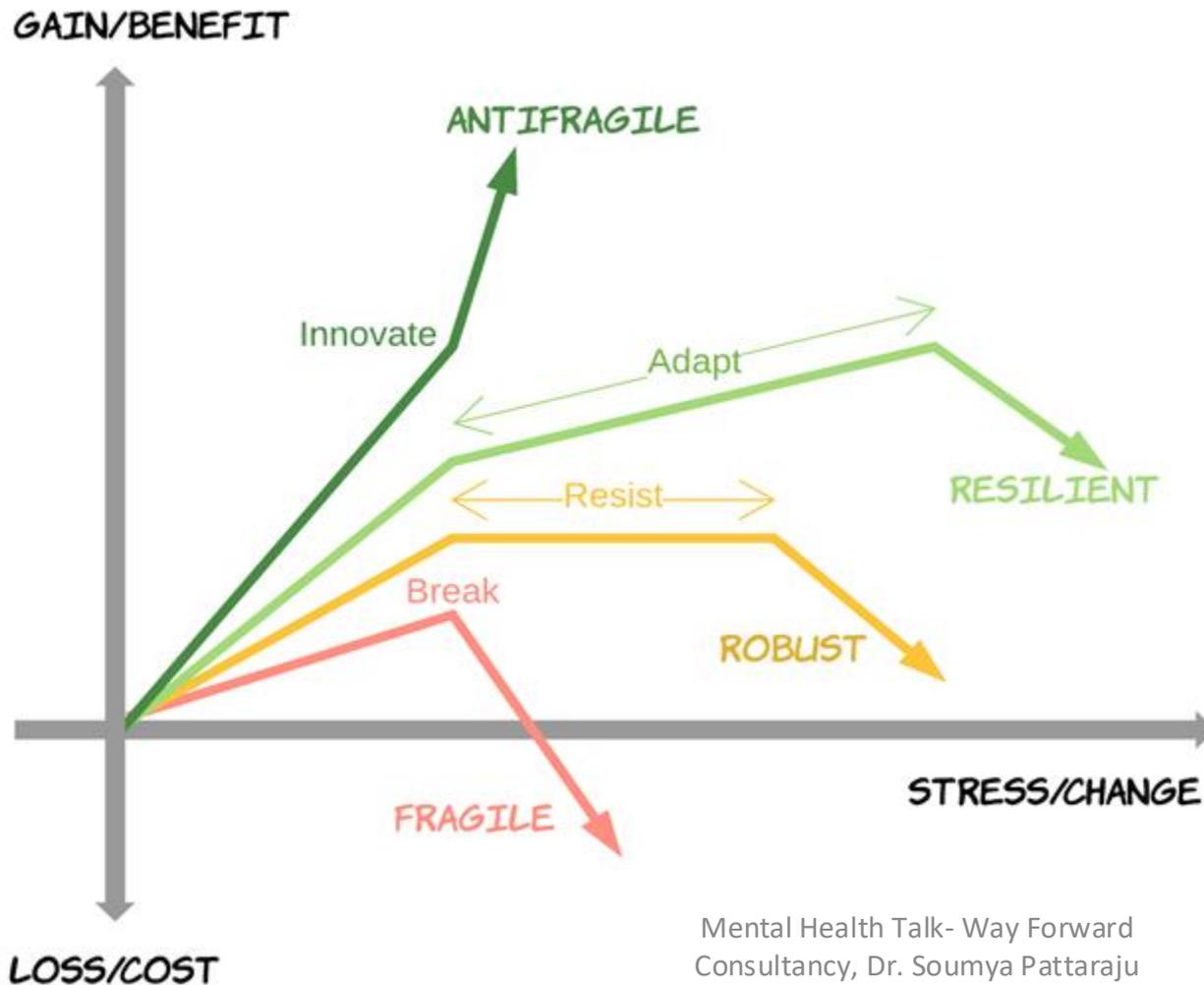
- “I will learn how to take the difficulty
- “I will learn to stand my failure .. Bcoz I see meaning in it..?”

- “I can plan .. But I can't control everything.. I will learn to take the unplanned in my stride..”





Antifragile



- **Constructive destruction**



HOPE

Faith



From hope to faith



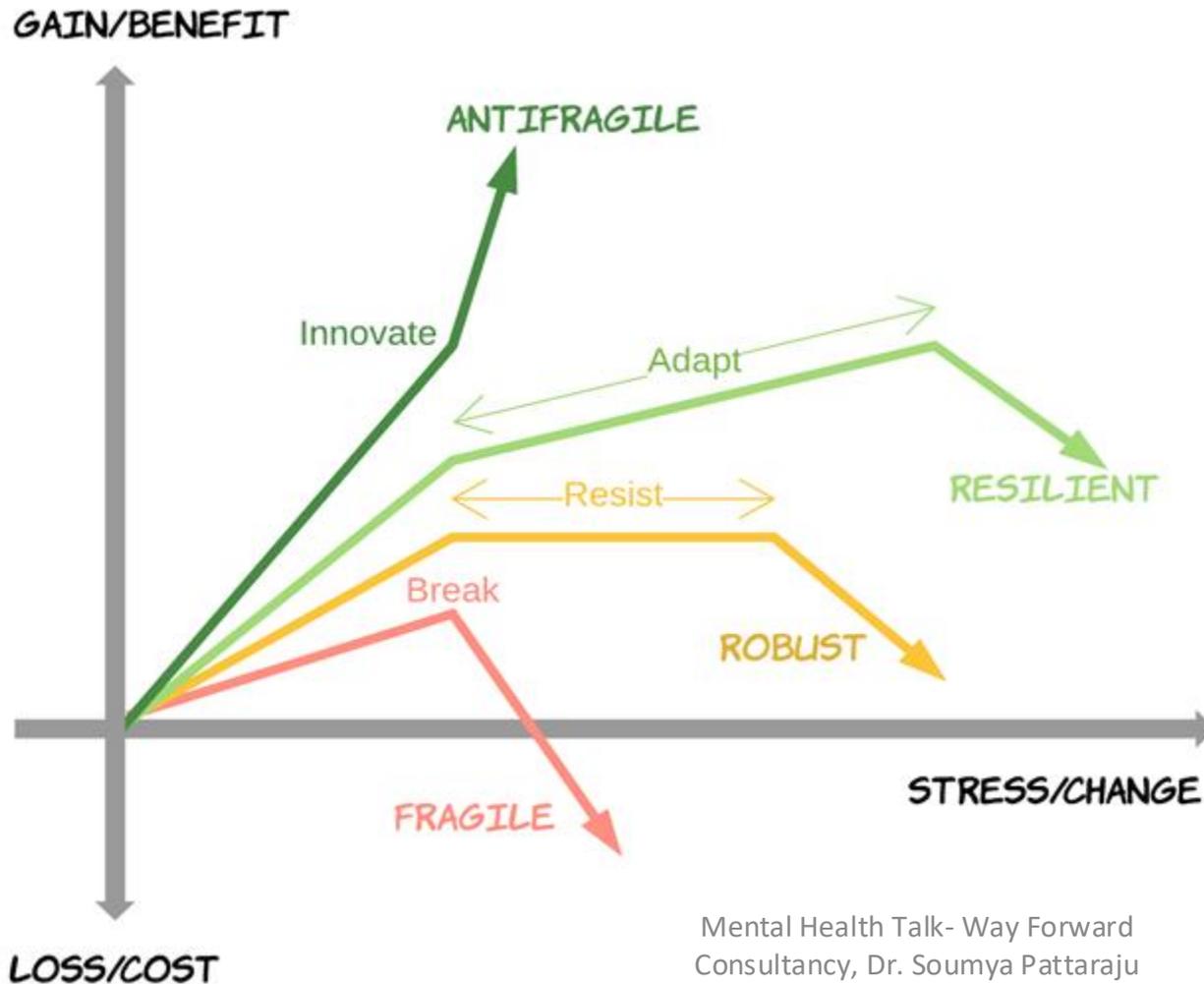
- **Hope**: evidence based, history based, explicable, can be evaluated as being reasonable / sensible. Restores sense of agency.
- To be discerned from **wishful** contradictory to history and evidence and foregoes sense of agency.

- **Faith**: inexplicable, restores sense of agency, reduces negative affect (towards self, others and intangibles), looks at constructive outcomes.
- To be discerned from **blind faith**, suspends sense of agency, destructive outcomes, stress on specific outcomes.



Antifragile

- Recovery





Work

Recover



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