

Mental Health Issues in Identity Theft

Module 3: Strengthening Resilience in Identity Theft Victims

By the end of this module, participants will be able to:

- Define resilience.
- List at least three resilience traits and describe strategies to strengthen them.

Resilience

One's ability to return to healthy functioning after being in a stressful situation

Self Knowledge and Insight

Resilience encompasses self-care, but it is also about promoting one's inner strength and defining a sense of purpose and self worth.

Ellen Fink-Samnack

Some Components of Self Knowledge and Insight

- Self Esteem
- Self Compassion
- Sense of Control
- Independence

Hope and Optimism

*My great hope is to laugh as much as I cry
and to get my work done.*

Maya Angelou

Healthy Coping When Highly Stressed

It is what it is –

but it will become what you make it.

Some Components of Healthy Coping When highly Stressed

- Use Skills and Abilities
- Plan and Organize
- Get Enough Sleep

Sleep Strategies

- Do not drink caffeine or alcohol after 4 pm
- Exercise 20-30 minutes a day
- Keep the bedroom attractive, cool, and dark, using it ONLY for sleep and sex.
- Invest in an excellent mattress and pillows.
- Do not look at the clock when you wake up. If you need to be awakened by an alarm, set it and then forget about the clock.

Strong Relationships

*What life have you if not life together.
There is no life that is not in community.*

T.S. Eliot

Some Components of Strong Relationships

- Attachment to Others
- Seeking and Giving Support

Qualities of Healthy Family Systems

- Ability to acknowledge and define problems
- Commitment to the family as a whole
- Orientation toward developing solutions rather than tolerating problems
- High tolerance for others' differences
- Frequent expressions of concern and affection

Qualities of Healthy Family Systems

- Open and effective communication
- Significant concern for each other
- High role flexibility
- Effective utilization of resources outside the family when needed
- No violence or substance abuse

Personal Perspective and Meaning

*The miracle is not that we do this work,
but that we are happy to do it.*

Mother Theresa

Some components of Personal Perspective and Meaning

- Morality and Integrity
- Spirituality
- Coherent Life Meaning

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