

Construire sa résilience au quotidien:
une approche simple et peu coûteuse.

*Congrès québécois de recherche en
adaptation-réadaptation*

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Rachel Thibeault, Ph.D. erg.(c)

Programme d'ergothérapie

Faculté des sciences de la santé

Université d'Ottawa



Qui suis-je?

*Une ergothérapeute qui
accompagne des personnes et des
collectivités vulnérables depuis 35
ans.*



Qu'est-ce que la résilience?

**Propriété d'un individu à résister
psychiquement aux épreuves de la
vie.**

**Mais le mot 'résister' s'avère
trompeur.**



Quatre scénarios possibles:

- **Résolution inadéquate**
- **Résilience**
- **Croissance post-traumatique**
- **Anti-fragilité**



*Trois sources de données,
en très résumé*

- **Psychologie classique**
- **Neurosciences**
- **Recherches en ergothérapie**

Le sens et la résilience selon les recherches en psychologie classique (Seligman, 2002, 2011)

- **Pleasant life** - je cherche le plaisir, j'évite la douleur et l'effort.
- **Good life** - je cultive mes talents et j'en tire de la satisfaction.
- **Meaningful life** - j'utilise mes talents pour redonner au monde.
- **Full life** - j'utilise mes talents pour redonner au monde tout en goûtant à la vie.


La résilience revue par la neuroscience: Center for Investigating Healthy Minds

(Ricard , Davidson, Lutz et al, 2004; 2005; 2007, 2011, 2012, 2013, 2014;
Fredrickson, 2013; Lyubomirsky, 2013)

- **Façonner des intentions altruistes positives.**
- **Donner forme à ces intentions- modalités cognitives, sensorielles, motrices.**
- **Modifier notre structure neuronale.**

Le rôle des ondes Gamma

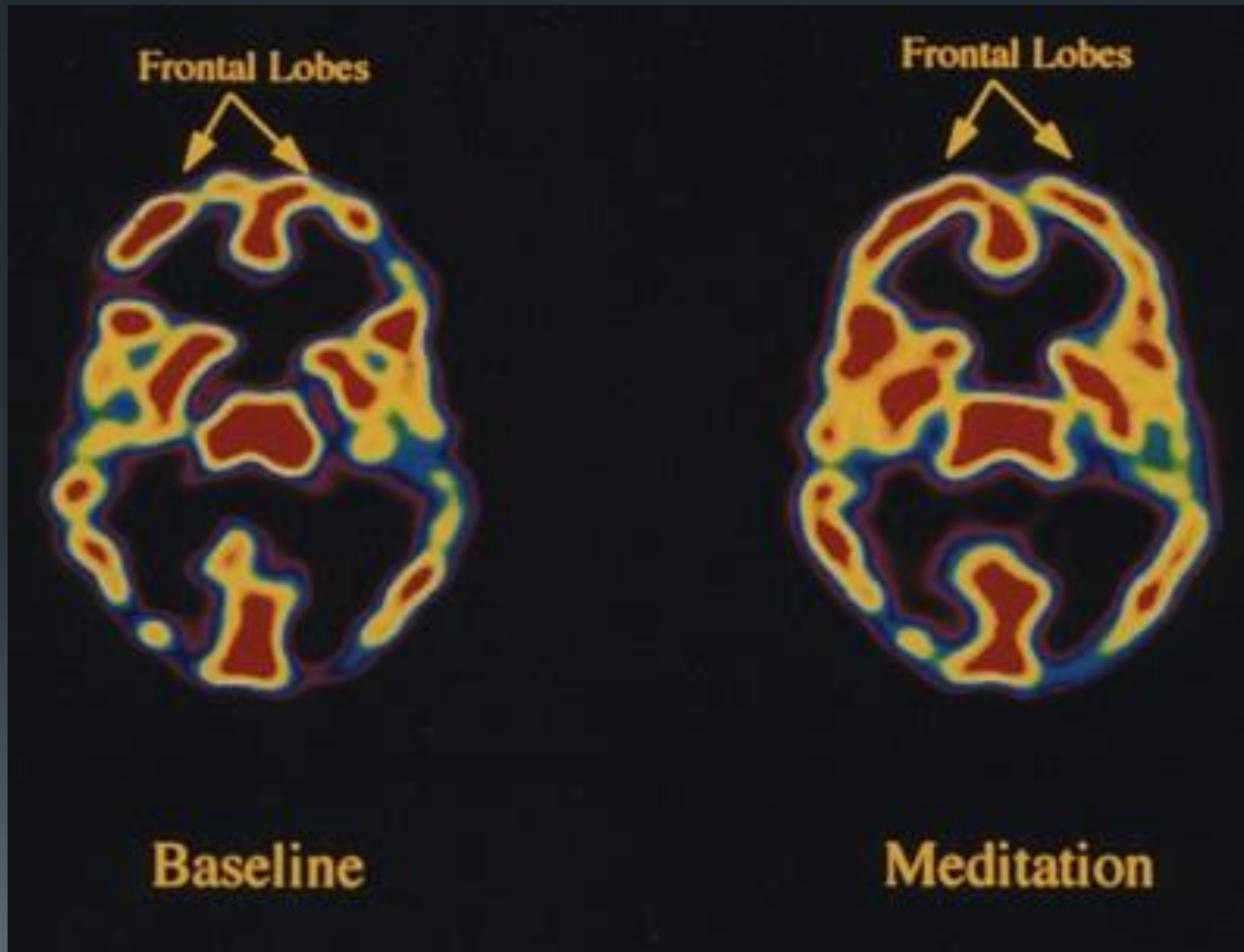




‘Gamma waves play a vital role in cognitive functioning. Their propagation through the brain acts as a type of neuronal synchronizer, binding together distributed networks and focusing them towards an object of attention. Scientist have proposed that gamma waves are able to resolve the ‘binding problem’ of neuroscience – how sensory information processed in sensory-specific areas of the brain are unified into a single conscious experience. Their role in consciousness is so critical, that if gamma waves stop emitting from an area of the brain called the thalamus, conscious awareness is lost and the person slips into a deep coma.’ (Aiden, 2012)

Nouvelles evidences

(Davidson, 2012)





Le système glymphatique

(glymphatic clearance pathway)

- Les cellules gliales maintiennent un milieu sain pour les neurones. Elles jouent un rôle clef dans l'homéostasie, dans la production de myéline et dans le soutien et la protection du tissu nerveux. Elles approvisionnent les neurones en nutriments et en oxygène, éliminent les cellules mortes et combattent les pathogènes.
- Elles comptent pour environ 90% des cellules du SNC. (Hooper et Pocock, 2014)



Le système glymphatique

(glymphatic clearance pathway)

- Nedergaard (2013) a découvert le système glymphatique, un réseau de canaux cérébraux qui éliminent les toxines par le biais du liquide cébrospinal, entre autres les dépôts protéiniques associés à certains troubles de l'humeur et à la maladie d'Alzheimer.
- Les activités de type contemplatif/méditatif stimulent le système glymphatique de façon statistiquement et cliniquement significative.



Faisons un parallèle

Si je désire améliorer ma forme physique, j'vais travailler

- *Ma force*
- *Mon endurance*
- *Ma souplesse*
- *Mon équilibre*
- *Ma vitalité*
- *Lever des poids*
- *Augmenter la durée*
- *Faire des étirements*
- *Faire des exercices*
- *Bien me nourrir*

Si je désire cultiver ma résilience, je vais cultiver (Seligman, 2012)

- ***La présence : minimum requis à chaque niveau de bien-être.***
- ***La compassion, l'amour, la tendresse***
- ***La gratitude***
- ***Le pardon***
- ***La justice***
- ***La tempérance (au sens d'équilibre)***



*Mais en choisissant quels
exercices, quelles activités?*



5 types

*Des exemples du bout du monde
qui s'appliquent tout autant ici.*

La centration

Ephemia - Zambie

Un activité souvent répétitive – parfois même en apparence inutile – comme une balade à pied vers nulle part ***pour se libérer de la fièvre et favoriser une réceptivité et une disponibilité psychologiques (dopaminergiques).***

La contemplation

Ingrid et Annie – Afrique du Sud

*Des activités telles la
prière, la méditation,
l'observation
tranquille qui créent
l'expérience soutenue
de la présence.*

La création

Lakech et Wagaye - Éthiopie



Des activités
qui comblent
notre *besoin
de beauté et
de créer*, ne
serait-ce que
pour soi.

La contribution

Doris et les bushwives— Sierra Leone



*Des activités qui nous permettent de **redonner**, d'être des citoyens productifs et valorisés.*

La communion

Emmanuel - Nicaragua



Des activités qui renforcent
nos *liens d'appartenance* –
nous relie au Vivant.



Une surprise: parlons de
malbouffe!

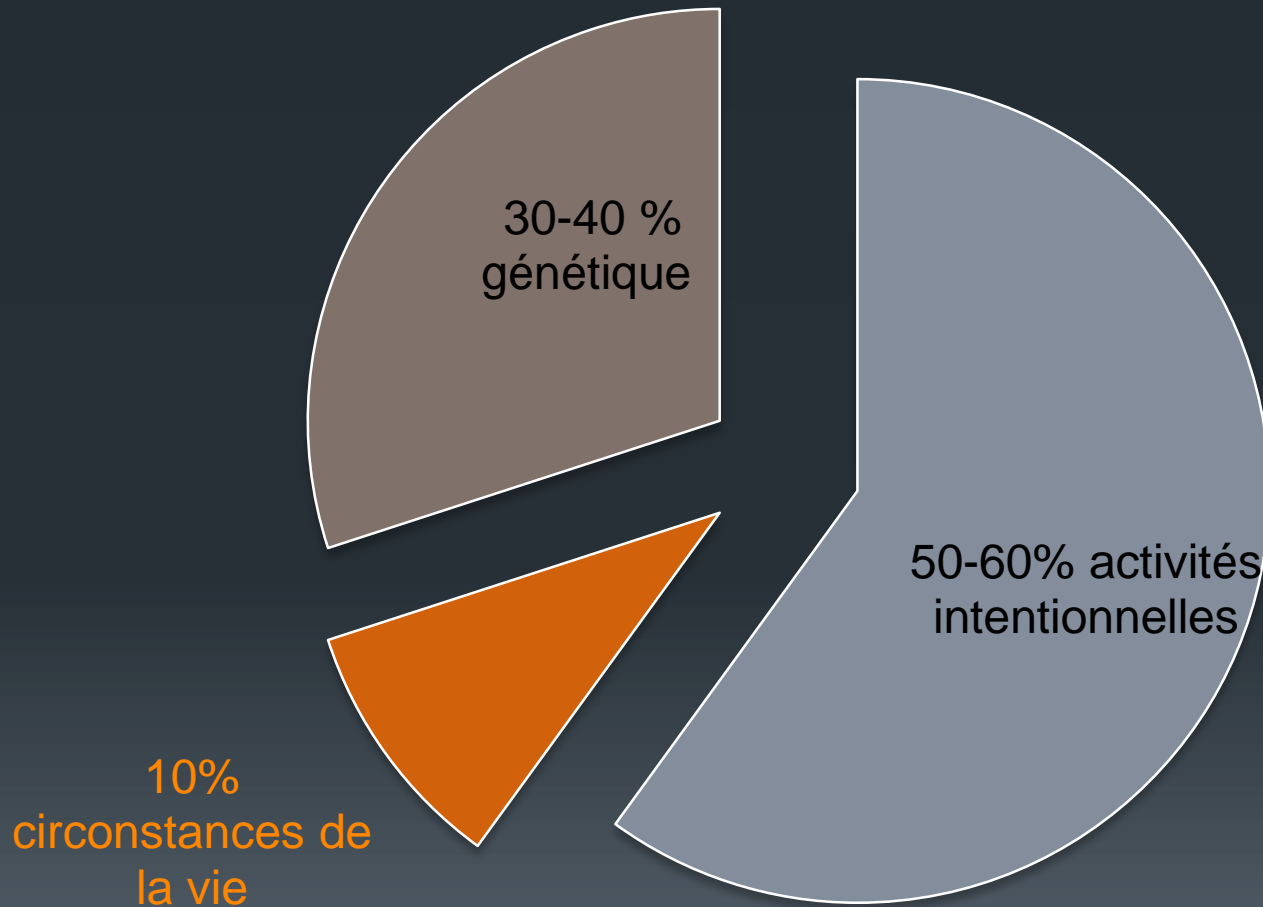


La notion de « malactivité »

- *Mâcher du « qat » en Éthiopie*
- *Spider solitaire pour moi*
- *La vôtre?*

- *Les gens résilients gèrent leur temps et leurs activités comme nous, nous gérons notre alimentation.*

L'étonnant pouvoir que nous avons sur notre résilience



Adapté de Lyubomirsky, 2013

Quels sont les impacts de ces activités intentionnelles?

Fredrickson, B. L., Grewen, K. M., Coffey, K. A., Algoe, S. B., Firestine, A. M., Arevalo, J. M. G., Ma, J., & Cole, S. W. (2013). A functional genomic perspective on human well-being. *Proceedings of the National Academy of Sciences*, 110, 13684-13689.

Quelques extraits...

"Philosophers have long distinguished two basic forms of well-being: a **'hedonic'** form representing an individual's pleasurable experiences, and a deeper **'eudaimonic,'** form that results from striving toward meaning and a noble purpose beyond simple self-gratification. It's the difference, between enjoying a good meal and feeling connected to a larger community through a service project.



Trois mesures

- *bien-être psychologique*
- *réponse inflammatoire*
- *réponse immunitaire*



‘While both offer a sense of satisfaction, each is experienced very differently in the body's cells.’

"At the cellular level, our bodies appear to respond better to a different kind of well-being, one based on a sense of connectedness and purpose."

Que conclure?

- *Nous avons surtout besoin d'activités à caractère eudémonique.*
- *Nous pouvons tolérer quelques activités à caractère hédonique , de préférence des expériences plutôt que des biens.*



En 2 mots: les gens résilients cultivent des stratégies gagnantes sur 3 fronts à la fois:

- 1. les activités intentionnelles**
- 2. les attitudes positives**
- 3. la gestion efficace de l'émotion**

En une diapo, nos outils pour cultiver la résilience

Les éléments constitutifs

- La présence
- La gratitude
- Le pardon
- La justice
- La compassion, l'amour, la tendresse

Les activités

- Centration
- Contemplation
- Communion
- Création
- Contribution

avec une saine régulation émotionnelle associée



Une analogie incontournable



Un cadeau en terminant...

Mon choix me permettra-t-il

- *D'être authentique? Intégrité*
- *De grandir? Défi*
- *De redonner? Question de sens et d'appartenance*
- *D'avoir du plaisir?*



Bonne route, en pleine
conscience!

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