



# UNIVERSITAS PERSADA INDONESIA Y.A.I

## FAKULTAS PSIKOLOGI

Kampus A: Jl. Diponegoro No. 74 Jakarta 10340, Indonesia

Telp : +62 21 3926000, 3924883-85 Fax : +62 21 3914885

Website : [www.yai.ac.id](http://www.yai.ac.id) E-mail : [fpsi.upi@yai.ac.id](mailto:fpsi.upi@yai.ac.id)

### SURAT TUGAS

Nomor.324/D/Fak.Psi UPI Y.A.I/VII/2020

Mengingat : Kegiatan Webinar Nasional SDGs Series 2020 "*Building Resilience In Everyday Life*" yang diselenggarakan oleh Fakultas Psikologi Universitas Diponegoro series 1:3 th SDGs, Good\_Health and Well Being, dengan ini Dekan Fakultas Psikologi UPI Y.A.I menugaskan kepada :

Nama : **Dr. Anizar Rahayu, M.Si, Psikolog**

Untuk dapat menjadi Peserta pada kegiatan tersebut yang dilaksanakan pada :

Hari/Tanggal : Kamis, 23 Juli 2020

Waktu : Pukul 08.45 s.d 12.00 WIB

Demikian surat tugas ini dibuat untuk dapat dilaksanakan.

Jakarta, 17 Juli 2020

Dekan

Dr. I Nyoman Surna, M.Psi

Tembusan Yth.

1. Bapak Rektor UPI Y.A.I
2. Karo. PPSDM Y.A.I
3. Yang bersangkutan untuk dilaksanakan



WEBINAR NASIONAL **SDGs** SERIES 2020  
FAKULTAS PSIKOLOGI UNIVERSITAS DIPONEGORO  
*Series\_1: 3th SDGs\_Good Health and Well-Being*

SUSTAINABLE  
DEVELOPMENT **GOALS**



# BUILDING RESILIENCE IN EVERYDAY LIFE

## PEMBICARA



**Ajeng Puspitasari, LP, PhD**  
"How to be resilient in every changing situation"  
Diaspora - Mayo Clinic, Rochester, Minnesota, USA

## SAMBUTAN



**Dian Ratna Sawitri, S.Psi., M.Si., PhD**  
Dekan  
Fakultas Psikologi Universitas Diponegoro



**Dr. Seger Handoyo, Psikolog**  
"How to stay mentally healthy during  
uncertain situation"  
- Ketua Umum Himpunan Psikologi Indonesia (HIMPSI)  
- Dosen Fakultas Psikologi Universitas Airlangga (UNAIR)

## MODERATOR



**Dr. phil. Dian Veronika Sakti Kaloeti, M.Psi**  
Wakil Dekan Akademik dan Kemahasiswaan  
Fakultas Psikologi Universitas Diponegoro

**Tanggal** : Kamis, 23 Juli 2020  
**Waktu** : 08.45 - 12.00 WIB

Live via Zoom

Link Join Zoom dikirimkan melalui e-mail



**Form Pendaftaran**

<https://bit.ly/PendaftaranSDGsSeril>

**Disediakan E-Sertifikat**

**E-mail:** [io.psychology@live.undip.ac.id](mailto:io.psychology@live.undip.ac.id)

**CP:** Anggun Resdasari P, S.Psi., M.Psi (085 713007249)

Psikologi UNDIP, Prioritas !!! UNDIP, Jaya !!!



NATIONAL WEBINAR **SDGs** SERIES 2020  
FACULTY OF PSYCHOLOGY DIPONEGORO UNIVERSITY  
*Series\_1: 3th SDGs\_Good Health and Well-Being*

SUSTAINABLE  
DEVELOPMENT **GOALS**



UNIVERSITAS  
DIPONEGORO  
Jujur - Berani - Peduli - Adil

# Certificate

1873/UN7.5.11.2/TU/2020

This is to acknowledge

**Dr. Anizar Rahayu, M.Si., Psi**

**Peserta (Participant)**

in National Webinar SDGs Series 2020 Faculty of Psychology Diponegoro University  
“**BUILDING RESILIENCE IN EVERYDAY LIFE**” 23 July 2020

Dean of Faculty of Psychology  
Diponegoro University



Dian Ratna Sawitri, S.Psi., M.Si., Ph.D  
NIP. 197809012002122001



Webinar National SDGs Series 2020

# Building Resilience in Everyday Life

Ajeng J. Puspitasari, PhD, LP

July 23<sup>rd</sup>, 2020



**The capacity of a dynamic system to adapt successfully to disturbances that threatened system function, viability, or development**

**(Masten, 2014)**

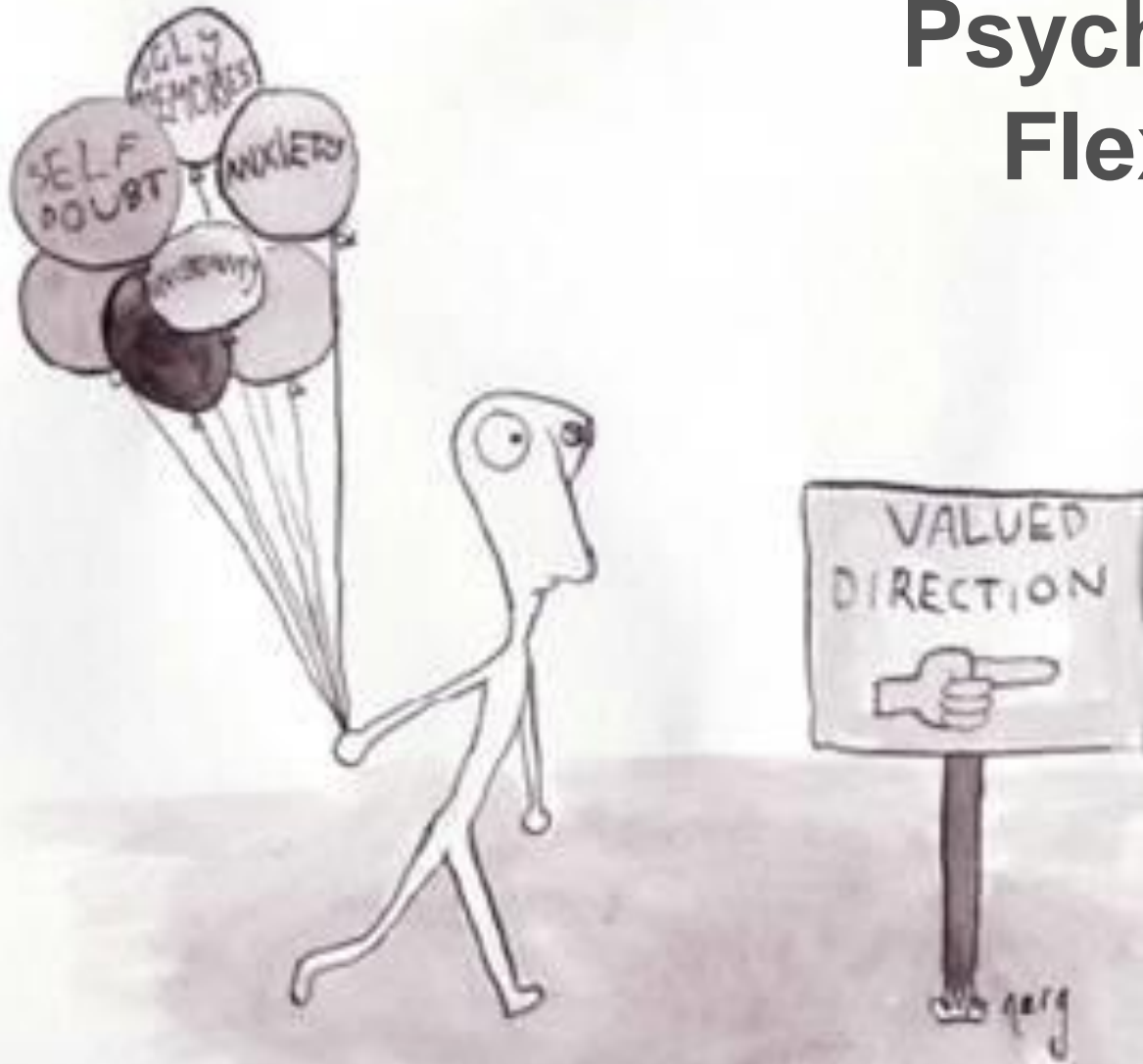


The capacity of a dynamic system to adapt successfully to **disturbances** that threatened system function, viability, or development

(Masten, 2014)



# Psychological Flexibility







Open-mindedness

Persistence

Psychological flexibility

Vitality

Impulse control

Self-control

Empathy

Spirituality

Close  
relationship

Optimism

Self-efficacy

Faith

A sense of meaning





Arthur Boorman

---

## A story of Resilience

Who Am I?

# My Resilience Story

Disclaimer: I grew up with a lot of privilege. Raised by loving parents without trauma and extreme adversity....





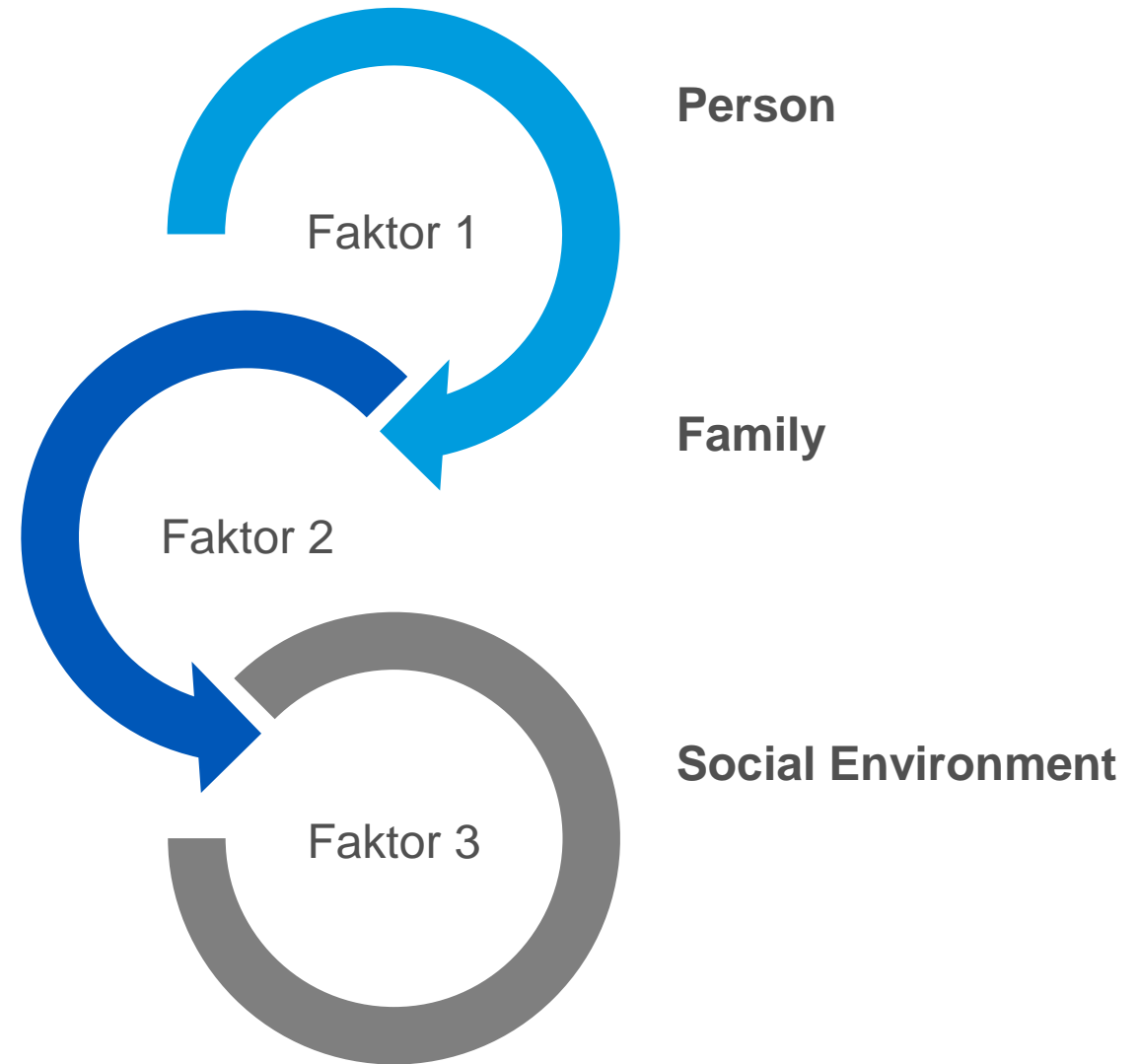
# Resilience is...

- A process
- Influenced by individual's systems
- Not a trait but learned



---

## Factors that contribute to resilience







**Two factors that define resilience:**

- 1. Adversity**
- 2. Adaptation**

---

**Bagaimana Kabar di 2020?**





**How do you build resilience?**



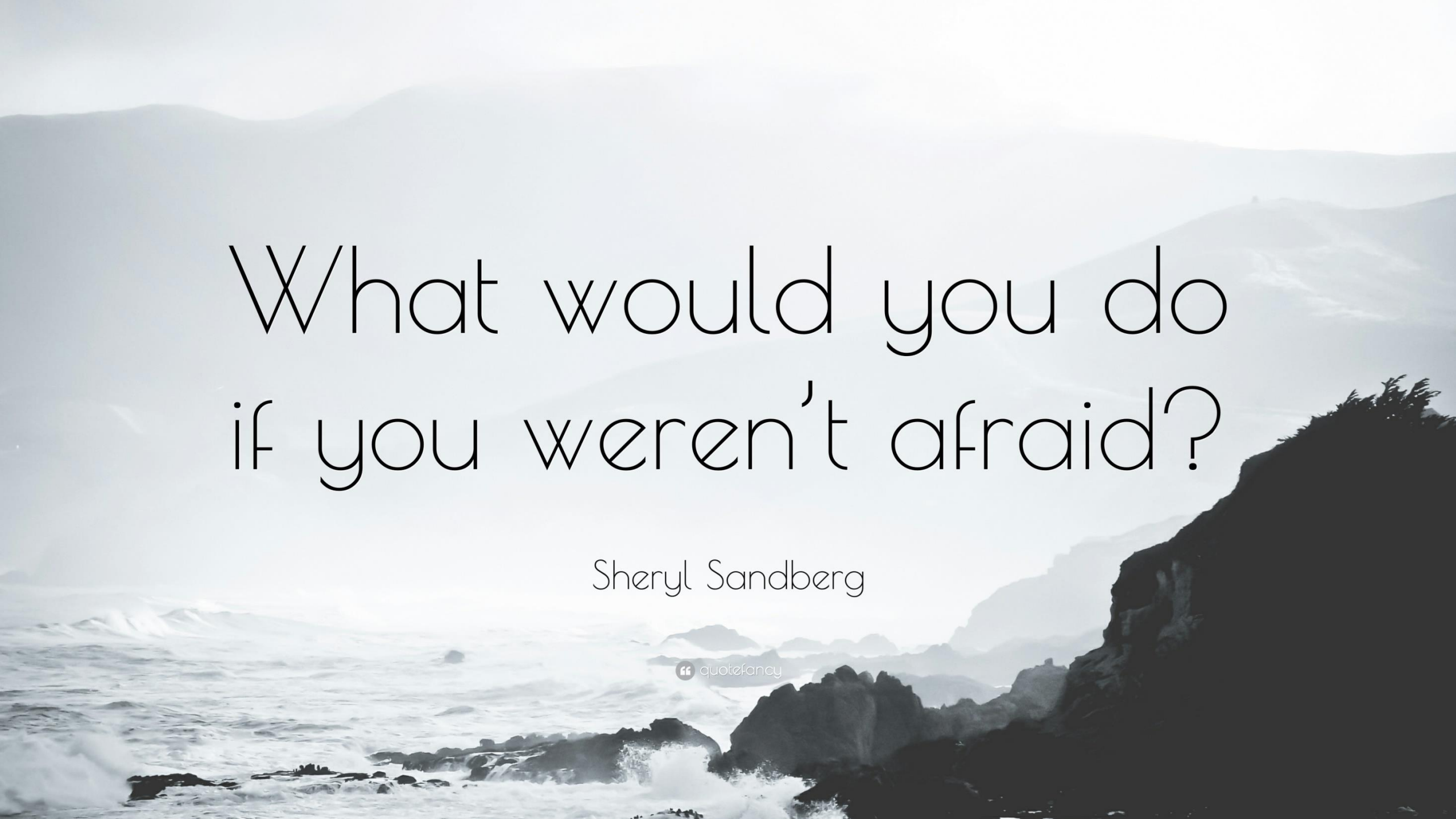
# 1. Take a risk





## 2. Do not avoid mistakes or failures





What would you do  
if you weren't afraid?

Sheryl Sandberg

quote fancy



### 3. Observe the moment

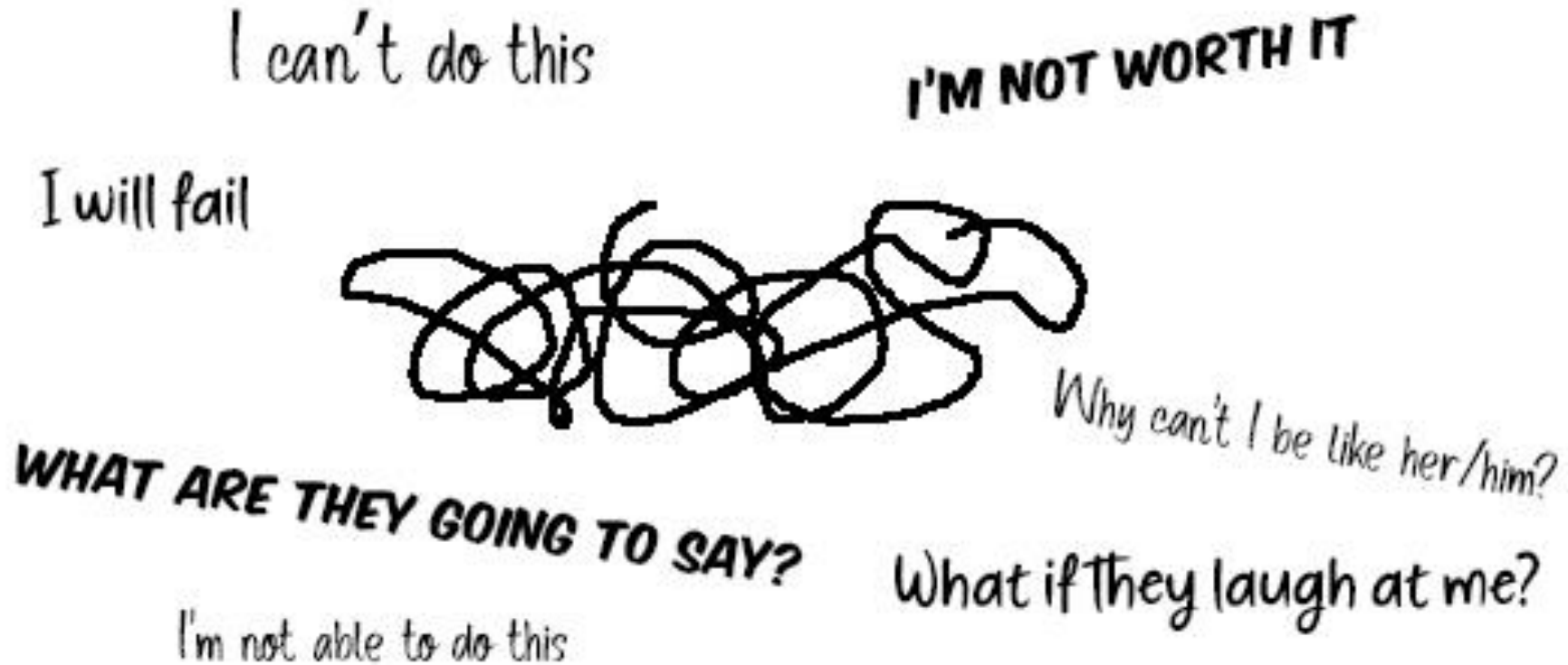




## 4. Welcome the moment



## 5. Notice the thoughts... and don't get hooked by it if it is not helpful



**6. Know your values or  
what matters to you**





## 7. Take action





## 8. Build social connection





## 9. Practice gratitude





# 10. Spirituality



If you have further questions or feedback

---

**Puspitasari.ajeng@mayo.edu**

