



The ART of Resiliency: Training Your Mind and Body to Thrive in a Demanding World

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Survival Stress:
Automated Fight, Flight, or Freeze response to
life-threatening or harmful situations



Prioritizes short-term over long-term

Benefits outweigh the costs

Pseudo Survival Stress:
The allowance of non-life-threatening triggers to
activate the survival stress response



Same chemical response as survival stress

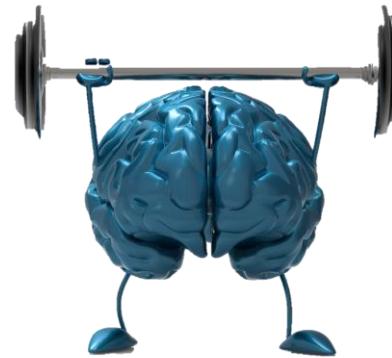
May be activated easily and often

Costs outweigh the benefits





Adaptive Stress:
Stimulus or trigger that results
in discomfort and subsequent
positive or desired adaptations



Discomfort and repetition are key to results

Builds neural pathways that are stronger and more efficient

Triggers can result in positive adaptations...

Generous
Loving
Risk-taker
FORGIVING
Passionate
Hopeful
Strategic
Realistic
Compassionate
Ability to say no
Constructive
Confident
Positive
Patient
Trusting
Open-minded
Tolerant
Resilient
PROBLEM-SOLVER
Optimistic
Focused
Values-driven
Prioritizes
Self-control
Adaptable
Kind
CREATIVE

Maladaptive stress:
Stimulus or trigger that results in
discomfort and subsequent negative or
undesired adaptation

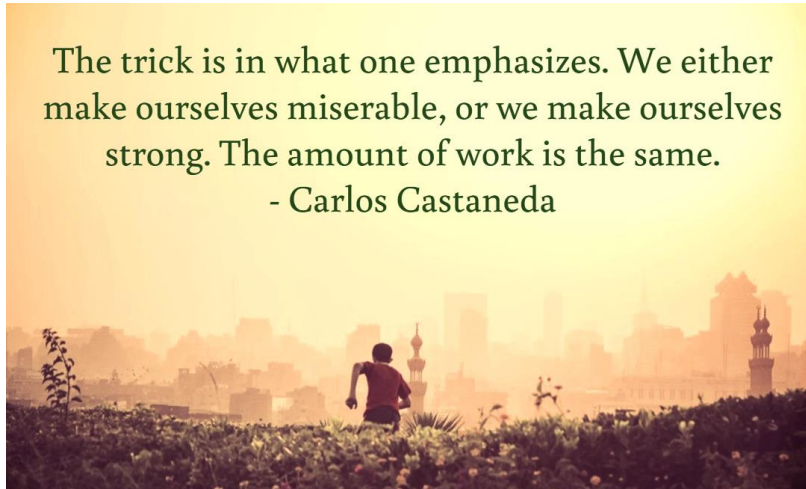


Repetition results in negative neural pathways that
become default responses

Self-protective responses with long-term
consequences

The trick is in what one emphasizes. We either
make ourselves miserable, or we make ourselves
strong. The amount of work is the same.

- Carlos Castaneda



Triggers can result in negative adaptations....

Impatient

Cynical

Unforgiving

Unmotivated

Judgmental

Unaffectionate

Intolerant

Easily
angered

Critical

Apathetic

Rigid

Defensive

Easily
frustrated

Short-attention span

Inability to say no

Afraid to take risks

Hopeless

Arrogant

Mistrusting

Closed-minded

Victim mentality

Complacent

Self-absorbed

Resilience

*The world breaks everyone and
afterward many are strong at the
broken places.*

- Ernest Hemingway

1. Capacity to recover quickly from or adjust easily to difficulties or change
2. Ability to become strong, healthy, or successful again after something bad happens

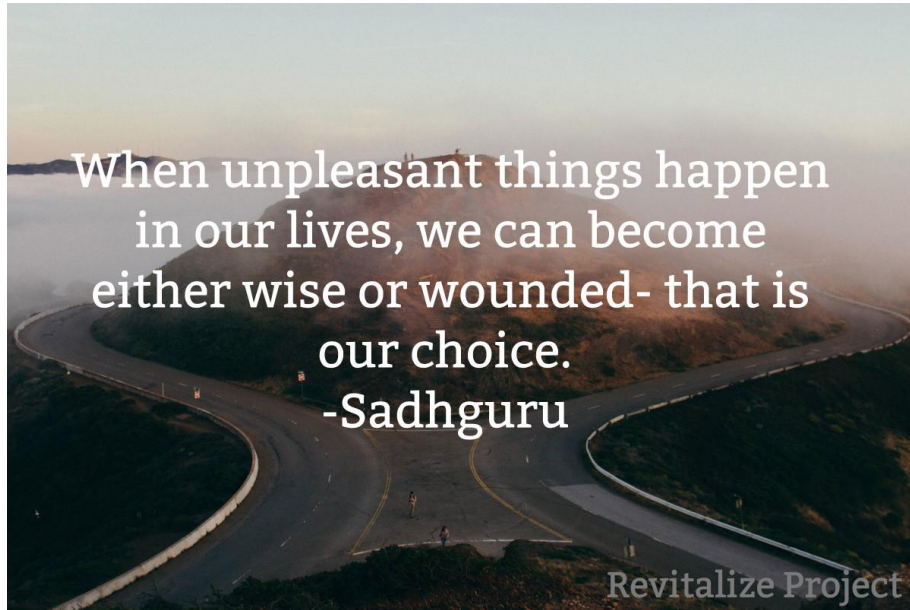
The ART of Resilience

Adjust

Recover

Toughen





When I am in/with **really bad traffic** (person/situation)

I usually respond by/with **impatience, frustration** (maladaptive)

But I have an opportunity to instead **increase my patience, tolerance** (adaptive)

By **creating perspective and being grateful for what I have, feeling relieved for not being in an accident, putting myself in someone else's shoes driving, doing something useful or fun while driving (audiobook, podcast, singing, thinking)**



6 Principles and Practices for Enhancing Resilience

1. Find your Why?



Purpose

Personal Philosophy

Personal Vision or Mission

- Creates perspective and allows us to separate the small from the big
- Gives us a reason to keep going and push through challenges/difficulties
- Provides a guide for what thoughts and behaviors are a reflection of who we want to be
- Guides our inner voice, perspective, mindset, and responses
- Inspires us to make the right sacrifices and do what might be hard in the moment

A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more.

-Rosabeth Moss Kanter



Who is most important to you? What matters most in your life?

What makes life worth living? What impact do you want to have?

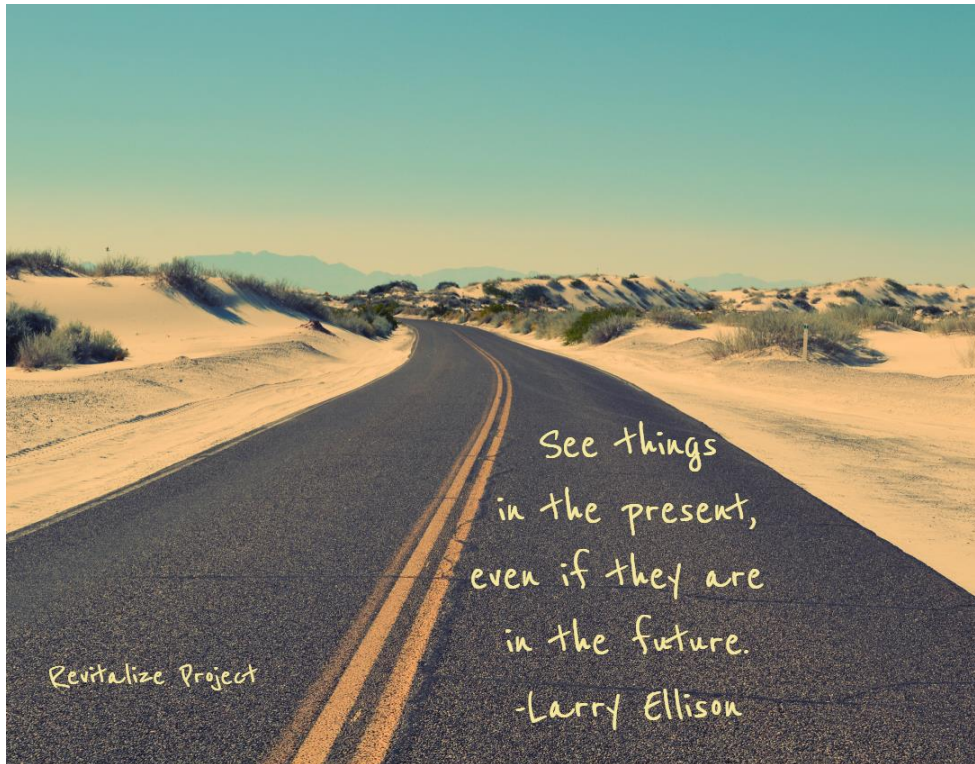
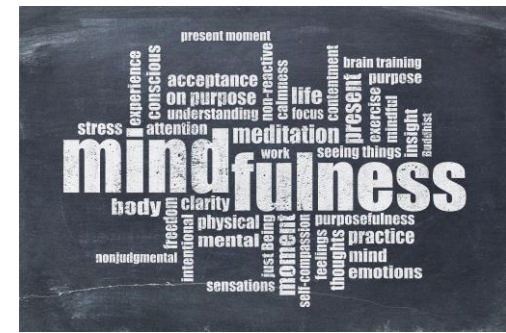
What are the most important guiding principles or values in your life?

How would you define a successful or meaningful life?

Happiness is someone to love, something to do, and something to hope for.

-Chinese proverb

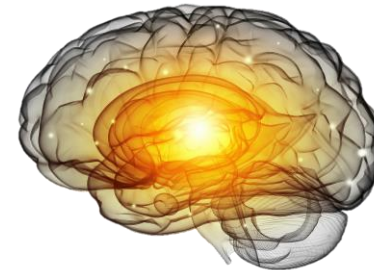
2. Practice Mindfulness



- ✓ Awareness of triggers
- ✓ Regulation of response

Rational brain

Emotional brain



Mindfulness

Mindfulness
increases

Awareness
Mental flexibility and focus
Working memory
Self-insight and acceptance
Acceptance of others
Morality, intuition, courage
Thought regulation

Mindfulness
decreases

Stress, anxiety, and negativity
Rumination of thoughts
Distractions
Emotional reactivity
Fear response



Mindfulness trains your brain to be more integrated and efficient.

Use Mindfulness Apps, website, or books

Select specific moments of your day and practice

Select specific activities in your day and practice

Practice when you first wake up

Practice in short bursts, multiple times per day

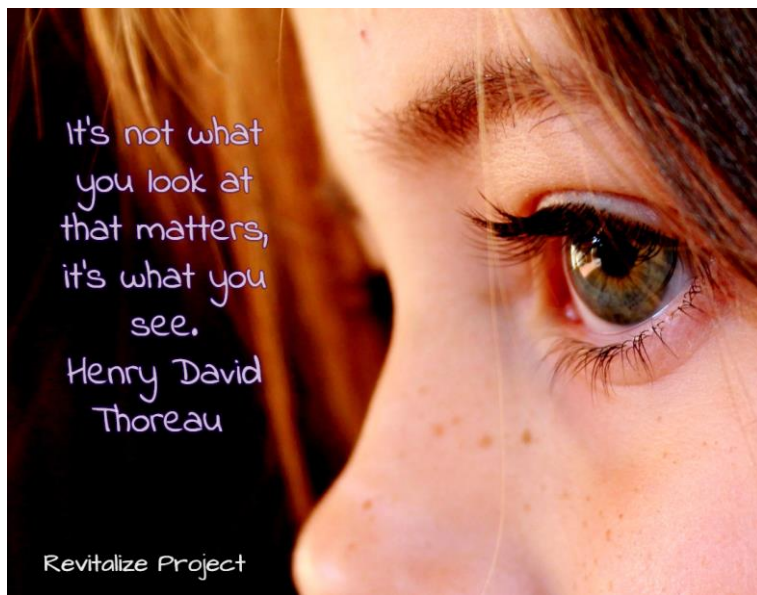
Create a cue or prompt to remind you to be mindful

3. Challenge your Mindset/Perspective

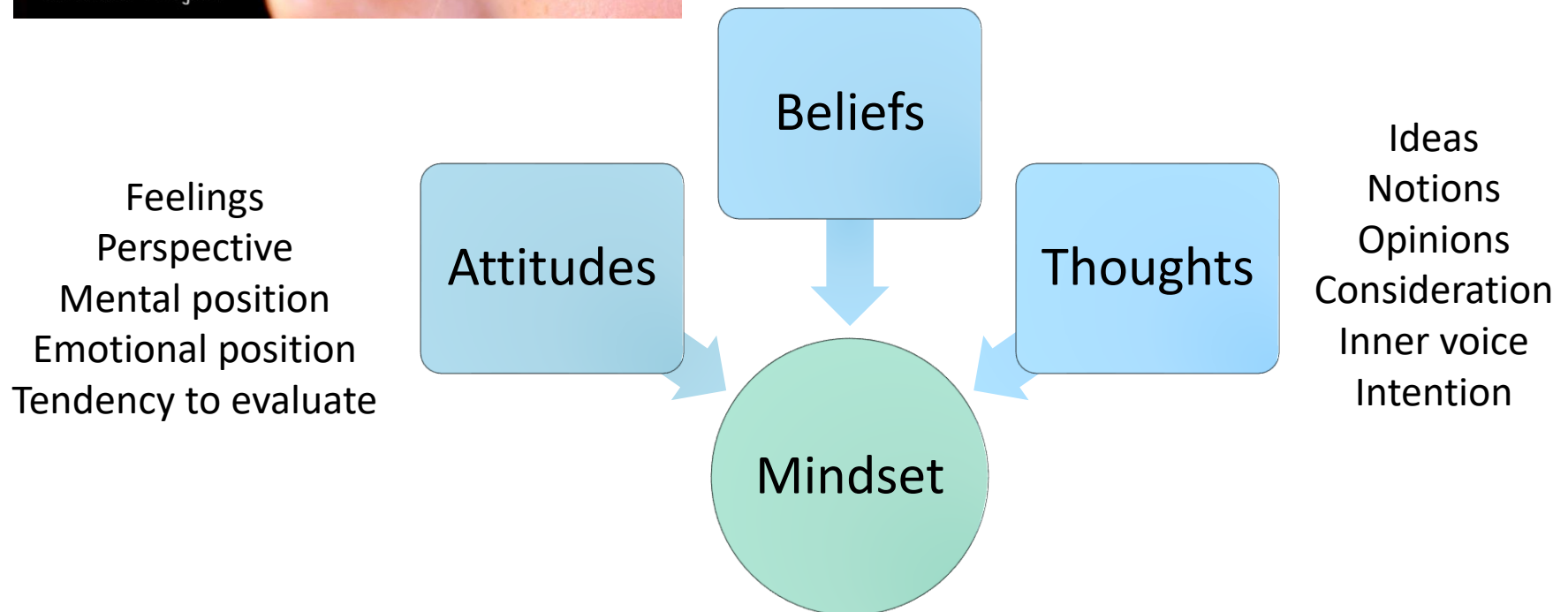
We simply assume that the way we see things is the way they really are or the way they should be. And our attitudes and behaviors grow out of these assumptions.

-Stephen Covey



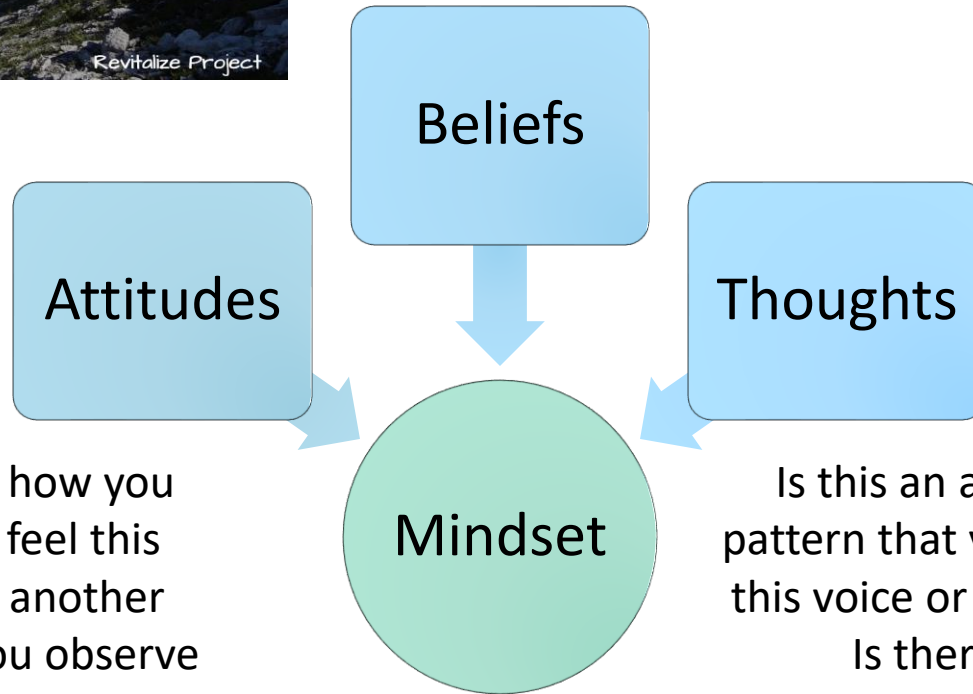


Identity
Convictions, values
Our reality
Firm opinion
What you hold to be true





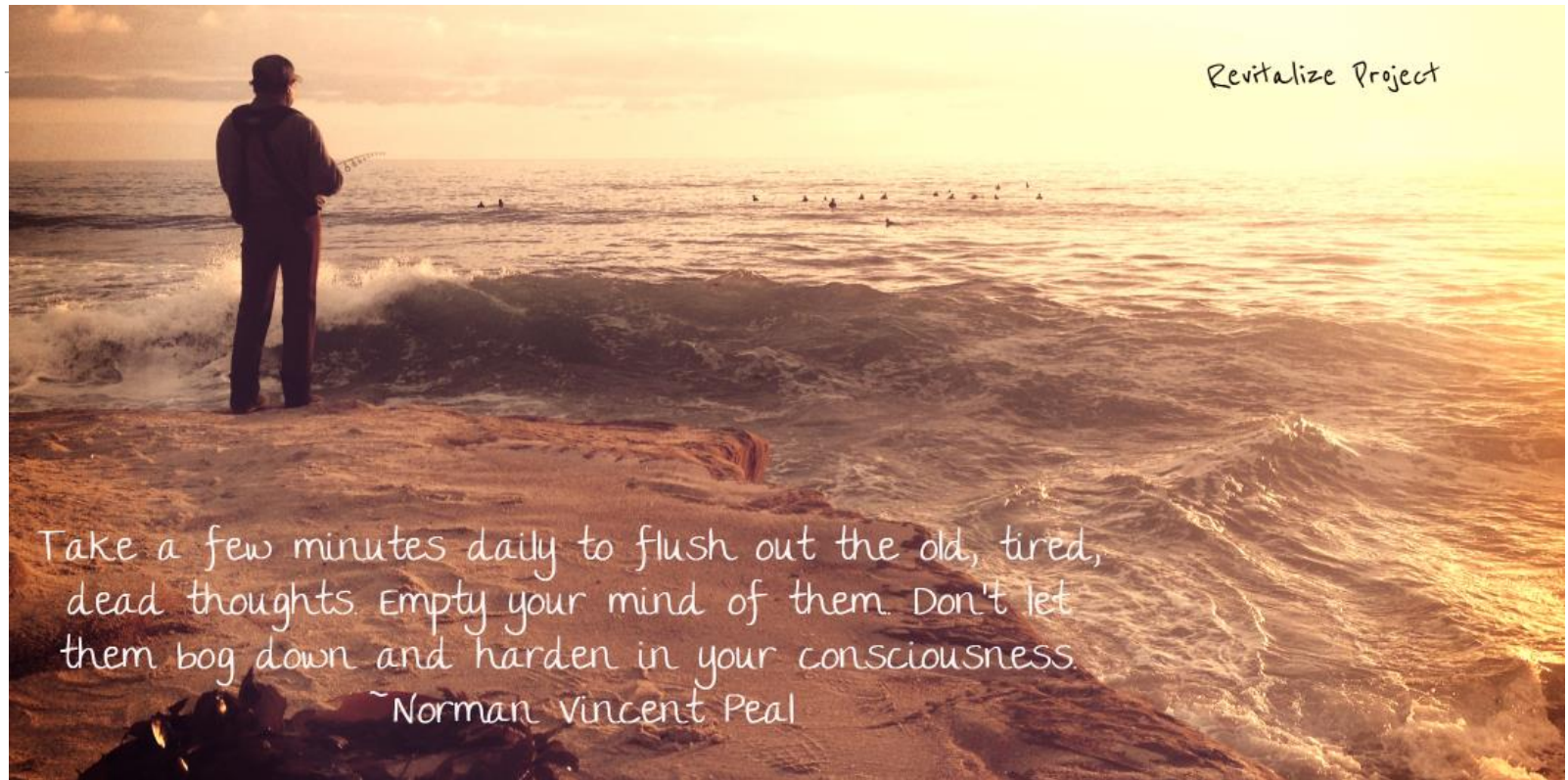
Where is your belief coming from?
Are these your convictions?
Is this an identity you can challenge?
Have you considered other opinions?
Is your truth the only truth?



Can you challenge how you feel? Why do you feel this way? Can you see another perspective? Can you observe without judgment? Can you consider a different position?

Is this an automatic thought pattern that you can disrupt? Can this voice or idea be challenged? Is there an alternate consideration? Is your intention positive? What is another idea you could have instead?

4. Train Your Brain: Thought reconstruction



The greatest weapon against stress is our ability to choose one thought over another.

-William James

1. Is your thought aligned with your Why?
2. Would you be proud to share your thought with others?
3. Is this the thought you would want your loved ones (employees) to have in this situation?
4. Does this thought reflect the best version of you?
5. Is this thought stimulating the positive adaptation response?

If No, then...how can the thought be changed to:

1. Align with your Why?
2. Be one you would be proud of?
3. Be a thought you would want loved ones (employees) to have?
4. Reflect the best version of you?
5. Stimulate the positive adaptation response?



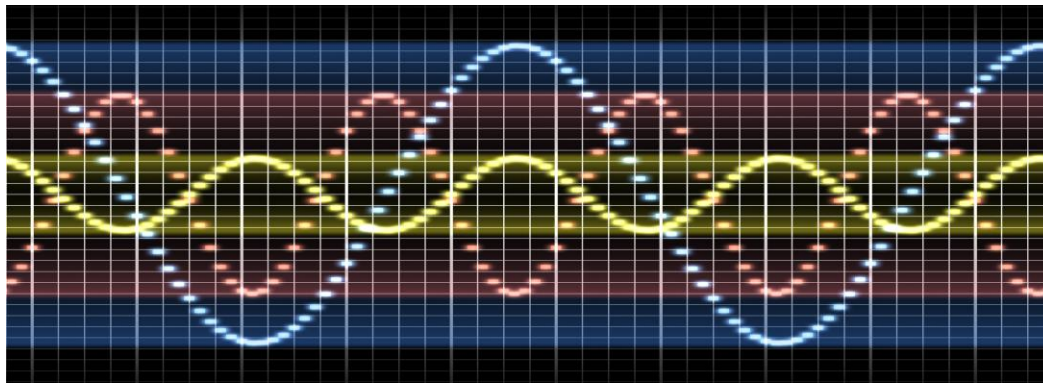
What we are today comes from our thoughts of yesterday, and our present thoughts build our life tomorrow: our life is the creation of our mind.

-Buddha

5. Seek Recovery

Recovery is the process of repair after strain when the stressor is no longer present.

Recovery refers to activities that reduce fatigue and replenish depleted resources, both physiologically and psychologically.



What facilitates recovery:

Low-effort activities

- Watching tv, listening to music, reading, or relaxing/doing nothing

Relaxation activities

- Meditation, yoga, being in nature, breathing exercises

Social recovery

- Interacting and spending time with people you like, pets

Physical activities

- Sports, exercise, stretching, fitness

Creative activities

- Hobbies, art, music

Fun activities

- Humor and laughter, child-like curiosity and adventure

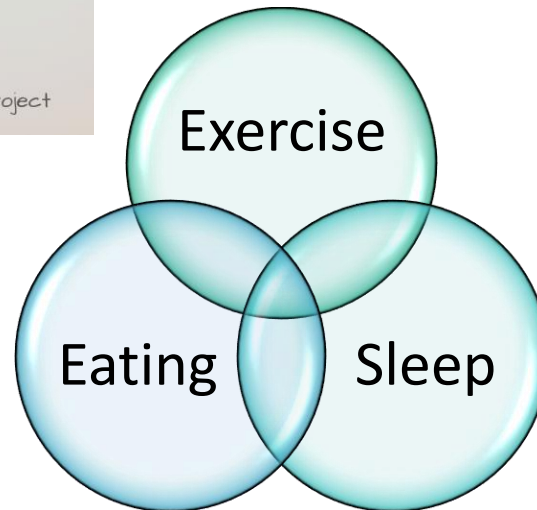
Hinders recovery

- Work outside of work, household activities, child-care activities, non-work hassles

6. Prioritize Self-care



- Stimulates positive adaptation response in body
- Disrupts chronic stress state in the mind
- Reduces risk of illness, speeds recovery
- Enhances awareness and cognition
- Increases overall resilience



- Supports self-regulation
- Better physical energy
- Less emotional swings
- Helps with focus and attention
- Supports rational brain
- Gut bacteria influences ability to manage stress

- Deepest form of physical recovery
- Most critical mental recovery
- Aides focus, attention, learning
- Supports self-regulation
- Promotes emotional stability

Self-care is never a selfish act-it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.

-Parker Palmer

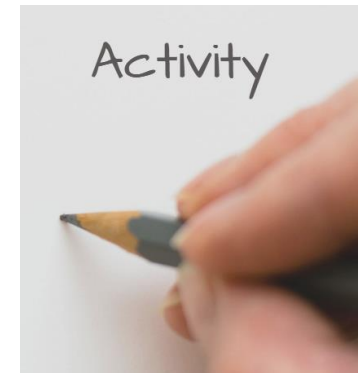


Revitalize Project

Exercise



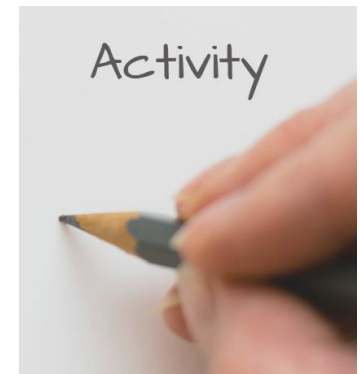
- Find ways to move throughout your day (no more than 1 hour sitting at once)
- Prioritize exercise in your schedule, even if for short segments
- Exercise with more intensity for positive adaptations, especially if short on time
- Do aerobic, resistance and flexibility exercise on a regular basis
- Find activities that are also just fun to do or that can be done with family/friends
- Get a variety of physical activities to prevent boredom and plateaus
- Take advantage of circuits that combine aerobic and resistance training together
- Download apps that lead you through exercises
- Use your own body weight to do both aerobic and resistance training



Eating



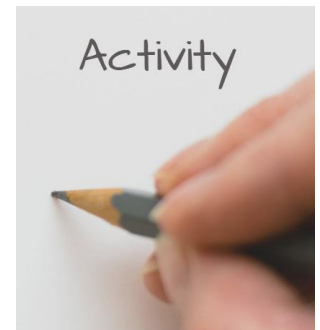
- Eat frequently throughout the day, no more than 4 hours without eating
- Eat sufficiently to feel satisfied, but not overly full or sleepy
- Eat balanced foods that you know help you to feel your best
- Find ways to manage stress and cope that do not depend on food or alcohol
- Practice mindfulness during eating to enjoy your food and become more aware
- Take care of your gut: Promote the growth of good bacteria in your gut
- Gut: Eat high fiber foods at each meal, especially vegetables, fruits, nuts, and legumes
- Gut: Eat less of the processed grains, sugar foods/drinks, and red meat
- Pay attention to your body: eat when hungry and stop when satisfied
- Eat soon after waking up and before & after exercise



Sleep



- Quantity (7-9 hours) + Quality (deep sleep)
- Routines and consistency, create a sleep-friendly environment
- Eliminate sleep disrupters (caffeine, alcohol, large meals, screens, light)
- Exercise in the day to promote deeper sleep
- Implement breathing, relaxation, mindfulness, and meditation strategies to sleep
- Use your bed for sleeping only; avoid being awake in bed
- Go outside during the day and get exposed to light in daytime hours
- Fix your gut: Promote good bacteria
- Don't "sleep in" on weekends; stay as close to normal waking hours as possible
- Use naps according to recommendations: 10-30 minutes in the afternoon hours



Be Resilient!

YOU decide whether to stress or not.
YOU decide what it will do FOR you or TO you.
To be Resilient, you must prepare. You must Train.

Train for the Life you Want!





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