Building Resilience Along Your Journey

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Today’s GOALS

1. Understand What Resilience *REALLY* Means
2. BELIEVE That You Can Build Your *OWN* Resilience
3. Learn and Practice *SIX* Resilience Concepts to Help You Feel Better
Close Your Eyes
Resilience … What IS It, Actually?
RESILIENCE

is the ability to positively respond to adversity
RESILIENCE is Important For .......
And For .............

It's Endless
For Us, It’s Not Just a Buzzword . . . . .
It Matters Even More!
Building Resilience is About Empowering YOURSELF to Take Control of the Life You DO Have Along Every Step of the Journey
Under-Developed Resilience Can Create Disease & Conditions On *TOP* of What We Are Already Dealing With

- Heart Disease
- Immunocompromised
- Sleep Issues
- Stress and Anxiety
- Unregulated Emotions
- Depression
How People I Work with Define Resiliency and What It FEELS Like to Them

Self-Aware of Their Emotions for the First Time

My Body Doesn’t Feel Numb for the First Time

Empowered Because They Can Start Small

Hopeful and Empowered

Not as Fatigued During the Day

In-Control and Can Let Go of the Day Easier

Process My Emotions

I Feel a Little Messy Inside

Able to Express Their Grief

Self-Esteem Has Changed for the Better

Physically Stronger – Making it to Treatments and Able to Have More Energy

Source: Northwestern, RUSH, MDACC, Advocate, UCSF
HIGH Resilience Feels Like ........

• Bouncing back from setbacks is EASIER and ....
• You start to view adversity as an OPPORTUNITY to grow
We Build Resilience by *CHANGING* the Wiring of Our Brains
TWO Parts to the Brain Are Involved ……

- Prefrontal Cortex is the ABSTRACT, Creative and Strategic Brain
- Limbic Brain Holds Our Emotional Response (FEAR)

The Goal is to BUILD Connection and Enhance Regulation
- Preconscious processing filters what happens OUTSIDE of us
- Includes our internal view of the world from our experiences
- Most of the brain is association-related
- Our biases and beliefs become clearer
Our Brains Still Scan for Threats … ACTIVATES the Fight or Flight Response

- Amygdala uses things happening around us AND our internal bias to scan for threats
- It activates Our Fight or Flight Center if threats are present
- We are in a state of Sympathetic Nervous System activation now more than ever before
- Amygdala is actually bigger in people who are always in Fight or Flight Mode
CONSCIOUS Processing is What We Need to Keep From Being Triggered

- Affects state of mind **before** we are conscious of sensations in our body
- Our bodies go into this state before we **realize** what is going on
- Proactive conditioning is needed to **regulate** amygdala activation so we avoid going into Fight-or Flight-Mode
How Do We Actually Become More Resilient?
THE SIX DOMAINS OF RESILIENCE

1. VISION
   - Purpose, goals & congruence

2. Composure
   - Regulate emotions
   - Interpretation bias
   - Calm and in control

3. Reasoning
   - Problem solving
   - Resourcefulness
   - Anticipate & plan

4. Health
   - Nutrition, sleep & exercise

5. Tenacity
   - Persistence
   - Realistic optimism
   - Bounce back

6. Collaboration
   - Support networks
   - Social context
   - Manage perceptions
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Purpose
Goals
Values

= VISION

You DESERVE to Live an EXTRAORDINARY LIFE
Living Your VALUES with Integrity & Congruence

Values are like principles that you LIVE YOUR LIFE by ....

Take STOCK in Areas of Your Life

What areas of your life are most meaningful to you now? Are your goals and daily activities in line with that meaning?

Get URGENT About Making Changes

Why do you WANT to change? Why do you feel you DON’T NEED to change?

VISION

Get Clear on What You Want for YOUR Life to Be

EXAMINE

Start, Stop, or Continue
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= COMPOSITION

Self-Love
Emotions
Bias

Feeling Calm and in Control
Feeling Calm and **IN CONTROL** of What We Think, Feel, and Do

**Being Patient AND Compassionate**

ALLOW Yourself to Love that Part of Your Body. That Family Member. That Co-Worker. YOURSELF...

**Regulating Our Emotions EVERY Day**

Emotions Need to Be Felt, Heard, and Seen and Never Stay the Same. Lean into the emotion.

**Interpretation Bias Based on Our EXPERIENCES**

We’ve All Experienced Life Differently, Responded Differently. Which biases affect your interpretation?

**FEEL, Let Go, AND Transition LIST**
**THE SIX DOMAINS OF RESILIENCE**

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   - Support Networks
   - Social Context
   - Manage Perceptions
Problem-Solving
Resourcefulness
Anticipate & Plan

= REASONING

Building IT Before You Need It
<table>
<thead>
<tr>
<th>Problem-Solving Before Something Gets <strong>BIG</strong></th>
<th>Finding the Resources and <strong>USING</strong> Them</th>
<th>Anticipate &amp; <strong>PLAN</strong> with Realistic Optimism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Problems Get Bigger and Bigger the More the Story Plays Out in Our Minds ……..</td>
<td>The Coach, the Class, the Book, the YouTube, the Podcast, the Friend, the Shrink.. Which Ones Could You Use?</td>
<td>Do You Know That a Change is Coming? How Do You Prepare for That? What Could You Do?</td>
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**IMAGINE with Your Minds**

**WRITE**

**MAP IT**
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   - Bounce back

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   - Support networks
   - Social context
   - Manage perceptions
When We Create More Energy, We **FEEL** Better About Ourselves Leading to Confidence and Motivation

Nutrition
Sleep
Exercise

= Health
Nutrition CAN Be Integrated


IMPROVE Your Sleep with Tricks and Techniques

Do You Know What Keeps You Awake? Do You Know How Much Sleep You REALLY Need?

Movement = Exercise

It’s Not All About Making it to the Gym or the 60-Min Yoga Class It’s About Movement!

EXPERIENCE with the Body

EXPERIENCE with the BREATH

WRITE

Health

Let SMALL Steps Be Your Motivation
The Six Domains of Resilience

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Persistence
Realistic Optimism
Bouncing Back

= TENACITY

Confidence in Handling Whatever Comes Your Way Because You KNOW How
<table>
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<tr>
<th>Persistent in Your DRIVE to Feel Better</th>
<th>Positive Outlook and KNOW Stuff Happens, Too</th>
<th>Leaning Into Your Feelings and Then SHIFTING</th>
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</thead>
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<tr>
<td>Small Steps Forward Every Day, Even If You Fall Back by 15!</td>
<td>Self-Awareness, Curiosity About What You Are Thinking and Feeling, and Knowing You Can Handle with the Power of YES</td>
<td>Do You Feel Like You Get STUCK in an Emotion or Feeling? Leverage the breath and your mind to lean into it.</td>
</tr>
</tbody>
</table>

CREATE an AFFIRMATION

EXPERIENCE Using Imagery and Breath
THE SIX DOMAINS OF RESILIENCE

1. VISION
   - PURPOSE, GOALS & CONGRUENCE

2. COMPOSURE
   - REGULATE EMOTIONS
   - INTERPRETATION BIAS
   - CALM AND IN CONTROL

3. REASONING
   - PROBLEM SOLVING
   - RESOURCEFULNESS
   - ANTICIPATE & PLAN

4. HEALTH
   - NUTRITION, SLEEP & EXERCISE

5. TENACITY
   - PERSISTENCE
   - REALISTIC OPTIMISM
   - BOUNCE BACK

6. COLLABORATION
   - SUPPORT NETWORKS
   - SOCIAL CONTEXT
   - MANAGE PERCEPTIONS
6
Support Network
Social Community
Perceptions
= COLLABoration
Dropping the Armor and Embrace Vulnerability
Build a **NETWORK** for Yourself

Being around people we trust and that we share things in common help us. How often do you drop the armor even though you trust them?

Integrate Things You Enjoy with **YOUR** People

How many people and things do you do that you really don’t want to or are not aligned with your vision and goals?

Perceptions of **WHO** or **WHAT** We Should Be

Have you placed expectations OR judgements on yourself? Has someone else? Do you let what someone says get on the “inside” or can you just “look at it” and move on?

**FEEL, THINK, AND TELL**

**DRAW**

**NOTICE**
How Does This All Really Change MY Brain?
FACT

It’s About Small & **FREQUENT** Practice
With Our NEURONS …… They Encode Our Thoughts, Actions, Beliefs, and Memories

- 100 billion neurons
- 70,000 synaptic connections per neuron
- Resilience skills are what strengthens the resilient neural pathways in the brain
Those Neurons that Fire Together....

Creating a NEW Neuronal Pathway Making it Easier for Us to Think in a New Way!
REMEMBER

Get **Clear** on What You Want in Life
Build Your **Composure**
Anticipate & Plan
Take **Small Steps** Daily for Health
Keep “Getting in the Ring”
Get Rid of the Armor and **Trust**

INSPIRE

Notice How You Feel – You **DESERVE** to Live an Extra**Ordinary** Life – a Perfectly **IMPERFECT ONE**

ACTION

Leave Here Today with a Commitment and Intention
DISCLOSURES & SUPPORT

• I have stocks with AbbVie and Abbott Labs

• I have consulting/advisory board agreements with: Revivorship Clinic, AveXis (a Novartis Company), BluPrint Oncology, and Cambridge Biosciences

• I am the Founder of Living Yoga Therapy, Front-Line Resilience, and RBForsgren Consulting, LLC
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