

Wake Up!

How to build resilience

a definition: resilience is

The basic strength underpinning all the positive characteristics in a person's emotional and psychological makeup.

A lack of resilience is the major cause of negative functioning. Without resilience there is no courage, no rationality, no insight. It is the bedrock on which all else is built.

'The Resilience Factor' (Broadway Books 2002)

Reivich and Shatte

Emotional Regulation

- ability to stay calm under pressure
- control of emotions
- appropriate expression of emotions

- **TO IMPROVE:** learn to understand your thinking, learn to calm and focus your mind

Impulse control

- linked closely to emotional regulation
- impulsive interpretation of events can lead to the use of false beliefs and loss of perspective
- **TO IMPROVE:** learn to understand your thinking and avoid thinking traps; challenge beliefs

Optimism

- involves having a belief that things change for the better – seeing a bright future but also being realistic
- linked to self-efficacy – having faith in your ability to solve problems
- **TO IMPROVE:** ensure that you have good self-efficacy

Causal analysis

- able to identify the causes of problems
- Using a thinking style that is flexible & open to possibilities/realistic
- avoiding blaming
- **TO IMPROVE:** challenge your beliefs

Empathy

- how well you relate to other people's cues about their psychological & emotional states
- **TO IMPROVE:** learn to notice how you think and detect “icebergs” (beliefs you use) to understand what motivates you

Self-efficacy

- our sense that we are effective in the world and able to solve problems and faith we will succeed
- linked to optimism
- **TO IMPROVE:** avoid thinking traps (put things in perspective), challenge beliefs

Reaching out

- trying new things, getting involved with people or new things
- **TO IMPROVE:** challenge beliefs, put things in perspective

What stress/pressures are you experiencing?

Write down three things which you experience that cause you to feel stressed...



Traditional Approach #1: Dealing with Symptoms



Addressing the symptoms

- Irritability
- Tension
- Heart palpitations
- Change in behavioural patterns
- Increased drinking

Traditional Approach #2: Stressors

Event	'Readjustment' Score
Death of a close friend/relative	100
Divorce	73
Personal injury/illness	53
Marriage	50
Retirement	45
Change in financial status	38
Son/daughter leaving home	29
Moving house	20
Change in sleeping patterns	16
Vacations	13
Christmas	12

#1 You Can't Avoid Them



#2 Same Event Different Experience



Big Idea #1

Pressure \neq Stress

Big Idea #2

Rumination

Thinking over and over about events in the past or future and attaching negative emotion to it

Application #1

- How does rumination relate to me as someone dealing with challenges?
- What examples do I see in my team?



The Continuum of Sleep

Deep Sleep



The Continuum of Sleep

Dreaming Sleep



Deep Sleep



The Continuum of Sleep

Sleepwalking



Dreaming Sleep



Deep Sleep



The Continuum of Sleep

Wide Awake



Sleepwalking



Dreaming Sleep



Deep Sleep



The Continuum of Sleep

Wide Awake



Waking Sleep



Sleepwalking



Dreaming Sleep



Deep Sleep



Meeting The Challenge of Change: FOUR STEPS TO FREEDOM

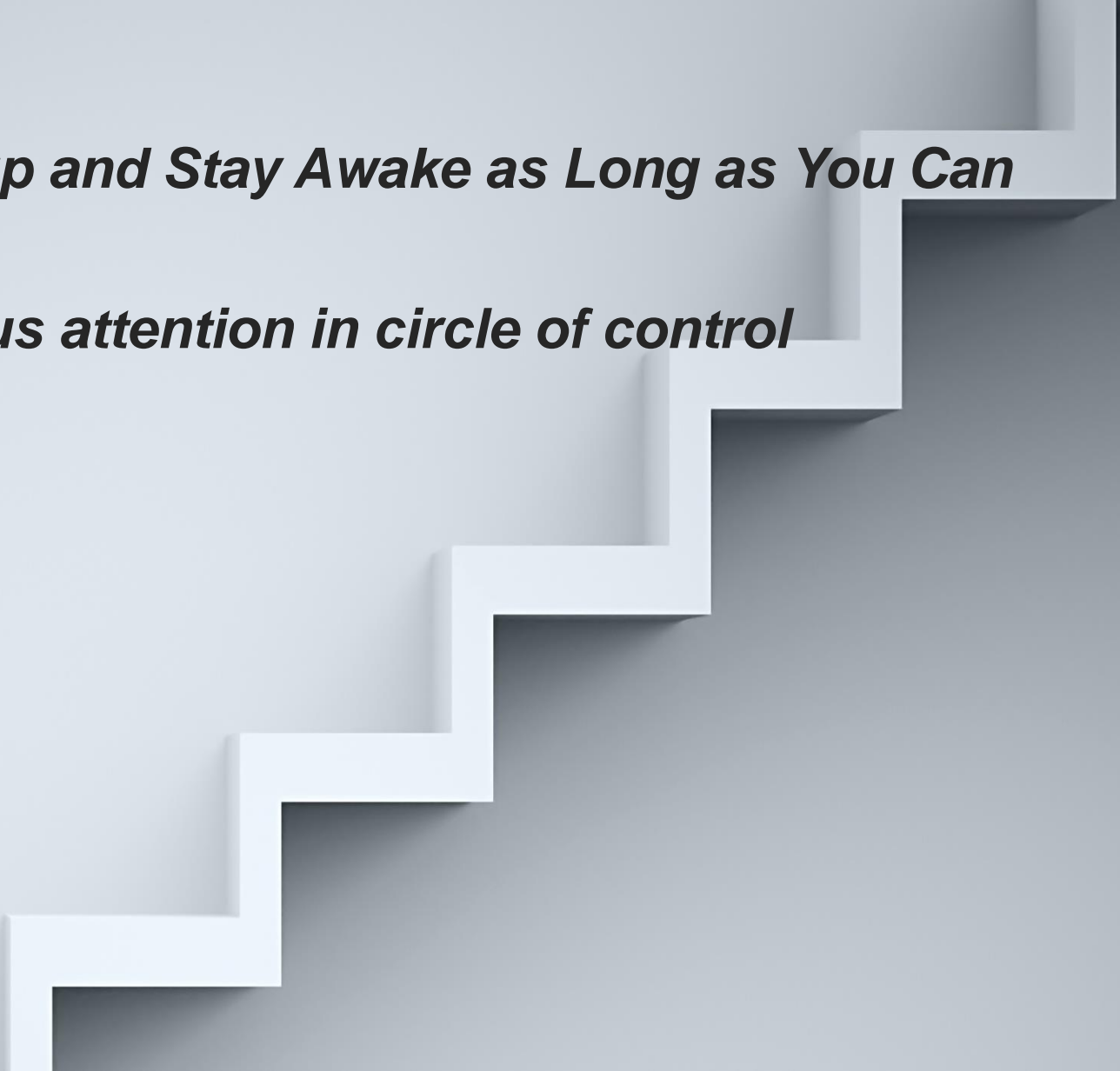
1 *Wake up and Stay Awake as Long as You Can*



Application #2

- How present would people say you are with them?
- What can you do to help you or your team re-focus on the present?

Meeting The Challenge of Change: FOUR STEPS TO FREEDOM

- 1 Wake up and Stay Awake as Long as You Can*
 - 2 Re-focus attention in circle of control*
- 

Application #3

- What can you do day to day and long term to help you focus on the things YOU can control?

Meeting The Challenge of Change: **FOUR STEPS TO FREEDOM**

- 1 Wake up and Stay Awake as Long as You Can***
- 2 Re-focus attention in circle of control***
- 3 Detach - put things into perspective***

Meeting The Challenge of Change: **FOUR STEPS TO FREEDOM**

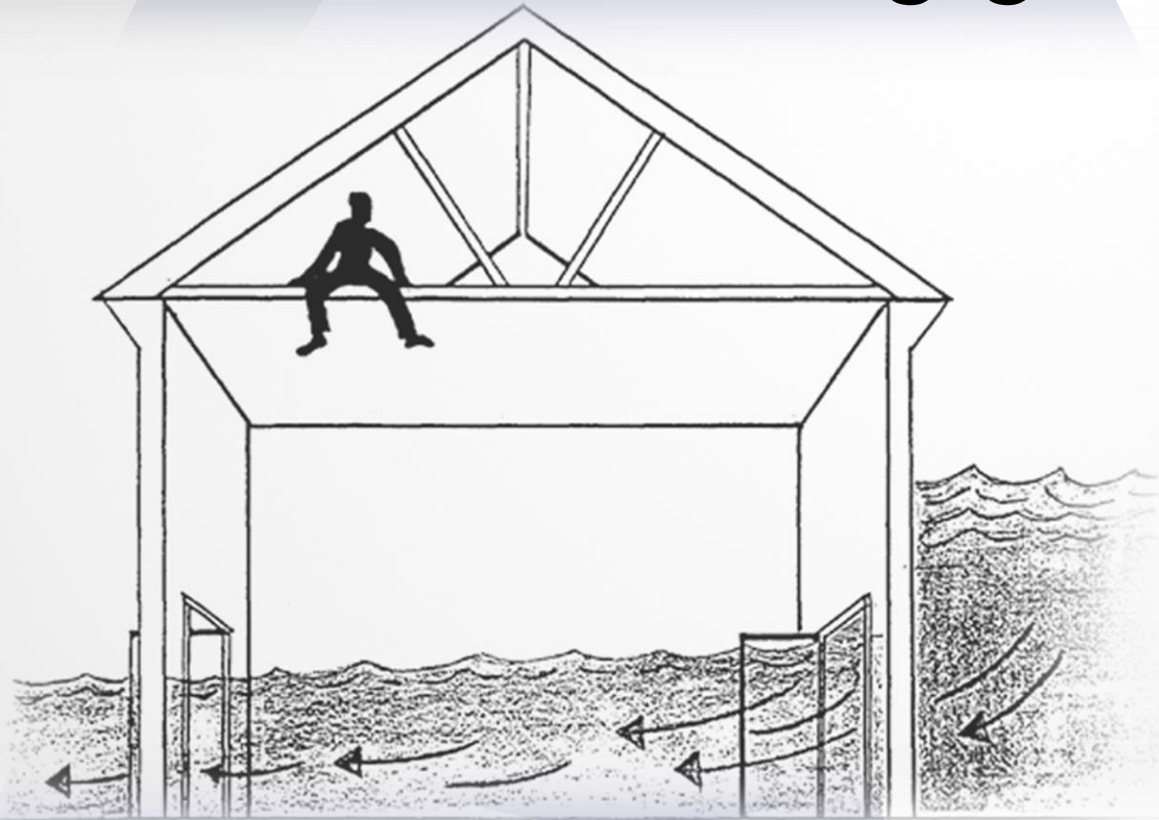
- 1** *Wake up and Stay Awake as Long as You Can*
- 2** *Re-focus attention in circle of control*
- 3** *Detach - put things into perspective*
- 4** *Let Go*



- “As I walked out the door toward the gate that would lead to my freedom, I knew if I didn’t leave my bitterness and hatred behind I would remain in prison.”

– Nelson Mandela

Look from the loft : becoming detached and letting go



Find your “flow” activity

- Painting
- Playing a musical instrument
- Cycling
- Long distance running
- Writing
- Building (anything!)
- Gardening
- Cooking
- Mindfulness

Mindfulness:

The non-judgmental awareness of experiences in the present moment.

A PERSPECTIVES IN PSYCHOLOGICAL SCIENCE STUDY

The Power of Mindfulness

- Reduce relapses into depression by 44%
(Oxford University Study)
- Lower cortisol the stress hormone
(Health Psychology Journal Study)
- 8 week Mindfulness course was introduced into the House of Lords

The Power of Mindfulness

Research has shown mindfulness can

- Speed up healing
- Treat heart disease
- Lower blood pressure
- Reduce chronic pain
- Improve sleep
- Boost immune response

The Power of Mindfulness

Research has shown mindfulness can

- Decrease substance abuse
- Reduce eating disorders
- Lesson couples' conflicts
- Alleviate anxiety disorders
- Increase well-being even in cancer patients

*Mindfulness is really more about
...Mindlessness.*



“I Think therefore I am”

???

R DESCARTES
philosopher

The Simplicity of Mindfulness

It's as easy as:

1 : Sitting still

2 : Controlling and focusing your
attention

3 : Letting go of distractions

Review

All stress comes down to this thing called RUMINATION

Keys to enduring resilience:

- *WAKE UP*
- *CONTROL YOUR THOUGHTS*
- *DETACH*
- *LET GO!*

