



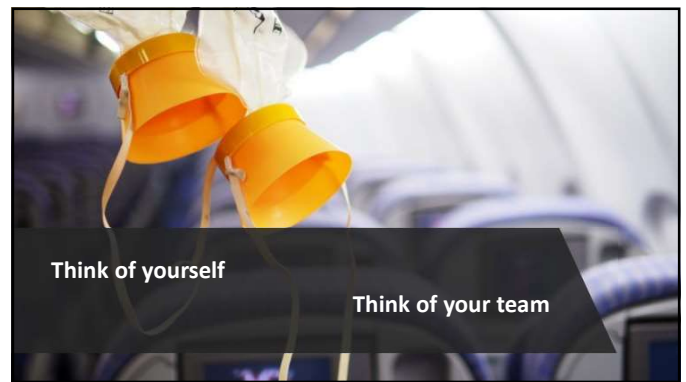
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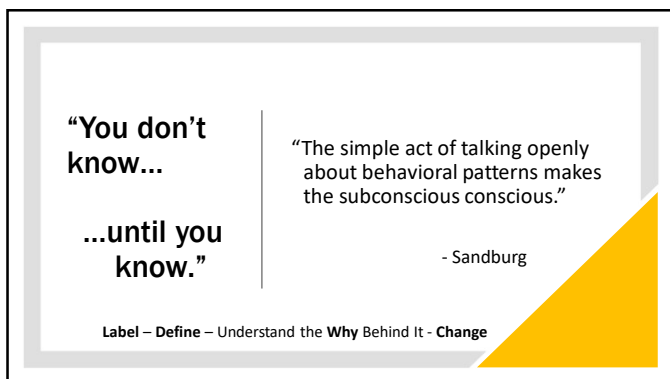
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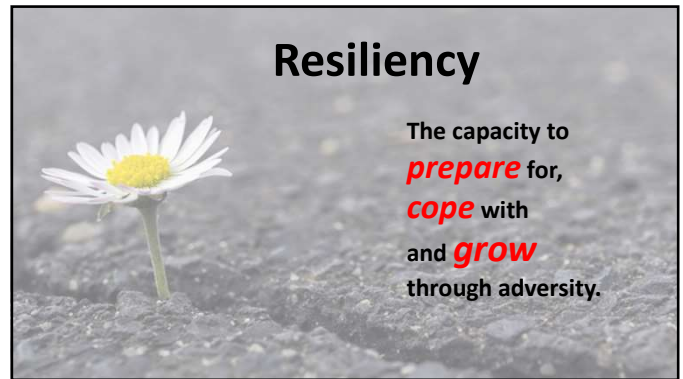
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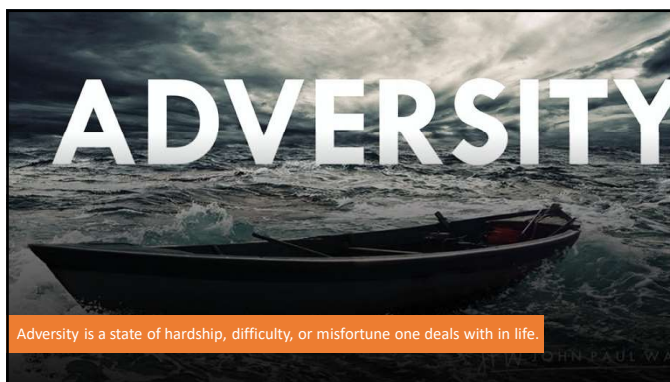
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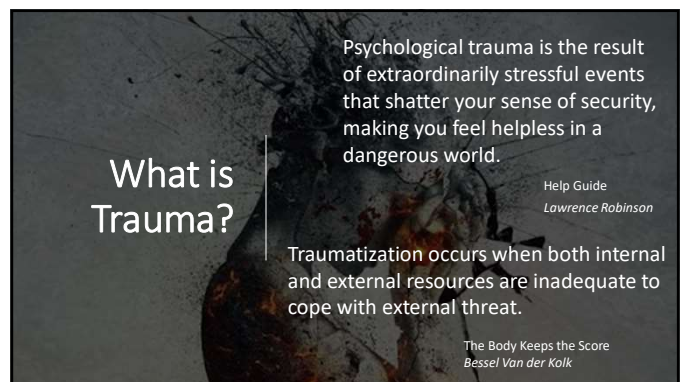
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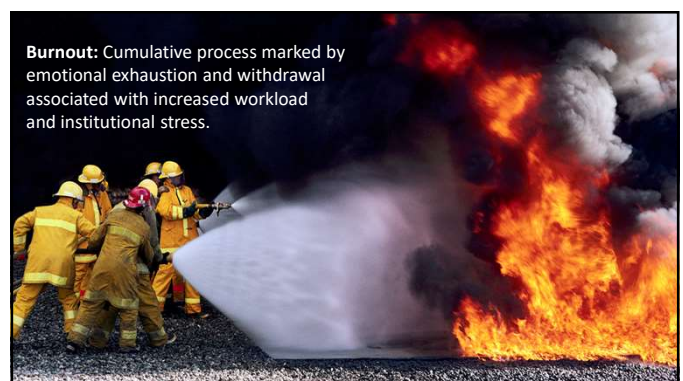
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12

Causes & Side Effects of Adversity

- Doing more with less...a lot less
- Pressure to be more (social media world)
- Living in a pandemic – with loss of connection
- Suicide was the tenth leading cause of death overall in the United States, claiming the lives of over 47,000 people.
– CDC (2017)



13

During late June, 40% of U.S. adults reported struggling with mental health or substance use*

ANXIETY/DEPRESSION SYMPTOMS

31%

STARTED OR INCREASED SUBSTANCE USE

13%

TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS

26%

SERIOUSLY CONSIDERED SUICIDE†

11%

*Based on a survey of U.S. adults aged ≥18 years during June 24–30, 2020
†In the 30 days prior to survey

COVID Issues

CDC.GOV

bit.ly/MMWR01320

MMWR

14

Everyone is different and so are their struggles and reactions to adversity and trauma.



15

How do we react to someone who has a physical injury/illness versus a mental health issue?



16

We deal with problems that arise **after** a traumatic event

That needs to change

Teach techniques that strengthen resilience &
Train healthy coping strategies



17

Resiliency

The capacity to *prepare for, cope with and grow* through adversity.



18

How Do We Build Personal Resilience?



Prepare for (Pre Traumatic Growth)
Learning about & developing tools and *building* resources

Cope with (Positive Coping Techniques)
Using healthy coping skills & resources while we are in trauma or adversity

Grow through (Post Traumatic Growth)
Finding meaning, purpose and the lessons
 *(understanding sometimes there isn't an easy answer)

19

Internal & External Resources


Social Resources	Physical Resources	Mental Resources	Spiritual Resources
Family	Health	Knowledge	Core Values
Friends	Strength	Skills	Purpose
Co-Workers	Diet	Emotional Intelligence	Mindfulness
Social Groups	Exercise	Optimism	Meditation
Pets	Hobbies/Activities	Therapist	Journaling
Community	Finances	Self-Care	Mission Statement
	Sleep		Faith

20

When Does Trauma Occur?

Traumatization occurs when both internal and external resources are inadequate to cope with an external threat.

The Body Keeps the Score
 Bessel Van der Kolk



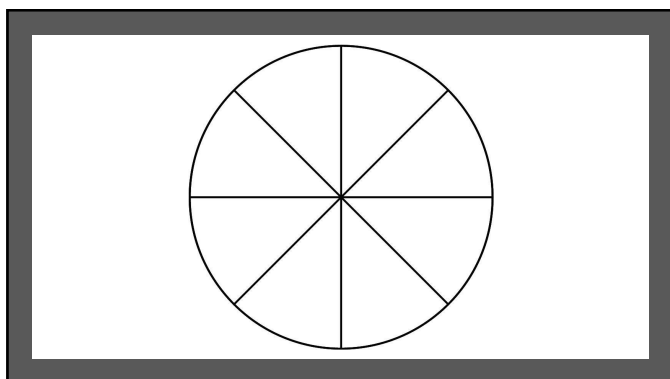
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Internal & External Resources

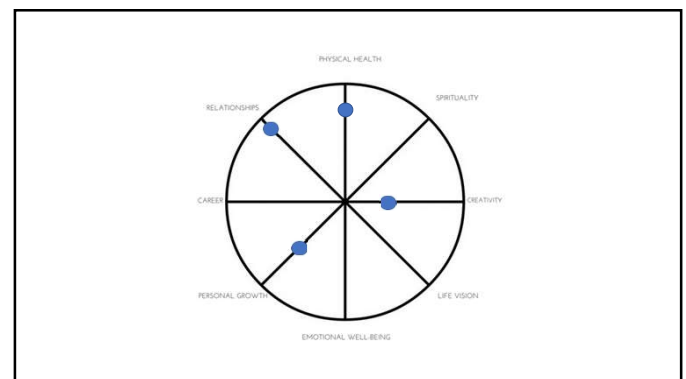
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	Sleep		Faith

Remember:
 You can control internal & external resources – you can't control external threats!

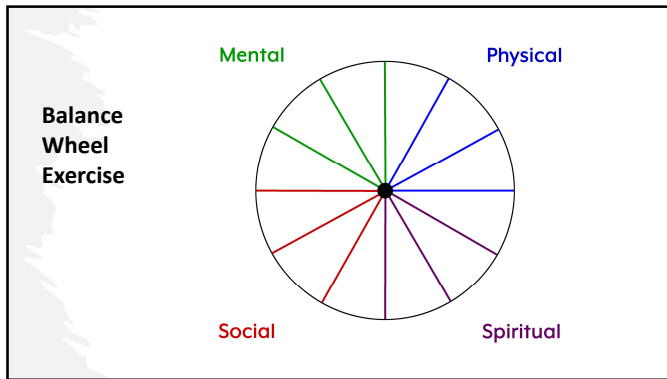
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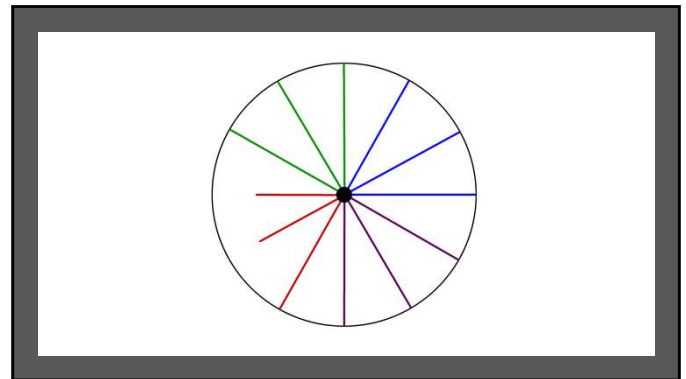
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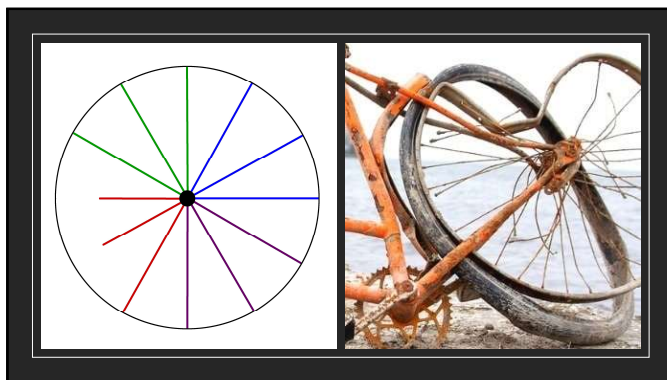
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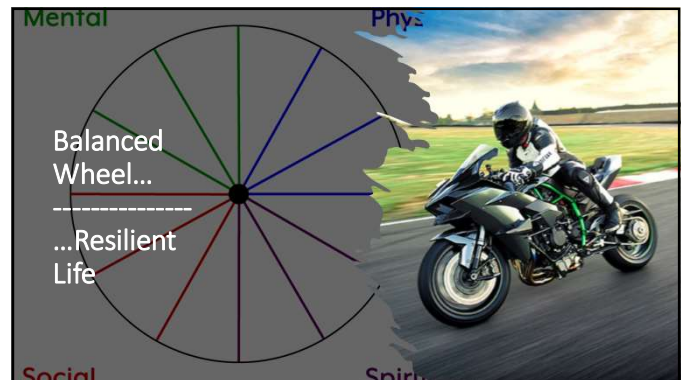
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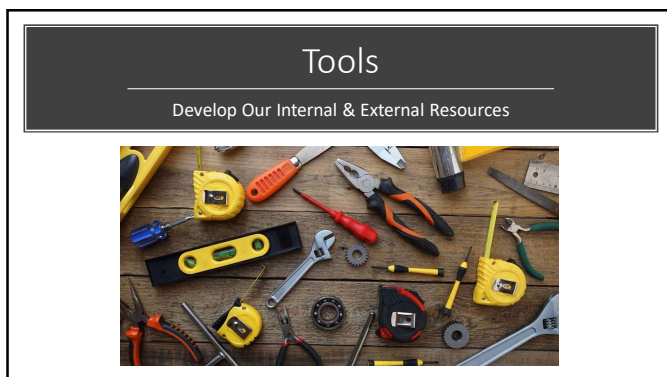
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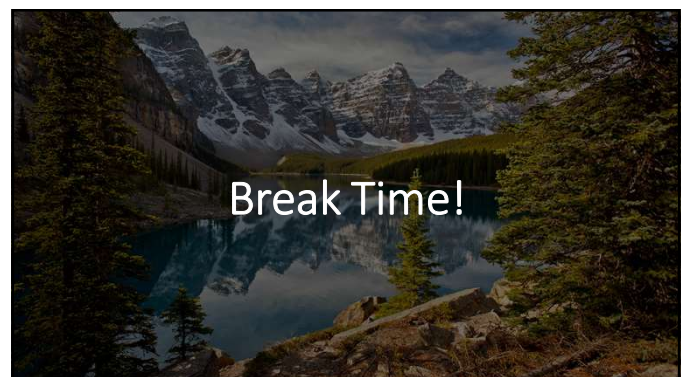
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28



29



30

My Personal Worksheet

Internal and/or External Resource	Physical	Mental/Emotional	Spiritual/Religious/Personal Growth	Social	How Am I Going To Build This Resource?	When
Drink more water	X					
Attend church		X	X	X		

31



Daily Routine

- Tea/Water
- Meditating/Praying
- Reading
- Movement/Exercise
- Diary
- Journaling
- Gratitude Practice

You don't have to do them all – find what works for you!

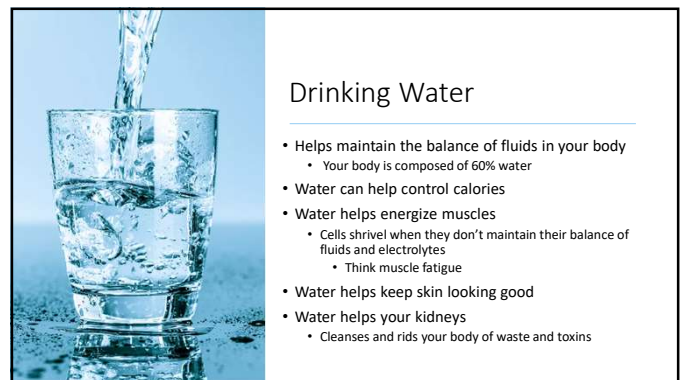
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WWFY

What Works For You

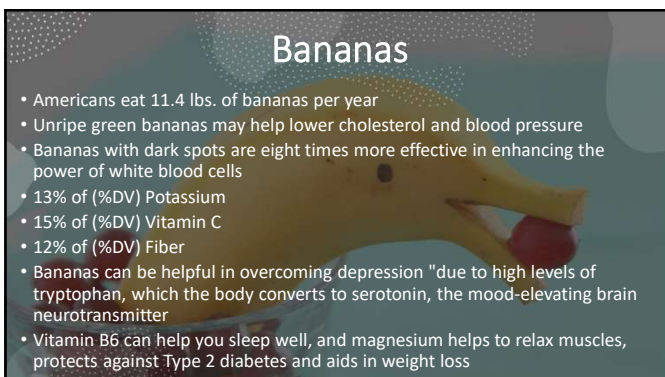
33



Drinking Water

- Helps maintain the balance of fluids in your body
 - Your body is composed of 60% water
- Water can help control calories
- Water helps energize muscles
 - Cells thrive when they don't maintain their balance of fluids and electrolytes
 - Think muscle fatigue
- Water helps keep skin looking good
- Water helps your kidneys
 - Cleanses and rids your body of waste and toxins

34



Bananas

- Americans eat 11.4 lbs. of bananas per year
- Unripe green bananas may help lower cholesterol and blood pressure
- Bananas with dark spots are eight times more effective in enhancing the power of white blood cells
- 13% of (%DV) Potassium
- 15% of (%DV) Vitamin C
- 12% of (%DV) Fiber
- Bananas can be helpful in overcoming depression "due to high levels of tryptophan, which the body converts to serotonin, the mood-elevating brain neurotransmitter"
- Vitamin B6 can help you sleep well, and magnesium helps to relax muscles, protects against Type 2 diabetes and aids in weight loss

35



Exercise & Movement

- Helps control weight
- Reduces risk of heart disease
- Maintains proper blood sugar levels
- Improves mental health and mood
- Strengthens bones and muscles

Two long-term Harvard studies found that simply walking 20 minutes a day may reduce your risk of heart disease by up to 30 percent.

36

Keep it FRESH

Keeping an "Opportunity List"

Do new things with co-workers/family members. Keep relationships fresh.

37

Why Does Time (Seem) to Move Faster as We Age?

Our Minds

- Consistencies – ignores
- Irregularities - attention



38

Journaling

- Helps you become self aware
- Helps clarify who and what you are and where you want to go
- Solve problems more efficiently
- Resolves disagreements with others
- Research shows that writing about your experiences will deepen your learning



39

Keep a Diary

Keep track of the crazy, messed up, stunning, hold my beer moments you witness or hear about during your career.

It will make the nursing home so much more fun!

October 2011



40

Gratitude Letter

- Writing one gratitude letter/per week for three weeks (total of 3)
- Produced greater neural sensitivity in the medial prefrontal cortex
- Showed behavioral increases in gratitude
- Effect persisted for three months

Study - University of Indiana

41



Napping

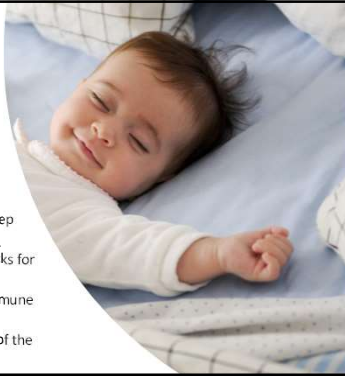
- Keep naps short
10 to 20 minutes
- Take naps in the early afternoon
(before 3 PM)
- Create a restful environment

Mayo Clinic – 2018


42

Sleep Is Your Superpower

- Sleep deficiency = stress on your body
- Lack of sleep raises inflammation levels
- Memory consolidation occurs during sleep
- Appetite hormones are disrupted by lack of sleep
- Our cells produce more protein while we sleep. These protein molecules form the building blocks for cells, allowing them to repair the damage
- Ongoing lack of sleep changes the way your immune cells work
- Sleep plays a role in clearing beta-amyloid out of the brain



43



- Caffeine content
 - Coffee: 70-140 mg/cup
 - Coke: 29 mg/12 oz
 - Mtn. Dew: 55 mg/12 oz
 - Red Bull: 80 mg/8.2 oz
- 5 to 6 hour half life

Caffeine

44



Steering Wheel Therapy

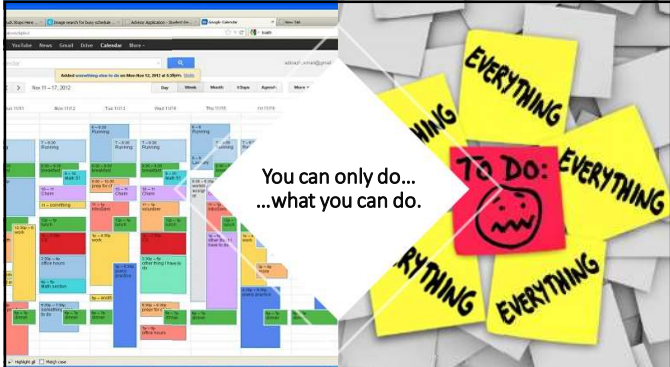
Going to work

- What do I need to do?
- What do I want to do?
- What are the priorities?
- What hard things do I need to do?

Going Home


- Did I accomplish what I needed to do?
- Did I encourage others?
- Did I have the hard conversations?
- Did I follow my personal mission statement?
- What could I have done better? How?
- What did I do well?

45



You can only do...
...what you can do.

46



Time Multipliers

Find things you can do that will check two boxes at the same time!

47



Eat That Frog

"If it's your job to eat a frog, it's best to do it first thing in the morning.
And If it's your job to eat two frogs, it's best to eat the biggest one first."
- Mark Twain



48



49

Time Blocking – The “Cure” for Overscheduling

Week:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morn							
After noon							
Even							

50

Financial

\$1200/year X 35 years @ 8% = \$223,322
 \$2400/year x 35 years @ 8% = \$446,645

\$2400/year x 20 years @ 8% = \$118,615
 \$2400/year x 10 years @ 8% = \$37,549

Bankrate.com Calculator

51



52

The Upside of Stress

Kelly McGonigal

Study: participants told stress response is actually a good thing

When you change your mind about stress, you can change your bodies response to stress

- Blood vessels will not constrict (What happens in moments of joy and courage)

Stress makes you social

- Oxytocin “cuddle hormone”
- Acts on your body – natural anti-inflammatory
- Heart has receptors for Oxytocin – helps heal the heart from any stress induced damage

Caring creates resilience – primes you to do things that strengthens strong relationships


“Chasing meaning is better than trying to avoid discomfort.”

53

Make Connections

- Stress makes us social because connection heals us
- Potential connections
 - Family/Friends/Co-workers
 - Civic groups
 - Faith-based organizations
- Do something for others – caring creates resilience

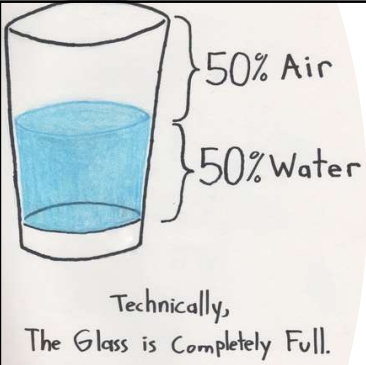
54



Optimism

- 1975 Study – Hiroto and Seligman
- *Learned Helplessness*
- Unavoidable noise group
 - 1/3 did NOT succumb to Learned Helplessness
 - These people tested high for optimism

55



Learned Optimism

Learned optimism is the process of recognizing and challenging pessimistic thoughts in order to develop more positive behaviors

Optimism is a skill that can be learned.

Debate your pessimism

56

Rewire Your Brain


Optimism = Internal Resource

Optimists believe setbacks are:

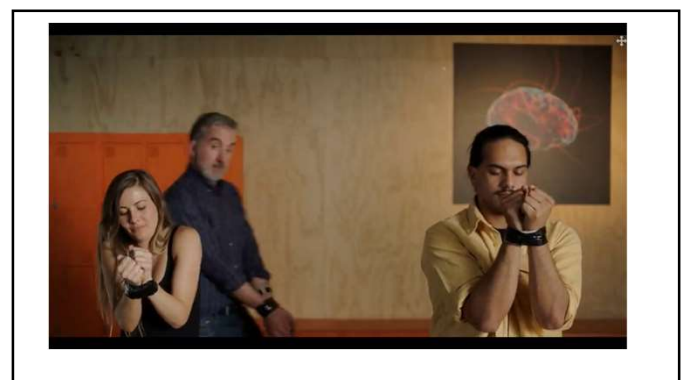
- Temporary
(It's going away quickly)
- Local
(It's just this one situation)
- Changeable
(I can do something about it)

The brain continually reorganizes itself by forming **new neural connections** throughout life.

This phenomenon is known as **neuroplasticity**.



57





58

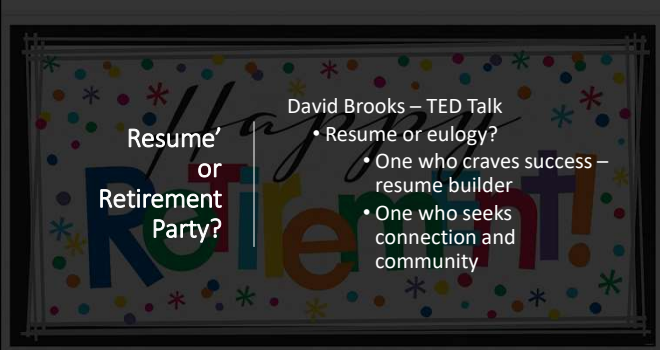
How You See Things

Are you going to look at this as a threat or a challenge?
As a hurdle or something that can be conquered?

By our very nature, we respond differently to each of these words.


59



David Brooks – TED Talk

- Resume or eulogy?
- One who craves success – resume builder
- One who seeks connection and community

60



Finding and Understanding Your Why

"Those who have a 'why' to live, can bear with almost any 'how'."

"In some ways suffering ceases to be suffering at the moment it finds a meaning".

- Viktor Frankl
Man's Search for Meaning

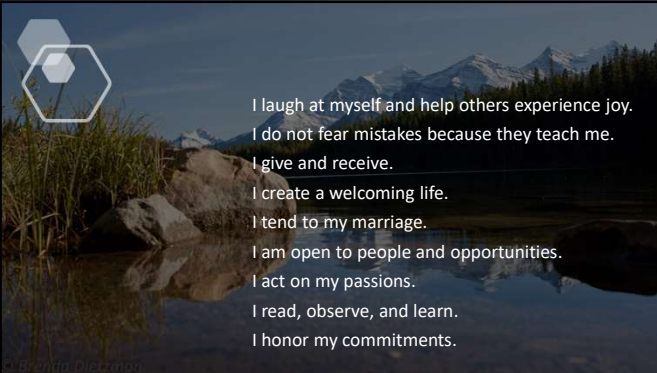
61



Personal Mission Statement

- A formal summary of the purpose and values of an individual
- Becomes a moral compass
- Provides a foundation for life

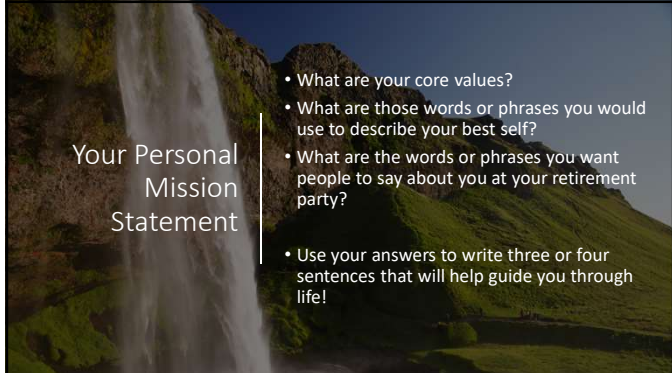
62



Your Personal Mission Statement

I laugh at myself and help others experience joy.
I do not fear mistakes because they teach me.
I give and receive.
I create a welcoming life.
I tend to my marriage.
I am open to people and opportunities.
I act on my passions.
I read, observe, and learn.
I honor my commitments.

63



Your Personal Mission Statement

- What are your core values?
- What are those words or phrases you would use to describe your best self?
- What are the words or phrases you want people to say about you at your retirement party?
- Use your answers to write three or four sentences that will help guide you through life!

64

Mindfulness

Practice of intentionally paying attention in the present moment

Meditation


Practice of using a technique to train attention and awareness to achieve a mentally clear state

Reduces Stress	Controls Anxiety	Promotes Emotional Health
Enhances Self-Awareness	Lengthens Attention Span	May Reduce Age Related Memory Loss
May Help Fight Addictions	Improves Sleep	Helps Control Pain
Can Decrease Blood Pressure	You Can Meditate Anywhere	Takes a Person Off Autopilot

65

Develop a Trauma Recovery Plan

- Who are you going to reach out to?
- What are you going to do?
- Where are you going to go?
- What routine are you going to practice (even if you don't feel like it)?



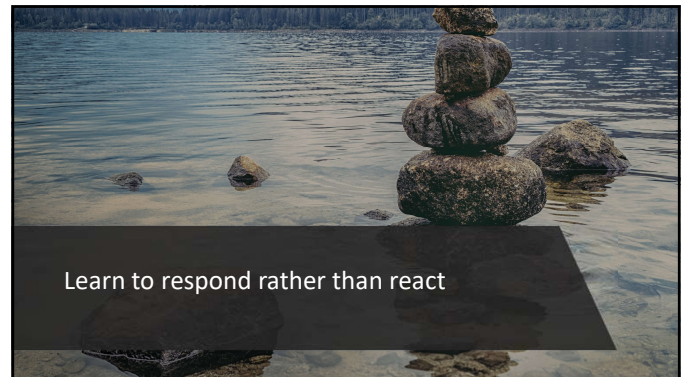
What's the plan?

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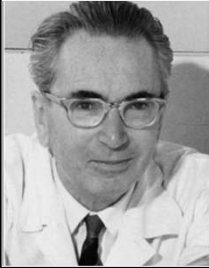
Trauma Recovery Plan: When going through trauma or adversity:	
Who are the people I am going to reach out to?	
Family Friends Therapist Peer Support	
What am I going to do?	
Workout Read Meditate Sleep Hobby Pray	
Where can I go?	
Home Church Favorite Vacation Spot Gym Friend's House	
What am I going to eat and drink?	
Water Salad Vegetables Fruit Wholesome foods Moderate amounts of comfort food	



67



68

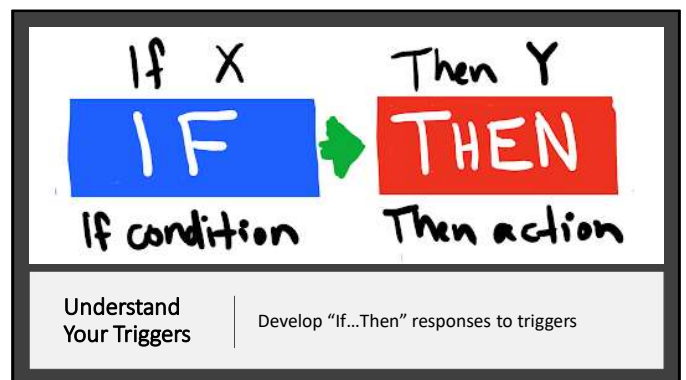


Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

— Viktor E. Frankl —

AZ QUOTES

69



70

The story of your life is not your life; it's your story.

John Barth

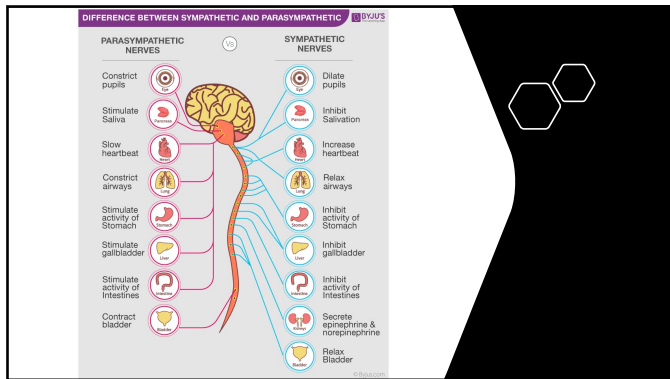
Be Self Aware

- Know your story & how it affects you
- Make peace with your past
- Know your beliefs, emotions, triggers, and behavior patterns

71



72



73

Breath

Action	Autonomic Nervous System	
Inhalation	Sympathetic Branch	Increases: • Heart rate • Blood pressure • Muscle tone <i>Prepares the body for action</i>
Exhalation	Parasympathetic Branch	Decreases: • Heart rate • Blood pressure • Muscle tone <i>Prepares the body for rest, sleep and digestion</i>

By increasing the time of exhalation over inhalation, it helps control HR/BP and allows us to better relax and quiet the body.

74



75

My Personal Worksheet

Internal and/or External Resource	Physical	Mental/Emotional	Spiritual/Religious/Personal Growth	Social	How Am I Going To Build This Resource?	When
Drink more water	X					
Attend church		X	X	X		

76

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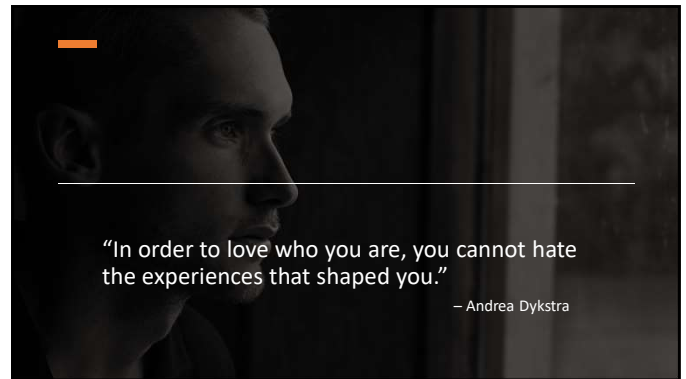
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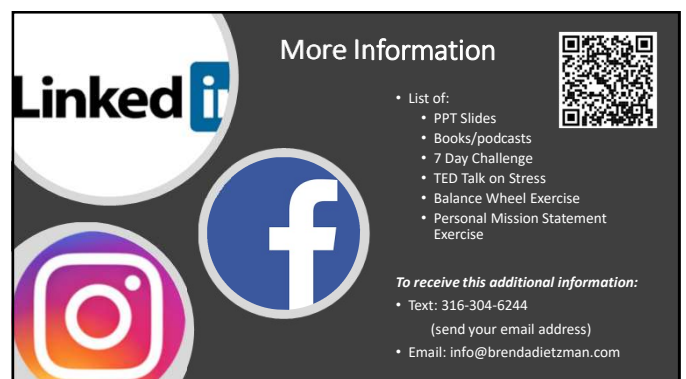
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84

