

# **Future Health Webinar**

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## **Bounce!**

**Managing Stress &  
*Building Resiliency***

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***Don Scherling, Psy.D.***



Don't Bend, Don't Break...

**BOUNCE!**





# *Resilience*

The Courage to Come Back

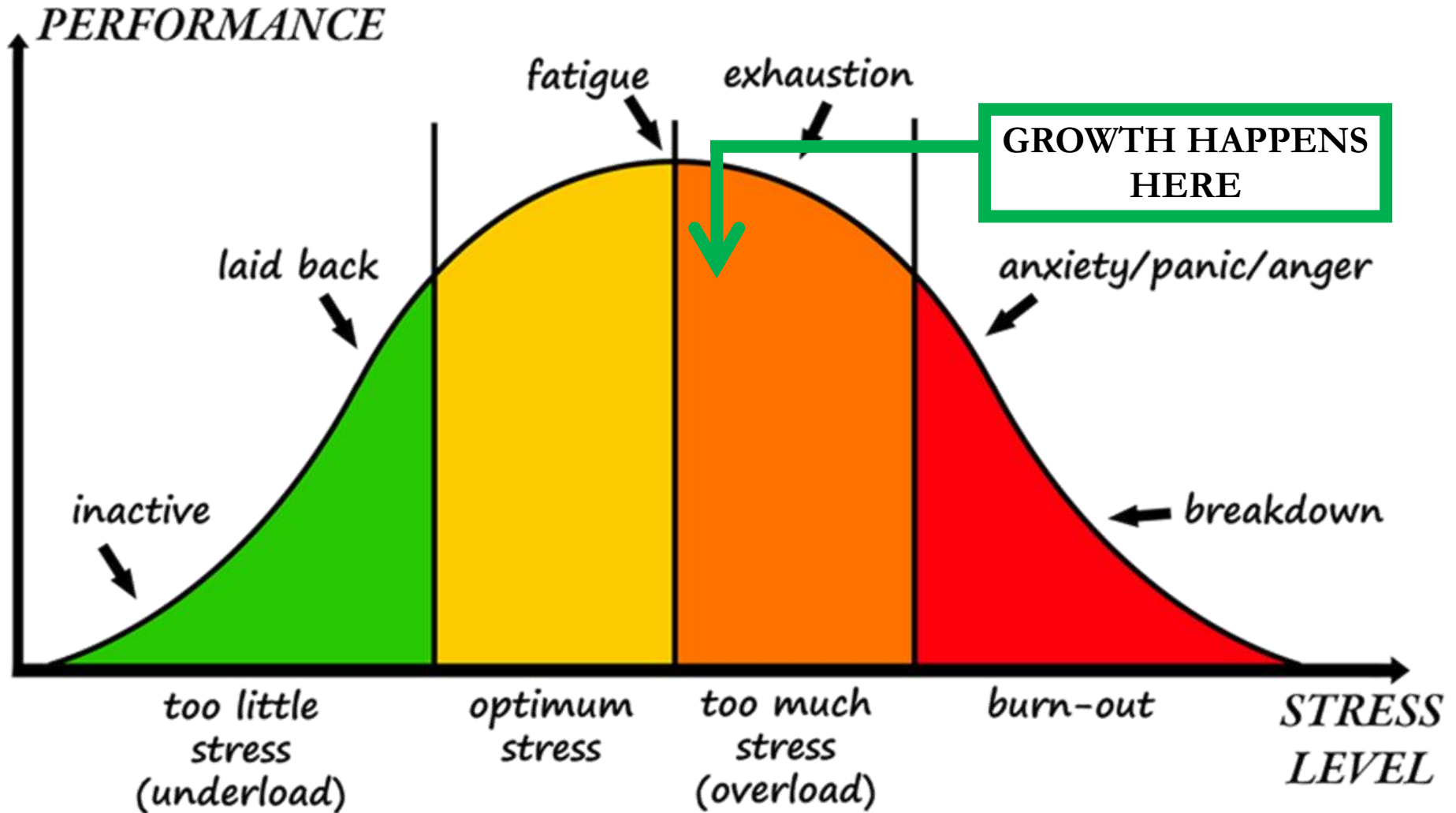
# The Power of Active Engagement

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**Stress is not the enemy  
in our lives.**

**Paradoxically, it is the  
key to our growth.**

# STRESS CURVE



**EUSTRESS**

**DISTRESS**



*balance is the key*  
**CENTRAL NERVOUS SYSTEM**



**SYMPATHETIC**  
(GAS PEDAL)

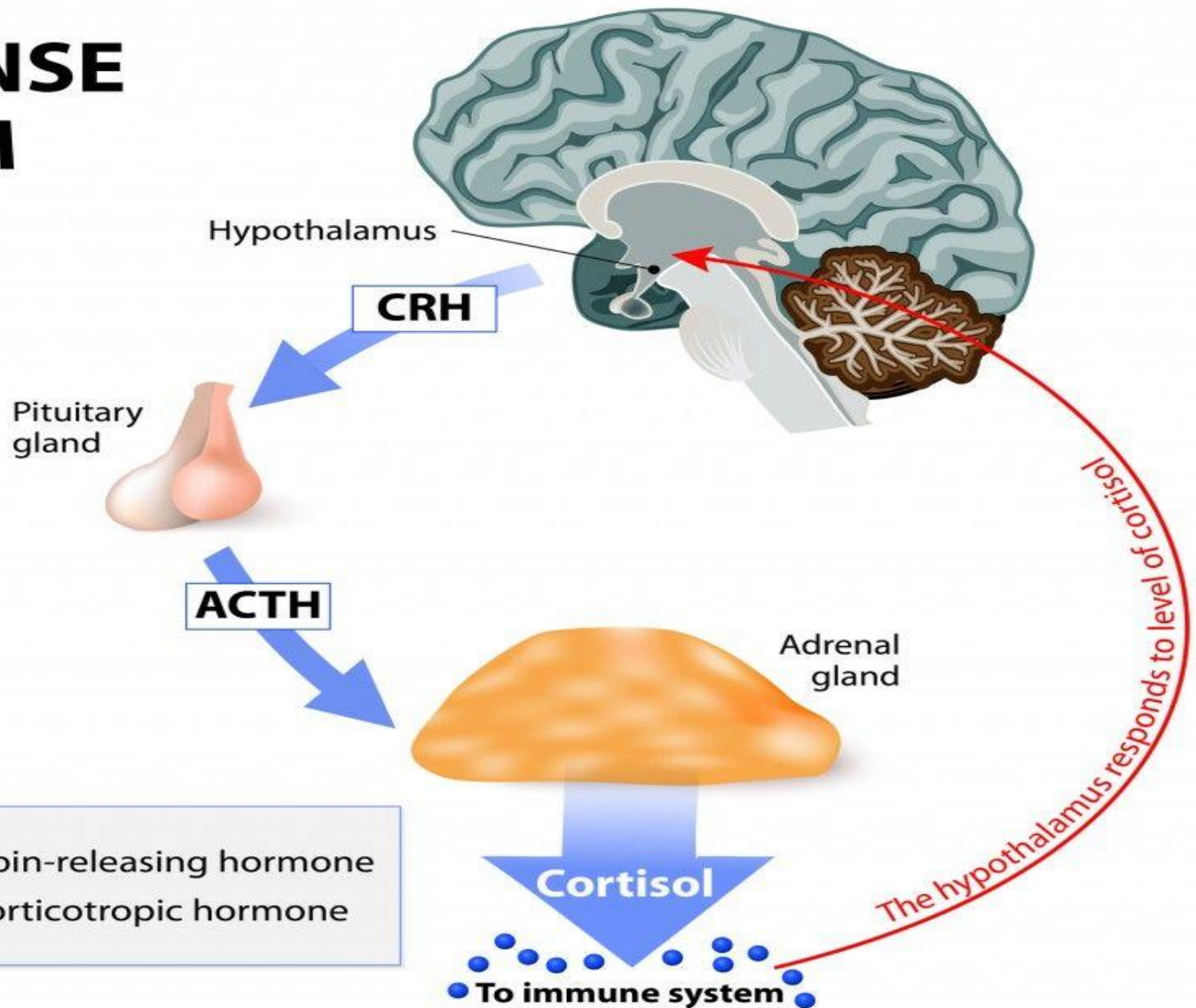
- Fight or flight response
- Protection and survival
- Stress response
- Adrenal (stress) glands activated

**PARASYMPATHETIC**  
(BRAKE PEDAL)

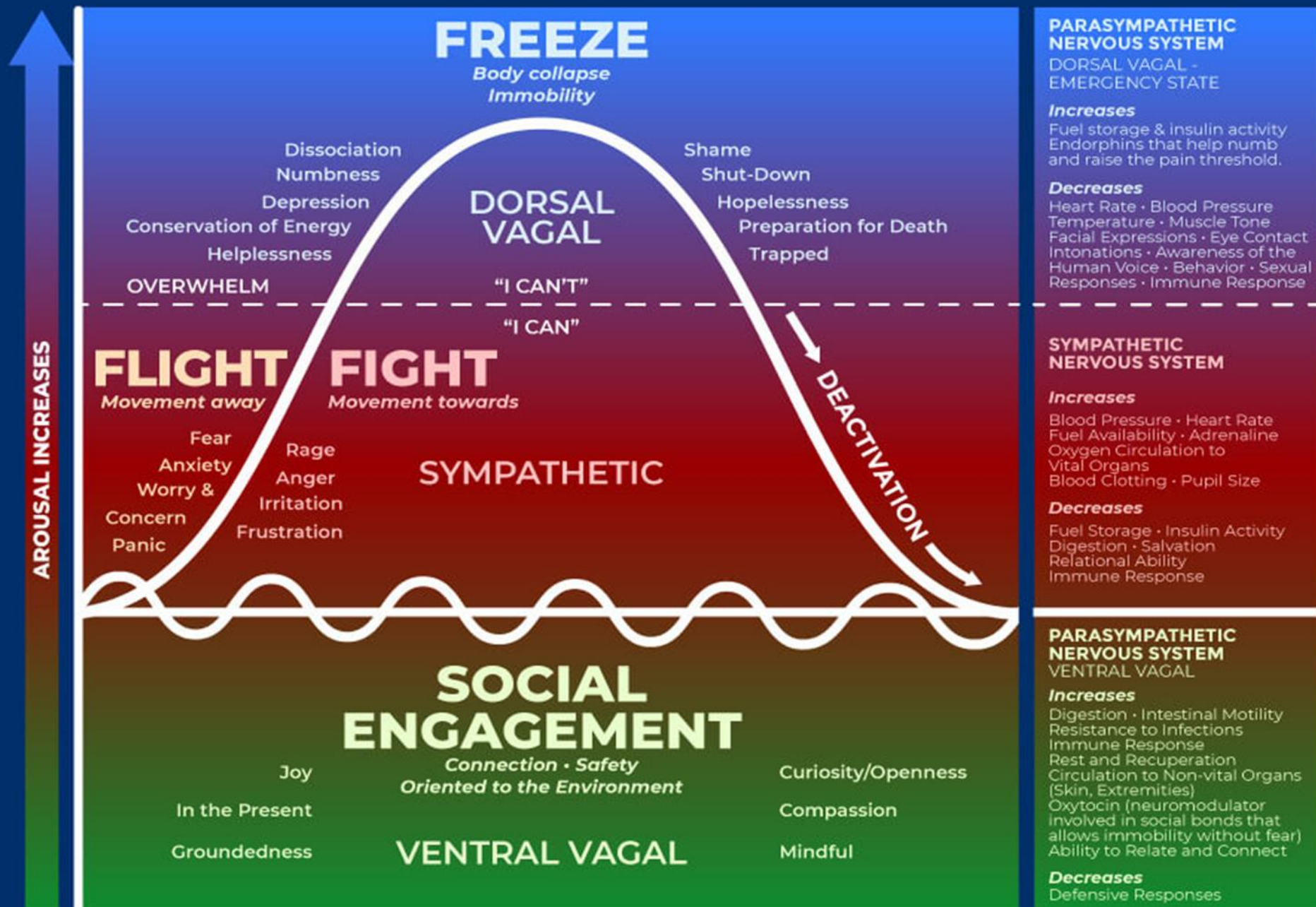
- Rest
- Digest
- Relax
- Growth & development



# STRESS RESPONSE SYSTEM

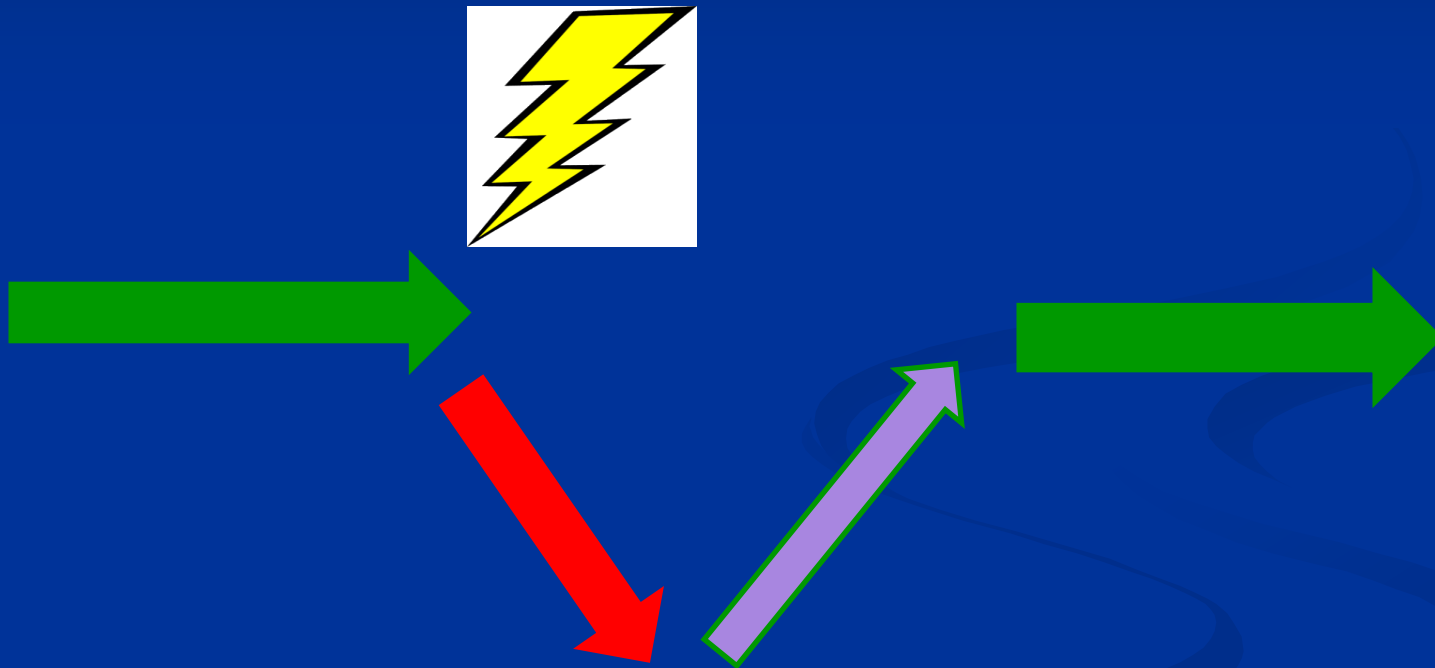


**CRH** - Corticotropin-releasing hormone  
**ACTH** - Adrenocorticotrophic hormone

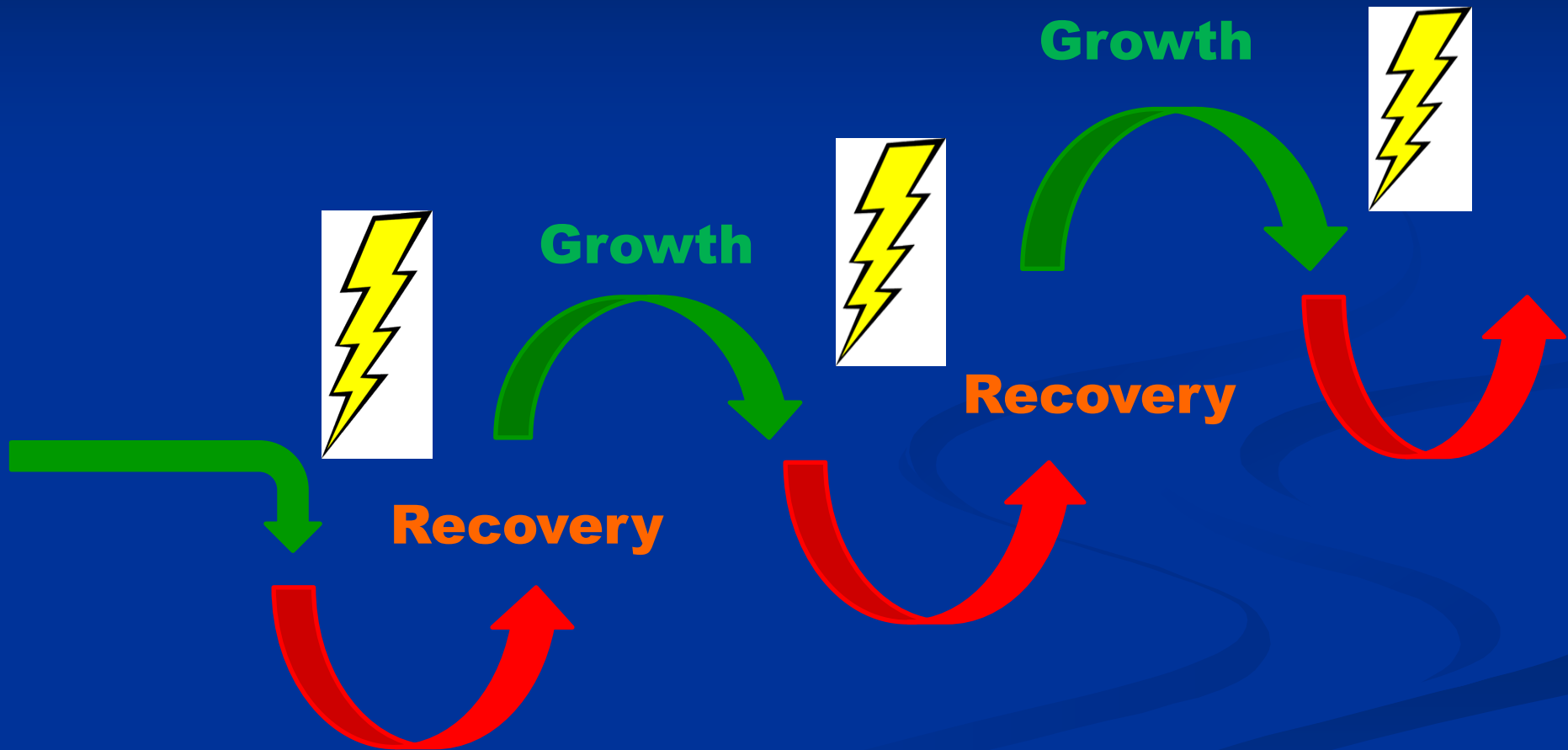


# Resilience: “Old Model”

**(Post Traumatic Stress Disorder)**



# Resilience: Current Thinking (Post Traumatic Growth)



# **The Guest House** - *Rumi*

**This being human is a guest house.  
Every morning a new arrival.**

**A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.**

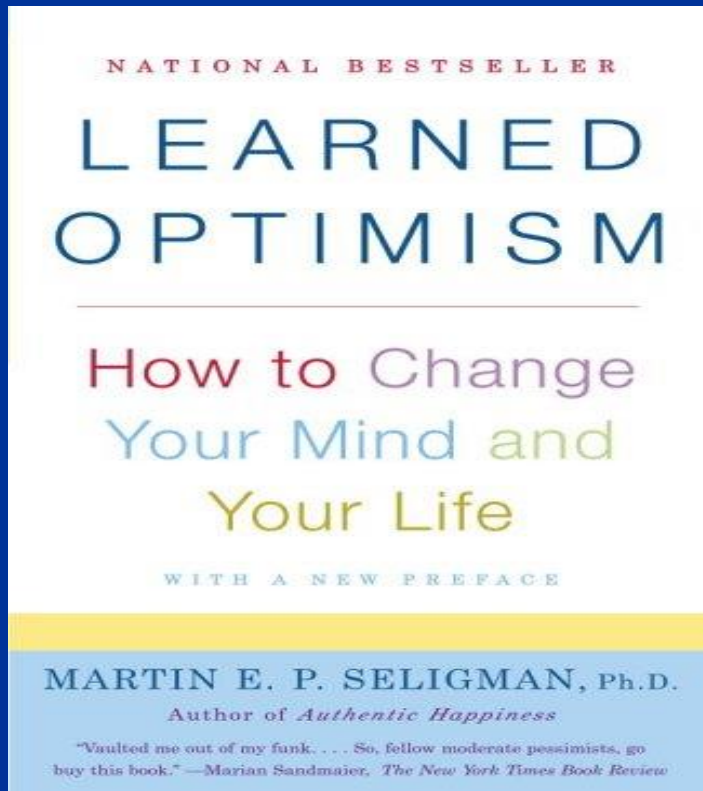
**Welcome and entertain them all!  
Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still treat each guest honorably.  
He may be clearing you out  
for some new delight.**

**The dark thought, the shame, the malice  
meet them at the door laughing and invite them in.**

**Be grateful for whatever comes.  
Because each has been sent  
as a guide from beyond.**

# What's Behind the Psychology Of Resiliency

## Positive Psychology



Martin Seligman



## **EMOTIONAL INTELLIGENCE**

The ability to identify and manage one's own emotions, as well as other people's emotions.

### **SOCIAL SKILLS**

Effective at managing relationships that benefits everyone involved.

### **SELF-REGULATION**

Allows you to wisely manage your emotions and impulses.

### **SELF-AWARENESS**

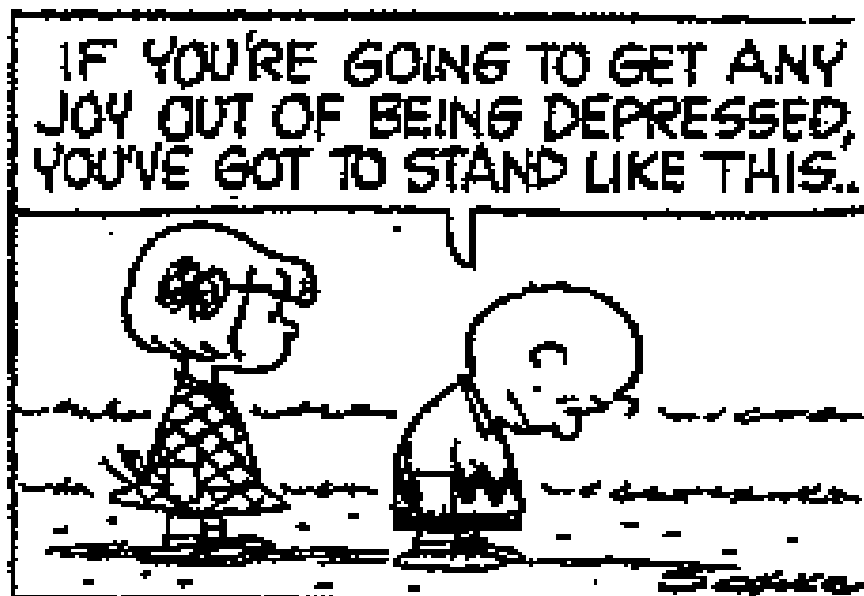
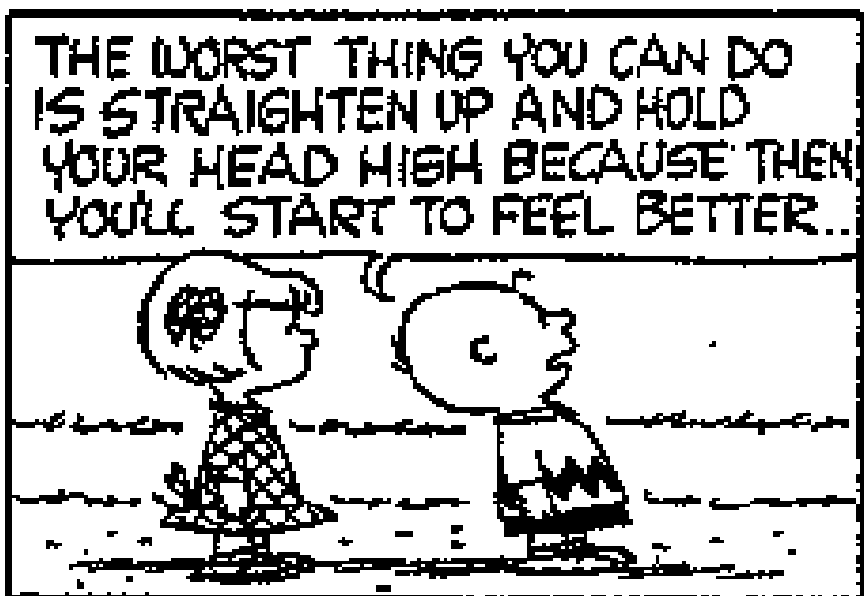
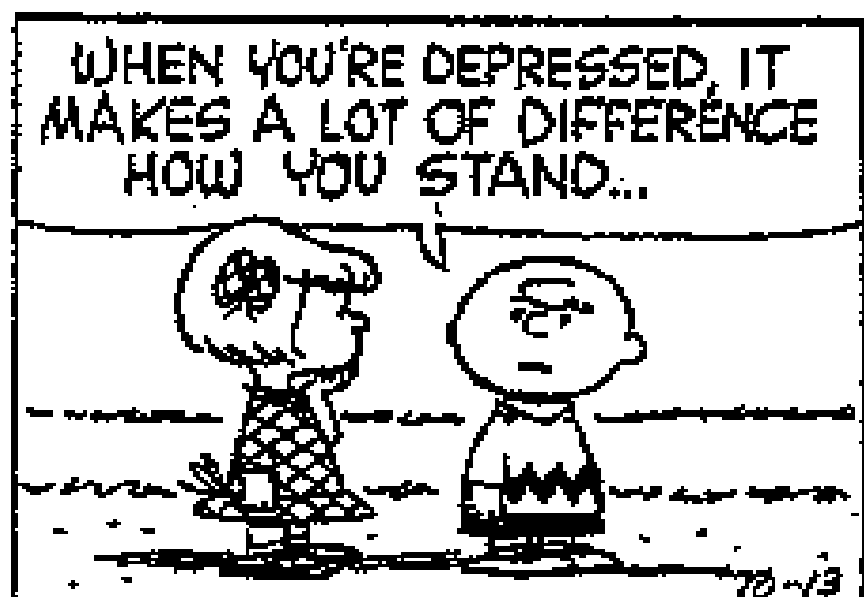
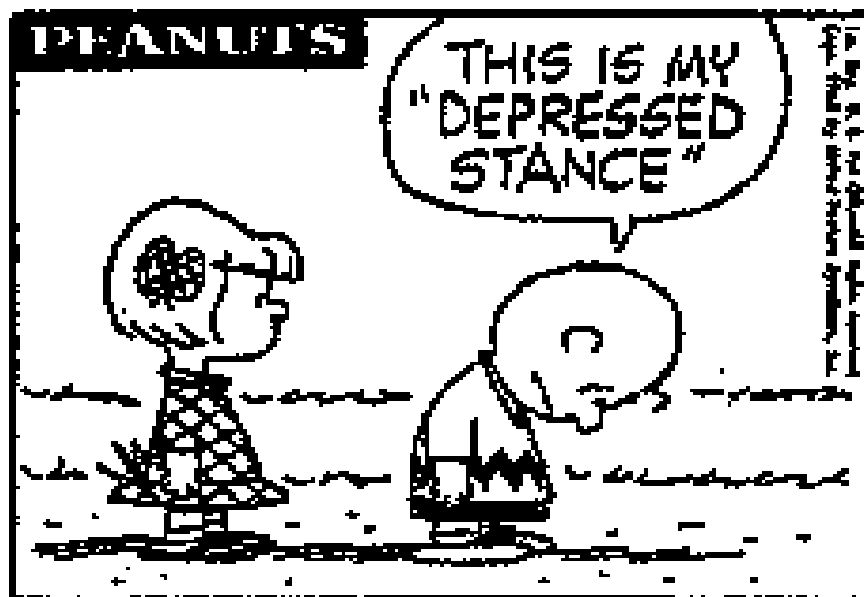
The ability to recognize your own emotions, strengths and limitations, and their impact on others around you.

### **EMPATHY**

Able to identify and understand others' emotions.

### **MOTIVATION**

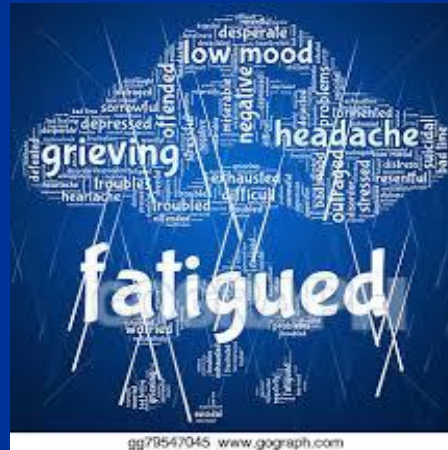
Being motivated consists of enjoying what you do, working towards achieving goals, and not being motivated by money or status.



# How do You -

**Refresh, Recharge, Refuel, Replenish,  
Reflect, Renew, Retreat, Recreate,  
to choose RESILIENCE**

- **No One can keep giving out without putting back!**
- **One cannot serve from an empty vessel!**



# Practice the pause.

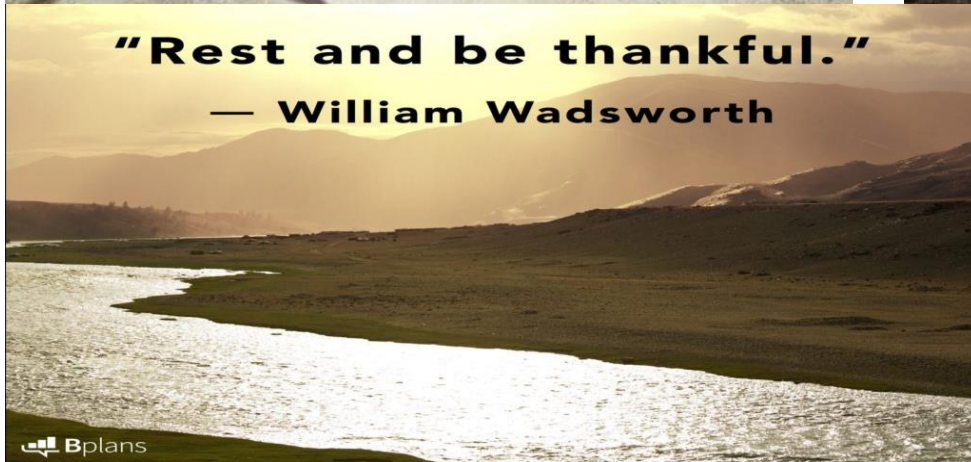
Pause before judging.  
Pause before assuming.  
Pause before accusing.  
Pause whenever you're  
about to react harshly  
and you'll avoid doing  
and saying things  
you'll later regret.

Lori Deschene

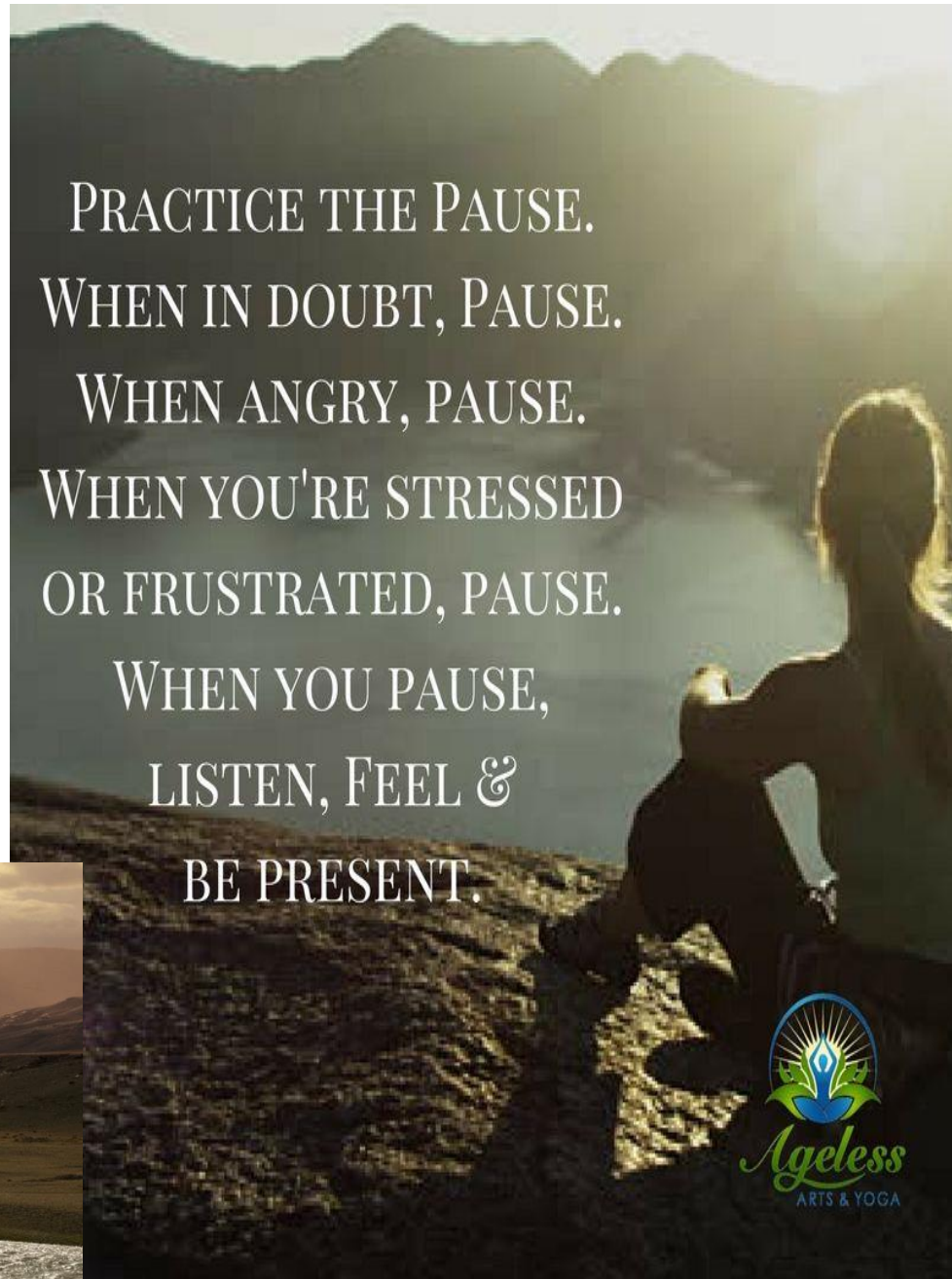


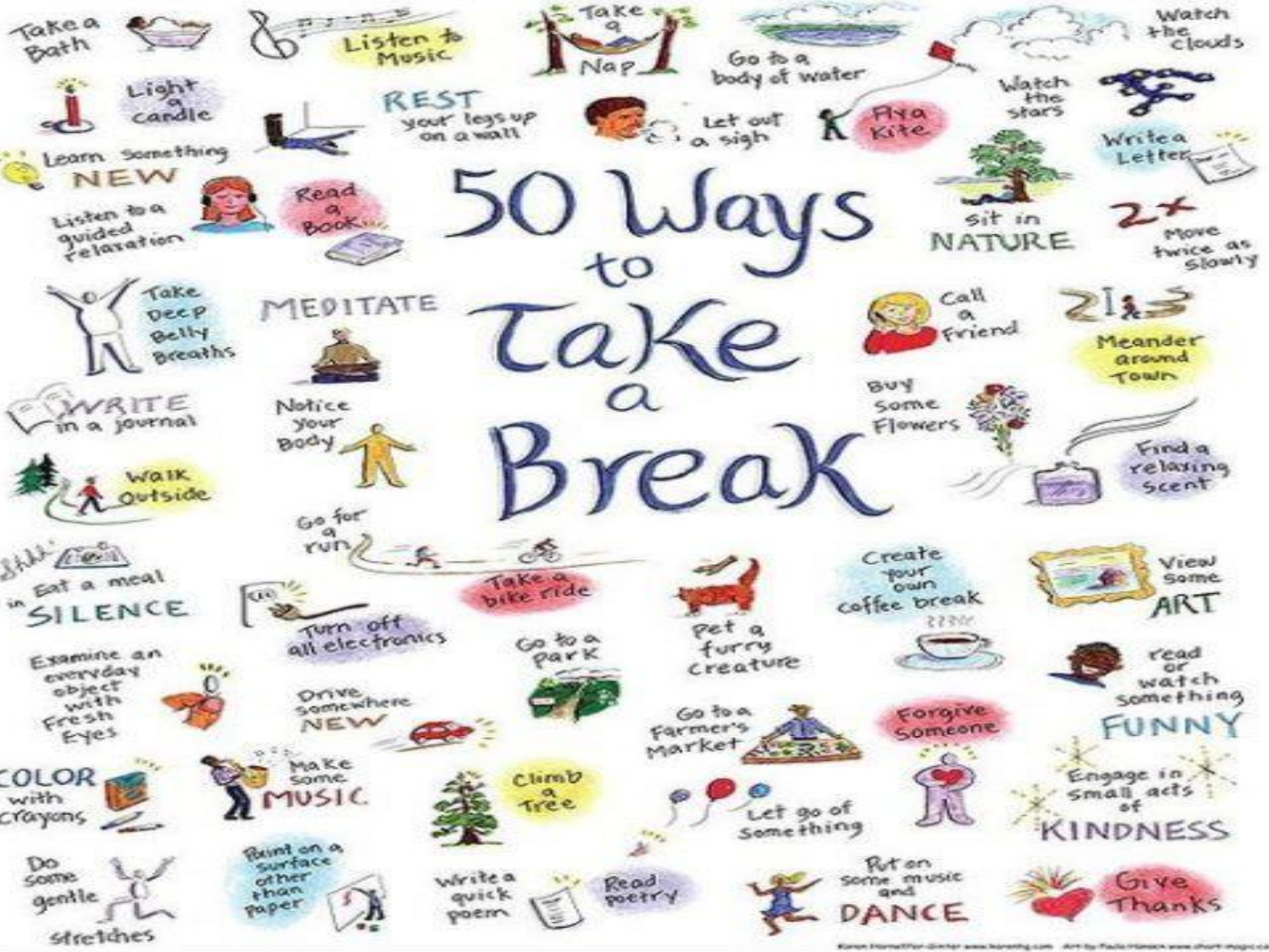
**"Rest and be thankful."**

**— William Wadsworth**



PRACTICE THE PAUSE.  
WHEN IN DOUBT, PAUSE.  
WHEN ANGRY, PAUSE.  
WHEN YOU'RE STRESSED  
OR FRUSTRATED, PAUSE.  
WHEN YOU PAUSE,  
LISTEN, FEEL &  
BE PRESENT.





# Mindful Presence

How can we soften this tendency and bring peace and focus to our minds?



“Mindfulness means paying attention in a particular way;  
On purpose, in the present moment, and nonjudgementally.”

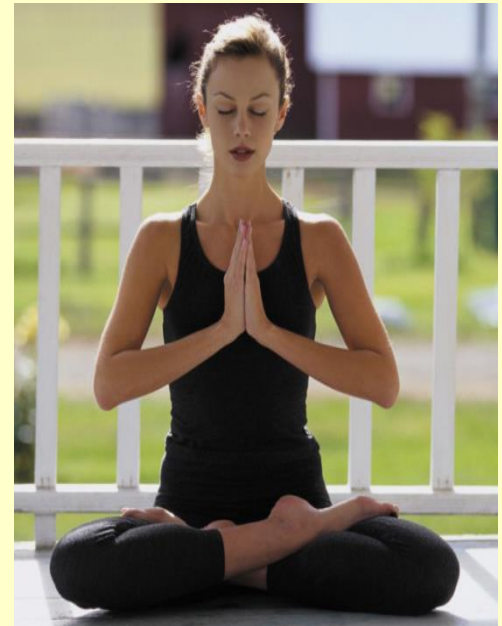
*-Jon Kabat-Zinn-*

# **Mindfulness**

**Meditation, Prayer, Relaxation Response,  
Guided Imagery, Yoga, Biofeedback, Music,  
Tai Chi, Gratitude, Journal, Art, Sport**

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- Decreased cortisol, flight-fight response, < BP
- Increased parasympathetic tone
- Improved mood, concentration, tolerance, resilience, focus
- Decreased cardiovascular risk
- Enhanced neuroplasticity



# 4 - 7 - 8 Breathing Technique

## The 4 – 7 – 8 Breath (Relaxing Breath) - (4 Times)

**Exhale** completely through your mouth with pursed lips, making a whoosh sound

Close your mouth & **inhale** quietly through your nose to a mental count of **four (4)**

**Hold** your breath for a mental count of **seven (7)**

**Exhale** completely through your mouth, making a whoosh sound to a mental count of **eight (8)**

**This is one breath.....**

Now inhale again & repeat the cycle three more times  
for a **total of four breaths**

MYTH  
vs  
REALITY

# COMMON MYTHS ABOUT SELF-CARE

MYTH

**SELF-CARE  
IS A  
BACK-UP PLAN**

REALITY

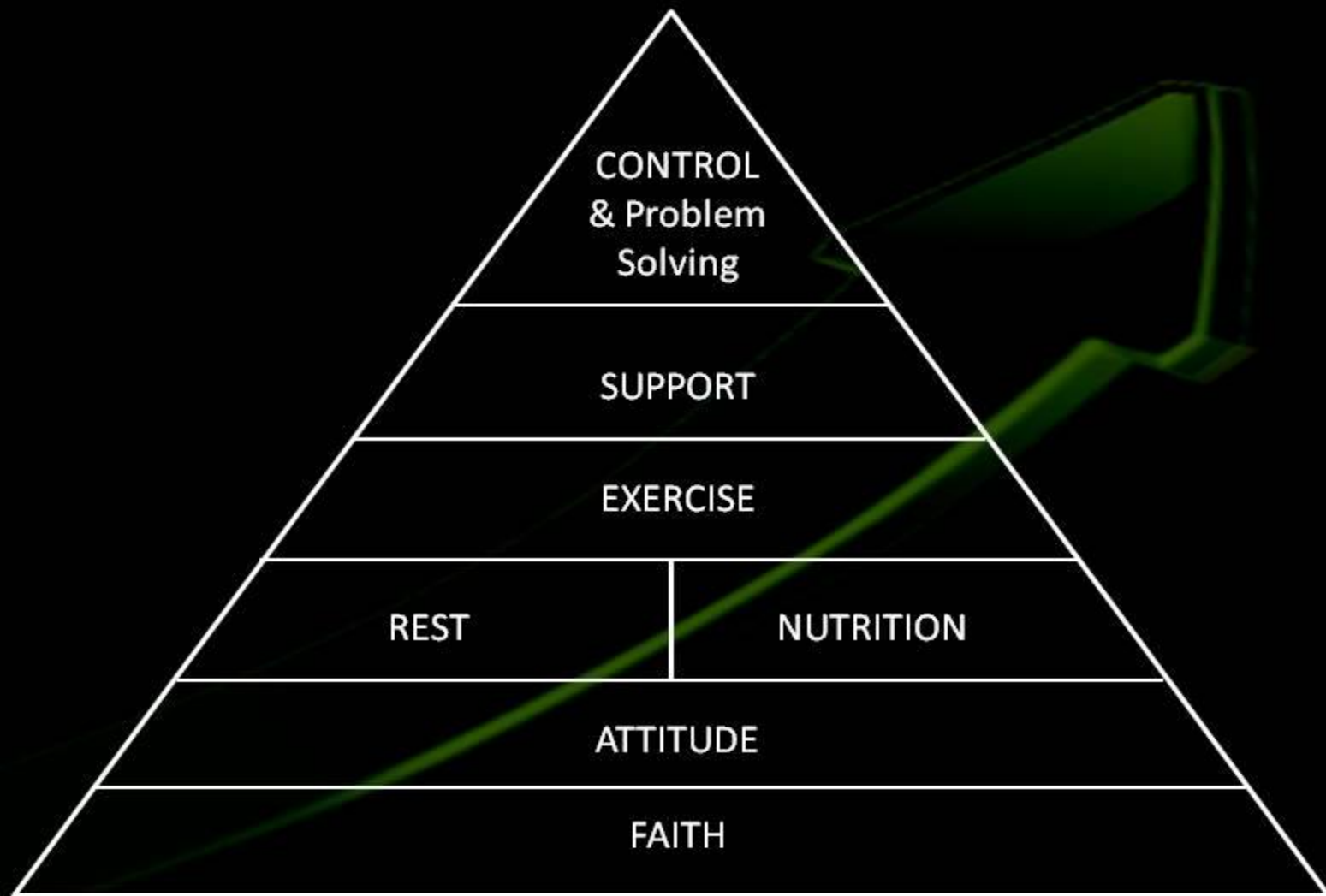
**SELF-CARE  
IS A  
PROACTIVE PLAN**

This means proactively taking care of yourself to avoid situations where you need a “back-up” plan. It is establishing healthy patterns that relieve stress.

**START TODAY**

 COUNSELORS  
ON DEMAND

# Everly's Self-Care Pyramid



# Growing Self Compassion

```
graph TD; A[When I pause before taking action, I am aware of the situation.] --> B[When I am aware, I have a choice.]; B --> C[When I choose, I learn from wise and foolish decisions.]; C --> D[When I learn from all experiences, I gain perspective.]; D --> E[When I have perspective, I am patient.]; E --> F[When I am patient, my self compassion grows.]; F --> G[When my compassion grows, there is no judgment.]; G --> H[When there is no judgment, I am not afraid to pause.]; H --> A;
```

When I pause  
before taking  
action, I am aware  
of the situation.

When I am aware,  
I have a choice.

When I choose, I  
learn from wise  
and foolish  
decisions.

When I learn from  
all experiences, I  
gain perspective.

When I have  
perspective, I am  
patient.

When I am  
patient, my self  
compassion grows.

When my  
compassion grows,  
there is no  
judgment.

When there is no  
judgment, I am not  
afraid to pause.

# **Daily Practice**

**Mindfulness or  
Meditation  
Practice**

**Gratitude  
Journaling**

**Physical  
Exercise  
(Play)**

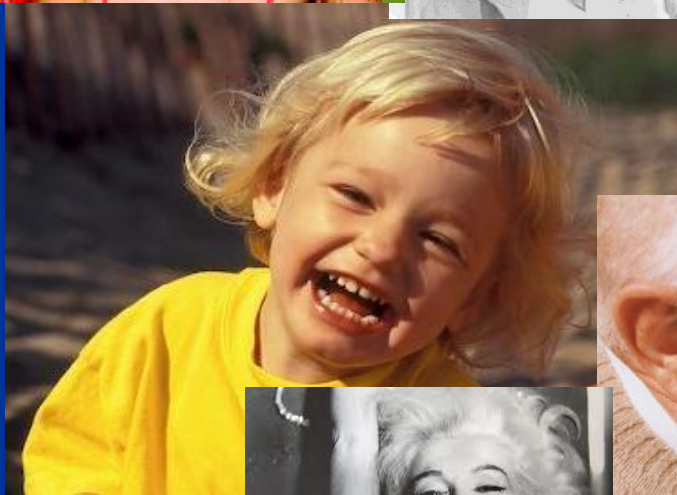
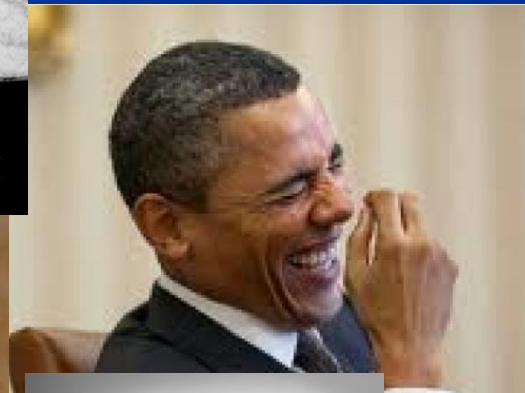
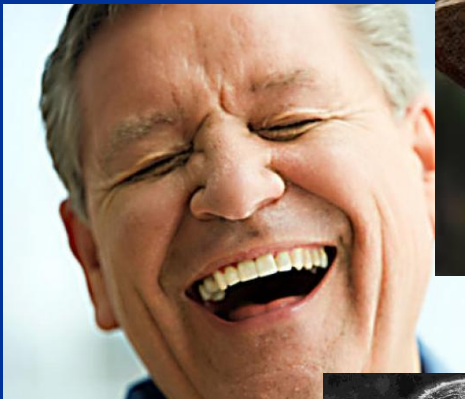
**Concrete  
plans for  
Self Care &  
Renewal**

**Laughter is Contagious!**

**Laughter is Healing –**

**As good as Running for Health**

**PRACTICE  
LAUGHTER YOGA**



# Gratitude

Gratitude shifts your focus from what your life lacks to the positive that is already present.

Research has shown amazing life improvements can stem from the practice of gratitude:

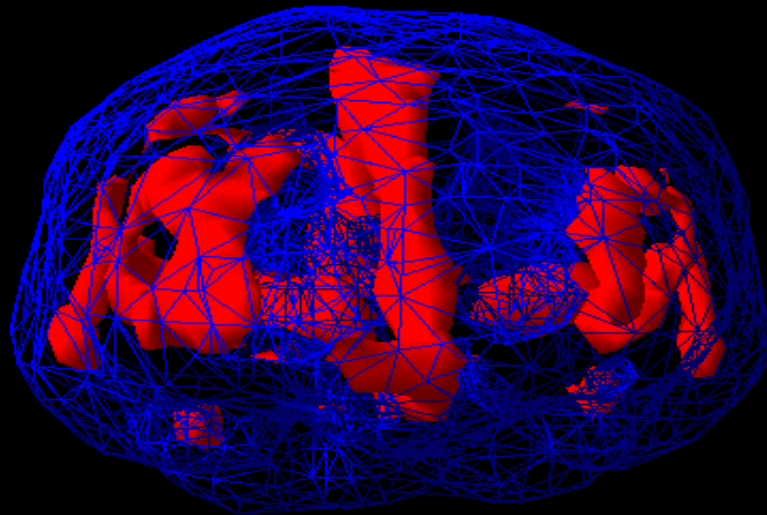
- Makes people happier
- Makes people more resilient
- It strengthens relationships
- It improves the person's health
- It reduces stress

DID YOU KNOW

*Gratitude...*

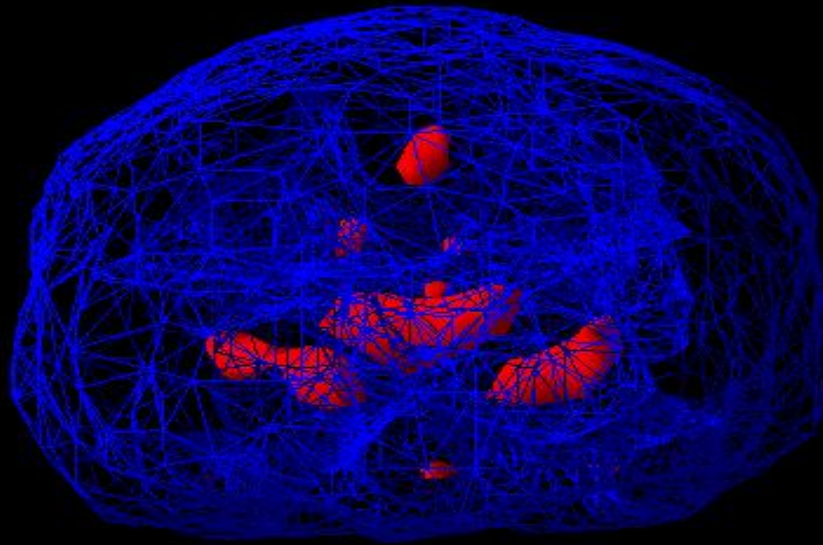
- \* SHIELDS YOU FROM NEGATIVITY
- \* MAKES YOU AT LEAST 25% HAPPIER
- \* REWIRES YOUR BRAIN
- \* ELIMINATES STRESS
- \* HEALS
- \* IMPROVES SLEEP
- \* BOOSTS SELF-ESTEEM & PERFORMANCE
- \* ENHANCES THE LAW OF ATTRACTION
- \* IMPROVES RELATIONSHIPS

# Brain Scan Worried & Rigid



*SPECT Scan,  
Amen Clinic*

# Brain Scan After Gratitude

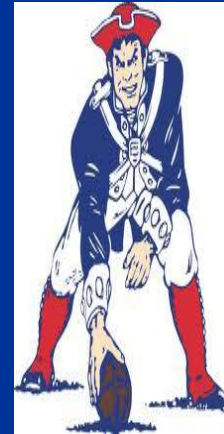


*SPECT Scan,  
Amen Clinic*

# Finding Your Passion

- **Love Relationships**
- **Work**
- **Hobbies**
- **Interests / Play (FUN)**
- **Things you love to do**

# Finding Your Passion



- Hobbies
- Interests
- Things you get excited about



# Happiness Guidelines for Resilience

Sonja Lyubomirsky

1. **Count Your Blessings (Gratitude List)**
2. **Practice Acts of Kindness**
3. **Savor Life's Joys**
4. **Thank a Mentor**
5. **Learn to Forgive (A gift to yourself)**
6. **Invest Time & Energy in Friends & Family**
7. **Take Care of Body (Breathe, Hydrate, Sleep, Play, Connect, Move, Eat +)**
8. **Develop Proactive Strategies to Cope with Stress**

# Model of Resilience in Stress

**Stress that does not kill you or make you sick will make you stronger!**

1. **Catastrophe – Feel it & modulate it to an interesting challenge.**
2. **Identify people to share it & enlist them as your team to help.**
3. **Break the challenge down into smaller components (Mini Challenges).**
4. **Decide which you can influence & which are beyond your power.**
5. **Bear the burden of helplessness/powerlessness: Pray; Accept.**
6. **Take steady persistent action on the ones you can influence.**

Hardiness and Social Support = Moderators of Stress (Pengilly JW, Dowd, ET)

# Resilience Practice—turning intensity into newfound strength

1. Turn catastrophe into a puzzle (Interesting challenge).
2. Recruit your team—Others interested.
3. Break your puzzle into pieces—the ones in your control and the ones out of your control.
4. Work tenaciously on the pieces within your control. (Bear Helplessness & Powerlessness)--Pray & let go of those out of your control.

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Pengilly JW, Dowd ET: Hardiness & social support as moderators of stress.  
2000. J Clin Psychol 56(6):813-820.

**God**

grant me the

**Serenity**

to accept the things  
I cannot change, the

**Courage**

to change the things  
I can, and the

**Wisdom**

to know the  
difference.

# **Bounce: Take-Aways**

## **How Can We Become More Resilient?**

- **Build positive self-care skills & resources**
- **Foster meaning, hope, & spiritual connection**
- **Strengthen sense of optimism & gratitude**
- **Develop sense of full-engagement & time to disengage (Setbacks = Puzzles = Learning)**
- **PLAY - Do what helps you come alive**
- **Improve stress-hardiness.....with  
(Breathe, Hydrate, Sleep, Exercise, Connect)**

PEOPLE WITH PASSION  
CAN CHANGE THE WORLD FOR THE BETTER

Steve Jobs



**“Don’t ask yourself what  
the world needs.  
Ask yourself what  
makes you come alive.  
And go and do that.  
Because the world  
needs people  
who’ve come alive.”**

*Howard Thurman*

*Passion*  
is oxygen of the soul