

smash

On **Resilience**



iapi TABS 

smash
on **Resilience**



RESILIENCE

is about bouncing back
from adversity but it's
not just about surviving
the worst of our days but
thriving every day

Key to Resilience

- Deal with Amygdala Hijack
- Build inner resources for future challenges
- Marinate in the good

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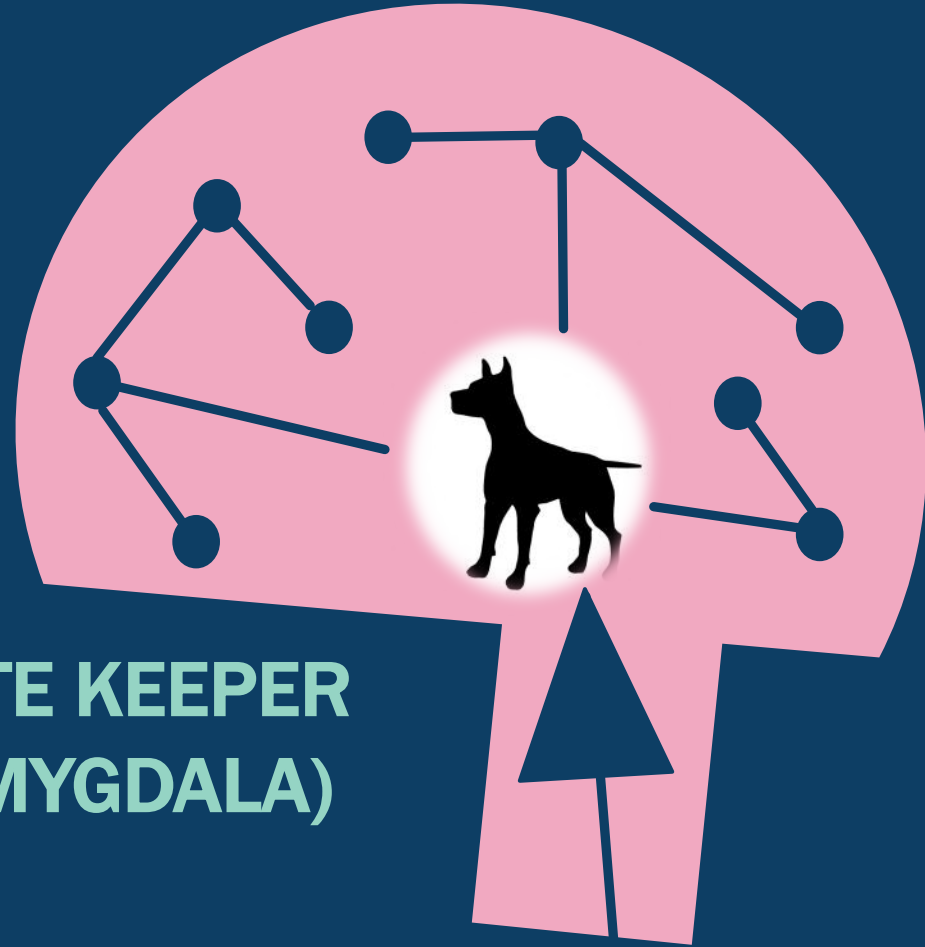


SURVIVAL IN THE BRAIN



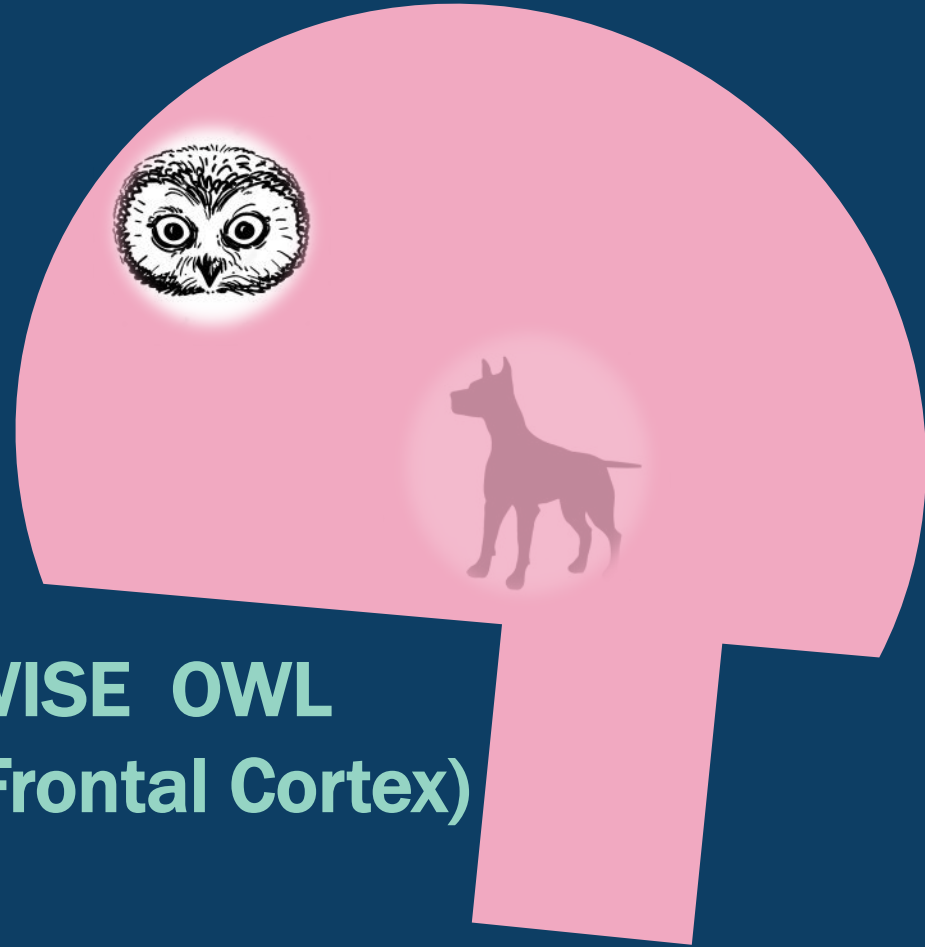
GUARD DOG
(AMYGDALA)

Guard dog's job
is singular.
Is this new
information
from my
senses
safe or
unsafe?



**GATE KEEPER
(AMYGDALA)**

Wise Owl is rational and logical, involved in emotional regulation and behaviour regulation in the brain.



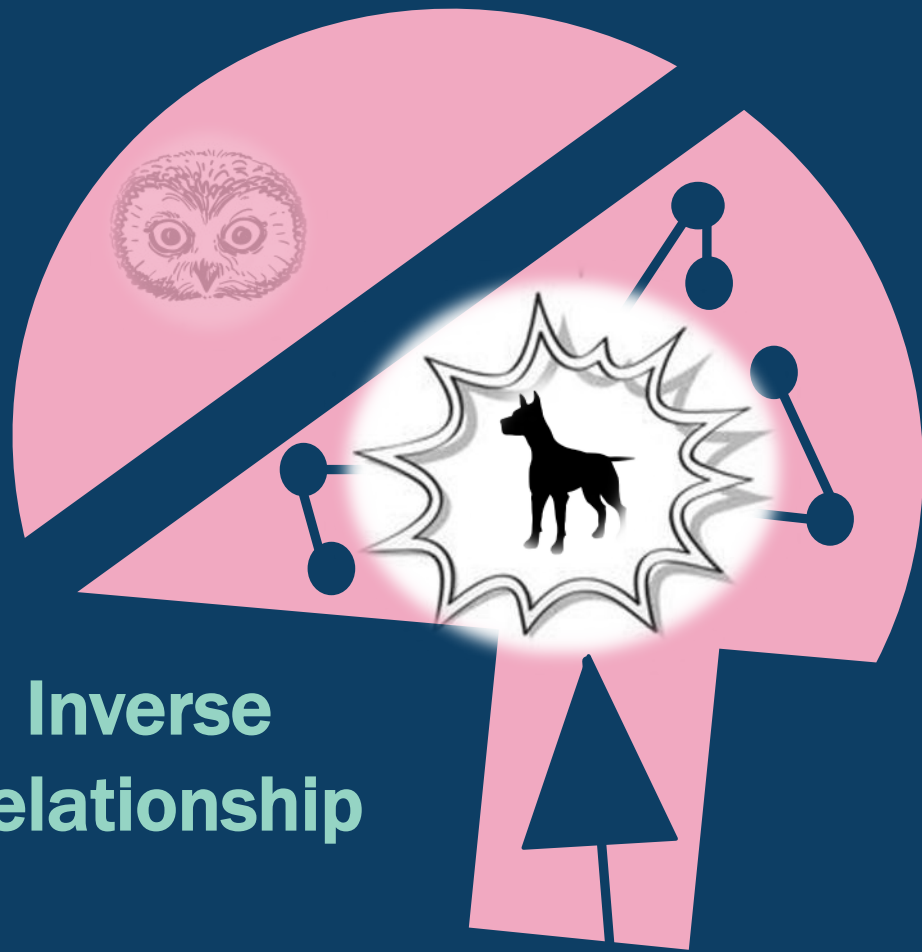
WISE OWL
(Pre-Frontal Cortex)

When
Guard Dog
triggers a
stress response
it takes
over the
brain and body...



...and the
Wise Owl starts to
deactivate.
The guard dog
is now in
charge without access
to rational
brain function

Inverse
Relationship



We have
6
seconds
to keep
the wise owl
on-line

6
Second
Rule





S: Stop

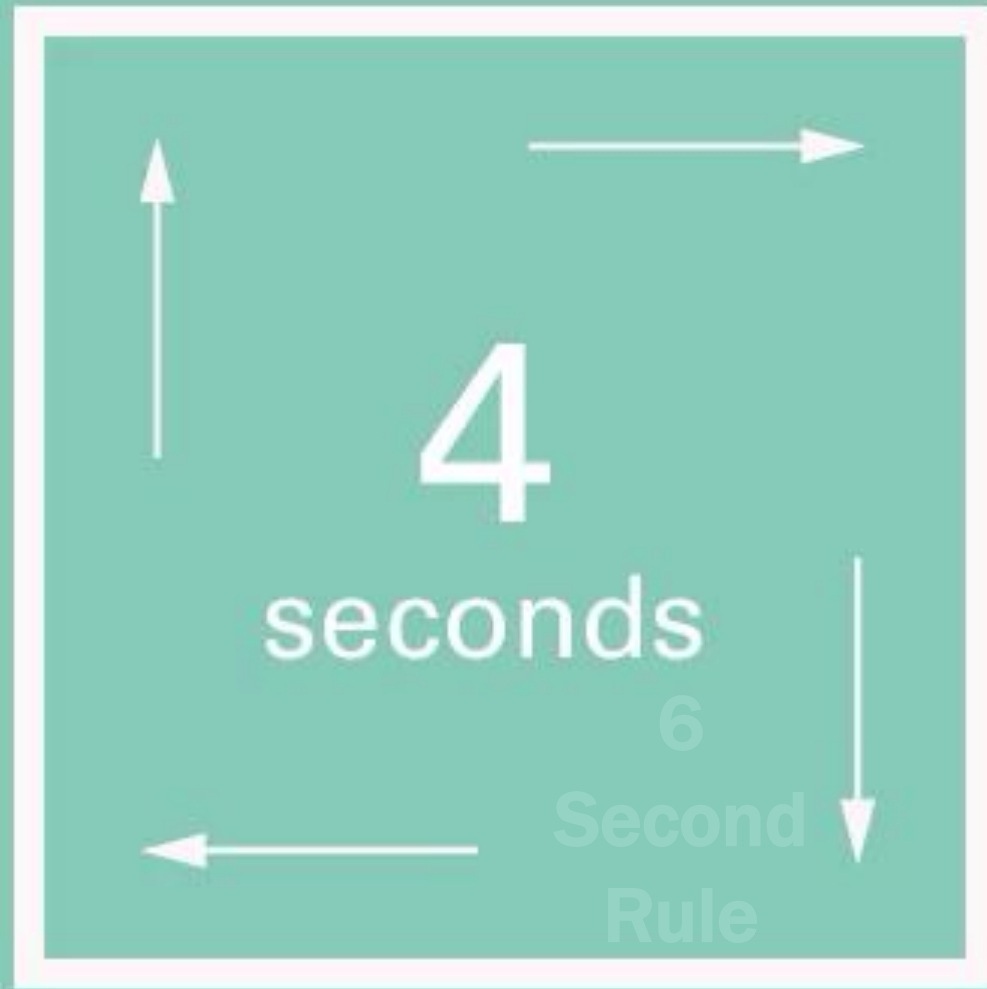
T: Take a Breath

O: Observe

P: Proceed

Breathe In

Hold



Hold

Breathe Out

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Lessons Learned

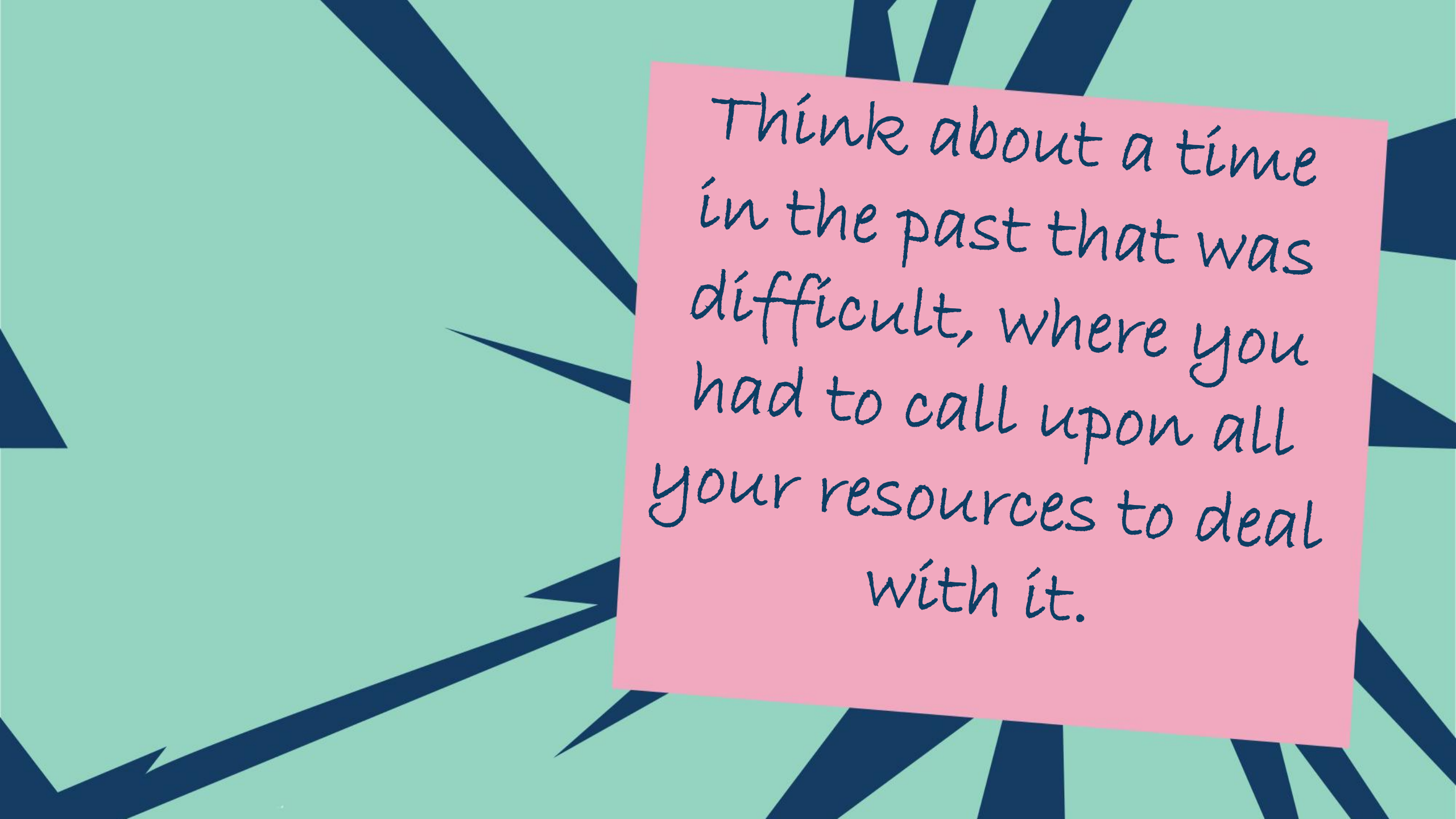
Thinking Traps

Control



A pink sticky note is centered on a teal background. The background features several dark blue, angular, geometric shapes that resemble stylized rays or abstract patterns. The text on the sticky note is written in a dark blue, handwritten-style font.

Lessons
Learned



Think about a time
in the past that was
difficult, where you
had to call upon all
your resources to deal
with it.

SUPPORTS (that hold you up)	STRATEGIES (that keep you moving)
<p><u>PEOPLE</u> THAT KEEP YOU UPRIGHT</p>	<p>THINGS THAT HELP YOU DEAL WITH NEGATIVE <u>THOUGHTS</u> AND <u>FEELINGS</u></p>
SAGACITY (give you comfort/hope)	SOLUTIONS (behaviours you've shown)
<p><u>WISDOM & INSIGHTS</u> YOU HOLD ONTO</p> <p>A QUOTE, SONG LYRIC, GRANDADS SAYING</p>	<p>WHAT <u>BEHAVIOUR AND SOLUTIONS</u> HELPED BEFORE: EG. PROBLEM SOLVING, INFORMATION GATHERING, PLANNING AHEAD, NEGOTIATING, VOICING YOUR OPINION, ASKING FOR HELP</p>

4 S Framework

My Past Sources of Resilience

A pink sticky note is centered on a teal background with dark blue rays emanating from the top left. The text 'Thinking Traps' is written on the note in a dark blue, hand-drawn font. The word 'Thinking' is on the top line and 'TRAPS' is on the bottom line, both in all caps.

Thinking
TRAPS

The Three P's



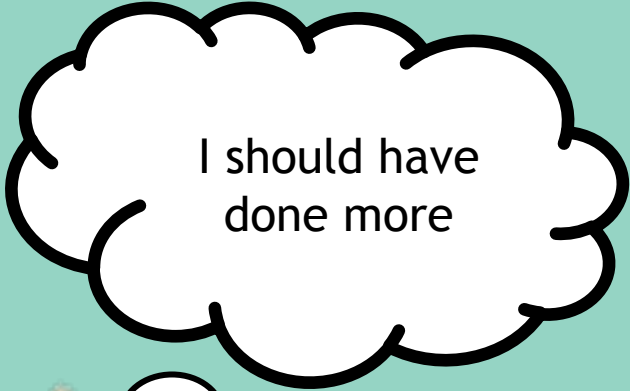
PERSONALISATION

PERMANENCE


PERVASIVENESS

P PERSONALISATION

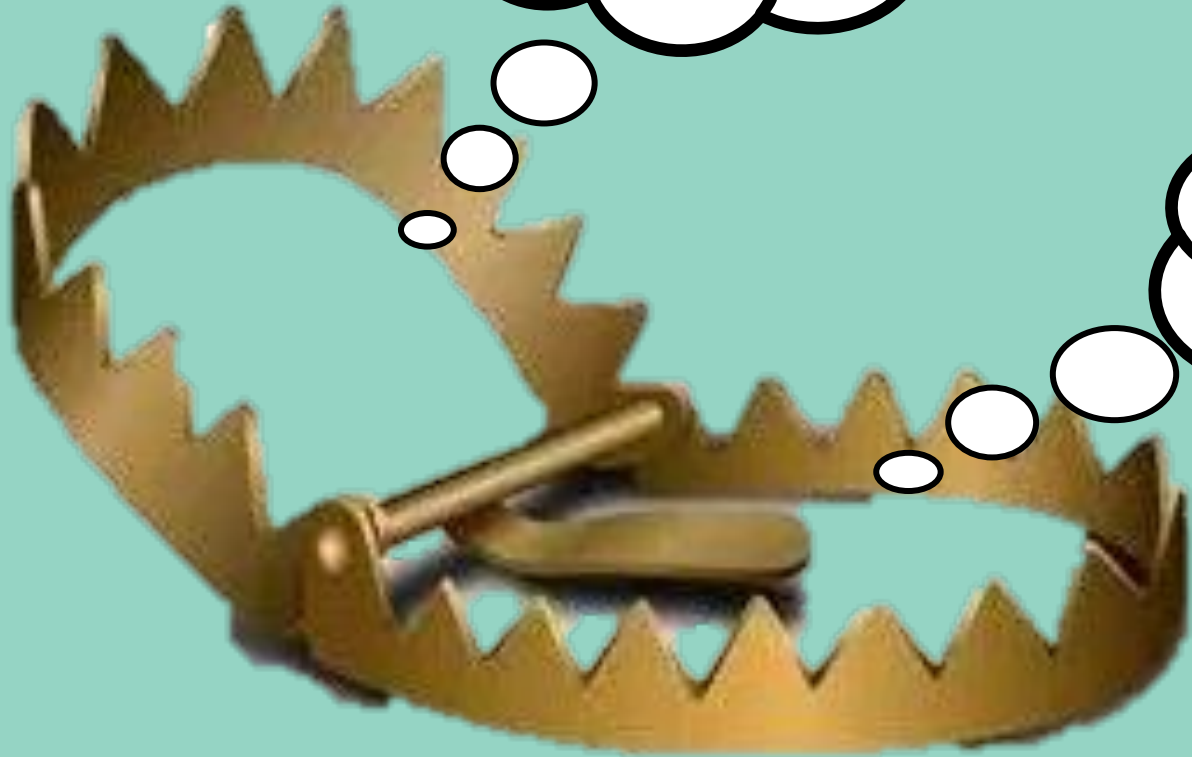
*Blaming Ourselves
or Others*



I should have
done more



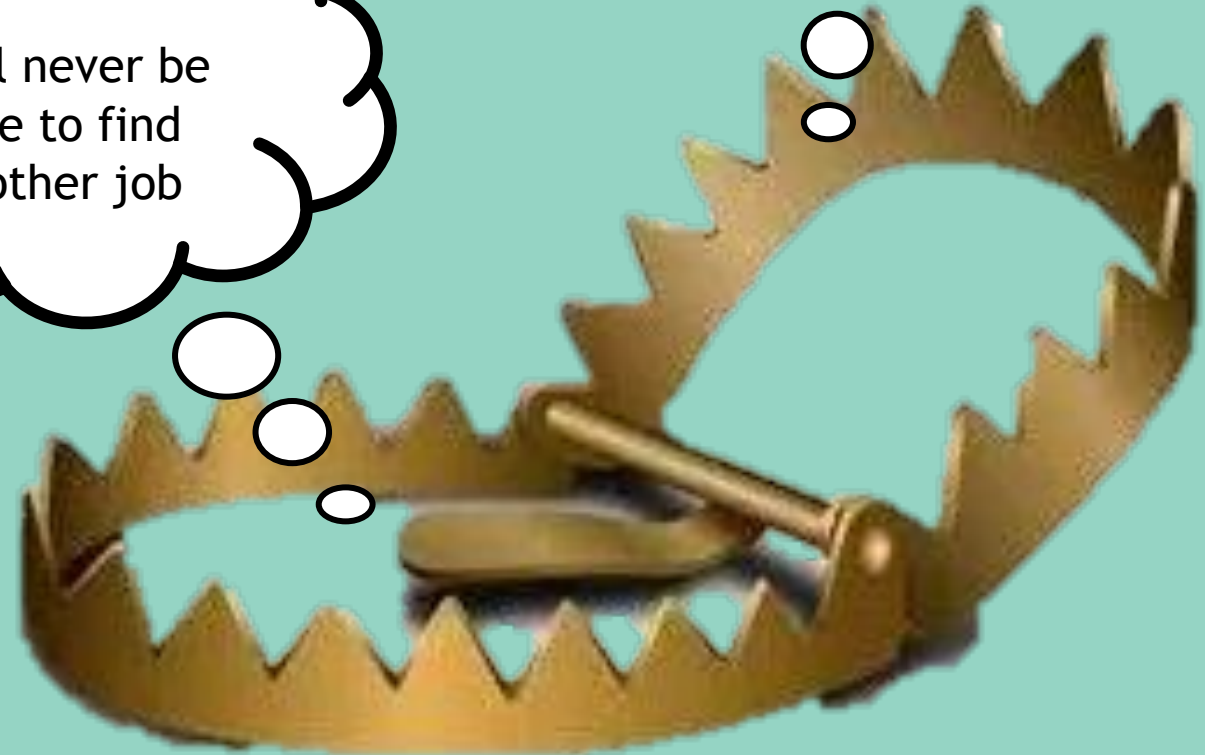
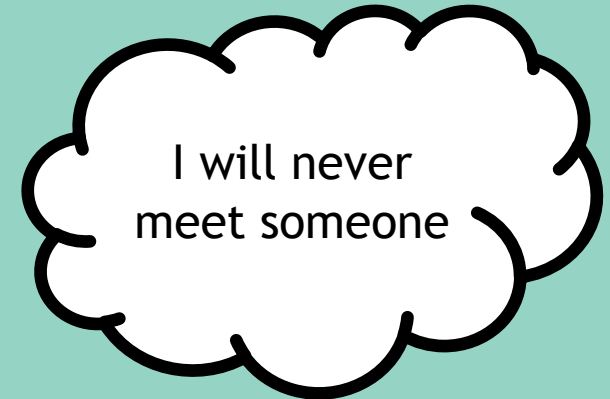
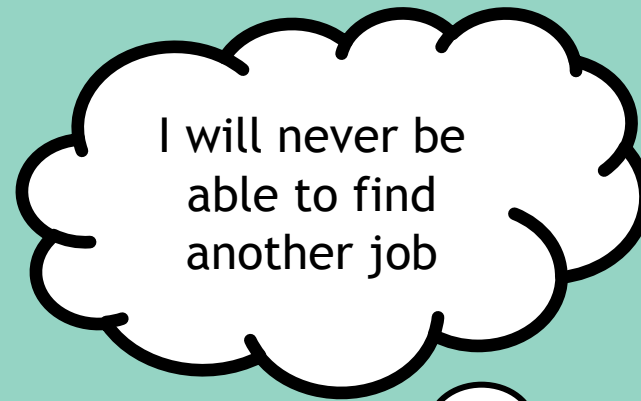
Why didn't I protect
them more?



PERMANENCE

Things will be like this for ever

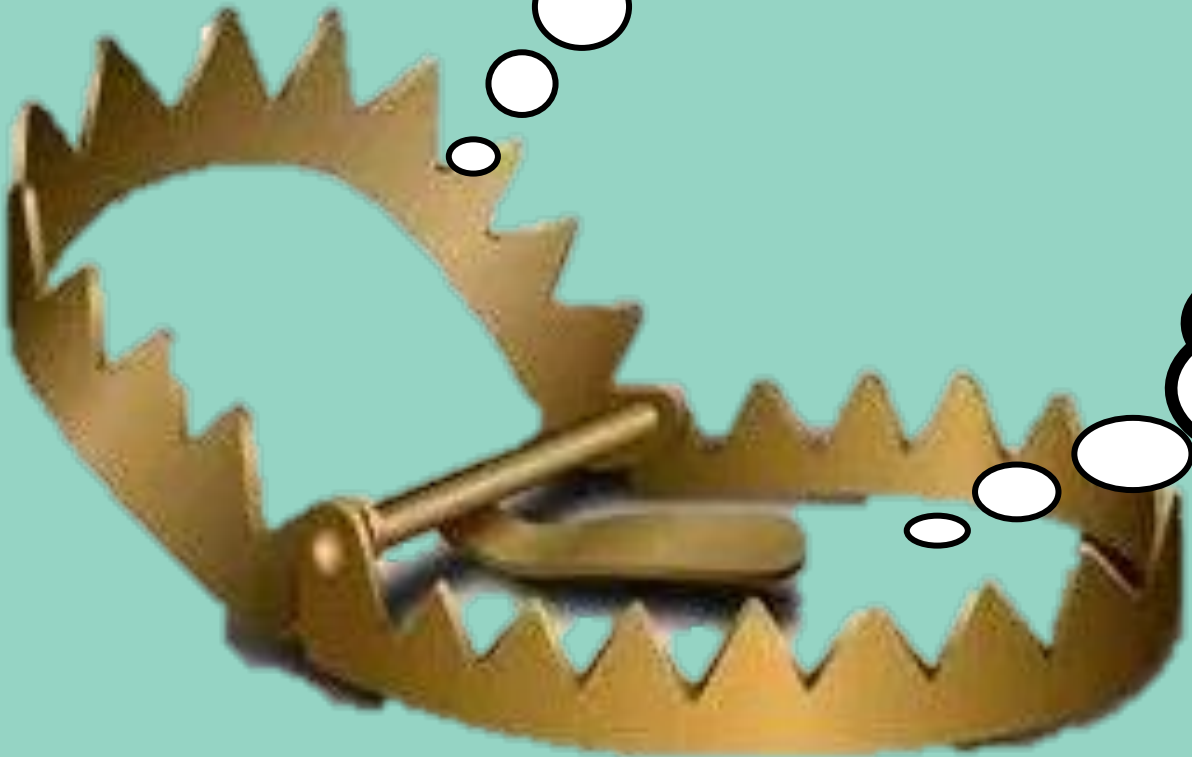
*I'll be/feel like this
forever*



P

ERVASIVENESS

This event will effect everything in my life (there is nothing good)



Its just a matter of time before I loose all my clients.

My Life Sucks!



control



Under
Control

Helpless
Victim

Over
Control

Fear
Stress

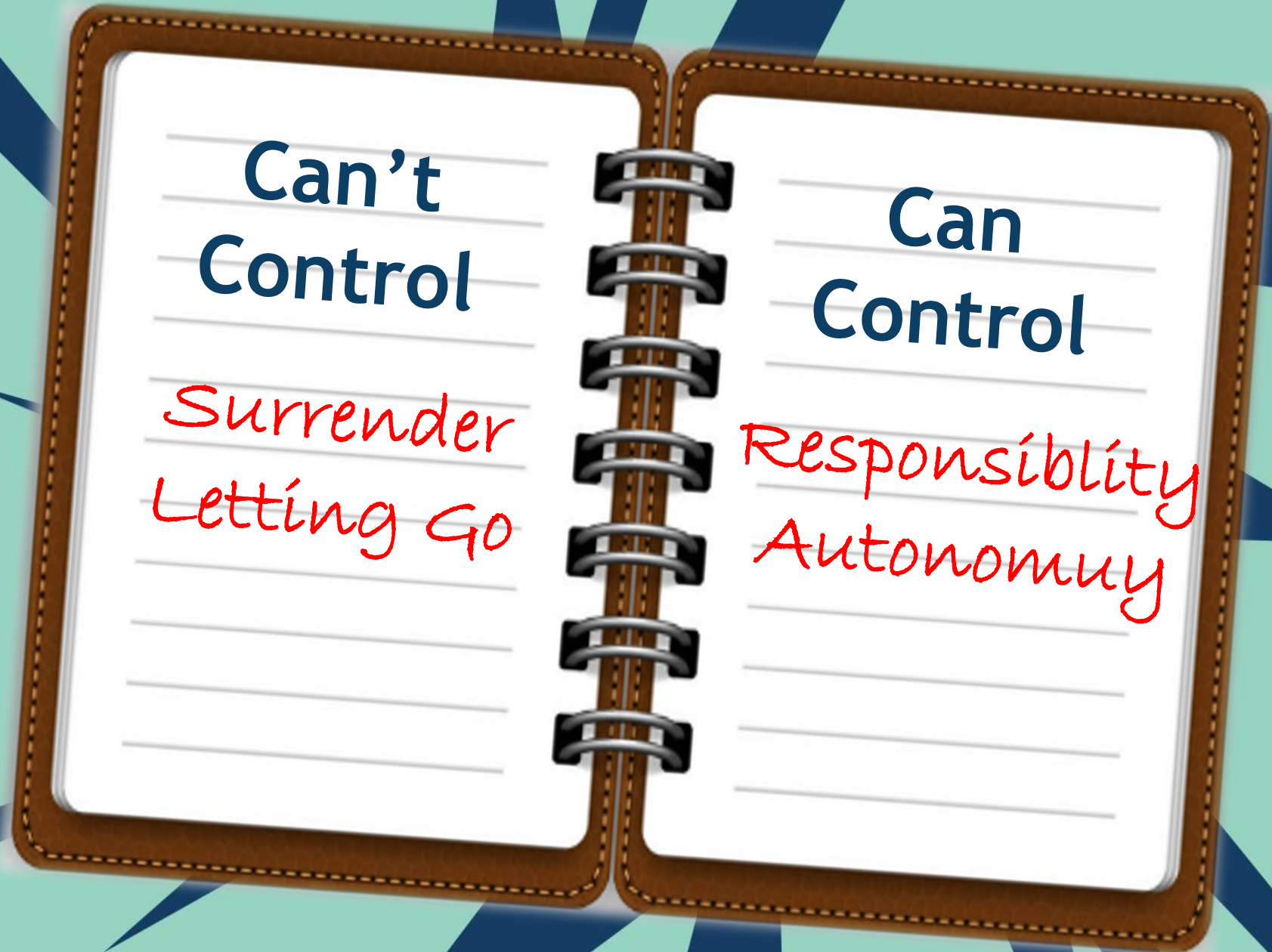




**Can't
Control**

**Can
Control**

Adaptive Coping



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NEGATIVITY BIAS



Our brains are
Velcro
for the bad and
Teflon
for
good.



Dr. Rick Hanson

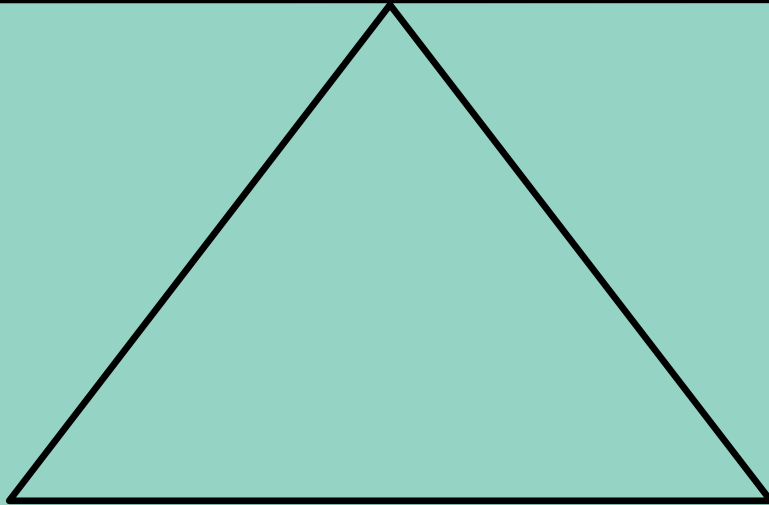
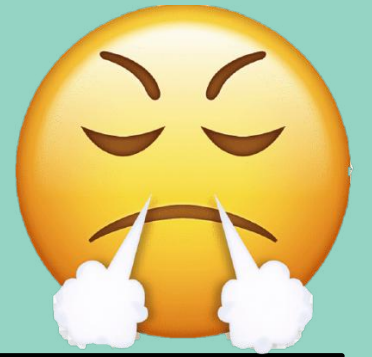
**SURVIVAL
IS
THE
GAME
OF
THE
BRAIN**

We have a brain designed to

- Scan for bad news
Over focus on it
- Over-react to it
- Fast track it to memory
- Become gradually desensitize to it over time



TAKE IN THE GOOD



Happiness Strategy

1



**3
new
things I'm
grateful
for**



**Happiness
Strategy
2**

**Fast
track
a good
moment
to memory bank
in the brain**

Stay with it for a breath longer

Feel it in your body

Focus on what feels good
about it

Happiness Strategy 3

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Lessons Learned

Control

Thinking Traps



Compassion
is
Key



Meditation in Progress