



A Path Towards Thriving

ITHS | Institute of Translational Health Sciences
ACCELERATING RESEARCH. IMPROVING HEALTH.

Keynote Session

Resilience and Well-Being: Building Strength for the Road Ahead

Presented by:
Anne Browning, Ph.D.



Weather report

If you had to describe your current emotional state in terms of the weather, what are you experiencing right now?

Storms? Sun? Fog? Wind? Snow?

We are going to practice with Slido to leverage some technology for interaction...

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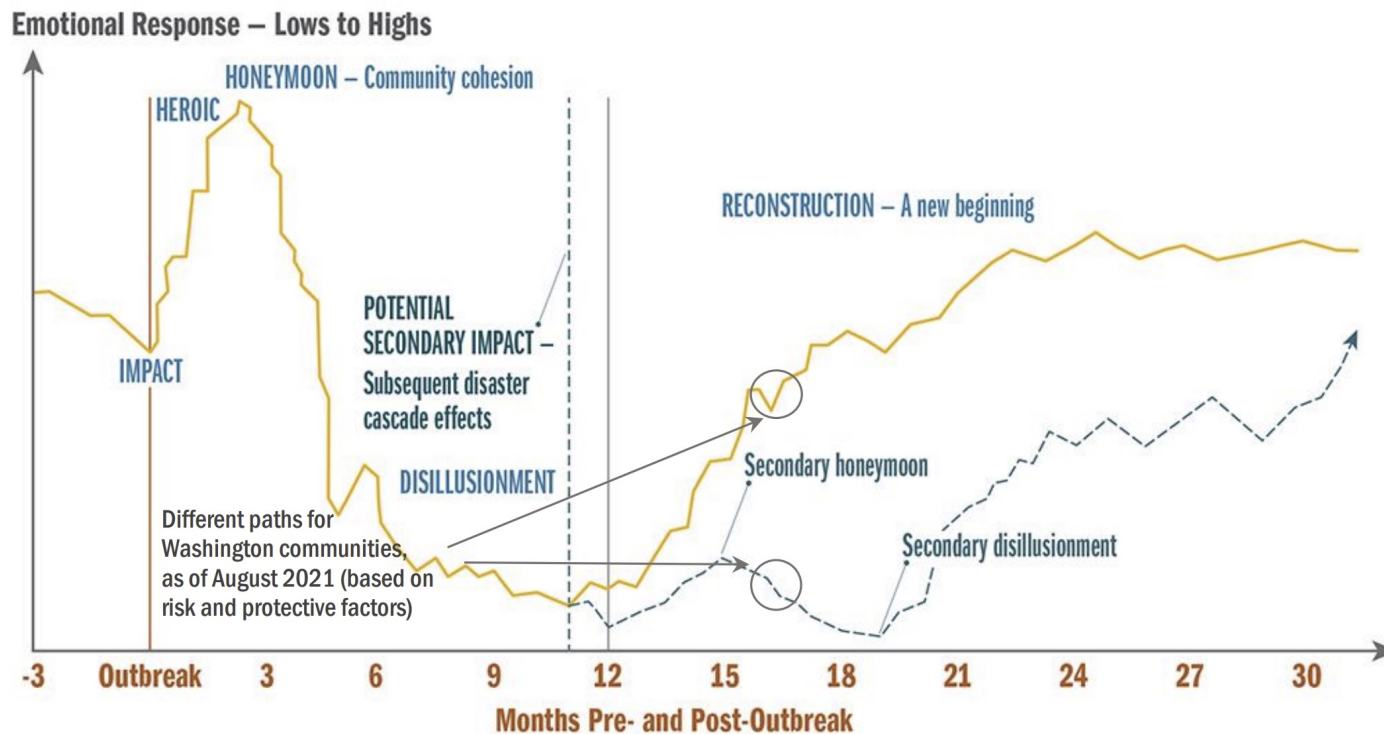


What is your internal weather report right now?

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Reactions and Behavioral Symptoms in a Disaster

Reactions and Behavioral Health Symptoms in Disasters



It's important to note...

Chronic versus Acute stress

- COVID-19
- Racism
- Election / Inauguration / Social Unrest / Vaccine Distribution / Verdicts / Masks

Systemic Issues and Individual Response

- Individual coping skills cannot serve as Band-Aids for systemic issues

Stress and Anxiety

How do we take control?

Dr. Lisa Damour, Psychologist



- Anxiety is healthy and normal, helps protect us
- When anxiety becomes overwhelm
- Make routines – decisions are taxing
- Focus on micro stressors
- Ask for help and support those around you

Malleability and Adaptability

Resilience coping is learnable!

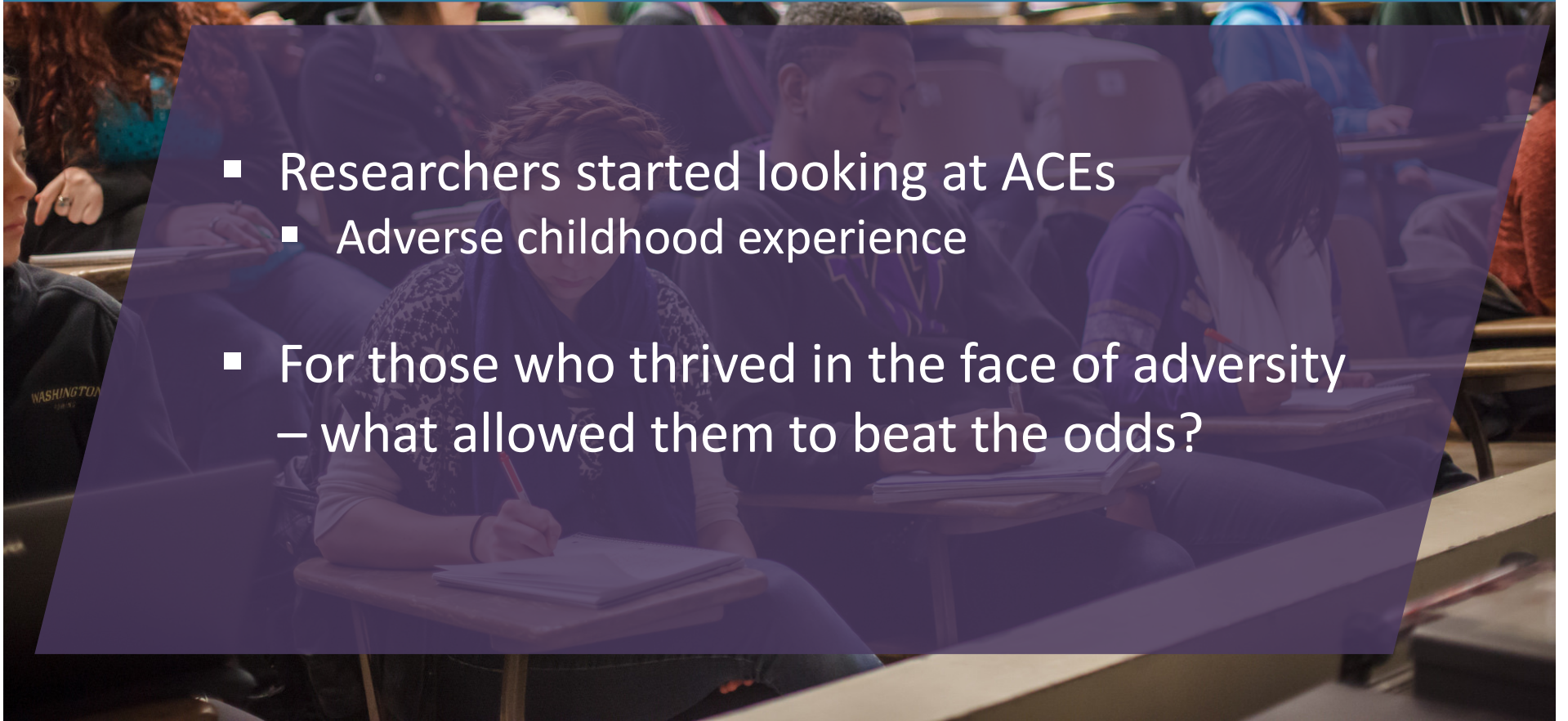
Neuroplasticity of the Brain



What we think, do, and pay attention to changes the structure and function of our brains!

Why Study Resilience?

- Researchers started looking at ACEs
 - Adverse childhood experience
- For those who thrived in the face of adversity – what allowed them to beat the odds?



The Keys to Resilience

- Cultivating Healthy Attachments and Connections
- Cultivating Positive Emotions
- Cultivating a Sense of Purpose



Cultivate a Positive Lens

Practicing Gratitude

- What are you thankful for in your life?
- Write people thank you letters
- Keep a journal and write in it weekly

Why? Breaks a cycle of rumination on negative thoughts and feelings

Behavioral Practices for Resilience

- R – Relationships
- E – Exercise
- F – Fun; Recreation & Enjoyable Activities
- R – Relaxation & Stress Management
- E – Eat Well – Nutrition & Diet
- S – Sufficient Sleep
- H – Helping others
- E – Earth – Time in Nature
- R – Reason – Sense of Purpose (Religiosity & Spirituality)



Reflections

- How do you cultivate each of the keys to experiencing resilience?
- What are the behavioral practices for resilience that you are working on improving / doing more of in your life?

The Keys to Resilience

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What REFRESHERs (behavioral practices for resilience) do you want to focus on in the next couple weeks?

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How do we react to threats?

Our threat defense mechanism still relies on a reptilian brain

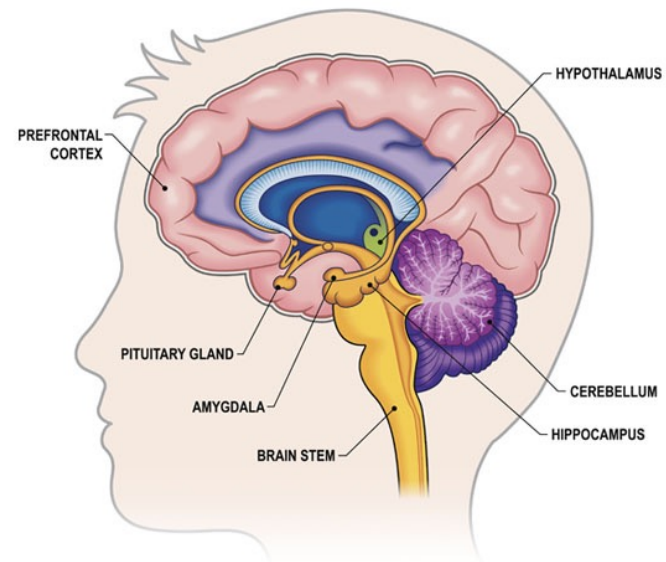
- Cortisol and adrenaline response
- A threat to our self-concept get the same reaction as a lion chase!


Amygdala Hijacking!

Fight: Self-Critique

Flight: Isolate

Freeze: Rumination





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 Frankl

Emotional Intelligence

If you don't manage your emotions,
they will manage you



Emotions are Information

- **Emotions**

- Trigger a physical response, sudden and unexpected

- **Feelings**

- Intellectual, private psychological experience

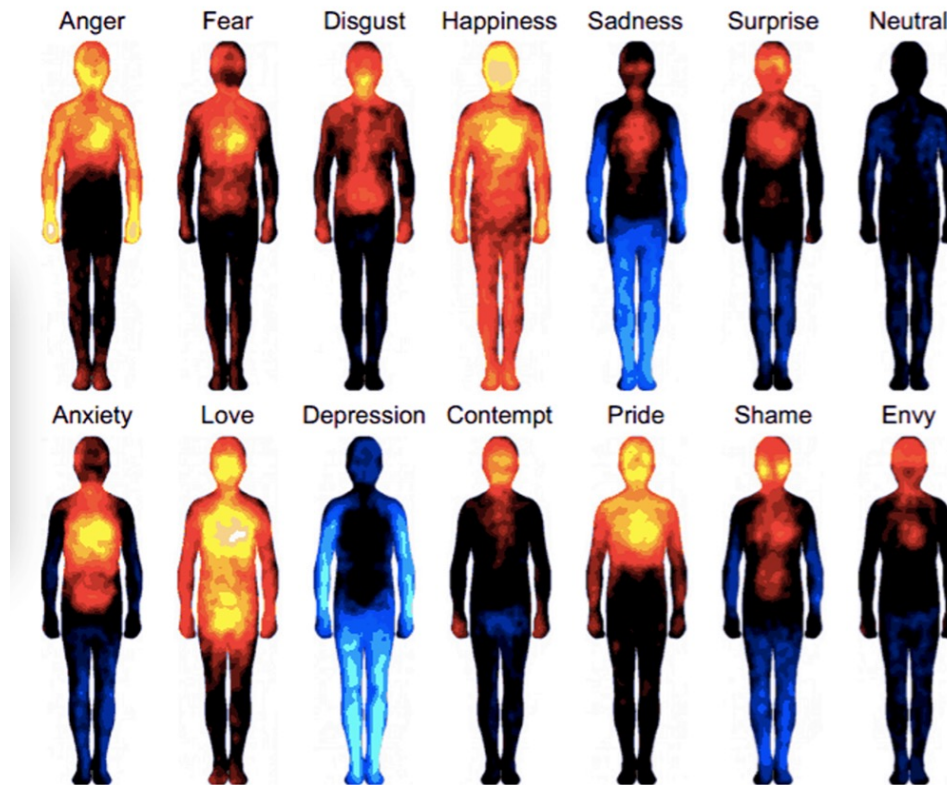
- **Mood**

- Prolonged emotional state, defuse, stickiness of recent events

- **Dispositional Affect**

- Usual or automatic response, how you move through the world

Emotions & Feelings in the Body



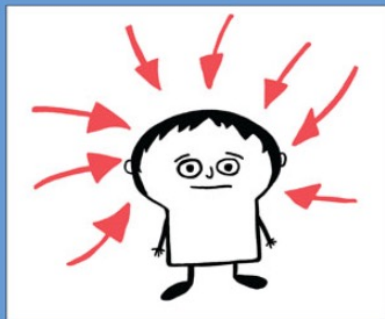
Existential to Experiential

“I am angry”

to

“I am experiencing anger in my body”

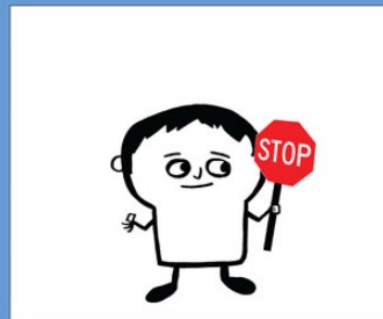
Emotional Intelligence



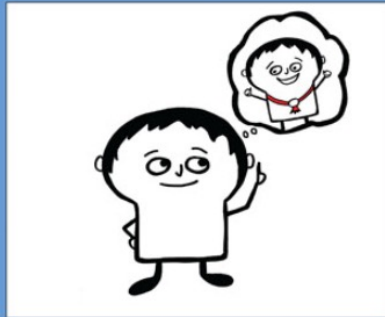
1. Something happens



2. Sense



3. Stop



4. See your best self



5. Strategize

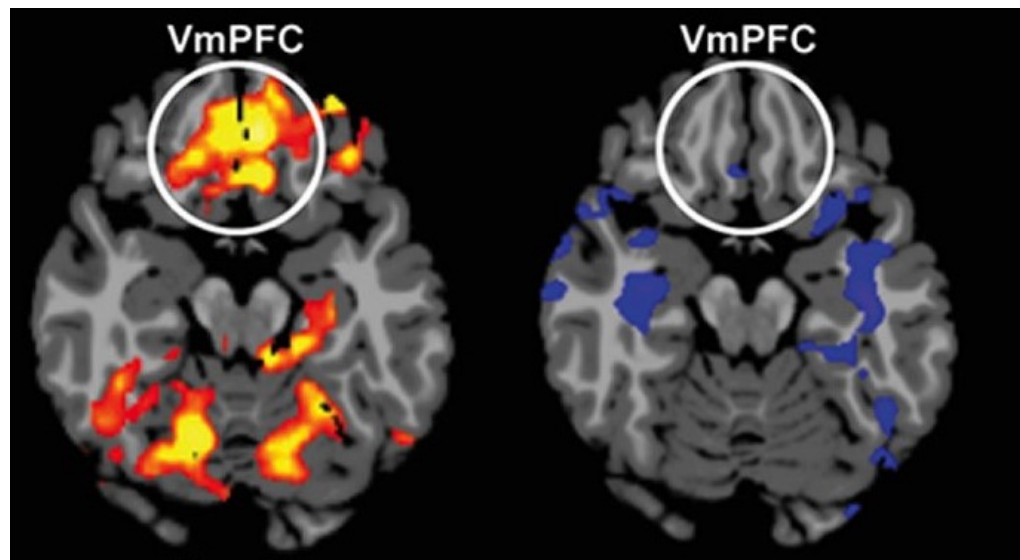


6. Succeed!

Dynamic Brain Changes During Stress

Resilience Coping

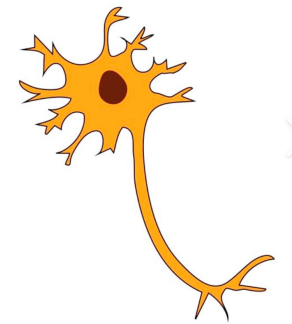
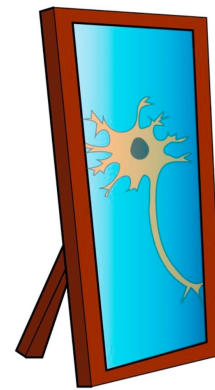
Non-Resilience Coping



Emotional regulation, decision making, risk & fear processing

Mirror neurons are pretty cool

How is our emotional state read by the folks with whom we are interacting?



Calm is as contagious as fear and anxiety

Goleman, D., & Boyatzis, R. (2008). Social intelligence and the biology of leadership. *Harvard Business Review*, 86(9), 74-81
Ringleb, A.H., Rock D., & Ancona, C. (2015). Neuroleadership in 2014. *Neuroleadership Journal*, 5, 1-27

Emotional Contagion

Mirroring Compassion versus Empathy

The power of loving kindness...

- Empathy and Compassion activate different parts of the brain
 - Empathy – pain centers
 - Compassion – pro social centers and pain centers
- Empathy: I feel you
- Compassion: I hold you

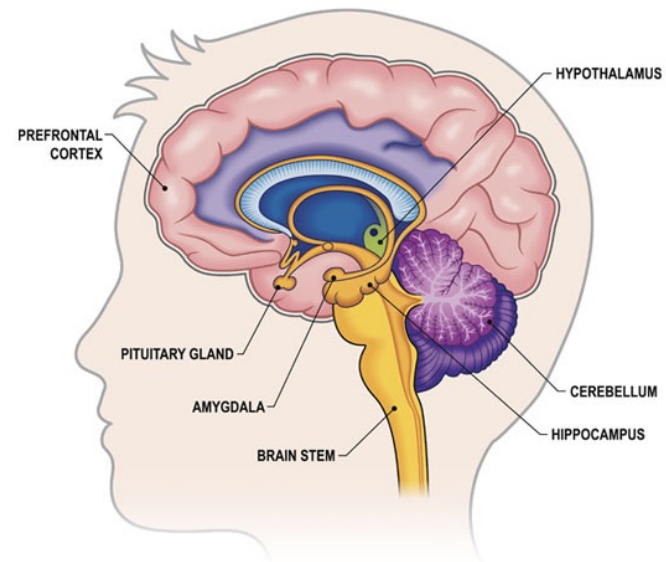


Amygdala Hijacking!

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Self-Compassion

- Three Main Components (Neff, 2004):
- Self- Kindness
- Common Humanity
- Mindful Awareness
 - Awareness of rather than over identifying with painful thoughts and feelings

Why Self-Compassion?

- Correlates with an increase in accuracy of self-assessment
- Mastery orientation vs. Performance orientation
- Increase in enlistment of Emotion-focused vs. avoidance-orientated coping strategies
- Decreases fear of failure and increases persistence
- Unlike self-esteem, doesn't promote narcissism, judgements, comparisons, need peer approval

Expressing Compassion

When someone you care about shares a failure or set back, how do you talk to your friend?

What are the words you use, the tone, body language?

- Now, how do you talk to yourself when you experience a failure or setback?
- Take a moment and share what you noticed in slido – is there a difference in the words, tone of voice, or body language?

slido



Did you notice a difference in the words, tone, body language you would use with a good friend who is struggling versus with yourself when you are experiencing a set back?

ⓘ Start presenting to display the poll results on this slide.

Expressing Compassion

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What are the words you use, the tone, body language?

- Now, how do you talk to yourself when you experience a failure or setback?
- Take a moment and share what you noticed in slide – is there a difference in the words, tone of voice, or body language?
- What did you see?
- About 80% of folks are kinder to others than they are to themselves, about 18% are neutral, and only 2% treat themselves with more kindness

Resilience & Compassion

How can you foster resilience and self-compassion in your team culture?

- 5 positives to 1 negative
- Own your failures and setbacks to normalize, defuse, and move forward
- Awareness of how you talk to self & others

WASHINGTON

A call to reflection

- **Experiencing grief over what and who we lost**
 - Weddings, graduations, funerals, births...
 - Ways we worked, old ways we identified with our work...
- **What changed this year that we want to hold onto?**
 - Personal and professional...
- **What are we looking forward to now?**
 - Our brains have limited focus – how do we pivot towards anticipatory joy?

A call to Action

With your teams, have a discussion using these three questions as your prompts.

First, give space to explore what folks are grieving the loss of in their worlds.

- 1) **KEEP**: What changed this year that we want to hold onto?
- 2) **LET GO**: Take a strategic approach to asking what old patterns and habits you want to retire
- 3) **SHIFTS**: What are we looking forward to now?

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What do you want to keep? What has changed either personally or professionally for you in the last two years that you want to hold onto?

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Looking Forward

- **What stands out to you?**
- **What is your biggest take away?**

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What's your biggest take away from today's session?

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Thank You!

