

Your Resilience and Wellness Toolbox for Social Distancing and Beyond

Presented By
Michael Piraino, J.D., M. Lit
Michael@resilienceforsuccess.com



Overview of the session

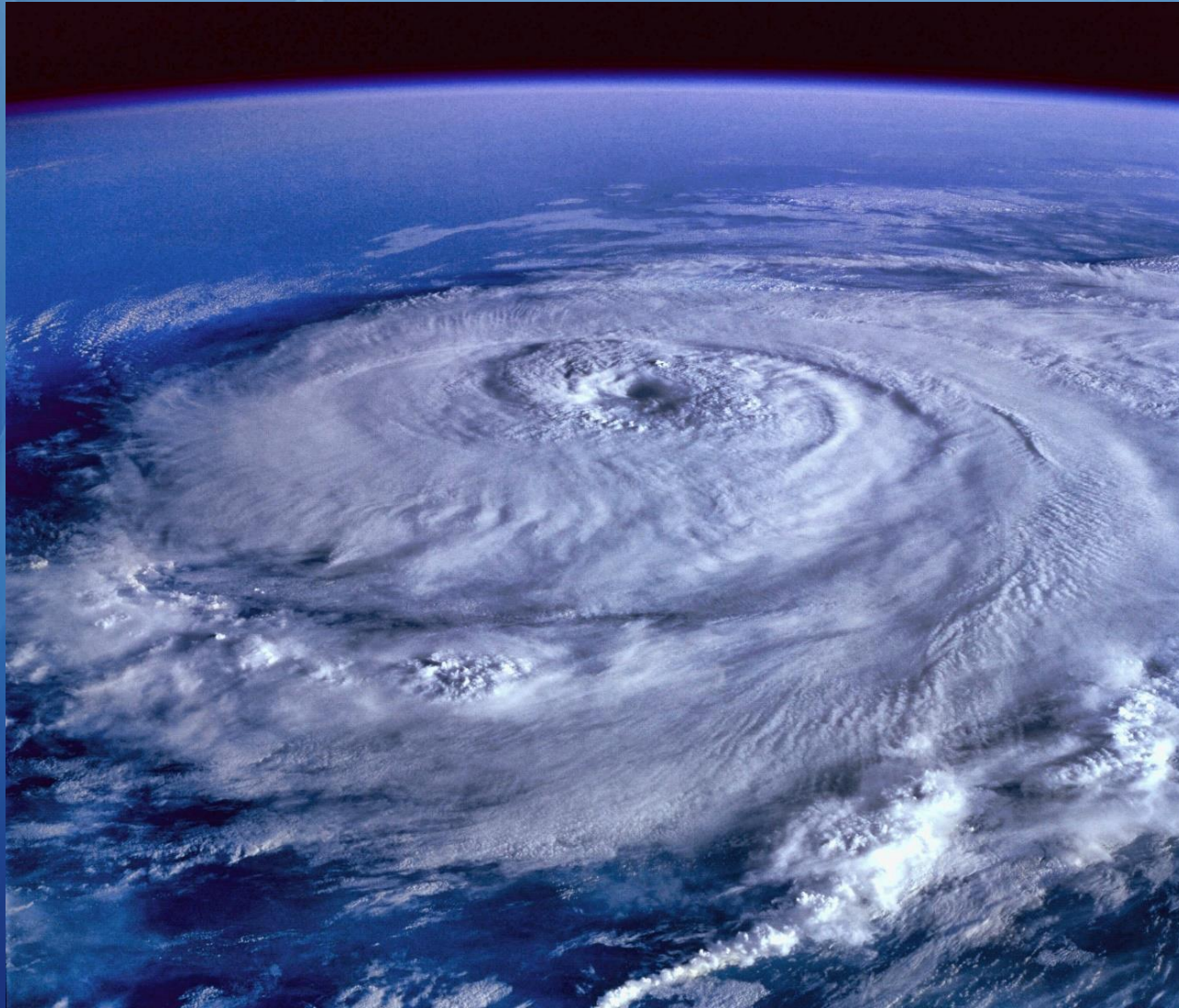
1. Introduction
2. Definitions of resilience and mindfulness
 - 6 Domains of resilience
3. Some practical tools in each domain
4. Additional tools and resources
5. Next steps



Michael Piraino

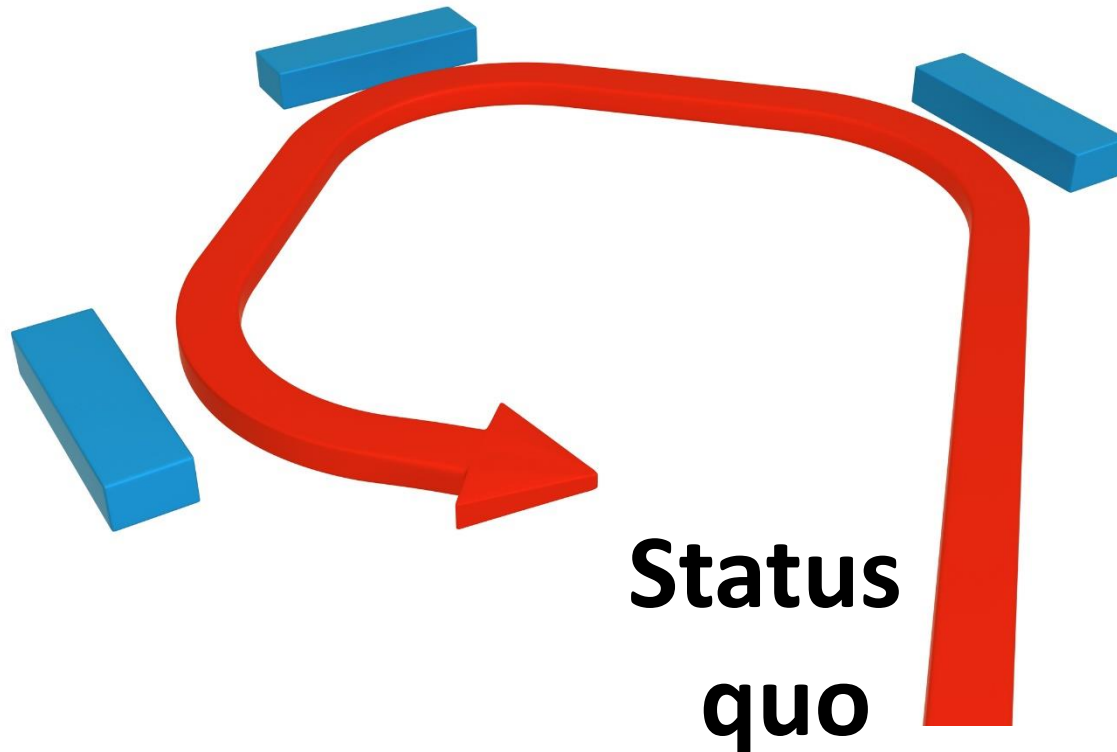
- Lawyer
- Advocate for Foster Youth
- Certified Resilience Coach
- Certified Mindfulness Trainer

The Eye of the Storm



The Old Definition of Resilience

Bouncing Back



The New Definition

RESILIENCE

IS THE ABILITY TO **POSITIVELY** RESPOND TO ADVERSITY

ACTIVITY:

Mindfulness



Mindfulness is a proven way to develop a calmer mind, helping you stay in control even in difficult situations.

It starts through mindfulness training techniques that you can practice every day.

Practice different techniques, and perhaps you will find one that you can practice on a daily basis to develop a mindful mindset.

We will present you with several exercises for this

Do you find yourself:

Sleeping poorly?

Getting angry too often?

Lacking exercise?

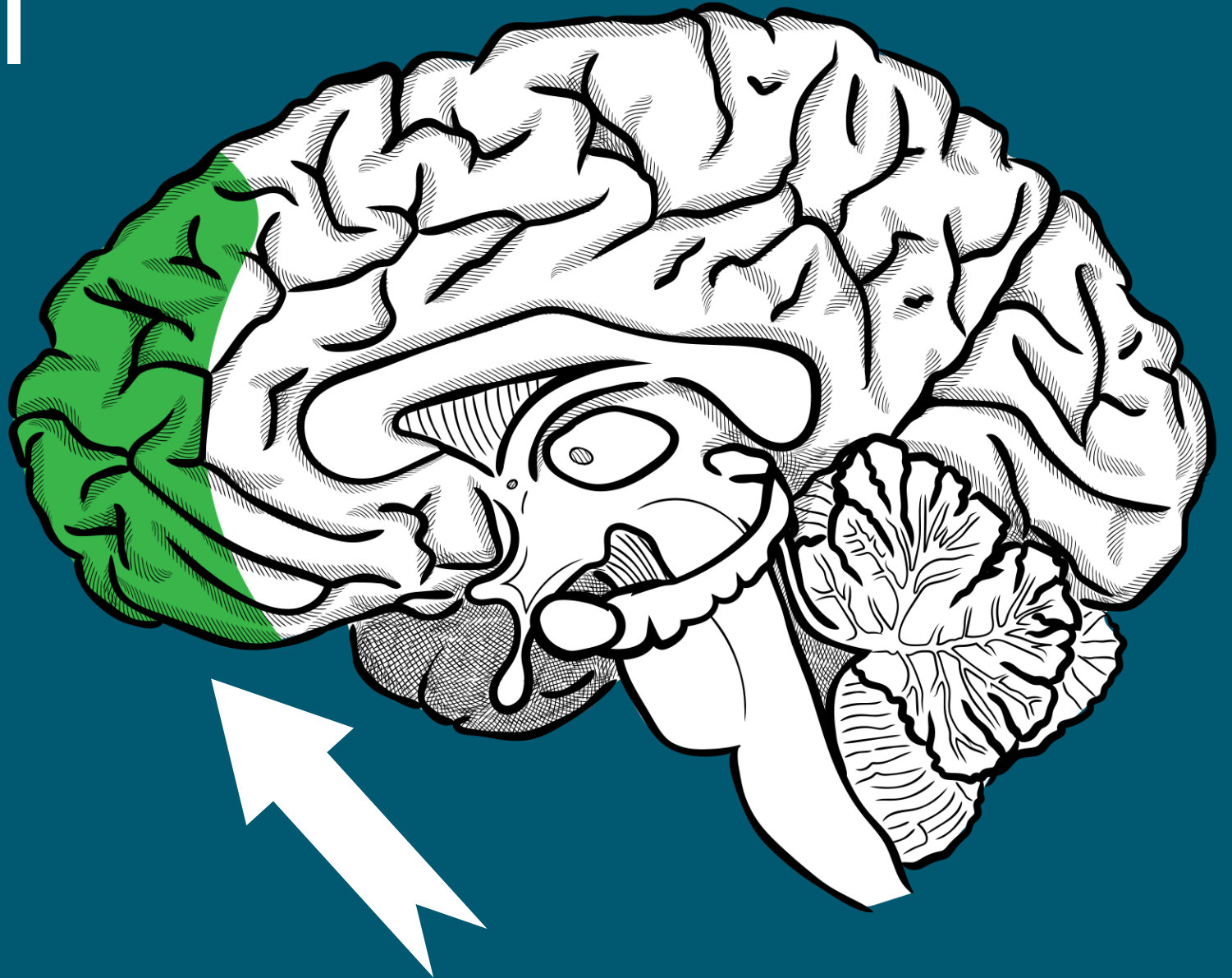
Overeating?

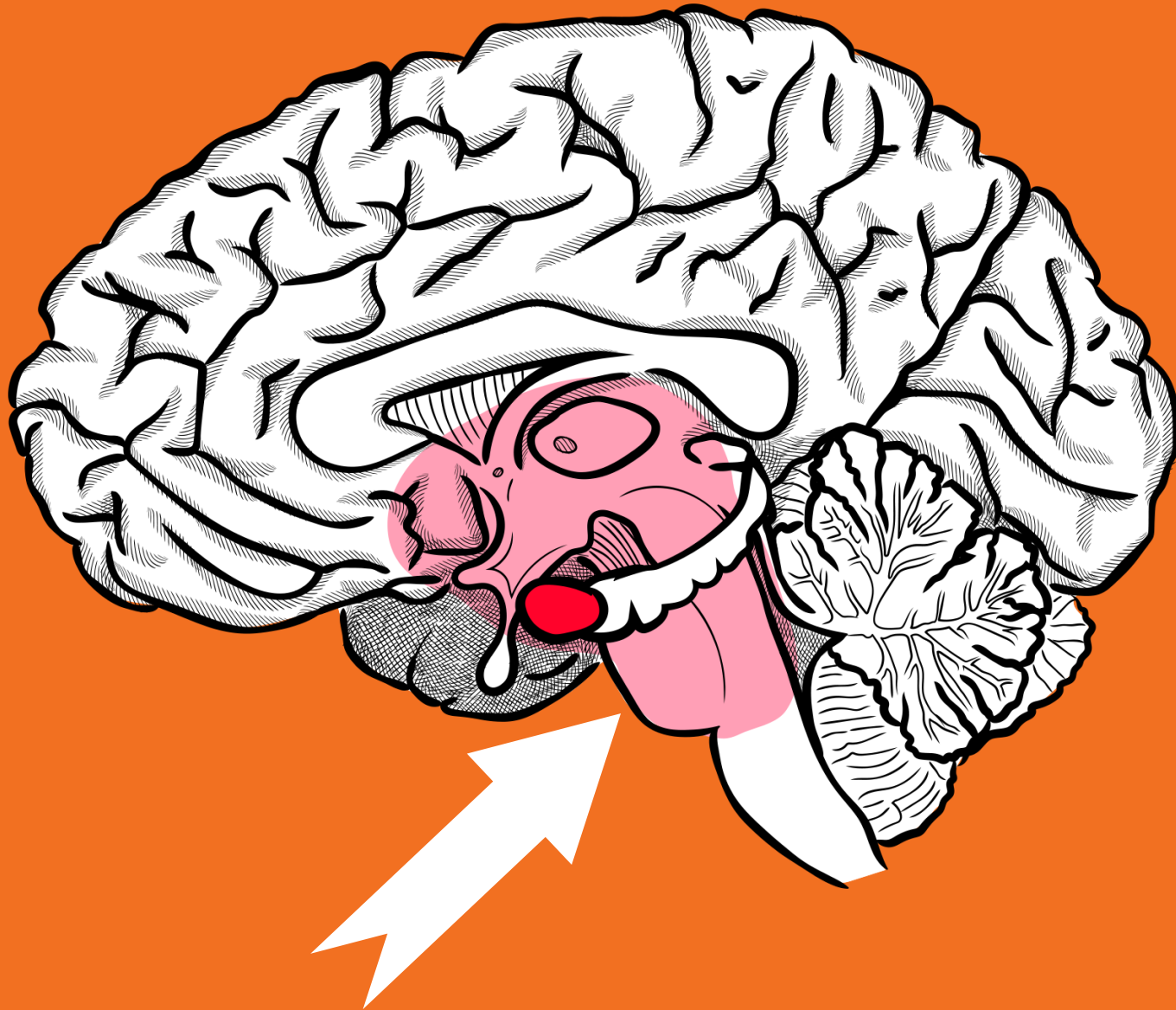
Having difficulty concentrating?

Using drugs to help?

Prefrontal Cortex

- Personality
- Creativity
- Planning
- Goals
- Purpose
- Strategy
- Serotonin



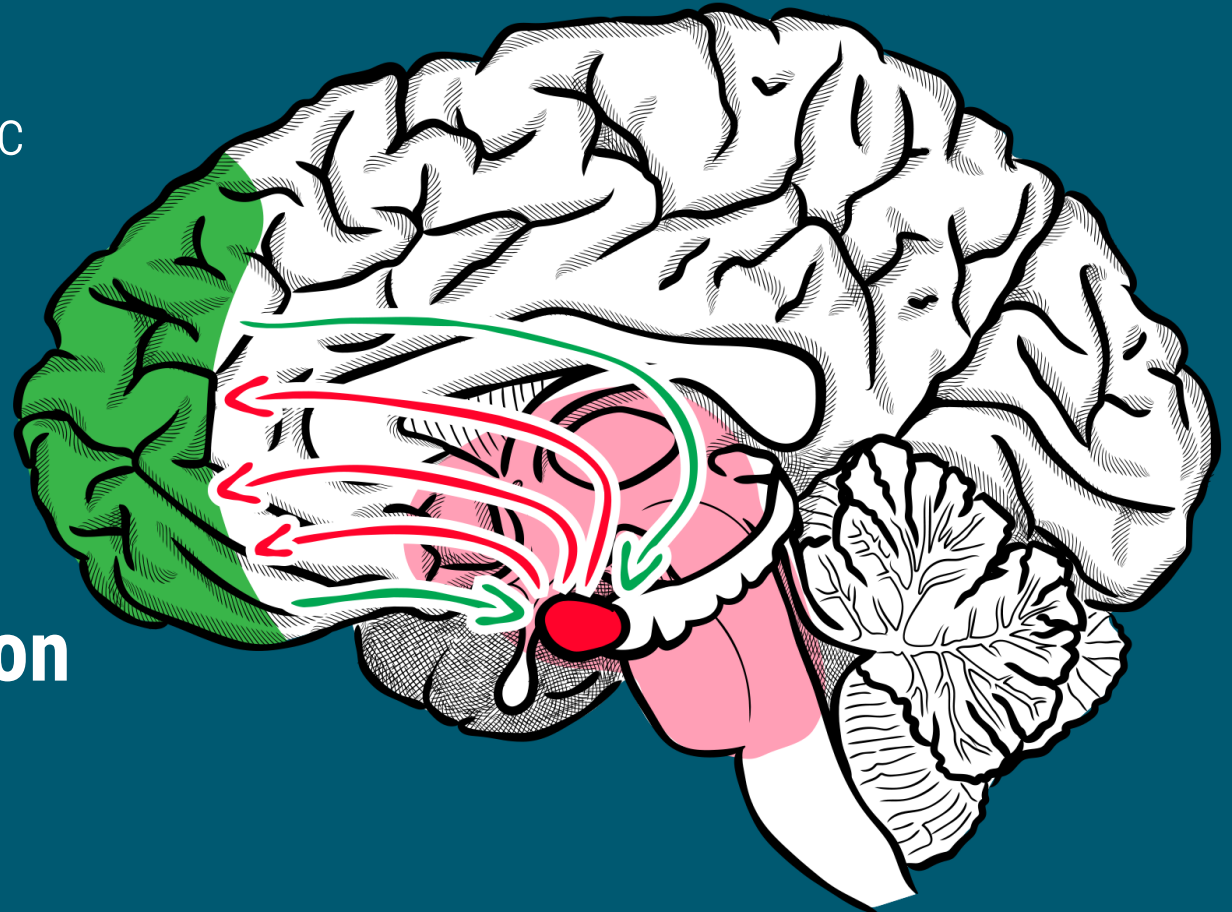


Limbic Brain

- Emotional
- Fear response
- Fight or flight
- Adrenaline
- Cortisol

What to do? BUILD CONNECTIONs!

- Keep it simple!
- **Prefrontal cortex**
(abstract, creative & strategic thinking)
- **Limbic brain**
(emotional response, fear - amygdala, hypothalamus)
- Goal: **Build connection**
– enhance regulation



More about your mind

Learning to down-regulate
your impulsive brain starts
with your answer to one
question . . .

***Do you believe you can
train your brain to drop
old, ineffective habits
and adopt new resilient
ones?***

25% IMPROVEMENT IN RESILIENCE SCORES

- ▶ overall in regular users

Peer-reviewed research – 2016, 2017,
2019



How to Train for Resiliency

- **Small, easy microtasks**
- **Regular practice**
- **Activate as many neural pathways as possible**
- **Measure progress and momentum**

5 Things Appreciation Exercise

Look around you and identify five things that make you comfortable, have special meaning to you, or have pleasant memories associated with them.

Write down your answers

Five Appreciations





what's in your
TOOLBOX?

5 Point Approach to Using the Tools

- 1. Discover**
- 2. Develop**
- 3. Practice**
- 4. Replace**
- 5. Add**

Tolerating the Crisis

1. Can you solve it?
2. How you can tolerate it:
 - Acceptance
 - Self care

Self Care: Sleep Routines

During the day:

- Get into the light
- Limit caffeine
- Eat healthy food
- Nap before 3 pm
- Exercise

In the evening:

- Limit alcohol
- Deep breathing
- Avoid blue light exposure
- Warm bath or shower
- Consistent schedule

Self Care: Sleep Routines

In the middle of the night:

- Remind yourself: *6 hours is ok*
- Get up after 20 minutes
- Write down your anxieties and to-do list
- Read
- Hide your clock
- Breathing exercises

Well-Being Tools for Today

1. Gratitude and Appreciation; Five things
2. Facts, not fear; Managing news and social media
3. Regulated Breathing
4. Meditation
5. The Five Senses: Touch
6. Photography
7. Cooking
8. Mindful Walking and Experiences of Nature
9. Serious Illness; How to help
10. Learning
11. Relationships; staying connected, staying mindful
12. Music

Vision: the pandemic effects

- **Loss of purpose**
- **Disrupted goals**
- **Employment insecurity**
- **Relationship issues**
- **Feeling unproductive**
- **Unsure what to do next**

Vision: resilience strategies

- Reassess goals
- Set some interim goals
- Explore ways to adapt
- Find new meaning
- Define your values
- Create your vision for this time
 - Focus on what you can change, what you can't

Vision Statements

An effective vision statement is:

- **Phrased positively**
- **In the present tense**
- **From a first person perspective
("I" statements)**

My personal vision for the pandemic:

I am calm,

**thoughtfully planning how to
stay healthy, and**

**using my knowledge to help
others through these times.**

Composure: the pandemic effects

- Quick to get angry
- Heightened anxiety and fear
- Emotional roller coaster
- Racing heartbeat
- Inability to focus

Composure: resilience strategies

- **Mindfulness practices**
- **Notice your stress**
- **Practice reappraisal**
- **Know what you can change and what you can't**
- **Label your emotions**

ACTIVITY:

Regulated Breathing



Calm breathing is an ancient and highly effective technique.

The hardest part is to remember to use it in the moment to help calm down activation of the fight-or-flight system.

This activity shares a simple technique to use mindfulness through breathing.

2 minutes of breathing, non-judgment, and being present can help reset your state of mind.

> This activity develops internal awareness & practices calm breathing.

Another Composure Tool: break up with breaking news

Breaking news!

*THIS IS
UNPRECEDENTED!*

BIG updates!!

Last chance!

Are you protected??

Make sure your sources are reliable, knowledgeable, and not hyper-partisan

1. Read the whole story
2. Go to the sources
 - Do the sources cited really support the story?
3. A picture may not be worth a thousand words
4. Find out if the author is real
5. Watch for old stories recycled
6. Check your confirmation bias
7. Use the fact and bias check resources in the “Additional Resources” document

Reasoning: the pandemic effects

- **Information overload**
- **Constant contingency planning**
- **Jumping to conclusions**
- **Boredom**
- **Less analytical decision making**
- **Perception of lack of time**

Reasoning: resilience strategies

- **Take appropriate health precautions, then relax**
- **Limit pandemic updates**
- **Use your time to develop new skills**
- **Be alert to biased decision making**
- **Step back and assess**

ACTIVITY:

Financial Decision Making



- Be alert to potential cognitive errors due to your biases and emotions
- Define your risk tolerance
- Make decisions based on your vision and goals

Reasoning: Goal-Direction



Alice: Would you tell me, please, which way I ought to go from here?

The Cheshire Cat: That depends a good deal on where you want to get to.

Alice: I don't much care where.

The Cheshire Cat: Then it doesn't much matter which way you go.

Is Social Distancing Boring?



A Resilient View of Boredom

- Promotes creative association
- Is a warning that you are not doing what you want to do
- Is a motivation to find deeper meaning and satisfaction

Boredom Exercises



ACTIVITY:

New skills, new experiences



Online Courses

Podcasts

Virtual Volunteering

Tenacity: the pandemic effects

- **Difficulty staying motivated while working from home**
- **Lack of clarity about the goal of your persistence**
- **Disrupted routines**

Tenacity: resilience strategies

- **Improvise and overcome**
- **Remember your vision
(vision cues)**
- **Establish new routines**
- **Inventory your successes**

ACTIVITY:

Nature



- Engages all our senses
- Eases depression and improves outlook
- Cleans our air and water
- Strengthens our immunity

AND--

You Can Fake It!



Photography to Improve Your Mood



Photography Exercises



Dolly, 1967-1979

- Nature
- Exercise
- Family history
- Storytelling
- Connection

Collaboration: the pandemic effects

- **Isolation**
- **Loneliness**
- **Less informal interaction**
- **Lack of emotional support**
- **Reduced sensory input**

Collaboration: resilience strategies

- **Be intentional in setting aside time to connect**
- **Make interactions meaningful**
- **Have patience with people**
- **Exercise all your senses**

Touch

- The first sensation humans develop
- Important to well-being
- Conveys compassion between humans
- Influences how we make decisions

ACTIVITY:

Cooking



- Cook together
- Play the “what’s in the fridge?” game
- Read a new cookbook
- Make comfort food a treat, not your whole menu
- Grow some food
- Eat lots of colors

Health: the pandemic effects

- Snacking due to stress
- Less motivation to exercise
- Less access to usual foods
- Problems sleeping
- General malaise
- Vivid, confusing dreams

Health: resilience strategies

- **Work out at home**
- **TV yoga**
- **Remove temptations**
 - sugary or fatty foods
- **Music**
- **Dream programming**

Music!



- **Decreases the stress hormone cortisol**
- **Sleep better**
- **Eat less**
- **Learn and remember information**
- **Have more energy**

ACTIVITY:

Dream Programming



- Write down the general topic
- Read or think about the topic before sleep
- Remind yourself of your dream intention
- As you fall asleep, imagine a picture of what you want to dream about
- See if you can do lucid dreaming

How to Help in Times of Serious Illness

- You are not responsible for the outcome
- You can't fix everything
- Embrace the power of “yes”
- Listen more than you talk
- Keep the patient's goals in mind
- Use thoughtful word choices
- Don't minimize

14 Ways These Exercises Can Help

1. Lower your blood pressure
2. Increase serotonin and dopamine levels
3. Reduce anxiety
4. Promote calmness, sense of balance, and composure
5. Encourage creativity
6. Find deeper meaning and satisfaction
7. Create and maintain positive connections
8. Stay focused on your goals and what is important to you
9. Be more productive
10. Create better work/life balance
11. Be better prepared for current uncertainty and future stresses
12. Raise the spirits of those around you
13. Help volunteers & colleagues maintain a sense of purpose and progress

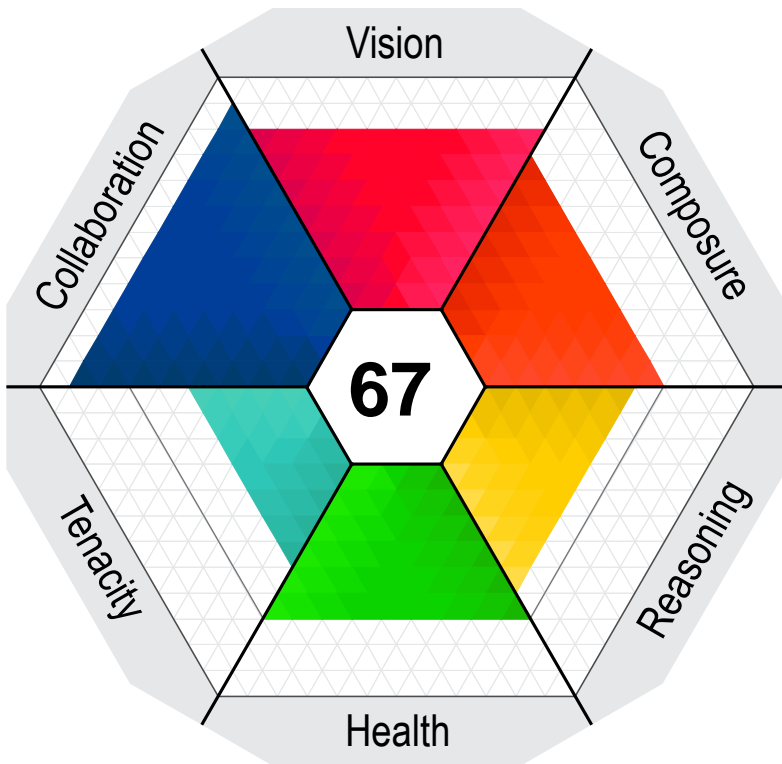
AND – 14. Resilience is Contagious!



Measurement

Your resilience is measured across the six domains of resilience.

The filled-in area shows your score in that domain, while the middle shows your overall score out of 100.



Vision

- Goal orientation, control, self worth, values

Composure

- Emotion regulation, patience, stress as a welcome challenge

Reasoning

- Problem solving, resourcefulness, ready for change

Health

- Exercise, sleep, nutrition, brain health

Tenacity

- Bounce back, optimism through adversity

Collaboration

- Support networks, working in teams, managing perceptions

Predictive Indicator - Momentum

- Indicator of future direction of wellbeing and engagement

The 6-Month Microtask Program

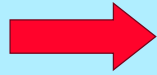


FUNDAMENTALS
— OF SUCCESS —

Module Content Overview

Microtask Content for the 6 Modules:

Vision



Weeks:

1. Understand Goals & Needs
2. Define a Resilient Vision
3. Identify Goals
4. SMART Goals

Composure



Weeks:

1. Label Emotions
2. Mindful Breathing
3. Reappraisal
4. Manage Stress

Reasoning



Weeks:

1. Visualisation
2. Become Resourceful
3. Change Beliefs
4. Embracing Change

Tenacity



Weeks:

1. Persistence Beliefs
2. Overcoming Mistakes
3. Realistic Optimism

Collaboration



Weeks:

1. Build Your Network
2. Mentor / Mirror
3. Connect Now

Health

Weeks:

1. Quality Sleep
2. Exercise
3. Nutrition
4. Second measurement

In This Moment, We Are Connected



“My barn having
burned down, I can
now see the moon.”

--Mizuta Masahide, 17th century Japanese
poet and samurai

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