

TLS INTERACTIVE WEBINAR

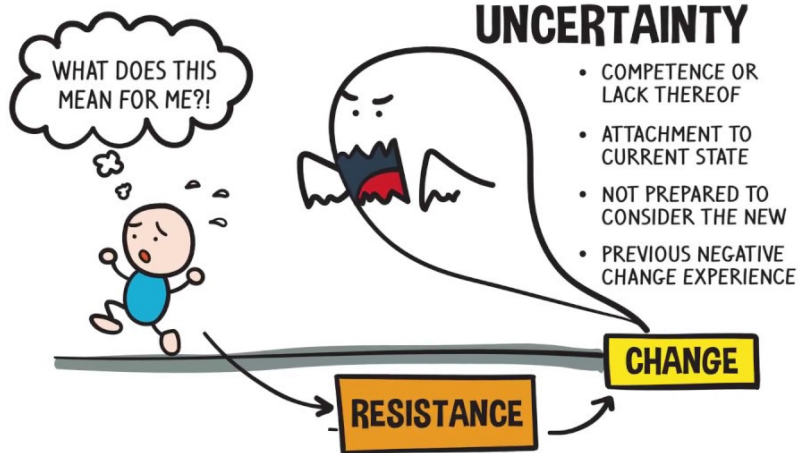
Navigating Change & Building Resilience through Self-Care



PRESENTED BY TLS
CERTIFIED PROFESSIONAL COACHES

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HUMAN RESPONSE TO CHANGE



**Change is inevitable,
growth is optional . . .**

**(Resilient people
choose **growth**)**



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WHAT IS RESILIENCE?



DEFINING RESILIENCE

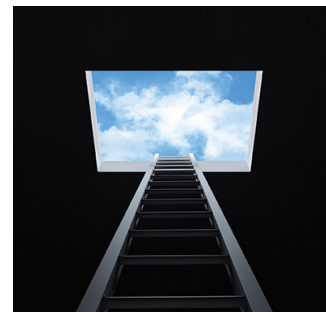
The capacity to adapt successfully in the presence of risk and adversity



Source: www.heartmath.org

DEFINING RESILIENCE

- There is no bouncing back ... **there is only moving through**
- We cannot bounce back because we cannot go back in time to the people we used to be. The parent who loses a child never bounces back. The nineteen-year-old who sails for war is gone forever, even if he returns
- What happens to us becomes a part of us
- Resilient people do not bounce back from hard experiences; **they find healthy ways to integrate them into their lives**



Source: Resilience: Hard-Won Wisdom for Living a Better Life, Eric Greitens, Navy SEAL

RESILIENCE THROUGH RECHARGING!

- Resilience is not about how you Endure ... It's about how you Recharge!
- It's not the intensity of energy expenditure that produces burnout, impaired performance and physical breakdown ... it's the duration of expenditure without recovery.
- Both energy expenditure and energy recovery are ACTIVE physiological processes.

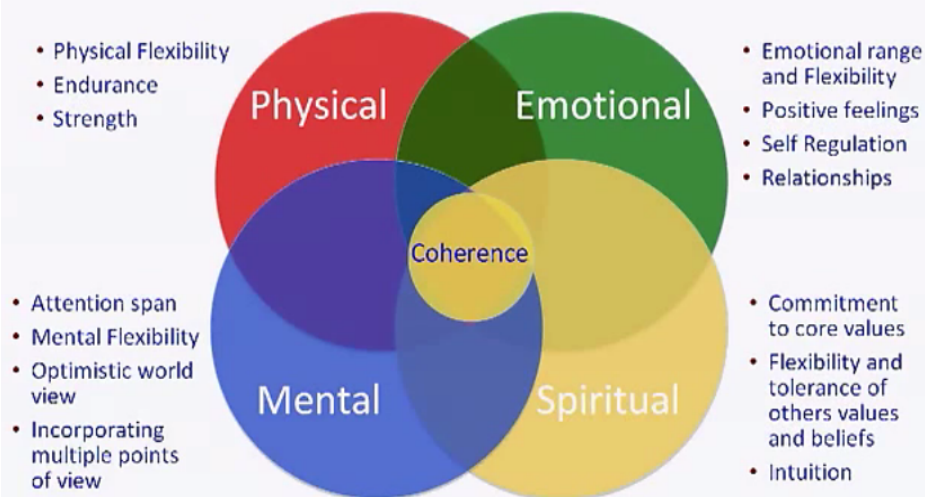


Marathon vs. Sprint



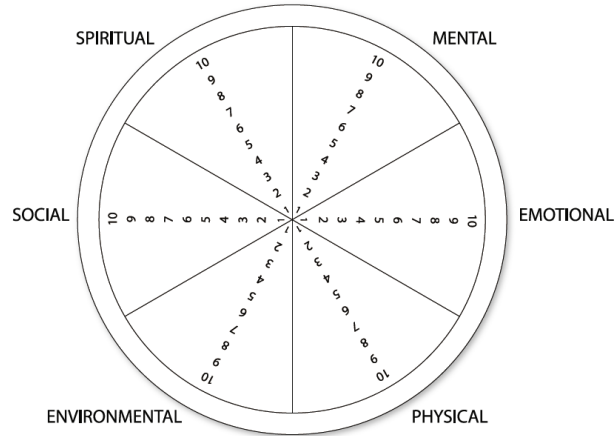
Source: www.heartmath.org

Dimensions of Resilience



Source: www.heartmath.org

SELF-CARE WHEEL



MICRO VS. MACRO PRACTICES - SPIRITUAL



Micro	Macro
Say an affirmation/prayer	Connect in a community gathering
Start the day reading an inspirational quote	Read a book that uplifts you
Look out a window and notice something beautiful	Take a walk, using your senses to notice things such as smells, sights, sounds
Visualize a special place	Take a trip somewhere special



MICRO VS. MACRO PRACTICES - MENTAL



Micro	Macro
Take 3 deep, belly breaths	Set aside regular time for quiet contemplation / meditation
10 minute technology time-out	One hour technology time-out
Focus for 5 minutes before starting a project	Take break after 60-90 minutes of focused activity
Doodle or sketch something simple	Paint-by-numbers or some other art project



MICRO VS. MACRO PRACTICES - EMOTIONAL

Micro	Macro
Make a mental list of 2-3 things for which you are grateful	Establish a regular, daily gratitude journaling practice
Thank one person	Appreciate your whole family
Express sadness to someone	Take time to journal about your experience
If upset with someone, pause and notice your reaction	If upset with someone, take time to reflect and discuss with them



SELF-CARE PRACTICE: BELLY BREATHING



- Breathe naturally through your nose or mouth
- Bring your awareness to each breath, focusing on the movement & sensations the air creates as it moves in and out of the body
- Feel your chest and back rise and fall on the inhalation and the exhalation
- Simply feel the sensations in your body
- Whenever you notice your attention has drifted away from your breath, gently bring your attention back to the breath
- This is a practice, be kind and let go of judgment



MICRO VS. MACRO PRACTICES - PHYSICAL

Micro	Macro
4 minutes of HIIT (High Intensity Interval Training) 30 secs Activity / 30 secs Rest	30 minutes of walking/biking/running
Stand up 2-min every hour	Stand up for 1-hour
5 minute power nap	30 minutes earlier to bed
10 minutes of stretching in morning	60 minutes of yoga



MICRO VS. MACRO PRACTICES - ENVIRONMENTAL



Micro	Macro
Clean out a drawer	Organize a closet
Hang a picture	Paint a room
Put fresh flowers on a table	Grow a plant
Buy a new chair	Re-arrange the furniture in a room



MICRO VS. MACRO PRACTICES – SOCIAL

Micro	Macro
Send a text to a friend	Schedule a video chat
Call a friend to connect/check-in	Get together with a friend and social distance (e.g. coffee, play cards)
Connect to someone through a quick email	Send a hand written note or letter to someone special
Comment on a Facebook post	Call the person who made the Facebook post



RISING STRONG

- Resilience is the ability to rise from our falls, overcome our mistakes, and face hurt in a way that brings more wisdom and wholeheartedness into our lives

The truth is that
FALLING HURTS.
THE DARE IS TO
keep being
BRAVE
and FEEL YOUR WAY
BACK UP.



Source: Rising Strong, Brene Brown

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