

HOW RESILIENT ARE YOU?



RESILIENCE

- The ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity

REACTIVE RESILIENCE

- Reactive resilience
 - One's ability to bounce back from adverse life experiences
- Proactive resilience
 - Immunity to crisis reactions

PSYCHOLOGICAL BODY ARMOR

- Resilient Attitudes
- Exercise
- Nutrition
- Rest/Sleep
- Relationships
- Spirituality

PSYCHOLOGICAL BODY ARMOR

Attitude is the Foundation of
Psychological Body Armor

PESSIMISM

- The brain is built with a greater sensitivity to bad news
- 80% of people are born with a negative bias
- A protective mechanism to keep you alerted to threats
- Unfortunately, can see threats that are not there limiting creativity, effort, and success

ACTIVE OPTIMISM

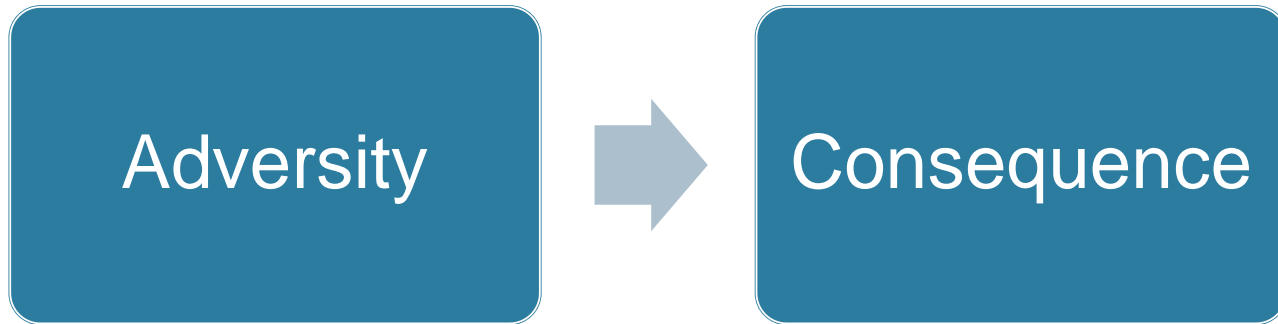
- Belief that problems are short-lived
- Belief that problems are not malignant (spreading)
- Belief to differentiate what you can vs. what you cannot control
- Belief that things will turn out well (not just hoping, but making it so – tenacity)

RE-SHAPING YOUR THOUGHTS

- We hinder ourselves by believing that adversity **CAUSES** consequences



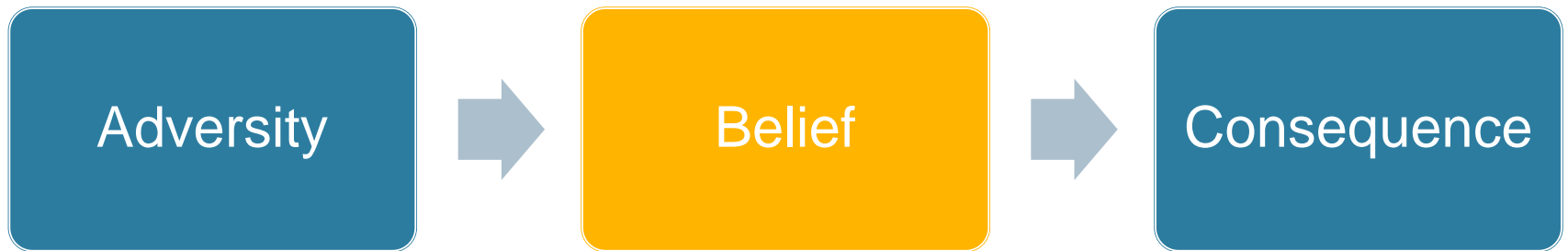
PESSIMISTIC THINKING



- However, there is an opportunity for us to CHOOSE what we believe about the adversity and therefore CHOOSE how we will react (Viktor Frankl)
- We can't control the event, but we can control our response



OPTIMISTIC THINKING



SELF-FULFILLING PROPHECY

- A self-fulfilling prophecy is a sociological term used to describe a prediction that causes itself to become true
- Therefore, the process by which a person's expectations about someone can lead to that someone behaving in ways which confirm the expectations

- If people define situations as real, they are real in their consequences
 - Academics (I'm going to do poorly on this test)
 - Athletic performance (I'll probably choke)
 - Relationships (this person won't like me)

- “Whether you think you can or think you can’t, you’re right” – Henry Ford



PSYCHOLOGICAL BODY ARMOR

Physical Exercise Strengthens
Psychological Body Armor

- Physical exercise appears to be the most effective way of ventilating, or expressing, stress in a health-promoting manner.

- Cardiologists propose that the failure to adequately exercise, especially after stressful experiences, can lead to a wide variety of anxiety- and stress-related diseases, which they referred to as “hypokinetic diseases” (low activity).
 - Cardiovascular disease
 - Hypertension
 - Obesity

BENEFITS OF EXERCISE

- Improved...
 - cardiorespiratory efficiency
 - glucose utilization
 - self-concept
 - learning through neuroplasticity
 - sense of self-efficacy
 - steroid reserves to counter stress

BENEFITS OF EXERCISE

- Reduced...
 - body fat
 - resting blood pressure
 - resting muscle tension
 - anxiety
 - hyperactivity
 - risk for neurodegenerative diseases

EXERCISE FACTS

- Health benefits can be attained by as little as 30 minutes of moderate-intensity exercise 3-5 times per week
- Exercise exerts an anti-depressant effect like beginning dose of medication

PSYCHOLOGICAL BODY ARMOR

Nutrition Fuels
Psychological Body Armor

YOU ARE WHAT YOU EAT

- “Diets of Convenience” are common in emergency services and health care. They commonly consist of:
 - Highly refined foods
 - High sodium
 - Fast food high in saturated fats
 - Energy drinks

headache

Eating foods filled with sodium, like many fast foods, can increase your risk for headaches.

acne

Carbs, not grease, can trigger acne. Carb-heavy fast food like french fries, hamburger buns, and potato chips may lead to acne breakouts.

heart disease or stroke

Elevated cholesterol and increased blood pressure are two of the top risk factors for heart disease and stroke.

high cholesterol

Fried foods are filled with trans fats. These fats are known to raise LDL (bad) cholesterol levels.

weight gain

Even though you may think you're eating "healthy," you may still underestimate the number of calories you're consuming. This can lead to unintentional weight gain.

blood sugar spike

Fast food is filled with empty carbohydrates, which can cause frequent insulin spikes. This may alter your body's natural insulin response.

insulin resistance

Fast food can lead to frequent insulin spikes. This can lead to insulin resistance and type 2 diabetes.

depression

Eating fast food and processed food may increase your risk for depression.

dental distress

The carbs and sugar in fast food produce acids that can destroy tooth enamel. This can lead to dental cavities.

shortness of breath

Extra calories can turn into excess pounds. Without exercise to counteract the increase in calories, obesity may become a reality. Obesity can cause shortness of breath and wheezing, even when you do very little physical activity.

high blood pressure

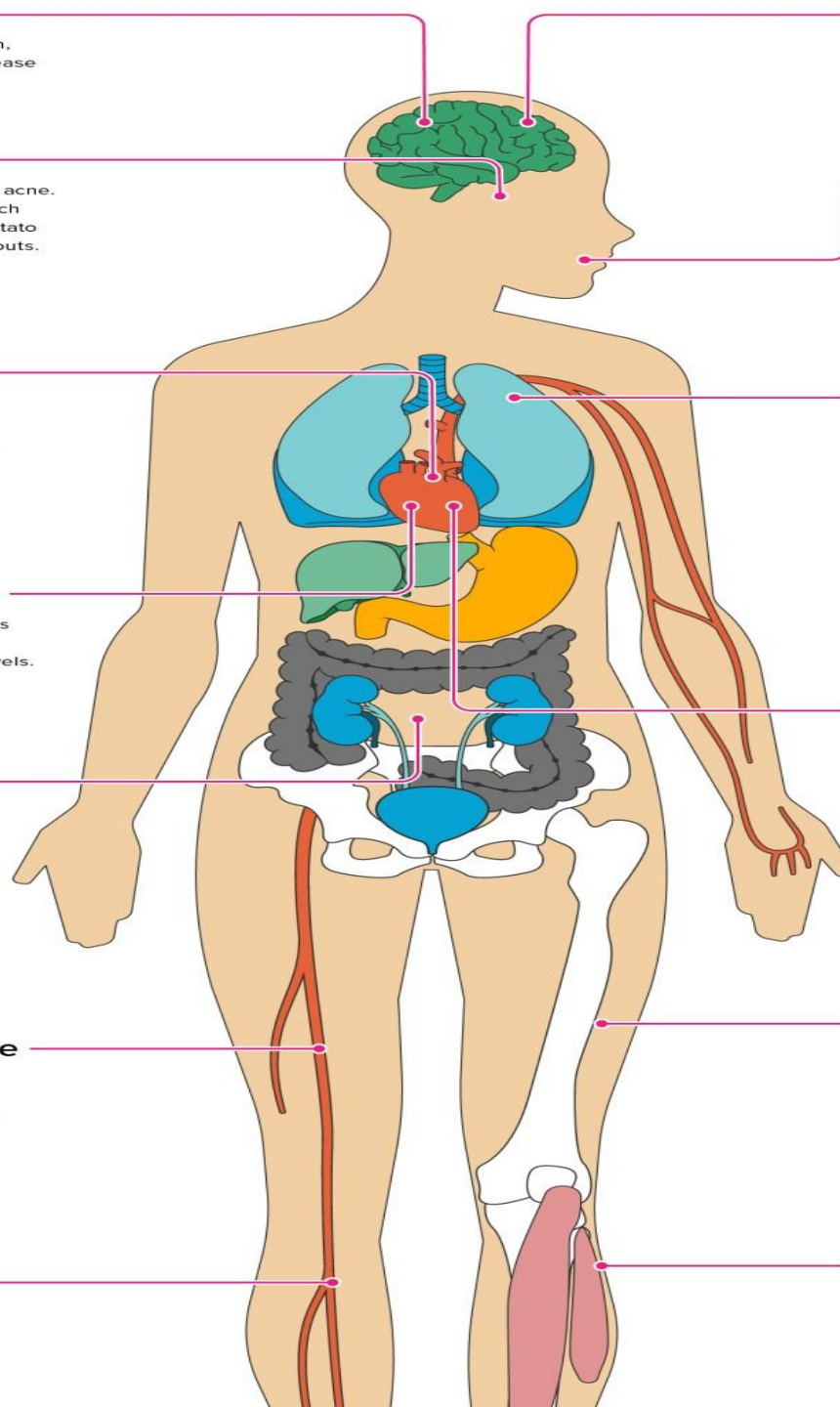
Fast food is typically sodium-heavy, which can elevate blood pressure or aggravate existing heart disorders, including congestive heart failure.

extra calories

People who eat at fast-food restaurants tend to take in an extra 187 to 190 calories per day.

bloating and puffiness

Your body may retain water if you eat too much sodium, leaving you feeling puffy, bloated, and swollen.



CAFFEINE

- Safe at intake levels of <400mg/day
- 8-ounce cup of coffee has 100-200mg
- Energy drinks...
 - 8.4oz Red Bull – 80mg
 - 8oz Monster – 92mg
 - 8oz Full Throttle – 210mg
 - 1.9oz 5-Hour – 215mg
 - 16oz Bang – 300mg

DON'T FORGET...

- STRESSED spelled backwards is DESSERTS!
 - Foods such as chocolate, red wine, and peanut butter may have health promoting effects.

PSYCHOLOGICAL BODY ARMOR

Rest Restores and Recharges
Psychological Body Armor

RESEARCH FINDINGS

- The average sleep time for Americans is 6.8 hours
- Acute Sleep Deprivation: less than 4-6 hours in a 24-hour period
- Sleep Debt: repeatedly not getting enough sleep

IMMEDIATE EFFECTS

- Sleepy people acted just like drunk people
 - Being awake for 18 consecutive hours produces an impairment equal to a blood alcohol concentration of 0.05%
 - Being awake for 24 hours equals a BAC of 0.096%

CHRONIC EFFECTS

- A per-night sleep average of less than six hours is comparable to smoking a pack of cigarettes per day
 - Heart disease
 - Weight gain and obesity

STEPS TO BETTER SLEEP

- Stick to a schedule
- Pay attention to what you eat and drink
- Create a bedtime ritual
- Manage stress



BEYOND SLEEP: FINDING PEACE

- Yoga
- Meditation
- Controlled breathing
- Muscle relaxation
- Slowing down to be in the moment

- The degree to which any disease is caused by or characterized by stress, the relaxation response may be useful



PSYCHOLOGICAL BODY ARMOR

Interpersonal Support Multiplies
Psychological Body Armor

WHO'S GOT YOUR BACK?

- The single best predictor of resilience in the wake of adversity is the support of others
- Loneliness predicts depression, physical illness and premature death



TWO TYPES OF PEOPLE

- Balcony people
- Basement people

PSYCHOLOGICAL BODY ARMOR

Spirituality and Faith Support
Psychological Body Armor

- Spirituality
 - Beliefs that transcend earthly existence
- Religion
 - Beliefs that are organized into specific religious doctrine/belief/scripture
- Faith
 - That which allows you to accept the things you cannot understand

- At its core, spirituality helps to give your life context
 - Feel a sense of purpose
 - Connect to the world
 - Release control
 - Expand your support network
 - Lead a healthier life



BEYOND BOUNCING BACK

Resilient Attitudes

Exercise

Nutrition

Rest/Sleep

Relationships

Spirituality