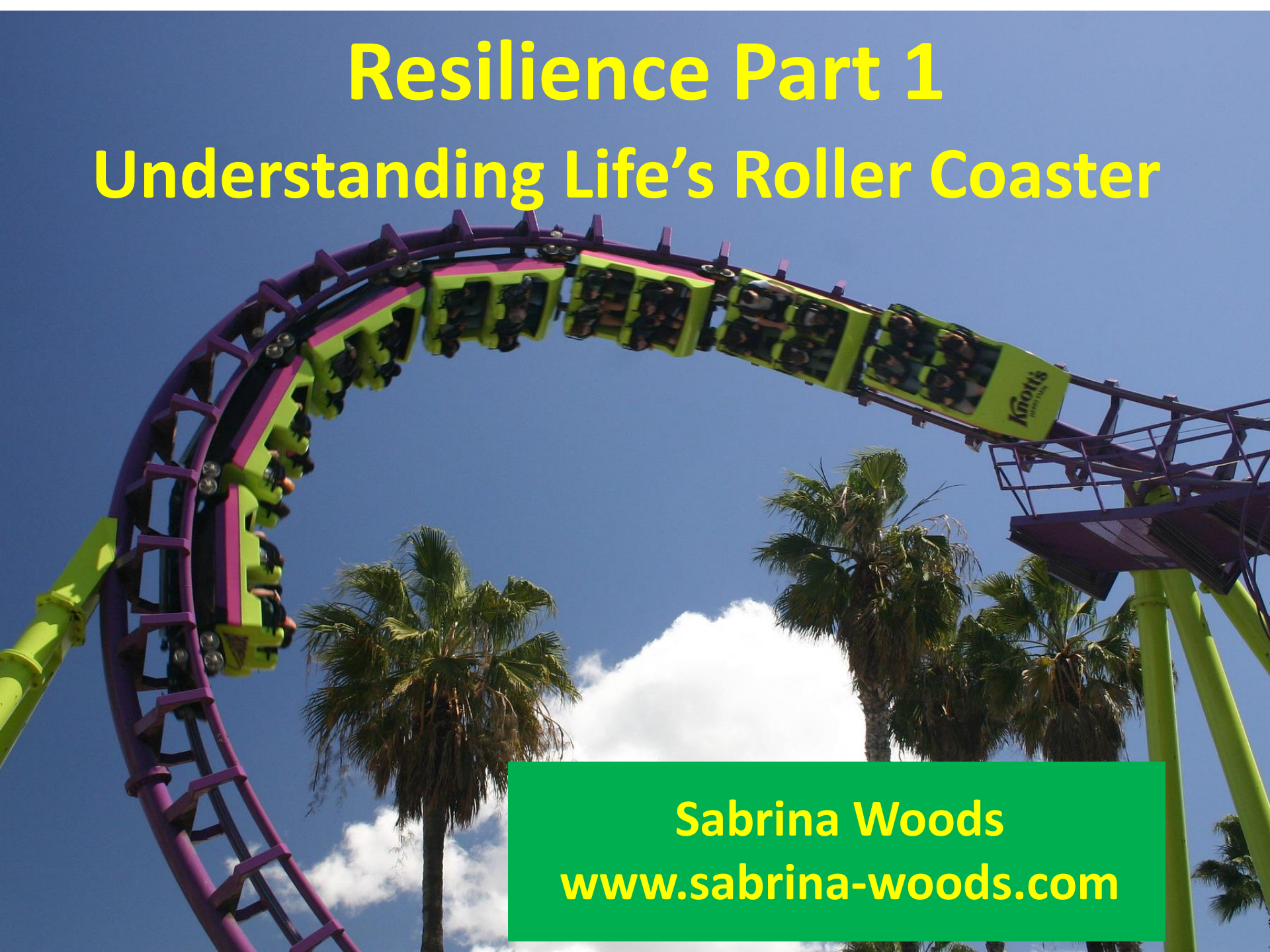
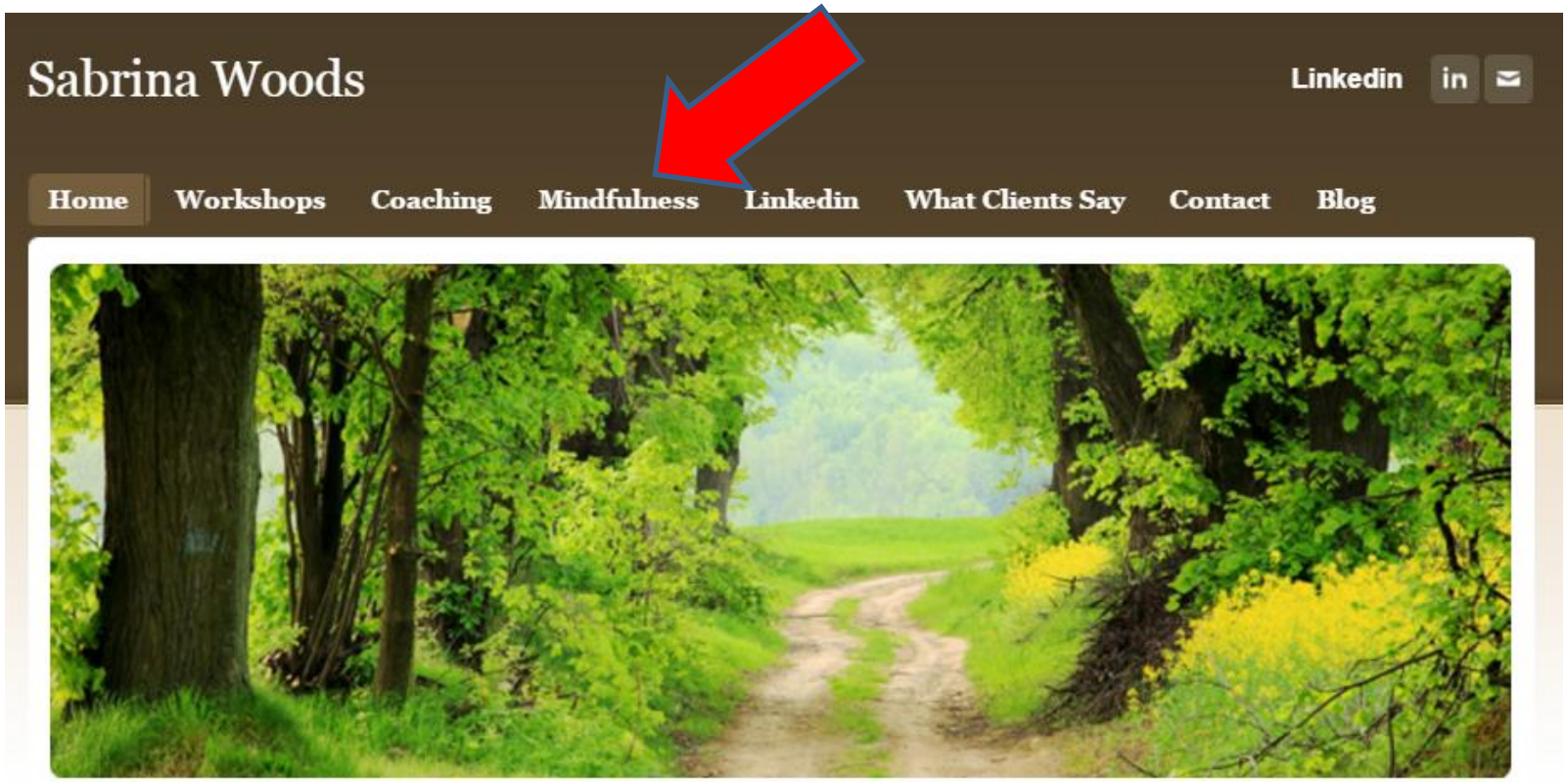
Resilience Part 1

Understanding Life's Roller Coaster



Sabrina Woods
www.sabrina-woods.com

Mindfulness Resources: **www.sabrina-woods.com**



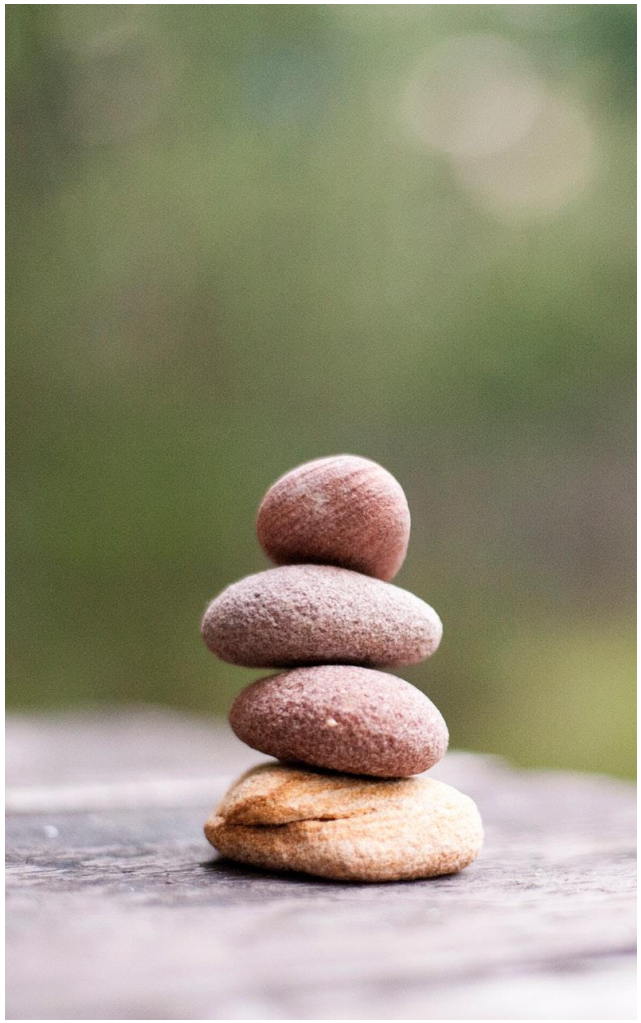
Holistic Career / Life Coaching and Consulting

Finding Meaning. Making Change.

Helping you to align your career and your life with your own passions.

Today's Session:

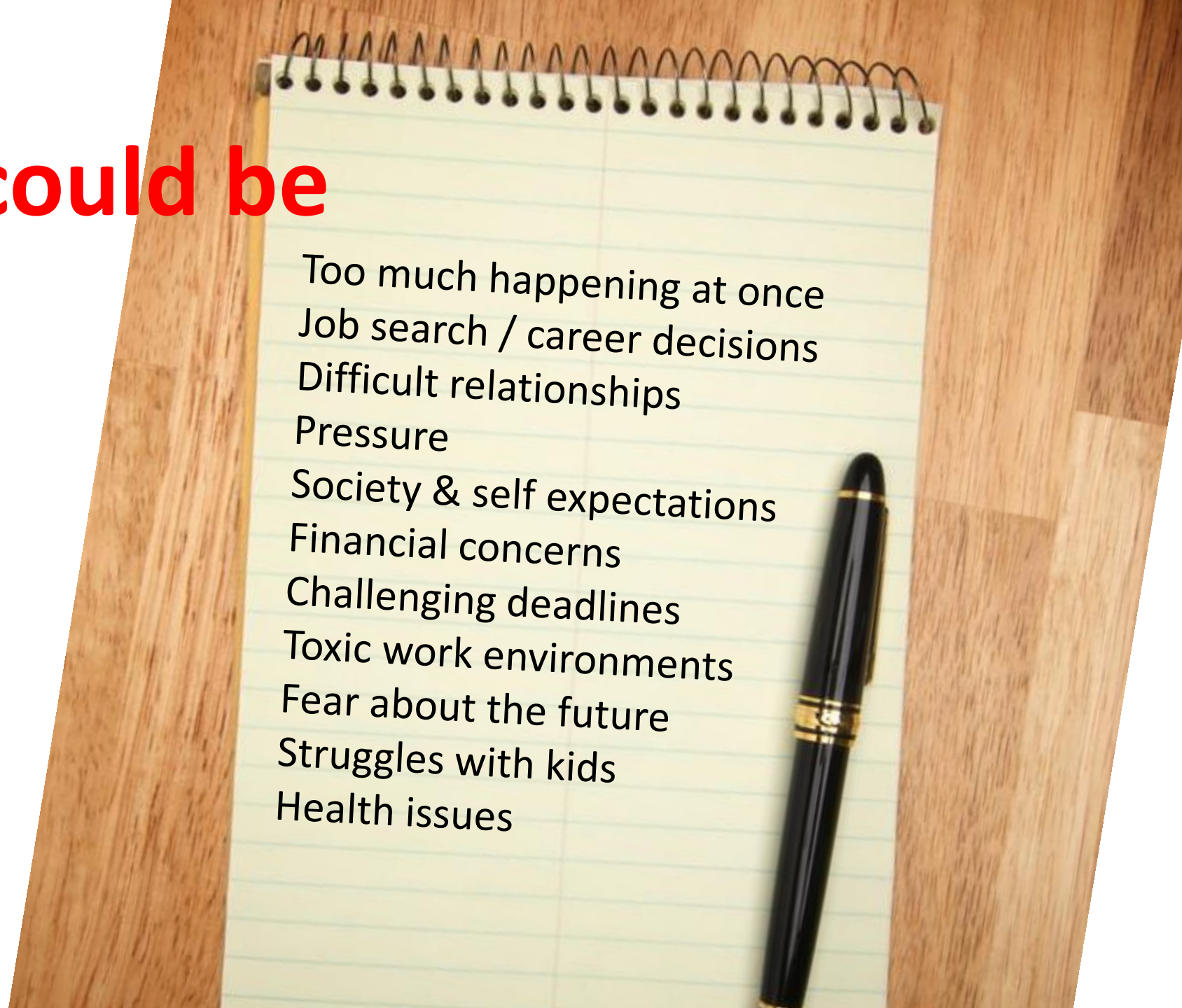
- Sabrina's backstory
- What are your stressors?
- Stress & How it Effects Us
- Using Mindfulness + other tools to lower stress & build resilience
- Tackling tough decisions
- Creating a Wellness Strategy



What are your stressors?

Can you jot down some of the things that cause you stress?

It could be


Too much happening at once
Job search / career decisions
Difficult relationships
Pressure
Society & self expectations
Financial concerns
Challenging deadlines
Toxic work environments
Fear about the future
Struggles with kids
Health issues

How does stress affect our…

- Body?
- Mind?
- Emotions?

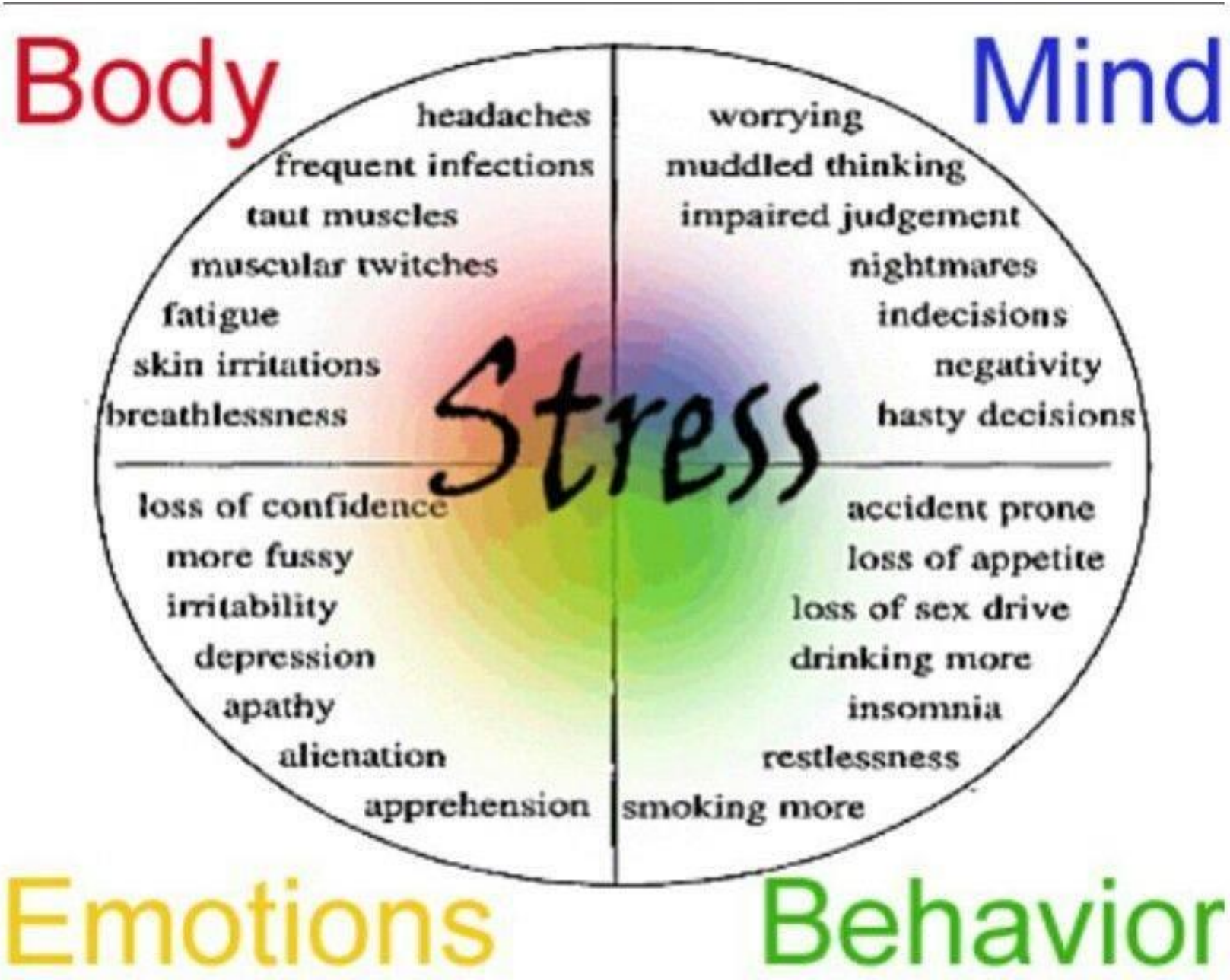


Image source: www.naturallyempoweredwellness.com

What is Mindfulness?

What comes to mind when you hear this word?

Mindfulness is maintaining a moment-to-moment awareness of one's experience without judgment.

Definition from: American Psychological Association (APA)

Walking Yoga Rock Climbing

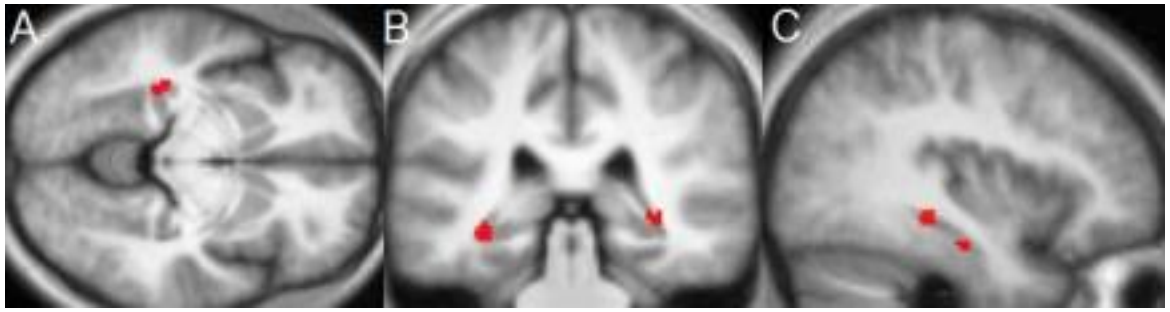
Gardening Tai Chi

Mindfulness is More Than Meditation

Why Practice Mindfulness?

Studies have shown that mindfulness helps to:

- Strengthen immune function
- Increase ⇧ positive emotions
- While decreasing ⇩ negative emotions & stress
- Strengthen brain regions linked to learning, memory, attention & empathy



Brain scans of the hippocampus, showing the regions the researchers determined were affected by meditation.
Image adapted from B. Hölzel, et al., Psychiatry Research: Neuroimaging Vol. 191 (1), January 30, 2011, pp. 36-43.

http://www.apa.org/monitor/2012/07-08/ce-corner.aspx

You can choose to take action
10 Tips to Reduce Stress
& Build Resilience

Take a Few Deep Breaths

Image source: www.webmd.com

Apps & Websites

Calm.com

InsightTimer.com

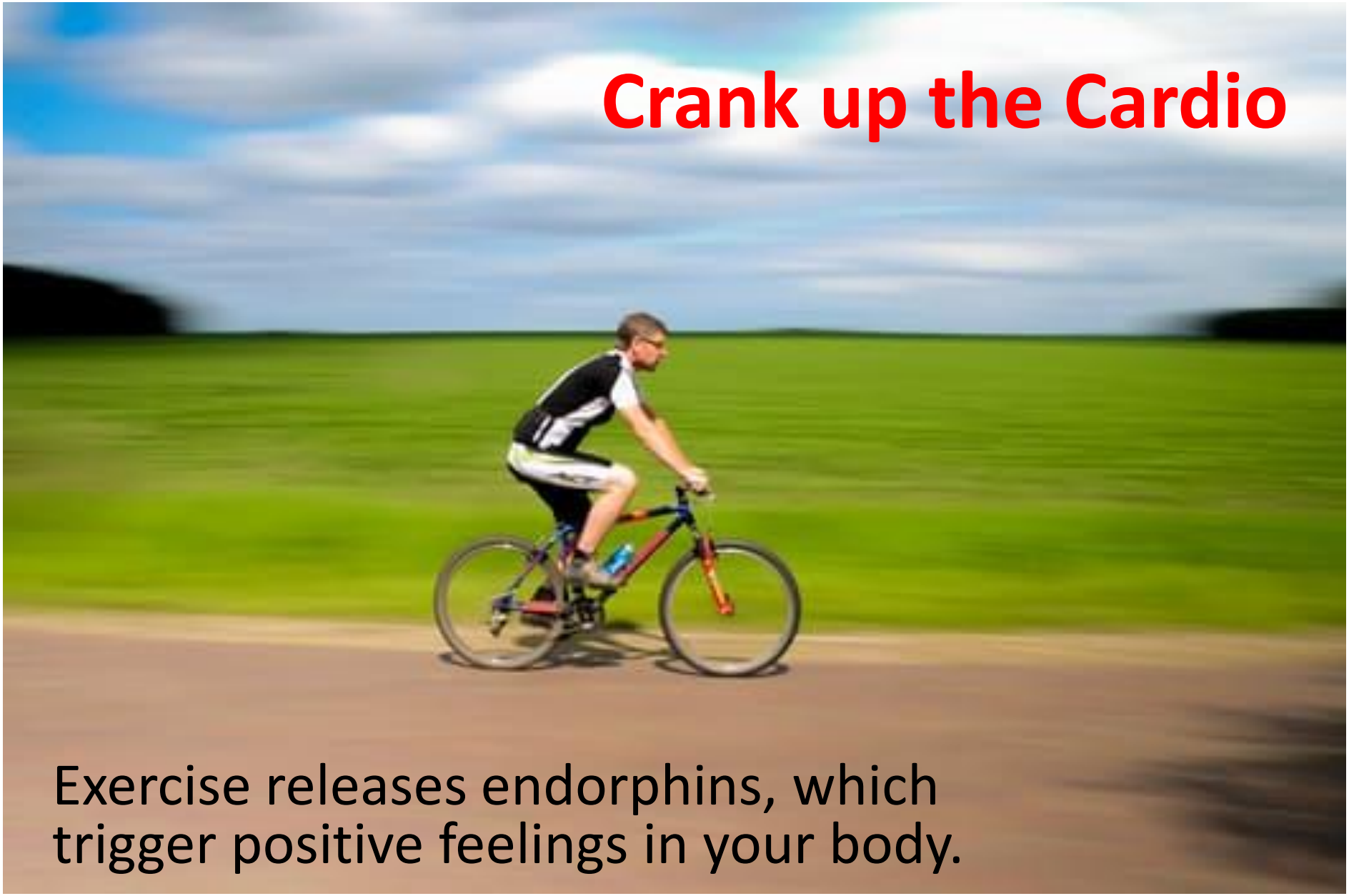
Being vulnerable with others not only lowers your stress, it also strengthens your bond.

Get Outside!

Go For a Walk

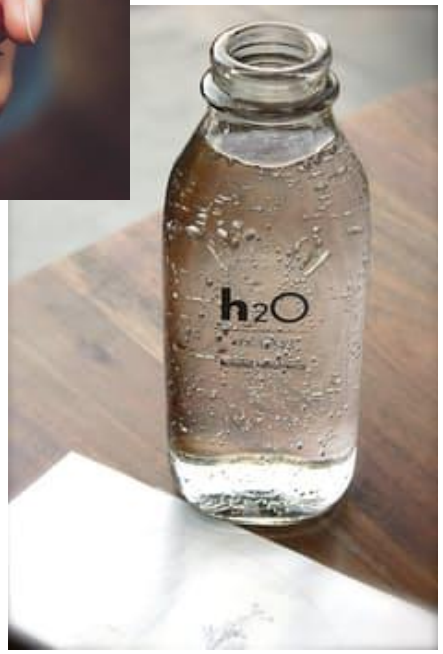
Walk slowly. Pay attention to the sensations in your feet during each step.

Crank up the Cardio



Exercise releases endorphins, which trigger positive feelings in your body.

Take Mini Breaks Throughout the Day



Activate Your Senses

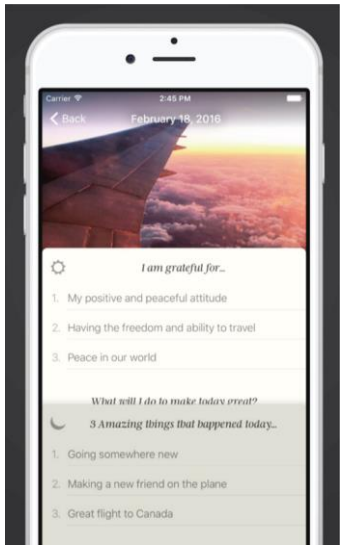
Listen to soft music

Activate Your Senses

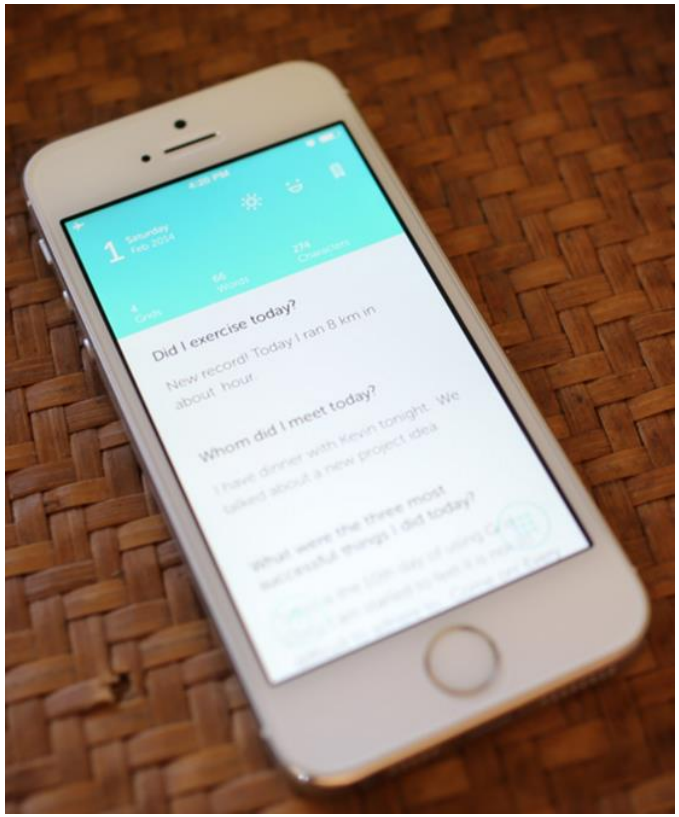
Some scents, such as lavender, have calming affects

Add Mindfulness to Your Chores

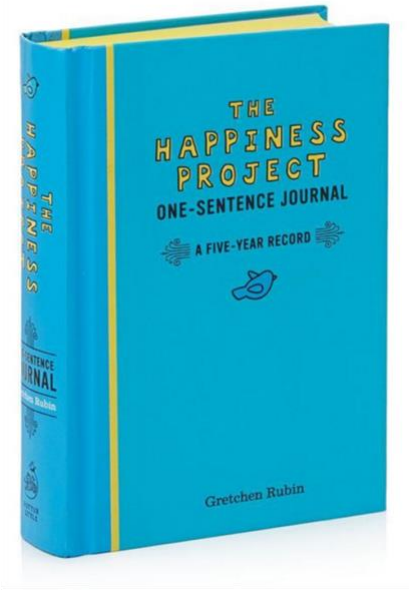
Gratitude Made Simple



5 Minute Journal



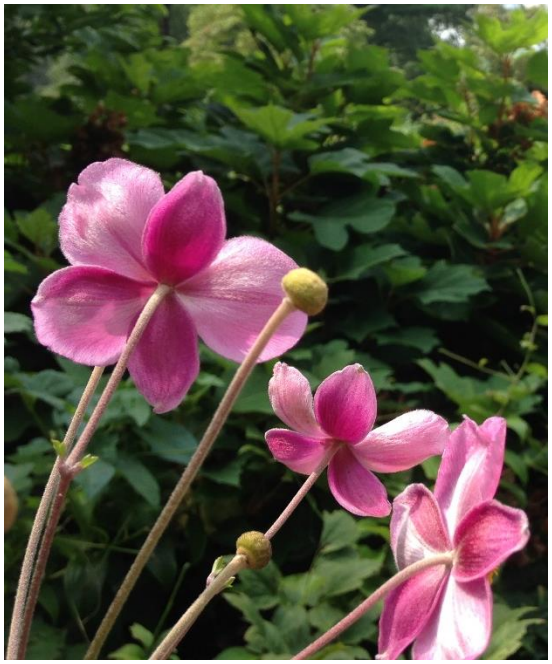
Grid Diary App



One Sentence Journal, Gretchen Rubin

“MMs” Meaningful Moments

Another approach to being grateful



Which tips might work for you?

Shawn Achor – The happy secret to better work

Shawn Achor TEDx
The happy secret to better work

TEDx - https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work#t-675003

Bulls Eye or Target Exercise

An insightful tool for decision making.

Bulls Eye or Target Exercise

You have 2 offers.

You're not sure which to choose.

You have 1 offer, do you say yes?

This exercise can often give more clarity on what is **most** important to you.

Bulls Eye or Target Exercise

Lily got a job offer.

But she was torn.

Here's what happened…..

Teach for America

Lily landed an offer in Chicago.

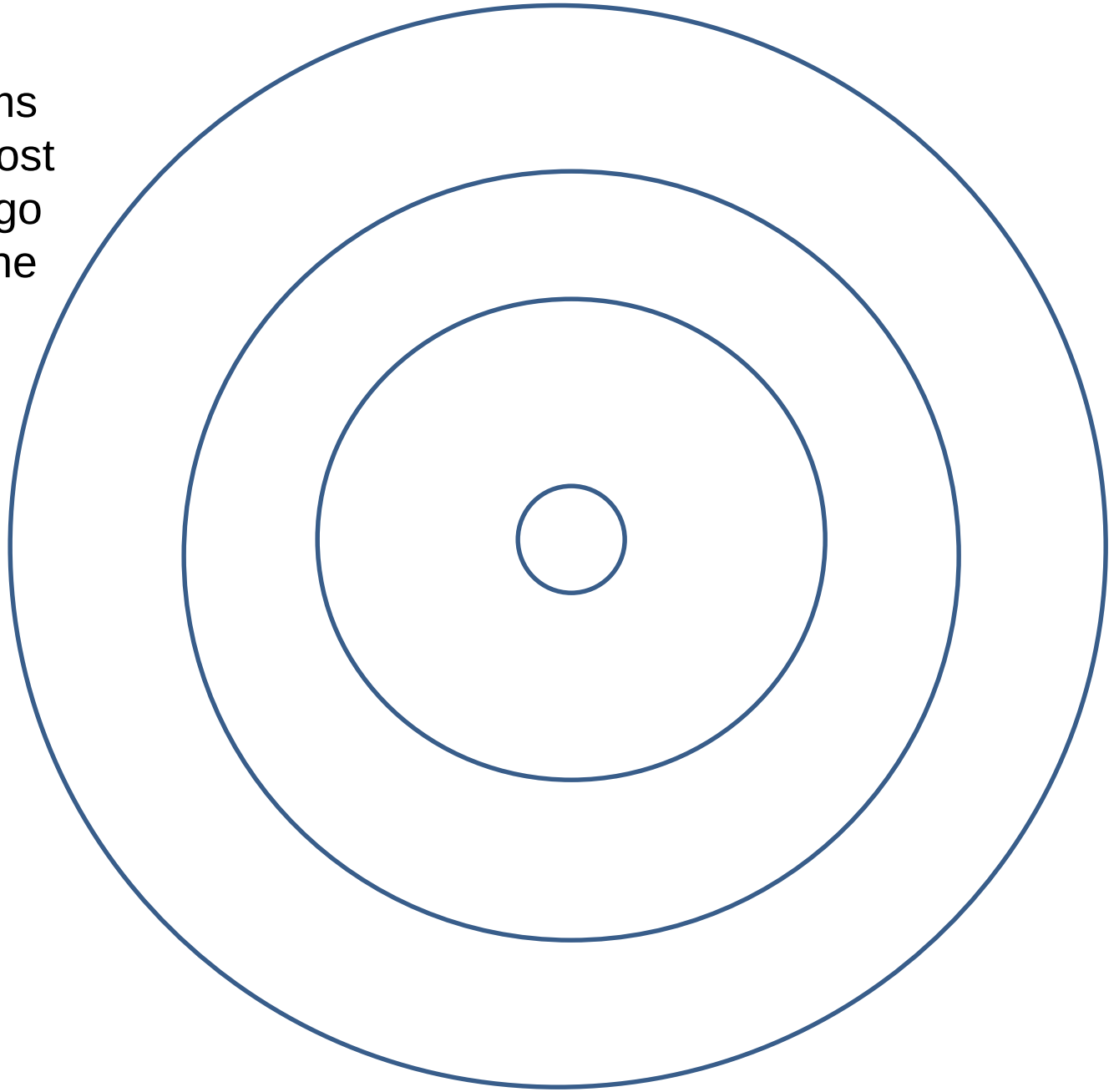
What are some positives of this opportunity?

Teach for America

- Competitive program
- Lasts for 2 years
- Didn’t have to major in Education
- Get placed in cities across the United States
- They help train / prepare you for teaching
- Strong network of alumni

Positives - Teach for America job in Chicago

Those items that are most important go closer to the center



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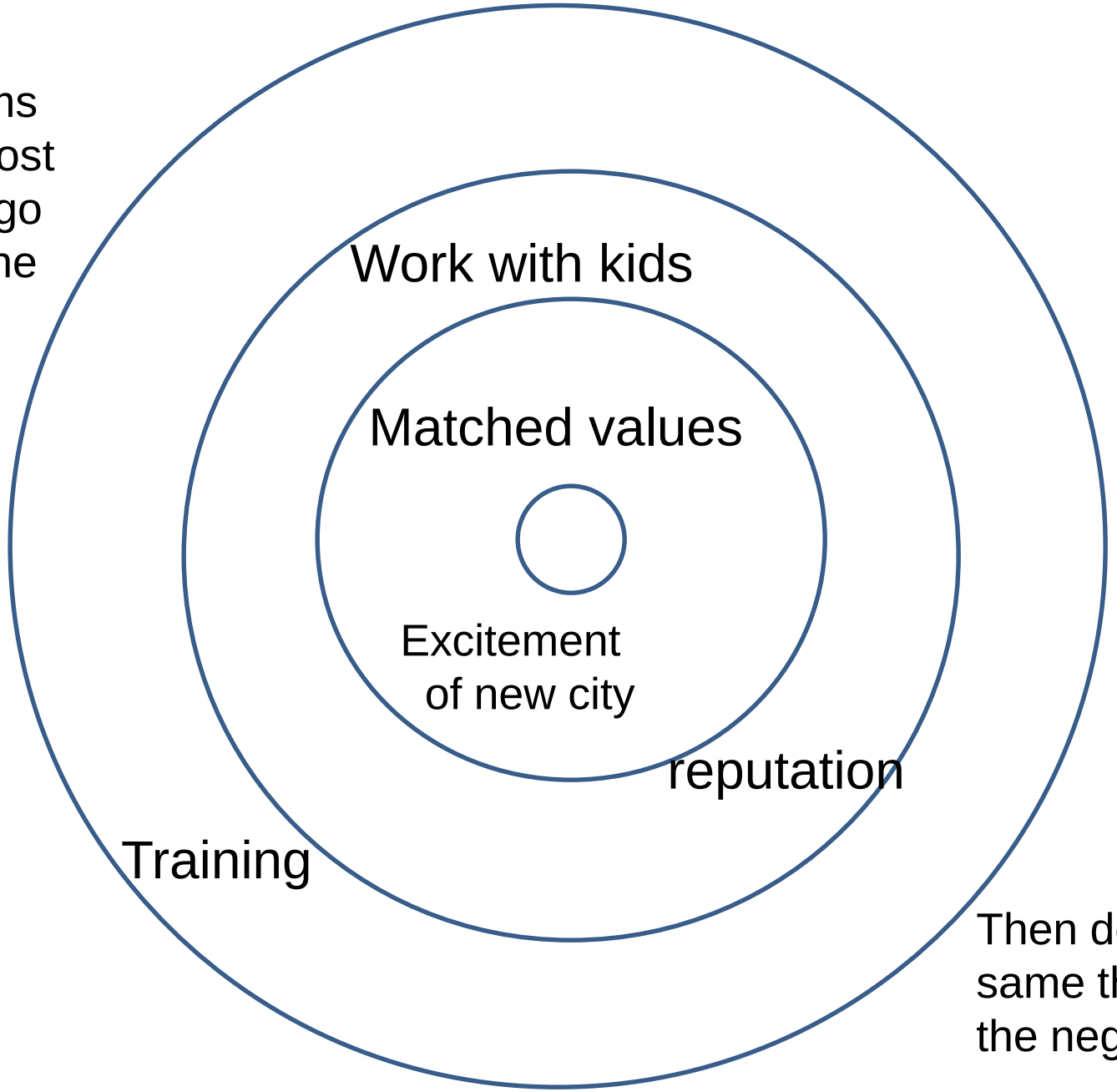

Then do the same thing for the negatives

Wellness Strategies

Why Well Being Matters

Challenging situations are more likely to be successful when you are:

- Calm
- Have a positive attitude
- Demonstrate confidence

By being proactive with one's well being, we are more likely to display / possess these characteristics.

Build Your Wellness Strategy

Create your own wellness strategy. Consider the following categories:

- Movement & Exercise
- Social / Emotional
- Nutrition
- Sleep

Sample Wellness Strategies

Create your own “homework” assignments. Examples:

- ❑ 3 cardio workouts / week
- ❑ Cook healthy meals + walk daily
- ❑ Reach out to friends, attend events to meet new people
- ❑ No “screen time” after 10pm
- ❑ Daily 5 min meditations, or 3 deep breaths

Mindfulness

Websites

Mindful.org

Rick Hanson, PhD

Mindfulhub.com

MindBodyGreen

Blog Posts

Mindfulness for People Who Are Too Busy to Meditate, HBR

Mindfulness for Mental Wellbeing

Think about the Benefits of Unplugging, Daniel Goleman

Videos

The Power of Mindfulness: TED Talk by Home Nguyen

Life is right now – Jon Kabat-Zinn on Mindfulness

"Just Breathe"

www.sabrina-woods.com

Get out your phone or calendar
What can you do to make tomorrow 5% Better?

Mind Full, or Mindful?

Thanks for joining us today!

Feel free to connect with me on Linkedin

www.sabrina-woods.com