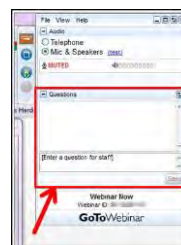
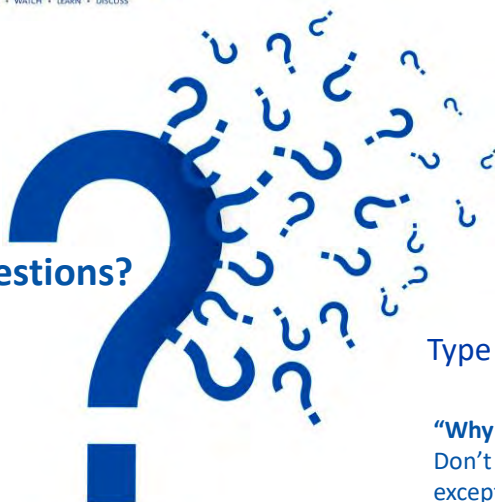




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7 Habits of Highly Resilient People

Co-produced with the ACS Career Navigator

Practical, Evidence-Based Ways to Boost Resilience During Challenging Times

THIS ACS WEBINAR WILL BEGIN SHORTLY...

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7 Habits of Highly Resilient People: Practical, Evidence-Based Ways to Boost Resilience During Challenging Times



Julie Neill
Assistant Director, MBA Career Consultant,
University of Maryland, Smith School of Business



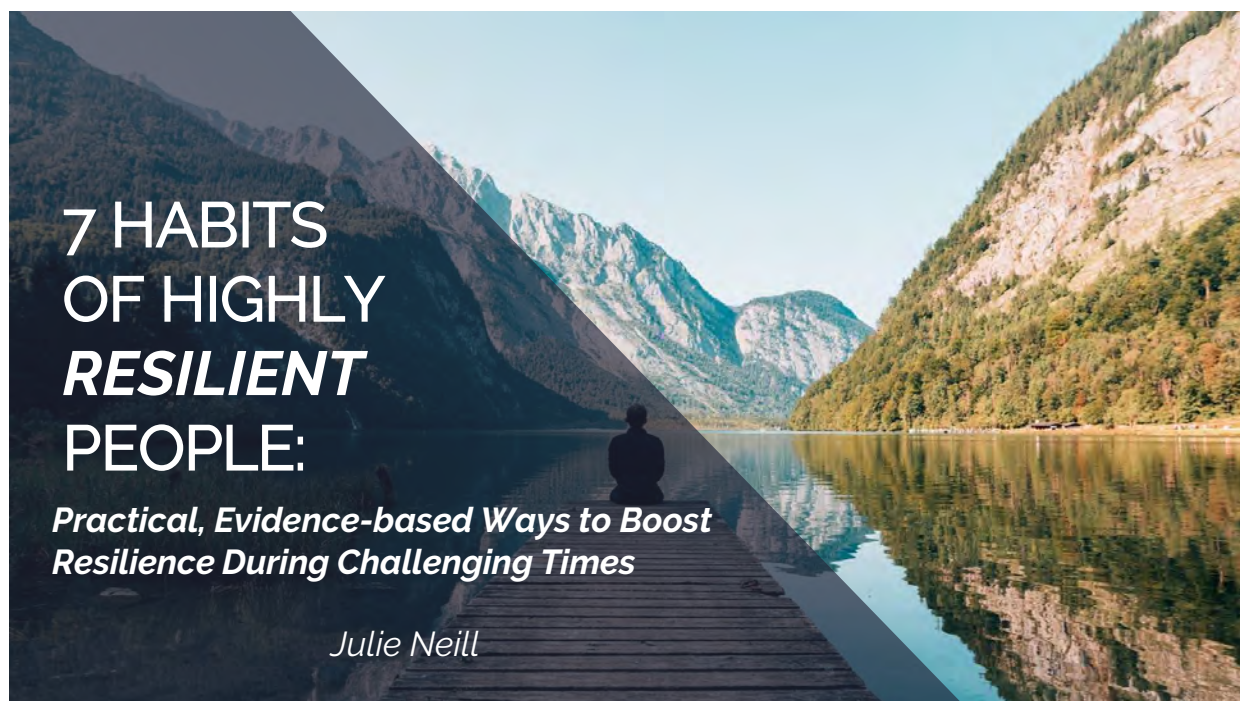
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SELF-CARE = CARING FOR OTHERS



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resilience

Powerful impact on our health

Mind/Body Connection

- Brain chemicals (e.g. serotonin, dopamine, cortisol, endorphins) impact our mental and physical health
- Chronic stress suppresses the immune system

14



A MINDFUL *INTERACTIVE* POWER HOUR

"Life is really simple, but we insist on making it complicated." - Confucius

THE ASK: Be fully present

The OFFER: Immediately actionable strategies to improve your well-being

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resilience

The capacity to recover quickly from difficulties; the ability to "bounce back"

POLL: How would you currently rate your level of resilience?

- High
- Above average
- Average
- Below average
- Low

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HABIT #1: RESET

- ❑ Connect with your breath
- ❑ Your body's auto-reset button
- ❑ Breathe *through* your **nose** and *into* your **belly**

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“Breathing is the core physiological function. It’s the function that unites mind and body. It gives us access to the master control of the involuntary nervous system.”

Dr. Andrew Weil

HABIT #1: RESET

Diaphragmatic breathing

- ❑ Regulates your nervous system
- ❑ Lowers heart rate & blood pressure
- ❑ Lowers cortisol
- ❑ Improves immune function

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GUIDED BREATHING EXERCISE

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POLL: Which of these best describes your
state of mind in this present moment?

- HAPPY and/or ENERGIZED
- CONTENT and/or CALM
- Neutral
- LISTLESS and/or BLAH
- STRESSED and/or UPSET

20



HABIT #2: REFLECT

- Connect with your emotions
- Express them through WRITING
- Gain insight and understanding

One of the most effective acts of self-care with similar effects to psychotherapy. (James Pennebaker)

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HABIT #2: REFLECT

- What are you feeling in this present moment?
- What's on your mind?
- What are you feeling in your body?

2 minutes

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HABIT #2: REFLECT

Scientifically proven health benefits of journaling include:

- Stress reduction
- Improved cognitive functioning
- Strengthened immune function
- Decrease in symptoms of asthma, arthritis and other health conditions

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“

“The way we see things is the source of the way we think and the way we act.”

Stephen Covey


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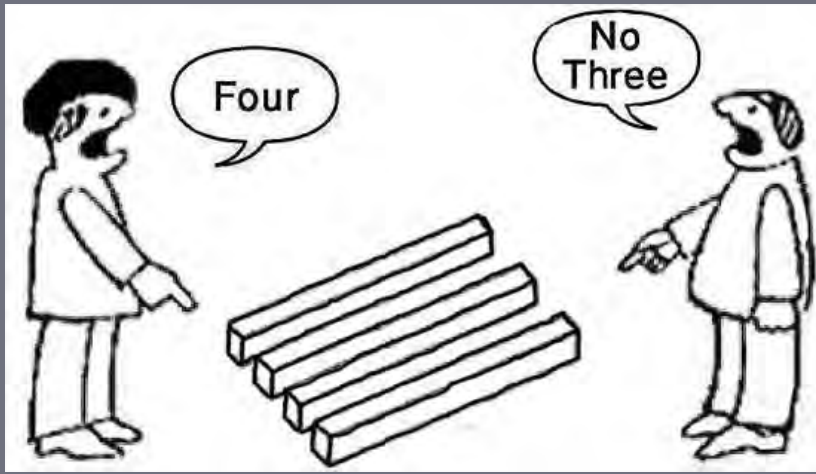


POLL: What do you see?

- An OLD woman
- A YOUNG woman
- BOTH the old woman & the young woman
- NEITHER



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HABIT #3 REFRAME

What is reframing?

Changing the way you look at something and thus, changing your experience of it

CLASSIC REFRAME:
Glass half empty vs. half full



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HABIT #3 REFRAME

THOUGHTS → FEELINGS →
ACTIONS → RESULTS

(Alexander Caillet)

- The Thinking Path
- Shifting perspective is the portal to transformative change

MINDSET

- Fixed mindset vs. Growth mindset (Carol Dweck)

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HABIT #3 REFRAME

Think of a challenge you are facing.

Now consider some of these questions:

- What else is possible?
- What is the opportunity here?
- What am I grateful for?
- What's the bigger picture?
- What really matters right now?
- What can I learn from this moment?
- What is the worst thing that can happen?

Were you able to reframe? If not, seek the perspective of a friend or loved one.

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“

“Reality is created by the mind,
we can change our reality by
changing our mind.”

Plato



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HABIT #4: REVITALIZE

YOUR HEALTH REPORT CARD

*What grade (A-F) would you give
yourself on the following?:*

- DIET
- EXERCISE
- SLEEP

*Which category received the LOWEST
grade? The HIGHEST grade?*

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HABIT #4: REVITALIZE

DIET

- Eat food, mostly plants, not too much (Michael Pollan)
- Avoid processed foods, sugar

EXERCISE

- Short bursts can have a positive impact (7 minute workout)
- Endorphin boost - new studies

SLEEP

- 7-9 hours, schedule, avoid blue light

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For your **LOWEST** grade category:

- What is **ONE HABIT** you can begin that could make the biggest difference?
- Or perhaps what is one habit you can **STOP** doing that would make a huge difference?

SMALL CHANGES CAN MAKE A DIFFERENCE!



HABIT #4: REVITALIZE

What is your mind consuming?

- Take stock of your media (and social media) consumption
- Are you feeding it positive or negative "food"?

What positive changes would improve your well-being?

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HABIT #5: RELATIONSHIPS

Strong and healthy relationships are the most consistent predictor of happiness and well-being.
(Robert Waldinger)

Who are the 3 most important people in your support network?

35



HABIT #5: RELATIONSHIPS

What can you do to strengthen these relationships?

- Spending quality time
- Acts of service
- Positive affirmation (the magic ratio of 5:1)
- Physical affection
- Giving gifts

(Gary Chapman, The Five Love Languages)

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HABIT #6: RECREATION

Etymology of the word "recreation"

- ❑ "Refreshment or curing of a person"
- ❑ "Recovery from illness"
- ❑ "Refresh oneself by some amusement"
- ❑ "To refresh, restore, make anew, revive, invigorate"

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HABIT #6: RECREATION

- ❑ PASSIVE vs. ACTIVE
- ❑ Engaging your 5 senses
- ❑ Being in nature
- ❑ "Flow" activities, hobbies and creative pursuits
- ❑ Learning something new

Which recreational activity helps you recharge the most?

Schedule the time to do it!

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HABIT #7: ROUTINES

The Meta-Habit: Create a schedule to intentionally set aside time for these habits.

- Maintain a regular sleep schedule
- Make time for healthy meals
- Exercise, outdoor time, sunshine and nature
- Mindfulness activities, journaling
- Quality time with family and friends
- Recreation and fun

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HABIT #7: ROUTINES

Positive psychological benefits

- Provides structure and an "anchor of predictability" during a highly uncertain time
- Empowers you by focusing on what you can control

TIPS: Know your peak performance time, take frequent breaks and have a "cheat" day

ACTION ITEM: Create your optimal personal schedule

How we spend our time reveals our true priorities

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7 HABITS OF HIGHLY RESILIENT PEOPLE SUMMARY

- Habit #1: RESET - *Breathe*
- Habit #2: REFLECT - *Journal*
- Habit #3: REFRAME - *Shift perspective*
- Habit #4: REVITALIZE - *Physical health*
- Habit #5: RELATIONSHIPS - *Emotional connection*
- Habit #6: RECREATION - *Recharge*
- Habit #7: ROUTINE - *Make the habits a habit!*

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FINAL POLL: How do you feel about your capacity to improve your level of resilience?

- I feel much more confident
- I feel slightly more confident
- No change
- I feel slightly less confident
- I feel a lot less confident

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THE RESPONSE-ABLE REFRAME:

Shifting from "I have to" to "I get to"

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

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RESOURCES

The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety by Henry Emmons

GREATER GOOD MAGAZINE -bridging the gap btw. scientific research and practical tips and tools for a happier life <https://greatergood.berkeley.edu>

HEADSPACE.COM - meditation app

HUMU.COM - free email nudges focused on scientifically backed suggestions for well-being

TINYHABITS.COM- BJ Fogg, Director of Stanford's Behavior Design Lab

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7 Habits of Highly Resilient People: Practical, Evidence-Based Ways to Boost Resilience During Challenging Times



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University of Maryland, Smith School of Business



Tom Halleran
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