

RESILIENCE

A person's hands are visible, holding an open map. The map shows a detailed topographical area with green hills and brown lines representing roads or trails. The background is a blurred landscape of rolling green hills and distant mountains under a clear sky. The overall image has a soft, naturalistic feel with a slight green tint.

WHAT COMES TO MIND FOR YOU
WHEN YOU HEAR THE WORD
RESILIENCE?

WHAT ARE YOUR PERCEPTIONS?

RESILIENCE

The capacity to recover quickly from difficulties.

The ability to be successful, personally and professionally, in a highly-pressured, fast paced and continuously changing environment – and bounce back better than before.

(P.S. Resilient people also get stressed! They simply have practices, habits & channels....)

WHAT YOU FEED YOURSELF (MENTALLY & PHYSICALLY) – MATTER!



PERSONAL RESILIENCE FRAMEWORK



PHYSICAL

Endurance
Nutrition
Recovery
Energy
Fitness



MENTAL

Awareness
Growth Mindset
Adaptability
Positive thinking
Decision-making



EMOTIONAL

Core values
Purpose
Perseverance
Perspective
Balance

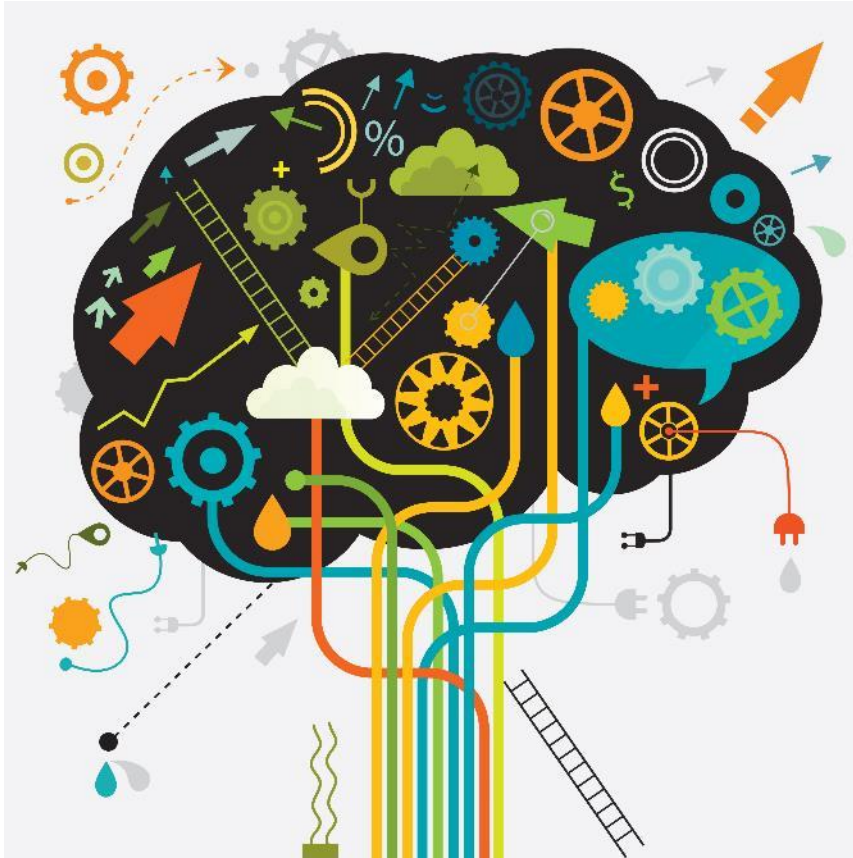


SOCIAL

Awareness
Connectedness
Community concern
Social support
Teamwork

Resilience provides balance to work & life

The Science of Resilience



What do we know about the **brain** and **resilience**?

- Epigenetics
- Neuroplasticity
- Emotional Reasoning & Control

Health and Wellbeing sit on a Continuum

Flourishing

Languishing

Unwell



THINK FEEL BEHAVE

THINK FEEL BEHAVE

**Increased
Resilience**

**Improved
Cognitive Fitness**

Creativity

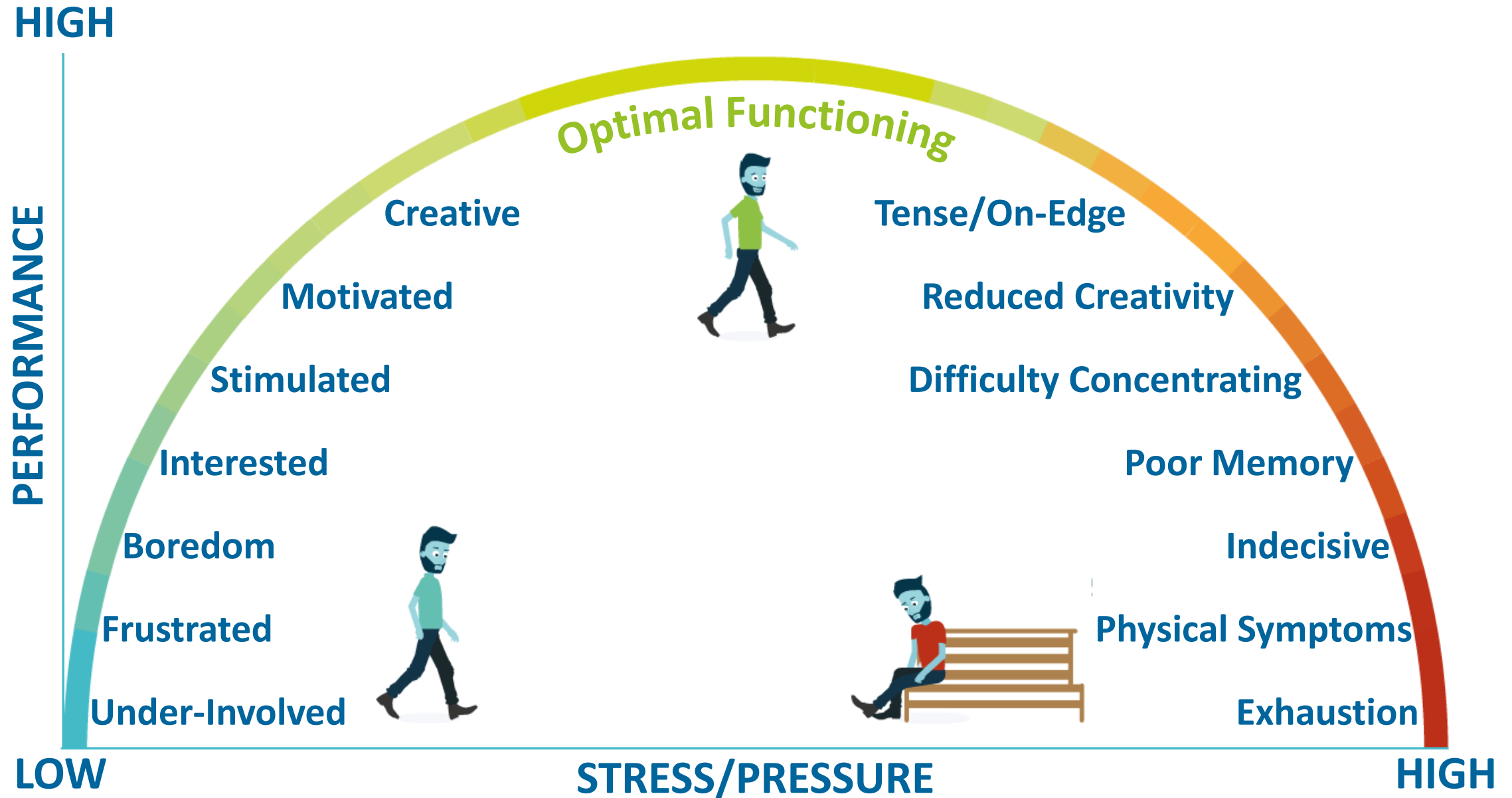
Engagement

Motivation

IMPACTS ON THE INDIVIDUAL

IMPACTS ON THE FAMILY

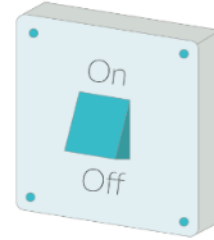
Psychological Wellbeing & Performance



Epigenetics

Epigenetics

Switching genes on and off with our mind



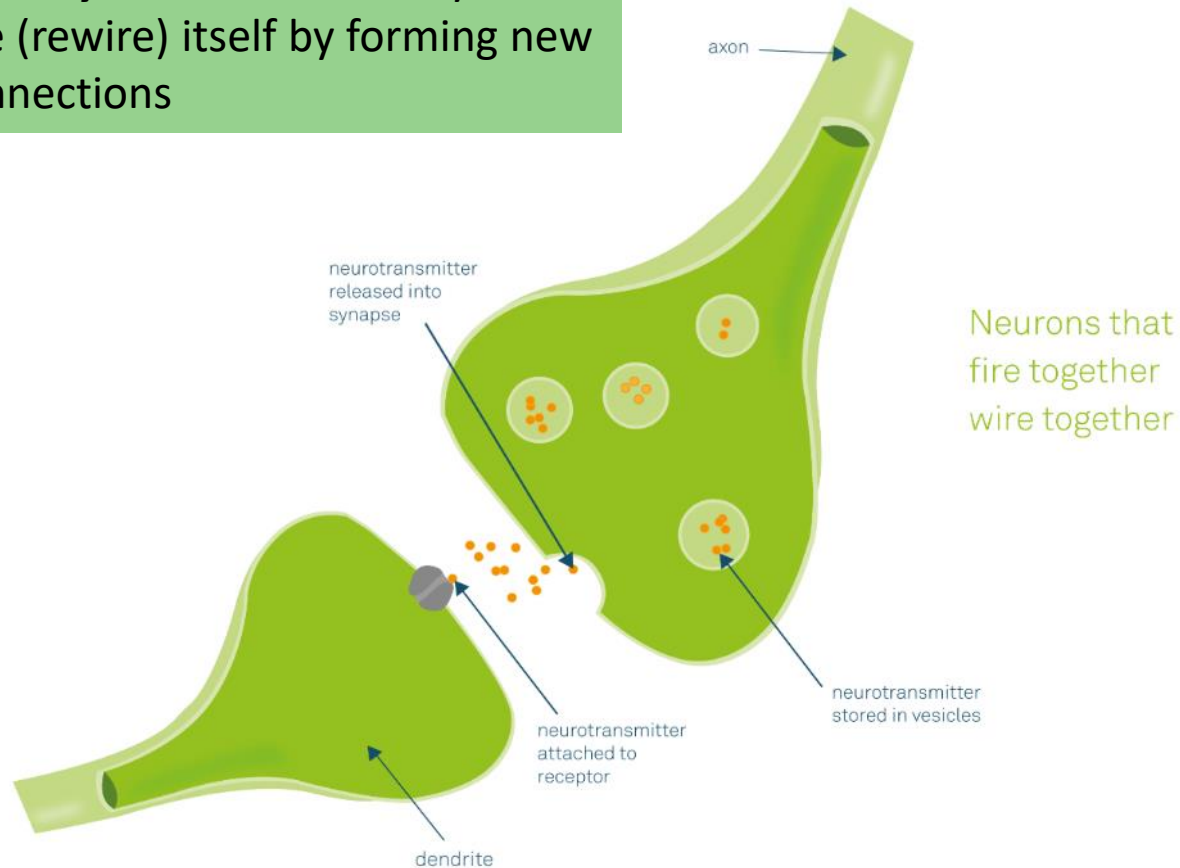
We can affect our gene expression:

- Exercise & nutrition (*health*)
- Good social support network
- Mood state (*anxiety/depression*)
- Cognitive (thinking) style
 - *Optimism vs. pessimism*

- We are **born** with certain genes
- Certain **activities** and **behaviors** “turn on” good genes and “turn off” bad genes
- There are **tools** and **techniques** we can use to turn on the “good” and turn off the “bad”

Neuroplasticity

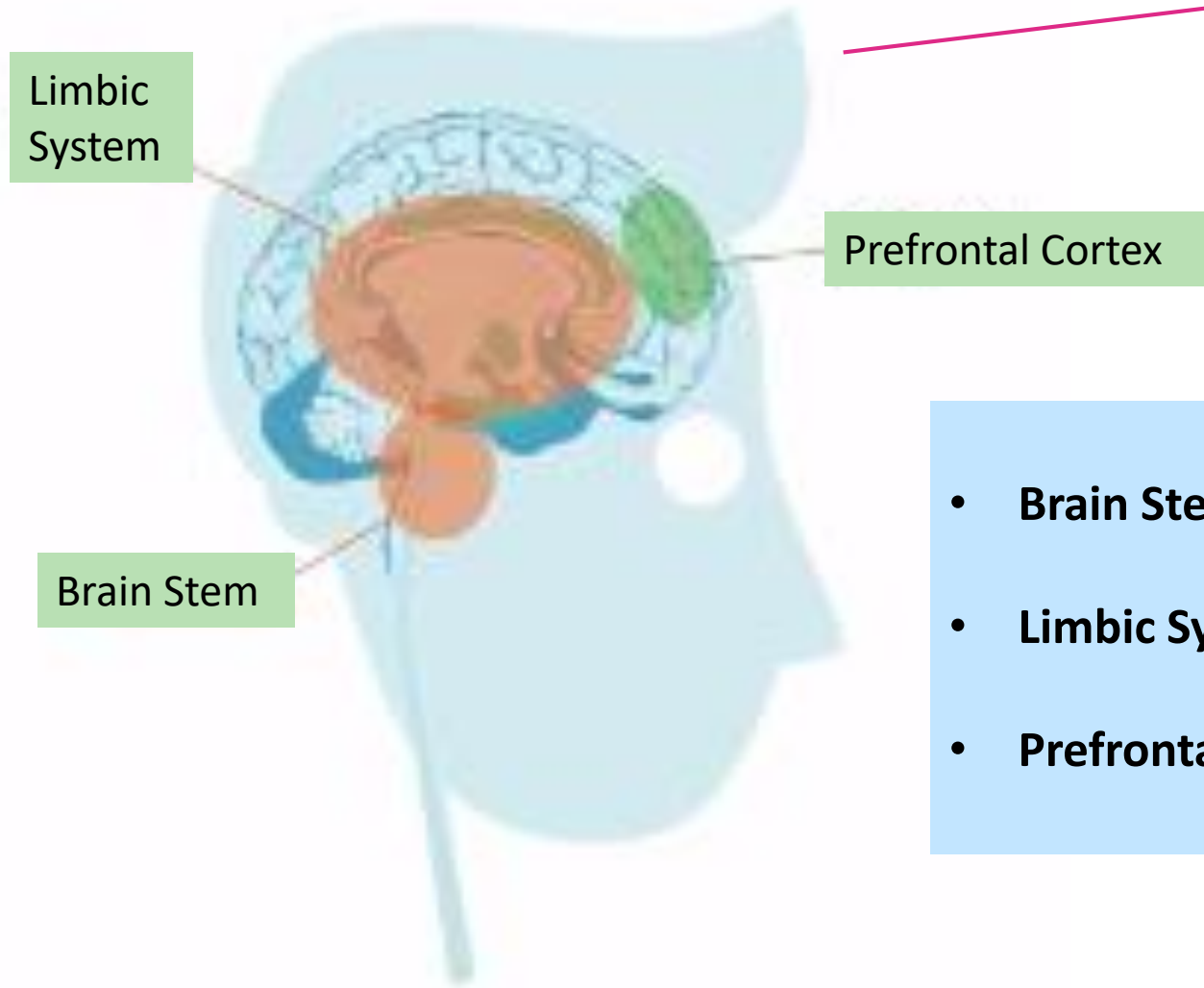
Neuroplasticity: The brain's ability to reorganize (rewire) itself by forming new neural connections



- We constantly create **new neural connections** (patterns)
- **We get better** at what we use our brains for...
- We can **strengthen** neural connections or **weaken** them
- We can **re-wire our brains** to be more resilient

Emotional Reasoning and Control

Designed for the Savannah – Threat vs. Safety



Resilience

Cognitive and behavioural characteristics can be learnt.

Emotional regulation

- **Brain Stem** = Physical responses
- **Limbic System** = Emotional brain
- **Prefrontal Cortex** = Rational Brain

Emotional Literacy

Negative Automatic Thoughts (NATS), Mood States & Behavior



Question:

Can even subtle
changes in mood
impact behavior?

SELF-TALK

**Self-critical
Self-discriminating
Self-deprecating**



depressogenic
defeat state
learned helplessness



resilience
cope with setbacks
learned optimism

**Focus on
Strengths
Competencies
Abilities
Self-belief
Self-efficacy**

Worry Filter

WHAT DOES IT DO?

- Identify a situation that is causing you stress and worry
- Helps you distinguish between **useful** and **useless** worries (*not of value or out of your control*)
- You **toss** those that are “useless” and **action plan** on those that are “useful”



Worry Filter

Useful Worries

Action
(Solution Focused)

Useless Worries

Trash

Mindfulness Matters

KEY CONCEPTS / WHAT DOES IT DO?

- Our brains have a **limited capacity for attentional focus**; our brains need a break to renew
- **Mindfulness Meditation** can cause physical changes in the brain that lead to **improved focus, cognitive ability, emotional stability and self-awareness**
- **App: Insights Timer**

Mindfulness

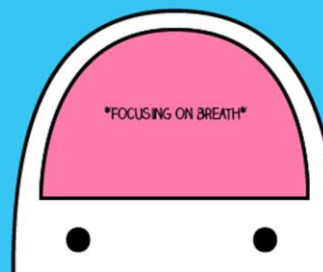


MEDITATION PULLS YOU OUT OF UNCONSCIOUS
AND AUTOMATIC THOUGHT PATTERNS

DEFAULT PATTERNS FILL YOUR
MIND WITH CONSTANT CHATTER
(AKA MONKEY MIND)



MEDITATION GIVES YOUR "MONKEY MIND"
A JOB TO DO



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PHYSICAL WELLBEING

RESILIENCE STARTS WITH SELF-CARE...

To build a resilient mind, we have to start with the foundation...

Sleep

- Do you get enough sleep?
- Is it easy to fall asleep and stay asleep during the night?
- Do you regularly wake up on the morning feeling refreshed?

Exercise

- Do you exercise regularly?
- Do you balance play and rest?
- Do you move regularly throughout the day?

Nutrition / Hydration

- Do you eat regular, well-balanced meals?
- Do you drink enough water?
- Do you get the nutrients you need?

Social Support

- Do you spend time with friends?
- Do you spend time with family?
- Do you make a concerted effort to have fun?

YOUR MINDSET DRIVES YOUR BEHAVIOR

“If you can’t fly then run,
if you can’t run then walk,
if you can’t walk then crawl,
but whatever you do you have to
keep moving forward.”

What are you paying ATTENTION to?

How are you spending your TIME?

What brings you ENERGY?

What zaps your energy?

Guess who is paying attention to YOU?





WHAT IS MOST
MEANINGFUL FOR **YOU?**

RESILIENCE TIPS – WHAT WOULD YOU ADD OR ADOPT?

- Start your day with mindful walk, your favorite music or movement. Ground yourself with clear goals.
- Pay attention to what you are paying attention to and how you are spending your time.
- Ask for help when needed.
- Remember the power of your breath.
- Diffuse your favorite scent in the room you spend the most time in. (If favored....)
- Hit 'Pause' in order to build up calm self in order to have difficult conversations.
- When fears arise – name it, compartmentalize it. Realize what is IN your control, vs. OUT.
- Speak kindly to yourself. Praise self, and others.
- Feed yourself with more positive thoughts & nutrition.
- Practice Grati-TUDE. Daily.
- Make time for meditation, or mindfulness.
- Balance the 'Gives' – with the Takes'.
- Connect with friends & community.
- Give back to the community as a family.
- "Big deal, or low deal?"
- Sneak peak while they sleep ;)

