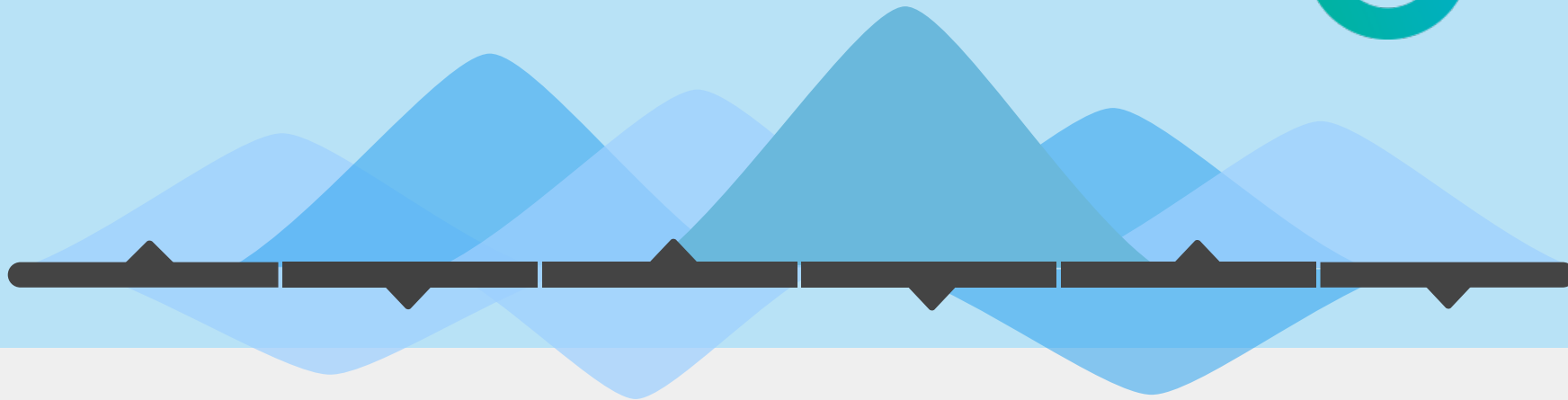


Resilience for a **better** life.

# Resilience



1



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# Why Resilience Matters

- Life / relationships stir emotion
- Emotion contains Energy
- Energy is Information
- Information inspires growth
- Motivation fuels growth

Conversely, an inability to tolerate 'life' results in a lack of emotion/ motivation which leads to ...

Anxiety, irritability, suspiciousness, agitation, depression and withdrawal

# Resilience is...

☞ The capacity to thrive through adversity ('life') *and be strengthened by it*

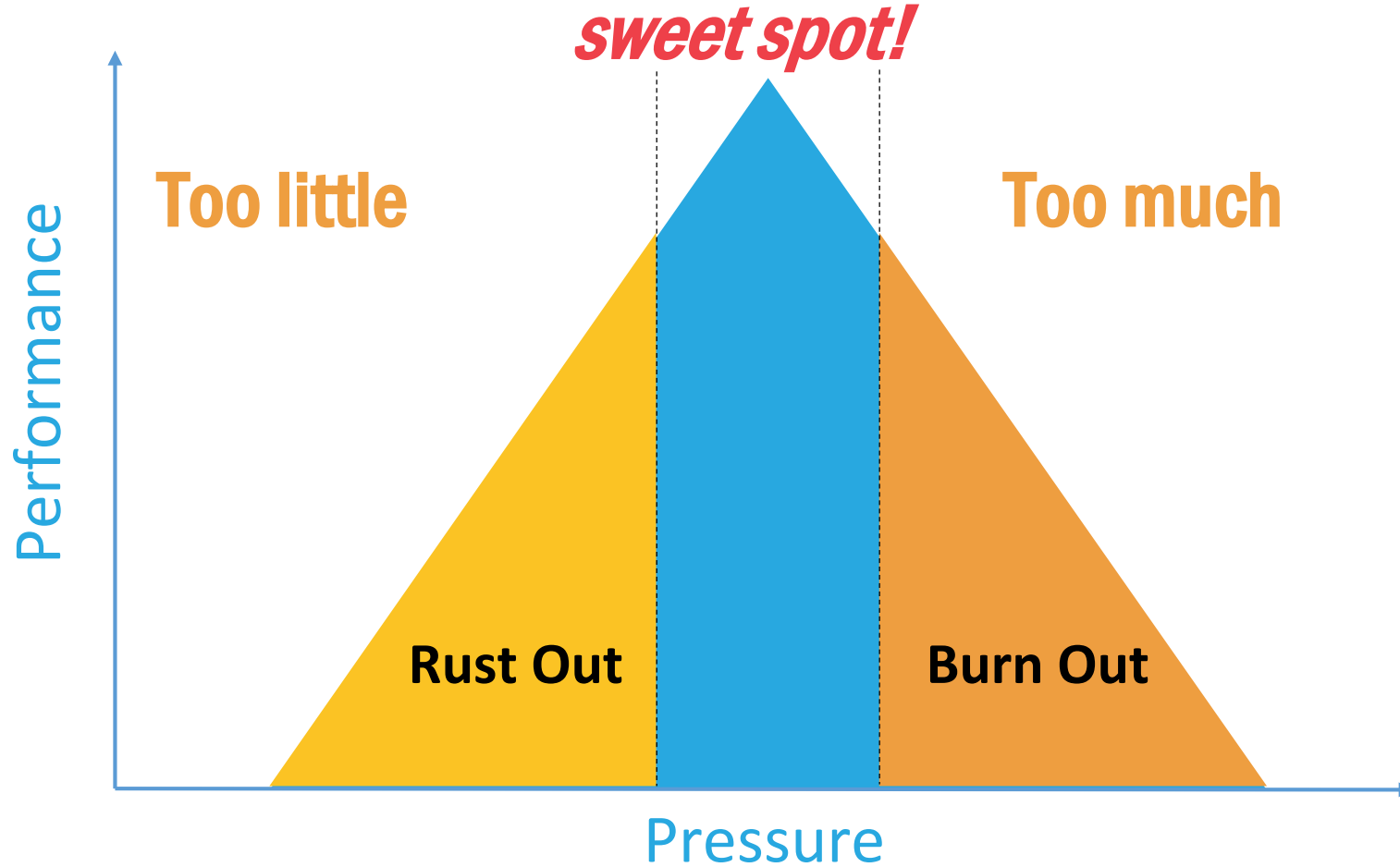
**To bounce back AND forward**

☞ Related closely to 2 concepts:

☞ Inner Strength

☞ Resourcefulness

# Impact of Pressure on Performance



# A lack of Resilience...

Leads to...

## Internal Effects

- Stress/anxiety
- Lack of focus
- Disorganized
- Burnt out

## External Effects

- Irritability
- Absenteeism
- Frequent Conflicts
- Incivility

# Impact of Resilience



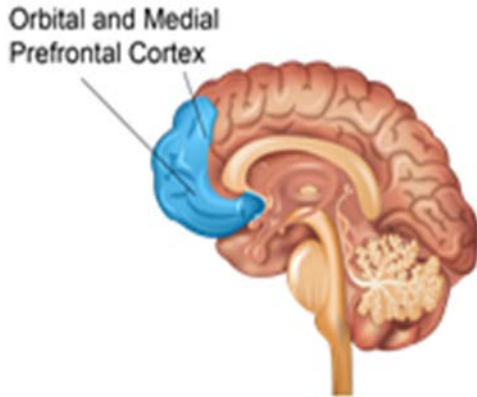
Stress and mental health:

- Resilience requires psychological flexibility
- Thriving through stress requires Brain flexibility

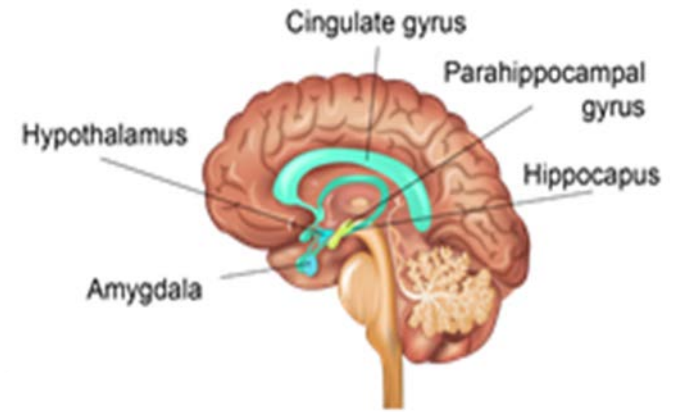
**Neuroplasticity**

# Your 3 Brains

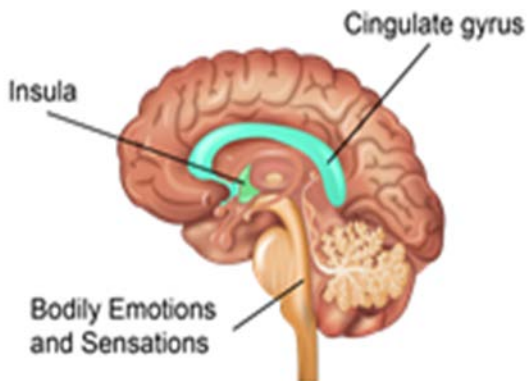
## The Prefrontal Cortex (CENTRAL EXECUTIVE NETWORK)



## The Limbic System (DEFAULT MODE NETWORK)



## The Salience Circuit (FEELING THE BODY)



# Destigmatizing Mental Health

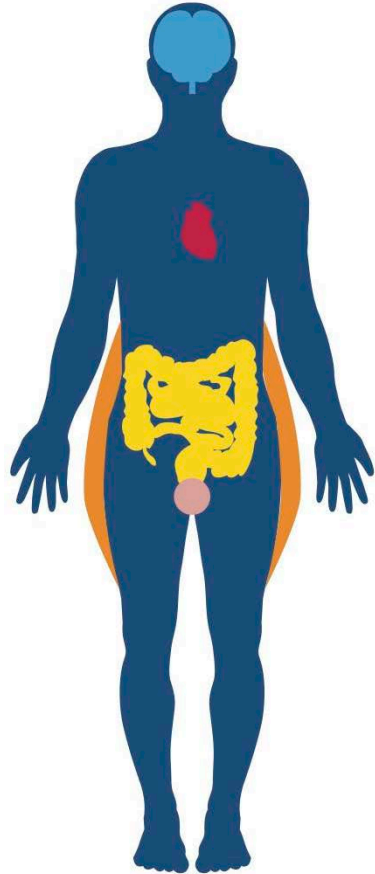
**Anxiety and Depression are normal (although problematic) responses for a body under stress.**



**Resilience can be Built**  
**A STRENGTHS BASED APPROACH**



# Stress and the Human Body



## Physical Symptoms of Stress



Anxiety, Headaches, Tension, Anger, Panic Disorders



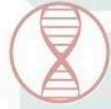
High Cholesterol, Increased Blood Pressure, Heart Attack



Digestive Disorders, Irritable Bowel Syndrome, Stomach Pain



Weight Gain, Obesity, Joint Pain, Cramps, Chronic Fatigue



Decreased Sex Drive, Decreased Energy Level, Mood Changes

*BAD STRESS MAY TRIGGER ILLNESS AND SYMPTOMS,*

*MANAGED STRESS CAN RESULT IN INCREASED PRODUCTIVITY, FOCUS AND AMBITION*

# Levels of Resilience

