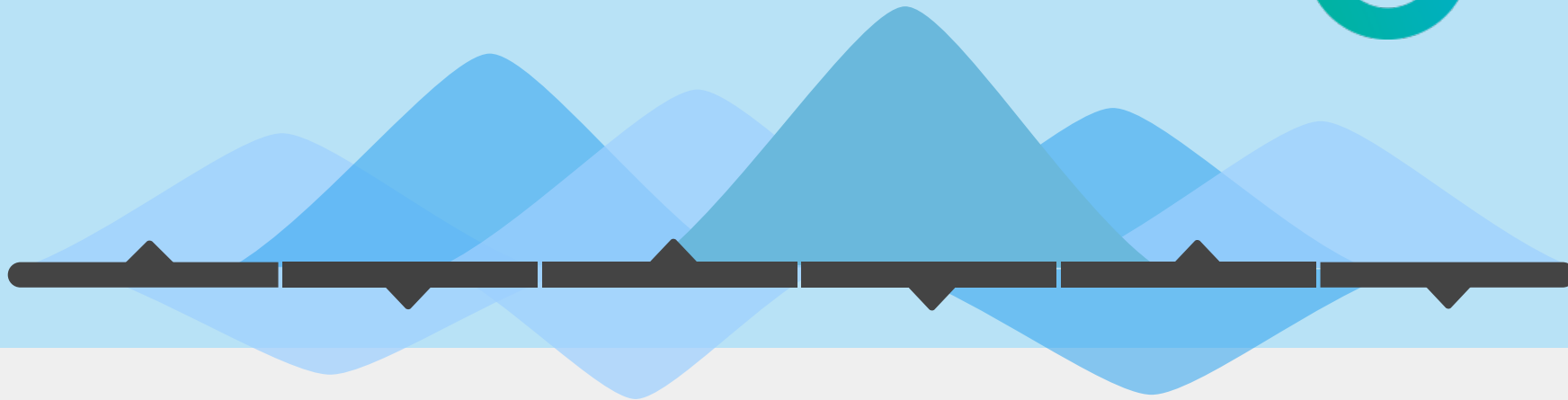


Resilience for a **better** life.

Resilience



1



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Impact of Resilience at Work



Occupational stress and mental health:

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

Neuroplasticity

What goes Wrong?

Lack of Regulation and a control



Workplaces / life stir emotion



Emotion fuels growth



Emotion contains Information



Lack of emotional tolerance / control leads to ...

Anxiety, irritability, suspiciousness, agitation and depression

Resilience

☞ The capacity to thrive through adversity and be strengthened by it

Bounce back *AND* forward

☞ Related closely to 2 concepts:

☞ Inner Strength

☞ Resourcefulness

Lack of Resilience

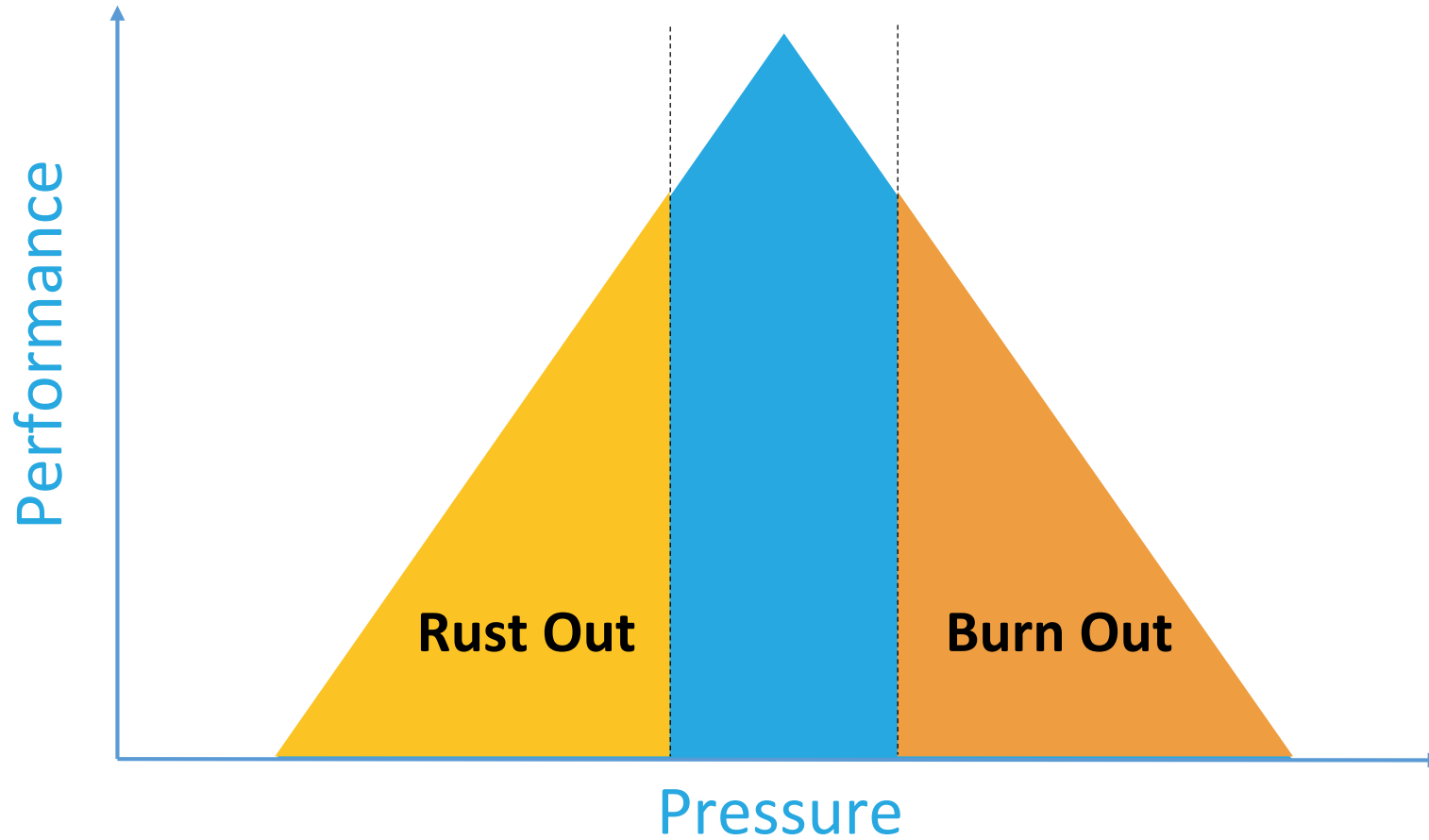
Internal Effects

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

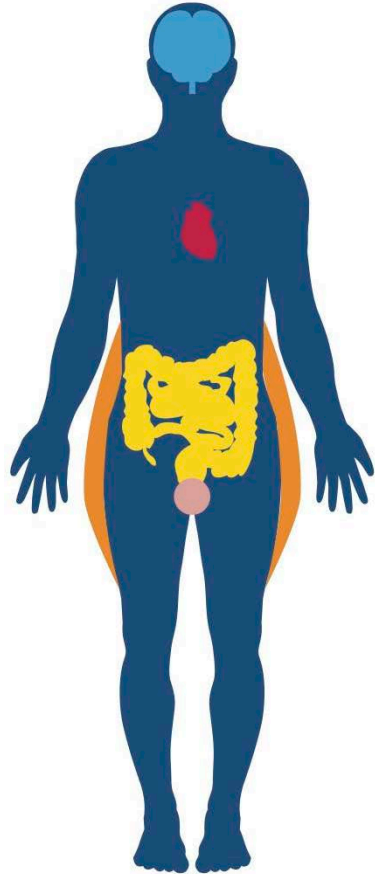
External Effects

- Irritability
- Absenteeism
- Frequent Conflicts
- Incivility

Impact of Pressure on Performance



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



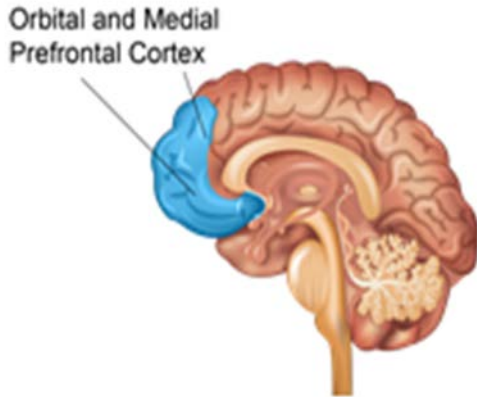
Decreased Sex Drive, Decreased Energy Level, Mood Changes

BAD STRESS MAY TRIGGER ILLNESS AND SYMPTOMS,

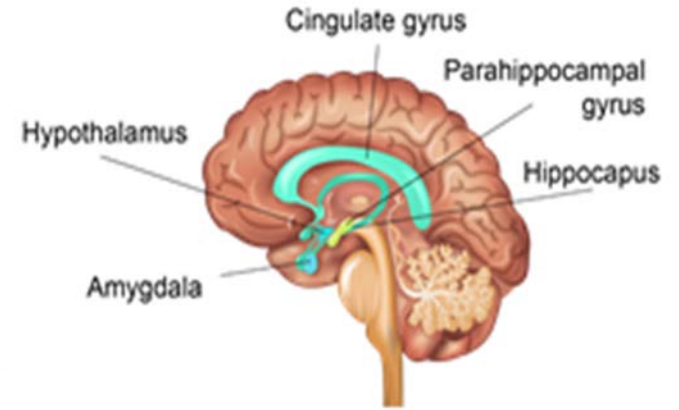
MANAGED STRESS CAN RESULT IN INCREASED PRODUCTIVITY, FOCUS AND AMBITION

Your 3 Brains

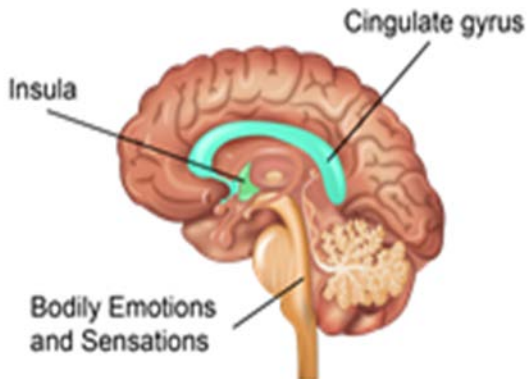
The Prefrontal Cortex (CENTRAL EXECUTIVE NETWORK)



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

Levels of Resilience

