



The Resiliency Project – April 2024

Welcome!

Our starting point:

- 1 Life is filled with joys and challenges
- 2 How you respond makes or breaks you
- 3 There are four possible responses
- 4 You've chosen to thrive



Resilience:

What is it?

The ability to spring back from and/or successfully adapt to change or adversity



Best Care EAP

The Resiliency Project



Cultivate a Growth Mindset



Build Emotional Intelligence



Maintain a Positive Outlook



Practice Self-Care



Develop Strong Social Connections



Practice Mindfulness & Self-Reflection



Foster a Sense of Purpose



Set Realistic Goals



Foster Problem-Solving Skills



Embrace Adaptability



Develop Time Management Skills



Seek Help & Utilize Resources

Key Objectives

1 Key objective one

2 Key objective two

3 Key objective three

4 Key objective four

5 Key objective five

6 Key objective six



Positive Outlook

Choosing to see & believe...



- The best in ourselves
- The best in others
- The best in the situation

Maintain a Positive Outlook

Homework Review

- What did you start/stop/keep doing?
- What effect(s) did you notice?



Practicing Self-Care

Self-care is a conscious act people take to promote their physical, mental & emotional health. It's vital for building resilience toward life's stressors.

Let's reflect:

- Do you believe you give yourself the proper time and attention in regards to your self-care?
- If not, why?



How to Put Yourself First!

Let's develop a self-care plan!



We must do the following:

1. Understand the importance of self-care
2. Learn and/or try new strategies to find what works for you
3. Assess & reflect honestly on your current state
4. Set your self-care goals, begin with the end in mind!
5. Plan your actions specifically
6. Track progress for accountability
7. Celebrate milestones & accomplishments!



What's on Your Plate?

It's critical to understand your **WHOLE** self before developing a self-care strategy

- What are key components of your life and major daily activities?
- What are things that cause you stress?

Stress vs. Anxiety

What's the difference? The more we understand, the better!

Stress

- Generally a response to an external cause, i.e.; interviewing for a new job or arguing with a friend.
- It goes away once the situation is resolved.
- It can be positive or negative. For example, it may motivate you to study for a test, or it may cause you to lose sleep.

Both

Both stress and anxiety can affect your mind and body.

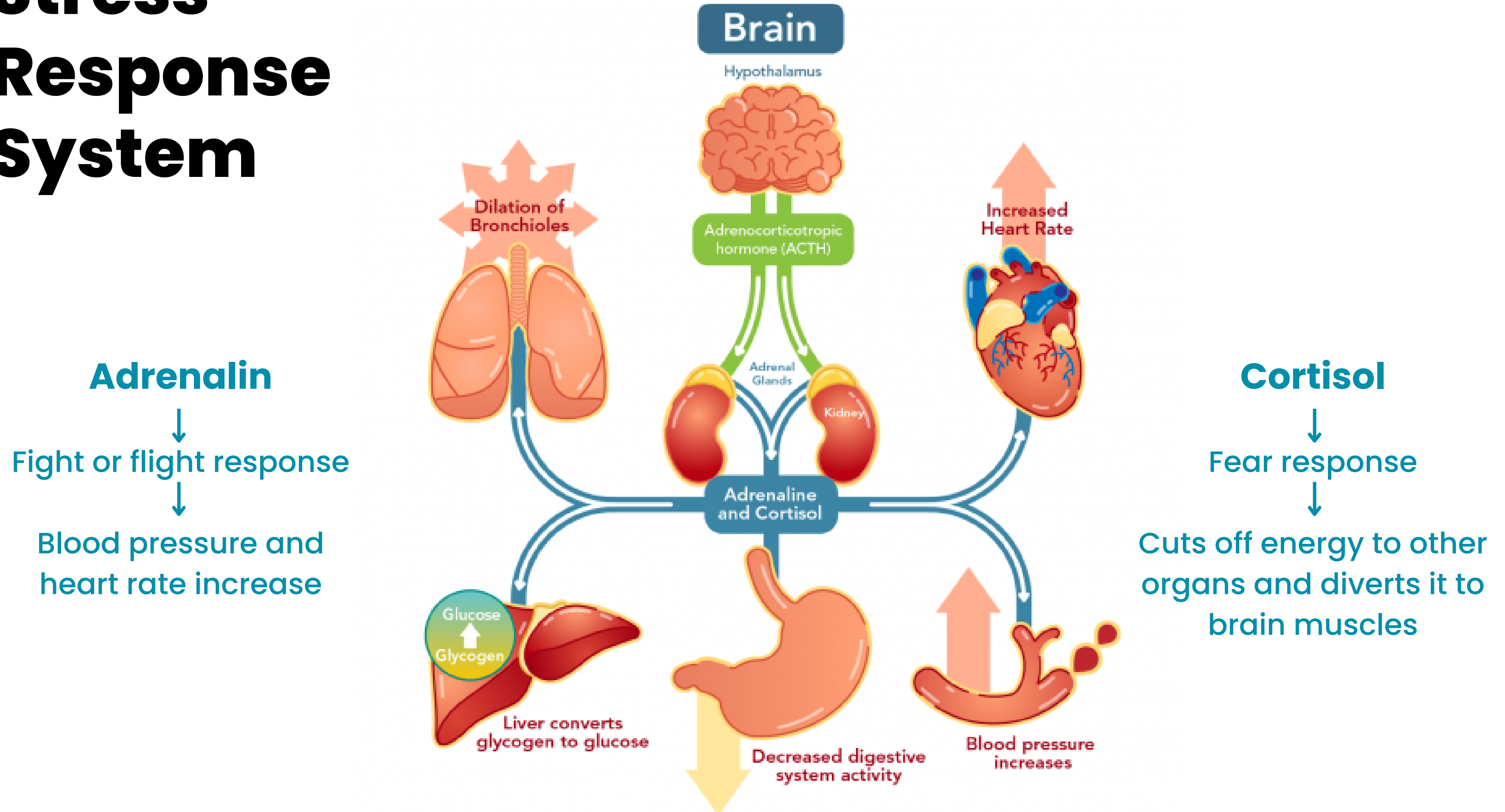
Symptoms include:

- Excessive worry
- Apprehension
- Tension headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally internal, meaning it's your reaction to stress.
- Involves a persistent feeling of uneasiness or dread that doesn't go away, and that interferes with how you live your life.
- It is constant, even if there is no immediate threat.

Stress Response System



Stress Response Components

Psychological

- Emotion
- Cognition
- Arousal
- Motivation

Limbic system
Cerebral cortex
Modulatory systems

Physiological

- Energy metabolism
- Immunity
- Cardiovascular activity
- Reproduction
- Digestion, etc.

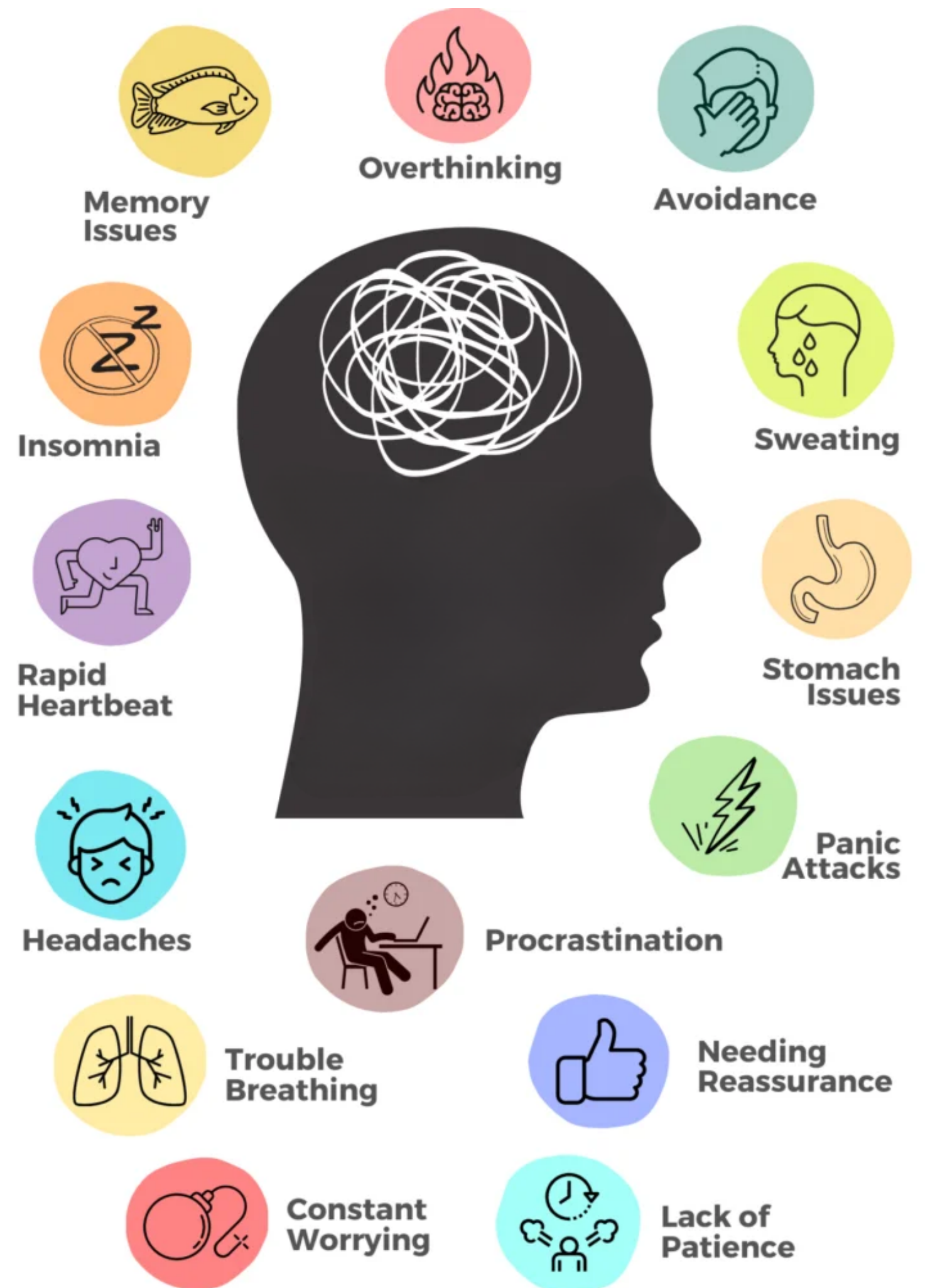
Autonomic nervous system
Hypothalamus-pituitary-adrenal axis

Behavioral

- Attack
- Escape
- Freezing
- Facial expressions
- Reflexes, etc.

Somatic nervous system

What are your stress signs?



Why is self-care so important?

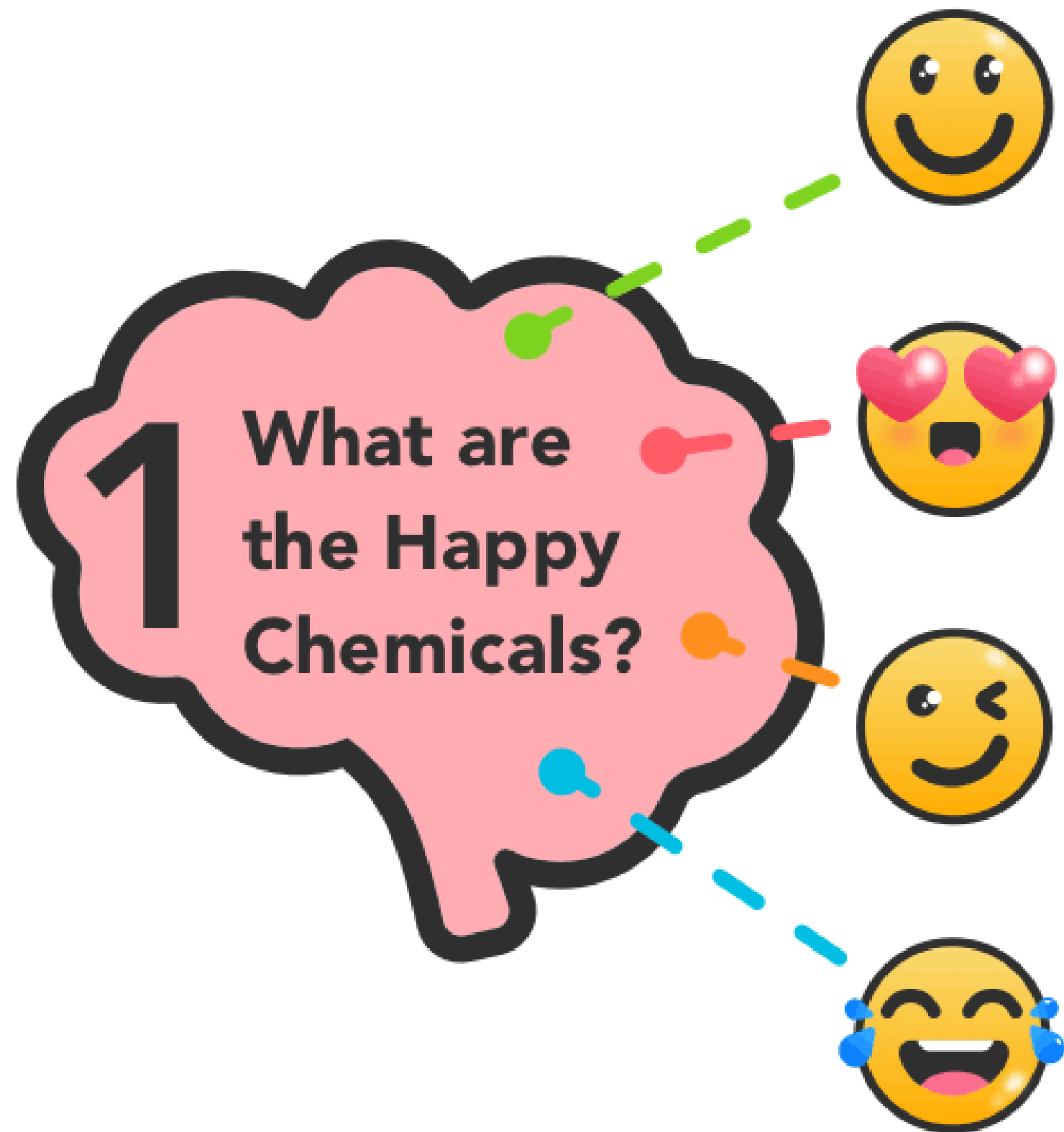
The results & benefits to those who practice regularly are numerous!

- Boosts self-esteem & confidence
- Improving happiness
- Increasing energy & focus
- Improving resilience
- Reducing stress
- Reducing burnout
- Reducing anxiety and depression
- Strengthening the interpersonal relationship



GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good



DOPAMINE

- Enables motivation, learning, and pleasure
- Gives you determination to accomplish goals, desires, and needs

OXYTOCIN

- Feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety and depression

2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS

3 How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate



**Who gets a side of guilt
with their serving of
self-care?**

A person is sitting on a grey couch, holding a white square pillow. The pillow has the text "SELF-CARE ISN'T SELFISH" printed on it in a bold, black, sans-serif font. The person is wearing a grey long-sleeved shirt and teal-colored pants. They are also wearing several bracelets on their left wrist. To the left of the person, another white pillow is partially visible with some text on it. The background is a plain, light-colored wall.

**SELF-CARE
ISN'T
SELFISH**

e them
end
to do to ge

WEAR YOUR LAP

Start with Your SELF!



Sleep

Exercise



**Leisure
Activities**

Food



Sleep

- Get seven to nine hours per night
- Go to bed/get up at the same time every day
- Have a bedtime ritual
- Turn off devices at least 30 minutes before bed
- Avoid caffeine, alcohol, and exercise



Exercise

- 30 minutes of cardiovascular exercise daily
- Strength training twice a week
- Limit sedentary behavior
- Exercise outdoors as well
- Doesn't have to be strenuous, just movement



Leisure Activities

- Do things you enjoy that aren't burdensome
- Reduces stress and re-energizes
- Builds self-esteem and self-reliance
- Brings out creativity and fun
- Creates a sense of accomplishment
- Increases life satisfaction



Food

- Fresh, whole, unprocessed food
- Proper protein, fat, carbs, fiber, vitamins, minerals
- Nothing is “off limits”
- Watch your portions
- Avoid emotional eating and eating alone

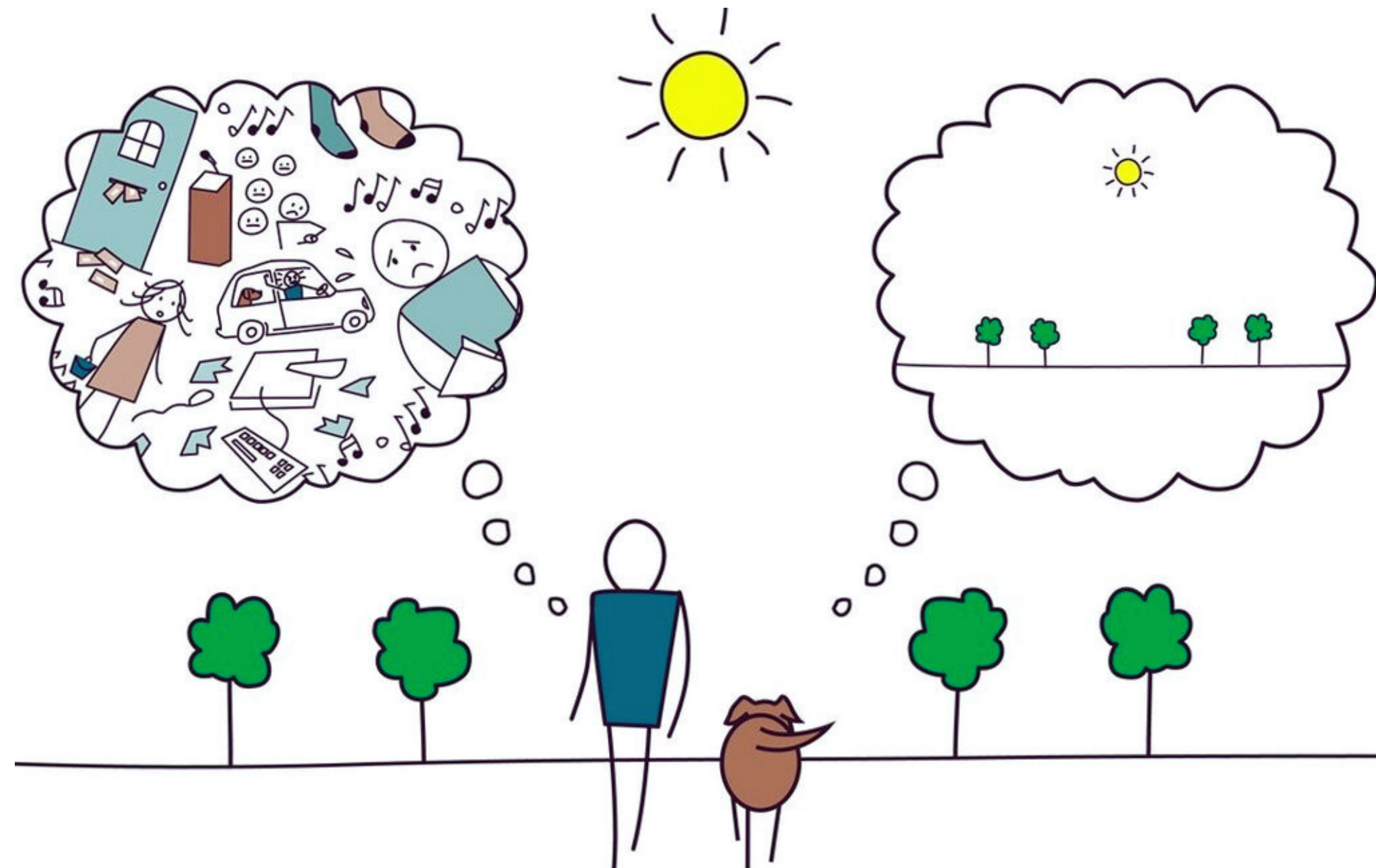


Practice Mindfulness

Recognize – Refrain – Relax

RECOGNIZE

- Your thoughts, feelings & sensations
- Where am I and what is happening around me?
- Critical before we react!

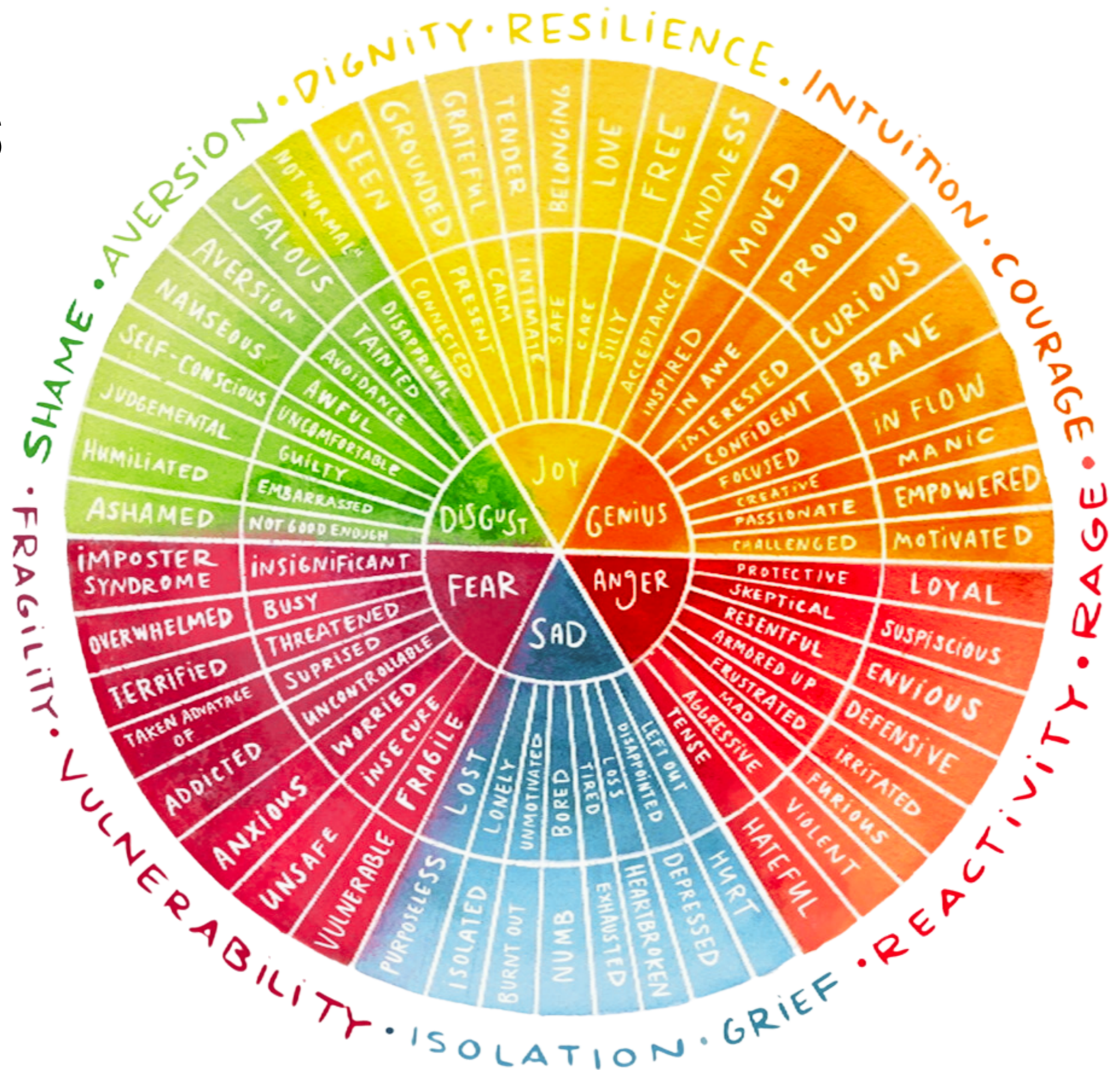


Self-Awareness

What am I feeling, specifically?

- Name it
- Frame it
- Tame it!

Which helps us **REFRAIN** from reacting automatically or unconsciously based on fear and judgement



Focus on What You CAN Control!

...and you can only control yourself!

Remember:

- You can't change others
- Others' actions don't reflect on you
- You must empower yourself!



Relaxation Techniques

RELAX...

the body...

to open the heart...

and quiet the mind

What techniques work for you?



Use
Aromatherapy



Practice
Visualization



Do Yoga



Take a Walk



Spend Time
in Nature



Listen to
Soothing Music



Breathe Deeply



Keep a Journal



Art Therapy



Get a Massage



Meditate



See a Movie



Read a Good
Book



Soak in a
Warm Bath



Laugh Out Loud



Have a Warm
Drink



Setting Healthy Boundaries

Becoming self-aware about expectations of ourselves and others, communicating with assertiveness & clarity your needs priorities:

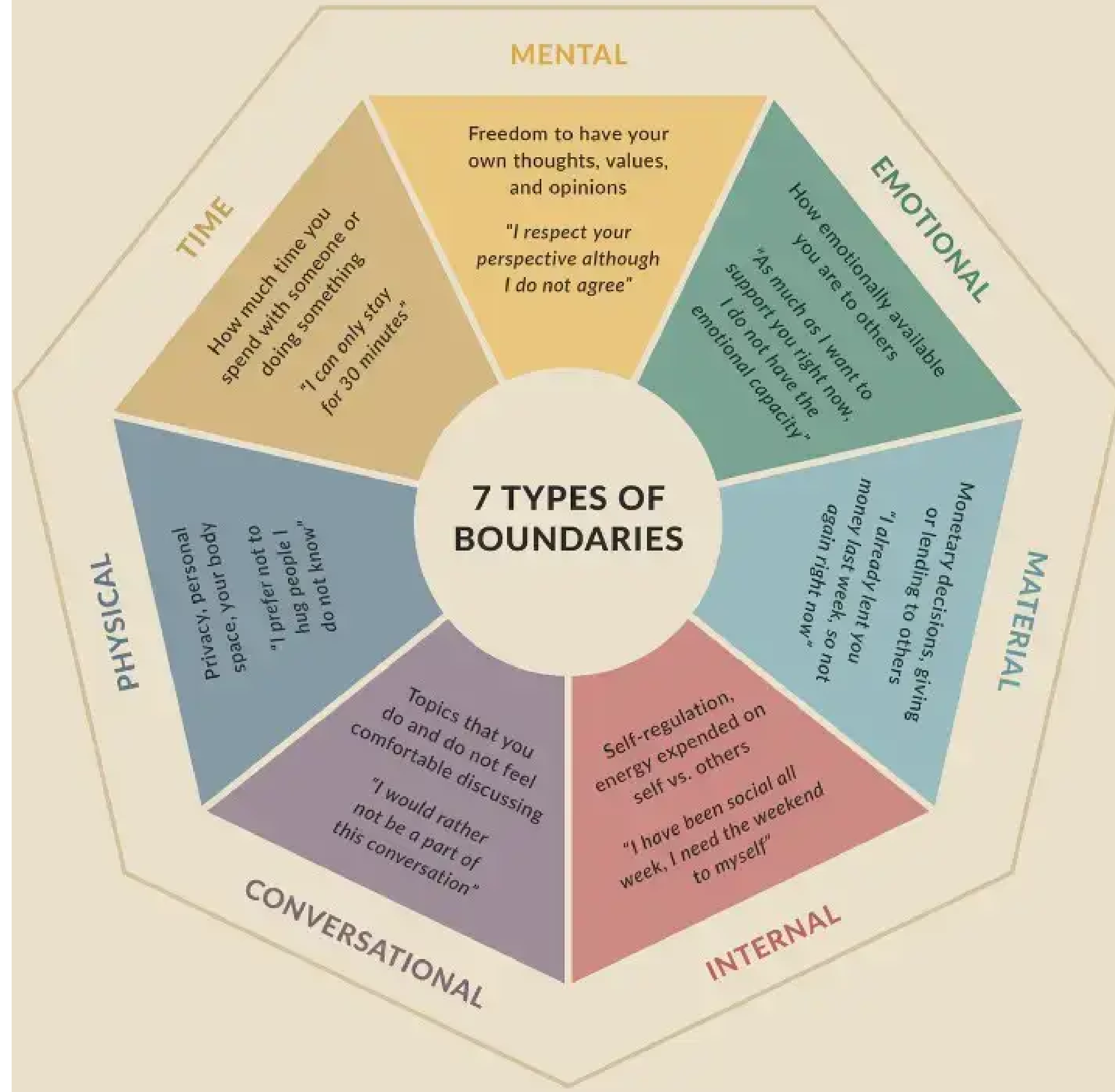
- Be as clear and as straightforward as possible, don't raise your voice
- State your need or request directly in terms of what you'd like, rather than what you don't want or like
- Accept any discomfort that arises as a result, whether guilt, shame, or remorse



Examples of Healthy Boundaries:

- Declining anything you don't want to do, or don't realistically have time to!
- Expressing your feelings responsibly
- Talking about your experiences honestly
- Replying in the moment
- Addressing problems directly with the person involved, rather than a third party
- Making your expectations clear, rather than assuming people will figure them out

7 Types of Boundaries



Positive Self-Talk

What do you need to start telling yourself?

What do you need to stop telling yourself?



Simple Self-care Practice Examples



Practice meditation to avoid information overload.



Work out and find ways to stay active.



Reach out to friends via text or online video chats.



Eat well-balanced meals (with the occasional treats).



Set and follow times for work and rest.



Say no (or not right now) and create boundaries!

Create a Schedule



- What will you start or add to your routine?
- What will you stop or take away?
- Consistency is key!
- Determine what resources to use; an app, calendar and/or BCEAP Self-Care Planner
- Who can be an accountability partner?

Q&A



Homework

Utilize the Best Care EAP self-care planner to help implement daily practices this month



Coming in May...

Developing Strong Social Connections



Best Care EAP Can Help!



402-354-8000

1-800-801-4182



www.BestCareEAP.org

- Member ID: bcCODEe
- Password: CODE

