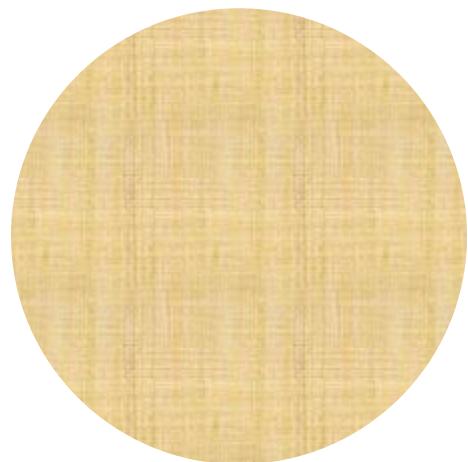


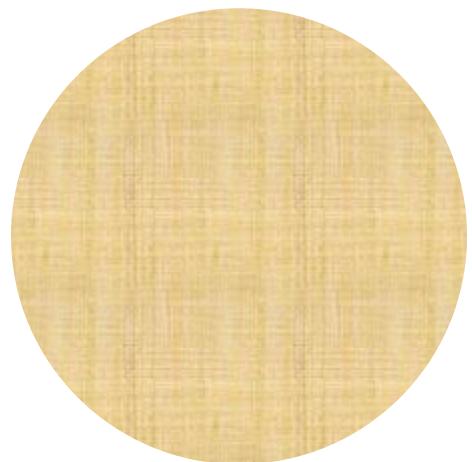


Learning Objectives



1. Understand the Resilient Zone
2. Develop Embodied Regulation Skills
3. Strengthen Self-Awareness and Mindful Leadership
4. Explore Interconnection Between Personal and Collective Well-Being
5. Co-Create a Personalized Plan for Resilience and Repair

STOP Practice



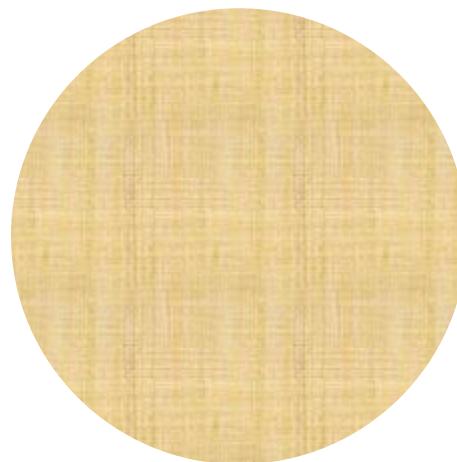
“S” stands simply for **stop**

“T” stands for **take** a conscious breath

“O,” stands for **observe** what’s arising in you

“P” reminds you to simply **proceed** with intentionality

ABCs Overview



Psychology
of Stress

Mindful
Movement

Meditation

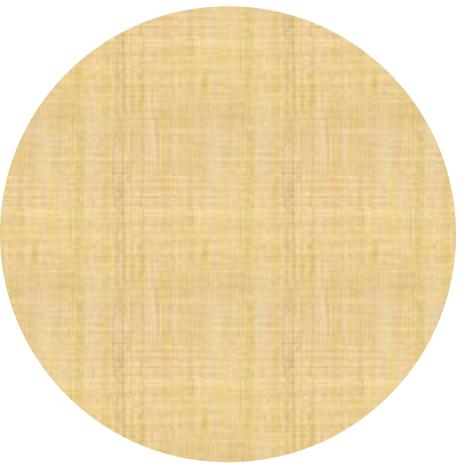
Awareness

Balance

Connection

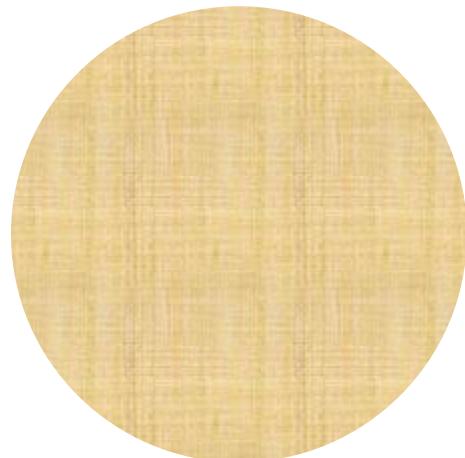
Awareness of:	Balance:	Connection:
<ul style="list-style-type: none">• What is happening around us• How we are feeling (through our bodies)• How we are perceiving situations• How others around us are feeling• How our actions are impacting others	<ul style="list-style-type: none">• Arousal balance• Emotional equilibrium• Between work and relaxation• Between short-term and long-term goals• Between our needs and the needs of others	<ul style="list-style-type: none">• With ourselves• With others, including co-workers, our families, friends and communities• With our values, aims

Anatomy of Stress



Why zebras don't get ulcers: when a lion stops chasing a zebra, the zebra relaxes. The zebra doesn't think "What if the lion returns? What if I didn't outrun the lion?" In contrast, people often continue mental dialogues, such as "What if things were worse?" and continue worrying.

Anatomy of Stress



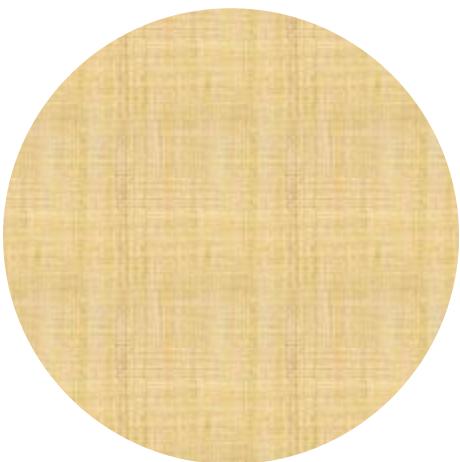
Excess stress is often known as distress.

- ***chronic stress = ongoing***
- ***acute stress = overly severe***

Types of Stress:

- **Normal daily stress** - common and natural human response to challenges and changes in life
- **Cumulative/Chronic stress** – ongoing, cumulative and pervasive
- **Burnout** - state of emotional, physical, and mental exhaustion caused by prolonged or excessive stress
- **Critical incident stress** - life-threatening situation
- **Vicarious stress** - sympathetic participation in the experience of another

Anatomy of Stress



Physical Symptoms of Excess Stress:

- Exhaustion
- Headaches
- High blood pressure
- Digestive problems
- Chest pain
- Muscle Tension & Aches
- Weakened Immune System

Emotional & Mental Symptoms of Excess Stress:

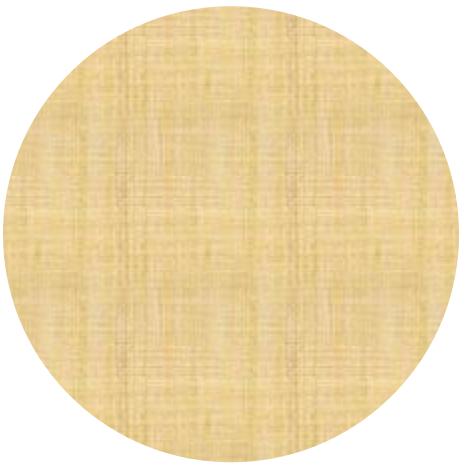
- Anxiety or Irritability
- Panic attacks
- Burnout
- Depression
- Sadness

Assessing Your Needs

What are your needs?

- How often do you feel stressed? What are your go-to strategies to alleviate stress?
- What is normal for you when you are well and relaxed? How do you sleep? What foods do you eat?
- How often do you laugh? What are the things you do for pleasure and how often?
- What is your relationship like with yourself? How strong is your self critic?
- How do you feel about your work? Do you believe in what you do? Do you believe that what you contribute has value?

Self-Regulation Practice

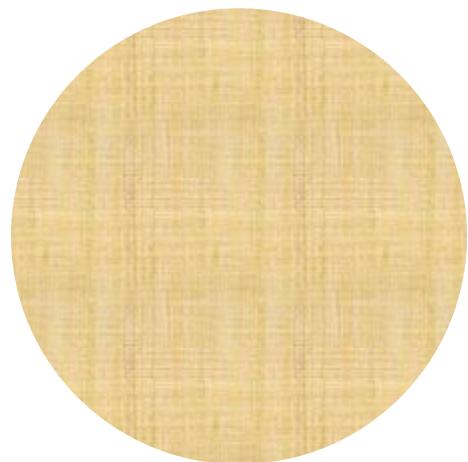




Short Practices for Self-Regulation

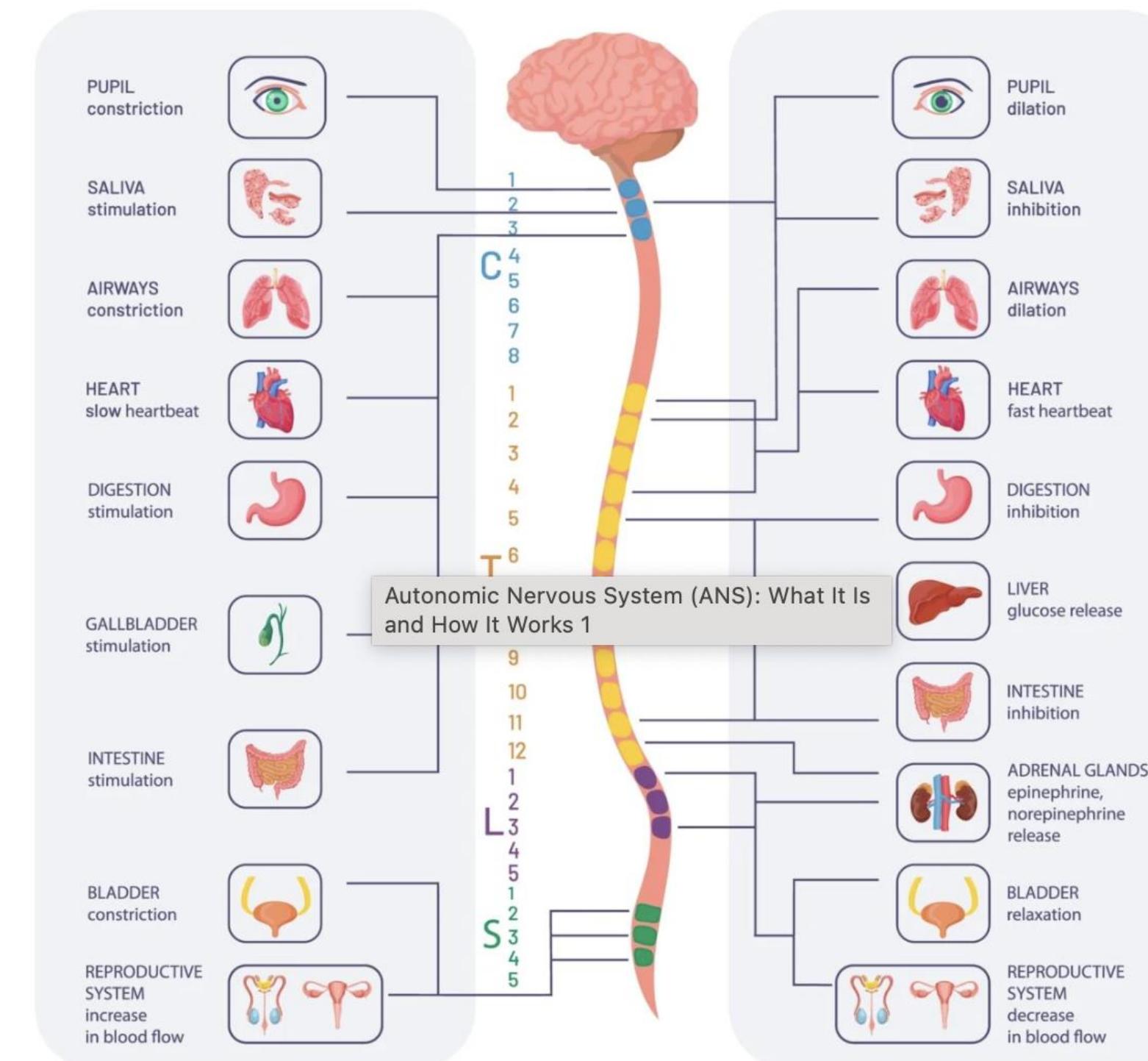
- **Breath:** Box Breathing, 4-7-8 Breathing, Physiological Sigh
- **Movement:** Swaying, Shaking, Dynamic Twist, Warming up the joints
- **Gentle Self Touch:** Bilateral Stimulation, Self Hug, Tapping, Hands on Heart, Hands on Forehead and Back of Neck
- **Toning:** Voo breathing, humming, chanting, singing
- **Awareness of Environment:** Orientation & Short Nature based practices

Autonomic Nervous System

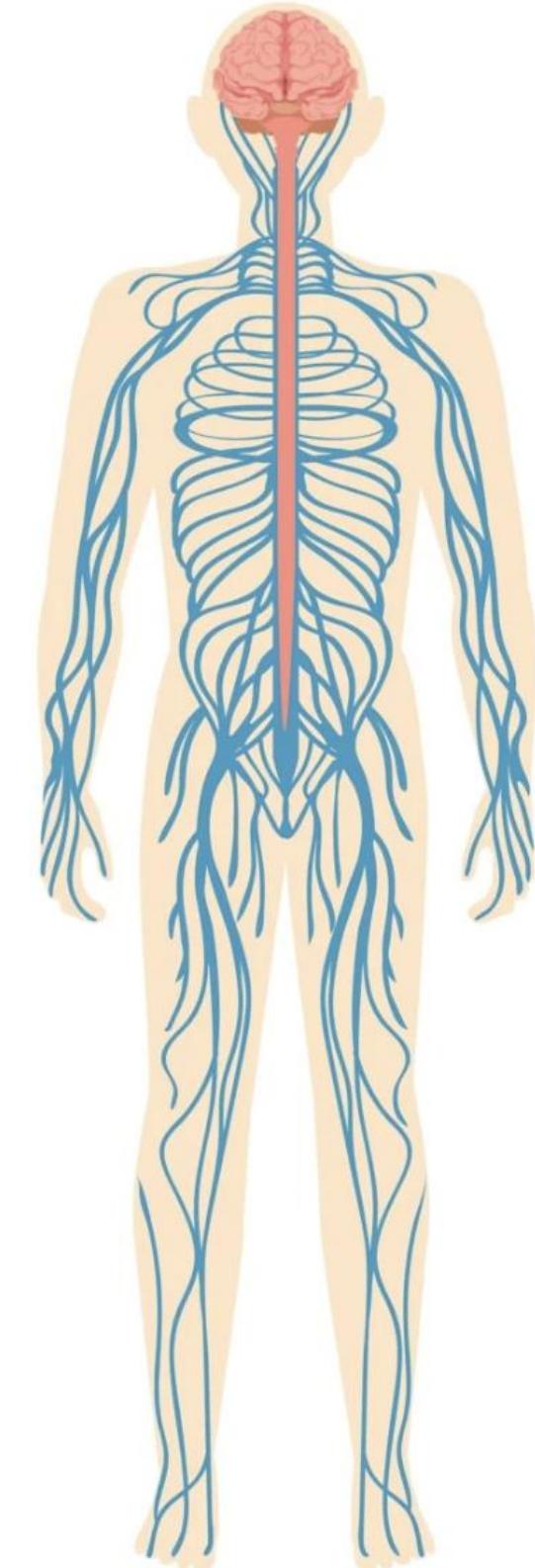


NERVOUS SYSTEM

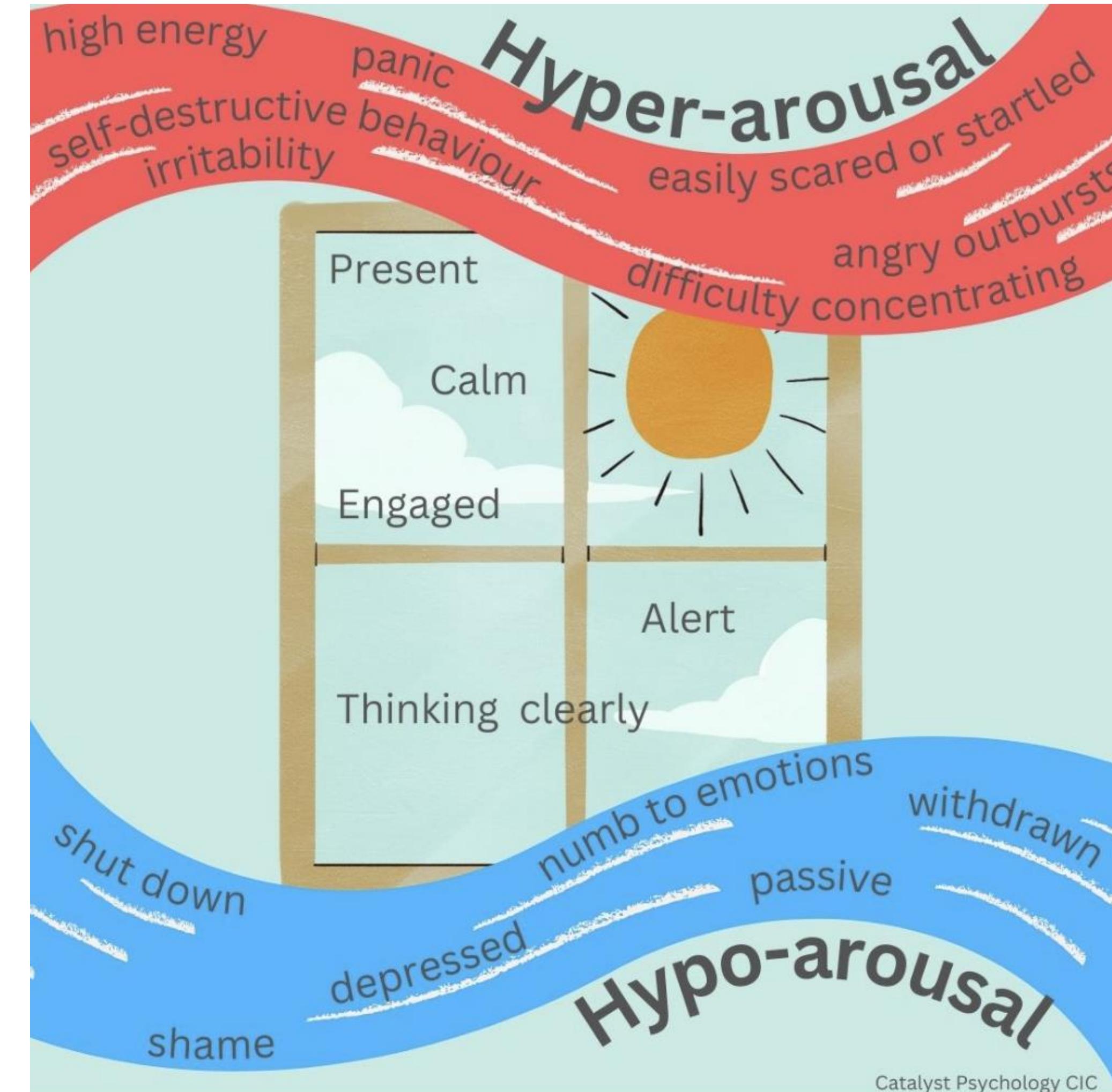
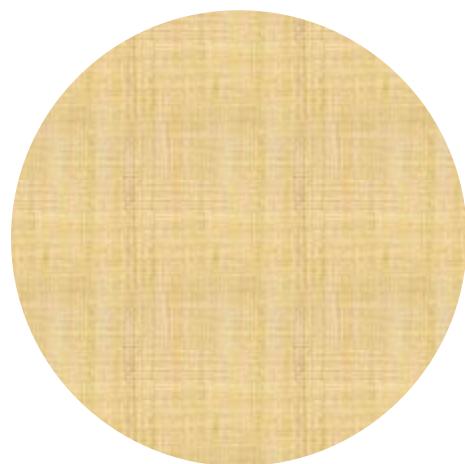
PARASYMPATHETIC



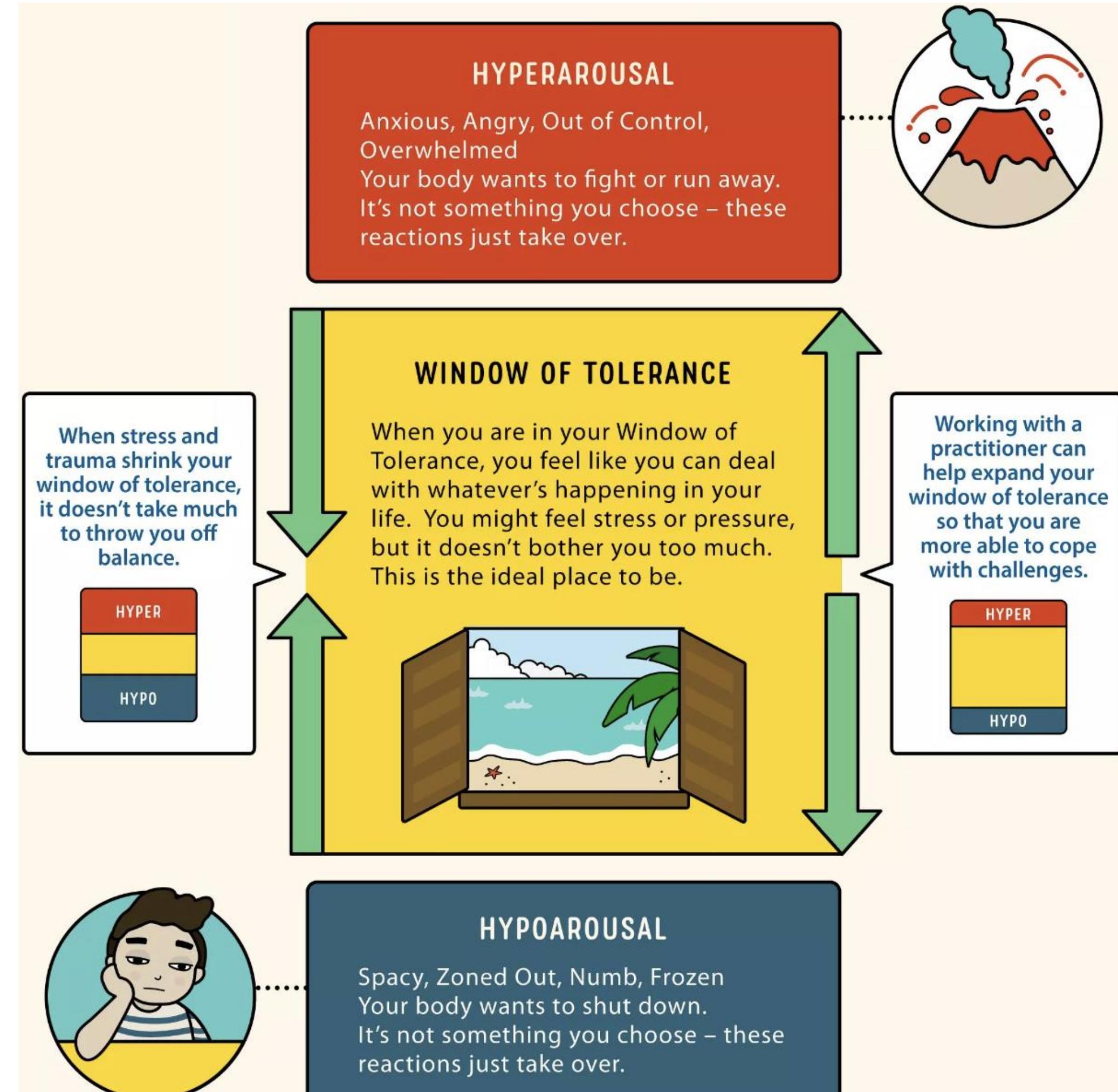
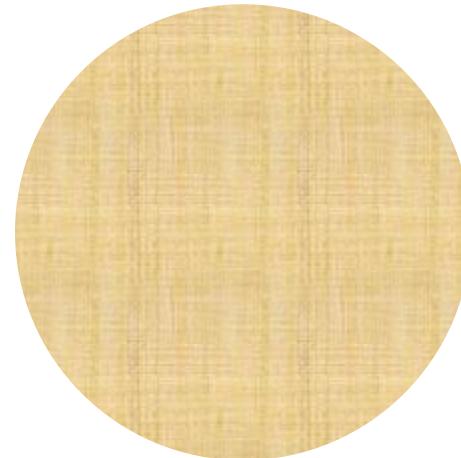
SYMPATHETIC



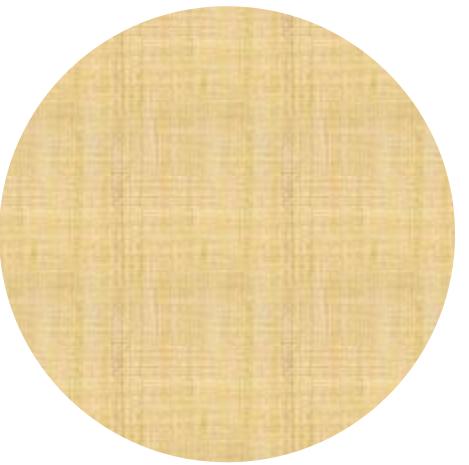
Hyper-arousal & Hypo-arousal



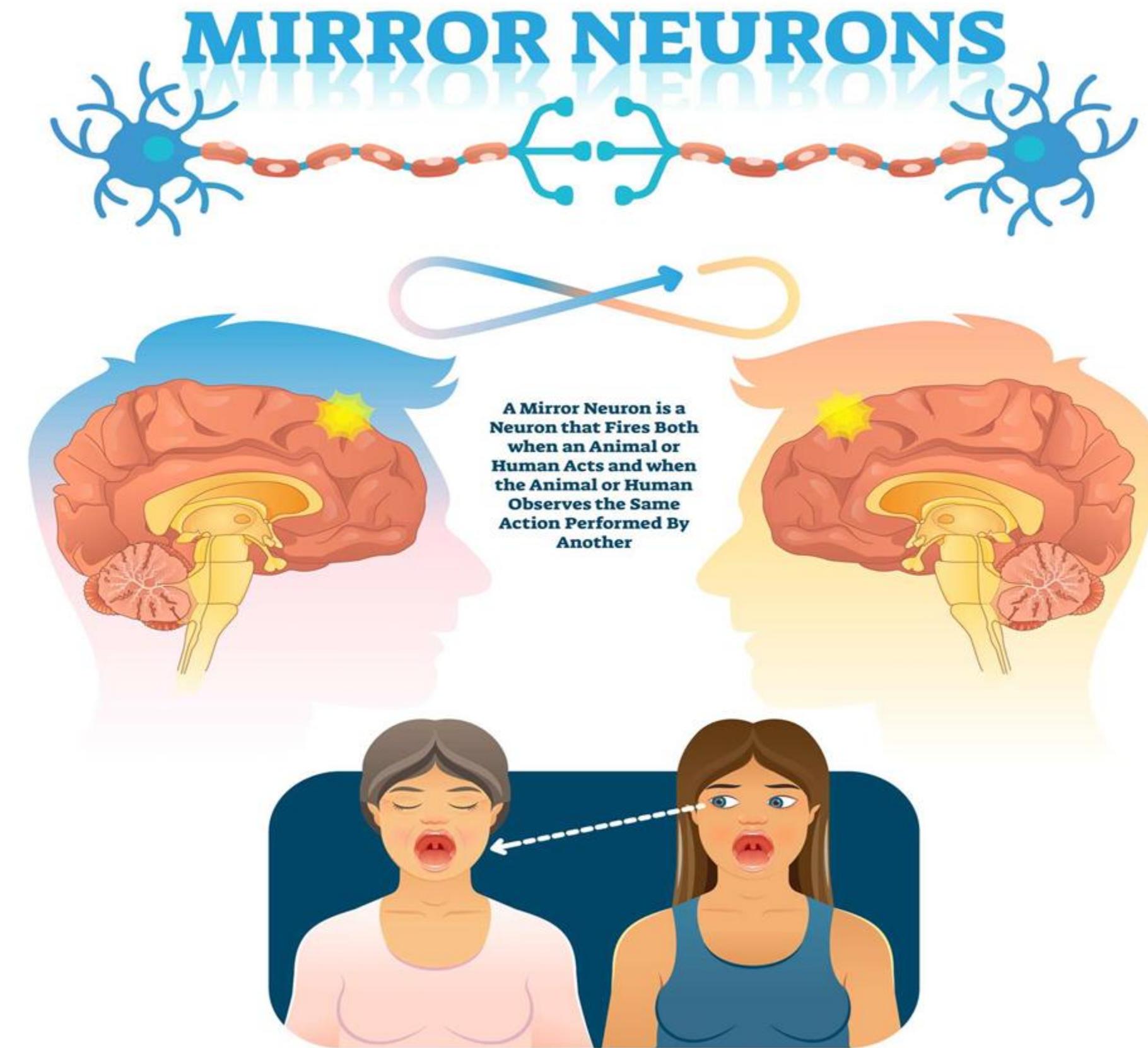
Zone of Resilience (Window of Tolerance)



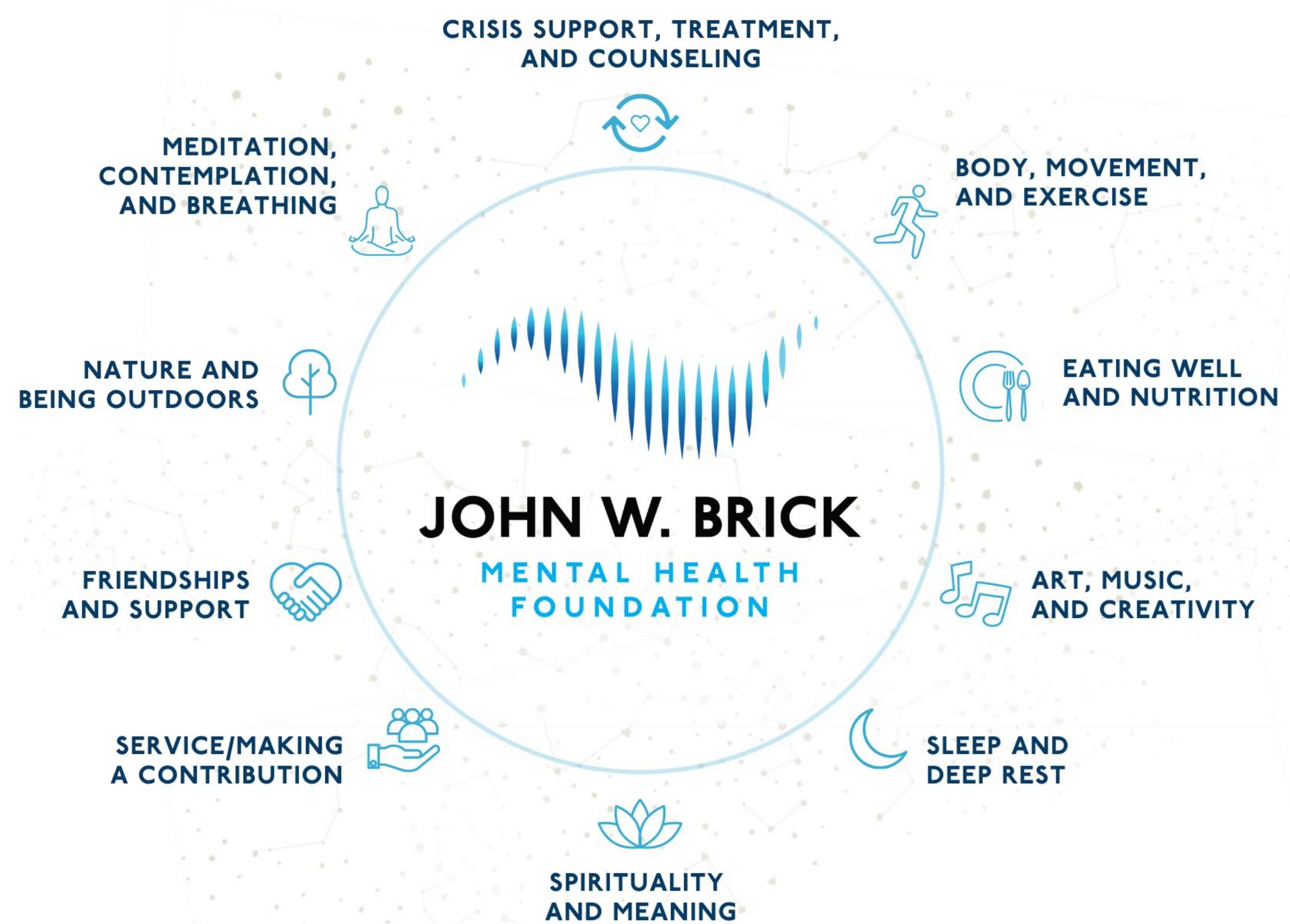
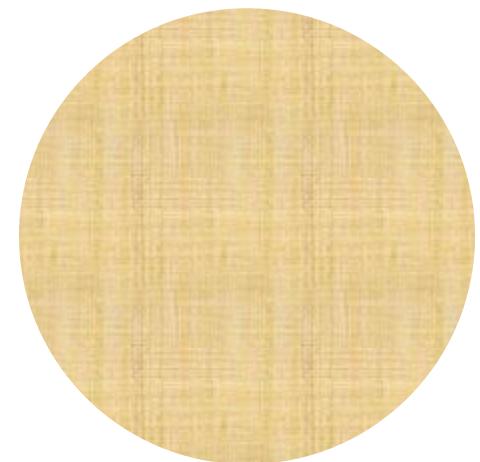
Co-Regulation Practice



Mirror Neurons & Emotional Contagion



Ecosystem of Wellbeing



What are your practices?

Designing your Practices

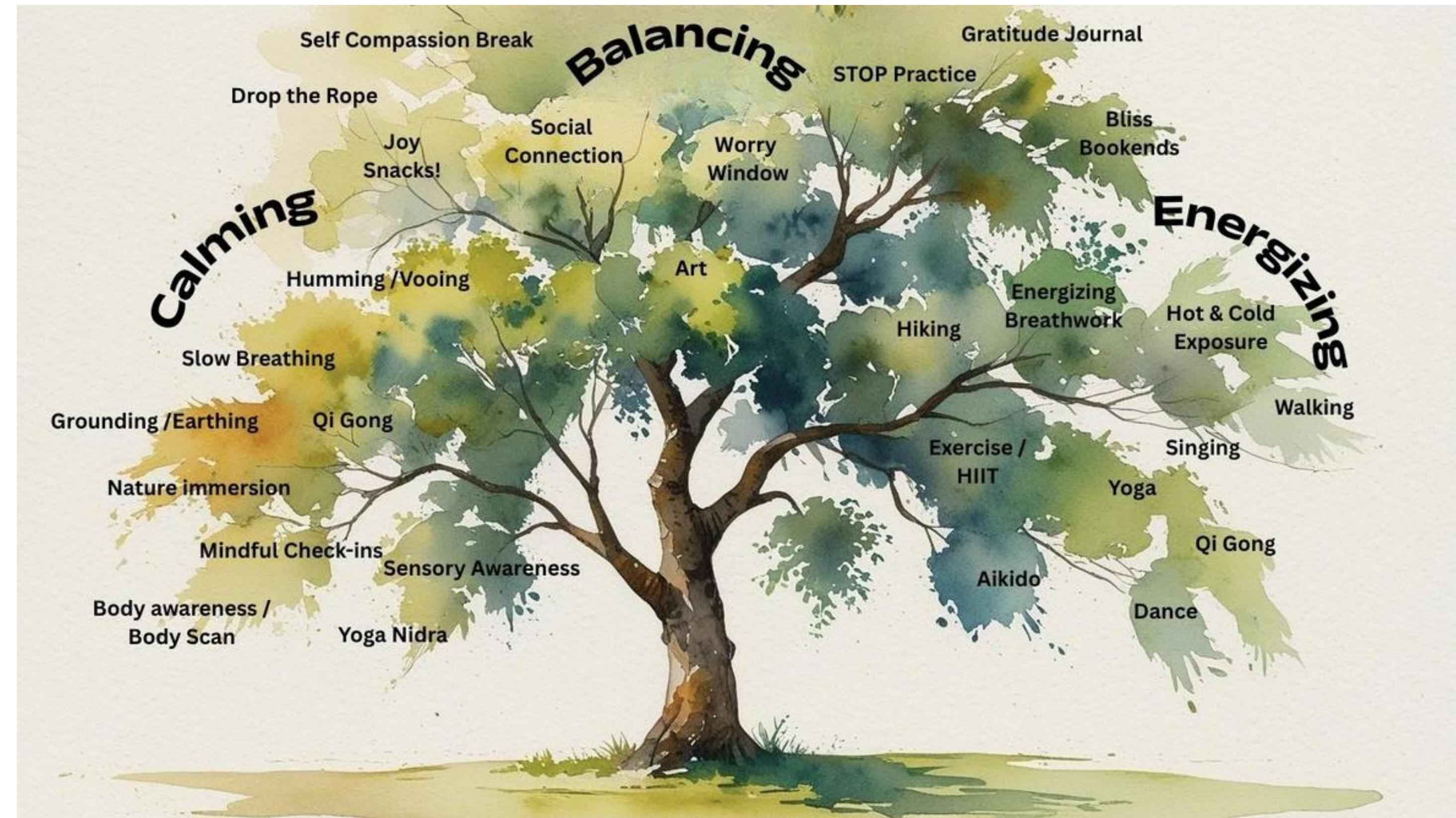
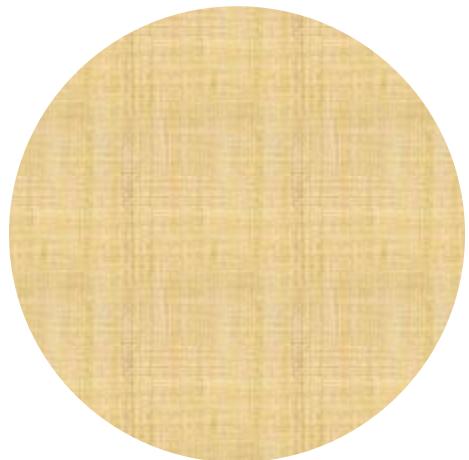
- What makes you feel irritable or upset with yourself or others? Which things trigger anger or sadness in you?
- What is your go-to practice when you are feeling stressed or anxious?
- What is your go-to practice when you are feeling sad or depressed?
- What are your daily practices? (Ex: journaling, daily devotional, walking, yoga, mindful breathing)



Longer Practices (10min or more)

- Movement: guided or self-guided movement (somatics, walking, yoga, qi gong)
- Mindfulness: guided or self-guided visualization, centering prayer or meditation (awareness of breath, body scan, awareness of senses, lovingkindness, self-compassion)
- Breath: longer periods of breathing exercises (4-7-8 breathing, box breathing, alternate nostril breathing)
- Nature: walk, nature immersion or nature bathing

Tree of Practices





Self-Compassion Practice: Common Humanity

Step 1: acknowledge your suffering

"This is a moment of suffering....suffering is a part of life."

Step 2: shared human experience

"I'm not alone.....other people feel this way too."

Step 3: kindness and understanding for yourself

"May I be kind to myself.....may I accept myself as I am."

"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.

