

# Real-time Resilience

## Webinar



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The Resilience Institute International



# | Defining resilience



## **Bounce**

Toughness  
& recovery skills



## **Grow**

Enthusied by change  
& challenge



## **Connect**

Respect & care  
for others & nature



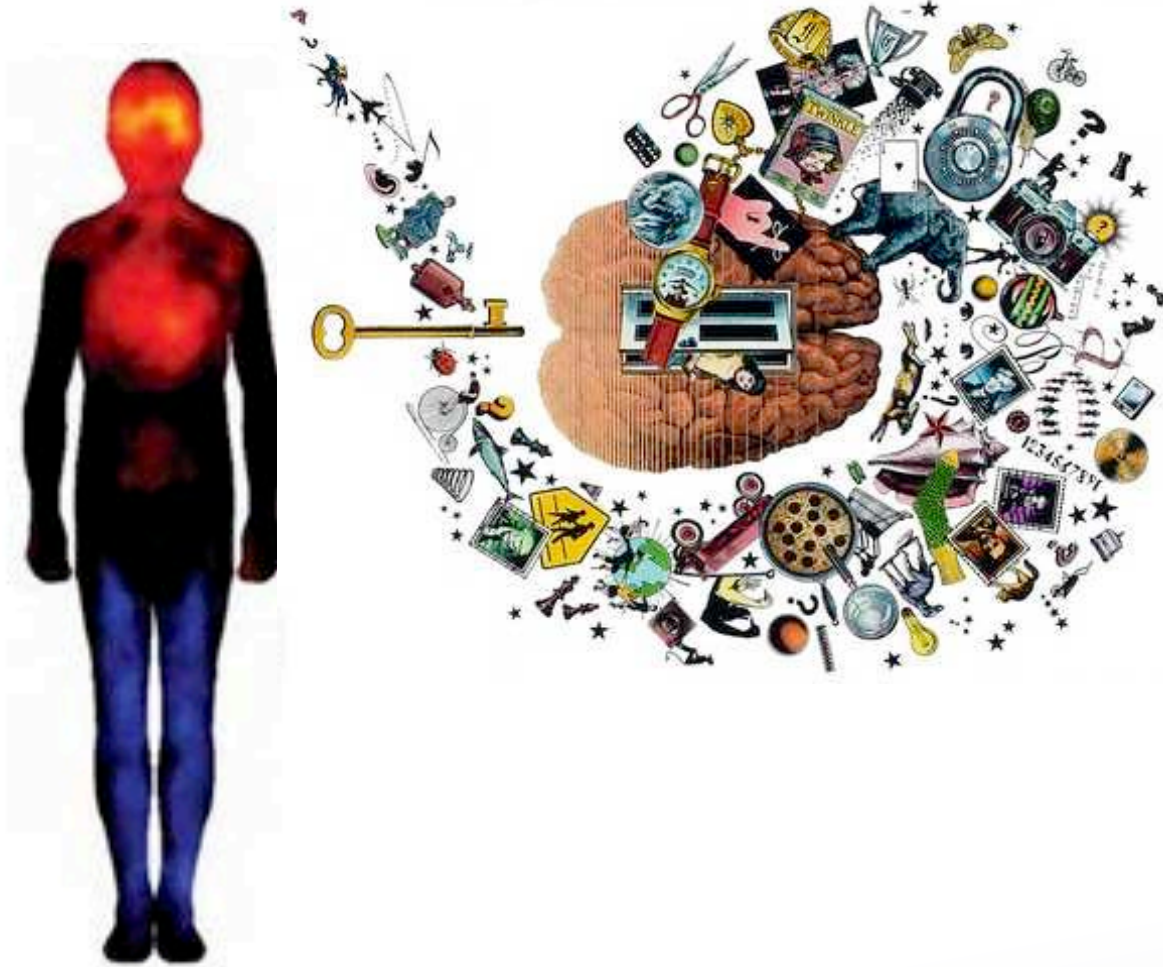
## **Flow**

Develop talents &  
opportunities

# | Challenge

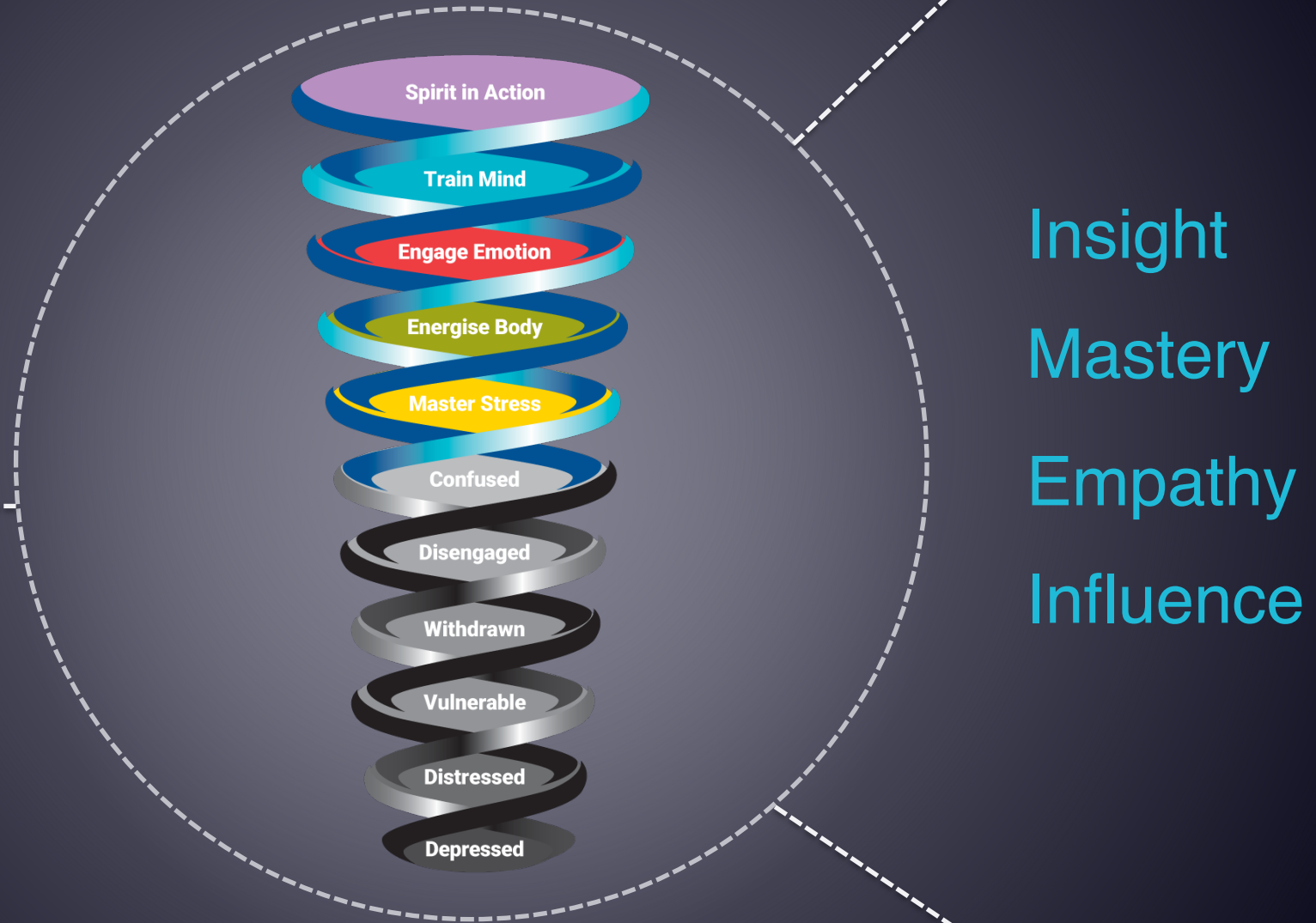


# | Check body, check emotion, check mind





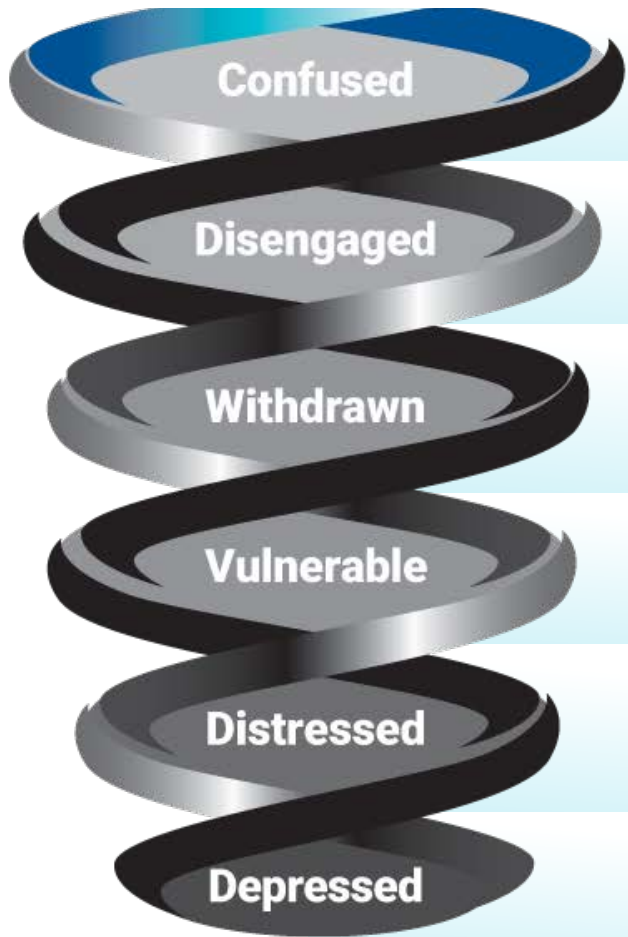
# Real-time resilience



# | Downward spiral



# | Rapid Bounce



**Simplify:** what is the one key task to attend to

Be disciplined about defining and completing each activity. Remove distractions

**Refresh:** notice the mind drift and take a break

Stretch, coffee, break, low carb snack, walk about, get in sun or fresh air

**Connect:** notice withdrawal and seek a safe connection

Talk to someone, call a friend, take time for yourself

**Renew:** be firm about taking defined renewal steps

Get to sleep early, long weekend with no devices, well-being initiatives, massage

**Seek help:** define and understand the symptoms

Clear diagnosis, counselling, exercise, yoga, massage, meditation and sleep









**Get help:** must define and understand your situation


Diagnosis, counselling, positivity, reframing, exercise, sleep, support and medication



# | Power up



HIGH POWER POSE	LOW POWER POSE
 <p>STANDING, WIDE STANCE</p>	 <p>SITTING WITH HANDS FOLDED IN THE LAP</p>
 <p>ARMS RAISED IN A "V" ABOVE THE HEAD</p>	 <p>ARMS CROSSED OVER THE CHEST</p>
 <p>HANDS ON HIPS</p>	 <p>ONE ARM ACROSS THE BODY IN A SELF HUG</p>
 <p>ARMS CROSSED BEHIND THE HEAD, SITTING OR STANDING</p>	 <p>HUNCHING</p>

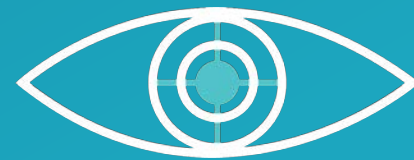
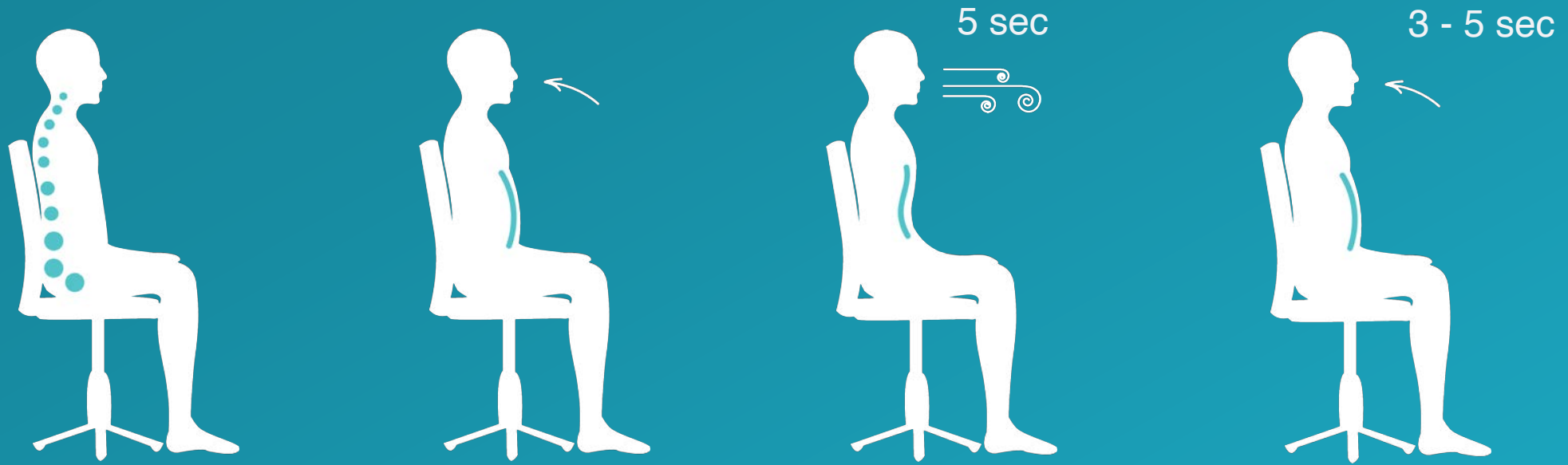
 inmovement



# | Tactical Calm

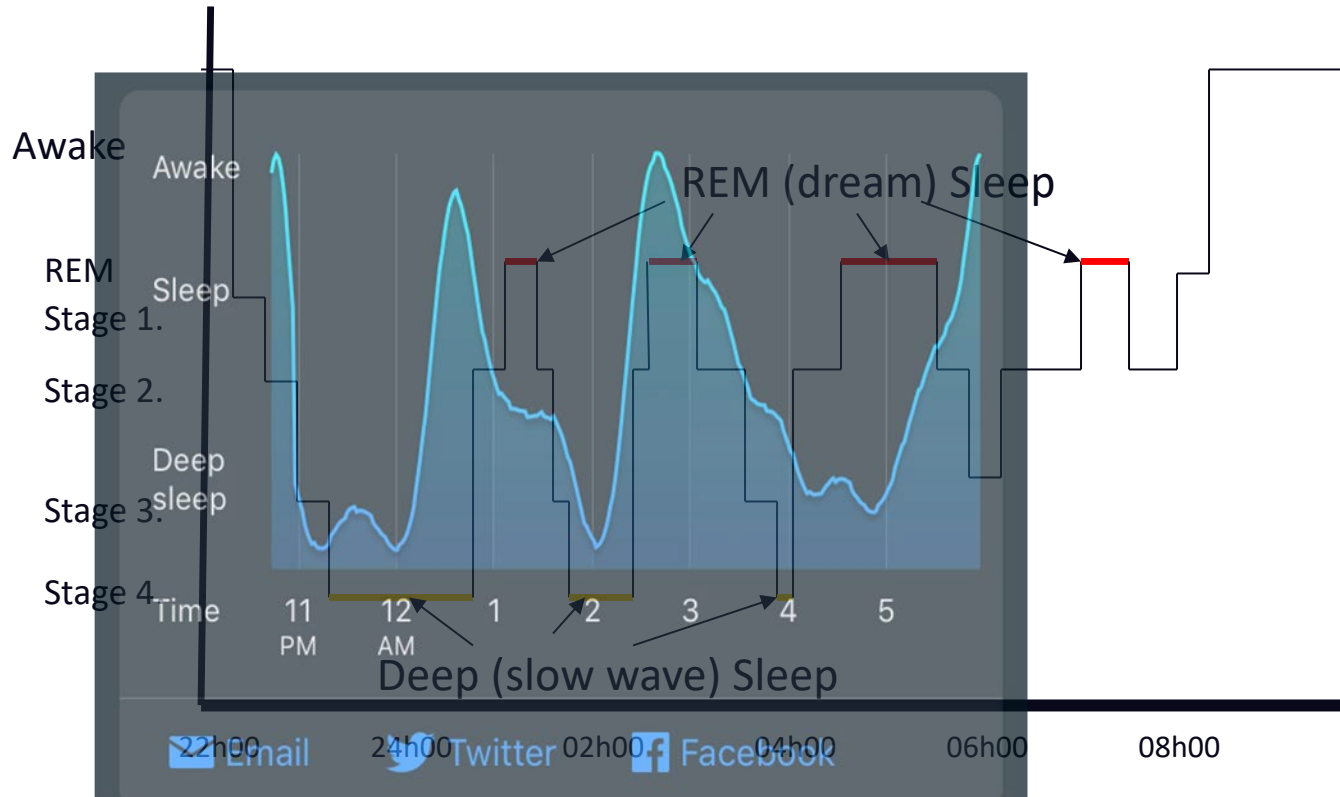


# Tactical calm

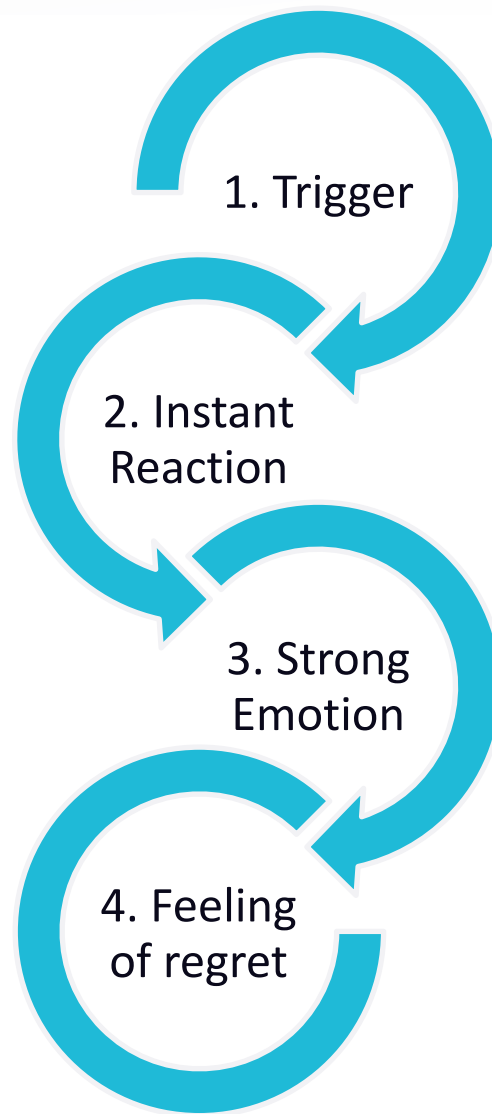


# | Sleep Quality

🕒 Sleep Cycle

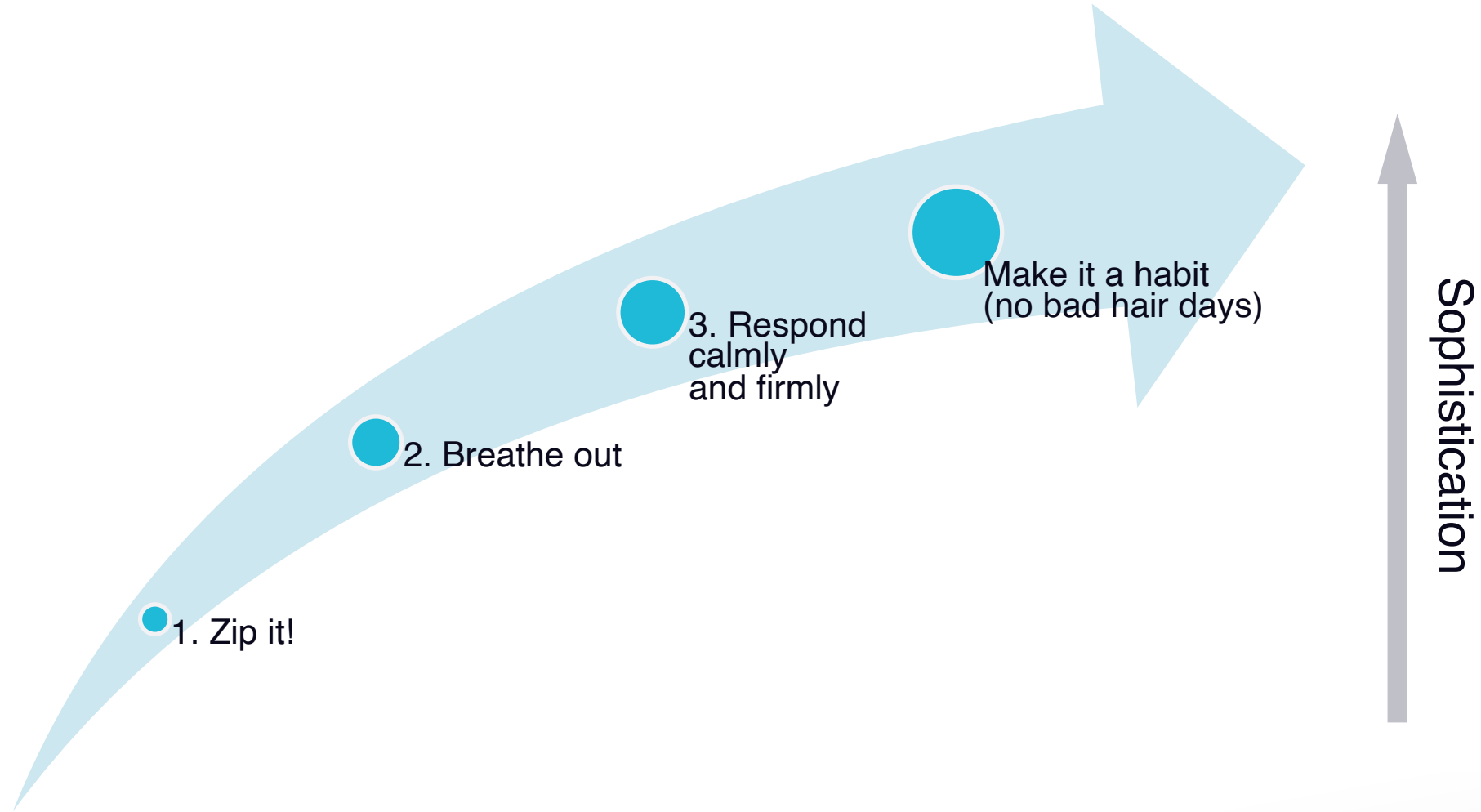


# | Amygdala hijack

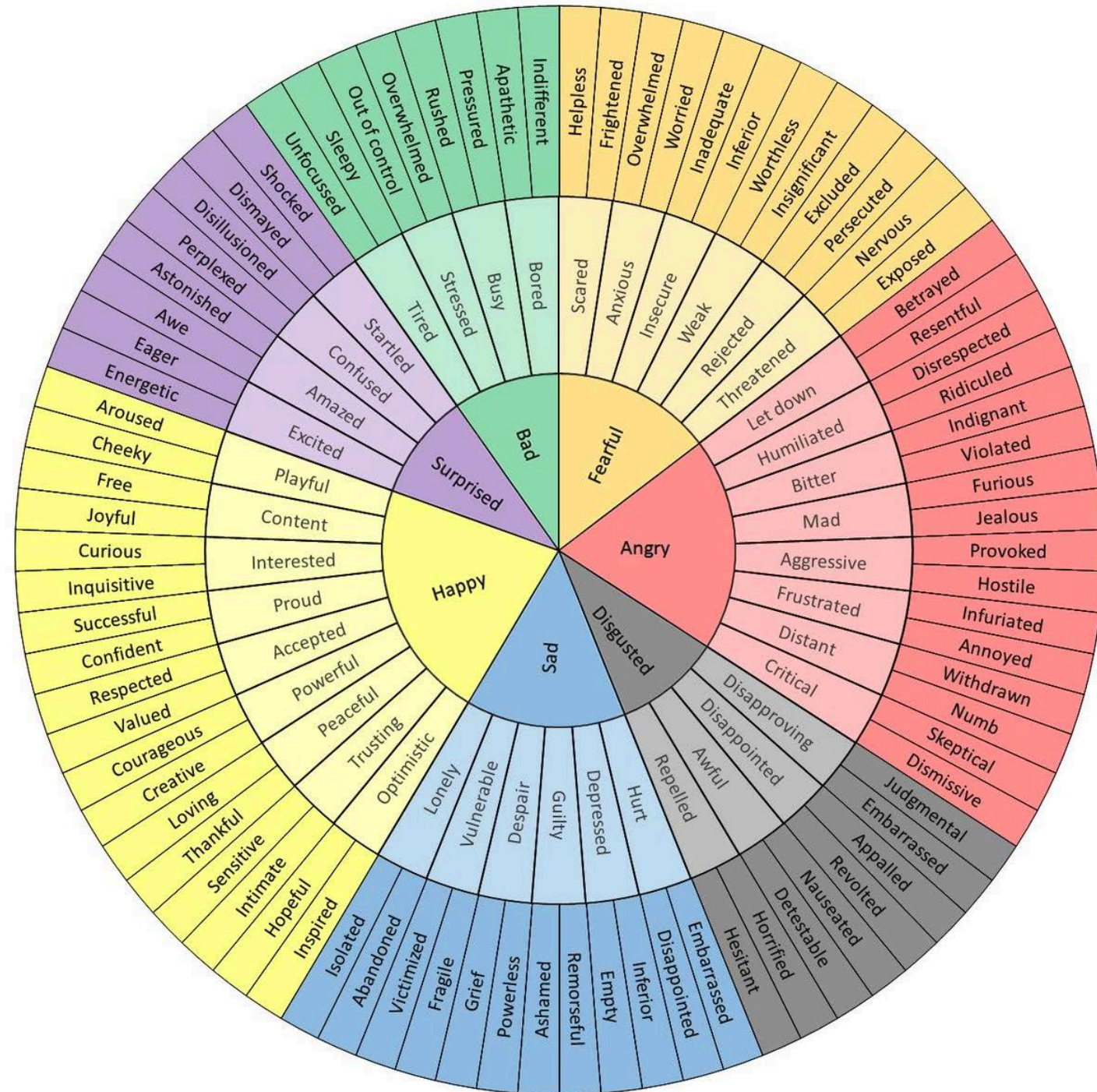
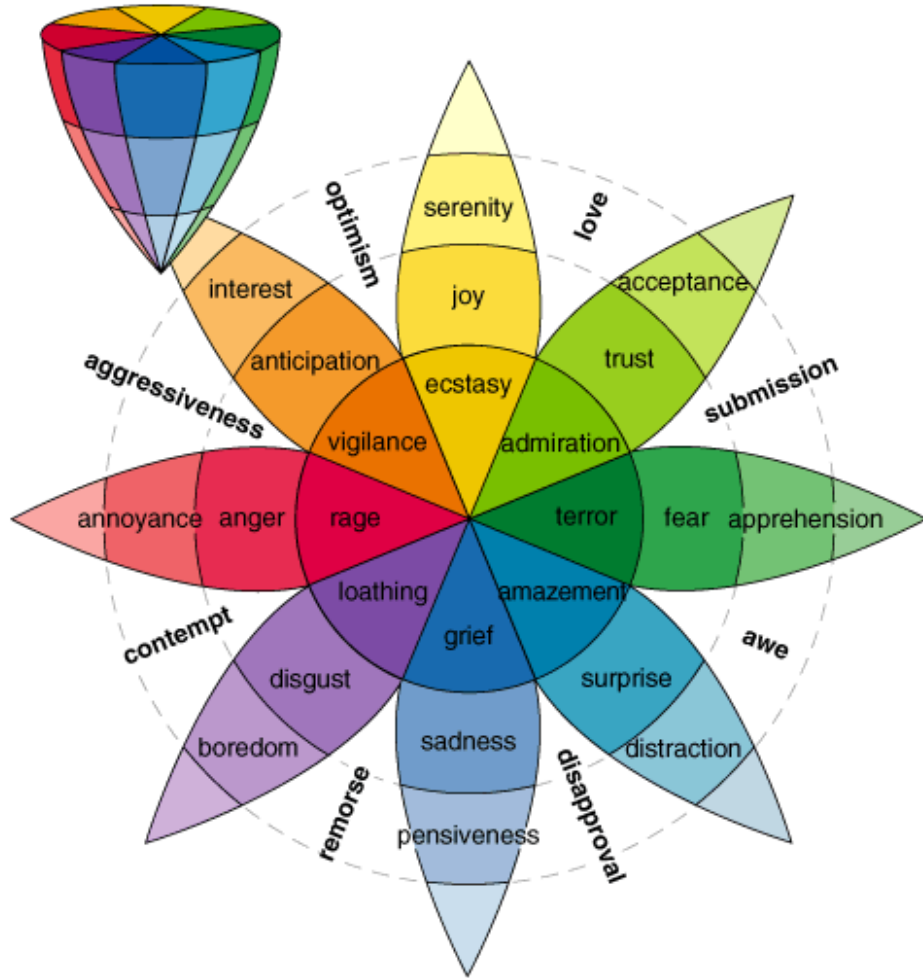





# | Impulse control competence




# Human Emotions




# | Emotional combat



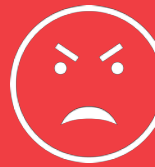
Passion




Fatigue




Compassion




Anger




Calm




Fear




Gratitude



Craving



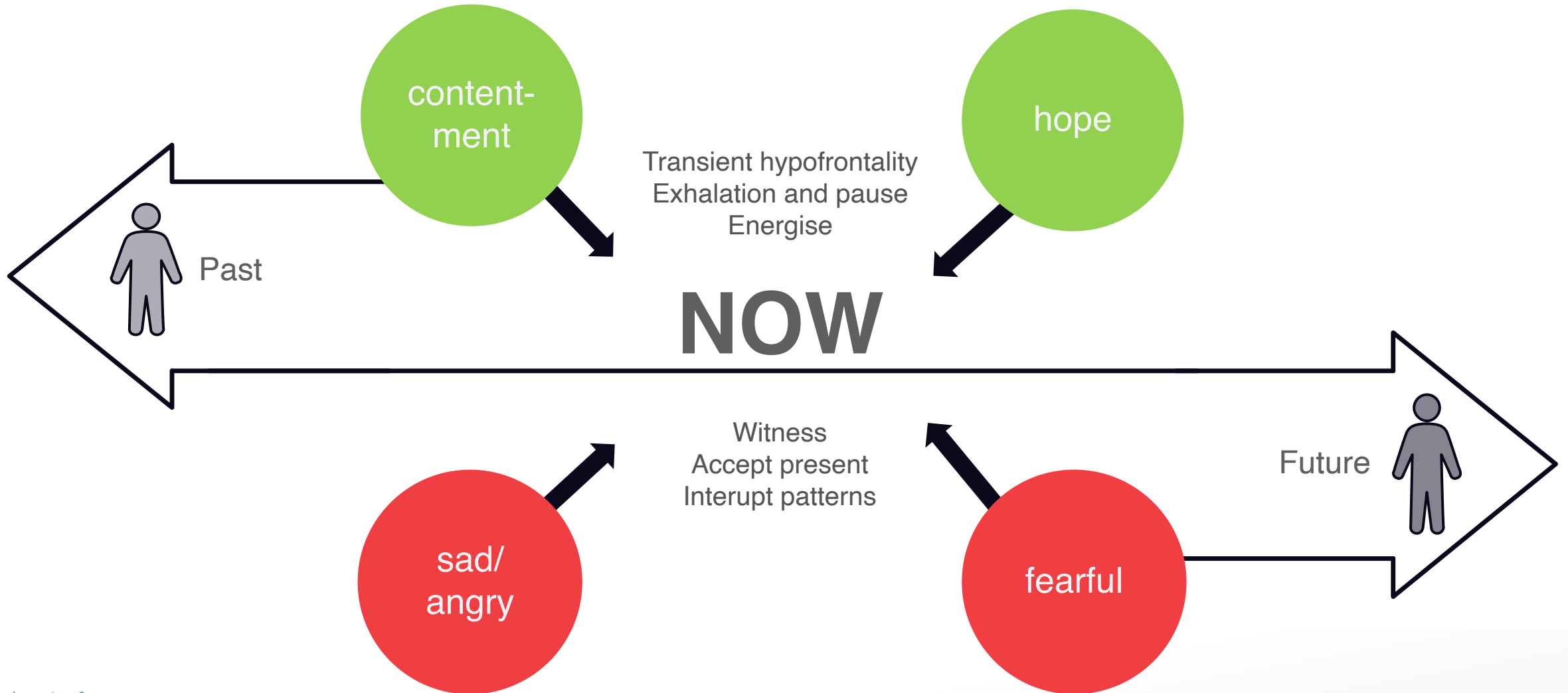
Rejoicing



Sadness

Spinoza, Ethics, 1600's  
Buddhism  
Looking for Spinoza,  
Damasio, 2003  
Destructive Emotions,  
Daniel Goleman, 2002  
Seligman, 2008, 2011  
Ekman, 2008  
Fredrickson, 2009, 2012  
Davidson, 2012

# | Attention control







**7-8**  
**HOURS**

Sleep strengthens the immune system and improves focus. Switch off bright lights and devices 90 minutes before bed.

*Find out about sleep in the 'Grow' videos in the Resilience App*



Stretching prevents injury,  
improves posture, corrects  
muscle balance and soothes  
arthritic pain.

*Download the Stretch Guide from the  
'Resources' section of the Resilience App*

**10**  
**MINS**





**90**  
**MINS**



Set a clear goal. Eliminate distractions and work on one important task. Then take a break.

*Watch the 'Flow' videos in the Resilience App*

Exercise: walk, jog,  
cycle, skip or try some  
bodyweight exercises  
like pushups or squats.

*Watch the 'Grow' videos in the  
Resilience App*

**30-60**  
**MINS**







**10**  
**MINS**

Rest, relax and slow  
down. Focus on breathing.  
Disconnect from devices.  
*Click on 'Meditation' in the Resilience  
App to try a different exercise daily*



# THROUGHOUT THE DAY

- Gratitude: identify 3 things that are going well.
- Eat healthy: fresh foods whenever possible.
- Connect: with loved ones and give them your full attention. Play games and go for walks together.
- Stick to a schedule: try to wake up, exercise, eat and work at the same time each day.
- Limit news and social media exposure.



| More resources

<https://resiliencei.com> | [brad.hook@resiliencei.com](mailto:brad.hook@resiliencei.com)



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# COVID-19 Resilience Training

Digital support for teams affected by the Coronavirus pandemic

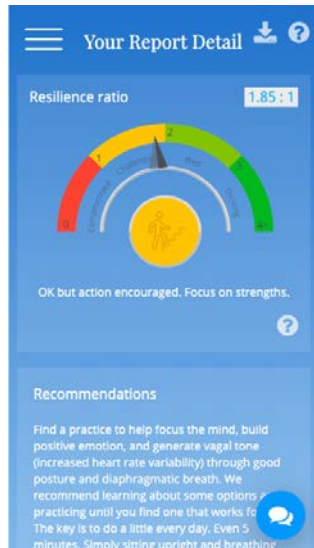
[Support & training](#)

[Articles](#)

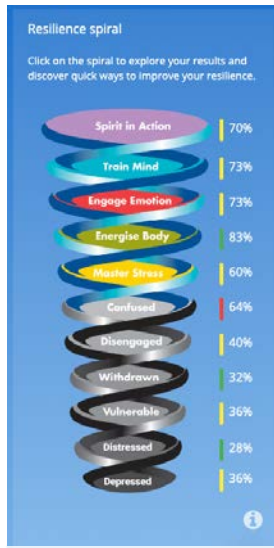




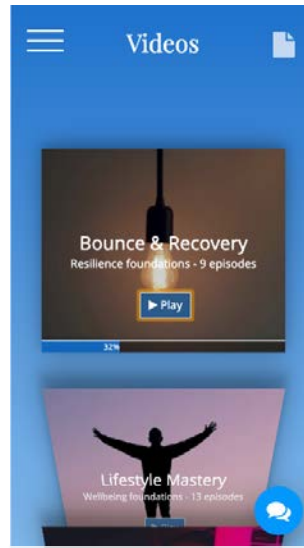
# Resilience App



Resilience Ratio



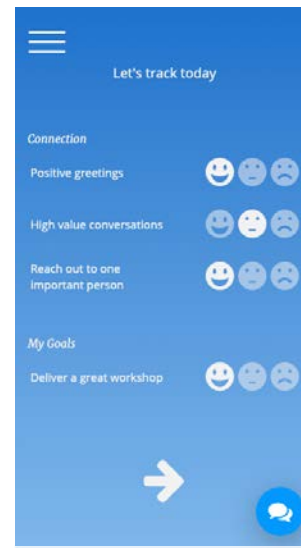
Interactive Spiral



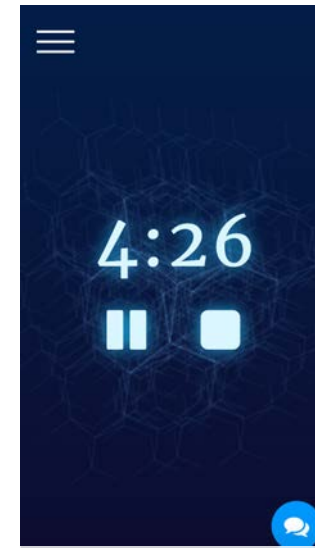
Video Series



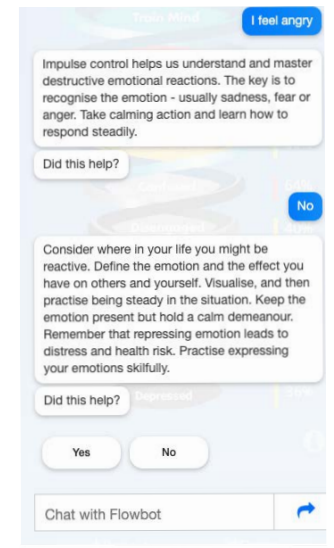
Video Training



Goal Setting



Meditation



Chatbot



# | Resilience Mastery

