

How To Be More Resilient: A Practical Approach To Understanding And Creating A Resilient Life



2017 Administrative Professionals Network Conference

Robert M. Hall

Human Resources / Professional Development Center

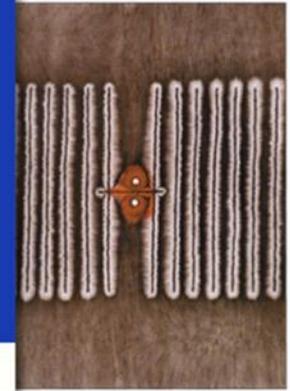
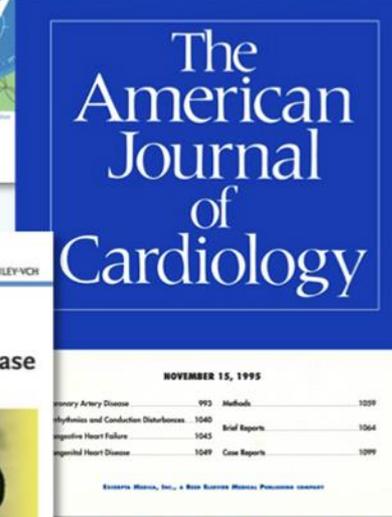
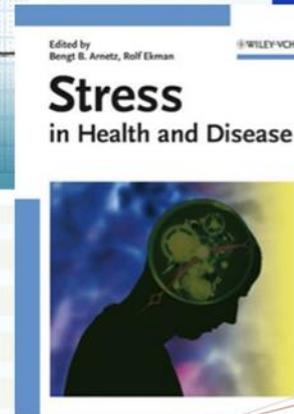
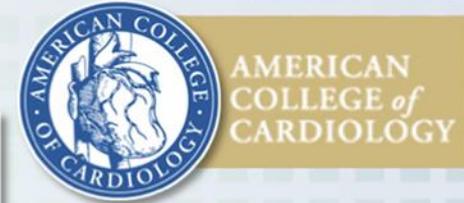


The HeartMath System is Used by:

- Hospitals and Health Professionals
- Businesses
- Police, Fire, Corrections
- Schools, Universities, Nonprofits
- Professional Athletes/Olympic Teams
- Military, Special Forces



Published Research



Program Objectives

Learn to strengthen resilience through research-based tools that help you:

- ✓ Increase personal resilience and energy levels.
- ✓ Leverage your ability to think clearly under pressure and discern appropriate solutions to problems.
- ✓ Increase your ability to maintain situational awareness.
- ✓ Diminish symptoms of personal and professional stress such as confusion, fatigue and sleep disturbance.
- ✓ Improve reaction times and coordination.



Resilience



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What word or phrase comes to mind when you hear
"resilience"?

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Resilience

The capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity.

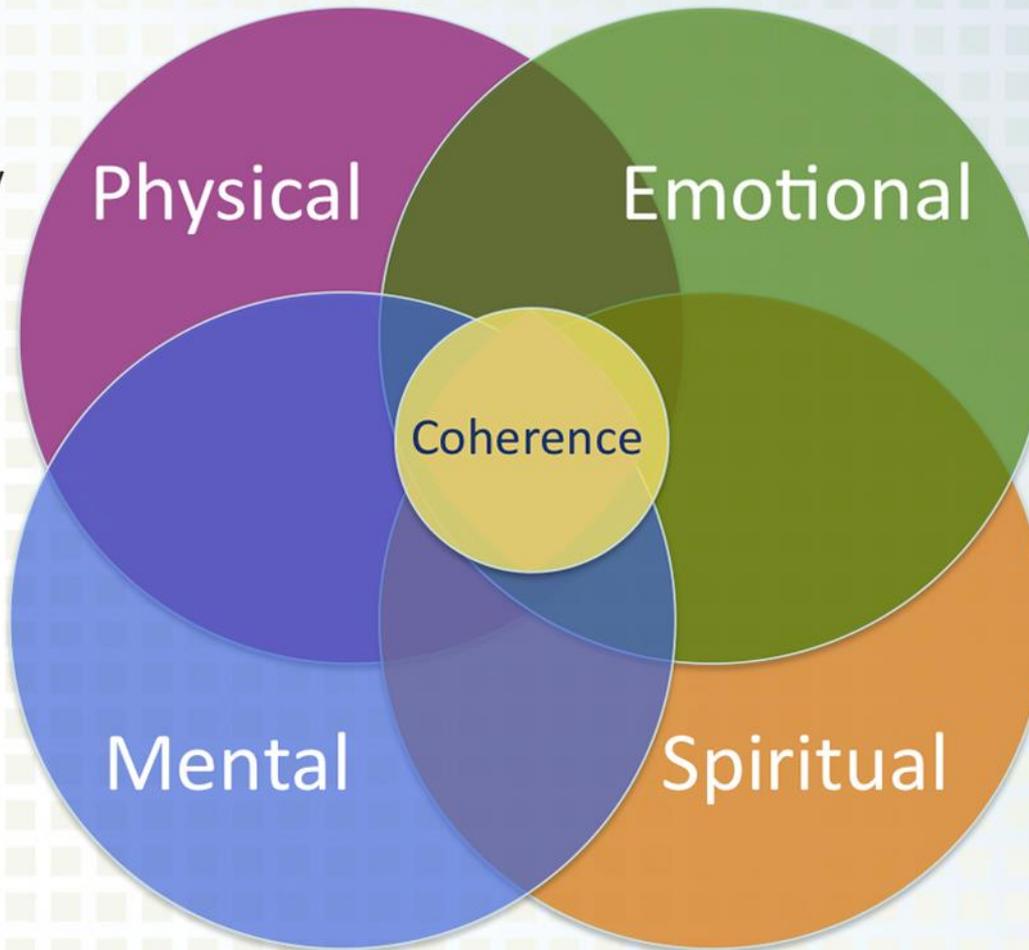
You can learn to build your resilience capacity and sustain your energy.



Basically, we are “energy systems”
that expend and renew energy.



Domains of Resilience



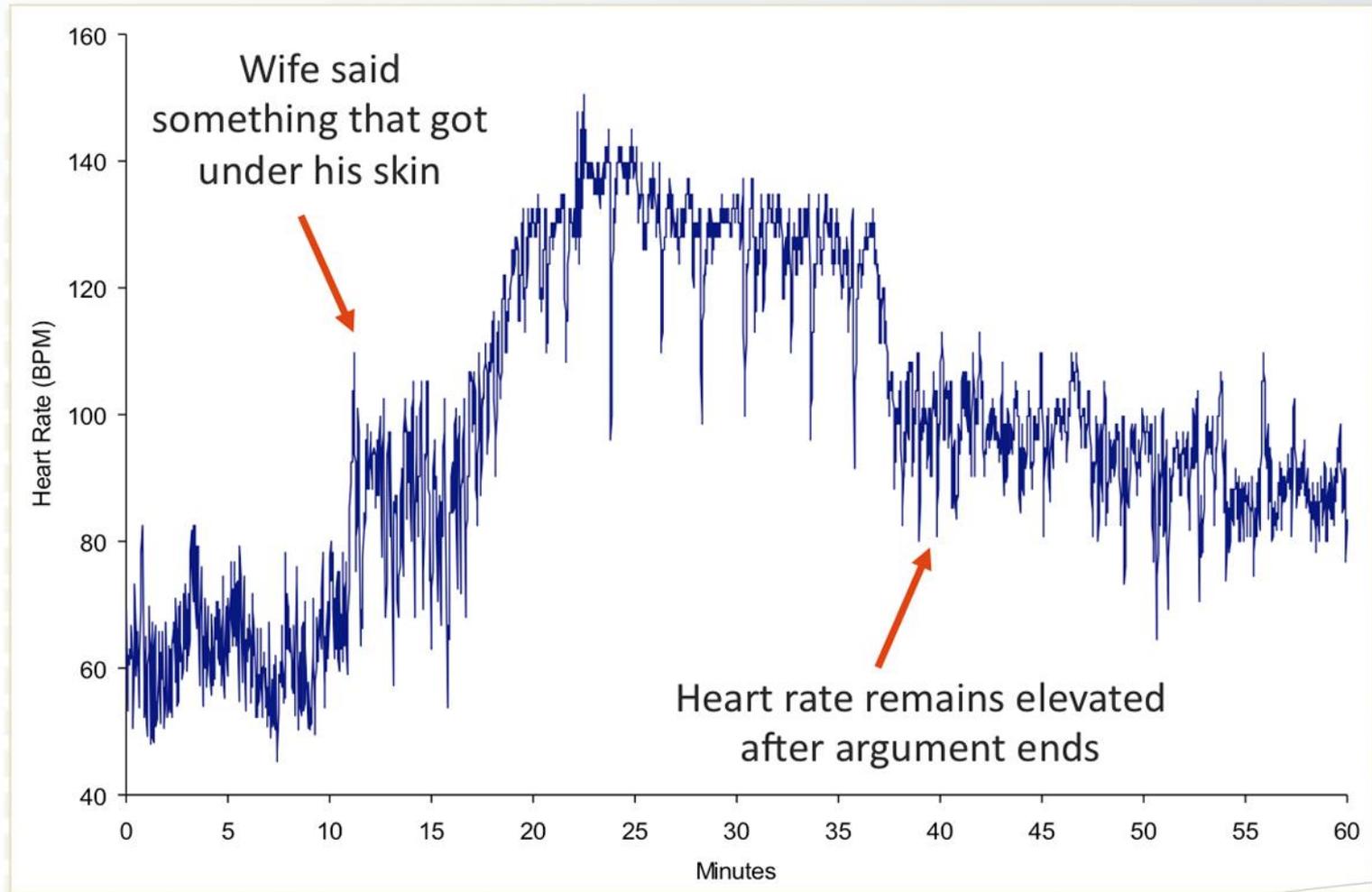
- Physical flexibility
- Endurance
- Strength

- Mental flexibility
- Attention span
- Ability to focus
- Incorporate multiple points of view

- Emotional flexibility
- Positive outlook
- Self-regulation

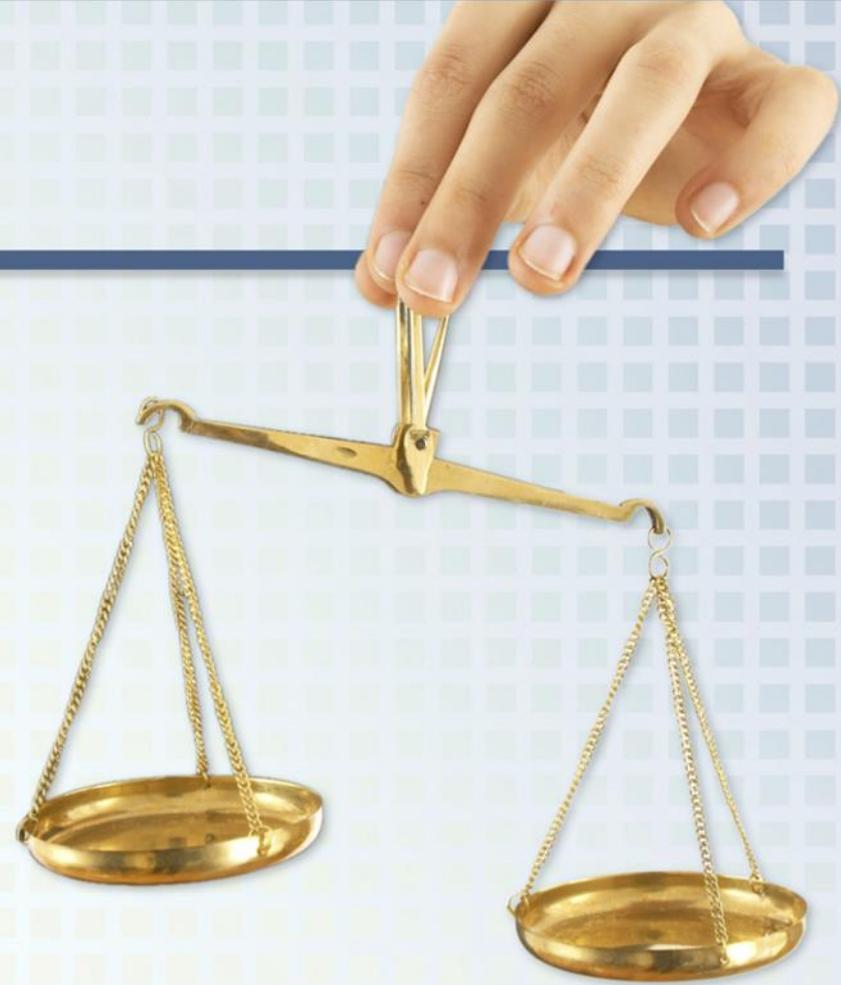
- Spiritual flexibility
- Commitment to values
- Tolerance of others' values and beliefs

Husband and Wife Arguing



Energy Balance

Constant energy expenditures without the balance of adequate rest and recovery lead to burnout, errors, health challenges and diminished performance.



Intelligent Energy Management

Resilience, optimal performance, fulfillment and health are grounded in the intelligent management of energy expenditures and the ability to renew energy.



Self-Awareness

One of the most important steps in being able to stop energy drains and increase resilience is to identify unnecessary energy expenditures.

In small groups, discuss the situations that drain you of energy and how you handle it?

Situation:

Emotion:

Current Solution:



The Physiology of Coherence and Optimal Functioning



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What direction does most of the communication

Heart to brain

Brain to heart

Is this going to
be on the...

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0%

the % of the total communication of heart to

15%

51%

100%

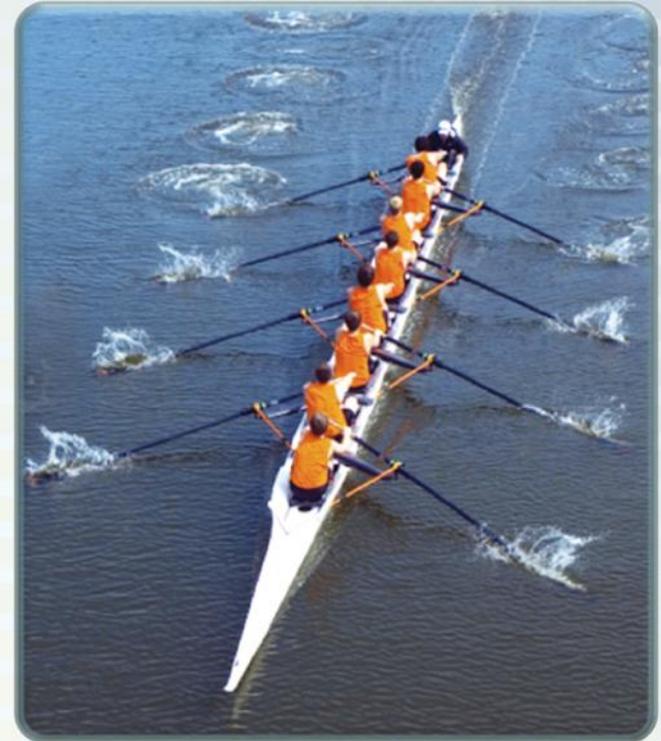
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Coherence

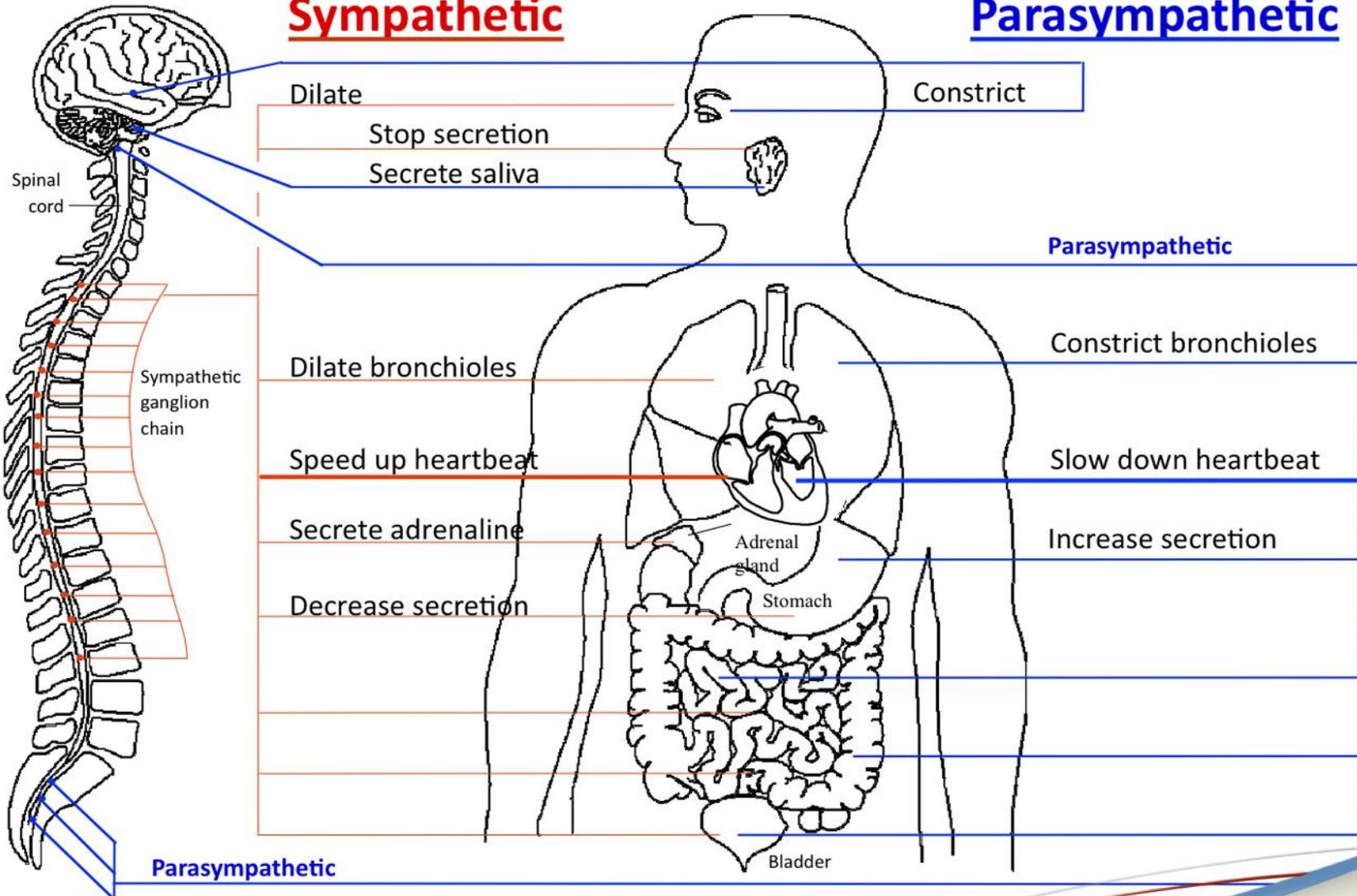
An optimal state in which the heart, mind and emotions are aligned and in sync.

Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination.



Sympathetic

Parasympathetic



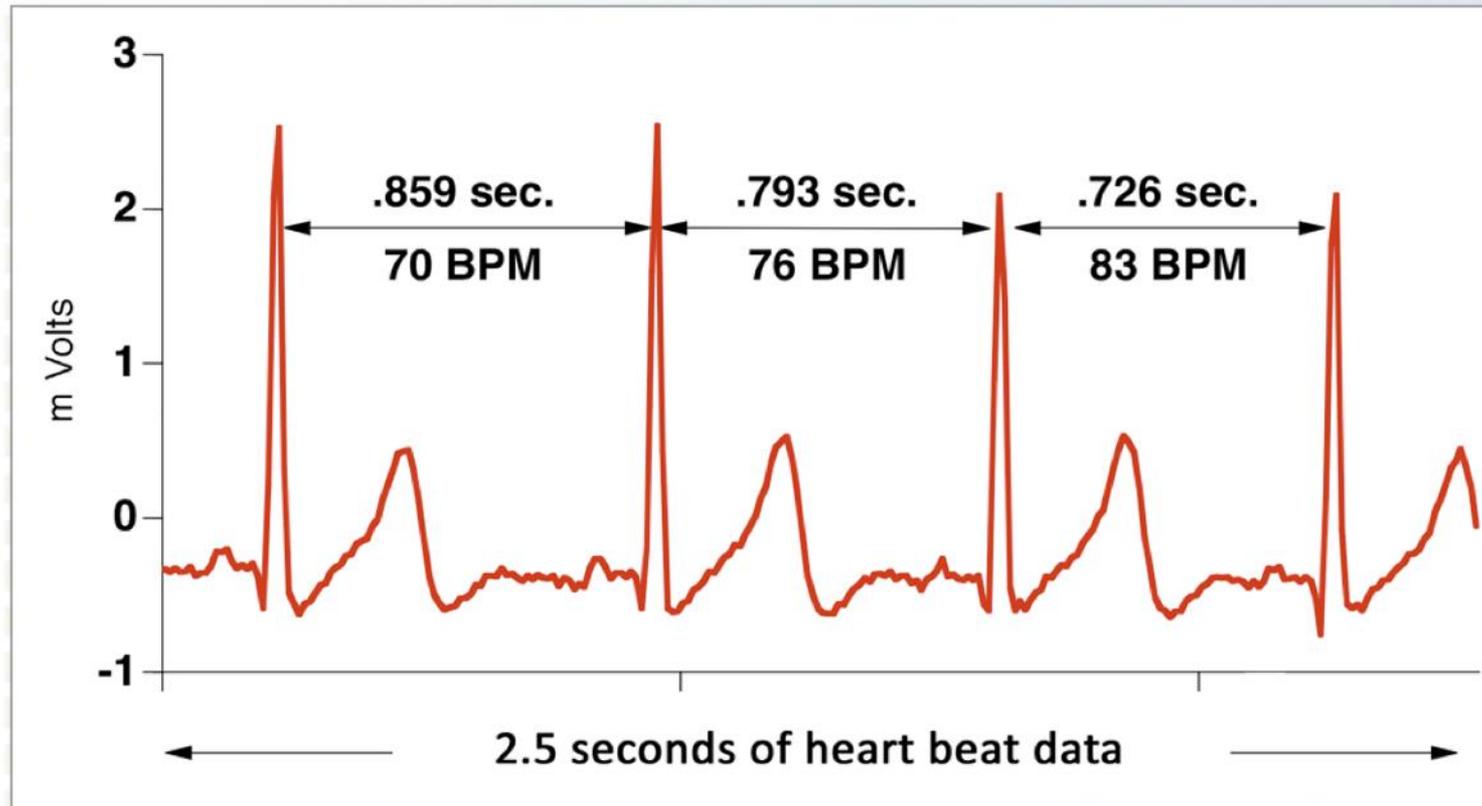
Heart-Brain Communication



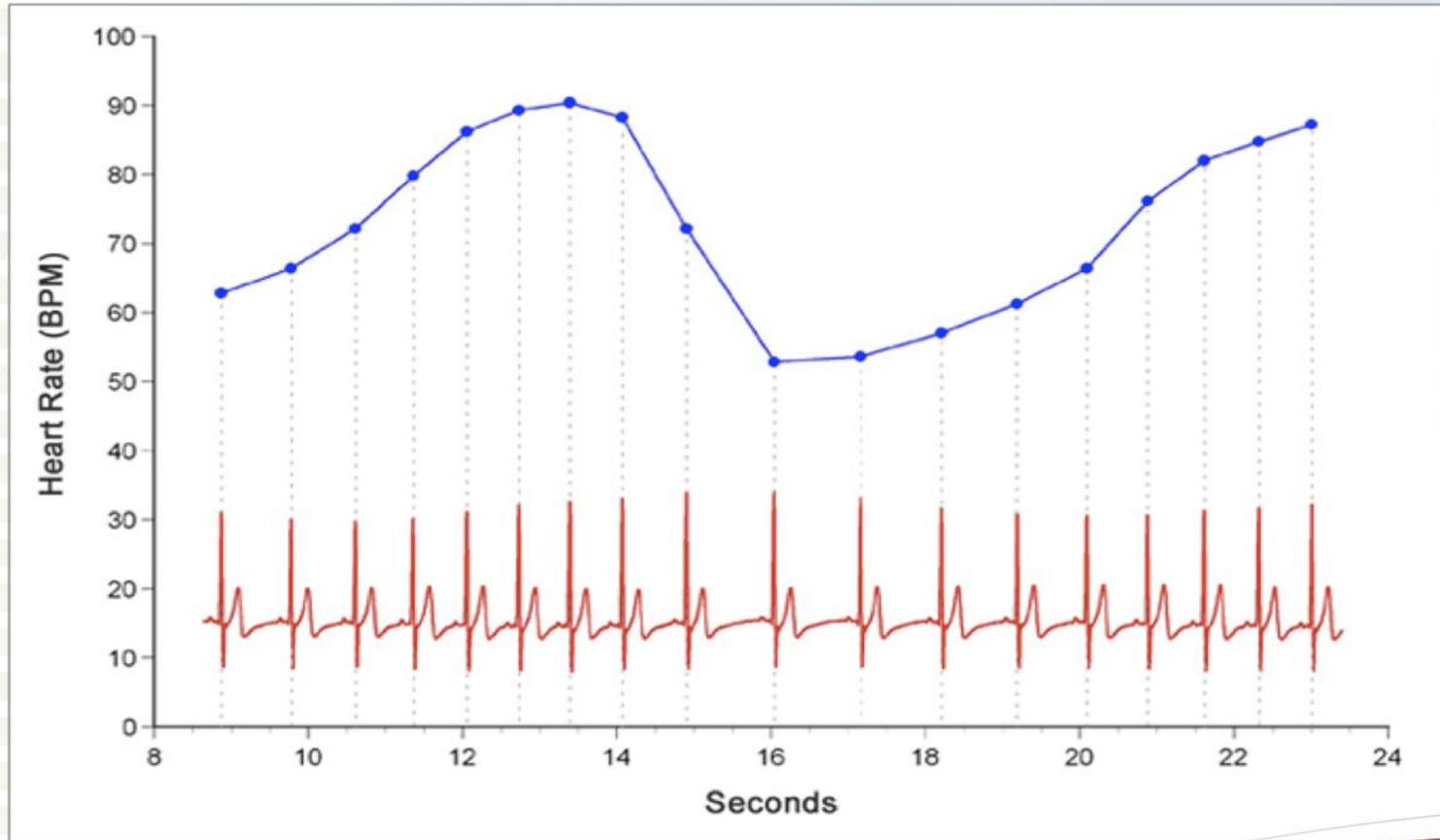
- The heart has its own complex nervous system: the “heart brain.”
- The heart sends far more information to the brain than the brain sends to the heart.
- Signals from the heart especially affect the brain centers involved in strategic thinking, reaction times and self-regulation.



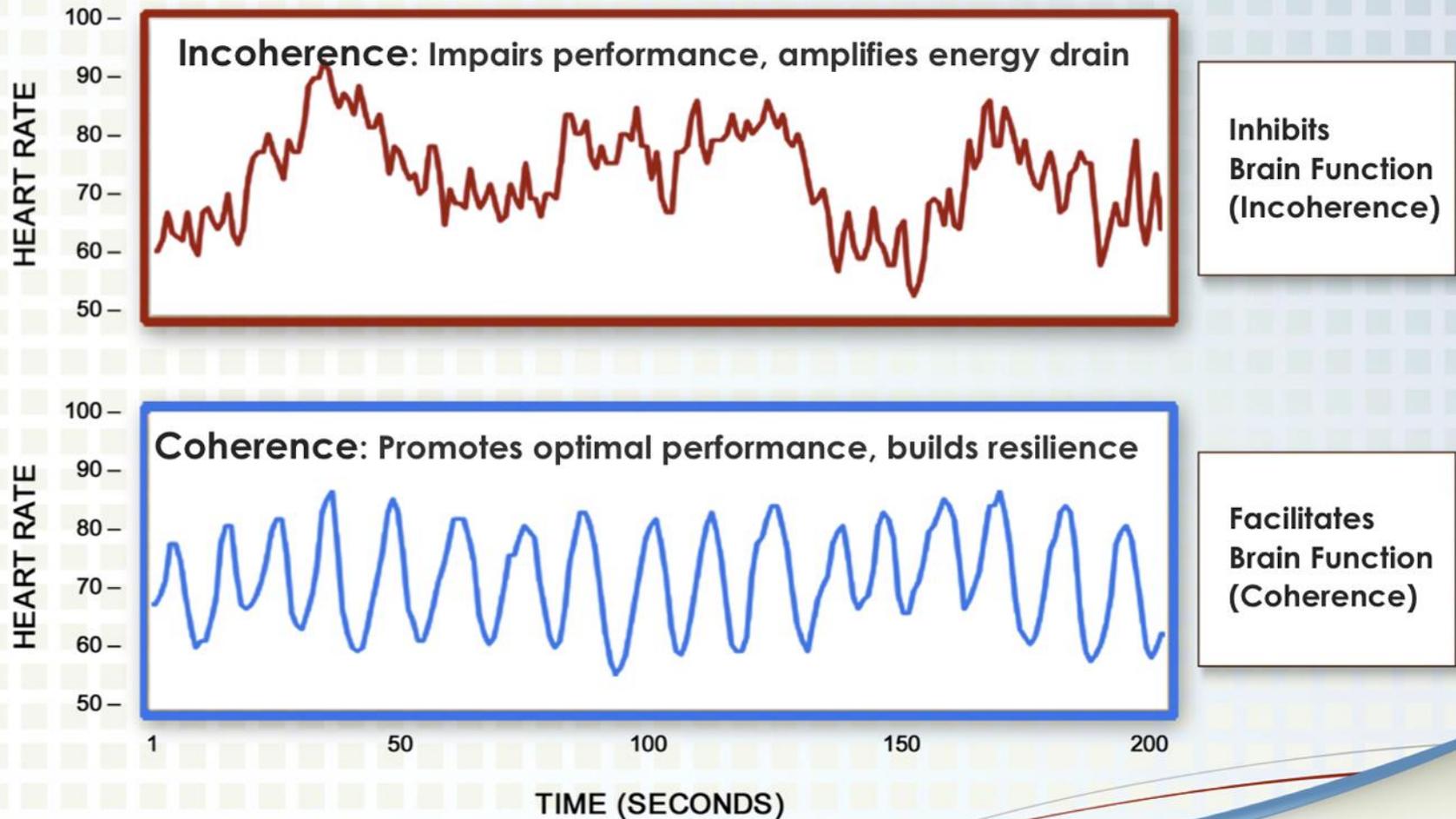
Heart Rate Variability (HRV)



Heart Rhythm Patterns Emerge



Emotions and Heart Rhythms



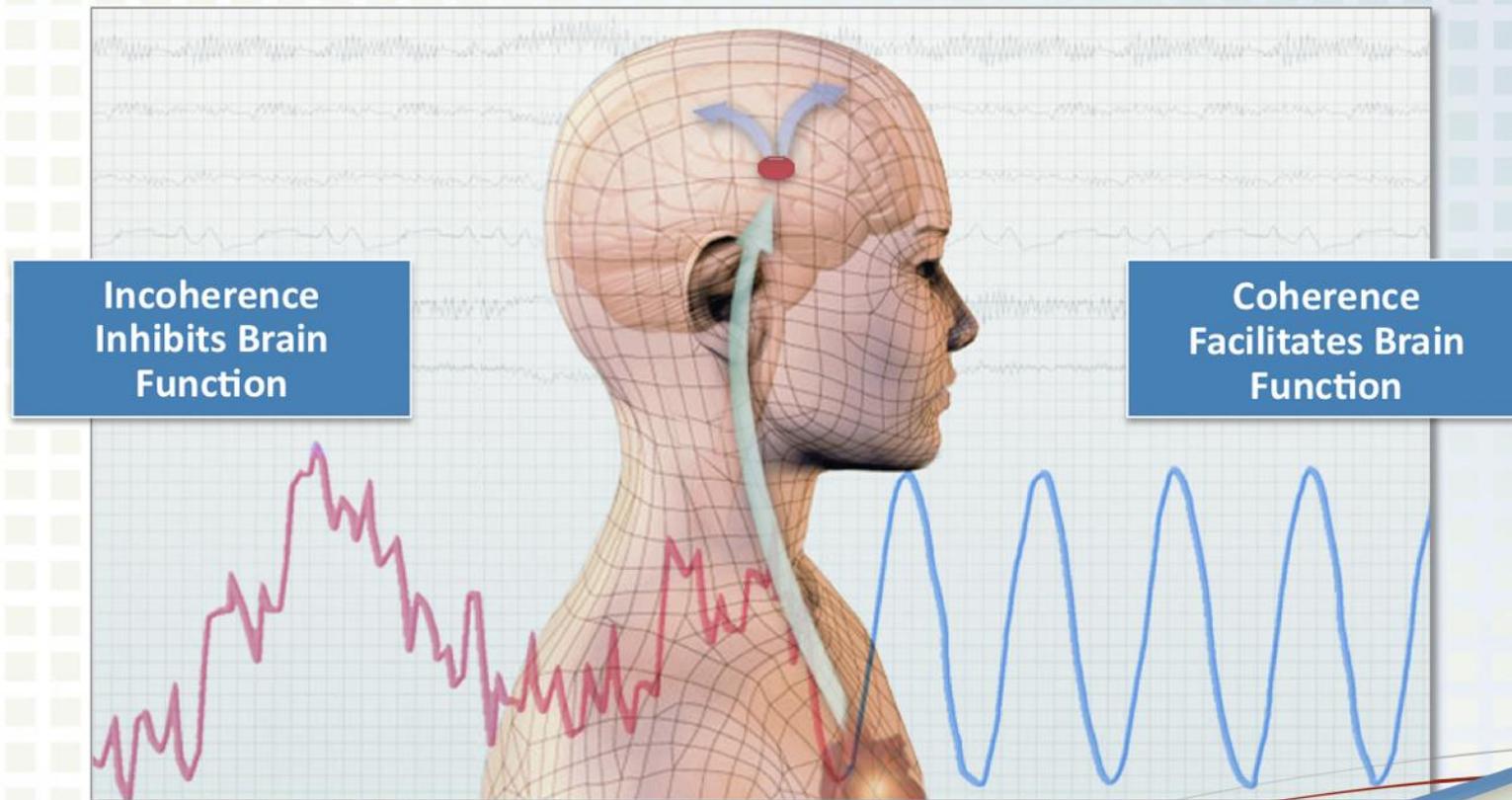
Heart Rate Variability Indicators

- We have the most HRV when we are young and it steadily declines as we age.
- Below-normal HRV for your age is a strong and independent predictor of future health problems, including all-cause mortality.
- HRV is an important indicator of psychological resiliency and ability to handle stress.
- Higher levels of HRV are associated with superior mental performance on tasks requiring executive functions.



Heart Rhythms Directly Affect Physical and Mental Performance

Heart signals affect the brain centers involved in decision making, reaction times, social awareness and the ability to self-regulate.



Coherence Practice – Outcomes

- Enhances ability to maintain composure during challenges
- Improves family and social harmony
- Reduces fatigue and exhaustion
- Promotes the body's natural regenerative processes
- Improves coordination and reaction times
- Enhances ability to think clearly and find better solutions
- Improves ability to learn and achieve higher test scores
- Increases access to intuitive intelligence



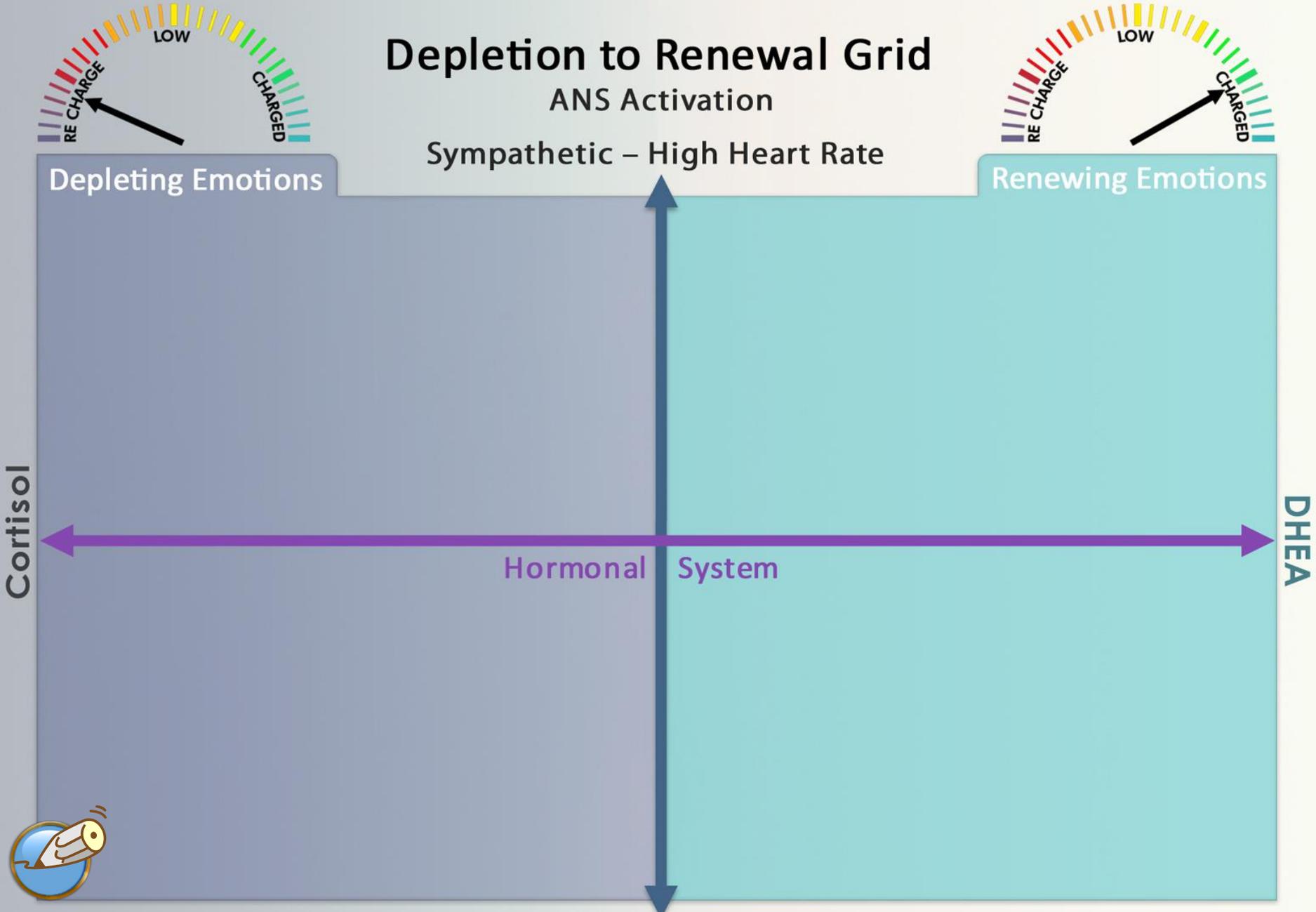
Depletion to Renewal



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Quick Coherence® Technique

An Intelligent Energy Self-Regulation Technique



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Emotions and Feelings that Create Coherence

- Courage, Honor, Dignity
- Confidence
- Appreciation, Gratitude
- Kindness
- Care, Love
- Compassion
- Tolerance, Patience
- Enthusiasm, Joy



Quick Coherence® Technique

Step 1:

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).



Quick Coherence Technique

Step 2:

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.



Quick Coherence® Quick Steps

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling



Thank You



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