



RESILIENCE

managing wellbeing

without compromising performance

7 FUTURE



resources



NASA

behavioural biologists

elite military

sports science

elite sportsmen and women



Harvard University USA



“more than education, more than experience, more than training, a person’s **resilience** will determine who succeeds and who fails. That’s true when fighting illness, it’s true in the Olympics and it’s true in the boardroom”

Harvard Business Review

“Resilience is the capacity to **adapt** successfully in the presence of risk and adversity” (Jensen and Fraser, 2005).



stress + recovery = resilience

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it doesn't get easier...you just get **stronger**

BUT

CRITICAL NOT TO CONFUSE MENTAL STRENGTH WITH RESILIENCE



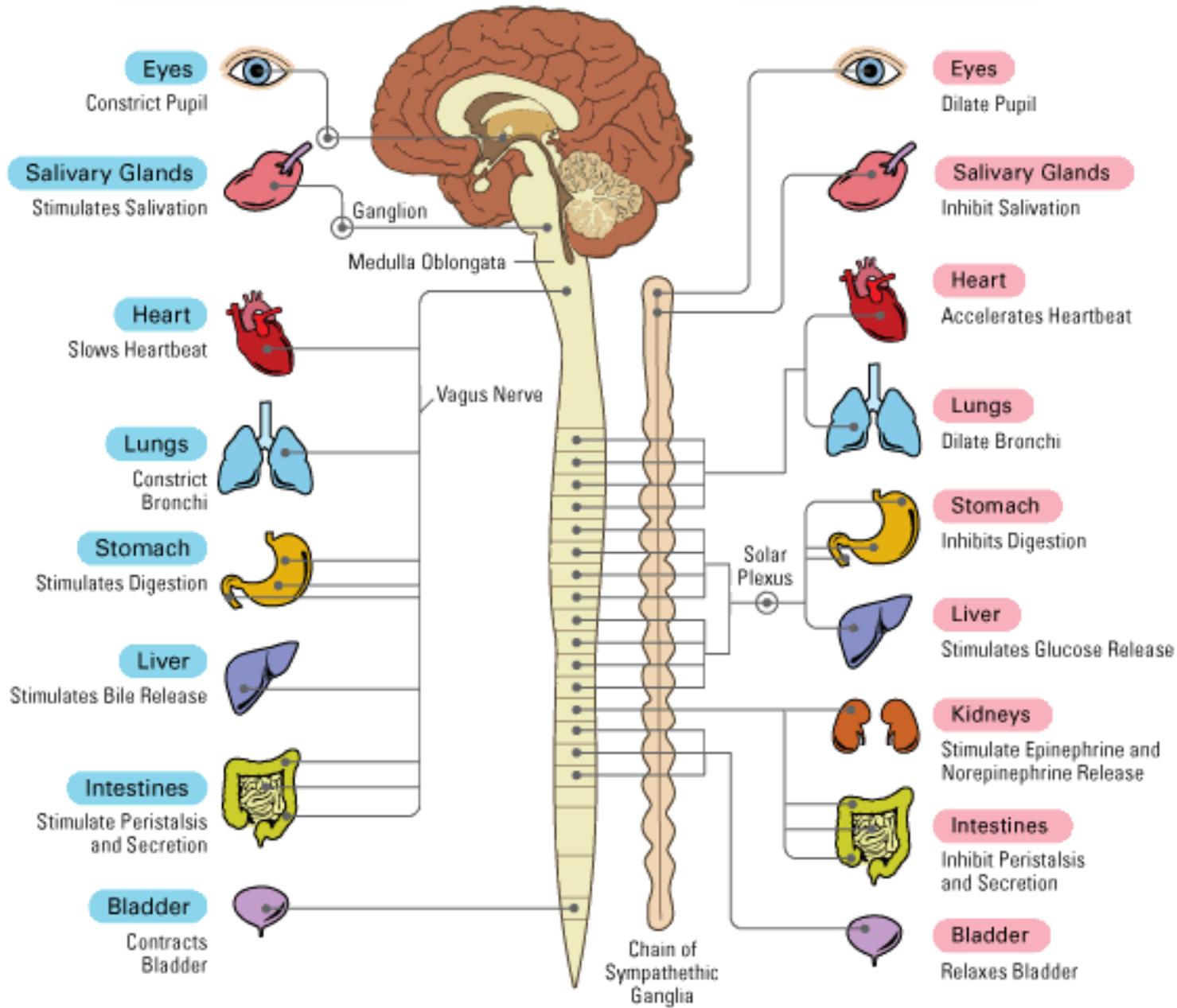
RESILIENCE IS NOT WELL UNDERSTOOD

WHY POLAR BEARS DON'T HAVE TO DO **YOGA**

**"Discharging"
survival activation**

Parasympathetic

Sympathetic



**B
R
A
K
E**

**internal
world**

**A
C
C
E
L
E
R
A
T
O
R**

**external
world**

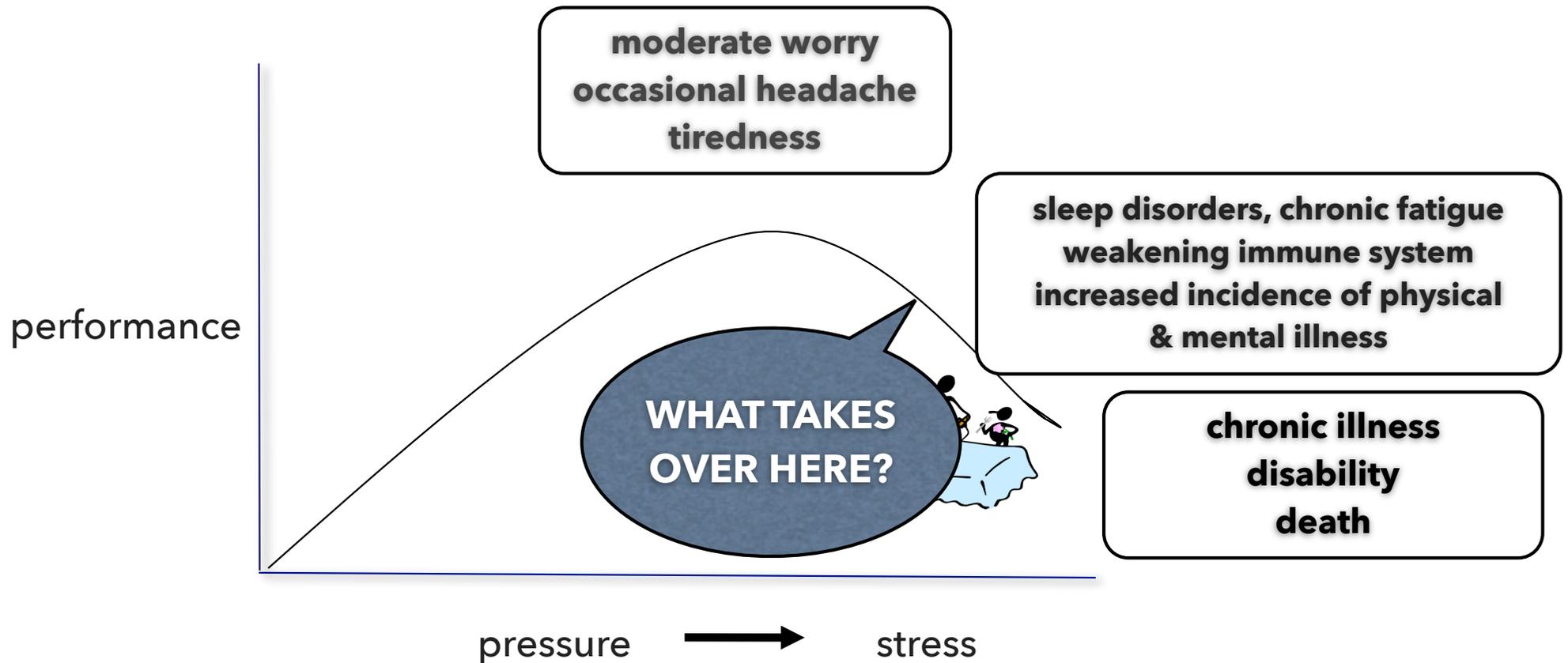
Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

failing to enjoy **sufficient** rest and recovery

increasing disfunction of nervous system



increasing need for professional help



GETTING THE **BASICS** RIGHT - OR HIGHJACK YOUR RECOVERY

what are our automatic, default choices.....
our coping behaviours?



confusing stimulants
with
proper physiological recovery

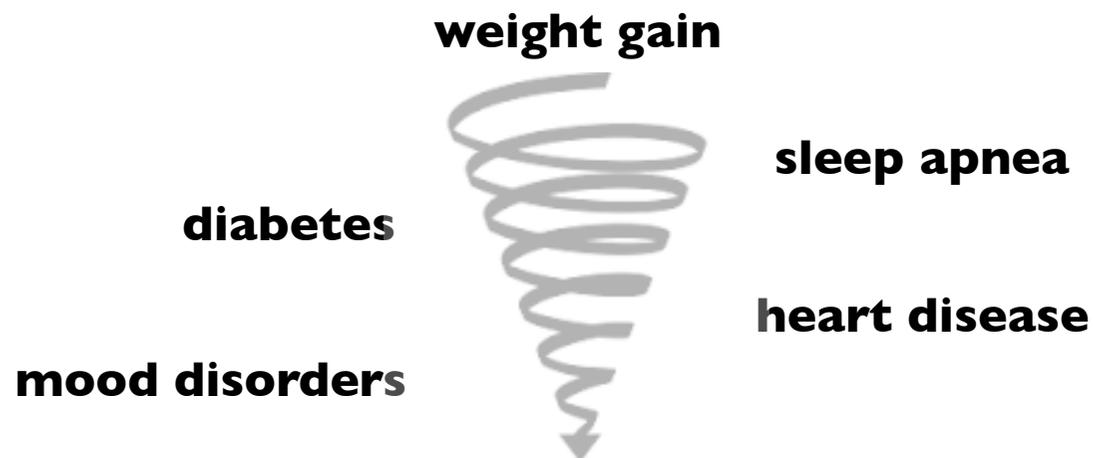
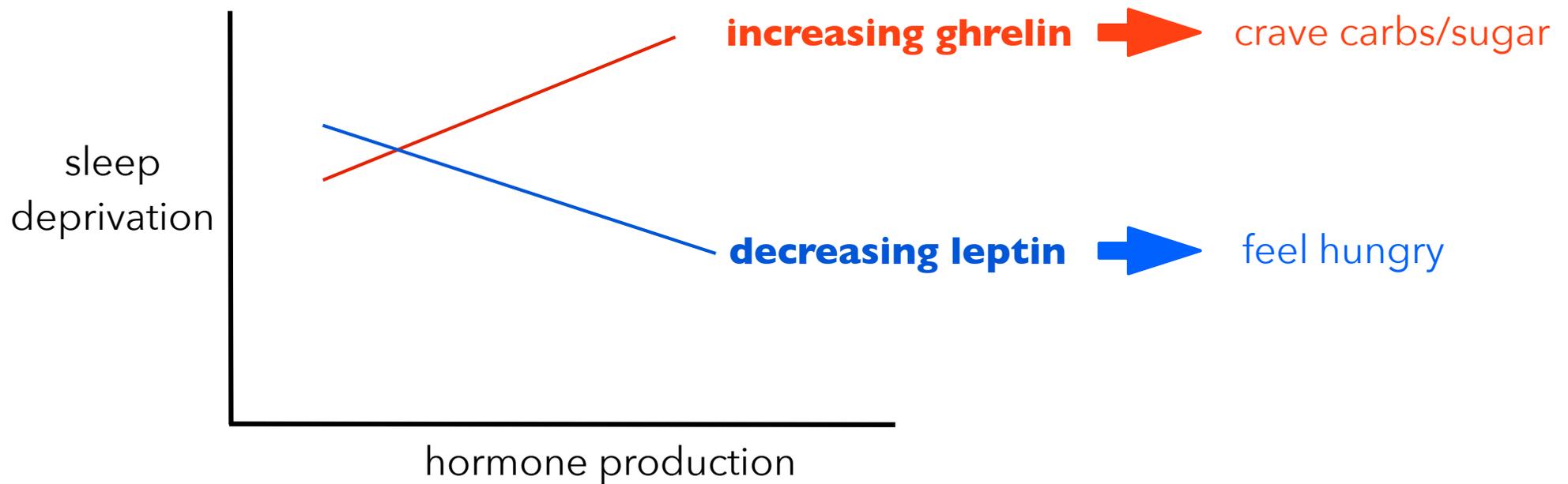


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GETTING THE **BASICS** RIGHT - OR HIGHJACK YOUR RECOVERY



downward spiral of ill health, decreasing resilience/performance

MANAGE YOUR CORTISOL CUP

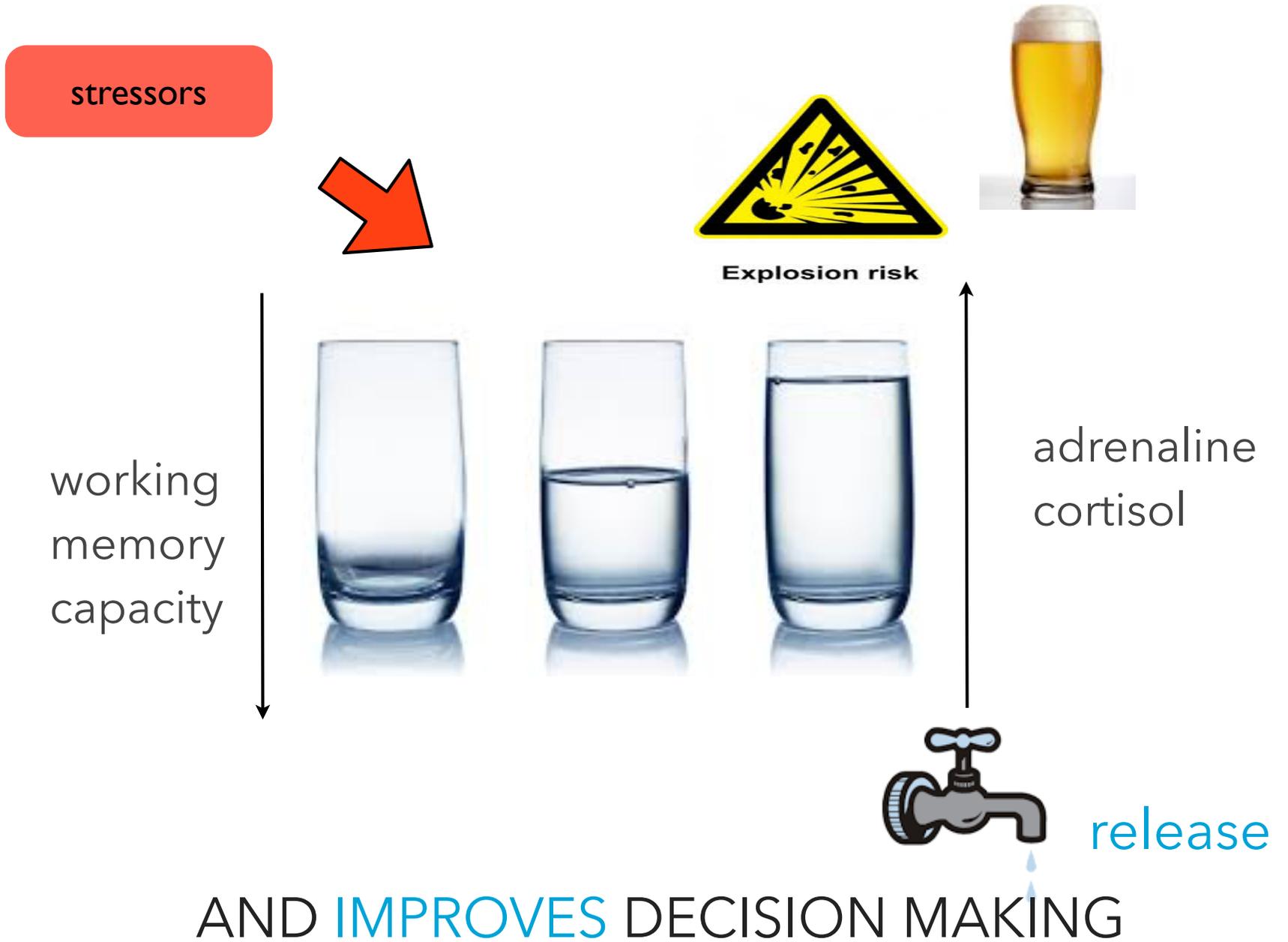
stressors



adrenaline
cortisol levels
can rise as day
progresses

ideally, empty or very low if slept well

MANAGE YOUR CORTISOL CUP



stress is less of the problem

not enjoying enough **rest**
more of the problem



caffeine
excessive alcohol
lack of sleep
video gaming
using technology late at night
not unplugging from work
over exercising
junk food
being at work when at home



giving yourself permission
to rest
socialising with friends
walking in nature, gardening
hot bath
watching comedies
pets
moderate regular exercise
yoga, tai chi, meditation
nourishing food
music, dancing, reading



sympathetic + parasympathetic = performance, resilience + wellbeing

thank you!

any questions?

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