



stress, recovery, resilience

@NathanJDouglas



7 FUTURE

*excellence in wellbeing, performance and resilience*



resources



NASA

behavioural biologists

elite military

sports science

elite sportsmen and women



## NETWORK RAIL'S SUPPLY CHAIN HAVE LIKED THIS

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



stress + recovery = resilience



# 7 FUTURE

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

BUT

CRITICAL NOT TO CONFUSE MENTAL STRENGTH WITH RESILIENCE



RESILIENCE IS NOT WELL UNDERSTOOD

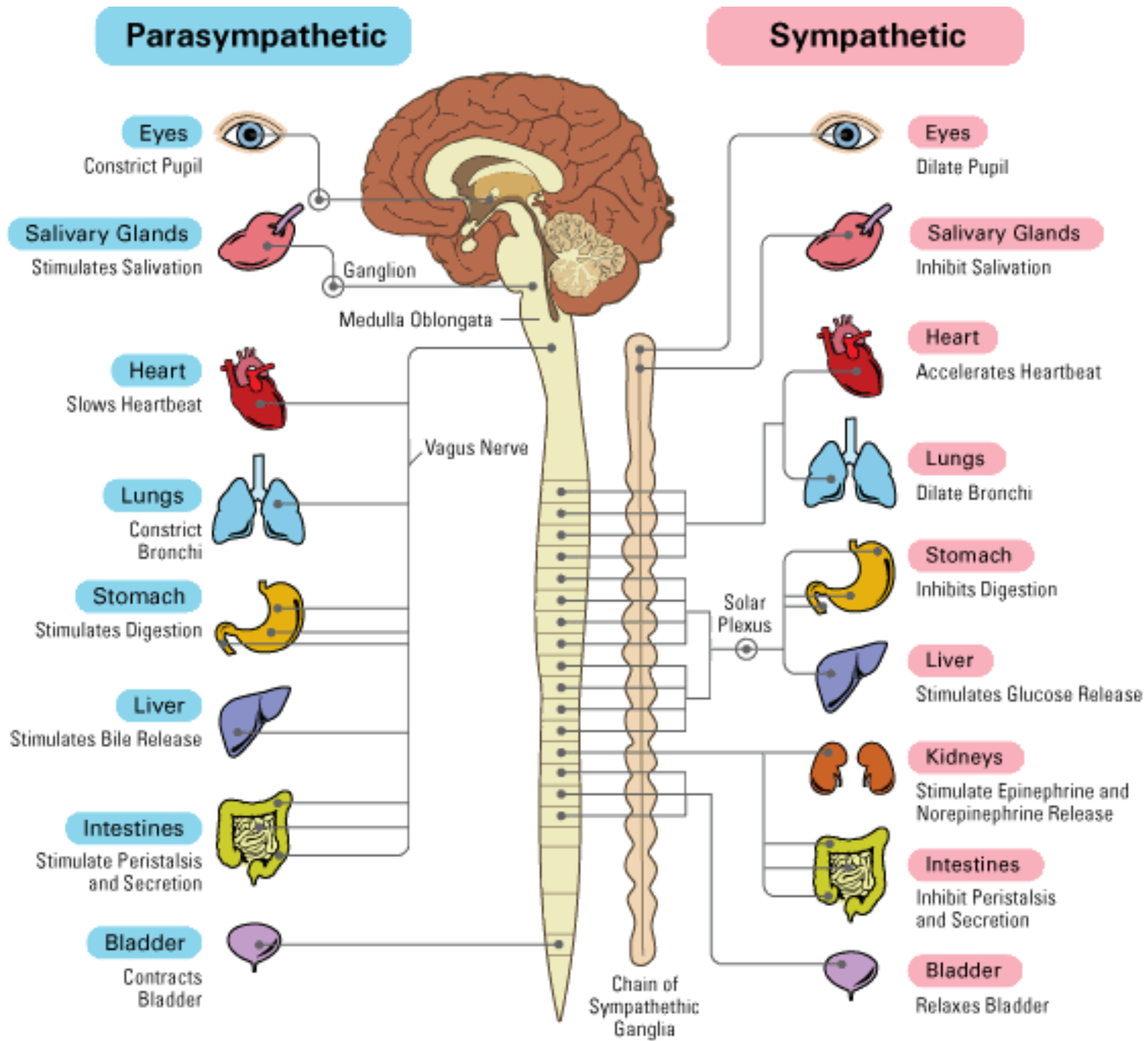
# WHY POLAR BEARS DON'T HAVE TO DO YOGA

**"Discharging"  
survival activation**



**B  
R  
A  
K  
E**

**internal  
world**



**Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs**

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

**external  
world**

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

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

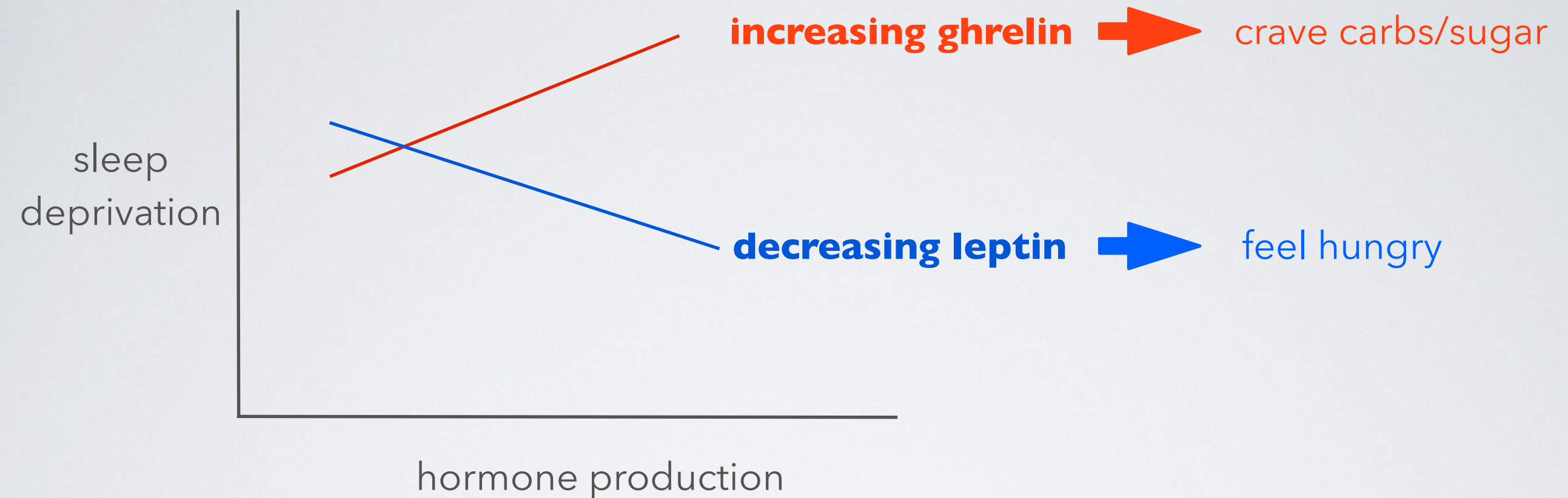


confusing stimulants  
with  
proper physiological recovery





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



**weight gain**

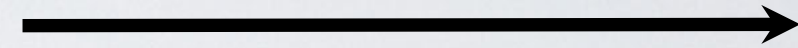


**downward spiral of ill health, decreasing resilience/performance**



failing to enjoy **sufficient** rest and recovery

**increasing dysfunction of nervous system**



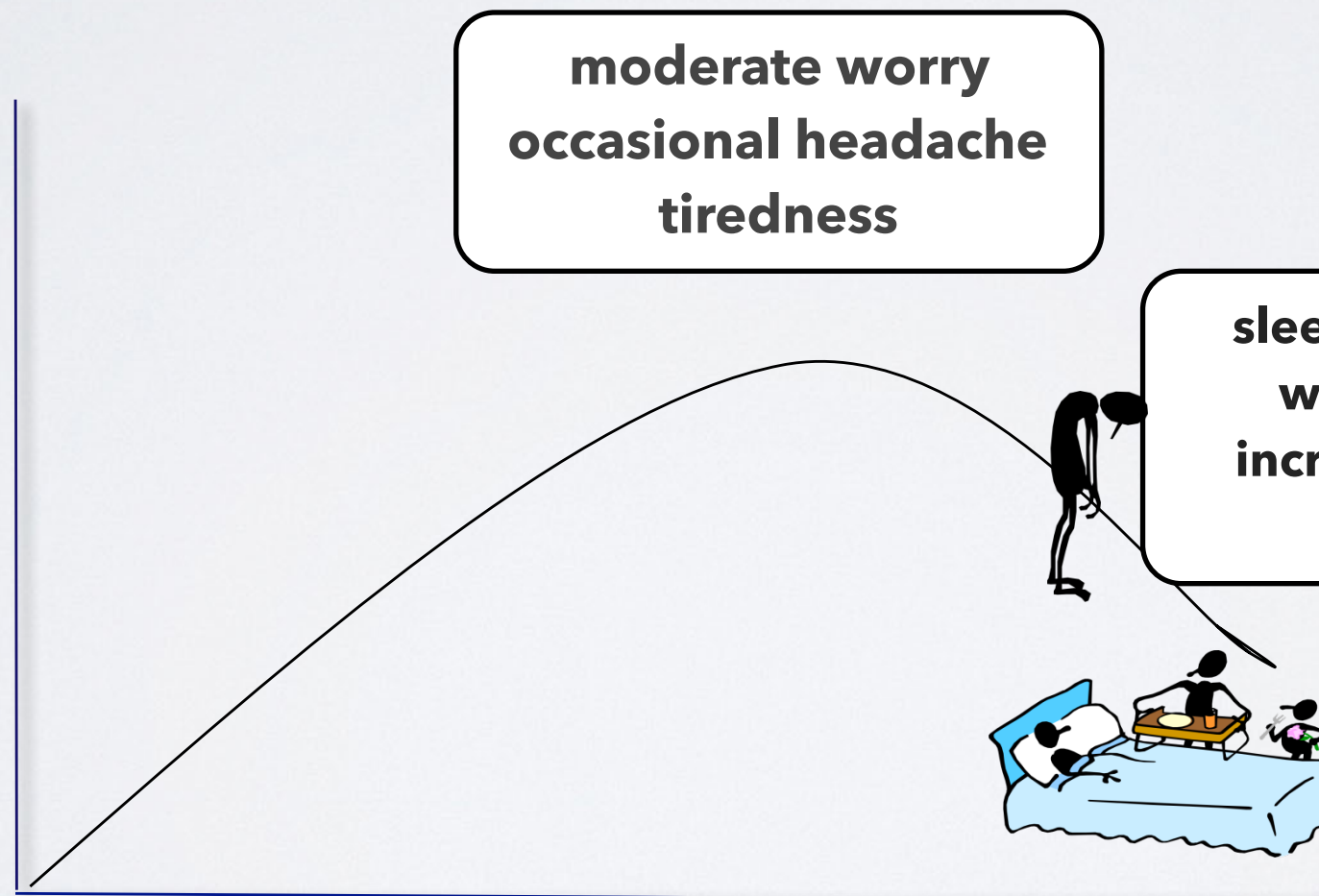
**increasing need for professional help**

**moderate worry  
occasional headache  
tiredness**

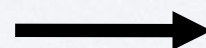
**sleep disorders, chronic fatigue  
weakening immune system  
increased incidence of physical  
& mental illness**

**chronic illness  
disability  
death**

performance

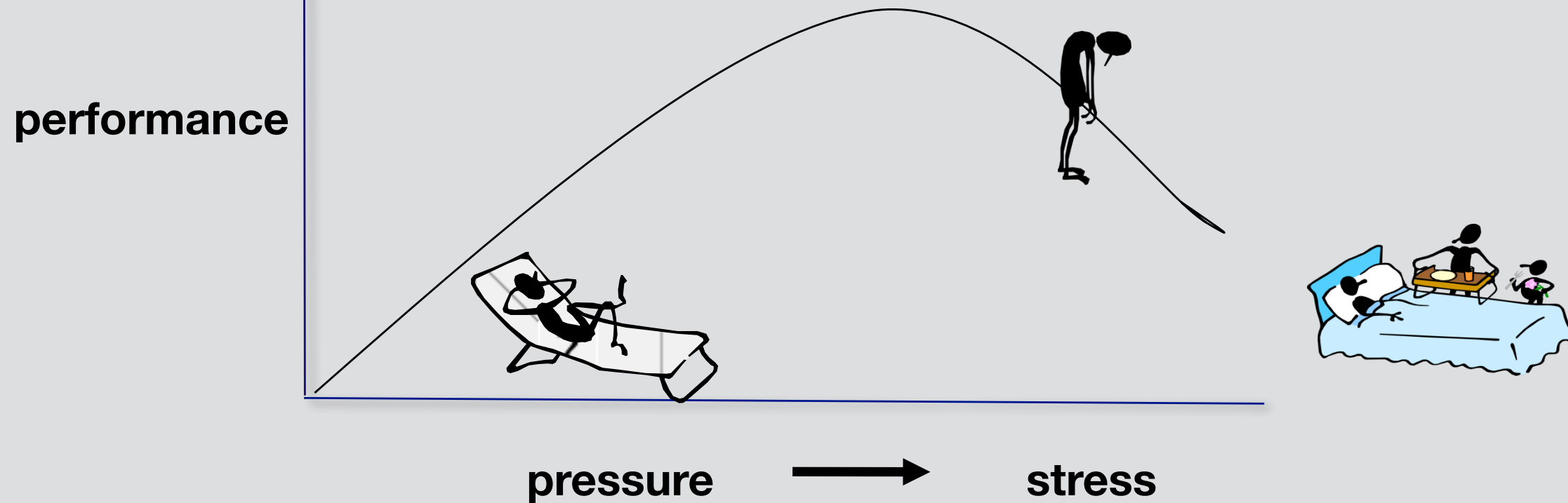


pressure



stress

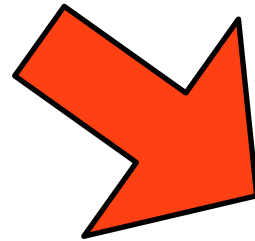
prioritise your performance **and** wellbeing



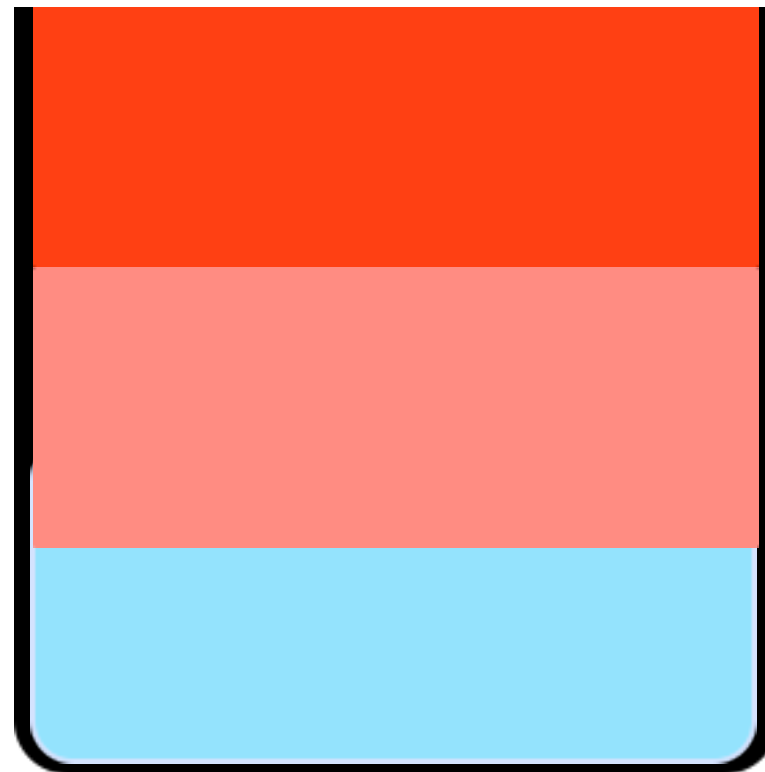


# Stress Cup

stress



Brain Power/  
Capacity



adrenaline  
cortisol



release

stop adding more unpleasantness

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**