

7 F FUTURES

RESILIENCE

managing wellbeing

without compromising performance



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).

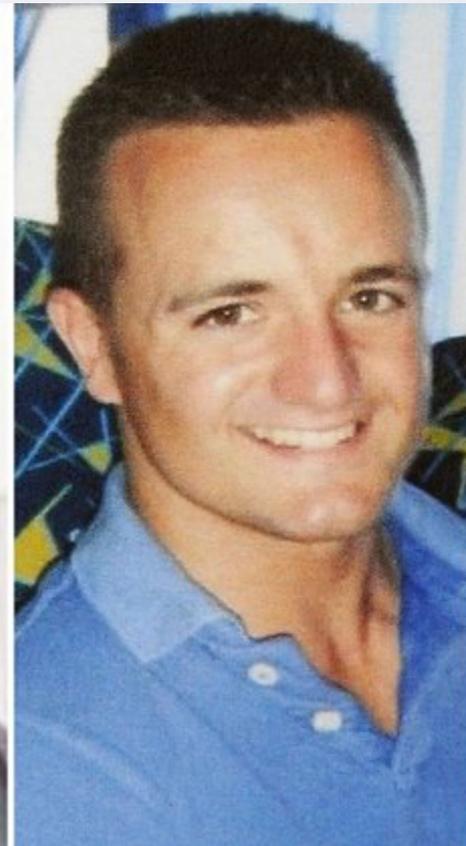
stress + recovery = resilience

7 FUTURE

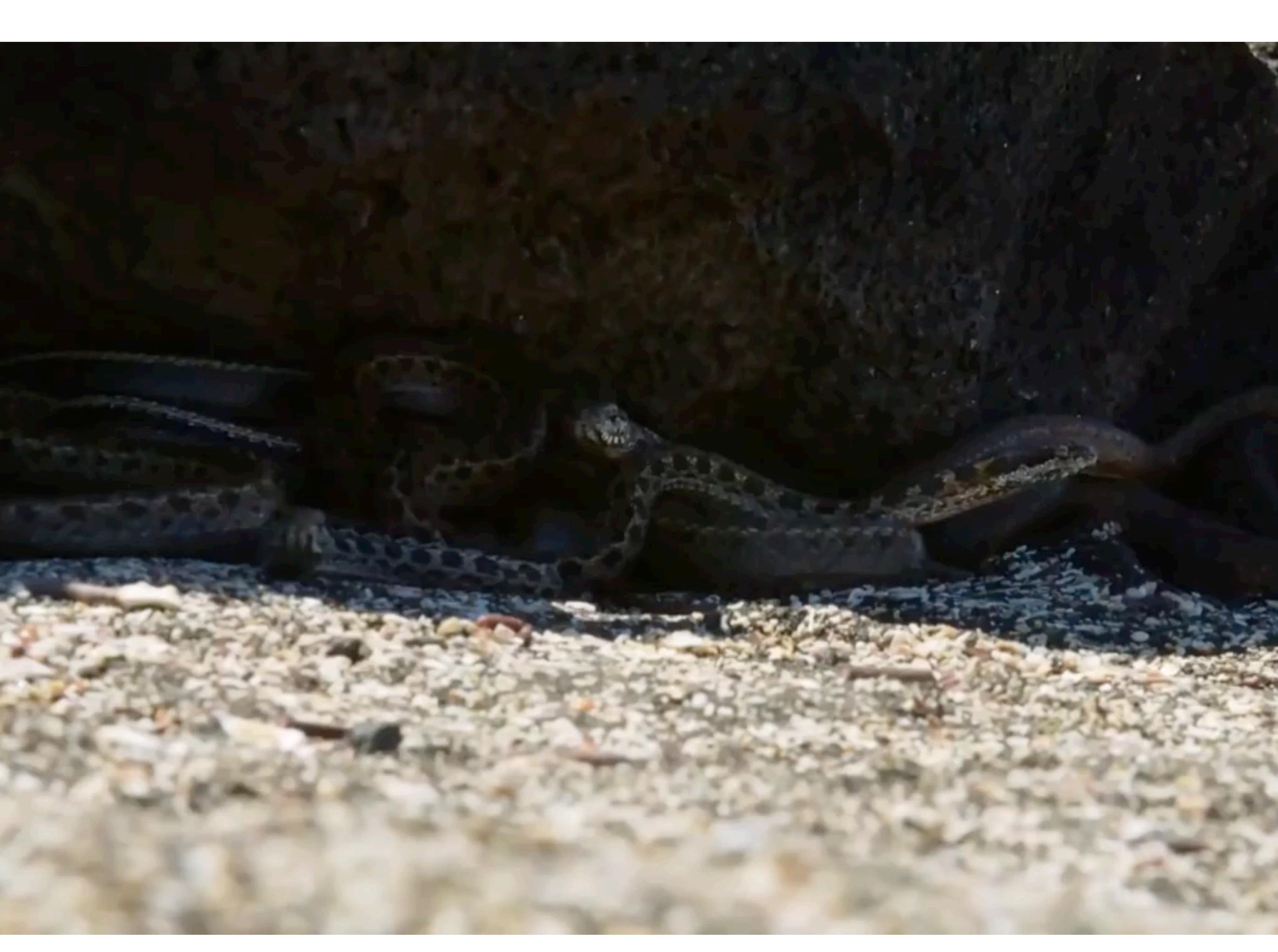
it doesn't get easier....you just get **stronger**

BUT

CRITICAL NOT TO CONFUSE MENTAL STRENGTH WITH RESILIENCE



RESILIENCE IS NOT WELL UNDERSTOOD

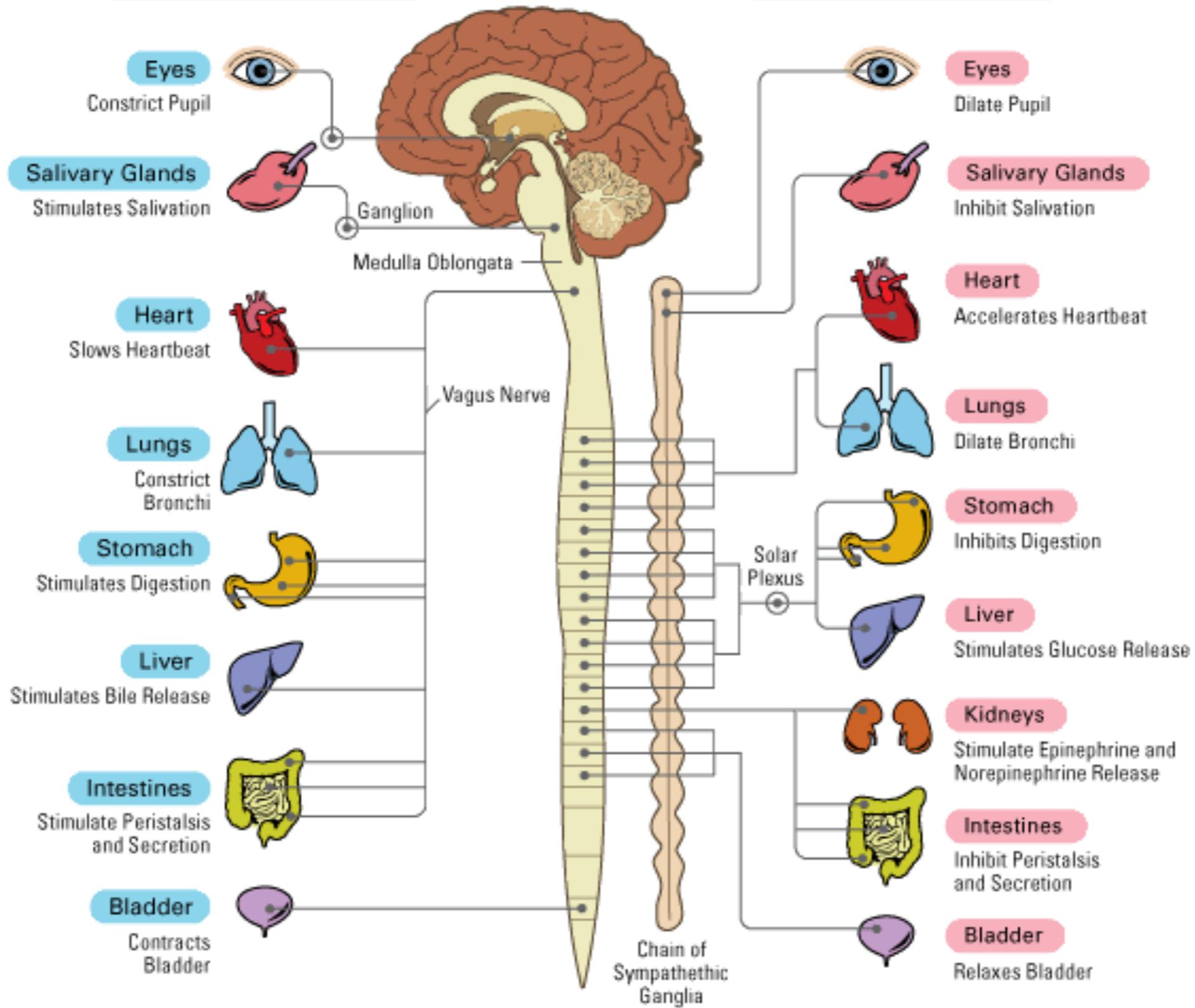


WHY POLAR BEARS DON'T HAVE TO DO YOGA

**"Discharging"
survival activation**

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

7 F FUTURES

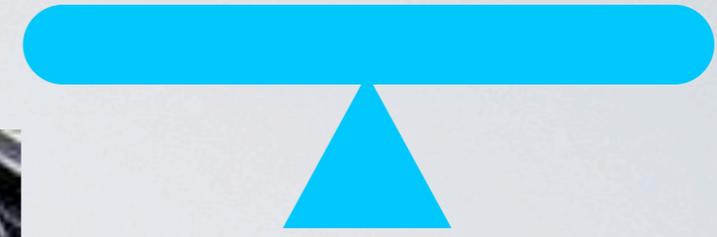
RECOVERY

breathing: how to trigger the relaxation response

idling



brake



accelerate

more efficient
& rapid
braking



greater range of
performance



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

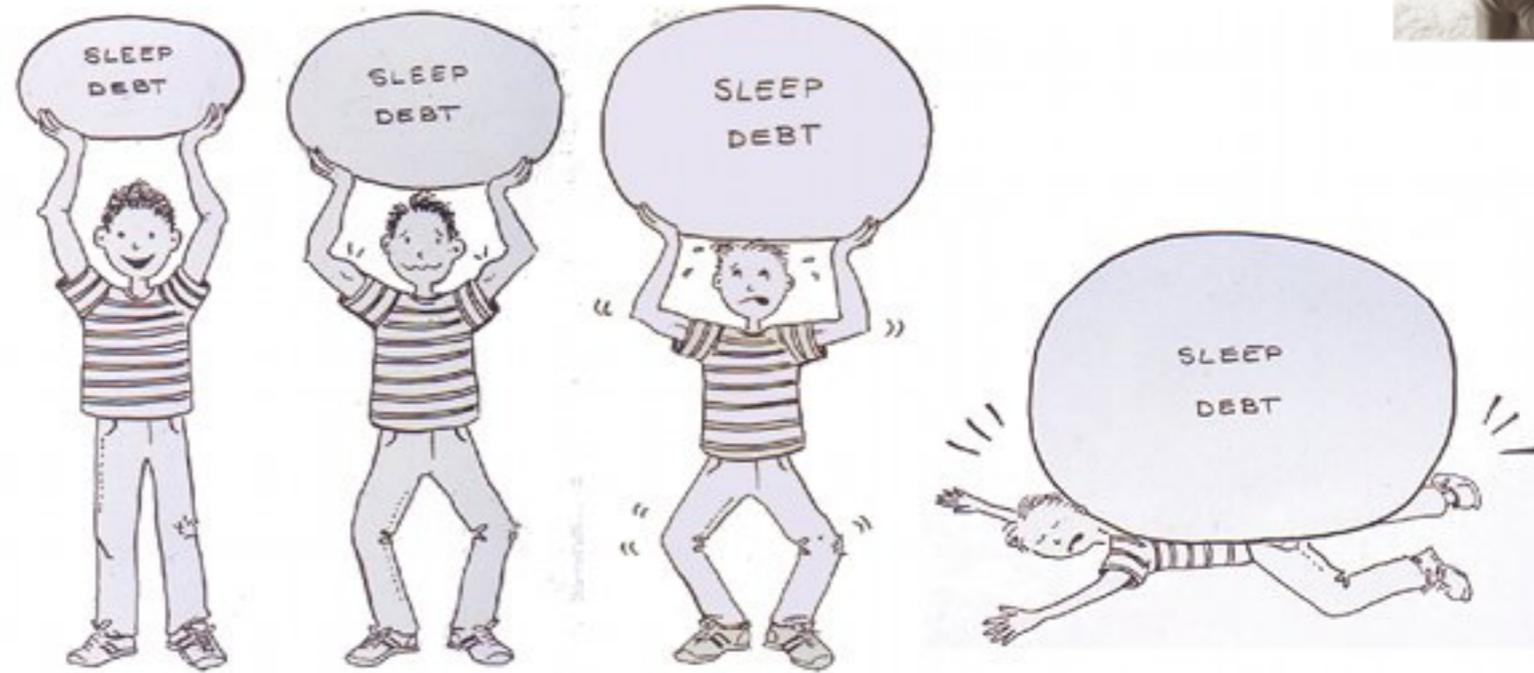
what are our automatic, default choices.....
our coping behaviours?



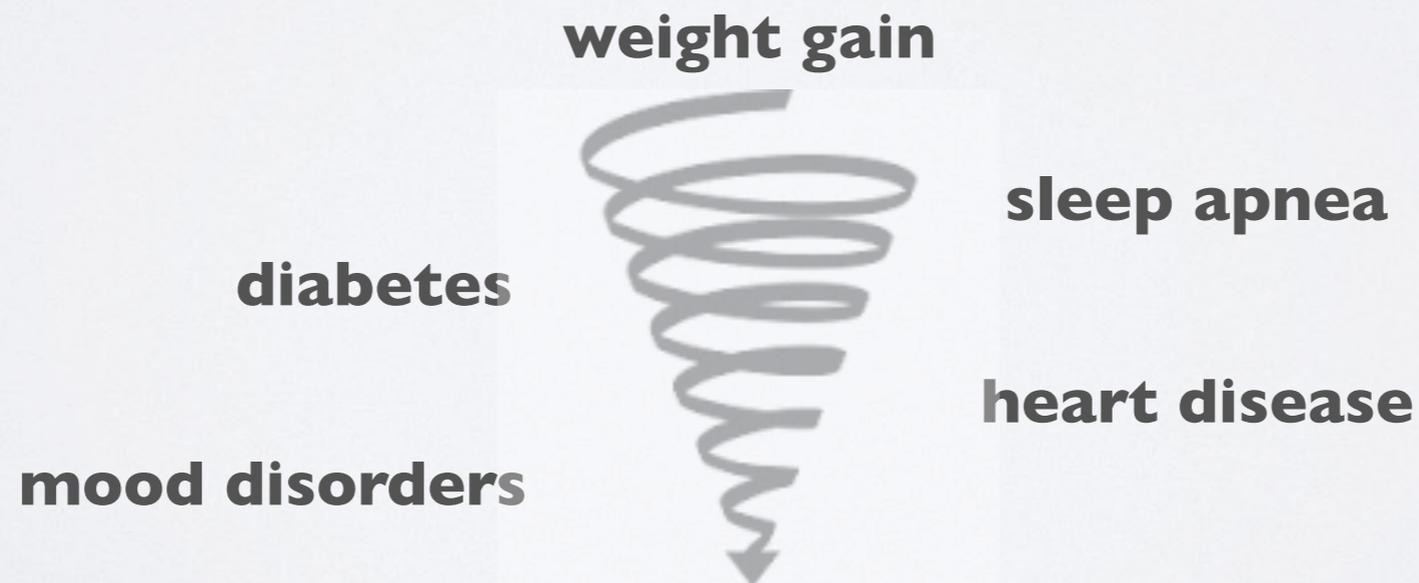
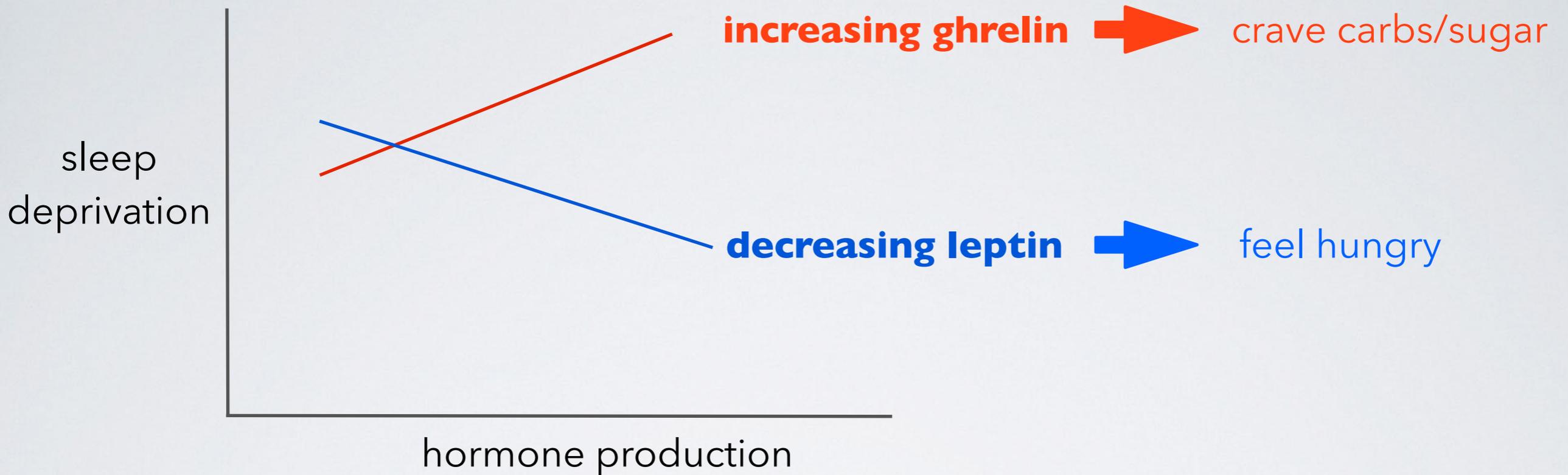
confusing stimulants
with
proper physiological recovery



sleep - the best form of recovery



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

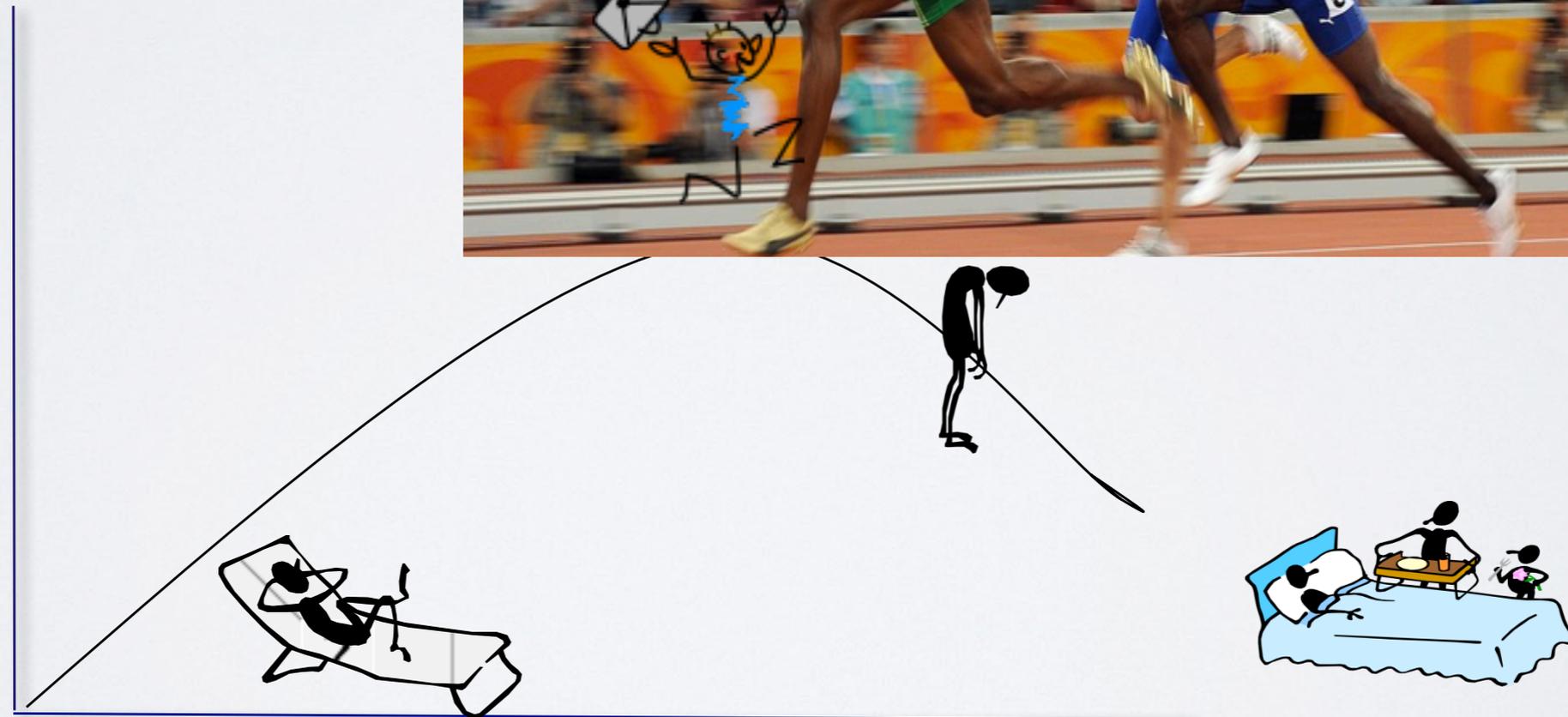


downward spiral of ill health, decreasing resilience/performance

stress can be **positive** but can also break us



performance



pressure



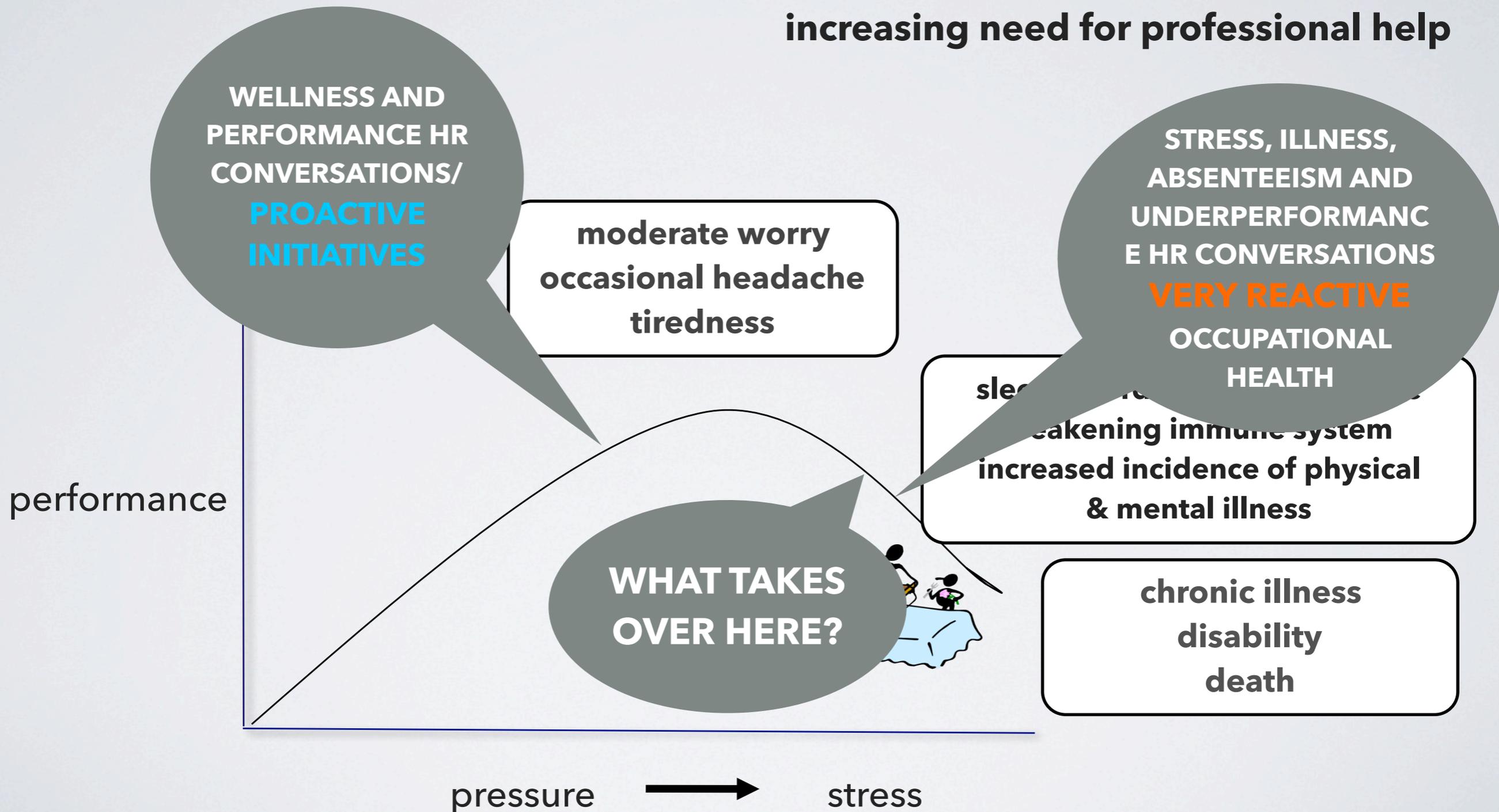
stress

failing to enjoy **sufficient** rest and recovery

increasing disfunction of nervous system



increasing need for professional help



MANAGE YOUR CORTISOL CUP

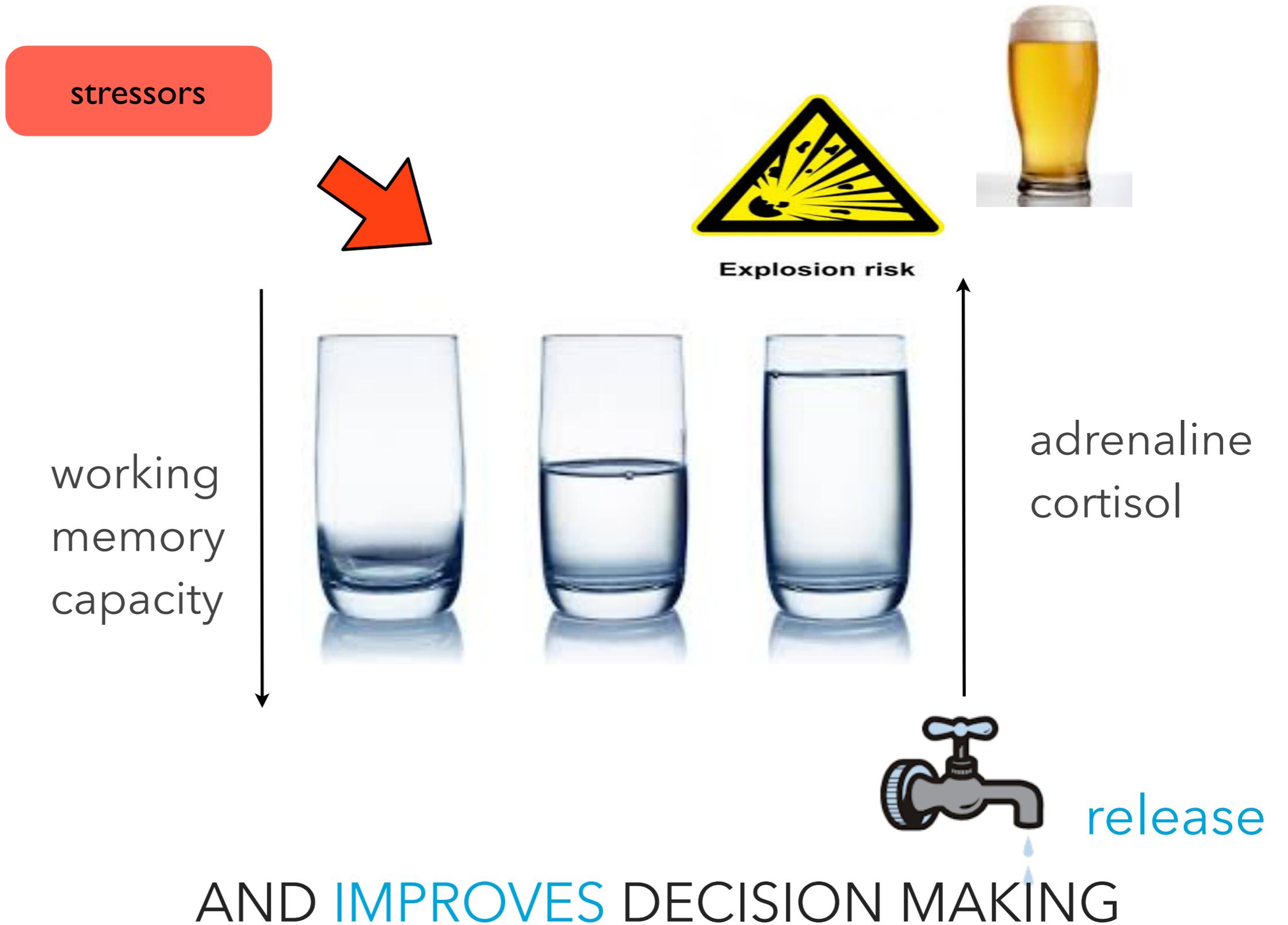
stressors



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