



everyone fit
for the future

Resilience

managing wellbeing
without compromising performance

7 FUTURE

resources



sports science
elite sportsmen and women
elite military
NASA
behavioural biologists



so what is resilience?

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

stress + recovery = resilience

“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

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

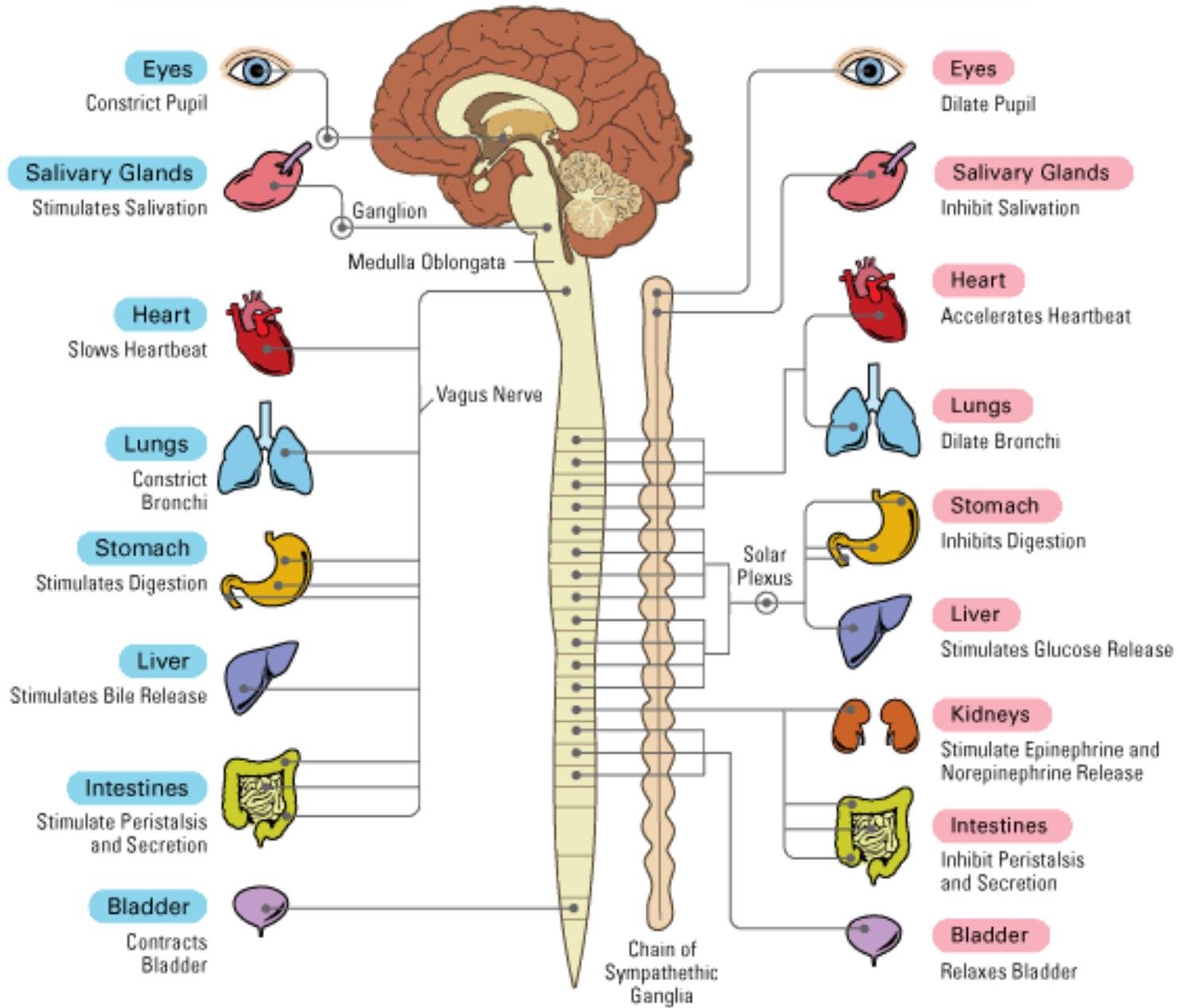
confusing mental strength with resilience

powerful energy we can't see

**"Discharging"
survival activation**

Parasympathetic

Sympathetic



**B
R
A
K
E**

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

**internal
world**

**external
world**

Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

recovery

breathing: how to trigger the relaxation response

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



confusing stimulants



with

proper physiological recovery

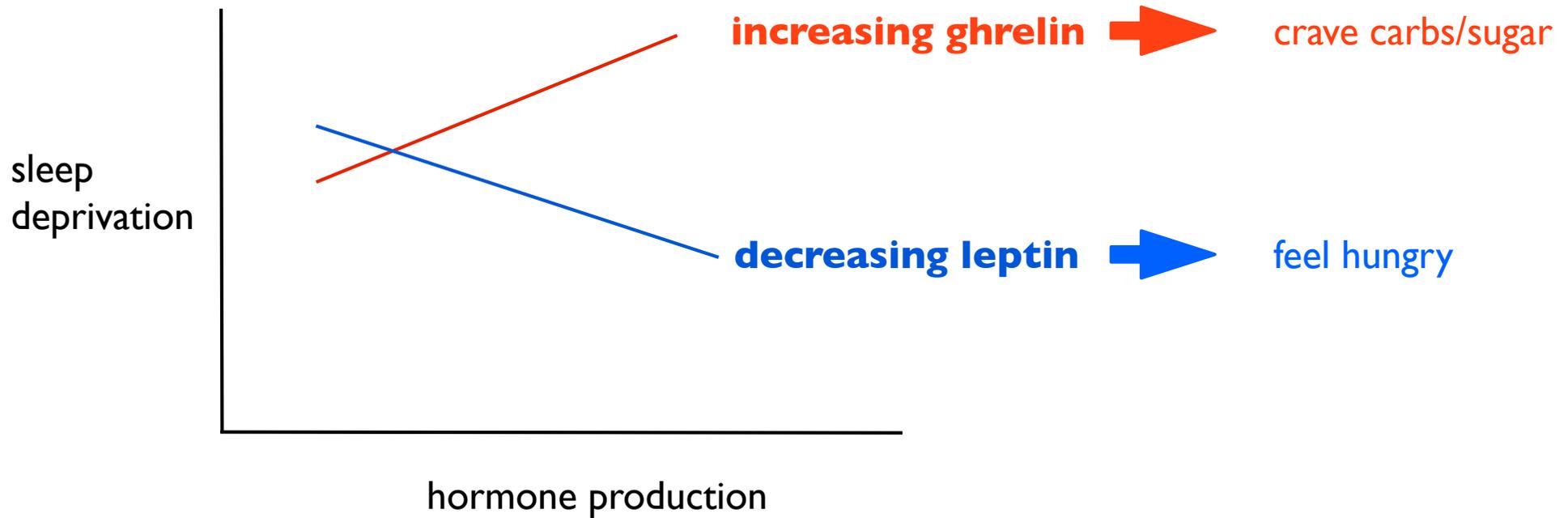


wiseGEEK



wiseGEEK

hijacking your recovery



weight gain

sleep apnea

diabetes

heart disease

mood disorders

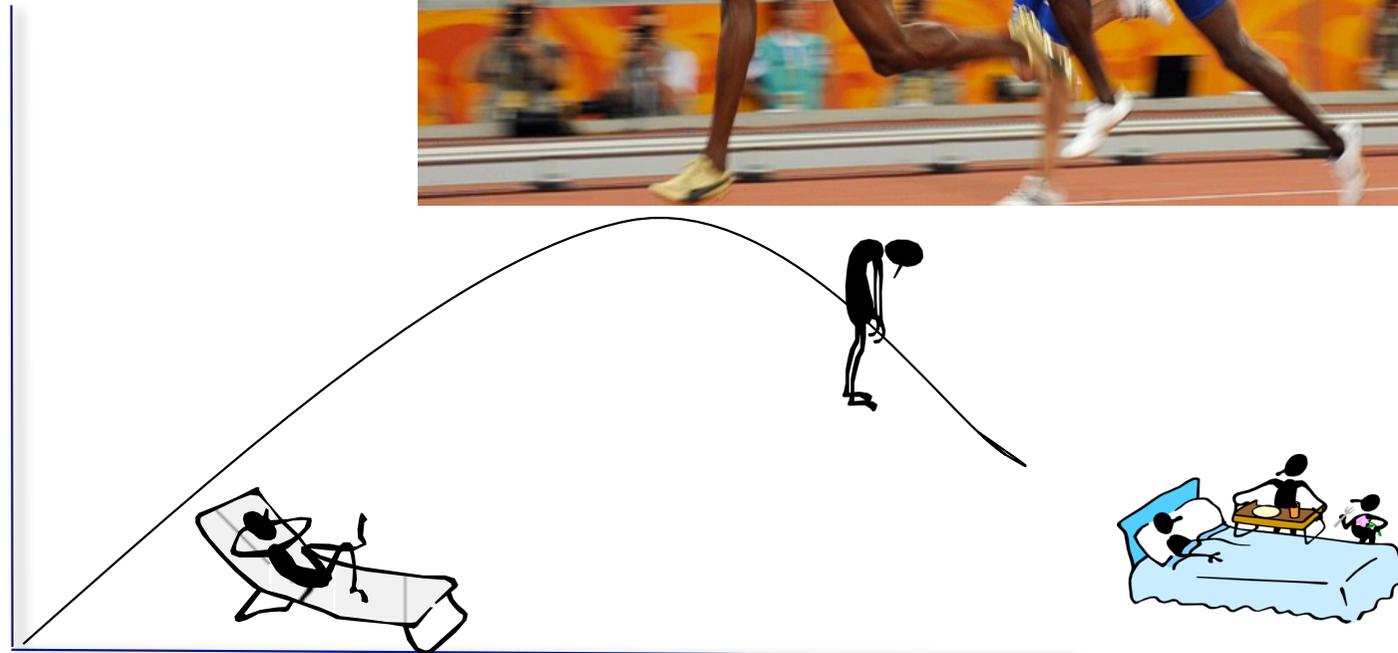
dreamrealism

downward spiral of ill health, decreasing resilience/performance

prioritise your performance **and** wellbeing



performance



pressure



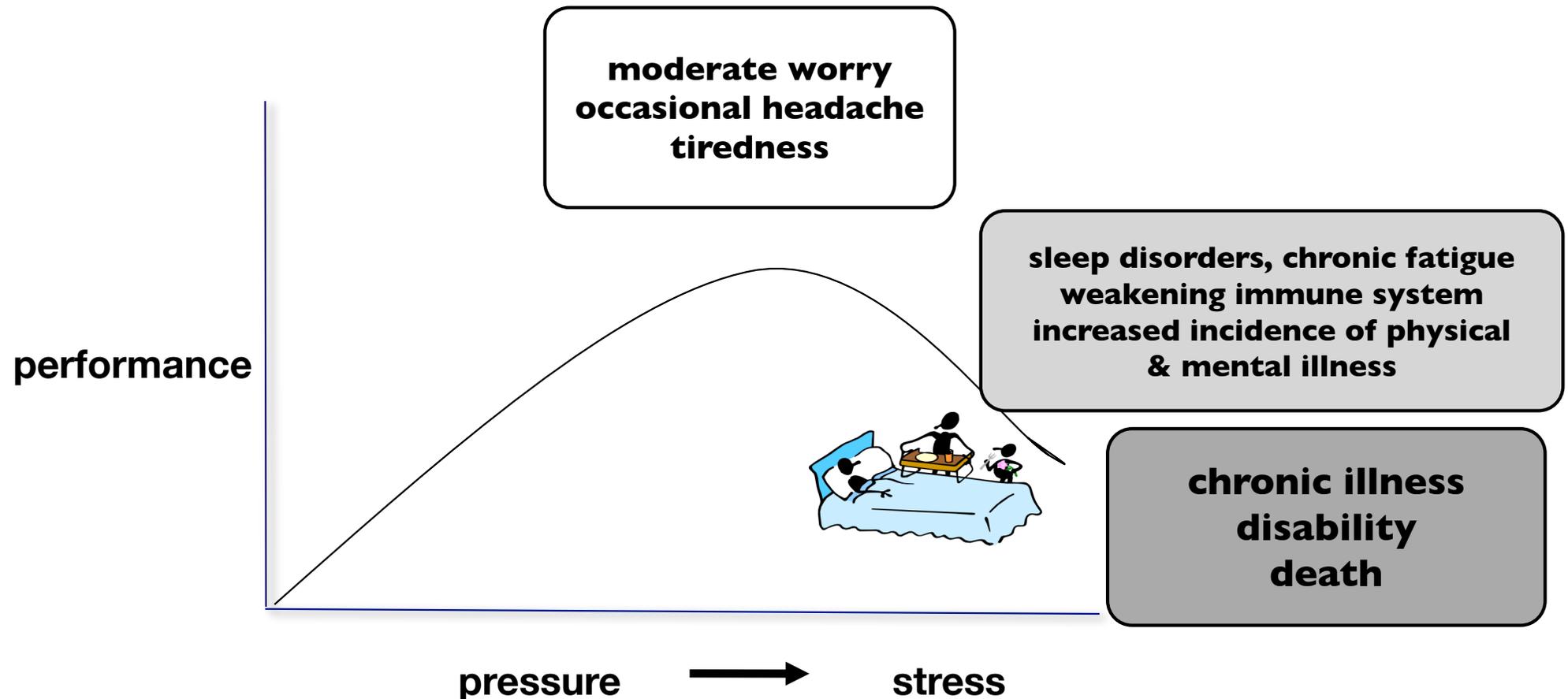
stress

failing to enjoy sufficient rest and recovery

increasing disfunction of nervous system



increasing need for professional help



risks of stress response becoming more damaging than the stressor



body/mind is not able to return to balance for healthy functioning and performance



Explosion risk

emotions and cognitive processes become less effective: risk of volatile moods/behaviour; decision-making is impaired; sleep may suffer



capacity for coping with pressure and the unexpected is diminished with consequent knock-on effects for work, relationships, energy (resilience) etc.

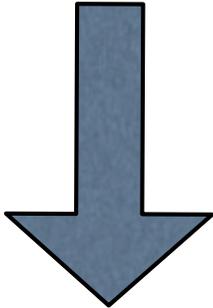


body becomes more susceptible to disease/illness

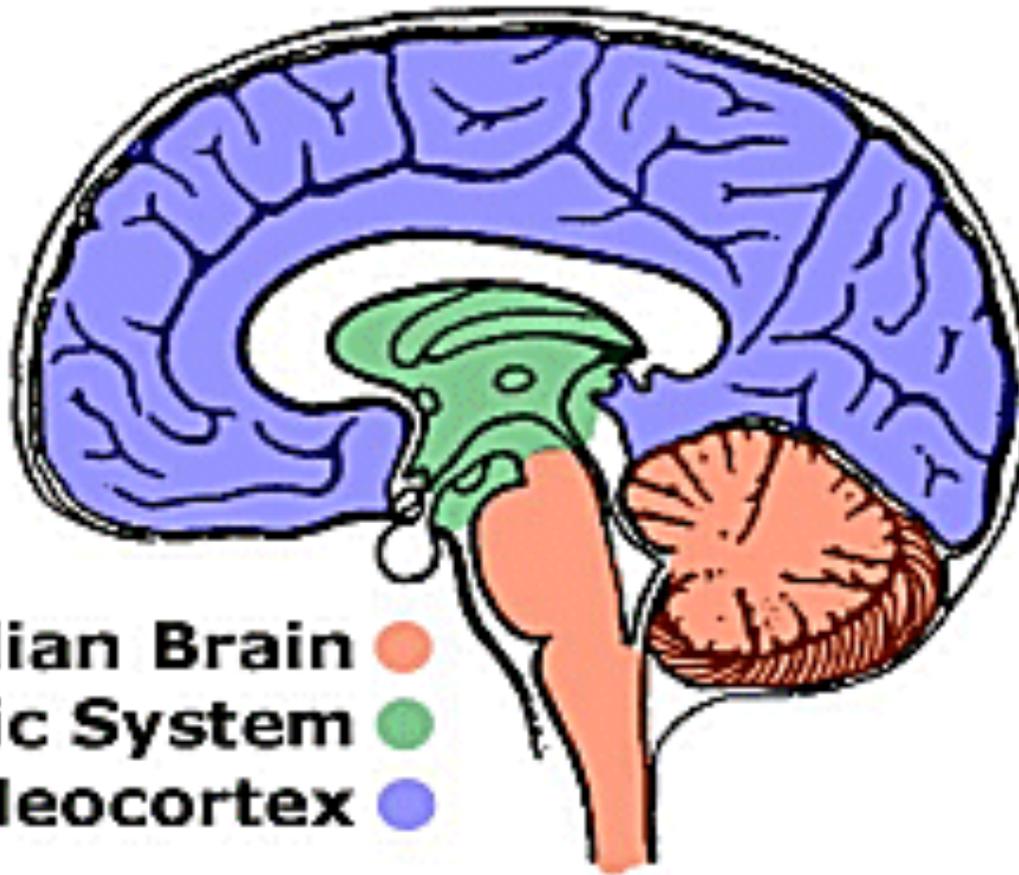


death

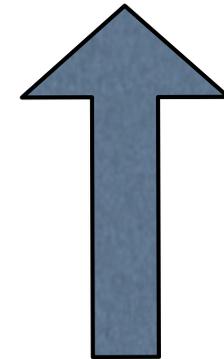
thinking and survival brain: insula cortex



slower, abstract, reflective
body regulation
emotional moderation
response flexibility
fear modulation
empathy insight
moral awareness
intuition

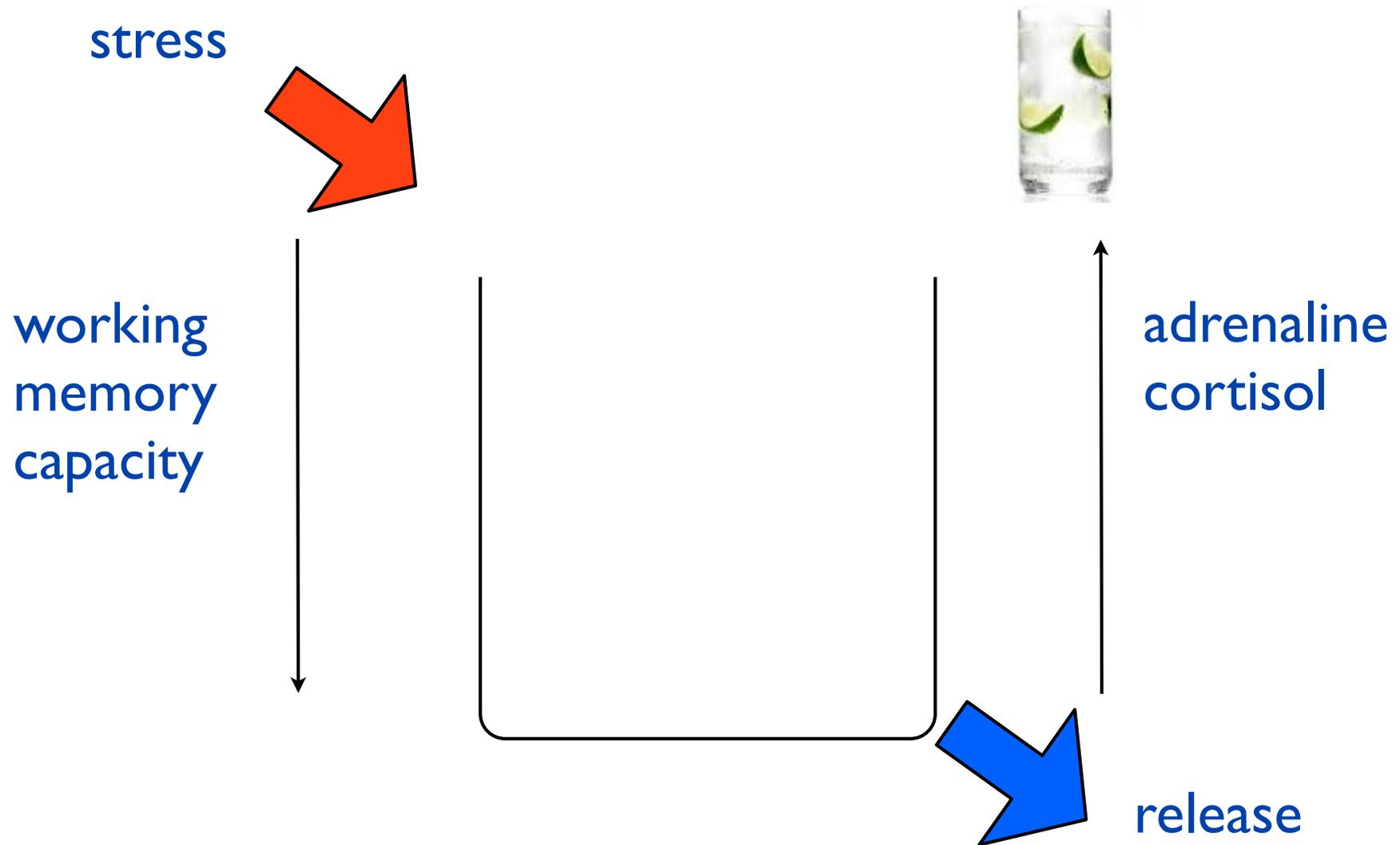


Reptilian Brain ●
Limbic System ●
Neocortex ●



emotions, memories, habits
fast focused instinctive - emotionally motivated decisions
high motivation
drivers to survive
at lower levels reliable but rigid & compulsive - brings in information from all over the body (reptiles)
fight flight freeze faint

release stress before going home
reduces risk of developing poor coping behaviours



don't add more unpleasantness

a perfect nervous system!



stress is less of the problem

not enjoying enough rest

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

fight and flight + rest and digest = resilience + wellbeing